

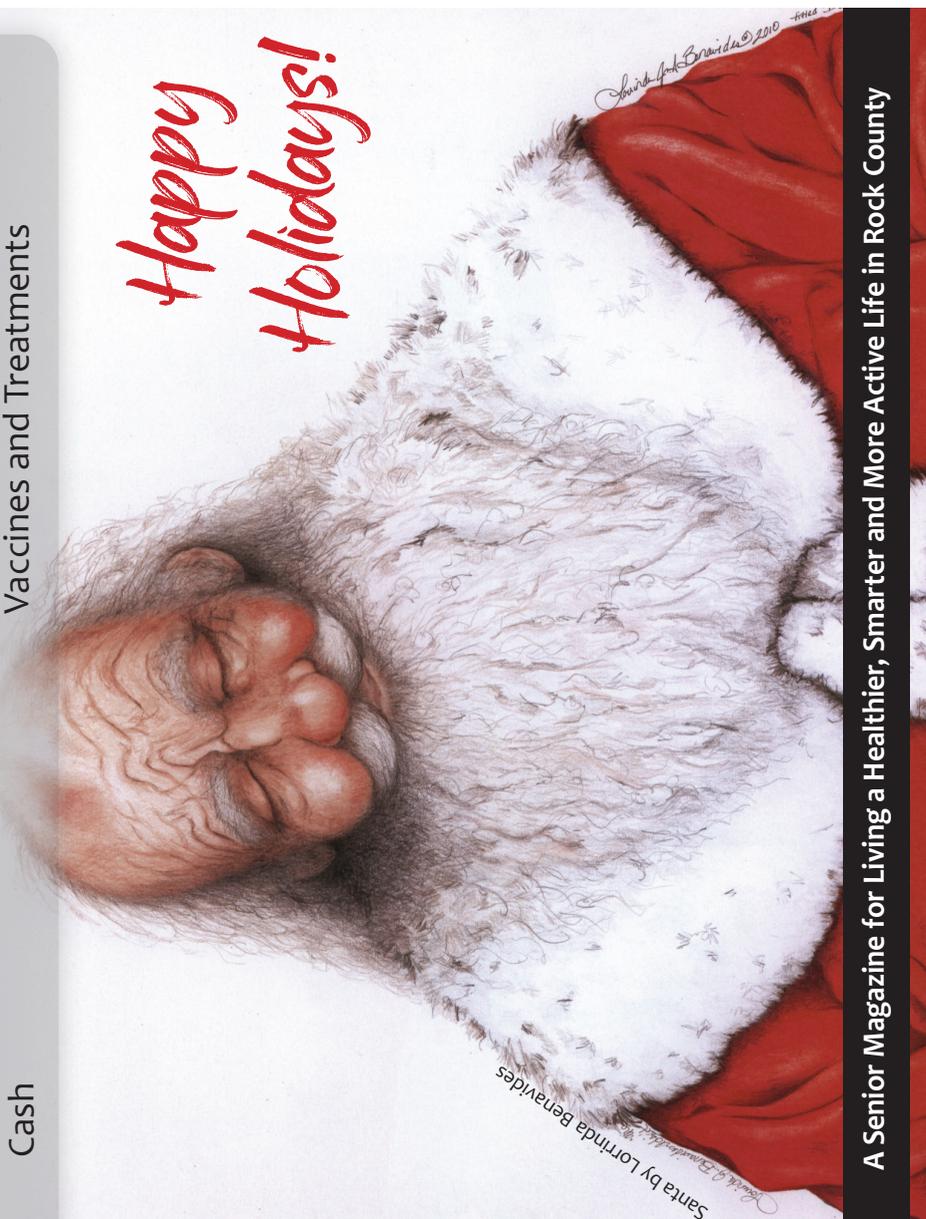
senior review

December 2020

FREE

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

Christmas Around the World By Ken Anderson, The Mayberry Guru

Christmas will soon be upon us, and with it comes many Anderson holiday traditions. We put up our tree on Thanksgiving weekend, and we put lights up outside. We do our Christmas shopping, and we send Christmas cards to family and friends. Our kitchen has all the tantalizing smells of holiday baking. It gets a bit hectic, but it is all just part of the holiday spirit.

Americans, of course, are not the only people celebrating Christmas. People all over the world spend time with their families celebrating this important holiday in many different ways. So I thought I would share some of the unique ways that people celebrate Christmas around the world.

Although Christmas's true meaning is the celebration of Christ's birthday, Santa Claus is an essential symbol of Christmas. However, some cultures have an anti-Santa. Germany's Christmas includes Krampus, a half-goat, half-demon, created to instill fear in children's hearts. On December 6, Krampus comes out in search of naughty children. If the children were good, they



would awaken the next morning to gifts from St. Nicholas. However, if not, the children would be collected by Krampus and be taken back to his lair.

If you were living in Norway, on Christmas Eve, you would hide all broomsticks. Norwegians believe that bad witches and spirits come out looking for broomsticks. If they find any, they take them and fly through the skies during all of Christmas Eve.

Icelanders believe in the Legend of the

Icelandic Yule Cat. If the children of Iceland have been good, they receive new clothes for Christmas. If they haven't been good, they do not get new clothes. The Yule Cat, which is said to be as big as a house, lurks throughout Iceland and eats the children wearing old clothes.

In the Ukraine, Christmas trees are covered in ornate cobwebs and sparking spider webs. This custom originated from the story of a poor woman who grew a Christmas tree from a pine cone. However, when Christmas arrived, she realized that she had nothing to use to decorate the tree. The story goes that spiders came out during the night and spun beautiful, sparkling webs throughout the tree.

As for me, I prefer our Christmas traditions of caroling, exchanging gifts, putting up a tree, outside lights, and candlelight worship services. But no matter how we choose to celebrate Christmas, it is the true meaning of peace on earth and goodwill toward man that is important.

themayberryguru@gmail.com

www.themayberryguru.com

CHRISTMAS DAY THE GREEN WAY

By the time you're done prepping the big meal, you're bound to have a mountain of scraps. Here are some great ideas for not letting them go to waste.



POTATO PEELS

Try these potato peel snacks! As you prepare your sides, aim to keep the peels as long and wide as possible, then toss them with a good drizzle of olive oil and roast at 425°F for about 10 minutes, stirring partway through. When they come out of the oven, season with salt and your favorite spice.



VEGGIE SCRAPS

All those veggie odds & ends - tomatoes, celery, scallions, cucumbers, squash? Save them for a DIY bloody mary mix. Put the scraps in your blender, adding water or vegetable juice to thin as needed, plus spices to taste. Some flavors you can mix-and-match include cracked black pepper, celery salt, garlic powder, onion powder, prepared horseradish or cayenne. Strain the mix. Add a shot of vodka and a squeeze of lemon. Serve in an Old-Bay-and salt-rimmed glass.

APPLE SCRAPS

After prepping your apple pie - keep the scraps for apple-infused cinnamon sugar. Submerge the peel of one medium apple in a jar with 1/4 cup each white and brown sugar, plus ground cinnamon to taste. Let the mixture infuse for up to a week, then pulse in a food processor until finely chopped. Store in the refrigerator and enjoy the sugar sprinkled on buttered toast, oatmeal, muffins, ice cream or homemade granola.

Hundreds of millions of pounds of food get tossed each year during the holiday season. Let's make it our mission to change that this year!

Source: Jennifer Kaplan for Eating Well Magazine. For more ideas go to eatingwell.com/foodscraps



"We are like family."

Jack and Imogene Ehle

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

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

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Editor/Publisher: Arwen Rasmussen
Layout Design: Brigit Olson
Staff Writers: Becky Streeter, Katy Hacksworthy
3315 Nimitz Street, Eau Claire, WI 54701
P: 715-831-0325
E: seniorreviewnewspapers@gmail.com

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Holiday Tips for Caregivers

By Azura Memory Care

While those facing Alzheimer's disease or a related illness in their family might question the sentiment, experts say that it is possible to not only keep the cheer in the holidays, but also to savor them.

Communicate concerns. In advance of the holidays, be candid with family and friends about your loved one's condition and your concerns, and enlist their support. In cases where resentment brews because one family member assumes the primary caregiving role, use this season of giving as an opportunity to discuss sharing family responsibilities and to strive for family togetherness.

Set realistic expectations. Consider both what the individual with dementia is capable of and what you, as a caregiver, can handle given your demanding role. Then, put celebrations into manageable proportions. This can help decrease stress and head off feelings of depression that stem from unrealistic expectations, both for you and your loved one.

Select appropriate activities. Be mindful of the individual's current mental condition and do special things that they can still appreciate. Engage your loved one in singing and dancing since these abilities tend to remain intact longer. Involve them in some rituals—whether it is lighting the menorah, decorating the tree or baking cookies. Try to spark memories by bringing out family photographs or heirlooms. But do not demand mental performance by asking them to name people, places or other facts. Rather, help stimulate memories by offering descriptions as you present each object.

Pare down traditions. With round-the-clock caregiving, it may not be feasible to juggle all of your religious and ethnic observances. You can still keep traditions alive; just reduce their number to avoid feeling overwhelmed and frustrated. Ask your loved one which



traditions to choose; it is another way to involve them.

Adapt family gatherings. Due to COVID - be sure to limit the number of family members and friends this year. Since crowds, noise and altering routines can aggravate confusion and other behavioral problems, revising your get-togethers may be in order. For example, instead of entertaining the whole clan, limit the number of attendees at a holiday dinner or spread out several smaller gatherings on different days. Mark a calendar with upcoming visits to make your loved one feel special.

Stick with familiar settings. Because new environments can increase disorientation and pose safety concerns, discard restaurants or relatives' houses in favor of your own home. Likewise, if Mass is still important to your loved one, consider how they can participate. For example, take your loved one to an earlier, less crowded service; if they can not leave their home structure, watch a Mass on TV or ask clergy to make a house call.

Head off problems. Avoid alcohol, which may cause depression, increase the risk of falls and add to the loss of brain cells. Try to schedule holiday activities or visits earlier in the day before the potential for sun downing—behavioral problems that typically occur toward dusk among those in the middle stages of dementia. And, in preparing for holiday celebrations, do not re-arrange furniture or create obstacles—both are accidents waiting to happen.

Comfort in Nature's Course

By Shelley Krupa, Business Operations Coordinator at
Jefferson Memory Care



This Christmas will be different for most of us. I'll still decorate, I think. I'll still pull each ornament out of storage, remember when I received it and hang it delicately on the tree. I'll smile as I remember many ornaments were gifts from my mom.

One ornament pulls on my heart strings. It's a tiny white angel I received from the ceremony for those who passed away in hospice that year. That angel reminds me of the gift hospice was to me and mom and of the angels who cared for mom her last year of life.

Mom's last Christmas was preceded by our decision together to enroll her in hospice. Her dementia and overall health had been declining for years and she was ready to let nature take its course. She was done with all of it - the poking, prodding and testing didn't interest her in the least. "Whatever, what-ever-else and what-not, I'm done."

Many families face the decision to choose hospice or not at some stage of dementia. To wait it out or to hold on just a bit longer. Eventually, admitting to letting the disease win or to wait until the signs of death are imminent.

What I learned from Hospice staff and staff at the facility she lived in, was that they would do their best to keep her comfortable and that her end of life would likely be within the following six months. How they can predict that, I'll never know. But she passed away

five months later. We were blessed with time to adjust to nature's course of a dementia long goodbye.

Mom's co-morbidities caused her decline in health and dementia kept her free from worrying about those things. I did the worrying for her. She trusted me with the role.

I knew the possibility of pneumonia or some other virus she'd innocently contract and that we wouldn't choose to treat would accelerate her underlying diseases and assist mom into a peaceful death process. In a way, letting go and letting nature take its course helped us accept her death and we both found peace in our choice to do so. Peace right up to the end as I held her hand and told her, "Mom, we'll be okay, you can go now, goodbye - I love you."

This year, many families of loved ones who remained COVID-19 free in the spring and summer are now faced with the ever increasing or imminent prospect that COVID will be the virus that isn't treated, but accepted with a peaceful goodbye.

Are those families wrong to not fight COVID-19 and then say goodbye to their loved one's life? I say, "No, they've accepted the underlying diseases their loved one has along with a virus they've never encountered in their decades of life before. The hospice angels caring for them know there is a sense of comfort and calming peace as they accept nature's course."

GREAT BUYS ON THE CHEAP - ONLINE

Edited from *New Bargains in Used Clothes* by Lisa Lee Freeman,
AARP, September 4, 2020

Odds are you haven't seen the inside of a store for a bit of personal shopping since the Pandemic changed your life. Odds are just as good that you no longer need a professional killer wardrobe for your job. (Going from the bedroom to the kitchen to work on your notebook can be done in pg's or sweats)

You are in luck. Now you can do major shopping with minor damage to your credit card --buy used clothing on line! It is a sustainable way to shop. With thousands of arrivals daily to online thrift market places, this could be the most exciting thing to happen this year.

Remember to always research return policies, which often come down to no refunds and no exchanges. And read merchandise descriptions closely, especially notes about an item's condition and measurements.

Your SecondHand Glossary for Tags

Common abbreviations

- EUC Excellent used condition
- NIP New in package
- NWOT New without tags
- NWT New with tags
- PP PayPal
- RV Retail value
- TTS True to size

Major retailers

To see what Wal-Mart is up to, go to walmart.com, select Clothing, Shoes & Accessories from the Departments listing, then Pre-owned.

Be sure to check out Amazon and ThredUp. Other retailers with online used-clothing stores include Eileen Fisher, Patagonia, Urban Outfitters and REI.

You may never get dressed to go clothes shopping again.

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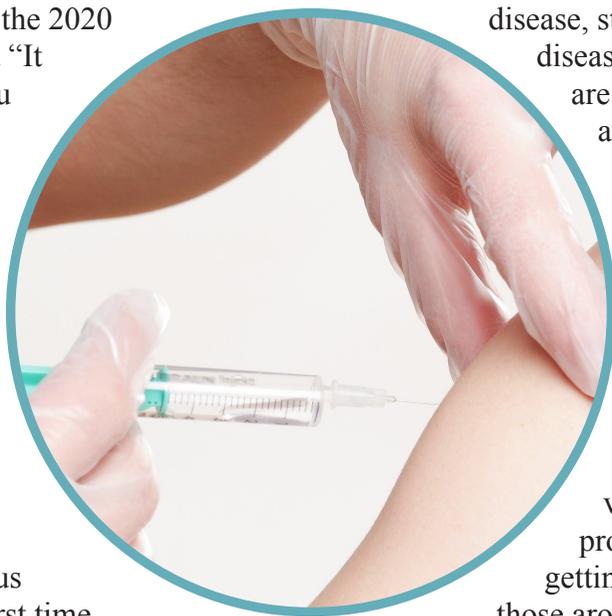
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2020 Influenza Shot By Eric S. Quivers, MD FAAP, FACC, Senior Medical Director for My Choice Wisconsin

We are entering the 2020 flu season and “It is time to get your flu shot!” Really the word should be vaccine as there is a form that is a nasal spray. No matter how you look at it, it is very important to be vaccinated against the flu virus this season! This year is like no other due to the coronavirus pandemic. For the first time in history, the world is having to deal with both viral infections. Both are respiratory viruses with potentially serious consequences, including death. Both can infect many individuals. It is strongly recommended that everyone aged 6 months and older get the flu shot this year because of the COVID pandemic. Those with chronic health conditions and older adults should get the flu shot as individuals in these groups are more likely to experience complications if infected. Those who fall into this group are 65 years and older, have co-morbidities such as asthma, heart



disease, stroke, diabetes, kidney disease and women who are pregnant. Others who are at high risk include young children including children with nervous system diseases, cancer patients, weakened immune systems, and racial and ethnic minorities. The flu vaccination not only protects the person getting the vaccination but those around them and those they encounter. The flu vaccine is very effective in reducing your chances of becoming infected or lessen the severity of the illness. By doing so, the burden on the health care delivery system such as emergency rooms, clinics and hospitals can be reduced. These very same health care providers have been on the frontline of treating patients with COVID-19 infections. We are now surging in Wisconsin with COVID-19 infections. In certain parts of the state, the number of hospital beds available are few due to number of COVID-19 patients occupying the beds. The health

care system is in great risk of being overwhelmed. The flu virus has a preventive treatment, the flu vaccine. This would go a long way towards protecting those who are putting their lives on the line for us, the frontline health care workers. If you are not sick with the flu, you are less likely to go to a clinic, emergency room or urgent care office where you can be exposed to someone with a COVID-19 infection.

The infections share common symptoms such as fever, cough, shortness of breath, tiredness, sore throat, runny or stuffy nose, muscle aches, headache and rarely vomiting and diarrhea. Those with COVID-19 may have these symptoms, as well. Other symptoms that are more unique to a COVID infection include a new loss of sense of smell or taste. More concerning symptoms include new onset confusion, sleepiness, constant pressure in the chest and bluish lips. If you have any of these symptoms seek medical advice immediately.

Let us all do our part in protecting each other during these very uncertain times. The flu vaccine helps prevent the flu infection and practicing social distancing, good handwashing and wearing masks helps to stop the spread of both the coronavirus and the flu virus.

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Private Room²

2018 Cost **\$9,346**

Source: www.genworth.com/aging-and-you/finances/cost-of-care; Genworth Cost of Care Survey 2018, conducted by CareScout®. June 2018; 1 Based on annual rate divided by 12 months (assumes 44 hours per week); 2 Based on annual rate divided by 12 months; 3 As reported, monthly rate, private, one bedroom

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COVID-19 & Your Money: PAUSE AND PLAN TO SAVE SOME CASH

The virus hit fast and hard. I was more than a little ticked.

Covid -19 single handedly destroyed the patterns of my life that I quite enjoyed. What started out as a few days of missed school for the grandkids has grown into weary months of time lost.



In no particular order, social distancing had me giving up dinners out where the food comes with real silverware, passing on pizza runs at the end of lousy days and cafés tempting me with handmade chocolates.

For all of that I am very sorry.

But being the 'Pollyanna' I am, I realize I have saved \$1890 at the restaurant (at \$50 bucks a pop, it adds up), \$783 for pizza and \$250 for chocolate (cheese and chocolate therapy is not cheap)

That sums up to \$2923 dollars plus loose change. Forced saving does have an upside. So let us take that thought further.

Since April, 52 million Americans have lost their jobs and millions are working from home. Like it or not, you are probably not spending as much on gas, maintenance or other transportation. You may be working in casual sweats saving tons on dry cleaning. Movie night, easily \$60 with a light snack, is a thing of the past. Lunch (up to \$6 a day) is grabbed and gulped as you work, home-school or clean. More than likely you have given up your gym -\$40 bucks a month (who knew exercising in the hallway

could be so much fun?) You may have decided that a pony tail is a good look as a cut and color is easily \$70 with a decent tip. You have relearned the fine art of the hot-dish, --- burger smothered in cheese and red sauce or the time honored Cheese...two favorites created easily for little cash.

By now you see that 'no spending' is offering you a great shot at building up some cash reserves. Now put a simple plan together. Start by determining what you spend monthly. Add up expenses you can't avoid. Subtract the difference. That is what you get to save.

If you are able to save a couple hundred a month you may realize there are other items you can cut. It is empowering watching the dollars add up.

Who would have thought a virus could help us rethink our spending habits?

When the world gets to a new normal, some new habits will get your closer to that million dollars the financial 'gurus' tell you is needed to retire.

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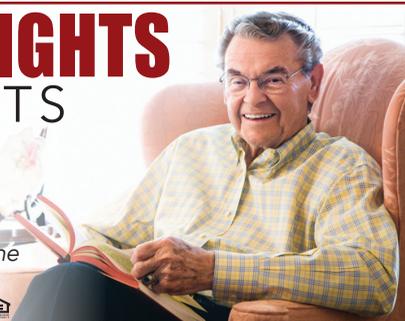
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HEALTHY DINNER RECIPES FOR THE HOLIDAYS by Mercyhealth

Cauliflower Mashed "Potatoes"

Ingredients:

- 1 head cauliflower
- 1 clove garlic
- 1/8 cup skim milk (may also use plain yogurt)
- 1 pinch of salt
- Pepper to taste
- 1 sprinkle of paprika



Directions:

- Preheat oven to 440F
- Steam or boil cauliflower (option with clove of garlic) until tender
- Cut cauliflower into pieces
- Place in blender with milk (yogurt)
- Season with salt and pepper
- Whip until smooth
- Pour cauliflower into small baking dish, sprinkle with paprika, bake in 400 F oven until bubbly

Nutrition Information:

- Serving Size: 1 cup
- Per serving: 9 calories, 0.4 grams of fat, 7 grams of fiber, 16 grams of carbohydrate, 6 grams of protein

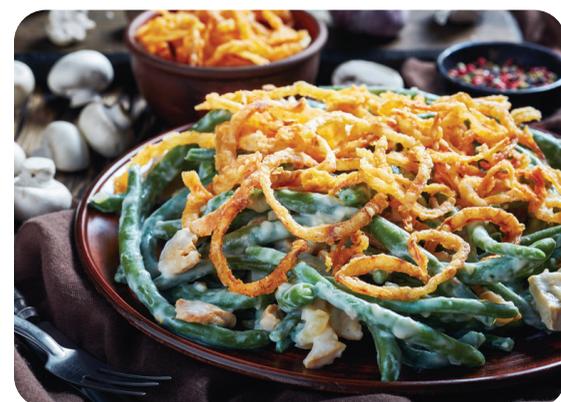
Fresh Green Bean Casserole

Ingredients:

- 1 1/2 pounds fresh green beans, trimmed
- 2 Tablespoons butter
- 3 Tablespoons All Purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon Thyme
- 1/4 teaspoon Basil
- 1 1/2 cup fat free milk
- 1 Tablespoon canola oil
- 2 large onions, halved and sliced (use 2 cups)
- 4 cloves garlic, minced
- 1 1/2 cups sliced fresh Mushrooms
- 1 cup soft whole wheat or white bread crumbs

Directions:

- Preheat oven to 375F
- In a large sauce pan cook green beans in lightly salted boiling water for 10 min, drain and place in a 2 quart rectangular baking dish, set aside
- In medium sauce pan heat butter over medium heat, stir in flour, salt, pepper, Thyme and Basil until combined. Whisk in milk, cook and stir over medium heat until thickened and bubbly, remove from heat.
- In a large skillet, heat oil over medium heat, add onions and garlic, cook and stir for 4 to 5 minutes or until tender and starting to brown, remove 1/2 cup of the onion mixture and set aside.



- Add mushrooms to skillet and cook about 5 minutes or until tender, stir into sauce mixture pour over beans in dish, toss with tongs to coat.
- In a small bowl, stir together reserved onion mixture and bread crumbs. Sprinkle bread crumb mixture over bean mixture in casserole, bake uncovered for 25 to 30 minutes or until heated through.

Nutrition Information:

- Serving size: 1/2 cup
- Per serving: 87 calories; 3 g fat (1g sat); 2g fiber; 12g carbohydrates; 3g protein
- Carbohydrate Servings: 1 Exchanges: 1 1/2 vegetable, 1/2 fat

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Caregiving for Mom from a Distance

Start with a plan

The first step is to identify the type of care needed. Plan a weekend visit to see Mom. This will give you enough time to assess and gather information about the help that she will need.

Make sure you:

- Create a list of items to discuss. Learning about and respecting Mom's wishes go a long way in caring for her from a distance. Ask her what concerns her. Tell her what concerns you.
- Check in with the neighbors. Check with the neighbors to find out about possible dangers or incidents they would care to share.
- Connect with family and friends. Establish a care connection of people near Mom that may be contacted if needed.
- Craft care roles. Assign roles to the support team. Be sure to keep good communication with them.

Research Care Options

Do your homework before you visit with mom so you are aware of the options available in her community?

Be sure to include:

- The different types of care. Research



the living options so you can explain the difference between independent living, assisted living and in home care. Use simple language. Get websites and brochure and housing guides.

- Doctor recommendations. Include mom's doctor in any decisions to afford her comfort in her care plan and alleviate possible future stress.
- The costs of care. Be completely transparent regarding cost of all care and who will pay. Create a budget and use it.
- Testimonials from friends. Ask for references and use them.

Provide Long Distance Support

Tips to stay in touch:

- Set up weekly phone calls. Pre arrange a set time to visit so she knows when you will call. Do follow the plan.
- Save the caregiver's phone number. You will want a weekly check in regarding mom and to contact them in the event of an emergency.

- Plan future visits. Plan the yearly visits in advance. Mark dates on calendar and inform all the players.
- Check in with Mom's care network frequently. Review bills and budgets. Be sure to support the care team. Your thanks is appreciated and important to the ongoing success of the plan.

A Medical Alert Gives Peace of Mind

Select a Medic Alert system that will provide immediate assistance in the event of a fall. Contact the providers in the community to make a selection that both you and mom are happy to use. She will always stay safe from senior falls.

Selection point to consider:

- Automatic fall detection calls for help immediately as it senses a fall.
- Showerproof pendants that will work in wet spaces. .
- Complete customization for easy use. Select the option that works for mom: pendants, clips, button clasps .
- Help all day, every day 24/7 for Mom. Someone will stay on the line until help arrives. No matter the emergency, Mom will get the care she needs.

Show Mom You Care

Not being there doesn't mean you no longer care. Putting together a care team and a care plan for mom will show assure her of your care.

Article edited from <https://www.alert-1.com/blog/family-caregivers/how-to-care-for-elderly-mom-from-a-distance/7055>



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The King of the Forest *By Birney Dibble*

Quietly, tensely alert, he stalks through the leafless tag alders with the aplomb of a king reviewing his honor guard. He lifts each three-toed foot with infinite precision and places it unerringly directly in front of him. With each step his crowned head bobs in concert. It's a chicken-like bob, but there's nothing ludicrous nor unseemly about it. Rather it conveys a fluxive artistry, the posturing of a noble aristocrat.

A sudden gust of wind swooshes through the alders. Overhead a small branch cracks like a pistol shot. The ruffed grouse freezes, feathers sleek, tail pointed straight down, neck elongated, head up and beak outstretched. Take your eyes off him, then look back. He's gone, and in his place is a short broken-off stump -- with one beady eye searching the hostile forest. Imperceptibly his head turns in a full half circle, and you see the other eye, dark brown, almost black.

For a full minute, perhaps longer, he remains motionless. Slowly his head comes around again and he resumes his trek.

He enters a dense stand of red pines, some mere saplings, but most twenty to thirty years old, sired by a two hundred year old giant who still stands only fifty feet away from the grouse's destination. Without pausing even for a moment, the grouse jumps up onto a huge log thirty feet long and almost two feet in diameter. Still without hesitation, he struts directly to the exact spot on the log where he drummed last year, and where he has drummed this year since the snow melted and the vernal equinox turned winter into spring.

The downed tree which the grouse has claimed is covered with thick, dark green moss except for a small spot measuring about three by five inches. Here, where his feet have dug in hundreds of times, he has worn away the moss and soft grey outside wood and exposed the yellow inner timber. On the log and on the ground are his droppings, the fresh ones small grey cylinders, the older ones like fluffy, light brown caterpillars.

Motionless he stands, tail furled behind him, wings cupped easily at his side, breast thrust out slightly, neck elongated, beak pointing straight in front of him. His black eye is accented by spots of white directly fore and aft. His brownish crest is thrown upward several inches and blows gently in the breeze.

"Here am I," his manner says, "the King. Here am I, the lord of this part of the forest. This is my log, my pines, my oaks and alders, my lake there through the scrub. This is where I live, and where my mate will come to meet me, and where I will die.

"And this is where I drum."

For half a minute his head turns slowly from side to side. He scours the shadows for fox and feral cat, scans the skies for hawk and owl. His tail is now partially fanned out, the black and white bars showing plainly in the bright sunlight.

Defly he drops the tip of his tail onto the log and locks it there for balance. He puffs out his crest, wiggles his shoulders a little as if to arrange them into the proper slot, and then settles his whole body downward so that his rump is only an inch off the log. He no longer bears any resemblance to the graceful grouse who just pranced to his drumming spot. Rather he is a rectangular mass of feathers perpendicular to the ground.

With a quick but easily perceived motion he flips his wings straight backward and swings them together in front of him with a swift clapping movement.

A deep boom resounds through the brush. Even though you are watching the production of the sound, you scarcely can believe that it didn't come from behind you or above you or a hundred yards behind the grouse in the forest.

Still maintaining his rectangular shape, he settles his shoulders and slumps his body, then beats the air again -- and again -- and again. Each boom follows the previous one by a slightly decreased interval of time, until his wings are a brownish blurr and the sound a ventriloquistic whirrrrrrr. His wings never touch in front of him, nor do they ever touch his body.

Coincidental with the finish of the drumming, he tucks his wings against his body and with one fluid motion straightens his legs, throws his tail up behind him and fans it.

The entire performance has taken eleven seconds.

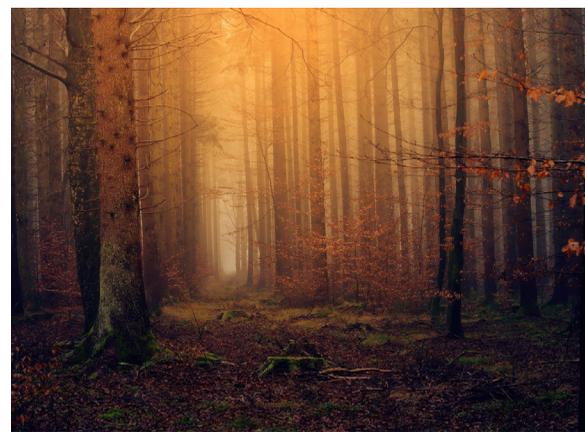
Proudly he stands, inert, alert, wary. Then he seems to relax just a bit, his neck not stretched out quite so far, his tail not quite so stiff.

He rests.

For about three minutes.

Then he gradually regains the regal pose he affected only minutes before. His head turns slowly, his eyes catching every subtle movement in his immediate environment.

Then his tail drops, his breast puffs like a pigeon's, his body settles onto the



log, his wings flip backward.

And he drums.

He drums for hours, every two to four minutes. Then without warning he slowly marches down the log toward the root end, leaps gently to the ground, and disappears into the shadows. A few hours later, fed and rested, he wends his way back. He hops up and takes his place on the worn yellow spot on the moss-green log.

Poor bird, you think, tied inexorably to his instincts, drumming incessantly, off and on, night and day -- and then you realize that this is what it's all about for a ruffed grouse. He drums because he has to, because he wants to, because he would be frustrated if he couldn't.

He's there still, as I pen these words, establishing his niche in the ecosystem, regal and haughty, the little drummer boy grown up into an imperial, majestic, sovereign soul.

The King of the Forest. All Hail!

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Cancers Don't Take a Vacation

How much of a difference will waiting for the pandemic make in your health?

Women, as a rule, manage the healthcare of the culture. They make the medical appointments for everything from a nasty cough to open heart surgery.

They also skip, cancel and postpone the appointments. According to a survey from the Kaiser Family Foundation, starting in March of 2020, more than half of all people in the US put off everything. And 27% of those who skipped or postponed care got worse for the decision.

The reasons made perfect sense. Folks were scared: government restrictions, loss of jobs, lousy health insurance and a morbid fear of catching the virus. It all caught up with them...and...not doing anything was easier. But now doctors are worried about the fallout from the 40% + postponement of cancer screenings, physical therapy, surgeries and emergency visits. According to Dr Baruch Fertel, MD, Director of Operations and Quality Improvement Officer for Emergency Services at the Cleveland 'that lapse may be felt for a long time.'

As we continue to wrestle with the virus we need to also realize the risk of putting off care.

The Looming Cancer Crisis

"Cancer doesn't stop" says Mikkael Sekeres, MD, Cleveland Clinic, but the screenings seemed to drop astronomically for breast, cervical and colon cancer. According to a study of Epic Health Research Network, screenings in March of 2020 were 86 - 94% lower than screenings between Jan 2017 and Jan 2020

Medicine has come a long way in curing cancer, but it is important to catch it early. So, how much of a difference will waiting for the pandemic make?

- Colon cancer is usually slow.
- Breast cancer is also slow though some are more aggressive.
- Every day counts with leukemia. Dr Sekeres treated a patient who thought her coughs were Covid related. Her trip to the ER was too late as she died from leukemia.

It is projected by Tomislav Mihaljevic, MD chief executive officer and president



of Cleveland Clinic and Gianrico Farrugio, MD president and CEO of Mayo Clinic that there are more pandemic related cancer deaths to come. They "...expect that a quarter of a million additional preventable deaths annually if normal care does not resume."

Do schedule your screening and take the appointment. Tell the doctor if there are any worse symptoms. Be candid and direct when asking what appropriate precautions are being taken by your provider regarding any risks and benefits of being screened. This is not a time to be shy when advocating for yourself or your family.

Questions to ask prior to appointment:

- Are you prescreening patients for Covid 19 symptoms?
- Are you cleaning equipment and surfaces after each visit?
- Does the staff wear personal protective equipment?
- Are you enforcing social distancing in waiting and screening areas?

Dangerous Delay in Cardio Care

Preexisting heart problems have gotten worse during sheltering in place. According to Suzanne Steinbaum, DO, preventive cardiologist and volunteer medical expert for American Heart Association's Go Red for Women movement,

'Even women without heart problems were eating and sleeping poorly, skipping exercise and under lots of stress—all of which can contribute to heart disease, the leading cause of death in women in the U.S.'

The CDC report the number of people coming in this year with non specific chest

pains and heart attacks has decreased and more women are staying away from ER than men. As heart attacks don't stop for a virus, what happened?

The statistics and data would have us believe people choose to stay home rather than go the hospital and risk being exposed to the virus.

Postponing Elective Surgery

Many think elective surgeries are option. Where not emergencies delayed hysterectomies, knee replacements and biopsies can have a significant impact on the quality of one's life. According to Dr Davidson, MD, MHP,

University of Washington Medical Center people coming into the hospital with more severe symptoms now need longer stays as their disease has advanced.

Backlogs are common in facilities, so do let your doctor know if your condition worsened so appropriate steps can be taken. It is worth the chat.

The Emotional Impact of the Pandemic

More folks are suffering from anxiety, stress, sleeplessness, loneliness and depression. And on top of that, money matters are key issues. Prescriptions for anxiety meds and antidepressants have soared 25%. So you are not alone in this mess.

We are trained to survive. So when the brain perceives a life altering threat we can't control, experiencing terrible anxiety would be natural.

There are some things you can do according to Sarah Gray, PsyD, Harvard Medical School. Mindfulness helps you to focus on things in your control here and now. Stress management can be walking or connecting with family and friend. Working with a therapist is a good thing and currently many are using telehealth (as in person is not possible) with clients.

If you need assistance finding help, go to the American Psychological Association's website (locator.apa.org)

Source: Annotated for Senior Review from www.health.com Sept 2020

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Ho Ho Ho... Tis the season to get scammed!

The holiday season is a time of celebration, gift-giving, and charitable contributions. It is also the time for lying, cheating and stealing... especially to folks over 65. Consider it an equal opportunity for all good thieves to try to 'rip' you off.

So don't get scammed!

Where we can't predict all the naughty behavior, we can tell you what to look for.

1. Charity Scams – The most popular time to donate to a charity is from #GivingTuesday through New Year's Eve. If you don't know the charity, beware of look-a-likes.

2. Travel Scams – A great deal on travel is super, but if the deal is too good to believe, don't believe it. Use websites you know or work with a trusted travel agent.

3. Delivery Scams – 2020 will be the super year for online buying. It will also be a great year for scam artists sending emails pretending to be UPS, FedEx and the Postal Service. Read any offer carefully. Don't give any personal information. If you are a client they should have that on file.

4. Santa Scams – Before you send a letter to Santa (a lovely tradition) check out the website. Thieves are waiting for those



letters to collect information they can use in their current seasonal scam.

5. Free Trials – Beware of free gift offer if you pay shipping. (Fine print may be subscribing you to an ongoing service that is near impossible to cancel.)

Common Signs of a Scam: Remember if it sounds odd, it probably is a scam.

- Pay extra close attention to email addresses and link URLs that may mimic a company you know. Never give your personal information over the phone. Most legitimate requests come in print.
- The website does not have a privacy policy.

- No contact information about the business is found on the website.
- There are spelling and grammatical errors in marketing materials.
- The email address resembles a major company's email address but is slightly different—for example, Facebook.com vs. Facbook.com.
- The website is unsecure (i.e., the website URL does not begin with "https") and asks for your personal information.
- Advertisements for huge discounts on a high-ticket item that seems too good to be true.

Speak with your loved ones about these types of holiday scams and make sure they know the signs. Suggest the call you before they do anything.

Happy Holidays...Falalalalalala!

Annotated by Senior Review, Oct. 2020

References: Aarp, & Aarp. (2018, December 3). How to Protect Yourself From Holiday Scams. Retrieved November 13, 2019, from <https://www.aarp.org/money/scams-fraud/info-2019/holiday.html>.
• *Scams Targeting Seniors Holiday Edition. (n.d.). Retrieved November 13, 2019, from <https://www.bbb.org/pittsburgh/holiday-resource-center/holiday-infographics/scams-targeting-seniors-holiday-edition/>.*

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COVID-19 and the Future of Aging: Vaccines and Treatments

The pandemic's impacts on disease prevention, science and innovation

Annotated/edited from the Milken Institute Center for the Future of Aging and Next Avenue. by Nanette Cocero, global president of Pfizer Vaccines in the Pfizer Biopharmaceuticals Group

What of the process and critical steps ahead for the Covid 19 vaccines and treatments? In months, rather than years, the scientific community has accomplished great strides toward a solution to the devastating pandemic that has touched us all. The “fix” comes with an incredible responsibility for millions of lives. The clock is ticking.

According to Dr. Cocero, the scientific process is moving ‘at rapid speed’ to be able to provide doses produced to people in need. There are over 1,500 clinical trials and treatments underway to globally fight Covid-19; there are currently more than 40 vaccines in clinical evaluation. Through the multi team efforts of both large-scale and late-stage trials, there is hope data will be available for review before the end of the year.

Bio pharma leaders committed to scientific integrity. We feel the urgency with over 1 million deaths and rising numbers from the Covid 19 virus, but are committed to scientific integrity and no compromising of safety for speed, as underscored through the signatures of nine bio-pharma leaders on a public pledge.¹

While we wait for a vaccine let us not forget currently preventable diseases Dr Cocero says “As winter approaches, it’s especially critical to help protect vulnerable individuals, including those over 65, against illnesses like flu and pneumococcal disease, which have the potential to be quite serious



and even deadly. Doing so has the added benefit of helping to preserve health care resources to focus on COVID-19 where needed.”

Ethical challenges regarding scarcity of resources to come: use, distribution and equity in access? An important first step in the process of providing equitable treatment is governments working together to ensure people needing doses get them: Front line health care workers, essential workers, immunocompromised individuals and public safety officials, along with other high risk groups.

According to Cocero, “Supranational and third-party organizations (such as Gavi, the Vaccine Alliance and the Bill and Melinda Gates Foundation)...have set up a landmark collaboration known as COVAX that aims to provide governments with early access to a large portfolio of candidate vaccines, including those of lower-income countries.”

Predicting the most significant long-term impacts of COVID-The value of preventative health is better than ever with prevention being ensured a high priority for the world through vaccine innovation, continued routine vaccines, and establishing effective health policies for diverse populations (especially aging.)

Diverse communities need better representation in clinical research as supported by a need seen in the pandemic. Vaccine makers are becoming more proactive in selecting trial sites in diverse communities in addition to reducing barriers that prevent enrollment.

We need to be accountable in these areas, so our industry’s clinical trials truly reflect the diversity of the world we live in. It is equally important that partnerships and collaborations created during the crisis endure so other diseases can be fought in the interest of global health.

¹The CEOs of AstraZeneca (LSE/STO/ NYSE: AZN), BioNTech (NASDAQ: BNTX), GlaxoSmithKline plc (LSE/NYSE: GSK), Johnson & Johnson (NYSE: JNJ), Merck (NYSE: MRK), known as MSD outside the United States and Canada, Moderna, Inc. (Nasdaq: MRNA), Novavax, Inc. (Nasdaq: NVAX), Pfizer Inc. (NYSE: PFE), and Sanofi (NASDAQ: SNY),



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