

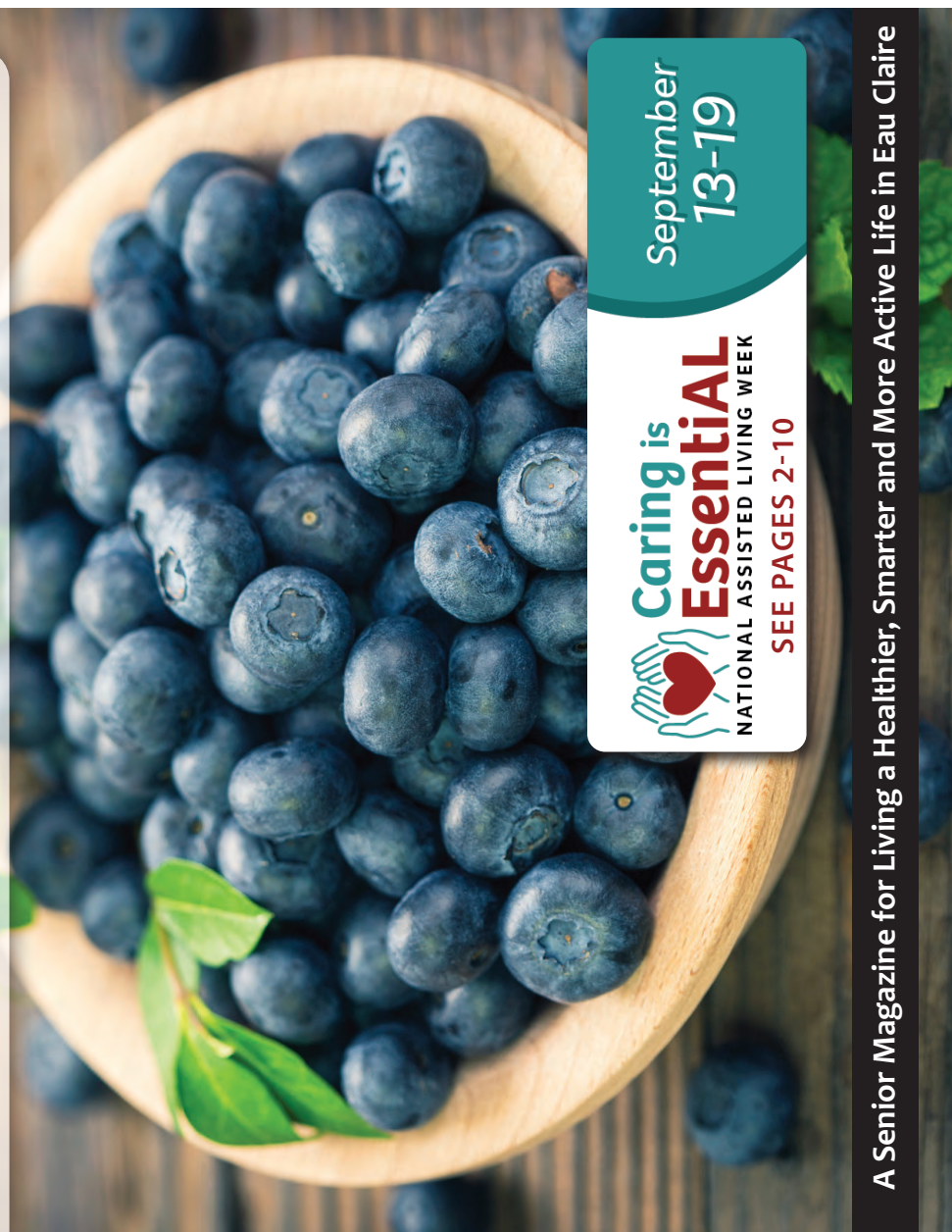
senior review

September 2020

FREE

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Caring is Essential
NATIONAL ASSISTED LIVING WEEK
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September
13-19

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

Experience the 'Busy Bee' Difference

Selecting a home care provider is an especially important decision. Busy Bee Home Care makes great efforts to set ourselves apart from other home care agencies. Serving the Chippewa Valley and surrounding communities, we believe this will be apparent from your initial consultation with us and throughout the relationship we form with our clients and their family members.

Busy Bee's number one objective is to care for our seniors. Our caregivers attend general orientation, receive additional training, and undergo supervisory visits to ensure we exceed industry standards. Our team provides complimentary transitional care management to always look out for the safety and wellbeing of you or your loved one. We also have expertise in working with those with Alzheimer's or related dementia. Each client will have access to documentation of care and services through utilization of our advanced medical charting record system.

It's time to think about homecare if you or a loved one is experiencing any of the following:

- Needs additional assistance with personal care, housekeeping, meal preparation/cooking, transportation, or companionship

- Inability to participate in social events due to COVID-19 and would benefit from companionship for socialization and quality of life
- Received a diagnosis that limits abilities short or long term
- Is post hospital/clinic visits after a surgical operation and needs assistance for a short time period during the recovery period
- Caregiver is in need of respite care or temporary relief for a period of time
- Currently residing in a long-term care facility setting and wishes to be at home due to personal preference or limitations on visitors because of COVID-19
- Currently residing in a long-term care facility setting but has declined in health, requiring hospice or end of life care needs, and wants to spend quality time at home with loved ones

Our goal is to keep your loved one safe at his or her own home for as long as possible. However, we will have an honest conversation with you if we believe an alternative option may be most beneficial. While increasing home care

hours as needs progress is the first option, our commitment is always to put our client's needs first. That is why Busy Bee offers the complimentary program of Transitional Care Management.

The Transitional Care Management program ensures you or your loved one is always receiving the appropriate and safest environment to meet current needs. Our team has extensive experience and knowledge in the fields of independent living, assisted living, and memory care (CBRF and RCAC). We also specialize in hospice and end-of-life care, which can take place at home or in a senior living community. We will devote our vast resources and connections to provide you with recommended options.

In celebration of National Assisted Living Week September 13-19th, we would like to recognize and thank our local partners in Assisted Living Homes in caring for our seniors.





CELEBRATE NATIONAL ASSISTED LIVING WEEK SEPTEMBER 13-19

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What to Ask Before Moving Your Parent to Assited Living

By Katy Hackworthy with Milestone Senior Living

It's always difficult to know when the right time is to start transitioning an aging parent into assisted living. Most older Americans would prefer to stay in the comfort of their homes, but increasing health problems and lack of assistance often make that costly or impractical. Assisted living facilities are often the obvious choice for those needing additional assistance. Unfortunately, industry wide issues such as staffing shortages and lack of federal regulations may make family members take pause when considering long-term care communities. Laken Tibbets, the Community Relations Coordinator of Milestone Senior Living (MSL), hopes to put loved ones' minds at ease by addressing common concerns many families face when making these life changing decisions.

1. What kind of help will your loved one receive at Milestone Senior Living?

Our community offers specially tailored services to match the needs of our residents. Care staff provides a variety of life enrichment programming and events, a registered nurse, laundry and housekeeping services, as well as personal care assistance.

2. What makes your Community stand out



above the rest?

From our "red carpet" hospitality and our focus on making our residents' dreams come true, to our exceptional health care services and team members, our focus is always to embrace every moment. Our community offers a wide variety of activities to enrich the lives of those who live here including Live 2 Be Healthy and Dare to Dream program. With our Dare to Dream program our goal is to make at least one resident dream come true each month in our assisted living and memory care community. Additional features include: full-size appliances and walk out patios or balconies and any-time menus.

3. What will you really be paying for? Are there costs that aren't so apparent, like transportation fees, medical fees, hygiene fees?

Our rates for memory care are all-inclusive. In assisted living, we start with a flat rate for the apartment which includes: 3 home cooked meals, all utilities paid, basic cable and Wi-Fi, housekeeping

and personal laundry services, personal emergency call system, registered nurse available 24 hours/day, daily activities, therapy and wellness programs, walk-in showers with grab bars, individual climate control, indoor personal mailbox, on-site beauty and barber salon, snacks and refreshments always available and a secure building. Care fees are an additional cost in assisted living.

4. Could someone be kicked out? Why would this happen?

MSL alleviates difficult situations, making it difficult to get "kicked out" of our community. If Milestone cannot meet the needs of the individual after several attempts or the individual cannot pay for residence at the community after Milestone gives guidance and assistance, eviction may occur.

5. Does care change at night and how? What if there is an incident or emergency at night?

Milestone has staff on 24/7. If an incident or emergency happens, our highly trained staff will be there to assist and management is on-call. The registered nurse and appropriate management would also be notified to enter the community if needed.

6. What are visitor policies, especially during COVID?

SHM worked with experts in the field and identified resources to secure a variety of COVID test processes, including a rapid read test. The rapid read test allows us to use a blood test that is minimally invasive to our staff members and gives us results in 15 minutes. This allows us to capture many people who exhibit symptoms, or have been exposed to the virus. It also allows us to identify those who are asymptomatic and take that next step in identifying the people entering our communities who could be a risk to our residents. We are currently allowing family members to visit in-person on our patio while maintaining 6 feet distance and wearing a mask, and window visits are encouraged as well as video chats.



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The *Senior Review* distributes throughout the Eau Claire area every month.

Advertising: 715-831-0325

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Celebrate National Assisted Living Week!

National Assisted Living Week acknowledges the importance of these facilities and the crucial role that they play in the lives of elderly people and people with disabilities. The week-long celebration recognizes everyone involved in assisted living facilities, including family members, residents, assisted living resident assistants, volunteers, and other staff.

Welcome Home: Transitioning to Assisted Living

By Becky Streeter

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Making the decision to enter assisted living can be emotional and stressful for everyone involved, but having a starting point for assessing options can help reduce any stress. If you and your loved ones are prepared with a list of questions, you will feel more prepared when moving day comes along. Some important questions to ask:

- What is included in the monthly rate (laundry, meals)
- Programs offered (exercise, PT, social activities)
- Training/certifications of the staff
- Ratio of staff to residents both day and night
- Medical services available
- Memory care availability
- Security of the building

Treat the decision like an interview: if the facility does not meet most of your requirements, it is probably not the right fit. Every person is different, and each of us requires a different kind of care. There are numerous, unique assisted living options throughout the city, so you can afford to be choosy:

Apple Valley Home



Our high standards reflect a caring family environment that promotes personal relationships while maintaining a professional business operation. Our focus is individualized assisted living for adults who can benefit from personal care, health monitoring, and supportive services to improve, stabilize, or maintain their physical health, mental health and well-being. We realize that you have a choice and that you're looking for the highest standard of care in a comfortable setting. That's why we invite you to come visit our home, and see for yourself. See the grounds and facilities, meet the staff, and have all of your questions answered. Once you do, we think you'll agree - there's no better home for your loved one than Apple Valley.



Azura Memory Care



We provide compassionate, relationship-based care and transformational programming for those in need of memory care. We offer a secure, warm setting with caregivers skilled in dementia and Alzheimer's disease care. From cozy bedrooms to bright, spacious dining and community spaces, our residents feel "at home" here and thus respond more positively to our team of committed professionals. We offer activities or the opportunity to relax independently, but always with the watchful 24-hour attention of our team.

BeeHive Homes



Our assisted living care is ideal for those who value independence but require help with some of the activities of daily living. Residents enjoy 24-hour support, private bedrooms with an attached bathroom, medication monitoring and documentation, fantastic home-cooked and dietitian-approved meals, housekeeping and laundry services, social activities and outings, and daily physical and mental exercise opportunities. BeeHive Homes are small by design, which allows us to offer one of the lowest staff-to-resident ratios in the industry. In a nutshell, we have vibrant, happy communities!

Care Partners/ Country Terrace Assisted Living



Our pledge is to serve each resident with kindness, respect, compassion, and professionalism. While we encourage our resident's independence, we nurture spirit, preserve dignity, and involve families. We believe the quality of life for a person can be significantly improved by creating an environment that allows individuals daily life choices. Proper training, ongoing education, and specialty enhancement programming are the key ingredients to ensuring excellence in care. Our main goal is to ensure that our residents and their loved ones can see the difference in the care received--quality care with a "Family" touch.

Chippewa Manor



A full-service, continuum-of-care campus, we provide a variety of senior living and rehabilitation services, including independent senior apartments, assisted living services, post-hospital rehabilitation, extended skilled nursing care, and outpatient therapy. We have registered nurses available on site 24 hours a day. We provide physical, occupational, and speech rehab services. We have a large, beautiful chapel with a full-time chaplain and our apartments provide private, independent, and assisted living opportunities.

Dove Healthcare - Orchard Hills Assisted Living



Originally opened in 1999, and a new 26-unit facility was added in 2005. A second expansion in 2008 brought total capacity of the assisted living residence to 39 studio apartments.

Dove Healthcare - Rutledge Home



Originally a 92-bed skilled nursing facility in Chippewa Falls, Rutledge Home merged with other health care companies and remodeled in 2007 to become a 43-unit assisted living residence with its primary focus on memory care.



Dove Healthcare - South Eau Claire



Opened in September 2009, this 34-bed facility specializes in skilled nursing, post-hospital, and short-term rehabilitation. An attached 16-unit assisted living residence opened September 2017.

Grace Edgewood in Altoona



Our care giving team carefully assesses your situation to determine the care options that best meet your needs. This individualized care plan guides your care around the clock. We fully promote and support family involvement and volunteer participation.

Grace Willowbrook in Eau Claire



A certified RAC (Residential Apartment Complex) assisted living residence, we are conveniently located just minutes from shopping and medical centers. Here, you can continue living the life you enjoy, with an extra measure of assistance in daily living tasks. Willowbrook's caring environment is designed to blend attentive personal care with respect for your privacy, safety and security.

Grace Woodlands in Eau Claire



Grace Woodlands is a skilled memory care assisted living community for individuals with Alzheimer's disease and other dementias. We offer specialized care in a beautiful environment that allows family members to know their loved one is safe and secure. Residents receive 24-hour personal care, medication, and incontinence management and are protected by emergency response systems all supervised by our Wellness RN.

HeatherWood Assisted Living & Memory Care



We provide assisted living and memory care services on one campus. Our wellness services and life enrichment opportunities are designed to maintain or improve the capabilities of each resident, emphasizing abilities and support in order to maintain independence. Our team believes if you do the right thing, the right things happen, and you will hear a lot of laughter. Our team is guided by goodness,

loyalty, faith, and fun. You will notice that this is more than a job for our care team—it's passion and commitment.

Heritage Senior Living



We provide a homelike atmosphere and unique amenities with unparalleled care. Our highly trained staff provides up to 28 hours of tailored care to our Assisted residents, supporting each one's individual needs. Our full-time licensed nurses and 24/7 staff ensure residents receive the care and assistance they need while allowing them to remain as independent as possible. Residents enjoy three restaurant-style meals a day prepared by our in-house chefs. For an added level of safety and peace of mind, our spacious open-concept apartment homes are equipped with emergency response systems and residents receive an emergency call pendant to alert staff in case of an issue.

Milestone Senior Living



Choosing a care residence can be overwhelming, and we at Milestone Senior Living work hard to make our residents feel at home. Our one and two bedroom apartments and memory care studios speak of quality – from architecture to fixtures, we take that extra step. Quality care begins with care staff that has a passion for what they do. Our communities offer specially tailored services to match the needs of our residents, and our care staff works with residents who have memory impairments, such as Alzheimer's and dementia, as well as those who just need a little help from time to time or assistance on a daily basis.

Oakwood Health Services



We create an environment that affords our residents the comforts of home with care designed to meet each individual's needs. We offer comfortable dining, access to rehabilitation, housekeeping and laundry, and social activities aimed at creating a fulfilled lifestyle. Our approach is to ensure maximum independence and offer reliable support in an atmosphere you can call home. We have a community for you.

Oak Gardens and Wissota Place



We are known for our willingness to help families and answer questions about assisted living.

We develop individual care plans to meet the needs of each resident, and a full-time registered nurse is available 24 hours a day to provide clinical oversight and coordination of care. Residents in our pet-friendly community can keep up with hobbies or discover new ones--we offer a variety of activities, such as exercise classes, book club, bingo, happy hour, Christmas carols, and movie nights. Our residents deserve the best, and we work hard to offer them the highest quality of assisted living services and care.

Our House Senior Living



Our team supports residents with personalized care so your loved one receives the care they need while enjoying the quality of life they've earned. Residents receive three healthy meals a day, recreational and social activities to avoid isolation, housekeeping, linen service, and apartment maintenance. Our trained staff provides attention and assistance with medication support, bathing, dressing, cooking, and other tasks throughout the day. And our team members will also coordinate services with outside healthcare providers and monitor residents to ensure health.

SilverLeaf of Augusta



We are a Community Based Residential Facility (CBRF) assisted living facility nestled in the woods of north Augusta, WI. Residents enjoy spacious studio apartments with certified care, and medical personnel are available 24-hours daily. The comfortable dining room sports a beautiful view of a wooded hillside, replete with wildlife, and meals are served restaurant-style. The Silver Leaf Spa is open to every resident, featuring a whirlpool tub and heated ceiling for added comfort.

The Classic at Hillcrest



Forget the stereotypes of senior living. The Classic at Hillcrest Greens isn't a place to grow old...it's a dynamic environment to help keep you young. Imagine the extra energy and peace of mind you'd have without the burdens of yard and home maintenance! Here you can enjoy a lifestyle filled with recreational, educational, and social opportunities. With a complete maintenance-free environment, the community offers a variety of independent living $\frac{3}{4}$ including studio, one-bedroom, and two-bedroom apartment homes. Enjoy conveniences, like light housekeeping and wellness care, all while staying in your independent living residence. For those needing a little extra help with the tasks of daily living, now or in the future, we bring the appropriate assistance to you no move necessary!



What to Consider Before Moving a Parent Into Assisted Living During COVID-19

By Katy Hackworthy

Key questions to ask in a very concerning time Nicole Dunn was all set to move her mom, Barbara, into an assisted living community in St. Petersburg, Fla. in April. Then COVID-19 struck. The facility temporarily banned outsiders and “that meant us,” Dunn says. Her mother, who has dementia, continued to live on her own in Florida.

But in mid-May, the assisted living community, which had no known cases of COVID-19, started to welcome new residents again, although newcomers would be quarantined in their apartments for two weeks. So Dunn’s mother moved in.

The early days were rocky. “I had to constantly reassure her that this was a good place for her,” Dunn says. Even so, the benefits outweighed Dunn’s concerns about her mom living in a communal setting during the pandemic.

Coronavirus and Long-Term Care

Moving a parent into assisted living is an emotional decision in normal times. These days, families have to make especially complex calculations in the shadow of a virus that’s proven especially lethal for elders.

Changes in routine can be disorienting and a new home is a big change, especially for a parent with dementia.

About 45% of all COVID-19 deaths in the U.S. have occurred in long-term care facilities, according to The Kaiser Family Foundation. Most of the widely reported outbreaks have been in nursing homes, which differ substantially from assisted living communities.

In nursing homes, residents require care from a licensed nurse; some may be bed-bound or have feeding tubes. Assisted living residents, in comparison, can live somewhat independently, but need help with daily tasks such as hygiene, meal preparation, medication management and transportation.

Concerns about moving into assisted living in 2020 go beyond whether residents may contract coronavirus, though. There’s also the issue of being able to see your parent after move-in; almost no assisted living facilities have been allowing visitors.

How to Start Researching Assisted Living Communities

What’s more, changes in routine can be disorienting and a new home is a big change, especially for a parent with dementia.

Still, you may believe an assisted living

community would be the best place for your parent. If so, you could begin researching ones in his or her area, while waiting to see how the pandemic unfolds locally. Coronavirus epicenters are riskier, from a health standpoint, than parts of the country where COVID-19 cases and deaths have been rare.

Before the pandemic, visiting potential assisted living communities was a smart way to help choose one. But in-person tours are rare right now, of course. So, get a virtual tour via Facetime or Zoom with the opportunity to ask the facilities’ managers questions by phone.

Questions to Ask

The questions might include:

What are your protocols for testing residents and staff for coronavirus? The Alzheimer’s Association’s goals for coronavirus testing in assisted living communities include daily testing of staff, testing all residents now to identify cases and administering additional tests later for residents showing symptoms.

That’s just the ideal, however. Assisted living communities aren’t close to that yet, partly due to lack of availability of COVID-19 tests.

That said, regular testing of staff is critical, says Sue Johansen of the senior-care referral service A Place for Mom, “because it’s the staff that comes and goes from the community and is exposed to the surrounding community at large.”

Argentum, a national trade association representing senior living communities, has been calling for assisted living communities to get federal funding and priority access to COVID-19 tests and personal protective equipment for front line staff.

Has your facility had COVID-19 cases? What is the infection rate there and how are you communicating with families about it? If there have been cases, ask how quickly the leadership notified families once they were diagnosed and how regularly updates are sent. Also, find out what the facility’s plan will be if a coronavirus outbreak occurs.

To get these answers, try calling to speak with the executive director.

If you leave a message and no one responds, that’s “a huge red flag,” says Cindy Hostetler of Care Weavers, a health care advocacy and navigation service for older adults in Charlotte, N.C. Lack of communication during the sales process probably won’t improve after your parent moves in.

What safety protocols are in place to prevent

COVID-19 from spreading? Among the things you’ll want to know: how frequently are high-traffic spots such as elevator buttons disinfected, and whether the community has shifted from congregate dining rooms to meals delivered to apartments.

Learn about the current move-in process, too. Are new residents quarantined or tested for coronavirus prior to or upon arrival in the facility?

What are you doing to maintain and support your staff? The key to a good assisted living facility is its staff. So, you’ll want to see what management is doing to attract and keep excellent workers.

Hero pay, additional sick leave and supplemental benefits such as assistance with groceries or transportation are tangible ways for assisted living communities to support their employees. The incentives can help limit turnover, which is a clear benefit for residents in developing relationships with staff.

Since some employees may worry about working in senior communities during COVID-19 and passing the disease to their own families, it’s also worth asking if the facility has been able to maintain its pre-pandemic staffing levels.

What are you doing to engage residents? Social isolation increases the risk of depression and cognitive decline in older adults and that’s been a particular problem during the pandemic. Many group activities that give life to assisted living communities, from art classes to pet therapy, have been put on hold.

At a minimum, staff should help its residents set up virtual visits or “window visits” when possible with family and friends outside, Hostetler says.

See if the facility has been creative in developing alternatives to keep residents entertained and active, mentally and physically.

That kind of creativity has been a relief to David Marshak. In late March, after his 92-year-old aunt Edith Guttenberg fell and received a pacemaker, he convinced her to move to an assisted living community near his home in Franklin, Mass.

Marshak has been pleased that the facility has had singers perform for residents through open windows; a parade of cars with families for Mother’s Day and Bingo games in the hallways with everyone six feet apart.

The facility is doing “as much as they can to have some sort of normalcy,” Marshak says.



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But... I Wanna Go Home *by Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care*

I don't know the exact number of times she said, "But... I wanna go home." It was a lot. The guilt, shame, and disgrace of being the 'daughter who put me here' hurt like heck. But it eventually faded as days, months, and years went by.

I felt comfort, along with her, knowing that even if she wanted to go to her childhood home, she was safe there in the temporary home. That was what mattered to both of us. I know it had to be hard on her. It's scary to feel alone. She was brave as she looked for what she wanted. It was her courage that gave us both strength to carry on each time she talked of going home.

And then one day, the feeling of 'home' happened.

While I'd love to say, it happened as fast as the day I had to make the decision to move her into memory care, it didn't. It was a slow process. Each visit, I noticed how she had settled into the place. She received and gave more hugs with the staff. She knew where her room was. She knew who didn't belong in



there when they wandered about the place. She knew where the meals were served. And, yes! – She even made a couple of friends. Friends to eat and chat with. The special kind of friends, the ones she could complain to because they were in the same boat, 'have I told you that my kids put me here?'

In all of her navigating moments of the day – she had found her 'home' in the human connection, and that is when it happened. The moment she started calling the temporary place, "her home."

The day I found out how real her home was to her was at the end of one of her visits to our home. After a nice visit, she told me she was ready to go back 'home.' I choked a bit as I gulped back tears, and felt my heart skip a beat. We smiled together in the car as I drove her back 'home'. She couldn't wait to tell someone about her visit to her daughter's house. As we walked into the door, she was greeted by staff with big smiles and hugs, and she said, cheerfully with arms spread out gathering every hug as they appeared, "I'm HOME!"

My heart melted. I smiled at the staff as the greatest sense of relief overwhelmed me.

Even a person with dementia, who can't remember where their home is, can tap into the power of the brain through the connected feelings shared with other human beings. That is how the feeling of 'home' forms for them. And, in those moments, it is a wonderful sound to hear, "I wanna go home".

From all of us at Lake Hallie Memory Care – "We're happy to share I wanna go home moments with your loved ones!"



We're standing united in our fight against the spread of COVID-19

To learn more about how we're protecting our staff & residents AND the creative ways that we're keeping families connected

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FIND US : LakeHallieMemoryCare.com

  [@memorycarepartners](https://www.instagram.com/memorycarepartners)



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Overlooked? *By Chippewa Manor Residential Living*

Flexibility an often-omitted element in the search for the right assisted living

Choosing a place to live is important – especially as we age. While there are many things to consider as we cross off the checklist of opportunities (things like location, amenities, meal plans, square-footage, privacy, care providers, activities, etc...), we might be overlooking one of the most critical elements of senior living. Flexibility!

Chippewa Manor, which is conveniently located just minutes from the heart of both Eau Claire and Chippewa Falls, provides the unique ability to flex on and off assisted living services on a monthly basis. It provides a tiered approach that not only personalizes the volume and types of cares provided – it offers value in that you only pay for assisted living when and how you need it. You choose the amount of care – as little or as much as you need each month. There is no penalty or stigma for status change, and, you have the flexibility to go on or off the Living Services program as needed. Nursing staff (comprised of state certified or licensed care providers) discretely provide assistance in the privacy of your own apartment on your schedule.

Care is available 24-hours a day, 365-days a year.

But that's not the only flexibility Chippewa Manor offers. Since its campus provides independent apartments, assisted living, rehab and skilled nursing, a move to Chippewa Manor means you won't have to deal with the hassles and inconveniences of moving to another location as your needs evolve. You can access inpatient or outpatient therapy if needed, and if you require more supervised care, you will already be familiar with the people, environments and care options provided on campus.

"We see flexibility as a big factor in the emotional and physical well-being of our residents," said Jill Gengler, Chippewa Manor Campus President. "Experiences shouldn't just be one-sided. We want them to be personalized and adaptable to the needs of those living with us."

Chippewa Manor doesn't push a one-size fits all approach to dining, living spaces or activity. You choose your apartment size (1-and 2-bedroom layouts are available). There is no sharing of bathrooms, kitchens or storage spaces with other residents. You choose, if, and what meals you would like to have delivered to your

apartment or served restaurant-style in the dining room. You also have the flexibility to participate in as little or as many activities as you would like – it's all based on your individual preference.

"Our goals are really to create opportunities that meet people's specific and unique needs," said Shannon Small, Chippewa Manor Residential Living Director, who oversees the Assisted Living Services program. "If and or when you need assistance, we will be there to meet those needs. When you don't, we provide you with the flexibility to live independently with peace of mind, knowing we are available 24-hours a day."

And that's what Chippewa Manor sees as the key to finding the right senior living experience - Provide the flexibility and care levels you need and the preferences you want.

For more information about senior apartments or assisted living services at Chippewa Manor call (715) 723-4437 or visit www.chippewamanor.com today.



City of Eau Claire Housing Rehabilitation Loan Program

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

Types of Eligible Work:

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

Applicant Eligibility Requirements:

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



**For eligibility information and application
call the Rehab Specialist at (715) 839-8294.**

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



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BCG Vaccine and Alzheimer's By Mindful Diagnostics and Therapeutics

BCG vaccination has had recent notoriety due to its surprising beneficial impact upon a diverse group of human maladies from diabetes to Alzheimer's disease and, most recently, COVID19.

In 1921, after decades of research, a pair of scientists at Paris' Pasteur Institute used their vaccine against tuberculosis (TB) for the first time. The scientists, Calmette and Guerin, treated a child destined to get tuberculosis; a newborn to a mother suffering from tuberculosis who died in childbirth was to be raised by his grandmother who also had tuberculosis. "When we saw that this child developed normally during the six months following the vaccination, we thought we need not wait any longer to try the method on other children."

This was the beginning of the most frequently used vaccine in human history, the Bacille Calmette-Guerin (BCG). Although four billion doses of BCG have been given and 120 million doses are currently given to infants every year, the United States (and Netherlands) did not adopt routine vaccination. The US based its TB control on contact tracing and vaccinated only those at risk. Over the years many other Western countries have discontinued routine BCG



vaccination.

Two recent scientific publications suggest a beneficial use of BCG for Alzheimer's disease. One study demonstrated that there is lower prevalence of Alzheimer's disease in countries where BCG is routinely used. The study also considered factors such as the age of the population as well as its socio-economic status. The analysis connects BCG immunization with a lower risk of Alzheimer's. BCG has another use; for persons with a certain stage of bladder cancer, irrigating BCG into the bladder after removing the cancer lessens the risk of recurrence. A second study by the same

group tested their hypothesis by evaluating bladder cancer patients who received BCG comparing them to bladder


cancer patients for whom BCG was not part of their treatment. They found that bladder cancer patients treated with BCG were significantly less likely to develop Alzheimer's compared to those not similarly treated. The mean age at diagnosis of bladder cancer was 68 years. Alzheimer's was diagnosed at a mean age of 84 years. BCG dramatically reduced the risk of developing Alzheimer's. Those treated with BCG had four-fold less risk for developing Alzheimer's compared to those not treated with BCG.

We are planning a study - Does BCG vaccination favorably change a new blood biomarker for pathology associated with Alzheimer's disease?

It is now known that the changes in the brain associated with Alzheimer's disease (amyloid plaques and tau tangles) start decades before the first signs of dementia. Also now known is that we are ALL getting these changes as we age. The critical questions become how much Alzheimer's pathology is "normal" for a certain age and what can an individual do to lessen or slow down those changes?

We will employ the blood test before and after BCG vaccination to see if there is a favorable change in the new biomarker. We will be recruiting individuals from our community.

For more information, please see the Mindful Diagnostics and Therapeutics web site: www.mindfuldt.com and select the BCG-PANDA Study



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Sixty Years of Wondering Finally Put to Rest By Ken Anderson, The Mayberry Guru

Childhood memories are often extraordinary. But as the years pass by, they can sometimes become foggy. Such is the case of one of my childhood memories, which has been very vague for sixty years.

From the time I was quite young, I remembered my father telling me a story about when he was in WW2. I recall his saying something to me about seeing a ship being torpedoed while he was at sea. This story has stuck with me all these years, but I have often wondered if my dad really told me the story.

Because of some luck and the kindness of a Dorchester resident, I was finally able to discover the truth.

Several weeks ago, Jessica Lueddecke, who lives in my childhood home in Dorchester, sent



me a Facebook message.

Jessica told me her family was removing some drywall in my old family home in Dorchester when they made an intriguing discovery. Behind the drywall, they found a letter written to my mother, Agnes Anderson, by my father, Carl Anderson. The letter was dated December 1944. It was written while my father was aboard a transport ship crossing the Atlantic, taking the U.S. Army 66th Infantry Division to Europe.

Because the letter was dated in December and was written aboard a ship, I was able to do some research that solved my

unclear childhood memory. The first thing I learned was my father's ship left New York for

England on November 26, 1944.

When the 66th Infantry Division reached England, they were transferred to two transport ships, the Cheshire and the Leopoldville. The ships set off across the English Channel on their way to France, where their role would be to engage the remaining pockets of German soldiers in France.

As they approached the coast of France on Christmas Eve, the Leopoldville was struck by a German submarine and sunk. This resulted in the most significant loss of life on an American troopship in World War 2. Fortunately, my father was aboard the Cheshire, and he reached France safely.

Thanks to Jessica Lueddecke's kindness in sending me that letter, I am finally able to rest all the years of wondering if I really heard that story from my father. My father died when I was very young. Like most soldiers returning from a war, he spoke very little about his experiences. But now I know for sure that he did tell me the story of the torpedoed ship. And I also know for sure that his story was true.

themayberryguru@gmail.com



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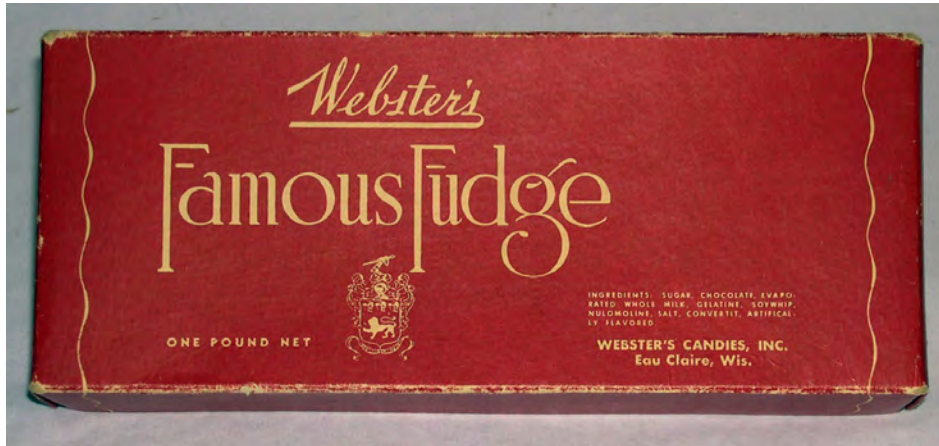
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Dusting Off Some Local History: “Famous Fudge”

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

Earlier this year, while visiting a candy shop with my daughter, memories of visiting candy shops as a child flooded my own mind with sweet thoughts. Growing up in Green Bay, I fondly recall Seroogy’s chocolates. Seroogy’s has a quite a long legacy of its own, dating back to 1899, but that is another story; this is the story of Webster’s Candies and their “Famous Fudge.” I first encountered a reference to Webster’s Candies several years ago and often wondered, what made their fudge so famous?

Based on the success of Raymond Webster’s “famous cream and sugar chewing candy” sold in the window of Branstad’s Drug Store in Eau Claire, the confectioner Barager-Webster was formed in 1917. Irving Barager and Raymond Webster both worked at the drug store when they seized the opportunity to go into business for themselves. Ultimately, it would not be until after World War I that business would really take off. During World War I, Webster served in the medical service while stationed



The very name, “Famous Fudge,” might make your mouth water, but in the end, it may have been nothing more than a popular local sweet that found the perfect name for marketing purposes. This box is one of three Webster’s Candies boxes in the collection of the Chippewa Valley Museum. Image courtesy of the Chippewa Valley Museum.

in Saint-Nazaire, France. Saint-Nazaire was an important arrival and embarkation port for U.S. soldiers during the war. While in service, Webster continued to manufacture his candy for the Red Cross and Y.M.C.A. who passed it along to the soldiers. Returning from the war, the brand “famous” became associated with all the new company’s products. The company quickly expanded after World War I, moving

into a two-story factory in 1920 located on First Avenue adjacent to the Lenmark funeral parlor. The company’s fudge was marketed throughout the Midwest and as far away as California in the early 20th century. Ultimately, shortages during World War II would spell the end for this “famous fudge,” with several products discontinued during World War II. The company would continue until the late 1950s, a shadow of its former self, largely producing only mints after the war.

Do you remember trips to the local candy shop as child? 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 BIG DECISION ►

► LIVING AT HOME



Living Alone

11.3 million seniors live alone in their homes

A recent study shows loneliness increases the odds of dementia by **64%**

Unintentionally Unhealthy

Some major concerns among families with seniors living at home are malnutrition & missing meds.

Cooking healthy meals consistently is a major issue for those **OVER 65**

Struggles w/Daily Tasks

For those 65+ falls are the most common reason for hospital trauma admissions and cause of injuries resulting in death.

1 in 3 adults over 65 fall each year

Impact on Family

It can be difficult to take care of elderly parents & juggle other parts of life.

55% of seniors living at home alone said they felt too afraid to walk outside at night.

Recreational Activities

Social interaction, activities, and hobbies are significant factors in a person’s quality of life

94% of assisted living residents say they are happy with their overall quality of life

Support Healthy Living

Assisted living offers easy access to nutritious food and can help with daily living tasks like medication management.

90% of assisted living residents say they are satisfied with overall quality of care

Daily Task Help

Assisted Living communities provide support w/daily living tasks.

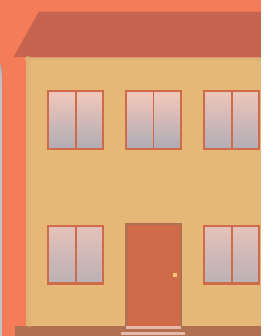
93% of assisted living residents say they are satisfied w/the level of personal attention paid by staff

► ASSISTED LIVING

Family's Peace of Mind

Assisted Living communities provide safety

99% of assisted living residents report feeling completely safe.



Seasonal Threats By Dr. Lynn Thompson

Earth experiences four seasons: winter, spring, summer, and fall. These seasons result in changes in temperature, plant life, and animal activity. The seasons also influence what you wear and the activities you participate in. Seasons have a huge impact on daily life and it all comes about because of the tilt of the Earth's axis.

As seasons change, environmental threats are at their highest, especially for people with certain sensitivities. That's where TriEase Softgels can help. According to research,

adding this simple but powerful supplement to your routine can have great benefits for your body.

Spending time outside is crucial to our physical and mental health. Summer is a time we typically associate with fun activities

like camping or picnics in the park. However, many people find it difficult to enjoy their time outdoors.

For those who find it more difficult to be outdoors in the spring, summer, and fall, TriEase can provide great benefits. TriEase Softgels were developed to protect us at the times we most need it. Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils. Both Lavender essential oil and the limonene in lemon may help promote a healthy immune response. The menthol in peppermint may be soothing to the respiratory system. This combination supports the body systems involved in maintaining a healthy response to seasonal threats when it's needed most.

These benefits are backed by science, as can be seen when taking a closer look at the components of the TriEase Softgel.

Lemon The dominant constituent in Lemon essential oil is limonene. Experimental research suggests that limonene may support healthy immune function.

Lavender Experimental research suggests that Lavender may support a healthy immune response.

Peppermint Menthol is the dominant constituent in Peppermint essential oil and one of the most well-researched essential oil constituents. Experimental research suggests that menthol may soothe the respiratory system.

We only recommend using essential oils that are CPTG (Certified Pure Therapeutic Grade). To date, the only company that has achieved this high standard is doTERRA.

Enjoy the seasons and keep your essential oils handy to combat the seasonal threats.

Dr. Thompson and the doTERRA team offer free educational opportunities. Please contact her via text 715 456-6734 or drlynnthompson1@gmail.com for more information and a schedule of classes.



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Fraud Alert: Does This Sound Familiar?

By Wisconsin Senior Medical Patrol

You’ve heard about someone, let’s call him Mark, who answered a phone call and the person on the other end started to engage Mark in conversation. This caller seemed to take a great deal of interest in Mark and then turned the conversation to any aches or pains that Mark may be experiencing. The caller has the perfect solution – a brace for Mark that will solve all his issues. This caller is persuasive, and emphasizes that the brace will be a quick, efficient and convenient solution.

And, of course, the brace is FREE. The caller then convinces Mark to just give the caller his Medicare number and he’ll be all set.

Shortly afterwards the braces begin to arrive. Boxes and boxes. These boxes include different braces for various body parts and in several



sizes, none of which Mark needs nor wants. At this point, Mark isn’t even sure how to use the brace he was expecting and questions which is the right size. There is no one to call, no customer service. Medicare, though, is billed for every brace. And if Medicare declines the billing, Mark becomes responsible for the total cost, equating to thousands of dollars.

This is fraud. The Durable Medical Equipment (DME) business is plagued by it. Even in a time when COVID-19 scams are numerous, this one persists.

The scammers who commit fraud not only use the phone; they also appear in TV commercials.

They’re selling the ultimate treatment, and it’s all FREE. The viewer, who is wanting some relief, calls the number on the screen and gives their Medicare number. The same scenario of boxes arriving unexpectedly ensues.

This is fraud. If you are on Medicare, you are the fraudsters’ target.

Companies are calling individuals and convincing them that they would benefit from a body brace. These scammers say it is free and that Medicare will cover all costs. They then obtain a patient’s Medicare number, order excess amounts of Durable Medical Equipment and bill Medicare thousands of dollars.

When Medicare doesn’t cover the claims, the patient then faces a huge bill and harassing phone calls for payment. Some of the companies are threatening people with noncompliance and loss of Medicare. Plus, the individual ends up with boxes of braces that don’t fit and are not needed. And a real pain to deal with.

How do I Prevent Fraud?

- Don’t pick up the phone.
- If you do pick up and don’t recognize the caller, always hang up! It may seem rude, but it’s the best tactic you can use in these harassing phone situations.
- Protect your Medicare number like it’s a credit card.
- Don’t order medical supplies from a TV commercial or from an unfamiliar caller/company.

Keep in Mind

- Durable Medical Equipment is marketed by phone calls, TV commercials and face-to-face meetings.
- These scammers are trained to entice you to place an order and they are quite persuasive.
- Once they get your Medicare number, the scam is in motion.
- **ONLY YOUR DOCTOR CAN PRESCRIBE MEDICAL EQUIPMENT.**

What to Do

- If you have given out your Medicare number to a person whom you suspect of having fraudulent intent, contact SMP. We can discuss with you some steps you can take.
- If you do think that you would benefit from some type of medical equipment, a back brace, etc., speak directly with your health care professional. They will provide you with local DME specialists who will likely measure you to ensure that your equipment fits you properly and they will show you how to properly wear the equipment.
- These professionals and specialists can also answer honestly any questions as to whether Medicare will cover the equipment and what out of pocket costs you might incur.

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events. Please contact us at smp-wi@gwaar.org for more information

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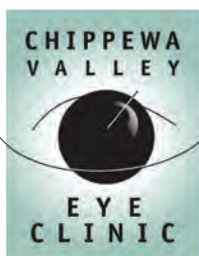
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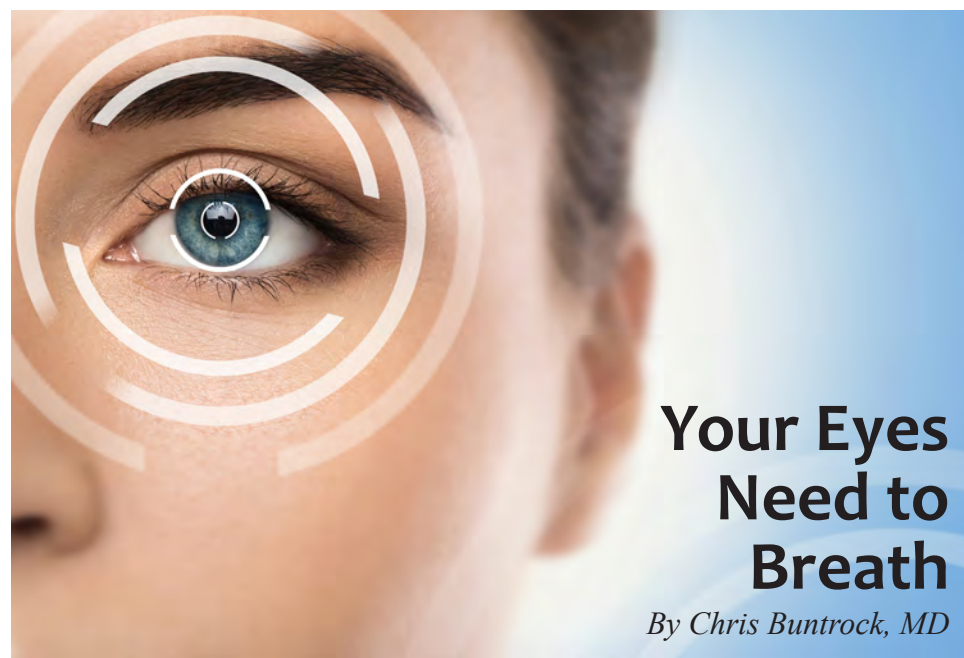
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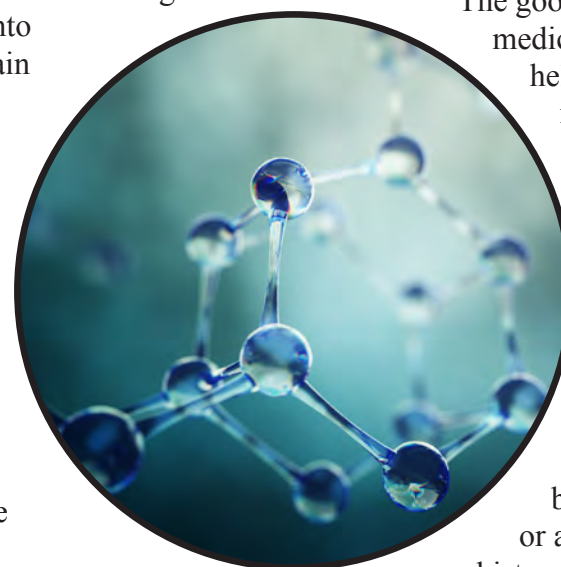
Our eyes need oxygen. A lot of oxygen. They get that oxygen through blood brought into the eye by many delicate blood vessels. The retina is the part of our eye that processes the incoming light energy into signals the brain can decipher. The Macula is the center of the retina and gives us our reading and driving vision. It receives the greatest blood flow of any area in the body.

Diseases such as diabetes and high blood pressure, genetic defects and even infections can damage blood vessels and cause the macula to get reduced

amounts of oxygen. This condition, called hypoxia, can develop rapidly or slowly through different mechanisms. It can devastate your vision.

The good news is that medications can help the macula if hypoxia develops often being able to preserve useful vision.

If you have diabetes, high blood pressure or a family history of macular degeneration, don't ignore blurred vision. Get your vision tested regularly. You may need treatment to let your eyes breathe just a little bit easier.



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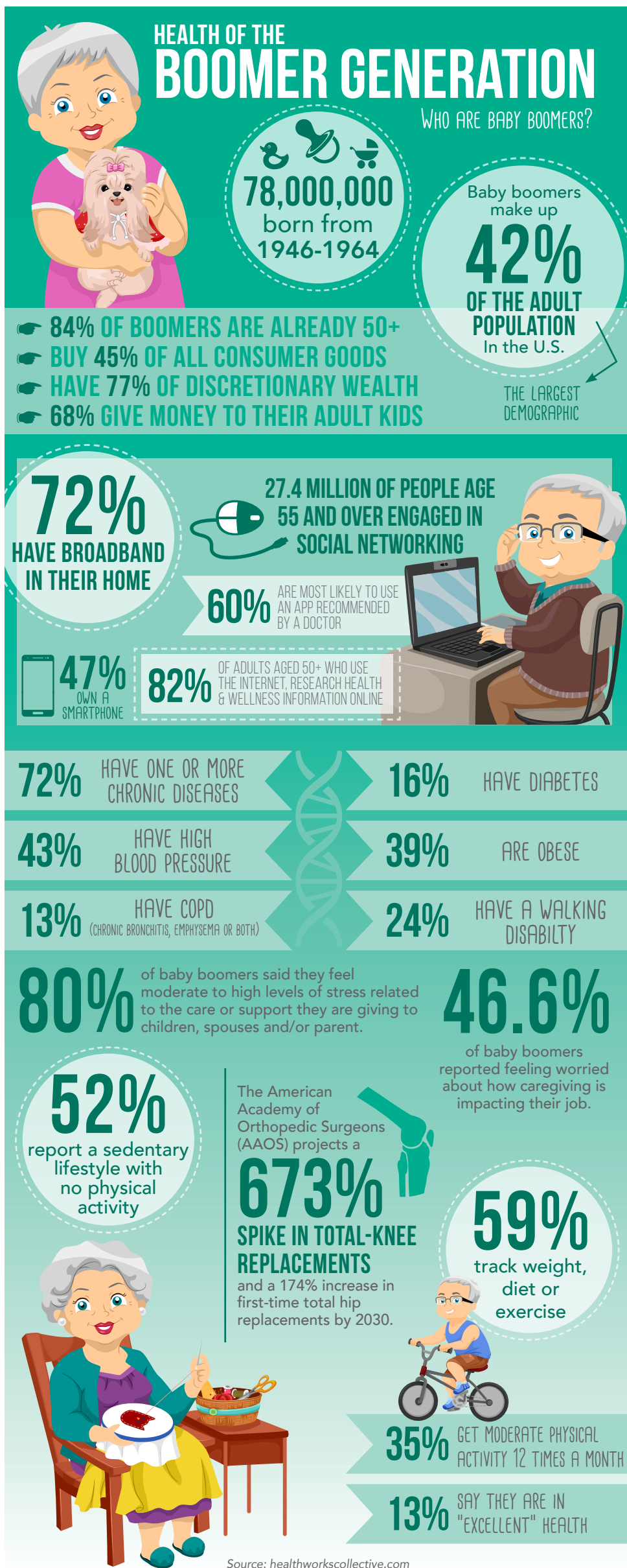


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It Won't Happen to Me by Christine Eggers, owner of ATH

It won't happen to me is the number one reason people find themselves unprepared for needing or becoming care givers. Why do we think it won't happen?

The Genworth Survey of Long-Term Care Costs show that over the preceding 10 years the age of the average care giver has decreased from 52 years old to 47. The average length of time spent as a care giver is 3 years. For people with careers, our late 40's and early 50's are often the years of greatest gain; decades of experience are paying off as credentials for promotions. For parents, this is the age when children start becoming adults and financially independent or at least less dependent on mom and dad. Saving for retirement starts to become easier. Freedom to travel suddenly becomes an option. All this can come to a grinding halt for people who find themselves in the role of care giver or needing a care giver.

Care givers often have to miss work or decrease their work hours and obligations. Many in the Genworth survey felt they had missed career opportunities. This may have a long-term impact on the financial health of the care giver. That impact may also be exacerbated by the need for care givers to spend their own money to cover the costs of the person they are caring for; on average more than \$10k over the care giving period.

It's not surprising then that care givers report higher rates of stress and depression than the general population. The emotional turmoil must be huge! Caring for family members is part of being a family. For many, it's something we wish we wanted to do, but we don't really want



to do it. That may be why we tell ourselves it won't happen to us. Do we avoid thinking and talking about it because we don't want to be found out? Is that why we tell ourselves it won't happen to us? Everyone wants their family members to receive the best care. But our own career, personal, and social interests are what we want to be doing; not chaperoning doctor appointments, setting up med planners, or assisting with activities of daily living; that doesn't sound like fun.

Or is physical fitness the reason we think it won't happen? We don't get old anymore, do we? Look at the robust 90-year-old body builder, operating room nurse, gymnast, ball room dancers. All that jogging, yoga, and iron man training means

we don't get old and sick anymore, right? There is some truth to that. Over the preceding decade the cause of care giving has changed from illness to accident. And, with this enthusiasm for fitness, a surprising statistic is that the age of the average care recipient has decreased, 10 years ago, barely 20% were under 65 years old; now 43% are under that age. Talk about strange phenomenon. We are succeeding in decreasing the effects of illness only to have injury take over and have an earlier impact on the need to provide or receive care.

What we perhaps expected to happen was that our parents would live to a ripe old age and our need to provide care wouldn't occur until we retired ourselves. That was the plan anyway. But, like the accidents that cause the need, our role as care giver enters life unexpectedly and without prior preparation. When we are young and naïve we believe we will never have a car accident and so we don't spend the extra money for our insurance to cover towing and a rental car. Then we go through it and have to pay \$300 to be towed, and figure out alternate transportation until we get our cars back. This is a similar learning curve. We take care of our health so we don't expect to be laid up by anything, much less having to care for someone who is.

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PERFORMANCES: November, April

For more information, email us at standinthelightchoir@gmail.com or call (715) 210-4165.

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