

senior review

FREE

August 2026

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

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

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

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

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



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

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

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

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

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

The Truth Meter

TRUE

FALSE



Lemon Water Prevents Kidney Stones

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



Hibiscus Tea Lowers Blood Pressure

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



Raw Broccoli Hurts Your Thyroid

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



Cinnamon Fights Diabetes

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

Source: EatingWell Magazine

Feed your face with superfoods!

SUPERFOOD: Avocado

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Like you really need another reason to love avos.



They're packed with healthy monounsaturated fats and vitamin E that help maintain skin's barrier function and prevent moisture loss.

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

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





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

HONEY INSTEAD

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



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Required Minimum Distributions: What Every Retiree Should Know

By Logan Woller, Private Wealth Advisor | Buska Retirement Solutions & Buska Wealth Management

For many retirees, Required Minimum Distributions (RMDs) mark an important milestone in retirement. While they may seem like another item on your financial checklist, RMDs can have a significant impact on your taxes, retirement income, and long-term financial strategy.

An RMD is the minimum amount the IRS requires you to withdraw each year from certain tax-deferred retirement accounts once you reach the required age. These rules generally apply to Traditional IRAs, SEP IRAs, SIMPLE IRAs, and many employer-sponsored retirement plans.

Although the withdrawal is mandatory, how you manage it is entirely up to you. Many retirees simply withdraw the required amount without considering the bigger picture. However, your RMD can affect your taxable income, Medicare premiums, taxation of Social Security benefits, and even the legacy you leave to your family.

One of the most common mistakes retirees make is waiting until the end of the year to think about their RMD. Planning ahead gives you more flexibility. You may choose to spread distributions throughout the year to help manage cash flow, coordinate withdrawals with other income sources, or incorporate charitable giving strategies if they align with your goals.

It's also important to understand that not every retirement account follows the same rules. While Traditional IRAs generally require RMDs, qualified Roth IRAs do not require distributions during the original owner's lifetime. Employer-sponsored plans may have different requirements depending on your employment status and plan provisions.

Another area that deserves attention is taxes. Because most RMDs are taxed as ordinary income, the timing and amount of your distributions can influence your overall tax picture. Coordinating your RMD with other retirement income sources may help reduce

unexpected tax surprises and create a more efficient income strategy.

If you have multiple retirement accounts, inherited retirement accounts, or recently retired, the rules can become even more complex. That's why reviewing your distribution strategy annually is just as important as reviewing your investment portfolio.

Required Minimum Distributions shouldn't be viewed as simply satisfying an IRS requirement. Instead, they should be integrated into your overall retirement income plan. A thoughtful strategy can

help you maintain confidence in your retirement while making informed decisions about taxes, income, and your long-term financial goals.

If you're approaching your RMD age or have already begun taking distributions, now is an excellent time to review your strategy. A proactive conversation today can help ensure your retirement income plan continues to support the life you've worked so hard to build.



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Why “I Don’t Want to Talk About It” Is Still a Conversation

By Stokes, Prock & Mundt Funeral Chapel

When a loved one says, “I don’t want to talk about it,” it can feel like the conversation has ended. For adult children, spouses, or close family members, those words can be frustrating, especially when important decisions need to be made. You may be worried about your parent’s health, future care, finances, funeral wishes, or what would happen in an emergency. But for the person being asked to plan ahead, the topic may feel overwhelming, frightening, or simply too painful to face.

In many families, resistance to end-of-life planning is not really about stubbornness. It is often about fear. Talking about aging, illness, assisted living, funeral arrangements, or final wishes can make the future feel suddenly real. A person who has spent a lifetime being independent may feel as though these conversations take away their control. Others may worry that talking about death will upset their children or make them appear weak. Some may believe that avoiding the topic protects everyone from discomfort.

Denial can also be a form of coping. When someone says they do not want to talk about it, they may be saying, “I am scared,” “I am not ready,” or “I do not know where to begin.” They may need time to process the reality of aging before they are ready to make decisions. Understanding this can help families approach the subject with more patience and compassion.

It is important to remember that planning does not have to happen all at once. Families often imagine one big, serious conversation around the kitchen table, where every decision is made in a single afternoon. In reality, planning can begin with small, gentle questions over time. Instead of asking, “What kind of funeral do you want?” you might begin with, “Have you ever thought about what would make things easier for us someday?” Rather than pushing for immediate answers, you can simply open the door.

Sometimes the best first step is to talk about practical matters instead of emotional ones. A loved one may not be ready to discuss final wishes, but they may be willing to show you where important documents are kept. They may be comfortable sharing the name of their attorney, insurance agent, doctor, or preferred funeral home. These small pieces of information can make an enormous difference later.

It can also help to frame the conversation as an act of care, not a loss of control. Planning ahead allows a person’s wishes to be known and respected. It can prevent family members from having to guess during a stressful time. It can reduce disagreements and give loved ones the comfort of knowing they are honoring what the person truly wanted.



For families, the key is to listen more than you speak. If your loved one becomes uncomfortable, pause. If they change the subject, let the conversation rest for a while. You can return to it later. A gentle comment such as, “I know this is hard to talk about, but I want to make sure we do things the way you would want,” may be enough for now.

Even silence tells us something. It tells us the topic matters. It tells us there may be fear, uncertainty, or grief beneath the surface. And it reminds us that these conversations

require trust.

“I don’t want to talk about it” does not have to be the end. It can be the beginning of a slower, more compassionate process. With patience, honesty, and respect, families can move toward planning in a way that feels less like pressure and more like love.

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Living Better with Neuropathy: A Non-Invasive Approach to Nerve Health

By Dr. Lucas Emmerich, Central Health

If you've been experiencing numbness, tingling, burning pain, or weakness in your feet or hands, you're not alone. Millions of Americans live with peripheral neuropathy—a condition caused by damage to the nerves that carry signals between the brain, spinal cord, and the rest of the body.

For many older adults, these symptoms can make everyday activities more difficult. Walking may become less stable, balance can decline, and simple tasks such as grocery shopping or enjoying a walk around the neighborhood may become challenging.

The good news is that there are non-invasive treatment options available that may help improve function and quality of life.

At Central Health in Altoona, we offer a comprehensive, drug-free approach to peripheral neuropathy care. Our goal is to help patients reduce symptoms, improve balance, and regain confidence in their daily activities without surgery or relying solely on medications.

Every patient begins with a thorough evaluation to better understand the underlying causes and severity of their nerve condition. From there, we develop an individualized treatment plan that may include advanced therapies designed to stimulate circulation, encourage healthy nerve function, improve mobility, and support the body's natural healing processes.

While no treatment can guarantee results for every individual, many patients report improvements in symptoms such as:

- Numbness and tingling
- Burning or stabbing pain
- Poor balance and increased fall risk
- Weakness in the feet or legs
- Difficulty walking or standing for extended periods

Early evaluation is important. Peripheral neuropathy often progresses gradually, and addressing symptoms sooner may provide better opportunities for improvement.

Whether your neuropathy is related to diabetes, chemotherapy, circulation issues, or another cause, understanding your options is the first step toward better nerve health.



At Central Health, we believe that staying active and independent is one of the most important parts of healthy aging. Our team is committed to providing compassionate care and helping members of our community continue enjoying the activities they love.

If you or someone you know has been living with neuropathy symptoms, we invite you to learn more about our non-invasive treatment options.

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When Weariness Sets In

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

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

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

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

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

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

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

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

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



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

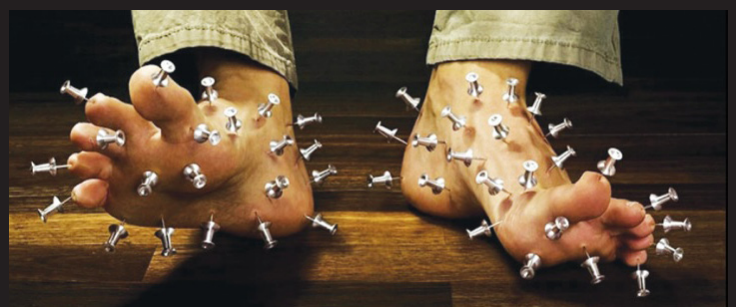
Many people feel guilty about slowing down, as though resting is somehow wasting time. But consider this: if you keep driving a car with the gas gauge on empty, sooner or later you'll end up sitting beside the road. People work much the same way. The goal isn't to see how long we can run without stopping.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

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

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. 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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EVERYDAY STEPS TO PROTECT YOUR HEALTH



1. CHECK THE AIR QUALITY

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



2. KEEP INDOORS WHEN SMOKE IS HIGH

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



3. CLEAN THE AIR INSIDE

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



4. WEAR THE RIGHT MASK OUTDOORS

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



5. STAY HYDRATED

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



6. KNOW THE WARNING SIGNS

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

AIR QUALITY INDEX (AQI) AT-A-GLANCE

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

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

REDUCE EXPOSURE OUTDOORS



AVOID STRENUOUS ACTIVITY

Hard exercise increases the amount of smoke you breathe in.



LIMIT ADDITIONAL POLLUTION

Avoid idling vehicles and using gas-powered equipment.



DON'T ADD TO THE SMOKE

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



STAY INFORMED

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



BE PREPARED BEFORE SMOKE ARRIVES

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



WHO IS MOST VULNERABLE?

These groups are at greater risk from wildfire smoke.



OLDER ADULTS



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



PREGNANT WOMEN



CHILDREN



PEOPLE WITH WEAKENED IMMUNE SYSTEMS



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Chiropractic and Homeostasis

by Judy Soborowicz DC CCN, Active Health Chiropractic

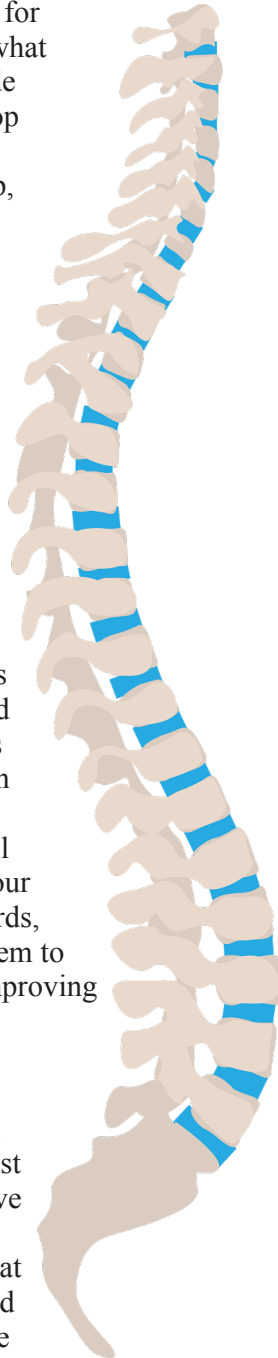
Chiropractic is well known as a reliable remedy for back and neck pain. Oftentimes, back pain is what gets us in the chiropractor's door, and the multitude of additional benefits keeps us coming back. On top of reduced pain, patients who receive chiropractic adjustments report benefits such as improved sleep, boosted immune function, reduced brain fog, and improved cognition. Most importantly, however, chiro-practic improves our own body's ability to restore health by directly optimizing nerve system function. This is how chiropractic positively influences our health—by allowing our body to maximally express its full healing potential.

The foundation of chiropractic is based on our body's innate healing ability—every adjustment improves nerve system function. B.J. Palmer, the developer of chiropractic, stated, "The power that made the body, heals the body. It happens no other way." We are designed to regulate our bodies through our nerve system, maintaining a stable and functioning internal environment. This principle is known as main-taining homeostasis, and it is much more than an internal thermostat. Homeostasis is maintained across all body functions. What we call healing or wellness is our nerve system restoring our internal environment, or homeostasis. In other words, chiropractic improves the ability of our nerve system to maintain a stable internal environment, thereby improving our overall health.

This innate self-sustaining ability to maintain homeostasis and heal is incredibly powerful. Even without direct support through chiropractic, the vast majority of injuries are completely silent. Our nerve system restores homeostasis, and we heal without ever being aware. Even with significant injuries that require weeks or months to heal, only our body and nerve system can maintain homeostasis and restore health. However, there is a limit to what our body and nerve system can handle. Sometimes we over-whelm our nerve system, causing compensations and slowing our speed of healing with an accumulation of stress on our nerve system.

The state of stress eventually leads to compensatory inefficiencies and interference in the nerve system. This is known as subluxation: interference disrupting nerve system function. Over time, interference can contribute to slower recovery, persistent symptoms, and declining overall health that may be misinterpreted as signs of aging. Chiropractic care directly addresses this issue through gentle adjust-ments to the spine and body. By correcting subluxation and removing nerve interference, adjustments re-duce stress on the nerve system, restore clear communication between the brain and body, and revitalize our body's natural ability to heal and maintain homeostasis.

Chiropractic care goes far beyond relieving back and neck pain. The effects are felt throughout our whole body, from improved sleep to improved cognition and reduced pain. By correcting subluxations and reducing nerve system stress, specific chiropractic adjustments allow our nerve system to shift out of compensations. Essential chiropractic adjustments assist our body in restoring our innate ability to maintain homeostasis and express our optimal healing potential. For over a century, chiropractic patients have benefited from optimizing healing potential and function through safe, effective chiropractic care.



August 1st - August 14th

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Dusting off Some Local History: A Perfectly Manicured “Launde”

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

During a recent hot spell I watched as my children ran through a sprinkler I set up on my lawn. It was a reminder of my own childhood and the time I spent running through sprinklers, chasing the neighbors with squirt guns, and soaking up the summer sun. One of the most overlooked aspects of our neighborhoods, yet one many homeowners obsess over, is our lawns. Our lawns are the green pastures that frame our homes and create the fields through which children connect, play, and build memories. They are a



Lawns, such as this one in Eau Claire from ca. 1900, provide children with space to grow and learn.
Courtesy: Nelson Collection, UWEC.

quintessential part of every neighborhood and have an interesting history that dates back several centuries.

As we know them now, the first lawns appeared in Europe in the 1700s. The earliest lawns, essentially garden features for wealthy landowners, were well manicured grass areas incorporated into gardens. The word “lawn” is derived from the Middle English word, “Launde,” meaning an open, grassy space or clearing in a woodland.

One of America’s Founding Fathers, Thomas Jefferson, was among the first to introduce a European style lawn in the United States. Following the quick adoption of lawns, new tools emerged to care for them. The first lawn mower patents were issued in the 1860s, and the first patents for lawn sprinklers appeared in the 1870s. Vegetable gardens, a common site in the typical front yard in the mid-1800s, soon shifted to the backyard during the second half of the 19th century. In their place were lawns gracing the front yard of a house. Maintaining a lawn, however, was expensive and still largely reserved for wealthy families in the 19th century.

Following World War II, as suburban neighborhoods grew rapidly across the country, lawns became an essential home accessory. These spaces became integral components of a home by providing an extension to the home that was ideal for entertaining and relaxing in nature. Local newspapers and popular magazines often shared lawn care

tips, and our cultural obsession with perfecting our lawns emerged. An advice column on proper lawn care that appeared in the Eau Claire Daily Telegram in April 1952 suggested there was nothing complicated about creating a beautiful lawn, even though the author had, “never known a lawn owner who was satisfied with his crop.” I can relate, walking through my own lawn I spend more time fixating on the weeds and fail to see the “forest from the trees” as the saying goes. My children, however, don’t care about the weeds, they care about the green space that gives them a place to play, make friends, and enjoy their summer.

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.



By the late 19th century, local newspapers were advertising lawn care equipment. This selection of sprinklers appeared in a 1937 advertisement published in the Eau Claire Leader.

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Cystoisospora Belli 101

No vegetable is uniquely associated with *Cystoisospora belli*, however, because the parasite can contaminate produce through contact with contaminated water or human waste, vegetables that are eaten raw and have many crevices or large surface areas are generally considered higher risk than those that are cooked.

The produce most likely to harbor the parasite—as well as many other foodborne parasites and bacteria—includes:

1. Leafy greens

- Romaine lettuce
- Spinach
- Leaf lettuce
- Kale
- Mixed salad greens

Their large surface area and folds can trap contaminated soil or water.

2. Fresh herbs

- Cilantro
- Parsley
- Basil
- Mint

Herbs have many small leaves that are difficult to wash thoroughly.

3. Green onions (scallions)

- Dirt and contaminants can collect where the leaves join the bulb.

4. Fresh berries

- Strawberries, raspberries, and blackberries are delicate and usually eaten raw. Although they're not vegetables, they're among the fresh produce items that require careful rinsing.

5. Vegetables eaten raw

- Cucumbers
- Tomatoes
- Bell peppers
- Radishes

These are lower risk than leafy greens because their smooth surfaces are easier to clean, but they should still be washed before eating.

Lower-risk choices

Vegetables that are peeled or thoroughly cooked are less likely to transmit *Cystoisospora* because peeling removes the outer surface and heat kills the parasite. These include:

- Potatoes
- Sweet potatoes
- Carrots (peeled or cooked)
- Winter squash
- Corn
- Green beans
- Broccoli and cauliflower (especially when cooked)

Tips for farmers market shoppers

- Buy produce that looks clean and undamaged.
- Wash produce under running water just before eating or preparing it.
- Separate leafy greens so each leaf can be rinsed.
- Use a vegetable brush on firm produce like carrots, potatoes, cucumbers, and beets.
- Refrigerate perishable produce soon after purchasing.



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.

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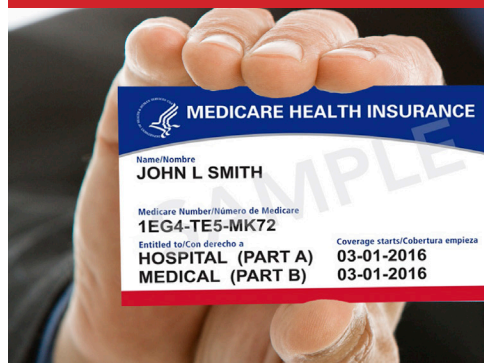


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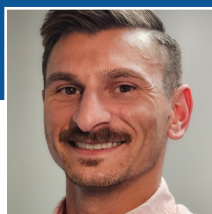
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**MAR. 11-21
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Natural Nourishment No Matter the Season

By Ann Brand

The last weekend of June, I spent three days at the Blue Ox Music Festival in Eau Claire, WI. The weekend was filled with wonderful music, connecting with old and new friends, little time on my phone, and summer Wisconsin weather. My intention was to be outside for three days, rain or shine. We had both, and by the end of the weekend I realized I spent more consecutive hours outside than I have in a long time. Sun, rain, wind, birds, bugs, flowers, mud, grass—all were fully experienced. The natural world plus music truly helps us connect to the moment just as it is. I can't wait to do it again next June!

Summertime offers us the opportunity to spend a lot of time outdoors. It is easy to be outside with more unstructured time, sunny warm days, seasonably cool nights, and many outdoor events and activities. As fall and a new school year approaches, our schedules tighten up again and the weather becomes cooler and more unpredictable. We quickly lose the ease of being outside and fall automatically back into our indoor routines. Being indoors is not necessarily a problem, but we can lose the nourishment we get from being outside. We tend to forget as we fall into the busy routine of the school year. With intention and practice, we can find nourishment from the natural world in all seasons, even our busy ones.

Mindfulness practice can support us in sustaining our connections to the natural world as we move into the routine of fall, whether we are indoors or outdoors.

- 1. Connecting with the five senses:** Being outdoors enlivens our senses without us even trying. Connecting with our senses brings us into our present-moment experience. We can bring this practice indoors through momentary pauses in our day to connect to our senses through regular activities such as sipping coffee and daily chores, like folding laundry or checking email.
- 2. Checking-in with our intentions:** In the summer, we set an intention to enjoy all the season offers, which usually pulls us outside without much effort. Holding this intention in all seasons helps us remember what matters so we can find ways to connect with the natural world no matter where we are. It could be setting our phone down in the carpool line to gaze at the clouds floating by, or savoring the first sip of apple cider at the orchard. This intention works like a GPS system, helping us reroute when we get

off track and lost in our busy schedule.

- 3. Practicing mindfulness daily:** Returning to a regular mindfulness practice as we settle into our fall routine can help us remember to connect to the natural world. As you move from unstructured summer to scheduled fall, add a brief mindfulness practice to your day. Consistent practice is where we build the skill to remember, and come back to, what matters. It is like a daily workout to build our capacity for focus, clarity, calm, and connection to ourselves, each other, and the world around us.



Consider bringing the practice of mindfulness with you indoors as you move into your fall routine. Looking for support? Check out descriptions of mindfulness instruction and mentoring on my website www.annbrandmindfulness.com. May the intention to stay connected to your experience support you in being present this fall, indoors and outdoors.

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Understanding Different Types of Dementia

If you Google "How many different kinds of dementia are there?" you will be presented with hundreds of answers. Realistically, there are more types of dementia than we really know, but for the sake of this blog we will be focusing on the four most common - Alzheimer's, Vascular, Lewy Body and Frontotemporal.

Dementia is an umbrella term used to describe a range of neurological conditions affecting the brain that get worse over time. As we age, it is normal to lose some neurons in the brain. People living with dementia, however, experience a far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be very mild but can grow to be very serious over time. Symptoms can be similar among different types of dementia, and some people can actually have more than one form of dementia, making a correct diagnosis very difficult. Let's take a deep dive into Alzheimer's, Vascular, Lewy Body and Frontotemporal dementias.

Alzheimer's disease: Alzheimer's occurs when abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain. The typical diagnosis age ranges in the mid-60s and above, with some cases in mid-30s to 60s.

Symptoms include:

Mild

- Wandering and getting lost
- Repeating questions

Moderate

- Problems recognizing friends and family
- Impulsive behavior

Severe

- Cannot communicate

Vascular Dementia:

Conditions, such as blood clots, disrupt blood flow in the brain. The typical age of diagnosis affects those 65 years and older.

Symptoms include:

- Forgetting current or past events
- Misplacing items
- Trouble following instructions or learning new information
- Hallucination or delusions
- Poor judgment

Lewy Body Dementia: Lewy Body dementia occurs when abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers. The typical age of diagnosis for Lewy Body dementia is those over 50 years old.

Symptoms include:

Cognitive Decline

- Inability to concentrate, pay attention, or stay alert
- Disorganized or illogical ideas

Movement Problems

- Muscle rigidity
- Loss of coordination
- Reduced facial expression

Sleep Disorders

- Insomnia
- Excessive daytime sleepiness

Visual Hallucinations

Frontotemporal Dementia: Frontotemporal Dementia occurs when abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes. The typical age group that this affects is those between 45 and 64 years old.

Symptoms include:

Behavioral and Emotional

- Difficulty planning and organizing
- Impulsive behaviors
- Emotional flatness or excessive emotions

Movement Problems

- Shaky hands
- Problems with balance and walking

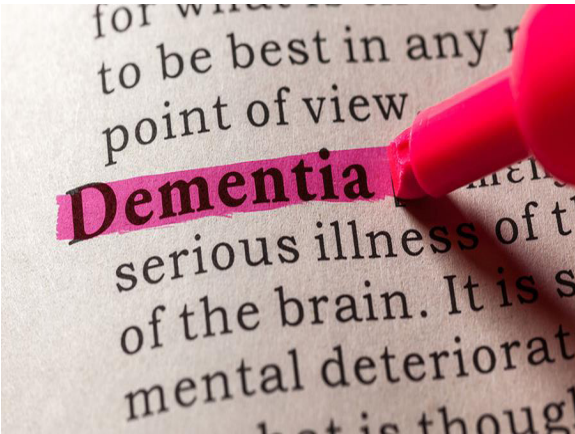
Language Problems

- Difficulty making or understanding speech

There are several types of frontotemporal disorders, and symptoms can vary by type.

There is unfortunately no cure for dementia, but medications and therapies may help manage symptoms. If you want to learn more about the different kinds of dementia, how it affects you or your loved one and ways to be more proactive than reactive, dementia expert Teepa Snow released a podcast going in depth about the subject.

We hope that this brings a better understanding to the different kinds of dementia that we see in our homes daily. For more helpful resources, head to our website www.azuraliving.com.



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There is No Place Like Home

By Ken Anderson, themayberryguru@gmail.com

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

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

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



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

Most people are very familiar with the classic movie The Wizard of Oz. Dorothy is caught up in a tornado and ends up in the magical land of Oz. All she wants to do is go back home to Kansas. After all her exciting exploits seeking her way home, she finally discovered that

all she had to do was click her shoes together three times and say, “There is no place like home.”

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

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