

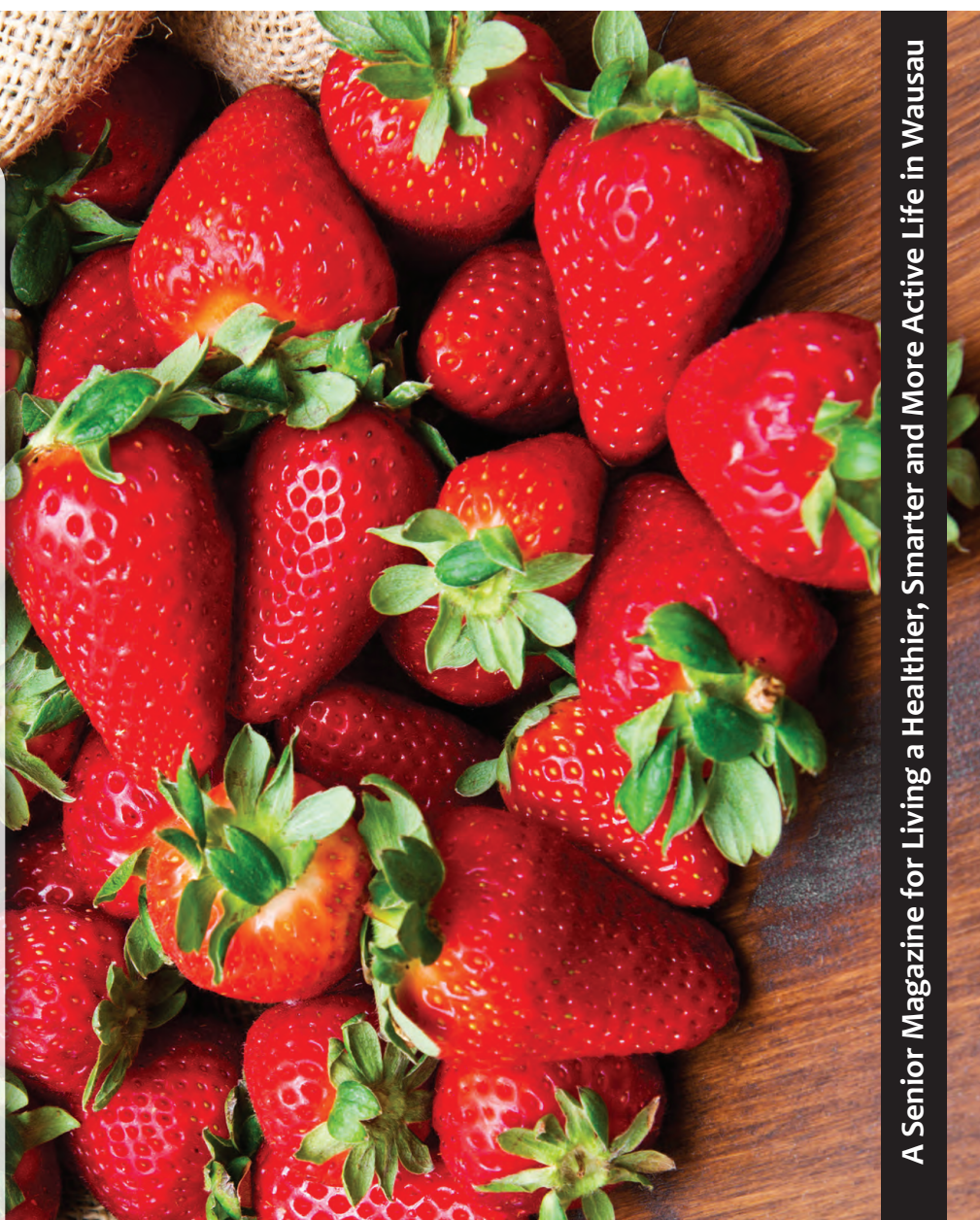
# senior review

FREE

June  
2020

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

## The Importance of Good Hydration for All of Us

By Dr. L. Voigt Smith, PT, DPT, MSPT, CredDPT

The time was just before the millennium and I was training with the army for an intensive military competition. "If you don't need to pee, you need an IV". These were words I recall my drill Sergeant chiming as I marched with my team, carrying my M16 rifle, gas mask, backpack, & canteen through the hot hills of Germany. It's often said you are only as strong as your weakest link; in that spirit, historic battles have been lost or compromised due to poor hydration. However, it's not just soldiers who need to pay attention to this; I suggest you do also!

First, consider about half our body weight is water & it normally makes up 70% of our muscle mass. Keeping fluid & electrolyte concentrations regulated well is tremendously important to everyone's health & vitality. While it's possible to become sick or even die from too much water intake (a rare condition called water intoxication), the opposite extreme of dehydration (excessively losing more body fluid than you take in) is a much more common problem both for the old & young.

Second, dehydration is the most common fluid & electrolyte problem in the elderly. Electrolytes are substances (i.e. sodium, calcium, potassium) which become ions in solution & are natural electrical conductors within our body. Our body naturally excretes fluids & electrolytes when we sweat to cool us down; it's a built-in air conditioner to regulate our body temperature when

we get warm. Without this properly working in a balanced way (input/output homeostasis) a lack of hydration can cause our body to decline leading to heat fatigue & possibly a heat stroke or even death. This problem is also related to diseases; dehydration has been linked to infections, especially urinary tract infections. Additionally, it often is related to strokes & kidney or liver problems. Our kidneys & liver need adequate water intake to function properly. Dehydration can reduce their ability to metabolize medication leading to toxic drug concentrations in our blood. Lack of water intake can also lead to low blood pressure increasing fall risk.

Third, some common signs and symptoms of dehydration include: headaches, confusion, muscle cramps, dark (concentrated) yellow urine, dry tongue, dry skin, dry eyes, sunken eyes, dizziness, fainting, excessive thirst, rapid heartbeats & rapid breathing.

Fourth, consider prevention measures. It's important to understand beverages like coffee (& many soft drinks) are diuretics. Diuretics are substances which promote more urine production & more excretion of water from the body. When consumed, these liquids ultimately cause one to urinate out more fluid than you take in if there are no other sources of water being ingested (i.e. water, lemonade, Kool aid, foods containing water etc.). Often elderly are at highest risk due to confusion (i.e. dementia), altered sensation of

thirst, & other age-related physiology changes, as well as a total body water decrease with aging. Risk increases with exposure to hot environmental conditions as well as after experiencing sickness involving diarrhea, vomiting, or excessive sweating (i.e. due to fevers). Another high-risk population are infants as they are not able to communicate when they are thirsty & cannot get drinks by themselves. Additionally, individuals with mental illness can also be at higher risk as their ability to think rationally can be compromised.

Next, be strategic. One strategy to help monitor fluid intake is to keep water in the refrigerator (and/or close to you) in measurable containers with the goal of drinking throughout the day & filling the empty container at the beginning of each day. Another strategy is to look at your urine & drink more if it's getting concentrated (dark yellow).

Finally, appreciate good hydration is all about good health & it really matters for all of us. Be proactive & help make it a priority & a good healthy habit for you & your family. Consider this as you exercise, care for others, & as you enjoy your summer activities!





YOGA IN THE GARDEN.....



When you are in the garden, there are simple things you can do to help your body cope with the hard work of gardening. For example:

- When you spade, rake, hoe, or weed, do the action on both sides of your body.
- When you bend over, bend from the hip joints not the waist. Bend your knees to make it easier. Then you will be more likely to support your movement from the

legs and abdominals.

- When working down a row for planting or weeding, use a variety of positions: on hands and knees, squatting, bending over at the hips with bent knees, sitting.
- Stand up and stretch once in a while as you survey your handiwork and listen to the birds around you.



SIP SMART.....

- To save energy, consider sun-brewing your tea—place tea bags in water in a glass jar, put the lid on it, and let the jar sit in the sun two to four hours.
- Black tea with milk and a sweet is a great substitute for your morning coffee.
- Anemic tea drinkers, beware. Drinking tea can interfere with your body’s ability to absorb iron, so anemic people or those with concerns about their iron levels should avoid drinking tea with meals.
- Just like drinking wine from a wine glass, certain materials really complement how a tea brews. The general rule is that glass, metal, and porcelain are better for white and green teas, and that clay pots are better for oolong, red, and pu’ehr teas.



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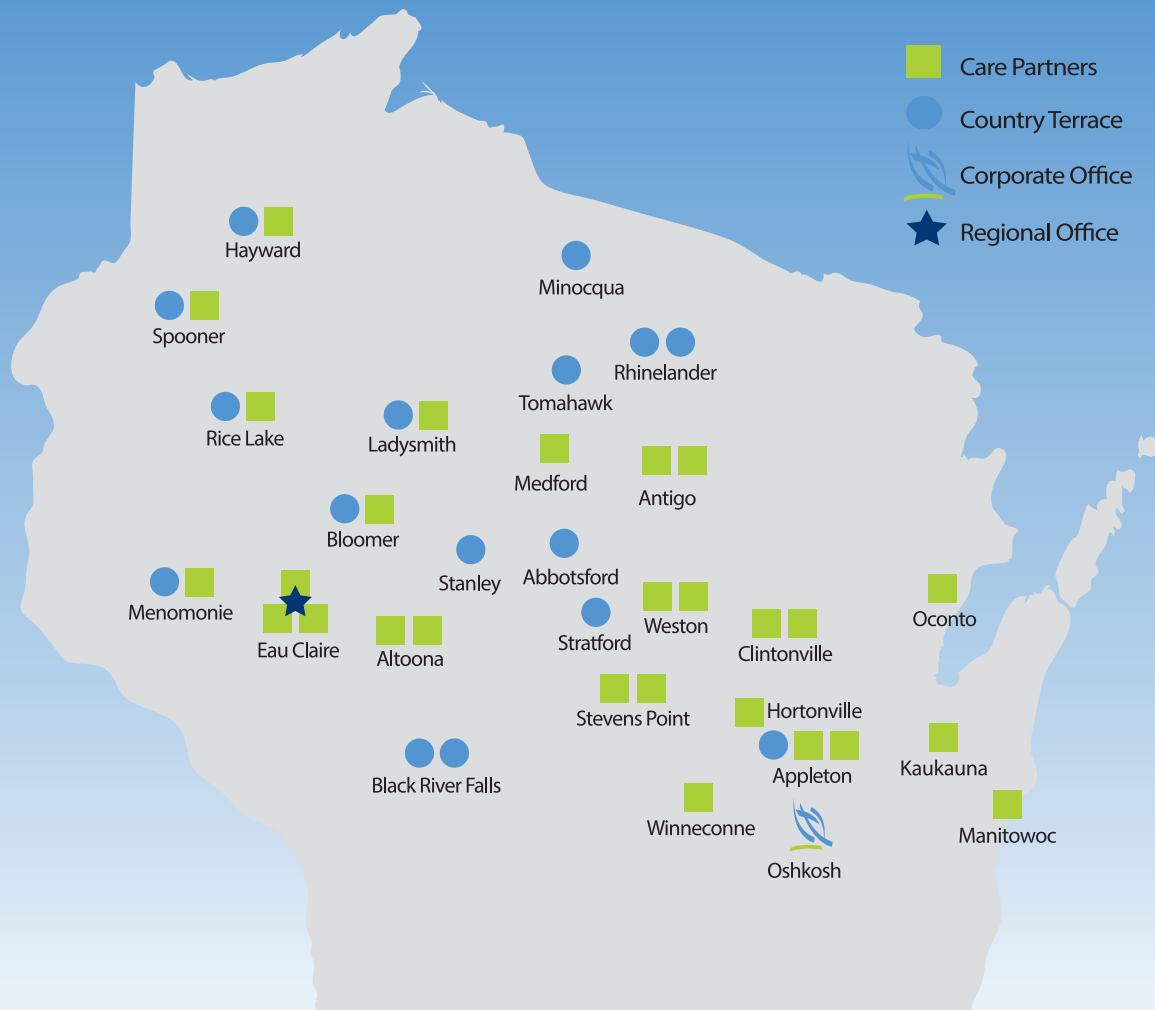


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# Is Failing to Make Revisions to Your Estate Plan a Recipe for Disaster?

By Attorney Alan Hougum

You may know that your estate plan prepares for the most important things you want to happen at the point that you can no longer make decisions for yourself, or are no longer here to make them. It can protect not only you during your lifetime, but your loved ones, your business, and your legacy well into the future. Setting it up just once and not planning to make revisions over time, however, may be a recipe for disaster.

It is crucial to evaluate your estate plan at a regular interval to ensure everything you wanted when it was initially created still fits your current needs. We all know that things change in life, often at a moment's notice. While you are able to make adjustments as needed in your day-to-day life to accommodate changes, you may not realize that this same attention to detail needs to be applied to your estate plan as well.

The key is to determine what matters most to you, and then make a plan to protect it. Going forward, you want to keep your goals at the forefront of your mind at all times. If a significant change occurs that impacts those goals, then it may be time to discuss them with your estate planning attorney. For example, if your spouse is your primary decision maker and, suddenly, he or she is unable to make decisions for you, then it may be the right time for you to update your estate plan.

We often find that the first estate plan you set up is based on what is most important to you at

the moment. You wanted to create an estate plan based on these concerns. The things that are most important to you, however, may change over time. For example, while you provided for your children in your estate plan, at the time of its creation there were no grandchildren to consider. Now that your grandchildren are here, it may be the right time to update your estate plan to include them in your legacy planning.

At a minimum, every few years you should take the time to look over your estate plan. A few things to look at include, but are not limited to, the following:

- Can the person you named as your personal representative still act for you?
- Who have you named as beneficiaries? Should you change their inheritance?
- Who has the authority to make decisions for you in a crisis?

During your review period, you may notice something immediately that you want to change or you may need to take a much closer look to evaluate each of the



details to find something you want to change.

Talk with your estate planning attorney about what you want to do. Even if you decide to keep your estate planning as is, the laws may have changed and you may need more guidance from your attorney on how to plan forward. After all,

the whole point of an estate plan is to make sure that your wishes are not only met but can be fulfilled.

If you are ready to create an estate plan for the first time, or if it has been a while since you last updated your existing plan, then it is time to schedule an appointment. We can help you every step of the way in making sure your intentions will be met when you are no longer able to handle them yourself.

*We know it can be difficult to make an estate plan and we are here to help. Call (715) 843-5001 to set up a complimentary appointment with Attorney Hougum.*

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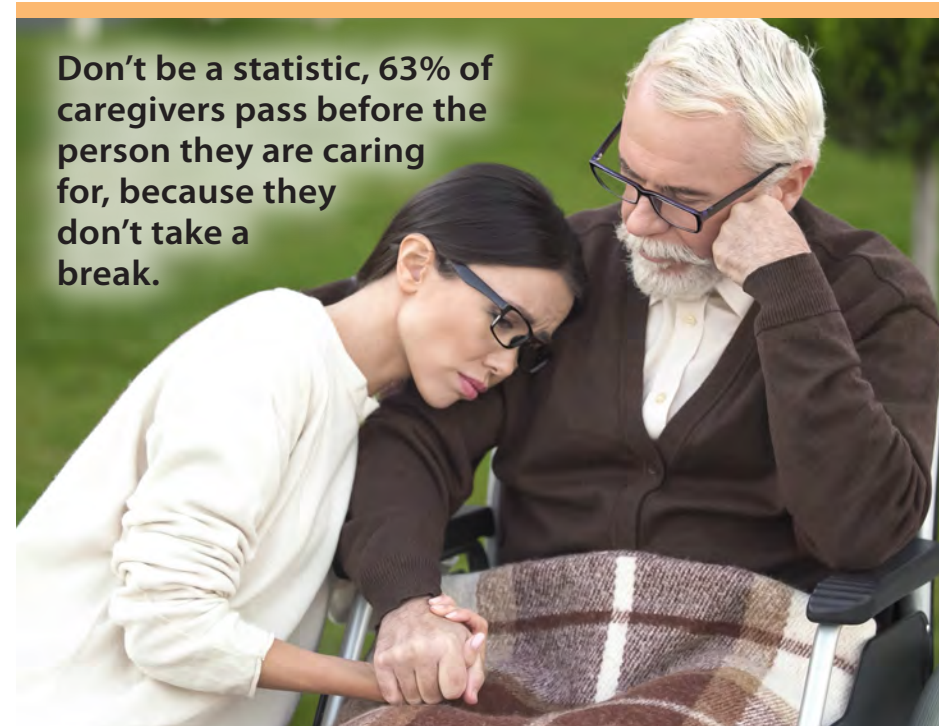
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Given our current shelter in place orders, the What's Happening Calendar has been pulled to avoid confusion and to keep people safe. We will reinsert this calendar once we are all able to gather safely again.



# The Landing During Covid-19

By Kate Florek, The Landing Operations & Development Director

Although our doors are closed at The Landing and the YMCA because of Covid-19, we are doing our best to stay connected with our members and the community. We know that social isolation is damaging to one's physical and mental health so our goal is to provide the services we can as well as connections to other organizations if we can't.

When we were open, we had opportunities to learn, play, socialize, and exercise. We are continuing to do are part by providing:

- Virtual Coffee Talks: We hold weekly coffee talks to stay connected. People join either by phone or video to catch up, share a story, and see a familiar face.
- Exercise Classes: We are still providing opportunities for you to stay active, if you wish. We post videos for you to follow along to either live, or at your leisure. Classes that are geared for people 55+, new to exercise, or who have any limitations are offered 2-3 times per week.
- Classes and Live Events: Gardening, cooking, music, you name it – we keep adding to our list. We provide opportunities on Facebook or through virtual meeting platforms like Zoom or WebEx.



- Connecting people to programming and resources in the community: We continue to work with organizations across the community to link you to interesting programming and resources that you may need.

Interested in learning more or want to get connected with us? Please call 715-841-1851. We look forward to connecting with you! Our page on Facebook is facebook/TheLandingWausau. Come join us virtually, until we are able to welcome you back to The Landing in person.

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## Fraud Surrounding COVID-19 is On the Rise

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes. And because older adults are at greater risk for serious illness from this virus, they are at increased risk of being targets.

During this medical crisis facing our nation, it is important to have the facts surrounding COVID-19, to be aware of the potential for scams, and to know what you can do to protect yourself.

Currently there is no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no “cure”. However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

## Key Points

Beware of anyone contacting you in person, on the computer or by phone, claiming to have a cure or vaccine.

- Do not give your Medicare number, Social Security number, or any personal information in response to unsolicited calls, text, email, or home visits.
- Hang up (or shut the door) on anyone who claims they have a test kit for the virus.
- Be suspicious of anyone offering anything related to COVID-19 such as testing kits, any supplies, or treatments.
- Don't succumb to fear-based tactics of scammers. Cut off those who make you afraid and contact familiar sources instead.

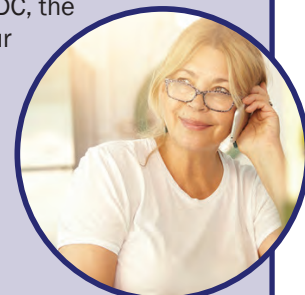
Also, remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you, they **will not** ask for your insurance number or financial information.

## What Does Medicare Cover in Relation to COVID-19?

- Medicare Part B covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020.
- Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare Part D will cover it.
- Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their provider without having to travel to a facility.
  - This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers.
  - During this emergency, there are also more options for the ways your provider can talk with you under this provision.

## What You Can Do

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) looking for errors or claims for products or services that weren't received.
- Follow the instructions currently outlined by the CDC, the governor, and your living complex.
- Be prepared to take further action if instructed in response to COVID-19.



Funding: this project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



# Deep Sleep Linked to Reduction in Alzheimer's Toxins

By Becky Streeter



With the current pandemic, there is a lot of talk about keeping things clean in order to maintain health. Wash your hands, wear a mask, disinfect frequently touched surfaces. Pandemic or not, these are great health-saving measures that protect you from outside forces. But what about diseases, like Alzheimer's, that attack from the inside out? There's one simple thing you can do daily to protect yourself: Sleep.

The proper amount of sleep can help your body fight off toxins related to infection and disease. There are three stages of sleep: REM (Rapid Eye Movement), light and deep. REM is important for memory and mood, light promotes physical and mental restoration, and deep helps with physical recovery and memory.

Sleep is a particularly crucial link in protecting the mind against Alzheimer's disease. Many previous studies have linked poor sleep to increased risk of developing Alzheimer's, and now, according to a study recently published in Science, researchers might understand why that is.

Scientists used MRI technology to measure cerebrospinal fluid (CSF), the liquid that runs between the brain and spinal cord. They

discovered large, slow waves of CSF wash over the sleeping brain every 20 seconds, somewhat like a washing machine. If a person receives poor sleep on a consistent basis, the brain can't be properly cleaned and it becomes a breeding ground for toxins to build up. However, the more sleep a person receives, the more washing can take place, and the cleaner the brain will be.

With the advent of this discovery, scientists can develop medications to get at the root of the Alzheimer's problem. Instead of targeting the toxins that lead to Alzheimer's, they can work to create medications that increase CSF's and help repair the brain before toxins become an issue, or more of an issue if Alzheimer's is already present. This exciting research now puts the Alzheimer's fight on the offense, instead of the defense, and scientists are hopeful for a breakthrough against this all-encompassing disease.

*Source: "Deep sleep may clear the brain of Alzheimer's toxins, study says." Considerable.com. Berbari, Georgina. November 16, 2019. <https://www.considerable.com/health/alzheimers/alzheimers-toxins-sleep-study/>*



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## Care Transition Nurses

By Heartland Hospice Care



Care Transition Nurse Brianna Williams and Sparkles (left); Kc Reichenbach (right)

**H**earthland Hospice of Central Wisconsin has been creatively showing support for healthcare workers and spreading cheer among nursing home and assisted living residents who are experiencing the trials the of fewer visitors and outings.

On behalf of the Heartland Hospice of Central Wisconsin team, in recent weeks, Account Liaisons Kc Reichenbach and Holly Hurda have been gifting and placing yard signs, luminaries, and other care packages saluting healthcare workers in the communities they serve. "All over town, as we delivered signs and visits through windows, we were thanked for remembering them and doing our best to bring a little sunshine," said Reichenbach.

Heartland Care Transition Nurse Brianna Williams recently mounted her trusty steed, Sparkles, to share cheerful visits. Williams and Sparkles danced in parking lots for staff and residents who were inside, sheltering safely. "Several hospice patients enjoyed Sparkles and smiled in delight," Account Liaison Kc Reichenbach exclaimed. "One staff thanked us for visiting and stated, 'We needed this!'"

Williams says she's a strong believer in laughter, joy, happiness, and smiles being uplifting healers.

"I wanted to bring that to the members of our community," she said. Williams said the Heartland team wants to bring joy, gratitude, and laughter to the facilities, residents, and communities they serve, while showing their support as well. "Some of the residents' faces just lit right up as they were entertained by Sparkles," she said. "I could feel the uplifted energy from them."

In conjunction with a national evening of recognition, Hurda and Reichenbach also delivered handmade luminaries to facilities served by Heartland. "During this time our face to face contact with our partners in care is limited," said Hurda. "Our job is really about human connection and we know it's important that we show support for our fellow healthcare workers, even when it has to be from afar," she said. Hurda said she received very positive responses from those to whom she delivered luminaries. "Many said they were so honored that we're thinking of them and they proudly lit their candles that night, showing we're all working together," said Hurda.

*Heartland Hospice serving central Wisconsin can be found at <https://heartlandhospice.com/stevenspoint>*



# Four Adaptogens That Are Beneficial for Seniors

Every person should make it a top priority to take care of their bodies no matter the age. As you get older, healthy living becomes a paramount responsibility that will determine your drive and ability to keep doing the activities you love. One quick and easy measure you can take to ensure continued health is through the use of adaptogens. Adaptogens are naturally occurring substances that have been found to provide multiple normalizing effects on the body, including stress management, immune system health, and energy level boosts.

Described below are four essential adaptogens that cover the gamut of health-boosting benefits guaranteed to help you live an active and stress-free lifestyle.

**Ginseng:** You've probably heard of this adaptogen before. Ginseng is the most widely-known adaptogen, and for good reason. Ginseng's botanical name is "Panax", meaning panacea, or a cure for all ailments. This adaptogen has its roots in Asian healing practices and has been found to increase mental performance and reduce levels of stress. In a

study conducted by the University of Maryland Medical Center, 227 people got either ginseng or placebo for 12 weeks and got a flu vaccine after 4 weeks. The number of colds and flu were two-thirds lower in the group that took ginseng.

**Holy Basil:** With a name like Holy Basil, one would expect some miracle-like qualities, right? Holy Basil is pretty amazing if you are prone to levels of high stress. In addition, studies from the University of Michigan found Holy Basil to significantly reduce the effects of asthma and help people with type 2 diabetes maintain their blood sugar levels. It has been used for centuries for its modulating effects on the immune system, as well as its ability to support wellbeing. It also provides a calming effect as has the ability to support a focused state.

**Rhodiola Rosea:** This adaptogen is found at the far reaches of the earth in the arctic tundra. Rhodiola rosea most common usage is to reduce stress levels, but this adaptogen has historical ties going back to the Vikings, who used it to increase their strength and stamina. According to a comprehensive review published in HerbalGram, the journal of the

American Botanical Council, it is also been found to boost levels of the body's own feel-good compounds, endorphins.



**Maral Root:** One of the lesser known adaptogens, Maral root has been used for decades by the Russian military and eastern European athletes to boost their overall performance. Maral root promotes increased mental concentration, helps build lean muscle mass, and fights against the development of fatty tissue. Additionally, a report published in the journal Phytochemistry in 2009 determined that maral root may help improve immune function.

It can be difficult to remain on a regiment to try and stay healthy, especially at an older age. But with the help of adaptogens, you can help ease your body into reduced stress levels, a heightened immune system, and increased energy with little to no effort.

## Shedding Some Light on Vitamin D

Vitamin D is a very important nutrient for the body, and especially so for seniors. Calcium can only be absorbed into the body when there is a sufficient amount of vitamin D. As we age, we tend to receive less vitamin D than is necessary for maintaining bone health, which is one of the reasons many develop osteomalacia (soft bones) and osteoporosis.

A sufficient amount of vitamin D not only helps your bones, but can also protect against other health concerns including:

- Some cancers
- Cognitive health issues such as dementia
- Multiple sclerosis
- Psoriasis
- Rickets

For many, an adequate amount of vitamin D can be obtained through diet and sunlight.

### Vitamin D through diet

Vitamin D can be found in a variety of good-for-you foods. Try adding 2-3 servings per week of fatty fish such as mackerel, salmon, sardines and tuna. Beyond helping with vitamin D, fish provide a great source of omega 3's, which



assist the body's inflammatory and anti-inflammatory responses. Tip: cook your fish, and everything else, with olive oil instead of vegetable oil to get even more omega-3's. Egg yolks and cheese are good options for vitamin D as well. And you can often find foods fortified with vitamin D such as cereals, milk and orange juice.

### Vitamin D through sunlight

Depending on where you live and how you live, vitamin D absorption through sunlight can be tricky. You need to get out at the right time of day (depending on your latitude), in all seasons. Seniors tend to receive less direct sunlight to their skin due to either reduced mobility or fear of developing cancer. However, the sun is GOOD for you. Burning is bad. So get out and enjoy the weather (warm or cold!), but make sure you apply sunscreen as directed by the label.

If your diet and lifestyle do not provide you with proper vitamin D, speak with your doctor about adding a vitamin D supplement. Supplements are generally considered safe and they are fairly affordable.

Sources: 1. <https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792>; 2. Andrews, Valerie J. "Staying Healthy with Vitamin D." Nola Boomers. February 2019. [https://issuu.com/fleurdelispublishing/docs/nolaboomers\\_feb\\_2019-2](https://issuu.com/fleurdelispublishing/docs/nolaboomers_feb_2019-2)



# June is National Dairy Month

By: Kayla Olmstead, MS, RD, CD

Foods that contain dairy are a great source of many nutrients, like calcium, potassium, vitamin D, and protein. There are many kinds of milk on the market today like almond milk, soy milk, and cow's milk. Milk

can help manage weight, reduce risk for high blood pressure, osteoporosis, and many other diseases. However, not all types of milk contain the same amount of protein content.

While soy milk and cow's milk have nearly 8 grams of protein per serving, almond milk has very little protein. Therefore, almond milk might not be the best dairy alternative in terms of protein content.

There are also different variations of cow's milk that are on the market. There is whole milk, 2%, 1%, and skim milk, all with varying amount of fat content. Whole milk has approximately 8 grams of fat per 1 cup, while 2% has around 5 grams of fat per cup. 1% milk has 2.4 grams of fat per cup and skim milk has no fat. It is important to watch the amount of fat you are getting from the milk you are drinking.

Adults greater than 50 years old should be consuming 1,200mg of calcium each day. To meet calcium needs, it is typically recommended to consume at least 3 servings of dairy per day. But older adults may need more than that. Older adults need to consume 400mg of calcium at each meal to meet recommendations.

Calcium does come from other foods besides dairy. If you think you are coming up short on calcium, it is a good idea to talk to your physician about a supplement.



## Quality Protein throughout the Day

Dairy can help prevent a serious age-related condition called Sarcopenia. This progressive loss of muscle mass and function is estimated to affect up to 33% of people over the age of 50.

The good news, researchers are finding that eating adequate, high quality protein, from animal sources such as dairy foods, can help preserve muscle and your ability to perform daily activities. Most older adults need at least five ounces of protein per day or 0.8 gram of protein per kilogram of body weight. Eating Greek yogurt is an inexpensive, easy way to consume protein as it has more protein per serving than regular yogurt. Also, cottage cheese, meat, poultry, fish, nuts and beans provide protein.

Overall, dairy month is dedicated towards promoting the health benefits of drinking milk which is essential in healthy bones and can also help reduce risk of cardiovascular disease.

### Monthly Challenge ideas:

- Measure your daily intake of calcium.
- Try and incorporate dairy into your diet each day.
- Eat dairy fortified with vitamin D
- Try low-fat Milk

*Content from: GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Student Dana Lemke 5-1-18 and Nicki Lehtinen.*

# Support Farmers Markets this Summer Safely and Smart!



During our shelter-in-place ordinance, you may be thrilled to know that farmers markets will remain open as an essential service, providing a bounty of local foods to community members.

However, we must remember to do our part to keep our markets as safe as possible, so here are some tips and ideas to keep yourself and your fellow market goers and growers safe this summer!

**Be smart.** If you are sick, please stay home. Have a family member visit for you and perhaps shop for multiple households at once. Email or phone markets to see if they offer shopping or pick up services.

**A scout's motto: Be Prepared!** Arrive with a set list of what you need. While perusing the market has been a morning's worth of conversation and socialization in the past, things will be different this year. Knowing what you need to buy will help you get in and get out of the market quickly, and help our farmers keep lines moving smoothly.

**Be the Early Bird.** Show up early to avoid the crowds, and try to limit your visit to 30 minutes or less. Many farmers will have items pre-bagged for you to grab and go.

**Don't crowd!** As we have been, even at market, we need to maintain a social distance of six feet. Look for signage and where lines start, to keep order. Galen Klisieiwicz manager of the Eau Claire Farmers Market's and says that in order to keep vendors safe,

they will place a market booth in between each vendor, so there will be separation of at least 10 feet between farmers!

**Please don't touch the merchandise!** For safety, foods will be pre-bagged or the vendor will bag for you. To maintain health, there will be no sorting through sweet corn to find the one you like this year. You'll just have to trust the farmer that all the produce will be delicious. Also, upon arriving home, you should wash all produce before storing or eating.

**Wash up!** Markets will provide on site washing stations, so when you arrive or are leaving you will be able to utilize this safety precaution.

**Limit the exchange of money.** When possible, use exact change, credit card, or contactless payments such as iPad or iPhone swiping systems. Ask if your market vendors accept mobile wallets and tap-to-pay credit cards. The fewer things we hand back and forth, the better for all!

**Be patient, flexible, and kind.** This is a stressful time, but we're all in this together! As The Center for Urban Education about Sustainable Agriculture (CUESA) states, "Farmers markets are places of nourishment and care, and we believe in the power of community resilience to carry us through."



# Habits That Harm a Good Night's Sleep *By Mercyhealth*

It can be tough to make time for sleep, especially when you're trying to juggle family, friends and work commitments. But sleep is worth prioritizing.

Recent scientific advances reveal that sleep plays a role in the health of nearly every cell in our bodies. Irregular sleep schedules, not getting enough sleep, and poor-quality sleep also interfere with how well our cells and organs work together.

Frequent lack of sleep can affect our ability to fight off infections, cope with stress and regulate metabolism. Sleep also contributes to brain health by shaping memories and restoring emotional energy that can influence relationships and motivation.



Adults need a regular schedule of seven to eight hours in bed each night, and they need good, quality sleep. Scientists have discovered that while many people may feel awake after getting less sleep, sleeping for shorter periods of time or following an irregular sleep schedule does not help your organs work together at their best. How long you sleep, your schedule and the quality of your sleep all contribute to achieving your best health.

### To achieve the best sleep, avoid the following:

- Caffeine. It can interfere with the natural chemistry of feeling sleepy, even if you had a cup of coffee five hours before bedtime.

- Drinking alcohol before bed, which can disturb the pattern and quality of your sleep.
  - Watching TV, texting and reading in bed. Focusing on these activities can become a mental routine that interferes with how the brain transitions from being awake to sleeping. Light from these activities also weakens your body's ability to release hormones that prepare you for sleep.
- What you can do to sleep better:**
- Go to sleep at the same time each night. Set aside time to prepare for sleep, and give yourself seven undisturbed hours in bed.
  - Take a warm bath or other relaxing activity to prepare your body for sleep.
  - Sleep in a dark, quiet, cool room.

Like eating well and exercising, getting plenty of sleep can help you achieve your best for your family and career, and it can improve your well-being for years to come. Sleep health is a fundamental requirement of life. It's not an option.

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# What Is Trigger Point Dry Needling?

By Sport & Spine Physical Therapy

**TRIGGER POINT DRY NEEDLING** uses small, thin needles to stimulate underlying myofascial trigger points, muscular and connective tissues for the management of many orthopedic conditions, both acute and chronic. Physical therapists use dry needling as a safe, effective, and efficient treatment technique to release painful hyper-irritable spots within a band of skeletal muscle. By inserting a needle into the dysfunctional tissue, it often leads to a contraction of the muscle which then stimulates a release. This leads to a reduction of pain, improvements in flexibility and a restoration of normalized movement when combined with corrective exercises.

## WHAT IS A MYOFASCIAL TRIGGER POINT?



A myofascial trigger point is a hyperirritable spot within a taut band of skeletal muscle that produces local or referred pain. The trigger point can lead to increased pain, decreased flexibility and decreased muscle function if not treated. Trigger point dry needling is a safe, effective and efficient treatment technique to release these painful spots.

## WHAT TYPE OF PROBLEMS CAN BE TREATED?

Muscle dysfunction can be the primary or secondary contributing factor to many neuromusculoskeletal conditions, which can include:

- Repetitive Stress Injuries
- Tendonitis or Tendinopathy
- Muscle Strains

- IT Band Syndrome
- Patellofemoral Dysfunction
- Plantar Fasciitis
- Neck Pain or Headaches
- Rotator Cuff Impingement
- Carpal Tunnel Syndrome
- SI Joint Dysfunction
- Sciatica

This treatment is NOT acupuncture. Modern dry needling is based on Western neuroanatomy and modern scientific study of the muscles and nervous system. This modality can only be done by trained clinicians. We have six area clinics with staff trained to do this procedure: Sport & Spine Physical Therapy in Edgar, Mosinee, Wausau, Weston, Wittenberg, and Merrill PT.

*If you are interested in Trigger Point Dry Needling, ask your doctor for more information or go to <https://sportspinewi.com/> to find information about a clinic near you.*

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...check out these fun & unique gift ideas!



# Boost Your Longevity

Emma Morano, who died in 2017 at the good old age of 117, said her key to a long life was genetics and never marrying. And for her, that was great but since genes aren't really in your control and you married some 40 year ago, so that one is done, there are some other ways to enjoy a longer, healthier life!

Everyone has heard that moving, even just walking more, and eating right is better for the body. But so are plants and volunteering! Here is a list of some longevity boosters that you may not know about.

## Cooking with herbs give you super boosters!

Parsley gives you a boost of vitamin A, vitamin C, and antioxidants. It also helps build bone strength and acts as an anti-inflammatory.

Oregano is also rich in antioxidants and iron, manganese, and omega-3s and can help with combating infections.

Adding thyme to tea can ease a cough or respiratory infection. Thyme also contains lots of vitamin A, vitamin C, iron, and manganese.

Mint is known to provide a soothing scent, but this herb also helps ease digestion after a heavy meal. It can also cure some chest and stomach pains and relieve asthma.

Holy Basil can also fight asthma, bronchitis, earaches, hepatitis, and the flu. Chew on some Holy Basil to relieve cold and cough symptoms.

**Get to the senior center or have coffee with a friend:** Staying active through socializing is key to increasing longevity. It can lower levels of anxiety, lower the risk of depression, and minimize stress. The more activities you are involved in will keep you active and mobile. Social interactions can renew a sense of self-esteem and self-worth, so find a painting class, a yoga session or hiking group to keep you up and going.

**Outdoor Adventures:** The natural green scenery of WI's parks, trails and lakesides are

unbeatable especially in the fall. Nature is quieter and calmer than the surrounding cityscape to help you feel happier and more relaxed. If group activities do not appeal, you can still enjoy one of the many trails either on foot or bike, the Chippewa Valley and Western WI have to offer!

**Get your hands dirty:** Many gardeners cite relaxation and stress relief as reasons that they garden, but it isn't just the satisfaction of growing that's the benefit. Gardening means digging in the soil. Studies suggest that inhaling *Mycobacterium vaccae*, a healthy bacteria that lives in soil, can also increase levels of serotonin and reduce anxiety. Plus, you get to reap the benefits of fresh veggies or fresh cut flowers whenever you want to!

**Fur Babies:** It can be difficult to visit friends and family who live far away, but a pet will always stick by your side. The energy of an animal will keep you moving and ease anxiety, and some studies suggest sitting with and petting an animal lowers blood pressure. Experts suggest finding an older pet with a relaxed temperament for less active lifestyles not only improves your life but the life of a perhaps, unwanted, shelter pet too.

**It's not pot:** CBD, or cannabidiol, helps alleviate aches, soothes you while you sleep, and improves heart health and there is no psycho active THC in it. You won't get high from CBD but you will see a calmer you or ease aches if you add some oil or lotion



to your regemen. In addition to those benefits, CBD also helps deter neurodegenerative diseases, improves mood, combats addiction, and boosts bone health.

**Lend a Hand:** Time is a precious thing. Once we give it away, we can't get it back but if you do, the reward is worth it.

The boomers makes up almost 35 percent of the volunteer population states [aginginplace.com](http://aginginplace.com)

Volunteering helps the community and world at large, but it could also help boost cognitive health. Serving a meal at a local shelter or driving someone who can't around for groceries can make those retired feel useful again. A win-win for everyone!



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# Talk To Your Doctor About Complementary Medicines *By SSM Health*

CBD oil, turmeric, probiotics – some of these trendy wellness items receive their own sections in grocery and health stores these days. They may seem harmless, but there are several reasons you should be careful with them and have a conversation with your provider before diving in.

## When did this all begin?

If a practice or product is used together with conventional medicine, it is considered “complementary.” If it is used in place of conventional medicine, it is considered “alternative.” Complementary and alternatives medicines have been around for thousands of years. For example, Ayurveda, which incorporates treatments of yoga, meditation, message, diet and herbs, originated in India more than 5,000 years ago.

Today, more than 30-percent of U.S. adults use health care approaches that are not typically part of conventional medical care, according to the National Institutes of Health. Just like trends outside of health care, the popularity of products and approaches ebbs and flows.

## What’s hot right now?

CBD oil is probably the most sought-after complementary product on the market right now. It is extracted from the flowers and buds of marijuana or hemp plants, but does not include tetrahydrocannabinol (THC). THC is the chemical that produces intoxication.

The alleged benefits of CBD oil are wide-ranging and include pain relief, reduced anxiety and lower blood pressure. However, doctors want people to proceed with caution.

“If something claims to treat everything, it probably doesn’t,” says SSM Health pain medicine physician Dr. Mandira N. Mehra. “In addition, the FDA has yet to step in to regulate CBD oil, which means products vary in quality. A 2017 study found that nearly 70-percent of CBD products didn’t contain the amount of marijuana extract promised on the label.”

Turmeric and probiotics are also receiving a lot of attention. But in these cases, research might be lagging behind public opinion. Turmeric has been billed as a dietary supplement that can help with inflammation. There is mixed data on this, and there are still questions about proper dosage levels.



Probiotics are live microorganisms that try to repopulate the “good” bacteria in your gut. Some people take supplements or eat yogurt for gastrointestinal issues, while others contend probiotics can help your entire body system.

“Probiotics are generally one of the safer complementary medicines,” says Dr. Mehra. “But we still don’t know exactly which probiotic is best, and how much is needed for someone to notice results.”

## Why talk with your doctor?

You may have recently talked to a friend or relative and they told you one of these products worked wonders. That may be completely accurate, but it doesn’t mean you should rush to the store to stock up.

“We, as humans, are similar but very different,” contends Dr. Mehra. “What may work for someone

may not for another because we are all wired differently, and you want to make sure you’re not doing something harmful to yourself.”

For example, a popular remedy for nausea is ginger. But it’s not for everyone because ginger has been known to interact with anticoagulants. If you’ve survived a stroke or heart attack, you may be on blood thinner medication. Thus, if you mix the medication with ginger, you could be putting yourself at risk.

The bottom line is start a conversation with your provider.

“Many of these trendy items are readily available and do not require a prescription,” concludes Dr. Mehra. “But that doesn’t underscore the importance of talking with your physician, because he or she knows your health history and will be able to make you understand whether something can help or hurt.”

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We are providing extra training for staff and education for patients about the importance of hand hygiene, face masks, respiratory hygiene and cough etiquette.



### PERSONAL PROTECTIVE EQUIPMENT

Our staff will be wearing various personal protective equipment. You may see us wearing gowns, face masks, face shields or gloves. We may require or encourage you to wear a face mask or face covering also.



### SCREENING

We are monitoring all staff for symptoms of COVID-19. We are instructing staff who have symptoms of COVID-19 (e.g., fever, cough, shortness of breath, sore throat, muscle aches, tiredness) to stay home and not come to work. All patients and visitors will be screened upon entry to the facility and instructed to continue wearing their face covering or face mask, if available.



### CLEANING

We are continuing our routine cleaning and disinfection procedures as recommended by the CDC for protecting patients and employees from COVID-19.



### VISITOR RESTRICTIONS

We are restricting visitor access into our facilities. Any visitors who are essential to the care of patients will be screened for symptoms of Covid-19 prior to entry.

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# Grieving a Loss During the COVID-19 Pandemic

By Brainard Funeral Home

A recent article by Alan Wolfelt, Ph.D., C.T. Center for Loss and Life Transition, shared insightful information for funeral directors and associates who are serving families during this global pandemic. We believe this excerpt from that article is important information to share with our community.

As you consider how to approach funeral planning during this global pandemic, don't forget:

1. Anything that delays a funeral delays the natural mourning and healing process.
2. You can't push "pause" on grief. People will continue to feel their grief but will have fewer options to express it and be supported.

For many people, it can be disorienting to separated from the body of a loved one who has died. We naturally benefit from spending time with the body and having a chance to pay respects and say hello on the path to goodbye. The forced need to separate loved ones and friends from each other at a time of death makes it more difficult for individuals to experience the forward movement that funeral are intended to meet - reality, recall, support, expression and meaning.

As you know, meaningful funerals are "rites of initiation." They help survivors start the process of taking their grief, the "internal response to loss," and allowing it to become mourning, the "shared response to loss." When people cannot participate in ceremony they often feel as if their mourning is "on hold."<sup>1</sup>

\*\*\*\*\*

## What is our funeral home doing to help families?

- When death occurs, we are utilizing technology to connect remotely with larger families as well as to create opportunities for sharing support. We are working to provide online streaming and recording of funeral services. Our website offers online condolence

pages and allows people to view video tributes.

- We are presenting families with many options to help them begin the process of grief. For those who can't be present for arrangements, we have the ability to use video conference and document-sharing technology to allow those who do not attend to present virtually. We invite family members to actively participate by helping with writing the obituary and contributing photos or video clips to create a video tribute.
- Even though the size of gatherings is restricted right now, we still have the following options:
  - Conduct a smaller service to say goodbye now and schedule larger community gatherings or services later.
  - Hold a small service, either at a church or at our funeral home(s), that adheres to current guidelines and uses web casting technology to allow others to join remotely.
  - Record services and make the video available for the family to share with whomever they'd like.

## How can you help?

Even though this is a challenging time and gathering in the manner you are likely more accustomed to isn't possible, you can still reach out to support those going through loss:

- Share your memories through phone calls, texts, cards, emails and video chats.
- Write letters to express your feelings and tell stories about their loved one.
- Share appropriate photos between family and friends via group text.
- Contact the family to coordinate a meal delivery. Many restaurants are offering



delivery or drive-through food and beverage service, so your could also place an order for the family to pick up at a time that's convenient for them.

We know that the death of a loved one brings its own set of challenges and the onset of grief. We also know that our current crisis can heighten those feelings of loneliness. Not all of us would choose to miss the funeral for a friend or family member, however, the recent crisis does not allow us to participate freely in our daily routines.

Brainard Funeral Home offers our unique ability to webcast and livestream services through our website for families who would like to have a Celebration of Life for their loved one now rather than waiting for the 10 person limitation to be lifted. This allows family and friends the opportunity to be a part of the ceremony, helping to take that first step in the healing process.

In addition, Brainard Funeral Home provides online condolences as well as creating a slideshow of moments throughout your loved one's life for others to view through our website. For more details please call our funeral home at 715-845-5525.

<sup>1</sup>Alan Wolfelt, "For Funeral Directors: Dealing with Families During the COVID-19 Pandemic," *Center for Loss & Life Transition*, Mar 17, 2020.

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