

# senior review

FREE

April 2023

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

## Winter Walking Tips

By Robing Nelson- Fitness Instructor and Weight Lifting Coach for Seniors – The Landing at the Woodson YMCA

In our northern climate it is nearly impossible to avoid snowy and slippery walking surfaces during the winter months. Slippery surfaces greatly increase the possibility of falls and injuries.

Here are a few tips to help avoid slipping or falling on snow and ice:

- 1. Be Alert-** Recognizing potential slippery surfaces is an important first step then find a path around ice and snow.
- 2. Slow and Steady-** Winter walking is anything but a race. Allow extra time to reach your destination. Walk slowly and take small steps. Point toes outward with legs slightly apart- think penguin walk.
- 3. Proper footwear-** invest in boots with 'grip'. Smooth soled shoes should be avoided as they can increase the risk of slipping. Use a cane or cleats attached to the bottom of shoes or boots.
- 4. Heads Up-** Keep your head up and don't lean forward. Keep hands out of pockets and avoid carrying stuff on icy surfaces.

What to do if you experience a fall:

- 1. Tuck and Roll-** Get low so the distance of the fall is shorter.

Avoid landing on a big joint i.e.- hip for shoulder joint.

- 2. Do an assessment-** Lie still for a few minutes and think about how you feel. If your body feels okay scoot to a non-slippery surface and slowly get to your feet. If you feel injured- stay calm! Attract help by calling out, phone for help or use an object to make noise. Of course, seek medical help for any injuries.

Final advice:

Focus on fitness all year round. Studies have shown that inactive seniors who added Tai Chi three times per week decreased their risk of falling by a whopping 55%!

Happy Winter and safe walking!





## DYE YOUR easter eggs the *natural way*

<b>NATURAL DYESTUFF</b>	<b>COLOR</b>
Fresh beets, cranberries, radishes, or frozen raspberries.....	Pinkish red
Yellow onion skins.....	Orange
Orange or lemon peels, carrot tops or ground cumin.....	Delicate yellow
Ground turmeric.....	Yellow
Spinach leaves.....	Pale yellow
Yellow Delicious apple peels.....	Green-gold
Canned blueberries or red cabbage leaves.....	Blue
Strong brewed coffee.....	Beige to brown
Dill seeds.....	Brown-gold
Chili powder.....	Brown-orange
Purple or red grape juice, or beet juice.....	Grey



### SPINACH STRENGTH

We all know where Popeye got his strength from, but did you know it may have kept him skinny too? Swedish researchers have discovered that spinach contains thylakoid, a substance which slows down metabolism. When fed to rats, those who ate the spinach with thylakoid gained less weight and had lower blood sugars and blood fats.

### AMAZING RECYCLING & WASTE STATS

- 1** An impressive 34 percent of our waste could be composted, and perhaps this is not that surprising given the fact that we waste about 33 million tons of food annually, according to the EPA. Composting at home is an increasing trend, however, so if you're up for learning a bit about dealing with your food and other compostable waste, you could help decrease some of these numbers.
- 2** 33 million tons of food is a huge number, but if you look at this figure on a smaller scale, the average American wastes between 209 and 253 pounds of food every year. For many of us, that means we waste more than our own body weight in food. Not all the news about food waste is negative, though. Many companies are trying to find ways to reuse food. For

example, some supermarkets are recycling their food waste, meaning it either gets donated, fed to animals or composted.

- 3** Who knew recycling a single glass bottle would allow you to spend thirty minutes browsing the Internet? Just think what recycling a whole case of beer or soda bottles could do. Glass is one of the best candidates for recycling because it never loses quality the way some other recyclable materials do. Bottles can be made into new bottles over and over again.



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# Estate Planning Tips when Considering Remarrying

By Hougum Law Firm

Are you and your future spouse considering remarrying? Are you immersed in wedding preparations, invitations and family? Congratulations!! We know you are busy with wedding plans but have you given any thoughts on how this could impact your current estate plan? You and your future spouse should know that remarriage and estate planning often work hand in hand.



Now typically when couples in their first marriage create their estate plans their goals match. Each spouse wants to take care of the surviving spouse for as long as he or she lives, and then divide what is left equally among their children. Or, if your children are still minors, you set up a trust for the children until they are adults. Also, most couples jointly own their assets. Be aware, though, this is usually not the case when dealing with remarriage and estate planning.

For your information, when you remarry or marry later in life or marry after amassing significant wealth, your goals and the goals of your future spouse may not be so perfectly aligned, so the traditional methods for estate planning may not work as well. For instance, consider the following scenario: if you decide to put your new spouse on the title of the home you own, it is now considered jointly owned with the right of survivorship. In other words, when you pass away, the home becomes the property of your spouse, without restriction. In addition, there may be no guarantee that he or she will pass it along to your children from your prior marriage.

Here are a few estate planning tips as you plan to remarry.

1. Your first consideration for remarriage and estate planning may be to consider planning separately, especially if you or your future spouse have significant assets. Have an honest conversation about your individual estate planning goals and make the decision together. If your goals are sufficiently similar, then you may be able to plan jointly. If they are significantly different, consider having separate attorneys.
2. Your second consideration could be to use a QTIP trust in remarriage and estate planning if you have significantly more assets than your future spouse. For example, by using a QTIP Trust your spouse could continue to live in your home, but upon his or her death, your children, not the children of your spouse, would inherit the property.
3. Finally, the third consideration should be to consider naming a trust as the beneficiary of your life insurance. The trust can allow you to control when and to whom monies are distributed, so that you can provide for your spouse during his or her lifetime, and yet keep control over the proceeds. The trust can also protect your spouse from irresponsible spending, creditors, predators, and even estate taxes.

Contact our Wausau or Rhinelander office to discuss your options if you are considering a second marriage. Call Hougum Law Firm, LLC for a complimentary consultation at (715) 843-5001.



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# Ways to Reduce Your Salt Intake

## Low Salt = Proven Health Benefits

There is a plethora of research that confirms the benefits of a low-sodium diet. Salt has long been linked to high blood pressure, which afflicts nearly one in three Americans, and is the leading cause of cardiovascular disease. The ultimate goal of a low-sodium diet is to reduce the risk of cardiovascular disease and other health complications related to high blood pressure (hypertension).

## Tips for Reducing Sodium/Salt

According to the Centers for Disease Control and Prevention, the majority of sodium in our diets comes from packaged and restaurant food (not the salt shaker) and is a direct result of food processing. Even foods that may not taste salty can be a major sources of sodium. Here are some tips for reducing sodium:

### At the Grocery Store

- Buy fresh or frozen vegetables with no salt or sauce added.
- Choose packaged foods labeled “low sodium” or “no salt added” when available.
- When buying prepared meals, look for those with less than 600 milligrams (mg) of sodium per meal, which is the upper limit set by the Food and Drug Administration for a meal or main dish to be labeled “healthy.”
- When possible, purchase fresh poultry, fish, pork and lean meat, rather than cured, salted, smoked and other processed meats.
- Ask your grocer if they have a low sodium shopping list available.

### At Home

- When cooking, use alternatives to replace or reduce the amount of salt use, such as garlic, salt-free seasonings or spices.
- Eat more fruits and vegetables.
- Limit sauces, mixes and “instant” products, including rice and ready-made pasta.

### Dining Out

- Ask for nutrition information before you order, and select a lower sodium meal.
- Ask that no salt be added to your meal.
- Order vegetables with no salt added or fruit as a side item.
- Keep takeout and fast food to an occasional treat.

Food	Sodium Range (in milligrams)
1 slice white bread	80–230
3 oz turkey breast, deli or prepackaged luncheon meat	450–1,050
4 oz slice frozen pizza, plain cheese, regular crust	370–730
4 oz slice restaurant pizza, plain cheese, regular crust	510–760
4 oz boneless, skinless chicken breast, fresh	40–330
3 oz chicken strips, restaurant, breaded	430–900
3 oz chicken nuggets, frozen, breaded	200–570
1 cup chicken noodle soup, canned, prepared	100–940
1 corn dog, regular	350–620
1 cheeseburger, fast food restaurant	710–1,690
1 oz slice American cheese, processed (packaged or deli)	330–460
1 cup canned pasta with meat sauce	530–980
5 oz pork with barbecue sauce (packaged)	600–1,120
1 oz potato chips, plain	50–200



## April Recipe:

### Low Sodium Chicken Vegetable Soup



#### Ingredients:

- 1 lb chicken breast, boneless, skinless, cooked
- 1 tablespoon onion
- 4 celery stalks
- 2 tablespoons fresh parsley
- 1 cup fresh carrots
- 1 tablespoon butter
- 7-1/2 cups water
- 5 cups low sodium chicken broth
- 1/8 teaspoon black pepper
- 1 cup frozen mixed vegetables

#### Directions

1. Dice chicken and set aside. Chop onion, celery and parsley; slice carrots 1/2 inch thick.
2. Sauté butter and onion in a 4 quart pot for 5 minutes, until tender.
3. Add water and chicken broth and bring to a boil.
4. Add chicken, celery, parsley and pepper, then cover and simmer for 30 minutes.
5. Add carrots, cover and simmer for 20 minutes.
6. Add frozen vegetables, cover and simmer 20 minutes longer.

Total Time: Prep and Cook: 1 hour and 30 minutes. Yield: 8 Servings.

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# How to Secure an Age-Friendly Job *By Becky Streefer*

Individuals who are over 50 years in age often look for a more flexible job to continue working into their senior years. This could mean fewer hours, lighter physical demand, calmer pace of work, telecommunicating, flexible hours, paid time off or a more meaningful position. The great news is that age-friendly jobs are growing in numbers throughout the country. The problem is these positions are being scooped up by others a lot younger than 50.



Because age-friendly jobs usually have that ever-enticing flexible schedule, they often turn into worker-friendly jobs. Examples include reservation agents, receptionists and HR managers. These types of jobs are especially desirable for younger individuals with small children or those who are primary caregivers for their older parents. These demographics still need to bring in a decent income, but also have some rigid and time consuming responsibilities outside the workforce, so a flexible schedule is a huge incentive for them.

In order to help save on company expenses during the pandemic, many businesses let older individuals go either through cuts or with incentives for early retirement. These employers then often adopted the idea that hiring younger people meant easier and shorter training in certain areas such as technology and that these workers would be a part of the company for longer. This created an interesting and somewhat ageist economic model.

So how do you secure an age-friendly job? Here are two tips to help you in the applying and interviewing process:

**1. Research whether or not your desired company is an age-friendly employer.** It is easy for companies to offer age-friendly positions, but an age-friendly employer hires, trains and retains workers over 50. Age-friendly employers desire a multigenerational workforce and know that people with experience can offer something unique and important to the company.

Many large companies file reports online with statistics about their companies. Sometimes these reports include the age demographic of the company. You can search online for ESG (Environmental, Social and Governance), corporate social responsibility, or sustainability reports to find this information.

AARP is also a great resource for age-friendly jobs. They list over 2000 companies, including 36 in Wisconsin, that have signed a pledge to “stand with AARP in affirming the value of experienced workers and are committed to developing diverse organizations” (<https://www.aarp.org/work/employer-pledge-companies/>).


**2. When interviewing for a job, advocate for yourself and what you can bring to the company because of your age.** A huge concern of hiring employers is company turnover. Use that to

your advantage! Many younger individuals these days try out a position for a number of years and then move on to something else. You can help decrease turnover because you’re planning to stay until you retire.


Also, be proactive about being overqualified. Don’t wait for the interviewer to ask why someone with your experience is looking for a job that is “beneath” you. Explain that someone with your level of expertise can bring wisdom and experience to your future team and help younger workers avoid the mistakes that you have already seen in the past. And if you’re willing to apply for a job that pays less than your previous, note that in the interview as well, saying the benefits of flexible schedule or fewer physical demands are more than enough to compensate for that pay decrease.

*Source: Eisenberg, Richard. “Why Aren’t Older Workers Getting Those Age-Friendly Jobs?” Next Avenue. 2 FEB 2023. <https://www.nextavenue.org/why-arent-older-workers-getting-those-age-friendly-jobs/>.*

## Healthy Brain & Body HEALTHY SOUL




**Thursday, April 20 (Virtual)  
1:00-3:00 p.m. CST**



**Jim Adams**

**Healthy Living for Your Brain & Body**  
1:00-1:30 p.m.

Jim Adams, Alzheimer’s Association Community Educator and author of *Other Me’s: My Caregiver Experience with Lewy Body*, will share about how healthy living can improve healthy aging. Topics will include diet and nutrition, exercise, cognitive activity and social engagement.



**Chaplain Elisa Bosley**


**Old Minds, Young Souls: Why and How to Offer Spiritual Care During Dementia**  
1:30-3:00 p.m.

Chaplain Elisa Bosley, graduate of Stanford University and an influential writer and editor, will share her guidance to help meet the spiritual needs of elders, especially those with Alzheimer’s and other dementias. Topics will include, the difference between spiritual and religious care, the benefits of spiritual care for a person living with dementia, how to support a loved one’s (and your own) faith during the dementia journey and practical tools to lead spiritual activities.

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# When to Eat Matters as Much as What You Eat

Annotated for Senior Review from *Fast for Your Gut*, Marnie Schwartz, October 2020

Everyone loves to eat. That is a given, especially in this country but when you eat may matter as much as what you eat and how much. Read on!

Microorganisms live in your intestine. They assist in breaking down food for nutrition you need. When digesting dietary fiber, compounds are created that are critical to muscle function and disease prevention. According to Suzanne Devkota, PhD Director of Microbiome Research, F. Widjaja Fdt. Inflammatory Bowel and Immunobiology Research Institute at Cedars-Sinai in Los Angeles, 'gut bugs' are important, they even affect emotions and cognition through signals between the brain and the digestive system.

So if you feed your microbes the right stuff the balance will stay in check. In addition to what you eat, they are finding that when you eat (and when you don't) has a huge effect.

As with many things in life, timing is everything. Managing the timing of when you eat can be done through intermittent fasting. There are several patterns to consider.

- Weekly intermittent, you eat two to three nonconsecutive days per week.
- Time restricted feeding is eating a certain number of hours a day, fasting the other hours.

The data shows both can help with weight loss, improved metabolic function and a lower risk of diabetes and cancer. FYI: women who are pregnant, breastfeeding or

have an eating disorder history should not fast.

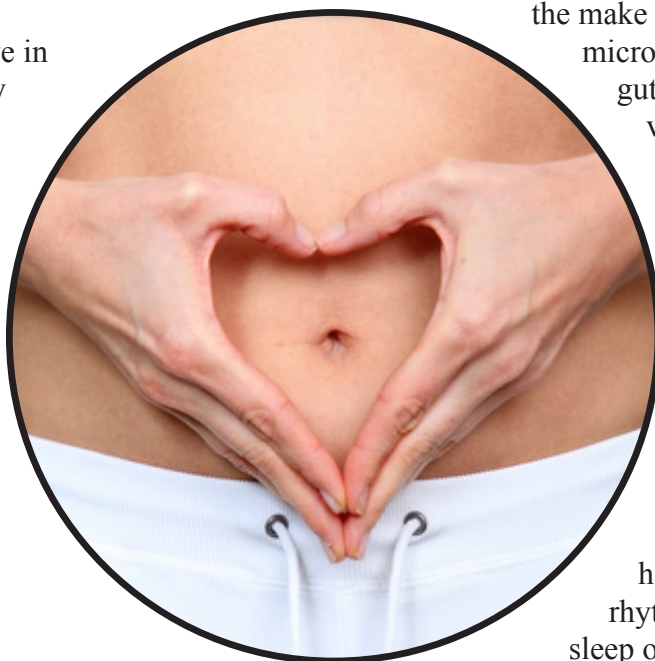
Intermittent fasting can change the make up of your microbiome. "Your gut bacteria are very responsive to the presence and absence of food," explains Devokta. So what you add or subtract from your diet is important. Animal studies show microbiomes to have a circadian rhythm so when you sleep one set of bacteria thrives. As you wake and

start to eat, others take over. Given a 24 hr schedule that repeats, any deviation from the schedule will throw off the cycle. According to Dr Zarrinpar, MD, PhD, University of California, San Diego School of Medicine, a time restricted feeding can reinstate naturally occurring fluctuations.

Two of most popular fasting patterns are

- 16:8 you fast 16 hours in 24 and eat during 8 remaining hours. This pattern supports weight loss, improved blood sugar, brain function and longevity. Follow a healthy diet during your eating period, drink calorie free beverages i.e. water, coffee, unsweetened teas.
- 5:2 eat normally for 5 days and fast for 2 non consecutive days. On fasting days, limit food to approx 500 calories a day for women and 600 calories for a man

There are pros and cons for each diet so before you choose the one that interests you, Google "fast 16:8 cycle" and "fast 5:2 cycle" for details. Your 'gut' will love you for it.



## Gut's Favorites

Include these three categories in your eating mode.

**Fiber** helps keep the digestive system moving which is important in minimizing gut inflammation. And pre-biotics---fibers from oats, bananas, Jerusalem artichokes, garlic, etc. promote beneficial bacteria growth. Try for 25-30 grams a day. (See high-fiber recipe below)

**Protein** During any prolonged fasting, make sure to get enough high-protein when eating to prevent muscle loss.

**Fermented foods** Yogurt, tempeh, fermented foods encourage the growth of good gut bacteria by releasing beneficial by-products as sugars and starches break down. Try for one serving a day.



## White Bean & Avocado Sandwich

### Ingredients

- 2 medium avocados
- 1 (15 ounce) can white beans, rinsed
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, grated
- 1/4 teaspoon chopped fresh thyme
- 1/4 teaspoon ground pepper
- 8 slices whole-wheat bread, toasted
- 1 cup chopped jarred roasted red peppers, rinsed
- 8 thin slices sharp cheddar cheese (about 4 oz)
- 4 cups baby lettuce



### Directions

Mash avocados, beans, lemon juice, oil, garlic, thyme and pepper in a medium bowl until well combined but still slightly chunky. Divide among 4 slices of bread (1/2 cup each). Top each sandwich with 1/4 cup red peppers, 2 slices cheese, 1 cup lettuce and the remaining bread.

Source: [eatingwell.com](http://eatingwell.com)

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# Medical Debt and Credit Reports By the GWAAR Legal Services Team

Although medical debt is a fact of life for many Americans, it has also posed a major problem for credit ratings, affecting about one in five individuals. Medical debt has historically been the most common type of debt to go into collections and the most common type that leads to consumers being contacted by debt collectors. That fact has significantly affected consumers' ability to access credit, rent or buy homes, and even find jobs. Historically, medical debt – including paid medical debt and debt that went to collections but was later paid by insurance – could remain on a person's credit report for up to seven years.

Fortunately, in response to advocacy efforts and lawsuits joined by multiple states, the three major credit bureaus – Equifax, Experian, and TransUnion – agreed to take steps to reduce the impact of medical debt on individual credit ratings. As of July 2022, paid medical debt should no longer appear on a person's credit report. As of 2023, medical debts under \$500, whether paid or unpaid, should no longer appear on credit reports.

The Consumer Financial Protection Bureau (CFPB) determined that these smaller debts have tended to remain longer on credit reports and that the new changes will result in roughly two thirds of all medical debt accounts being removed from consumer credit reports. That change, however, does not represent the majority of medical debt in terms of total dollar amounts. About half of all individuals with reported medical debts have debts that exceed \$500 and will still suffer adverse credit impacts even with the new changes in place.

Although the process for correcting credit reports remains challenging, people who identify inappropriate medical debt in their credit reports can contact each credit bureau directly to request that items be removed. If those efforts fail,

consumers can file credit reporting complaints online through the CFPB website or by calling (855) 411-CFPB.





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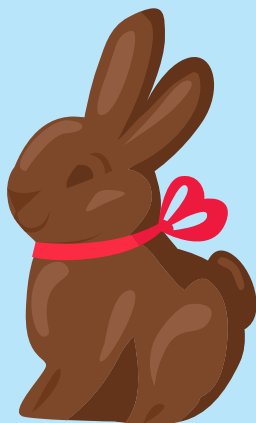
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# Easter Trivia

- The jackrabbit can run up to 45 mph
- Rabbits with upright ears hear better than rabbits with floppy ears
- A female rabbit is called a doe
- A baby rabbit is called a kit
- The record high jump of a rabbit measured 3.3 feet!
- 76% of Americans eat the ears first when eating their chocolate bunnies
- Chocolate eggs were first made in Germany in the 1800's
- The world's largest Easter egg was over 25 feet tall and weighed nearly 9000 pounds! Yum!
- Kids prefer red jelly beans to any other color
- Easter is a "moveable feast" meaning that it can take place on any Sunday between March 22 and April 25. It's different every year!



- Every year, Americans buy 700 marshmallow Peeps!

Source: FreeEasterPrintables.com

## Get Ready For Spring Cleaning and Learn How to Dispose of Household Hazardous Waste

By the GWAAR Legal Services Team

Spring will be here before you know it, and that means it's time to start thinking about spring cleaning. Many people have leftover household products sitting around in their homes that contain hazardous ingredients. Products like paints, cleaners, oils, batteries, and pesticides have ingredients that can cause fires, injuries to people and animals, or contaminate water when stored or disposed of improperly. These products are known as household hazardous waste.



To avoid the potential risks associated with household hazardous waste, you should always follow instructions on product labels for use and storage of these materials. When storing these products, keep them in their original containers and do not remove their labels. If you notice that containers have rusted or corroded, contact your local hazardous materials official or fire department for instructions for handling these products.

In addition, it is important to follow directions for proper disposal of these products. If you have leftover household hazardous wastes, never mix them with other products. Some chemicals might react, ignite, or explode when mixed together. Improperly disposing of household hazardous waste, like pouring products down the drain, on the ground, into storm sewers, or, in some cases, putting them in the trash can be very dangerous. Even empty containers should be handled with care, because in some cases, the chemical residues that remain can pose hazards.

Many communities have community collection points or one-day collection events to help residents properly dispose of household hazardous waste. Many one-day events occur in the spring, summer, or fall. These collection points will send the waste away for proper treatment and disposal. The Wisconsin Department of Agriculture, Trade, and Consumer Protection's Clean Sweep program provides a list of communities with collection sites and events here: <https://datcp.wi.gov/Documents/CleanSweepSchedule.pdf>. You can also contact your community or county solid waste department for information about additional collection locations in your area. For example, some local businesses may accept certain products for proper recycling or disposal.

For more information about household hazardous waste, including information about proper disposal of specific types of products, please see this brochure from the Wisconsin Department of Natural Resources: <https://dnr.wi.gov/files/PDF/pubs/wa/wa1719.pdf>.

Photo source: [dnr.wi.gov](https://dnr.wi.gov)



# When You Crave **THIS**, Eat **THIS** Instead

If you'd prefer to make healthy choices when you crave things that aren't so healthy for you, just clip out this article and tape it to your refrigerator door for future reference.

► **Craving chocolate?** You probably really need magnesium, which is abundant in raw nuts and seeds, legumes, and fruits.

► **That sweet tooth driving you crazy?** Your body could be telling you it needs chromium, found in broccoli, grapes, cheese, dried beans, calves liver, and chicken. Or it might mean you need the carbon found in fresh fruits. Or, maybe sulfur, available in cranberries, horseradish, cruciferous vegetables, kale, and cabbage. A craving for sweets could mean a lack of phosphorous, found in chicken, beef, liver, fish, eggs, dairy, nuts, legumes, and grains. Or, you might be short on tryptophan, commonly found in cheese, liver, lamb, raisins, sweet potato, spinach.

► **Are you mad for bread or toast?** You maybe really need some nitrogen, and you can find it in high-protein foods like fish, meat, nuts, and beans.



► **Craving oily, fatty foods?** You probably could use some calcium, common in mustard and turnip greens, broccoli, kale, legumes, cheese, and sesame.

► **Do you want coffee or tea and you want it now?** It could be that your body really wants phosphorous or sulfur (see under "Sweets"), or maybe you need salt from sea salt or apple cider vinegar, or possibly iron from meat, fish, poultry, seaweed, and black cherries.

► **Even cravings for alcohol and recreational drugs** might indicate nutrients you need, such as protein from meat, seafood, dairy, and nuts; avenin in granola

and oatmeal; calcium in mustard and turnip greens, kale, legumes, and milk products; glutamine found in raw cabbage juice; or potassium found in sun-dried black olives, potato peel broth, seaweed, and bitter greens.

► **Are you on a mission for something salty?** Maybe you need the chloride found in sea salt, raw goat milk, and fish.

► **Are you dreaming of a cool drink?** Lack of manganese might be the culprit. You can find it in walnuts, almonds, pecans, pineapple, and blueberries.

► **To curb overeating in general,** silicon, found in nuts and seeds might help, as well as tryptophan (see under "Sweets") and tyrosine, common in Vitamin C supplements and orange, green, red fruits and veggies.

► **A lack of appetite,** might indicate a need for Vitamin B1 (tuna, seeds, beans, liver and other organ meats), Vitamin B3 (tuna, halibut, beef, chicken, turkey, pork, seeds, and legumes), manganese (see under "Cool drinks"), or chloride (see under "Salty foods").

► **To help fight tobacco cravings,** try some silicon or tyrosine (see under "Overeating" for both).

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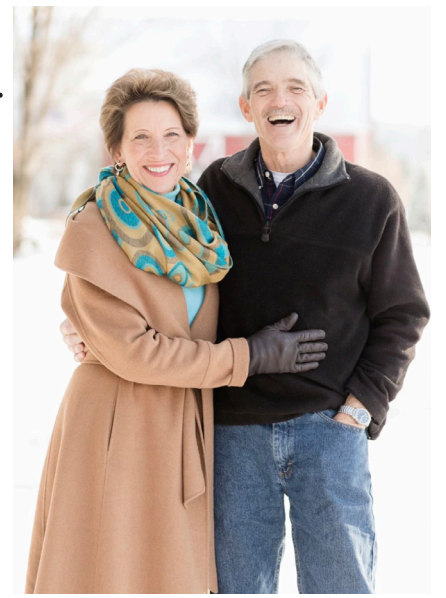
# Mike's Story by Kristi Gay

The most humble, hardworking, jolly, loyal, faithful, and good man joined the ranks of Alex Trebek, Ruth Bader Ginsburg, Steve Jobs, and Patrick Swayze when on Friday, November 29, 2019, my dad, Mike Ruffedt, learned he was living with pancreatic cancer that had spread to the liver. He was only 66 years old and the beacon of health: strong and trim from doing situps and pushups daily his entire life, he had run marathons and triathlons and skis races, was a UPS driver in Stanley, WI for 35 years, was on no medications, and never really had any health problems prior.

It started about two weeks earlier with a dull pain in his abdomen. After a week he called the doctor and agreed to get an ultrasound, more worried about aneurysms which runs in his mother's family than anything, but also hoping it was his gallbladder that was acting up. He had the ultrasound and heard back the next day where they requested a CT scan because they saw something like a fluid-filled sac but didn't think it was a tumor. That (Black) Friday evening the doctor called him while at the hunting cabin and gave him the bad news: the sac was on his pancreas as well as had spread to his liver.

The very first thing Mike did when he got that call was step outside, look up at the stars, and say, "God, I'm really going to need you here. Guide me through this." That first weekend as Mike shared this devastating news with his high school sweetheart and wife of 43 years, Patti, his two adult kids Kristi (me) and Paul, and his eight siblings/in-laws, he kept repeating this: "I am so grateful for the life I've had and the family and friends and stories I've made along the way. I will not say 'why me' because why NOT me. This is just part of life." This mentality set the stage for how he would navigate his three month cancer journey and guide his family through it as well.

The first month and a half was a flurry of doctor appointments, port installations, and his first (and only) chemo infusion. He agreed to do anything that would positively help, whether western medicine, meditation, juicing organic green vegetables, eating turmeric, or anything that was suggested. He was literally the best patient! Around six weeks after his diagnosis he landed in the ER with nausea and stomach pain and a fever, which is when we found out the chemo was not working and the tumor had infiltrated his colon. Over that touch and go weekend, Mike stayed perfectly calm, still grateful, but now shifting into "last minute" mode making sure the family knew all of his most important truths.



Once stabilized, I will never forget the beautiful conversation we had with Dr. Michael Claessens, the palliative care doctor, who helped Mike and our family decide between continuing trying to fight, or peacefully accepting the end of life and making the best use of the time left. As tears streamed down all our faces with the reality that there would be no fix this time, we also felt a flood of peace and relief. The entire goal of this next phase would be enjoyment, comfort, and whatever you want!

The last month of Mike's life could only be described as magical. With the hospital bed set up in his favorite room of the house where he and Patti had "coffee talk" every day, he had a continuous stream of visitors. He was comfortable and alert but also serious in his conversations, making sure the people throughout his entire life knew what that relationship meant to him.

The Hospice nurses that would visit weekly as well as by request could only be described as angels, with a solution to improve every new symptom and an answer to every question. Mike also loved and was assured by the fact that Hospice supports the family for the entire year after the patient is gone. The daily visits from our priest, Father Victor Feltes, brought peace to Mike and the entire family, where after the confession or communion or whatever Mike requested, we would share soup and a glass of wine and laugh in the kitchen together. "Mike's Song" that his younger sister, Mary, wrote and performed with tears streaming down her cheeks, Mike's cheeks, and all of ours could not have been more beautiful and is now a core memory.

He talked a lot about God, and attributed everything good especially since his diagnosis, especially the peace and gratitude he felt the entire time to Him. And although there were of course tears shed by everyone daily, they were somehow happy and grateful tears. His repeated line of "It's hard to be sad when you're grateful" has never left us, even after his earthly body left on February 20, 2020 while his family and siblings all rested hands on him while saying the Our Father.

So what is the moral of Mike's Story? The moral is that even during the toughest times, your attitude, focus on gratitude, and connection to a Higher Power can make it a beautiful time for you and for all. Peace be with you.

*Mike's Story (in more detail) is available on Amazon:*  
Mike's Story: A Christian Journey through Cancer and Hospice to Heaven <https://a.co/d/9ik350b>

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# Good Hydration Linked To Healthy Aging

*Content from: the National Heart, Lung and Blood Institute*

Adults who stay well-hydrated appear to be healthier, develop fewer chronic conditions, such as heart and lung disease, and live longer than those who may not get sufficient fluids, according to a National Institutes of Health study published in eBioMedicine. The study used health data gathered from 11,255 adults over a 30-year period. Researchers analyzed links between serum sodium levels, which go up when fluid intake goes down, and various indicators of health. They found that adults with serum sodium levels at the higher end of a normal range were more likely to develop chronic conditions and show signs of advanced biological aging than those with serum sodium levels in the medium ranges. Adults with higher levels were also more likely to die at a younger age. “The results suggest that proper hydration may slow down aging and prolong a disease-free life,” said Natalia Dmitrieva, Ph.D. The authors also cited research that finds about half of people worldwide don’t meet recommendations for daily total water intake, which often starts at 6 cups (1.5 liters).



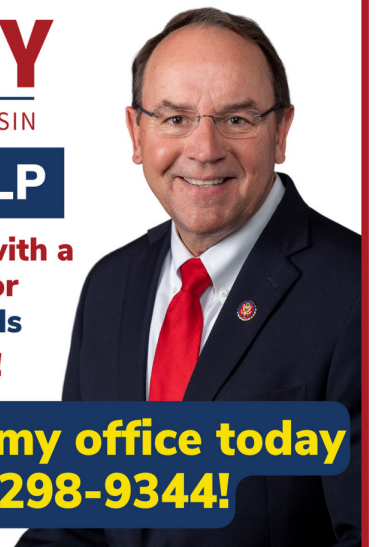
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# Five Benefits of Home Care for Seniors by Michele Teter, AgingCare.com

The benefits of elderly individuals living in their own homes are undeniable. But when an aging loved one begins struggling with household tasks and activities of daily living (ADLs), it can become a major source of worry for their family. Hiring home care is an excellent option that enables older adults to age in place safely. Professional in-home caregivers provide seniors with hands-on care as well as help with the emotional and routine aspects of daily life.



In addition to the more tangible benefits of hiring a caregiver, both older adults and their family members can enjoy added peace of mind. If you have concerns about a loved one's ability to live independently or your growing responsibilities as their sole caregiver, consider the advantages of home care for the elderly.

## 5 HOME CARE BENEFITS FOR SENIORS

### 1. Companionship and Social Opportunities

If there is one thing that becomes clear as someone ages, it's the importance of social connections. "Far too many elderly individuals in the United States live alone, and when they have trouble getting around, lose their driving privileges, or do not have family and friends nearby, it can make them feel even more isolated," explains Kevin Watkins, co-founder of Caring Hearts of Rochester in New York. Fortunately, companionship becomes a quintessential part of any home care services.

Companion care provides invaluable social interaction. This could be something as simple as conversing over coffee, going for walks, or cooking or gardening together. In the process of doing their job, caregivers stave off loneliness and depression in older adults.

### 2. Safe Transportation

At some point, most aging adults become unsafe drivers and must give up their car keys. This blow to their independence severely limits their ability to complete everyday tasks, such as buying groceries, going to church and visiting friends. A professional caregiver can transport and accompany your loved one to stores, meetings, doctor's appointments, social events and more. Such assistance can expand a senior's world outside of their home and help them remain physically and mentally active.

### 3. Extended Independence

By providing ongoing personal care, professional caregivers are able to help aging individuals continue living safely, comfortably and socially at home. A little extra support can be all that is needed to extend an older adult's sense of independence. This goes a long way toward improving their outlook on life and boosting self-confidence. Most aging individuals are comforted by remaining in familiar surroundings where they have spent much of their lives. In-home care services support aging in place and can delay or prevent the move to a long-term care facility.

### 4. Oversight of Daily Life

An in-home caregiver will keep an eye on your loved one and detect changes in their condition, such as refusal to eat, sudden weight loss, medication mismanagement, or fluctuations in memory and reasoning. This kind of accountability can make a significant difference in preventing accidents and avoidable health complications, particularly in situations where an older adult has difficulty communicating and/or remembering things. Personal care aides are specifically trained to read subtle cues that a senior's mental

or physical condition has changed and act quickly to remedy the situation.

### 5. Peace of Mind for the Family

Whether you live 10 minutes away or on the other side of the country, it's impossible not to worry about a loved one who is showing signs of needing help at home. Home care services provide the one-on-one, personalized care that a sole caregiver cannot realistically offer full time. This valuable addition to a senior's care plan grants their family members priceless respite opportunities that reduce stress levels and prevent caregiver burnout.

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# Plan and Protect Today for Tomorrow by Peterson Kraemer Funeral Home

For those who are concerned about protecting their assets and who are also interested in taking the initiative to pre-plan/pre-fund their funeral arrangements, there are very effective means of accomplishing both goals. A pre-funded funeral will not only ensure that all of your personal end-of-life wishes are documented and carried out upon your death, it will also safeguard these funds in the event that you have long-term medical needs and your personal assets are being depleted, resulting in the need to apply for Medical Assistance.

The ultimate goal when pre-funding a funeral is to protect your assets should you need Medical Assistance in the future. Any funeral pre-funding done through our funeral home will meet Medical Assistance qualification guidelines, meaning the funds you set aside for your funeral cannot be counted as an asset when applying for Medical Assistance.

It is important to keep in mind that pre-funding a funeral does not mean that you are paying funds to the funeral home. Your money will be 100% invested into either an insurance policy or a bank trust, either of which will be in YOUR name, and YOU will own. There are unique features and benefits to each option and you should discuss with your funeral home pre-planning specialist which alternative will be most beneficial to you.

Other valuable things to note are that your pre-funded funeral fund is portable, meaning it can be transferred to a funeral home in another city or state if you should move, and is irrevocable, meaning it cannot

be taken away from you for any reason and can only be used for funeral expenses. Upon your death, the proceeds will be assigned to the funeral home after the selected services and merchandise have been provided. If there are surplus funds after all the funeral costs have been covered, they will typically be paid to the estate of the deceased.



Regardless of the personal options you choose for yourself and your funeral, the peace of mind gained from pre-planning your funeral and the financial security offered by establishing a pre-funded funeral trust are well worth the time and thought that go into setting these things up.

Join us for a FREE seminar to answer your questions and help you get started with your own personal pre-planning. Two dates and locations are available: Wednesday, April 26th at Peterson/Kraemer Funeral Home, 300 Walnut Street, Marathon or Thursday, April 27th Peterson/Kraemer Funeral Home, 3400 Stewart Avenue, Wausau, 54401. Both seminars are at 10am, 2pm and 6pm. SEATING IS LIMITED! To guarantee reservation please call by Friday, April 21st 715-845-6900 to reserve your seat.

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# 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.

## Mosquito Repellent Via Landscaping *By Becky Streeter*

After the cold and snowy winter we've had, we're all looking forward to spring and summer, and so are the mosquitoes and bugs. Most of us don't care for choking on the fog from traditional spray repellents, or the scent it leaves on our skin and clothes. Thankfully, there's an easier way to keep those pesky pests at bay: natural landscaping. Whether you plant them in the ground all around your home, or keep them in pots, the following are six plants mosquitoes and other bugs tend to avoid.

**1. Citronella** - Citronella is actually a grass that can be planted in your yard. It grows up to 6 feet tall by 6 feet wide, so plan accordingly. It also prefers a partial shade or dappled sun.

**2. Lavender** - Mosquitoes detest the scent of lavender, and on the flip side, pollinators love it. It's a win-win! Deer also tend to avoid this plant. Sow 2-3 feet apart in direct sunlight and water twice a week.

**3. Marigolds** - Easy to plant and maintain, this is a fan favorite as it repels many different types of bugs. Plus they look pretty all summer long and into the fall.

**4. Nasturtiums** - These cute, fragrant and colorful little flowers draw pests away from other flowers and vegetables while simultaneously enticing pollinators. They are also edible, with a peppery or mustard-like taste. They prefer full sun.

**5. Basil** - A few scientific studies have found basil to be highly toxic to certain varieties of mosquitoes. It's an easy addition to your garden, or pots, and is great to toss in meals while cooking.

**6. Mint** - Mint contains menthol, an active insect-fighting ingredient. The plant grows quickly and spreads even quicker, so keep it in a pot if you want to control it. Mint, like basil, is also a great herb to have handy for cooking.

Additionally, if you are looking for a natural, topical mosquito repellent, studies have shown clove oil to be a great option. The tropical clove tree isn't suited to the midwest growing season, therefore oil is your best bet. Lab tests have continually shown a 100% efficiency rating with clove oil for over a decade. Large doses can be irritating to the skin, but it is safe to use topically in a concentration of 0.5% or less.

Source: • Ball, Jessica M.S., RD. "7 Plants that Repel Bugs and Mosquitos." *Eating Well*. 17 February 2022. <https://www.eatingwell.com/article/7947914/plants-that-repel-bugs-and-mosquitos>. • "How to Plant, Grow, and Care for Nasturtiums." *Farmers Almanac*. 10 February 2023. <https://www.almanac.com/plant/nasturtiums>. • "Plants & Herbs as Mosquito Repellents." *Mosquito Reviews*. <https://mosquitoreviews.com/mosquito-repellents/plants>.





# The Challenges of Aging

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

I recently read a definition of retirement that really bothered me. It said; “To retire implies, to take out of use or dispose of something no longer useful or needed. (Example: Jane retired her old coat”). This definition suggests that retired people, just like old coats are not needed, valuable, or useful any longer. In other words, old people and old things should be retired, removed from everyday life, and forgotten. This definition smacks of ageism.

Ageism is a type of discrimination against people based on their age. The term was first used in 1968 by gerontologist Robert N. Butler to describe discrimination against older adults. It involves holding negative stereotypes about older people and often makes them targets for ridicule and discrimination. Today, the term can be applied to any type of age-based discrimination, whether it involves children, teenagers, adults, or senior citizens.

People of every age are valuable to society. Every age group has unique and special qualities - and each group faces unique challenges. Elder people are often valuable resources of wisdom and insight. With age comes experience; and from experience comes wisdom. But age alone doesn't guarantee that all older people are wise; no more than thinking that all young people lack wisdom just because they haven't had a lot of life experiences. Wisdom comes from learning from life experiences, not just surviving them.

Wisdom teaches us that aging is natural to all living things. As human beings we are born. We live. We age. We die. This is the reality of our existence. We should be wise enough to understand and accept this, and not foolishly think we can ignore it or deny it as our reality. Neither should we let this fact depress us or restrict our pleasure in simply being alive.

## The Challenge of Losses

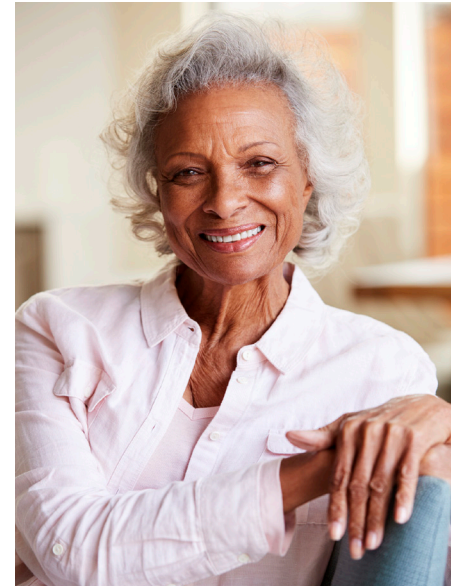
Among the many challenges facing older generations is dealing with ever-increasing losses. These include deaths of loved ones, loss of health, loss of job and income, and loss of independence. Sometimes, several losses happen in a short time making it harder to cope with each one.

Grief is a common emotional response to loss, and we all grieve differently. Emotional responses while grieving include expressions of denial, isolation, anger, bargaining, depression, or acceptance. While some experience these emotions; others don't. They also don't appear in any definite order or degree of intensity. Older people can actually experience extreme effects from loss. Grief can actually affect an elderly person's immune system and lead them to lose interest in taking care of themselves. It can also result in lower energy, inability to concentrate, being distracted or forgetful, inability to sleep, loss of appetite, and chronic headaches or stomach pain. We all need to accept that loss and grieving are a part of everyone's life – even our own.

One of the first noticeable losses is that of physical abilities. By age 50, most of us have become aware that our bodies aren't what they used to be. We look different. We lose hair and gain wrinkles. Our vision and hearing diminish, and some start wearing contacts or glasses and using hearing aids. Our “six-pack” abs often are replaced with “love handles.” The onset of menopause brings emotional and physical changes. We start to lose stamina, body strength and endurance. With physical losses can come a loss of independence. Things like not being able to drive, travel, work, or live where one chooses. Dealing with these losses leads many to question their usefulness. If I can't do what I want to do, when I want to do it –

how should I react? These are the challenges older generations face right now. And the loss of independence is perhaps the greatest challenge we all must eventually face as we grow older.

While many older adults remain independent and highly self-sufficient, others require more care. While aging is filled with challenges, it certainly does not have to come with a loss of dignity. There is hope. There are preventative steps you can begin to take right now to reduce or eliminate the losses of physical vitality and personal independence.



## Ways To Face The Challenges of Aging

- Take care of your health. Begin today to eat better, exercise regularly, and reduce or eliminate bad health habits. Be as active as you can be. The old adage still holds, “Use it or lose it.” So don't waste life just sitting around waiting for it to happen. Get out and do things.
- Stay connected. Spend time with other people. Invite others to visit you or go visit family and friends whenever possible. Other people are your life-links to a happier life and better retirement. Don't avoid others or isolate yourself. Mix and mingle when possible. Doing so, takes your mind off yourself and your problems.
- Attend religious services. Whatever your faith, attend services as much as possible. You will be uplifted and encouraged by hearing messages and music that touch your soul. It's a scientific fact that people of religious faith live dramatically happier and healthier lives than non-believers.
- Celebrate and enjoy what you have. Look good for your age. Smile, and be cheerful. Everyone looks better when they smile. It's good for your facial muscles – and it will brighten your world and bring joy to those around you.
- Read more and observe your surroundings. Take in and engage in programs that entertain and also educate you. Learn by observation the wonderful world of nature outside your window.
- Listen to beautiful, inspiring music. Converse with your loved ones and friends – and LISTEN to what they are saying. Paying attention to what is being said, stimulates your brain and makes you THINK. This is helpful in warding off things like dementia and Alzheimer's.
- Be glad for all the good things you have experienced. Think of the happy times of your childhood and youth. Remember your loved ones and the joys you shared. Remember the good you have done. Look at your own accomplishments, career and successes as part of the legacy you have built. Don't minimize them – they help make you the great person you are.
- And then most importantly, never stop trying to do more good things each and every day. Continue to see each day as a blank slate, just waiting for you to fill it with more joy happiness and wonder.

These are some of the ways we can face the challenges of aging.

Carl Trapani, MA, MS, LPC serves as campus Chaplain at Chippewa Manor. 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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