

senior review

FREE

July
2020

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

Scams, Scams, and More Scams *By Detective Olivia Erl, Eau Claire Police Department*

In many scams, the victims report how the scammer had known so much about them and the scammer's email or social media account looked so real. Today is the age of the internet—you can find and create almost anything on it. Facebook, Google Earth, white pages, etc. are resources criminals use to gain information. Scammers are very good at creating fake social media accounts in order to make victims believe it is real.

Calls and emails are the primary way scammers will contact you. If someone calls you from a phone number you don't recognize and they claim to work for a bank or are some other form of authority, you can hang up on the call—then look up the phone number for that place yourself. More recently many scammers have been calling from numbers that appear



to be local numbers, but this does not mean that they are actually calling from where the phone's caller ID says. There are apps you can download onto your phone to make your number appear as someone else's on caller ID. Most importantly do not give out your credit/debit information over the phone. When you receive an email from an unknown person or organization and it is asking you to click on the link for further information, do not click on the link or respond to the email. Clicking on the link allows the scammer to gain access into your system.

Reshipping schemes occur quite frequently. A reshipping scheme is when you are contacted by someone who will ask you to either pick up a package that this person claimed was just shipped to the wrong address, then ask

you to repackage and ship it to the "correct" address. Often times these packages will contain stolen, high-dollar, small items, such as smartphones, watches, etc. Another version of reshipping involves check fraud and is when you are contacted by a person who tells you to expect a check in the mail and when you receive this check, you are to cash the check and place the cash in a package to be mailed elsewhere. The scammer may play on your emotions, claiming that you would be helping a charitable organization or this is a work-from-home job offer. What the scammer doesn't tell you is that the check is fraudulent and will bounce; the scammer simply hopes it will bounce after you obtain the cash for it.

At the end of the day if something sounds too good to be true, or if you are being asked to make payments using pre-paid gift cards, then it's probably a scam and you should take extra precautions.

Resources: If you have a question about whether something is a scam, or would like to report a scam, contact your local law enforcement agency. The website (www.identitytheft.gov) is a resource intended to help victims of identity theft.

balanced living

Tips and ideas for a healthy and balanced life

HEAD OFF HEADACHES!

One in four people get headaches, including migraine sufferers. Here are five headache fixes to try.

CHILL OUT. Your headache risk soars when a stressful situation ends. Practicing stress-reduction techniques can keep cortisol lower when you become stressed - helping to avoid a crash.

MORE MAGNESIUM. When brain cells have enough magnesium, they're less likely to switch on the pain pathways if they meet up with a pain trigger. Some great magnesium sources are: whole grains, spinach, pumpkin seeds, black beans and dark chocolate.

DRINK UP. Mild dehydration could double your risk

for a headache. Fortunately drinking more water is an easy fix.

EXERCISE. Pedaling an exercise bike for 40 minutes, three times a week, blocked migraines as much as taking a migraine-preventing prescription drug.

QUIT CHEWING GUM. The grinding from gum chewing can put excess pressure on the jaw, causing head discomfort. Those who restarted the habit, the headaches returned.



DOES ANYONE KNOW WHAT MEDICATIONS YOU ARE TAKING?

Most of us take a pill or so daily and it is not a big deal.. Others take a handful and would be in trouble if they missed a few doses. So, do yourself a big favor and make a list of all the medications you are taking. Put it somewhere so that it will be easily found if needed.

Where it sounds quite simple, it could be a disaster if you need medication each evening and no one knows it or where to find it.



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The *Senior Review* distributes throughout the Rock County area every month.

Advertising: 715-831-0325

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Summer Foods and More at the Farmer's Market

Happy summer! The sun is shining, the birds are chirping, and the farmers market are in full swing. Farmers markets are a great way to support local farmers & businesses, while getting delicious produce at reasonable prices. In early summer produce that is likely to be available at Wisconsin Farmer's markets include

strawberries, asparagus, peas, radishes, leeks, mushrooms, and rhubarb. Some greens such as Swiss chard and early lettuce are also available. It

is the perfect time of the year to explore your local farmers market. In addition, there are usually vendors offering unique baked goods, specialty drinks, and crafts.

Whatever your summer craving is the farmers market is sure to have it. Buying produce this way

also helps to promote sustainable agriculture by reducing resources used to package & transport the produce. This July don't forget to venture out to your local farmers market & pick up some fresh & delicious produce to use at home. The local variety of summer produce doesn't last long in the Midwest, so we must take

advantage while we can!

Monthly Challenge ideas: Visit the Farmer's market. Pick out a new vegetable to try. Use reusable

grocery bags instead of plastic. Try our strawberry pinwheel recipe.

Source: GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 10: 10-1-17 by Emily Parsons.



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Recipe: Roasted Kohlrabi

Ingredients:

- 4 kohlrabi bulbs, peeled
- 1 tablespoon olive oil
- 1 clove garlic, minced
- salt and pepper to taste
- 1/3 cup grated Parmesan cheese

Directions:

Preheat an oven to 450 F. Cut kohlrabi into 1/4 inch slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet. Bake in the preheated oven until browned, (15 to 20 min), stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, (5 min). Serve immediately.

Source: GWAAR Nutrition Team, Beneficial Bites.



Azura to Host Teepa Snow at Annual Dementia Symposium

Dementia is a difficult disease to navigate. There are many facets of the disease process that can present certain challenges when providing care to patients and loved ones. It is important to know of the beneficial resources in your local community and to continue to learn, connect, and share insight and approaches that can help alleviate some of these challenges, ultimately resulting in a higher quality of life for both the individual with dementia and the person providing care to them.

At Azura Memory Care, our mission to transform the culture of care doesn't just exist inside the walls of our homes, it extends into our homes' surrounding communities by offering educational outlets to those looking to learn more about the disease and ways to create a personalized approach to care.

Azura Memory Care hosts two Dementia Symposiums annually in Eau Claire and in the Milwaukee area and welcomes experts from different areas of the dementia care field to share their insight. This year, Azura is pleased to welcome international dementia expert, Teepa Snow, as the presenting speaker at our 2020 Dementia Symposiums.

Teepa Snow, MS, OTR/L, FAOTA, is an internationally-known trainer and consultant providing support and care that places the person living with dementia in a pivotal role when determining what is needed. Her mission is to change the culture of dementia by helping communities, professionals, families, and individuals develop the awareness, knowledge, and skills needed to support and care for someone living with dementia.

The Milwaukee Symposium will be held on Tuesday, September 1st at the Brookfield Conference Center in Milwaukee, Wisconsin. The Eau Claire Dementia Symposium will be held on Wednesday, September 2nd at the Florian Gardens Conference Center, in Eau Claire, Wisconsin. The event will run from 8:00 am - 4:30 pm and feature a variety of Community Resource Booths, a light breakfast, delicious lunch and afternoon snack. Basic registration is \$65 per person or \$80 per person for an enhanced registration that includes 6.5 hours of Continuing



Education Units (CEU's).

This educational Symposium is designed to provide knowledge and insight to physicians, counselors, psychologists, nurses, social workers, case managers, nursing home and assisted living administrators, other professionals and family caregivers regarding the following topics, all presented by Teepa Snow!

Why Do They Do That?
Understanding Symptoms and Situations of Dementia Seen in Hospital and Other Care

Settings: This session is designed to help care partners and health care providers better understand why people living with dementia may sometimes say or do things that are unexpected and/or challenging. It focuses on understanding the many changes that occur in the brain during the progression of the disease and how these changes contribute directly to challenges in care.

Changing Resistance to Care to Participation in Care and Pain Management in Dementia: This session will focus on effective strategies for reducing resistance to care and fostering positive interactions for those with dementia in various care situations. It will also focus on the unique challenges of pain management for those living with dementia and the importance of appropriate pain management in helping to reduce resistance.

How Lifelong Personality Traits and Preferences Impact Dementia Care at Home, Hospital and other Care Settings: This session addresses the ways in which life-long personality

traits determine choices, behaviors, and reactions for those living with dementia. By recognizing and using this information, health care providers and care partners can have more control over 'how things go' and in getting what they need, while respecting others and helping them as well.

Developing Activities That Have Meaning For Those Living with Dementia: This session will help care partners develop and offer activity programs that are appropriate and effective when residents have various degrees of cognitive impairment. Emphasis will be placed on providing caregivers with the skills needed to determine the residents remaining skills and interests and then selecting activities that would promote interaction and engagement while reducing distress and isolation.

The deadline to register for the Dementia Symposium is August 15, 2020, but space is limited, so reserve your spot today! All proceeds from the Azura Memory Care Dementia Symposium will be donated to the Alzheimer's Association and the Wisconsin Alzheimer's Disease Research Center.

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Dusting Off Some Local History: Celebrating Independence

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

John Adams, second President of the United States, famously refused to appear at events celebrating the Fourth of July. It was July 2, 1776 when the Continental Congress voted, unanimously, to adopt a resolution calling for the independence of the American Colonies. Adams, on that day, thought July 2nd would forever be celebrated as the anniversary of our nation's independence with parades, games, sports, speeches, and more. Two days later, on July 4th, the Continental Congress adopted the Declaration of Independence. The significance of adopting this foundational document came to be recognized as a date more important than July 2nd. On July 4, 1777, the first anniversary of the Declaration's adoption, the City of Philadelphia organized festivities including what might be the first organized Fourth of July fireworks show in our nation's history. Early celebrations coalesced around July 4th as the date to recognize and celebrate independence. It was not until much later, 1870, that the U.S. Congress formally adopted July 4th as a federal holiday.

Every year, all around Wisconsin, communities organize events celebrating the Fourth of July. Although these celebrations may look different in each community, there are many similarities. Fireworks and parades are common. Local parks are full of family and group gatherings. In 1876, the City of Eau Claire celebrated the 100th anniversary of independence with all the usual fare: parades, park gatherings, fireworks, dances, and more. The Eau Claire News reported the day "was ushered in by a salute of one hundred guns at sunrise," followed by parades, baseball games, speeches organized by civic groups held in local parks, dances, and fireworks in the evening. The report continued, "the celebration was a success... the procession was the finest one Eau Claire has ever beheld."

While festivities may look differently this year, the spirit

of the Fourth will be present across our state and nation. My family and I plan to stay home, but grilling out, relaxing, and reflecting on the importance of the holiday will be on the agenda.

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.



The Eau Claire Fire Department decorated their horse-drawn ladder truck for the ca. 1899 Fourth of July parade through downtown Eau Claire, Wis. Image courtesy Chippewa Valley Museum.

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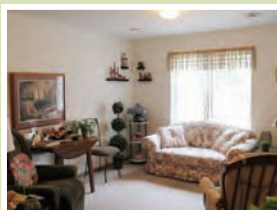


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Lighting a Sparkler on Conversations

By Shelley Krupa, Business Operations Coordinator,
Jefferson Memory Care



Many of those who are most vulnerable to COVID-19 are living in care homes across the world and have been locked down from receiving any visitors since March.

Suddenly, beloved in-person visits to see mom, dad, or a loved one changed. Conversations switched to virtual spaces via Skype and Zoom.

I betcha none of our loved ones born decades ago would've predicted this crazy situation and it likely feels just as awkward for them as it does for you. Online visits can't replace a real hug, no doubt about that. So how can we light a sparkler to our conversations with loved ones when we can't see them in person?

One thing remains consistent - it is the need for the caller/visitor to generate and spark along the conversations. Reminiscing with loved ones is an excellent way for families and friends of different generations to stay connected. Summertime memories are a great source of stories to share.

Try the story below to spark your conversations. Pause after each sentence to check for smiles on the screen and give them time to respond. Tune in to validate their thoughts as you go along:

When July 4th rolled around, many a crowd formed in the 1950's. By day, ladies and little girls dressed in Gingham halter

dressess, rompers, or poodle skirts. They wore white gloves and matching handbags.

Streets filled with onlookers who hummed along to tunes played by marching bands in parades. A few men walked by on stilts to impress the crowds.

Ball diamonds, busy with sounds of bats cracking balls, players catching them in mitts, and players rounding bases sliding safely into home plate. Cheers of crowds heard from miles away.

Neighborhood potlucks and picnics on red checkered table cloths, covered with hot dishes, mystery salads, and, of course, red, yellow, and green Jello molds were a must. Each party displayed red, white, and blue decorations.

In windows, on bikes, cars, or doll buggies, everywhere you looked our nation's flag represented in all sorts of sizes waved graciously in the wind.

At night, kids and adults gathered together on blankets spread out on the ground. Some teens even risked to share a first-time hug or kiss in the dark. All watched above to see the sky momentarily light up as fireworks exploded. Smiles beamed on faces as sparklers were twirled around in little one's hands.

Ah, yes, wonderful sparks of summertime fun sure made for memories that last.

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This Month in History



July 3, 1958: Eisenhower initiated federal flood-control program

President Dwight D. Eisenhower signed the Rivers and Harbors Flood Control Bill, which allocated funds to improve flood-control and water-storage systems across the country. The bill was introduced in the wake of disastrous and deadly floods caused by Hurricanes Connie and Diane, which hit the northeastern United States in August 1955.

July 7, 1969: First U.S. troops withdrawn from South Vietnam

A battalion of the U.S. 9th Infantry Division left Saigon in the initial withdrawal of U.S. troops. The 814 soldiers were the first of 25,000 troops that were withdrawn in the first stage of the U.S. disengagement from the war. The last U.S. troops did not leave until after the Paris Peace Accords were signed in January 1973.

July 10, 1992: Exxon Valdez captain's conviction overturned

The Alaska court of appeals overturned the conviction of Joseph Hazelwood, the former captain of the oil tanker Exxon Valdez. Hazelwood, who was found guilty of negligence for his role in the massive oil spill in Prince William Sound in 1989, successfully argued that he was entitled to immunity from prosecution because he had reported the oil spill to authorities 20 minutes after the ship ran aground.

July 15, 1888: Volcano buried victims

The Bandai volcano erupted on the Japanese island of Honshu, killing hundreds and burying many nearby villages in ash. More than one hundred people were critically burned. The eruption left an 8,000-foot crater in the earth. In the aftermath, the ash from Bandai dimmed the sun slightly worldwide for months.

July 24, 1911: Machu Picchu discovered

American archeologist Hiram Bingham got his first look at Machu Picchu, an ancient Inca settlement in Peru that is now one of the world's top tourist destinations. Tucked away in the rocky countryside northwest of Cuzco, Machu Picchu is believed to have been a summer retreat for Inca leaders. For hundreds of years afterwards, its existence was a secret known only to the peasants living in the region.

July 30, 1965: Johnson signed Medicare into law

President Lyndon B. Johnson signed Medicare, a health insurance program for elderly Americans, into law. At the bill-signing ceremony, former President Harry Truman was enrolled as Medicare's first beneficiary and received the first Medicare card. Johnson wanted to recognize Truman, who, in 1945, had become the first president to propose national health insurance, an initiative that was opposed at the time by Congress.

© The History Channel



BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children



Older adults

Outside workers

More males than females are affected

WHERE:



Houses with little to no AC



Construction work sites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/extremeheat/>

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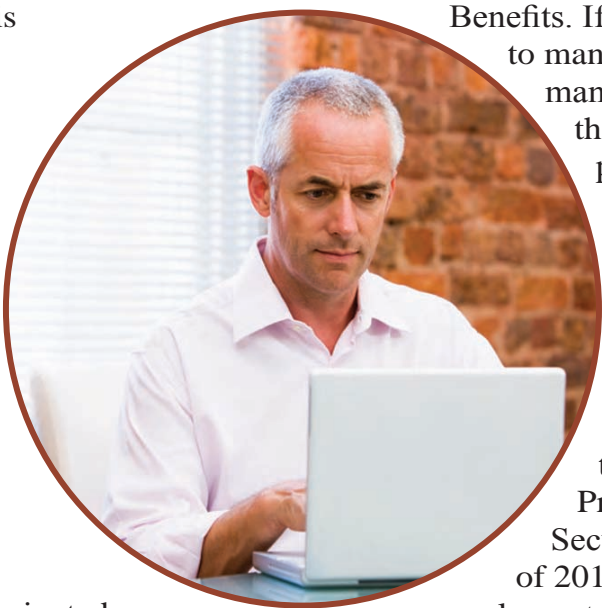
Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

Advance Designation of Representative Payee through Social Security

By the Greater Wisconsin Agency on Aging Resources Legal Services Team

To help protect what is important to you, Social Security now offers the option to advance designate a representative payee. Advance designation allows you to designate up to three individuals who could serve as a representative payee for you if the need ever arises.

Social Security offers advance designation to capable adults and emancipated minors who are applying for or receiving Social Security benefits, Supplemental Security Income, or Special Veterans



Benefits. If you become unable to manage, or direct others to manage, your benefits in the future, you will have peace of mind knowing that someone you trust may be appointed to manage your benefits for you. Advance designation is provided for in the Strengthening Protections for Social Security Beneficiaries Act of 2018. Social Security will only contact advance designees if it needs to find a representative payee to assist you in managing your benefits. Advance designation is not an

appointment of a representative payee, nor is it a power of attorney. It is optional, and you can update or withdraw your advance designation at any time. If you choose to participate, Social Security will send you a notice each year listing your advance designees for your review. You can submit your advance designation request when you apply for benefits or after you are already receiving benefits. You may do so by direct electronic submission through your my Social Security account, by telephone, in person, or in writing. For more information, see What is Advance Designation? and What happens to my Advance Designation if my claim is denied or if my benefits stop? from the Social Security Frequently Asked Questions page.

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Remember When it was common sense to look both ways before crossing the street?

Remember When no one would have been careless enough to walk in a busy parking lot reading a book, yet today who hasn't had someone walk in front of your vehicle while on the phone texting?

Remember When carpal tunnel was reserved for people who had typed for 40 years? So, how are kids developing carpal tunnel these days? Oh! Right! Texting!

Remember When kids played outside practically all year long - with no devices, joysticks, earbuds or air conditioning?

Remember When we had only five channels on the television? Nowadays, with over 1500

channels, anybody can develop carpal tunnel just trying to find your favorite shows!

Remember When you could load up the car - or the back of your truck - with as many people that could fit? It used to take seven cars with seven-nine people in each (including babies) for my large family to get to our favorite park on the 4th of July to celebrate Granny's birthday party. So, why does it take sixteen cars nowadays? Oh yeah— seat belts and car seats!

Remember When we use to drink water straight from the tap, or even from the water hose?

Remember When we were healthier before health food, drive thru's and junk food?



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Jack and Imogene Ehle

Jack and Imogene Ehle have found a new "family". Between the two of them they have eight children, but their Riverside Terrace "family" is made up of fellow residents who help care for each other. "I don't say nice things about living here just to butter people up, I really believe this is a wonderful place," quips Imogene.

The couple has lived here since 2013 and has met lots of nice people. The staff says Jack and Imogene keep the residents laughing with their quick senses of humor. They also love the helpful staff, dining together, and their opportunity to have a voice in what happens there. "Moving here was our kid's idea, but they made a good decision for us."

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Rural Caregivers Connect To Online Workshop

Millions of rural caregivers provide crucial support to loved ones living with memory loss and dementia. These same caregivers often feel stressed and isolated.

An online workshop may help them. The University of California, San Francisco is conducting a study of a new online caregiver workshop. Caregivers may qualify if they:

- Live in a rural area
- Care for someone with memory loss
- Are 18 years of age or older
- Provide care for at least 10 hours per week

What does the online workshop offer?

The workshop is accessible to rural caregivers whenever they want it, day or night. It teaches caregivers new skills to reduce their stress, take better care of themselves, manage difficult behaviors of their loved ones, and plan for the future. Caregivers



also get a workbook to keep, support from other caregivers, and information on community resources. Caregivers will receive up to \$80 in cash for completing 4 study surveys on their caregiving experiences.

How can caregivers and others learn more?

Interested caregivers can go to caregiverproject.ucsf.edu or call the toll-free number 1-833-634-0603 to get more information. Organizations that work in rural communities or have contact with caregivers can use that same contact information.

Stress Management for Uncertain Times

By Dan Desloover, EAP Coordinator at Mercyhealth

Who isn't stressed?

We all are.

So let's take a closer look at stress. Stress is our mental and physical feeling to a perceived threat. These threats,

or stressors, can include chronic illness, declining physical abilities, loss of a spouse, decreased social support, new living environments, having too much time on one's hands, and financial challenges.

We know that too much stress leads to irritability and anxiety, sleep problems, decreased concentration, memory problems, headaches, indigestion and other hidden health problems. So let's review some strategies for decreasing stress.

- Exercise – We know that exercise produces relaxation, improves mood and did you know, stimulates brain growth. Consider taking walks, joining an exercise class and getting outdoors in nature. Simply enjoying the sun or sitting outdoors may also brighten your mood.
- Social connection – We all need some social connection. When the coronavirus passes consider joining activities at the senior center. You might also



volunteer, when it's safe to do so. If you experienced an unfortunate death or loss, consider a support group through a local church or Mercyhealth

(1-888-39-MERCY). Finally, a pet brings positive interaction and support.

- Positive mind-set – We need to pay attention to our minds as much as our bodies. To manage stress, use a balanced outlook for problems by identifying possible negative and positive outcomes. Additionally, consider pleasant distractions such as reading, crafts or listening to music. You might also try an end of the day review of positive moments to improve your mood! Lastly, consider increasing relaxation by deep breathing and meditation.
- Problem-solving – This approach is most helpful when we are facing known stressors such as housing, home care and nutrition. Consider the Aging & Disability Resource Center (608-741-3600) for assistance. Additionally, consider asking a trusted family member or friend to help identify solutions.

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SOURCES: U.S. DEPARTMENT OF JUSTICE, FEDERAL TRADE COMMISSION, FEDERAL COMMUNICATIONS COMMISSION, NAAC, ICONE, PLATON.COM



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For Those of Us Who Are Baby Boomers By Ken Anderson, The Mayberry Guru

For those of us who are baby boomers, the coronavirus pandemic brings back memories of another severe global illness of the 50s and 60s. Very few of us growing up during the time of the polio epidemic did not come away, not knowing someone who was adversely affected by this deadly and crippling disease.

From 1951-1954 an average of 16,316 cases of polio and 1879 deaths occurred globally each year. Fortunately, the development of a vaccine in 1954 by Dr. Jonas Salk was successful rather quickly, and polio cases declined dramatically after that. The vaccine, the Inactivated Polio Virus, was administered to school children through injection.

According to the March 10, 1955 edition of the Dorchester Clarion, a goal was established to immunize over 175,000 children in the first and second grades of all public, private and parochial schools in Wisconsin. However, this was not always easy to do. In an April 28, Dorchester Clarion, it was reported that the polio immunization clinics had to be postponed indefinitely due to a shortage of vaccine.

I remember receiving the polio injections at school when I was about ten years old. We were taken as a group and waited in line. In the early '60s, the IPV was replaced by the oral polio vaccine (OPV), which was developed by Dr.

Wednesday, March 18, 2020 Tribune-Phonograph Page 13

Old Cars Weekly recognizes Mayberry car

Dorchester native Ken Anderson's 1965 Ford Galaxie—a replica of Barney Fife's quad car from *The Andy Griffith Show*—was recently named one of *Old Cars Weekly's* "Cars of the Decade."

The black-and-white Galaxie purchased by Anderson in 2010 is on a list that includes Jay Leno's 1931 Duesenberg Model J and other classics such as a like Kurtzwell's 1958 Jaguar Mark VIII.

The Stevens Point-based publication recently selected about a dozen cars and their owners for a rundown of the top stored vehicles from the 2010s decade.

Old Cars Weekly, which can be found online at www.oldcarsweekly.com, first featured Anderson's Galaxies in a 2014 article.

Editor Brian Earnest said the cars were chosen for the list for a variety of reasons, such as their "cool back stories" and the "fantastic" owners who have special connections to their vehicles.

The following excerpt from the Feb. 19 *Cars of the Decade* feature was written by Old Cars editor Brian Earnest and his staff:

Ken Anderson has long been a devoted fan of *The Andy Griffith Show* and all it stood for, but that connection reached a whole new level in 2010 when he added his Mayberry memorabilia collection —

Anderson's car is a Galaxie 500, while the car used on the show was a base-level Custom sedan. But the car looks great, is wonderfully authentic, and more than fills the bill at the many appearances Anderson makes each in year, in full police uniform, spreading the Mayberry gospel.

According to Anderson, the Galaxie 500 had originally been all white and was converted to a Mayberry TV car clone by a man in Tennessee. The Ford has the proper back-and-white paint job, police decals, siren vintage Motorola police radio, and single flashing red light on the roof.

"Mt. Pilot Ford, Mt. Pilot, N.C." is stenciled on the edge of the trunk lid for some added authenticity. He even has an authentic "JL 327" North Carolina license plates.

Many of Anderson's appearances involve taking kids for rides and letting them crawl around in the car and test the siren and light.

"I guess I'm not as careful as I would if it was totally restored," he admits. "I want it to look like a police car. It's my fun thing and I want to be able to use it."

DEPUTY FIFE - Ken Anderson, also known as "The Mayberry Guru," stands next to his 1965 Ford Galaxie, which has been featured several times in local parades, in honor of the classic 1960s *Andy Griffith Show*, which reminded Anderson of his upbringing in Dorchester.

SUBMITTED PHOTO

a replica sheriff's car. The '65 Ford isn't quite an exact match for the cars used in the show's sixth season — when the series finally went color — but it's close.

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IMPORTANT: Please keep this card and BRING IT WITH YOU WHEN YOU COME FOR YOUR NEXT DOSE OF POLIO VACCINE. Notify your family doctor so that he may have a record of your immunizations. If you are a student, notify your school so that this may be entered in your school record.

Your Name: Linda Peterson

Remember—You are not fully protected until you have had all three types of vaccine. Additional programs will be scheduled in the near future.

Albert Sabin. It was taken orally in the liquid form placed within a sugar cube. Once again, we were given this vaccine at the Dorchester schools.

Dorchester residents were not immune to polio. In October of 1955, Mrs. Ray Van Hecker suffered severe paralysis from a polio attack. Mrs. Van Hecker suffered paralysis in both of her legs, which resulted in being wheelchair-bound for the remainder of her life. There were also reports in the Dorchester Clarion

where the poliovirus struck multiple family members. However, in these cases, the results usually had a better outcome with the patients suffering less severe consequences.

Dorchester native, Jim Jantsch, recalls being quarantined to his yard when he was a young boy. He and his friends would play catch from across the streets to practice the "safe distancing" of that epidemic;

During this time, the Dorchester and surrounding areas would come together to raise money to fight the polio epidemic. Dances and other community events were held, giving community members opportunities to help. Families could also purchase polio insurance for a rather nominal fee.

While the polio epidemic did not rise to the coronavirus pandemic level, it did take a deadly toll on thousands of people. There are many baby boomers still living today who live with the painful and crippling effects of polio. I am just thankful that I am not one of them.

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These Children's Books Get Aging Right

Celebrating Longevity and Intergenerational Relationships

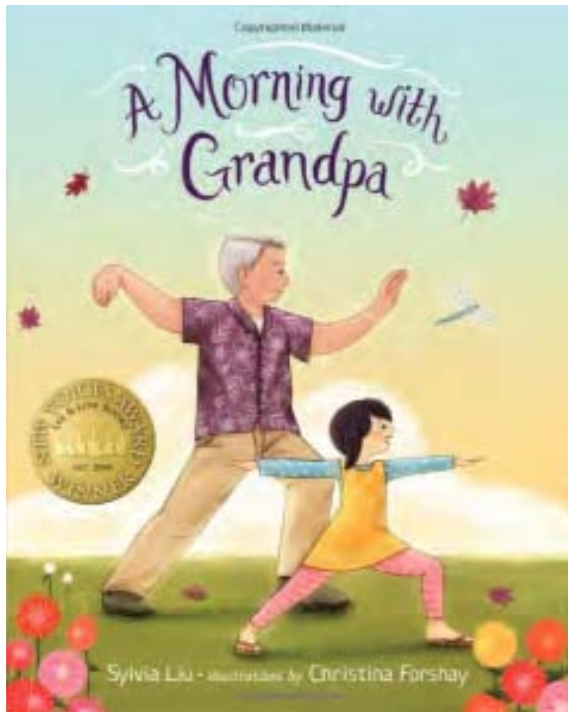
There are an array of jewels on the bookshelves that are getting it right on aging. I have done some homework:

A Morning with Grandpa.

By Sylvia Liu; Illustrated by Christina Forshay

This picture book is one of my personal picks for not only how well it departs from age stereotypes of older men, but also how beautifully it shows the value of intergenerational relationships.

Gong Gong (Chinese for Grandfather), illustrated and characterized as a vibrant, physically fit older man full of smiles, is practicing tai chi in the backyard garden. He teaches his granddaughter Mei Mei some tai chi movements. They exchange teacher/learner roles, as Mei Mei teaches Gong Gong a few yoga poses. Mei Mei and Gong Gong approach their lessons



uniquely, as they enjoy spending time together.

Author Sylvia Liu told me, “I was inspired to write the story by my dad, who taught my children tai chi and qi gong, and even now, in his eighties, exercises four times a week.” Liu’s picture book shows a positive intergenerational relationship between a grandparent and grandchild. At the same time, the book’s vibrant and active older grandfather character is a departure from ageist portrayals of older male characters in children’s literature.

Inadvertently, and brilliantly, *A Morning with Grandpa* teaches readers (of all ages) to celebrate longevity and its many gifts.

I Love My Glam-MA.

By Samantha Berger;

Illustrated by Sujean Rim

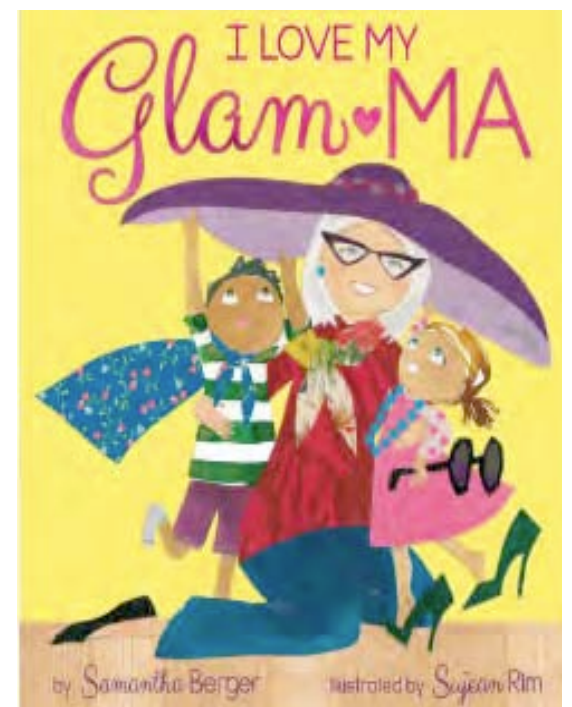
I Love My Glam-MA breaks away from the age stereotypes of devalued older women, and lovingly portrays happy intergenerational relationships between children and their grandmothers.

Author Samantha Berger said, “I had a grandmother who was FABulous, and a most Glamorous Grandma. And I’ve read thousands of picture books in my lifetime, but I had not seen any grandmothers depicted as the vital, active, irreplaceable dynamos that they are. So, I decided it was time to put sensational seniors in the spotlight.”

Sujean Rim, who illustrated the picture book, said, “I just instantly fell in love with Samantha’s manuscript and wanted to celebrate all the amazing grand moms everywhere. I plastered my studio wall with tear sheets of inspirational super women- — Iris Apfel, Tina Turner, Jane Fonda, Queen Elizabeth and my own mom.”

I value how Berger and Rim chose not to portray all of the grandmothers equally. One grandmother is disabled, happily being rolled in her wheelchair by her granddaughter. Another grandmother, dressed in a cozy robe and slippers with gray hair in a bun, is shown in a rocking chair cradling her granddaughter in her arms. Lessons of acceptance and understanding are clear. Older women are individualistic: they dress, look and age differently, which I feel is a realistic, important message this book delivers in managing children’s expectations.

Berger said, “I wanted to showcase all the different spectacular Grandmothers out there (all glamorous in their own way), and say, ‘Hey! Not only do we SEE you, but we love you, thank you, and celebrate you! Shine on, ladies, shine ON!’”



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Remember When?

Remember When bottled water was just hitting the stores and everybody said, “Nobody’s going to BUY water!” Right?

Remember When opening the bottle of aspirin cured your headache instead of the child proof cap making it worse?

Remember When no one reminded us to eat our veggies because we all had a garden?

Remember When no one had to remind you to wash your hands when coming in from playing outside because they were visibly dirty and the use of Lava soap was the only thing that took off the grunge?

Remember When going out to dine at a restaurant was reserved for special occasions - or while you were on the road traveling?

Remember When we used to make our own toys to play with instead of going the store?

Remember When the only distraction you had while driving was eating, drinking coffee or using lipstick?

Remember When there was no such thing as seat belts? Or, if you had them, they were tucked into the seat crevice?

Remember When playground equipment was metal, scalding hot or icy cold - and dangerously fun?

Remember When watching out for your own health and safety was common sense?



Recipe: Strawberry Pinwheels

Ingredients:

- 8oz package cream cheese (light or regular)
- 1 cup fresh strawberries, diced
- Pinch of cinnamon
- 4-5 flour tortillas



Directions:

In a medium bowl, combine cream cheese and strawberries and stir until blended. Spread cream cheese mixture on each tortilla and tightly wrap each up. Wrap in plastic wrap and place in refrigerator for several hours until set.

Using a sharp knife Cut slices and serve cold.

Source: *GWAAR Nutrition Team, Beneficial Bites.*

Sound and Light for Alzheimer’s Treatment

The audio-visual aspects of the brain have a lot of power when it comes to overall health, and scientists have long been exploring the possibility of a sound and light based Alzheimer’s treatment.

In 2015, Australian scientists used bursts of ultrasound to assist the waste-removal areas of the brain in mice exhibiting symptoms of Alzheimer’s. In December 2016, MIT researchers flashed a light 40 times per second into the eyes of mice while playing sound, which improved the degenerative condition. Most recently, MIT performed a study that used a low-pitched buzzing in combination with strobe lights, and found promising results.

The sound and light therapy was performed on Alzheimer’s affected mice one hour a day for seven days. The therapy was able to reduce amyloid proteins, which tend to build up over the course of the Alzheimer’s disease. The treatment also increased prefrontal cortex activity—where most of the cognitive function occurs in the brain. At the close of the week, the mice showed improved cognitive function and less plaque in the cells.

The treatment is limited to the audio-visual parts of the brain, not

specifically directed at the zones that play pivotal roles in memory formation and retrieval, however scientists are hopeful it can still help. It is possible that oscillations from brain waves could assist the treatment in the specific memory-related zones.

The brain produces electromagnetic waves through which all mental and physical functions occur. One specific type, a gamma wave, is most pronounced when the memory and focus zones of the brain are active. By using the sound and light therapy in this study, researchers were able to provoke gamma frequency in the brain. The more gamma waves present, the higher the cognitive function displayed.

Though this treatment is in its infancy, no side effects have been discovered. If scientists can create a way to successfully transmit this therapy to humans, this treatment could be a fairly inexpensive means to help slow the effects of Alzheimer’s.

Source: *Daily Health Post.*
“Scientists Use Sound and Light to Trigger Brain Waves in Innovative Approach to Treat Alzheimer’s.” December 7, 2019.
<https://dailyhealthpost.com/alzheimers-sound-light-clear-plaque>

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Where's My Stimulus Check?

The IRS now has a hotline for general stimulus questions. The number is 1-800-919-9835

It's been weeks since the IRS first started sending out payments. Are you still waiting for a stimulus check? The delay could be the result of anything from the IRS scheduling your payment for later in 2020 to the agency needing additional information from you before it can send your money.

First make absolutely sure you're eligible for a stimulus check. The numbers below are based on your 2018 or 2019 taxes (whichever you filed most recently). Specifically, you'll need to know your AGI, or adjusted gross income, which you can find on your most recent 1040 federal tax form.

You're eligible to receive a stimulus check if you are a US citizen, have a Social security number, not a dependent of another taxpayer & AGI up to:

- \$150,000 for married coupled filing joint returns
- \$112,500 for head of household filers
- \$75,000 for all other eligible individuals

Eligible retirees and recipients of Social Security retirement, survivor or disability benefits, Railroad Retirement benefits, SSI and VA Compensation and Pension, who do not file a tax return, are eligible to receive the payment automatically. .

✓ The first roll out of stimulus payments was direct deposit to your bank account.

✓ Then the IRS mailed nearly 4 million debit cards in a plain white envelope to guard against fraud and theft



If you accidentally threw out this piece of mail call 1-800-240-8100 and select option 2 from the main menu to request a replacement card.

- ✓ If your bank had trouble processing the direct deposit and the payment was returned to the IRS, a check was mailed with your most current mailing address on file either from a 2018 or 2019 tax return or from the Postal Service.
- ✓ Parents who are not married to each other and do not file a joint return cannot both claim a qualifying child as a dependent. The parent who claimed their child on their 2019 return may receive the payment. Likewise, dependent college students do not qualify for a payment.
- ✓ If you are past-due on child support, the IRS said your payment may be reduced or completely deducted. If that happens, the Bureau of the Fiscal Service will send you a notice.

Non-Filers Tool Available through 10/15/20

Some Social Security recipients, who are not required to file taxes, should use the non-filers tool on the IRS website to file a short tax form and receive their economic impact payment. The IRS recently announced that the non-filers tool will be available until October 15, 2020 only. It is available here: <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

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A photograph of an older African American couple embracing warmly. The woman, on the left, has her eyes closed and a joyful expression, wearing a light-colored cardigan over an orange top and a brown leather watch. The man, on the right, has a white beard and glasses, wearing a maroon shirt, and is smiling broadly. They are standing in front of a bright window with a blurred view of greenery outside.

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