

# senior review

October 2024

FREE

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

## Take the Road Less Traveled *By Joyce Sobotta*

October is known for pinkwashing... Many companies jump on the bandwagon to support the breast cancer cause by promoting a pink ribbon product. They produce, manufacture, and/or sell products and link it to the disease. In recent years, the definition has expanded and includes any company or organization that exploits breast cancer for profit.

Instead of following the crowd, spending money on these frivolous pink items, there may be a better way to promote breast health. Gain a new perspective and take a road less traveled with self-care. Take steps to educate yourself about the best nutrition, stretching and exercise, understanding your emotions and learning how to deal with them, and getting rid of toxic waste in your body with a lymphatic breast self-massage.

A blocked lymph system becomes a breeding ground for pathogenic materials. If not moved out with a light massage, these infected lymph cells can travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow.

We can stimulate the immune system and circulate lymph with a gentle lymphatic self-massage, especially in the breast area and under the arms because these areas do not receive natural movement. Using an essential oil blend, Healthy Girls® with lymphatic massage has been proven by testimonials to release congestion, discomfort, tenderness, and pain, and



improve breast health.

There are several books and professionally written blogs with information and studies that back up the idea that the traditional way with radiation and chemo does not work for the most part. There are other avenues to travel. Trust the information from holistic practitioners such as Dr. Christian Northrup, and Dr. Veronique Desaulniers, Breast Cancer Conqueror.

Thermography is an excellent, FDA approved, safe, noninvasive diagnostic tool that will give you answers to early breast abnormalities. It can be a valuable procedure for alerting your doctor to changes that can indicate early-stage breast disease.

Taking the road less traveled with education about self-care puts you in the driver's seat. It can be invigorating to be in the driver's seat of your life, your wellness. Find happiness and joyful occasions where smiles come easily and hoot and holler and beat the drums loud to let the world know that you have found love and a new way to travel.

Joyce is a published author of *"Breast health Is in Your Hands, Tips for Breast Vitality and Sensuality"* and founder of an international business, HealthyGirlsBreastOil, a unique effective essential oil blend for breast health. She offers consultations for natural breast health. [www.aromatherapynatureway.com](http://www.aromatherapynatureway.com)



OCTOBER IS BREAST CANCER AWARENESS MONTH

TIPS FOR BREAST CANCER PREVENTION:

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

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

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

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

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


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


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

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

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

Source:  
ohsonline.com





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# *Addressing the* **ELEPHANT IN THE ROOM**

## **Understanding Palliative and Hospice Care**

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### **To Register:**

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Need respite care to attend? Contact the ADRC to learn more.





# Unexpected Delights: Finding the Up-Side to Forgetfulness

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

Forgetfulness is something we all experience. Who hasn't gone on a frantic search through the house to find those ever-elusive car keys, only to find them in the refrigerator next to the milk. With a laugh, we let out a sigh of relief as we drive to the store, only to discover on our way out that we have forgotten where we parked the car!

Forgetting where you parked, or where you put your keys becomes more common as we age. It's just a part of life. We must never forget that aging, with its aches and pains and forgetful moments, can still be rich with humor, warmth, and unexpected delights. While memory loss is often portrayed as a somber and frightening aspect of growing older, a surprising amount of positivity and humor can be found in the foggy recesses of an aging mind – if we face it with the right perspective. In fact, these lapses can bring about some unexpected benefits and delightful moments that prove there's a silver lining to every memory cloud.

Embracing the funny side of memory lapses can not only lighten your mood, but also help you navigate the aging process with a smile.

How?

Imagine this... Grandma is looking for her glasses. She can't remember where she last wore them, so she goes on a grand quest through the house. During her search she opens every drawer and closet. She checks every surface, and every pocket and purse. Along the way, she finds the TV remote in the freezer, the mail in a laundry basket, and her cell phone in the pantry. Finally, Grandma stops and scratches her head in bewilderment. It is then she discovers her glasses right where they were when she started searching– on top of her head!

When we experience these types of scenarios, let them lead you to laughter rather than frustration. Especially when it feels like our brains are just playing a playful game of hide-and-seek. These little episodes can be a great excuse to keep your friends and family entertained. So, keep on searching and laughing along the way.

One of the most charming aspects of forgetfulness as we age is the constant opportunity to rediscover joy. Re-reading a book may find you completely absorbed as if it's a brand-new story. Going through old picture albums may lead you to experience the delight of reminiscing, as though it were your first time seeing these images. This state of surprise can make every day experiences feel fresh and exciting, transforming routine moments into small adventures. Ironically, sometimes the best way to create new memories is to let go of the old ones. When seniors forget details of their past, they may find themselves more open to new experiences and activities. This openness can lead to new friendships, hobbies, and adventures that enrich their lives. The freedom from the constraints of past memories allows for the creation of fresh, exciting experiences and a fuller, more vibrant present. Forgetting where you put your phone or confusing your grandchildren's names can lead to some hilarious situations. The key is to approach these moments with a sense of humor. The ability to laugh at these little slip-ups can create a more joyful and less stressful environment for everyone involved.

Remember, repetition isn't always a bad thing. In fact, retelling stories can be one of the most enjoyable aspects of forgetfulness. For seniors, the act of sharing a favorite anecdote repeatedly often provides comfort and joy. Every time Grandpa tells his legendary fishing stories - they might come with new, humorous twists or additional details that keep the stories lively and engaging. These repeated tales can become a cherished part of family lore, and offer a delightful way to connect with younger generations.

While memory loss certainly presents challenges, it can also bring a lot of positive aspects and opportunities for joy. If you embrace these lapses with a sense of humor and an open heart, you can discover that even as your memory might fade, the brightness of life's experiences continue to shine.

So next time you find yourself searching for your glasses, only to realize they're perched on your head, remember your little lapses are just part of the adventure. Embrace the joy, share the laughter, and savor the unexpected pleasures that come with each new day. After all, if life is a journey, a bit of forgetfulness is just a whimsical twist in the plot.



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



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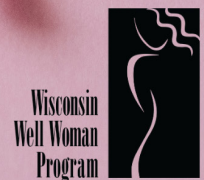
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# Dusting Off Some Local History

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

"Never before in the history of Chippewa Falls has such a spectacle presented itself..." expressed the Chippewa Falls Herald on October 12, 1894, adding, "A throng variously estimated at from 2000 to 3000 people gathered before the breakfast hour..." to hear from the rising political star, Governor William McKinley of Ohio. McKinley was not campaigning for the Presidency in 1894 when he visited Chippewa Falls, but his speech remains a watershed moment in the history of the Chippewa Valley. A visit from a major political figure of national recognition saw the emerging Chippewa Valley region as an area of growing significance and opportunity. McKinley was canvassing for the national Republican ticket when he visited Chippewa Falls and would later go on to win the Presidency during the election of 1896.



*This image of William McKinley accompanied headlines in the Chippewa Falls Herald detailing his momentous appearance in Chippewa Falls on October 9, 1894.*

Many decades would pass after McKinley's visit until the next major political figure visited the area. Days before the November 8, 1932, election President Herbert Hoover visited Eau Claire and delivered a short speech from the rear platform of a train. Hoover was the first sitting president to visit Eau Claire, and although his appearance lasted a mere five minutes an estimated crowd of 10,000 to 15,000 people showed up to catch a glimpse of the President. Hoover would go on to lose re-election days later in a landslide that brought Franklin D. Roosevelt to the White House. In 1948, President Truman also gave a speech from the rear platform of his train while stopped in Altoona. The crowd in 1948 was more subdued, estimated at only 500 to 600 people, but unlike Hoover, Truman would go on to win reelection.

In 1952, Wisconsin State College – Eau Claire (now UW-Eau Claire) completed a new academic building which featured a fieldhouse (later renamed Zorn Arena) with seating capacity for approximately

2,500 people. This new venue became a popular destination for campaign stops during the later half of the 20th century and well into the 2000s. The arena hosted Richard Nixon in 1968, Barack Obama in 2008, Joe Biden in 2012, and Bernie Sanders and Donald Trump in 2016. Zorn Arena is now slated to be demolished in 2025, but it is possible the new Sonnentag Center, with seating capacity for 5,000 people, will become a fixture of political campaign rallies in the future.

Both Presidents George H. W. Bush and George W. Bush visited the area. George H. W. Bush visited Chippewa Falls during a whistle-stop train tour around Halloween in 1992. George W. Bush, while campaigning for re-election in 2004, twice visited the area with stops in Chippewa Falls in August and



*While campaigning for the Democratic nomination of 1960 Kennedy visited the area twice. Here he is seen in 1959 shaking hands with Leonard Haas, President of WSC-Eau Claire.*

Altoona in October. As Wisconsin emerged as a swing-state in national elections around 2000 the area became a popular destination for campaign visits. On April 4th, 2016, for example, Bernie Sanders, Hillary Clinton, Donald Trump, and Ted Cruz were all in Eau Claire! As the 2024 campaign continues, I expect we will see more visits from nominees, and their surrogates, at locations across the Chippewa Valley.

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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# Reminder: Get Your Flu Shot

Flu season starts each fall and lasts until the following spring. The Centers for Disease Control and Prevention (CDC) recommend that everyone six months of age and older get a flu shot every year with few exceptions. Vaccination is especially important for people who are at high risk for complications from the flu. People aged 65 and older are at greater risk of serious complications compared with younger adults.



It's important to get vaccinated before flu activity begins in your community. In general, it takes about two weeks after vaccination for antibodies to develop in your body and provide protection against the flu. If possible, you should get a flu shot before the end of October. However, getting vaccinated later can still help later in the season while flu viruses are circulating.

Most insurance, including Medicaid, covers an annual flu shot without charging a copay or coinsurance. Check with your plan to find out whether you must go to a specific provider to receive the shot. Original Medicare Part B covers 100% of the Medicare-approved price when you receive your flu shot from a provider that accepts Medicare. Additionally, Medicare Advantage Plans are required to cover flu shots without deductibles, copayments, and coinsurance, as long as you get the flu shot from an in-network provider.

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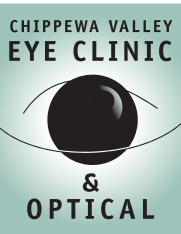


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The City of Eau Claire Housing Division is taking applications for its Housing Rehabilitation Loan Program. The Rehabilitation Loan Program is Federally funded and offers loans up to \$20,000. This program is for homes in need of repair, not for extensions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

### Types of Eligible Work:

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

### Applicant Eligibility Requirements:

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



For eligibility information and application  
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The hearing impaired may contact this office by TDD (715) 839-4943. If there are other specialized needs due to handicap, i.e. sign language interpreter, wheelchair accessibility, reader, please contact this office.



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## Do You Have a Carbon Monoxide Detector on Each Level of Your Home? If Not, You Should!

*By the Eau Claire City-County Health Department*

**H**aving carbon  
monoxide detectors  
installed in your house is  
one of the easiest ways  
to protect your family  
from carbon monoxide  
poisoning! Carbon  
monoxide is a gas that  
can't be seen or smelled  
and is made when  
fuels—like gas, kerosene,  
propane or wood—are  
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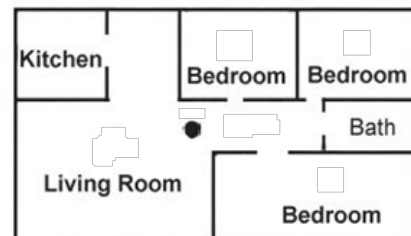
**It's the most common  
cause of deadly  
poisonings.**

- 1. Make sure you have working carbon monoxide detectors.** All homes in Wisconsin are required to have detectors on every level, including the basement, but not the attic or storage areas. Detectors can be purchased at most hardware stores for \$20-\$50. Carbon monoxide detectors that plug into your outlet and combination CO/smoke detectors are available! Test your carbon monoxide detectors monthly and replace batteries twice each year.
- 2. Have your furnace or wood-burning stove inspected annually.**
- 3. Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home.** Any heating system that burns fuel produces carbon monoxide. Use a battery-powered detector where you have fuel-burning devices but no electric outlets, such as in tents, ice shanties, tree stands, cabins, trailers, and boats with enclosed cabins. Never use a gas stove or oven to heat your home.
- 4. Never run a car in an enclosed space.** Even with a door or window open, carbon monoxide levels can still build up to an unsafe level.
- 5. Always run generators outside.** Keep generators at least 20 feet from your home, camper, tent, etc., with exhaust hoses pointing away from people and structures.
- 6. Keep fuel-burning appliances properly vented.** You can prevent carbon monoxide from building up in your home by keeping vents clear. Make sure that all vents for a dryer, furnace, stove, and fireplace are clear of debris, especially after snowstorms.

### KNOW THE SIGNS AND SYMPTOMS OF POISONING

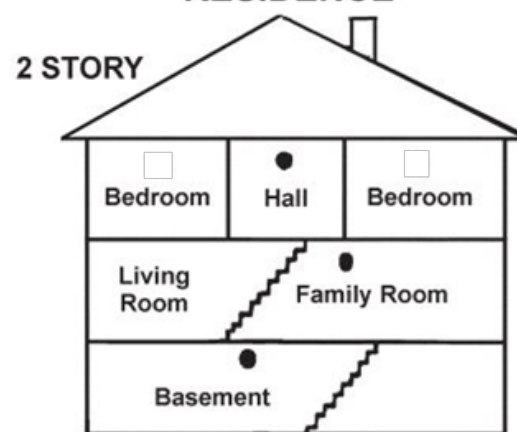
Symptoms of overexposure to carbon monoxide include headaches, fatigue, weakness, dizziness, shortness of breath, nausea, confusion, and loss of consciousness. At high levels, carbon monoxide can cause death within minutes.

#### SINGLE STORY RESIDENCE



● **Recommended CO Alarm Location**

#### TWO STORY RESIDENCE





# Understanding Medicare Annual Enrollment Period (AEP)

By Cole Bruner, President of Buska Wealth Management

The Medicare Annual Enrollment Period (AEP) is a critical time for millions of Americans aged 65 and older, as well as individuals with certain disabilities. During this period, beneficiaries have the opportunity to make changes to their Medicare coverage that can significantly impact their healthcare options and costs for the upcoming year.

### What is Medicare AEP?

Medicare AEP occurs annually from October 15th to December 7th. It is often referred to as the "open enrollment" period for Medicare plans. This timeframe allows Medicare beneficiaries to:

- Switch Plans:** Beneficiaries can switch from Original Medicare (Part A and Part B) to Medicare Advantage (Part C) or vice versa.
- Change Medicare Advantage Plans:** Individuals enrolled in Medicare Advantage can switch to a different Medicare Advantage plan.
- Adjust Prescription Drug Coverage:** Beneficiaries can join, switch, or drop Medicare Part D prescription drug plans.

### Why is Medicare AEP Important?

The importance of Medicare AEP lies in its ability to offer flexibility and choice to beneficiaries. Healthcare needs can change from year to year, and AEP provides an annual opportunity to ensure that your Medicare coverage aligns with your current health needs and budget.

### Key Considerations During Medicare AEP

- Review Your Current Coverage:** Take stock of your current Medicare plan(s), including premiums, deductibles, and copayments. Consider any changes in your health status or medications that may necessitate a different plan.
- Compare Plan Options:** Medicare plans can vary widely in terms of coverage, costs, and provider networks. Use Medicare's Plan Finder tool or consult with a Medicare counselor to compare plans available in your area.
- Consider Your Healthcare Needs:** Think about any upcoming medical procedures, prescriptions, or specialists you may need to see in the coming year. Ensure that your chosen plan covers these services adequately.
- Check for Extra Benefits:** Some Medicare Advantage plans offer additional benefits. Evaluate whether extra benefits are important to you.



**5. Financial Implications:** Besides premiums, consider other costs such as deductibles, copayments, and out-of-pocket maximums. Balance these costs against your budget and healthcare needs.

### How to Enroll or Make Changes

Enrolling in a new Medicare plan or making changes during AEP is straightforward:

- Online:** Visit Medicare.gov or the website of the plan you wish to enroll in.
- Phone:** Call Medicare at 1-800-MEDICARE (1-800-633-4227) or the plan directly.
- In Person:** Visit a local Medicare office or attend Medicare informational events in your community.

### What Happens if You Miss the AEP Deadline?

If you miss the Medicare AEP deadline (December 7th), you may still have options to enroll or make changes. Contact a licensed agent to learn more.

Medicare AEP is a crucial time for Medicare beneficiaries to evaluate their healthcare needs and make informed decisions about their coverage for the upcoming year. By understanding the options available and considering factors such as health needs and financial circumstances, beneficiaries can ensure they have the most suitable Medicare coverage in place. Taking advantage of AEP can empower individuals to navigate their healthcare choices effectively and with confidence.

## IT'S YOUR MEDICARE - GET THE MOST OUT OF IT

### THE MEDICARE ANNUAL ENROLLMENT PERIOD (AEP) RUNS FROM OCT. 15-DEC. 7!

This is the window to adjust elements of your Medicare coverage, like:

- Changing from Original Medicare to a Medicare Advantage plan
- Switching from a Medicare Advantage plan back to Original Medicare
- Shifting from one Medicare Advantage Plan to another Medicare Advantage plan
- Moving from a Medicare Advantage plan without drug coverage to a plan that does offer drug coverage, and vice versa
- Joining a prescription drug plan, switching from one drug plan to another, or dropping drug coverage

Don't wait to consider your Medicare options. Let's get together to make sure your Medicare strategy has you covered! Schedule a complimentary consultation with a licensed agent today. Call **715.355.4445** (TTY: 711).



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We are not affiliated or endorsed by the Social Security Administration, federal Medicare program, or any other government agency. We do not offer every plan available in your area. Currently, we represent 6 organizations which offer 342 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. Calling the number above will direct you to a licensed agent.



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# Canis Major Nail Services

By Becky Streeter

Trimming your dog's toenails can be one of the least exciting things about being a dog owner. Luckily for you, Jessie Nelson with Canis Major Nail Services runs a mobile nail trimming service and is here to help.

"Getting your dog's nails trimmed is essential for their health," says Nelson, owner and groomer for Canis Major Nail Services. Long nails can break or get caught on things. "Nails that are too long can also change the structure of your dog's foot," Nelson adds. "That goes all the way to their spine and affects the way that they move. This can cause issues not only with the feet, but can also increase the risk of arthritis, hip and knee problems, and the risk of slipping."

With Canis Major Nail Services, the dog gets to stay in his or her familiar surroundings, where they are the most comfortable. Nelson brings a portable table to help keep the dog secure, but she will have the dog lie on the floor if that is the safer option. The whole process usually takes 15 minutes or less, and involves plenty of treats and positive reinforcement. Nelson says it's important to get nail trims on a schedule to keep nail length as well as positive behavior and comfortability consistent. "Not all dogs go from severe nail trimming anxiety to liking it, but they learn to trust the process and it gets easier. It's really exciting for both me and the owners to see the changes in the dog's behavior over time."

Nelson recommends scheduling appointments 4-8 weeks apart, depending on the dog's needs. Canis Major Nail Service operates within normal business hours most weekdays, and Nelson usually offers one evening per month. Nelson is able to travel within 25 minutes of her home in Eau Claire.

To schedule an appointment, call or text Jessie Nelson at 715-450-3120, visit Canis Major Nail Service's Facebook page, or send an email to [canismajorgrooming@gmail.com](mailto:canismajorgrooming@gmail.com).



## DO YOU LIKE TO LISTEN TO PODCASTS?

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