

# Second Opinion

HEALTH AND WELLNESS IN THE CHIPPEWA VALLEY

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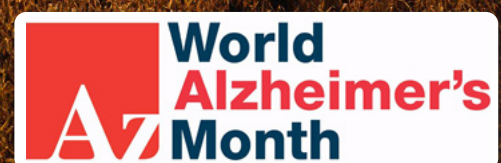


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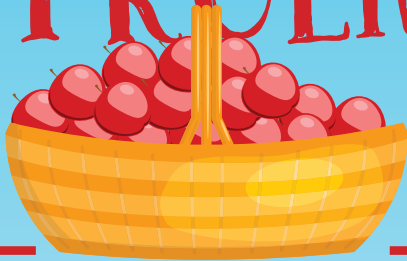
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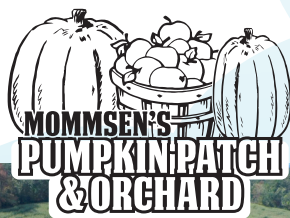
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## FUN PUMPKIN FACTS!

- Pumpkin is a fruit, not a vegetable.
- They grow on all continents except on Antarctica.
- Almost all parts of a pumpkin are edible.
- Their name originates from a Greek word pepon (large melon).
- They are one of the most popular crops in the US.
- The oldest seed of pumpkins were found in Mexico (around 7000 BC)
- The heaviest pumpkin to be put officially on record, was grown in 2010. It weighed 1,810.5 pounds. This amazing whopper could be used to make about 900 pies!



- National apple month is actually **THREE MONTHS LONG!** From September through November, "National Apple Month" is celebrated to help raise awareness of crops and help orchard owners sell their fruit. This three-month window of apple celebration was created in 1996.

## MORE FUN FACTS!

- It takes about **40 APPLES** to create one gallon of apple cider. Who knew?!
- Apples float, because they're **25% AIR**. Ever wonder why there's bobbing for apples and not other fruit? They are more buoyant than other fruits and perfect for the watery game.
- Apples are a member of the **ROSE FAMILY**. What?! Yep, apples, along with pears, plums, cherries, and peaches are all members of the rose family of plants.





# Stress Resilience, Not Stress Elimination: In Pregnancy, During COVID and In Life

by Erin Kasper-Frett, EarthMother Midwifery

---

“Stress reduction” is a common phrase and goal for many. Not only is it a privilege to consider “lowering” our stress, it’s also not possible, not for the long term anyway. During this time of unprecedented health concerns and a novel virus, we are seeing the depth and breadth of stress. We are all having to find our own ways through loss (loved ones, jobs, social time, hugs) and perhaps some new ways of meeting and gathering (outside, online, masked). And this is even more apparent in pregnancy.

Let’s cover something right away: stress elimination is impossible, pregnant or not. Don’t get me wrong, you can make choices that lower your stress, especially if you have previously over-committed. However, these changes often do not last, in part, because whatever causes us to over commit or make choices that added the original stress will still be underlying. Or, we are in circumstances (like poverty or COVID adjustments) that cannot be avoided.

Instead of resisting, what if we learn how to flow. Let’s go for stress resilience, rather than elimination. Stress is part of the human experience. Stress comes in many forms: lack of sleep, pressures of work and family, or financial worries, but it can also include things such as fasting, exercise, traveling, family, etc. Stress is neither good nor bad. It just has an impact.

And it does impact our bodies and psyches. It increases adrenaline and cortisol in our bodies, shunting blood flow and energy away from organs and to the large muscle groups. This is great for an athletic event or to out run a tiger. It can trigger the flight, fight, freeze or fawn response in a person. This is helpful for many things, but if this happens when we don’t need to engage large muscle groups, it can lend itself to a host of other issues. When we live in a state of higher adrenaline and cortisol, without time to discharge and rebuild, it will take its toll. This is true for everyone, but the hormone pathways are even more involved and complicated in pregnancy.

In pregnancy, it’s more than just you involved, there is also a small human. Additionally, the liver and kidneys are already working harder in order to metabolize hormones and clean the body. So you have physical stress on top of emotional stress.

Good news! Perception is almost everything in relation to stress. I do not mean to discount emotional experiences. Your emotions are valid. But they are just that: emotion. They will come and go and stay and linger and leave. However, they do not have to control your actions. Growing scientific evidence shows if we can raise our good feelings, we have improvements in health, reduction of cortisol, and an increase in endorphins. This occurs even in labor. Additionally, in times of hormone changes like pregnancy, we are more at risk for things like depression and anxiety. It’s not all in your head--you deserve support. And for all of us, shifting our focus to the things for which we can be happy or grateful has health benefits.

So ask yourself, what brings your heart alive? And how much of your day is devoted to doing those things? Where can you increase your time doing those things and where can you simply shift your focus? For example, I love my job. I see parents welcome their new human into their family, grow with families and work through the struggles that happen in life as part of the care. I love it! But sometimes I just want to sleep in the night. I don’t want to get up to work. In those moments, I just take a minute and focus on the parts of my job that I DO like, the “why,” so I can shift my experience. And it works. Sometimes better than others, but, if I cannot shift, that is sign to me that I need to take some more rebuild time--even if it’s a minute in the bathroom.





# Relaxin... From the Inside

By Dr. Angela Prissel

When you think about it, the changes that a woman's body goes through during pregnancy are quite amazing. Various hormone levels fluctuate during conception, pregnancy and postpartum making the entire process possible. Relaxin is a hormone that plays an important role in influencing the changes in the body.

As the name implies, relaxin helps the body's organs, ligaments and joints to "relax" or become looser. It reaches peak level in the first trimester, around 8-12 weeks of pregnancy. Early on, relaxin prevents the uterus from contracting or tightening, this helps to avoid preterm labor. Blood vessels also become more relaxed and dilated to help to circulate the increased blood volume within mom's body more efficiently, keeping blood pressure levels within normal range. The digestive system can become more "sluggish" as relaxin will slow down the stomach and intestinal tract, which can cause heartburn, nausea and constipation or diarrhea.

During the second and third trimester, expectant moms will begin to feel the effects of relaxin with daily activities. Relaxin allows for increased mobility in the joints and ligaments throughout the body, but most importantly in the pelvis. Thankfully the pelvis is able to stretch and expand, providing the baby with space to grow and providing some ease to the mom during delivery. Unfortunately, expectant moms may experience some negative effects such as low back pain, sacroiliac joint irritation and pubic symphysis dysfunction as relaxin begins to loosen the joints, resulting in instability in those areas.

Most people don't realize that relaxin stays present in the body for up to 5 months after delivery! Even a "normal delivery" can cause spinal misalignment and joint dysfunction for new moms making it difficult for them to lift, bend and care for their baby.

Since the joints and ligaments remain looser than normal, it makes the process of restoring the proper motion and alignment of the body easier. As time goes on, the ligaments and joints will become more rigid making it more difficult to correct any dysfunction that occurred during the pregnancy or postpartum.

Chiropractic care throughout pregnancy can help the body navigate all of these changes with more ease. Chiropractic adjustments early in pregnancy will help to reduce stress to the nervous system allowing the heart and digestive system to work more efficiently. Adjustments also help to correct the joint dysfunctions that often occur and can restore proper pelvic alignment, which in turn decreases some of the "aches and pains" that can be considered normal during pregnancy.

With relaxin helping to expand the pelvis during labor and delivery, chiropractic adjustments will better prepare the body for baby's arrival.

As mom's focus shifts to taking care of her baby, the importance of self care should not be forgotten. Getting the body back to where it was before pregnancy can be difficult and take time. It is important to take advantage of the few months that relaxin is still keeping the muscles, ligaments and joints a bit "looser". Chiropractic adjustments can help correct spinal misalignments, restore joint motion and reduce strain on the ligaments and muscles. Along with proper posture, correct body mechanics and exercise, the body will gain strength and handle daily activities with more ease.



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# The Hormone Heroes of Breastfeeding

By Jennifer Hafele, M.Ed., IBCLC

.....  
**W**hile pregnant, you don't have to think about what is happening; your body knows what to do and grows the baby without your mind having to do much! Once your baby arrives, your body is similarly primed and ready to sustain your new little one by producing milk. Maintaining a strong milk supply takes a bit more conscious thought than pregnancy, and understanding how lactation works can help you ensure nursing success. As an International Board Certified Lactation Consultant, I love teaching parents prenatally!

There are two essential hormones that orchestrate the production and delivery of breast milk: prolactin and oxytocin. **Prolactin** is the primary hormone in charge of milk supply. After delivery of your baby and placenta, prolactin levels surge, promoting milk production. Your mature milk "comes in" 3-5 days after delivery, which means it increases in volume and changes composition for the first of many times. (*Did you know that breast milk changes in composition as your nursing grows to meet baby's developmental needs? It is truly amazing!*) The stimulation of your baby feeding sends messages to your brain, signaling demand for more milk. More prolactin is released, which in turn tells your milk glands to maintain and/or increase production. For pumping parents, your pump serves as a substitute for baby: the stimulation and expression from the pump also helps maintain supply.

After childbirth, **oxytocin** is also released from the brain, causing your uterus to contract and gradually shrink back down to normal size and reduce bleeding from the detachment of the placenta. In addition, oxytocin is responsible for "letdown," when milk glands contract and milk rushes down and out. As baby nurses, more signals are sent out and more oxytocin is released. Not only does oxytocin move milk, it also promotes feelings of bonding, protectiveness, and care in new parents! Nicknamed "the love hormone," oxytocin can feel euphoric and flood a new mother with affection and peace, physically lowering blood pressure and anxiety.

It is important to recognize that all these systems can be gummed up by outside forces, and we should be aware of things that can interfere with the release of prolactin and oxytocin while nursing. Certain types of birth control that contain estrogen can hinder prolactin release, resulting in milk decline. And, because prolactin and oxytocin rely on the stimulation of breastfeeding, introducing a pacifier too early can decrease the number of signals your brain receives and cause low supply. Similarly, scheduled feeds and/or sleep training can also have negative effects on milk supply. Depression can be a factor in low prolactin and oxytocin levels, as well.

In the early weeks of breastfeeding, be mindful to nurse frequently, every 2-3 hours around the clock. Resting when you can, staying hydrated, and eating nutrient-rich foods such as leafy greens and whole grains can also help keep these systems running smoothly. And finally, skin-to-skin contact is fantastic for oxytocin release, so snuggle that new little one as much as you like! It's wonderful for both of you.

Jennifer Hafele is active in the Chippewa Valley birth and postpartum care community. She provides professional lactation support through her private practice, Mama Bear Lactation Care. Offering a free support group is a cornerstone of her practice. She also loves co-teaching "Confident Birth & Beyond," an independent childbirth and postpartum education series. Connect with Jennifer on Facebook or at [MamaBearLactationCare.com](http://MamaBearLactationCare.com).



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# “ IT'S LIFE CHANGING

Finally! A local provider is helping cancer survivors live lives free from the constant pain and suffering associated with **Peripheral Neuropathy!**

Irreversible is not a word you want to hear from your doctor but it's a common one if you've been diagnosed with Chemotherapy-Induced Peripheral Neuropathy or CIPN.

Elliott S. of Eau Claire survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker everyday. "I was beginning to be worried that one day I would be wheelchair bound."

## **Nearly half of patients who undergo chemotherapy will develop Chemotherapy-Induced Peripheral Neuropathy or CIPN.**

Chemotherapy meds travel throughout the body and attack cancer cells; sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. A high number of really unfortunate people will be forced to endure the symptoms associated with CIPN for months, or even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, he responded, "It was difficult to even walk up and down stairs and do other things we usually take for granted."

## **The most common symptoms include:**

- pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet
- sudden, sharp, stabbing or shocking pain sensations
- loss of touch sensation
- clumsiness and trouble using hands to pick up objects or fasten clothing
- loss of balance and falling

For some, their nerves will recover over time. For most, the nerve damage is 'irreversible.' Elliott had been told just that by a series of doctors and specialists. Essentially they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Then Elliott made a call to Jamie Wilcox of Eau Claire Acupuncture. Jamie is using the time tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments Elliott was taking stairs with stride!

"We have a cabin and it has a lot of stairs down to the lake. This morning I walked right down the stairs and enjoyed spending time on the dock," Elliot shared.

**"I remember thinking 'that's become mighty easy for me', I didn't have to hold on to the hand rail or anything! It's life changing to have this mobility back!"**

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Jamie's treatments they are now living lives free from pain and suffering. For years she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes, without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Idiopathic Neuropathy or Diabetic Peripheral Neuropathy, Jamie and the incredible team at Eau Claire Acupuncture can help!

Jamie is now accepting new patients for a limited time. In an effort to protect her patients, both current and future, she has made the decision to limit the number of patients seen in her clinic. Only 10 new neuropathy patients will be accepted before the end of October so call (715) 575-1220 now to schedule a consultation.

**Visit [www.eauclaireacu.com](http://www.eauclaireacu.com) to learn more**



# THERMOGRAPHY IN YOUR WELLNESS TOOLBOX

“Ther...thermo...What?” is often how the conversation starts when Shawn Seuferer, owner of Thermography of Wisconsin, tells people that she “does” thermography. The following terms may be helpful to understand what thermography is and its use in the health care industry.

Thermology is the science which studies infrared images of the body. Thermography is the use of a specialized camera to detect and record temperature gradients and differentials at the surface of the skin. The resulting image, or scan, is the thermogram and technicians conducting the scans are called thermographers. During the scan, the thermographer will assign a color scale to the image. It is important to note that the colors assigned are arbitrary and do not relate to a specific disease, health condition, or blood flow. The colors serve only to provide a means to distinguish temperature variation. Thermologists, which are trained medical doctors, read the scans and provide the patient with a written report of their interpretation of images and provide recommendations.

Thermography is not considered a diagnostic test, and does not detect or diagnose cancer. It does not detect structure, such as that of a tumor, lumps, densities or calcifications. Rather, it measures changes in physiology, or function, such as inflammation, vascular change, lymphatic change and hormonal change. Neither is thermography to be considered as a “stand-alone” test but should be considered an adjunct to other accepted methods of monitoring breast health, including mammograms, physical exam and self-exam.

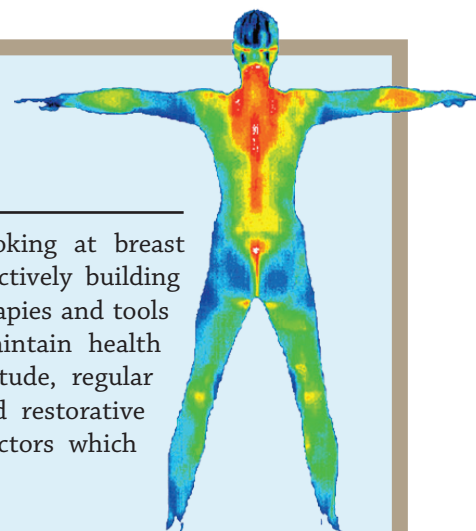
Many women, justifiably, fear a breast cancer diagnosis. It is important for us all to consider that our health is a matter of mind, body and spirit. Fearful thoughts can cause a cascade of negative effects on one's health and well-being.

Seuferer recommends looking at breast care holistically and proactively building a team of specialists, therapies and tools to help monitor and maintain health and vitality. Positive attitude, regular exercise, healthy diet and restorative rest are all important factors which affect breast health.

Thermography is an excellent tool in the team's toolbox. The screening process is non-invasive, pain-free and is without radiation. Because it is sensitive to temperature at the surface of the skin, patients should avoid stimulating therapies and treatments within three days prior to their scan, such as chiropractic, acupuncture, massage and excessive sun exposure. Also, strenuous exercise, shaving, deodorants and lotions should be avoided the day of a scan. Thermography is sensitive to hormonal changes. Patients should wait at least three months following fertility treatments and discontinuing breast feeding, or any surgery on the breast including implants, reduction or reconstruction.

Breast scans are like our thumbprints. They are unique to each one of us and cannot be compared to anyone else's. New patients are required to establish a baseline by having a follow-up scan in three to four months following their first screening. This is the length of time in which changes in physiology, such as vascularization, are most likely show. Without a follow-up scan to establish a baseline, a change in physiology could not be observed. If the thermologist determines that the second scan is stable, the baseline is established, and the patient may be advised to continue with annual scanning.

Thermography of Wisconsin serves patients at the main office in Eau Claire, WI, in River Falls, WI, and Park Rapids and Northfield, MN. Ms. Seuferer is a Certified Clinical Thermographer and a member of the American College of Clinical Thermology (ACCT).



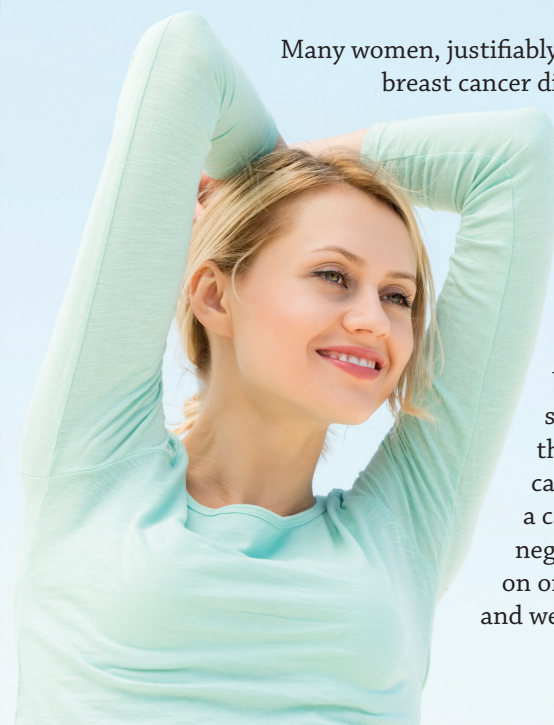
Thermography, or Digital Infrared Thermal Imaging (DITI), is a non-invasive, radiation free method of viewing the body.

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# KEEP THE ODDS IN YOUR FAVOR

You've likely heard the statistic; according to the American Cancer Society, one in eight women is diagnosed with breast cancer. Here are three things you can do to keep your breasts healthy and the odds in your favor.

Mammography, the gold standard for breast cancer screening, is specialized medical imaging that uses a low-dose X-ray system to see inside the breasts. Screening mammograms come in two forms; digital technology and digital technology with 3-D enhancements. It is important to get regular mammograms because breast cancer normally doesn't show symptoms in its earliest stages. And, when breast cancer is caught early, it is most treatable.

All women should talk with their health care provider about the appropriate timing for screening mammograms, especially women who are age 40 or at high-risk. A schedule will be based upon your individual health. At age 40, any woman may wish to begin regular screening mammograms. By age 45, women should have a screening mammogram and continue to have one at least every other year.

Many women may find it comforting to perform other exams in between regular mammogram screenings. Such exams include breast self-exam and a clinical breast exam.

A breast self-exam is an inspection of your breasts that you do on your own. You use your eyes and hands to determine if there are any changes to the look and feel of your breasts. Discuss any changes with your health care provider.

A clinical breast exam (CBE) is a physical exam done by your health care provider during your annual check-up. The provider will visually check your breasts while you are sitting up and physically examine your breasts while you are lying down.

In any of these instances, if an abnormality is found, additional testing will be needed to help determine what's going on.

The takeaway here is to pay attention to your body. If you identify any changes in your breasts, talk to your provider.

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# What You Don't Know Can Hurt You!

by Joyce Sobotta

Many women do not know there are options for breast screening. Most accept the common path of mammography scans, but this isn't necessarily the right choice for everyone.

A mammogram delivers X-ray radiation to very sensitive tissue in order to detect the internal anatomical structure of the breast. According to the Journal of Surgical Oncology, a breast cancer growth needs 4-10 billion cells before a mammogram can detect it. Cancer cells may double approximately every 90 days, so often a cancer has already been growing for seven to 10 years before it can be detected by a mammogram, and by then it may have spread to other parts of the body.

Additionally, as early as 1928, physicians warned about the dangers of spreading cancer cells through the compression of the mammogram. It is only logical that if there are any small, undetected tumors already developing in the breast, that painful compression could easily spread malignant cells through the circulatory and lymphatic system.

While diagnostic mammograms are helpful to evaluate known breast problems, other preventative measures can be extremely beneficial.

**Overdiagnosis** Often screening for early forms of breast cancer leads to overdiagnosis of pseudo- or noncancers that would not cause harm if they were left alone. These cancers tend to get treated aggressively with repeated mammography scans, undue biopsies, and unnecessary double mastectomies. According to an article from Mount Sinai Health System in the Huffington Post, "It is a misconception and not true when a woman is told that the other breast is high risk for developing cancer. There is an incredibly low, half percent, that the other healthy breast is likely to develop cancer."

**Breast Ultrasound** An ultrasound may be a more accurate way to show all areas of the breast, including the area closest to the chest wall, which is hard to study with a mammogram. A breast ultrasound is used to see whether a breast lump is filled with fluid (a cyst) or if it is a solid lump. A lump that has no fluid or that has fluid with floating particles may need more tests.

For a breast ultrasound, a small handheld transducer is gently passed back and forth over the breast. A computer turns the sound waves into a picture called a sonogram or ultrasound scan. Breast ultrasound can add important information to the results of other tests such as "seeing" what is going on with breast tissue, especially if you have dense connective tissue or implants.



**Thermography** The benefit of Digital Infrared Thermal Imaging (DITI) is that it offers earlier detection of breast abnormalities than is possible with a self-exam, doctor exam, or mammography. Thermography works by imaging thermal patterns. A thermogram does not "see" tumors, it is a physiology test measuring subtle differences in skin temperature that can be associated with an underlying tumor or another pathology.

Thermography provides the ability to detect physiological changes in a cancer while it is still in the cellular phase, sometimes years before it is detectable with a mammogram. It offers younger women with dense breast tissue a valuable imaging tool that they can add to their regular breast health checkups, beginning with baseline imaging at age 20.

Thermography allows time to adjust diet, beliefs, and lifestyle to transform abnormal cells before they become cancerous. It can detect lymphatic congestion and hormonal imbalances as well as monitor dietary changes. In short, thermography is a tool to monitor breast health, not just a way to find disease! And there is no radiation or breast compression involved, safe for pregnant and nursing women.

Thermography is not a replacement for mammography. But for women who do not wish to undergo mammograms, it is a great option. If a body were heading in the direction of developing breast cancer, it can be extremely important to gain that knowledge before the tumor formed.

Many women do not feel well informed about their breast health options before they are forced to make a decision. It's best to learn your options before deciding on a conclusive direction or focus.

The most important point never mentioned: breast cancer risk is largely modifiable. Only 10-15 percent of breast cancer cases are genetic, which means 85-90 percent of risk has to do with other factors such as diet, stress, environmental factors and emotions. You can take responsibility for your breast health.





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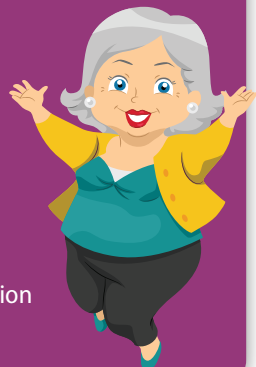
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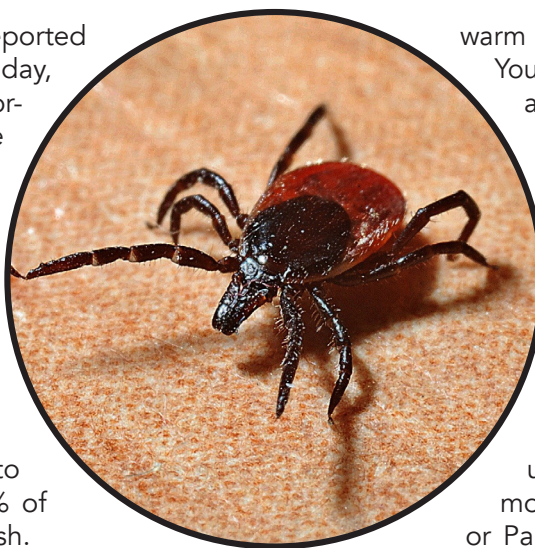
**Eleva, WI**



# Lyme Disease

by Rebecca Joy Durham, TargetingLyme.com

With more than 1,000 reported cases of Lyme disease per day, according to the CDC, this vector-borne disease has become a quite common occurrence in the country. Lyme disease and the often-accompanying co-infections can be effectively treated with antibiotics by a doctor if caught right away. Anytime you find an embedded tick, there is a risk of Lyme disease and calling a doctor should be the first thing you do. Do not wait for the tell-tale bullseye to appear, as approximately only 30% of infected sites develop a bullseye rash.



warm to hot water, or with rubbing alcohol. You will want to remove the tick as soon as possible to reduce the possibility of getting an infection from the tick bite.

## Can Lyme disease be serious?

Yes! Lyme symptoms can come on very quickly or they can gradually creep up over time. Often people attribute their fatigue, weakness, brain fog, or achy joints to just getting older. In most cases, getting older is not the reason. If untreated for too long, Lyme can morph into Alzheimer's, arthritis, MS, or Parkinson's just to name a few. Lyme disease needs to be taken very seriously.

## How do you get Lyme disease?

Often, a person contracts Lyme disease through a bite directly from a tick, but studies have shown that Lyme can also be transmitted through fleas, mites, placenta, breast milk and sex.

When you hear about Lyme disease, depending upon your familiarity with the condition, you may think instantly of ticks and feeling tired. You are right. What you may not know, however, is many people contract Lyme disease and do not have any idea they have it. Some people suffer for months and even years due to a misdiagnosis or even no diagnosis at all. Because Lyme Disease is so difficult to test accurately via a blood test, people often hear "it's all in your head, there is nothing wrong with you." If this sounds familiar to you and you experience any of the following symptoms, you may have Chronic Lyme disease or one of the many co-infections that accompany it. Although this is not a fully comprehensive list, it does list some of the more common symptoms.

- Chronic pain • Joint inflammation • Migrating joint pain (moving from one joint to another) • Balance loss • Sinus problems • Headache • Blurred vision • Unexplained low-grade fevers • Sweating profusely • Brain fog
- Dental pain • Swollen glands • Skin hypersensitivity

## How do you remove a tick?

If you have a tick on your body, you will want to immediately remove it. Using fine-tipped tweezers, pull upwards as close to the top of its head and as close to your skin surface as possible. Use a steady pressure to remove the tick without twisting or jerking. Be careful not to remove the tick by its body. If you squeeze the body, you could be pushing the toxin out of the tick and into your body. Clean out the bitten area and wash your hands well with soap and

## Why are we so interested in Lyme disease?

Our family has been greatly affected by Lyme disease. My husband, Christopher, almost lost his ability to walk, talk and partake in any kind of quality of life after years of becoming progressively debilitated due to undiagnosed Lyme. Through the grace of God, we finally found out he had Lyme, how to shatter it and how to get back into the game of living.

Our compassion and desire to help others comes from personal pain. We cannot go back in time to get those lost years that were shrouded in sickness and isolation, but we don't live there anymore! We go on joyfully embracing this new season of life that is filled with health, community, and the reminder that every day is a gift. We are thankful to be able to share the passion of living life now!

Rebecca Joy is the owner of Bullseye Alternative Health Solutions. To learn more please call 715-861-5708, email [rebeccajoybahs@gmail.com](mailto:rebeccajoybahs@gmail.com), or [Christopherbahs@gmail.com](mailto:Christopherbahs@gmail.com) or simply visit [www.TargetingLyme.com](http://www.TargetingLyme.com)



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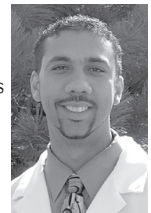
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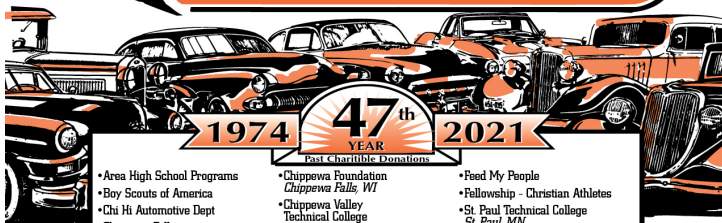
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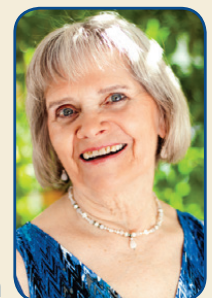
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Eau Claire 4 Tomorrow

## Eau Claire 4 Tomorrow What Is It?

Eau Claire 4 Tomorrow is an early learning program offered to all four-year-olds in the Eau Claire Area School District. The EC4T program is free\* to ECASD residents. \*There is no charge for EC4T, however fees may apply for families participating in extended services beyond the EC4T program day.

## How Do I Register?

If by September 1, 2021, your child will be 4 years old, an EC4T application must be completed. Applications are available at [www.ecasd.us](http://www.ecasd.us), click Schools, Early Learning, Program Options, Eau Claire 4 Tomorrow, Online Application.

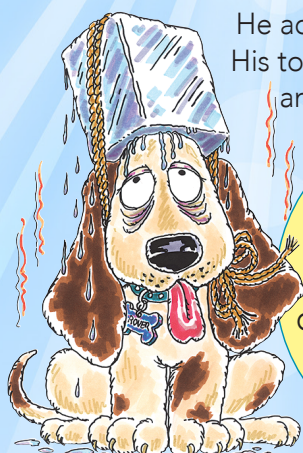
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For information regarding EC4T, contact the Eau Claire Area School District Early Learning Office at 715-852-3608.



# HOW TO KEEP YOUR CANINE *Cool* AND COMFY DURING SUMMER

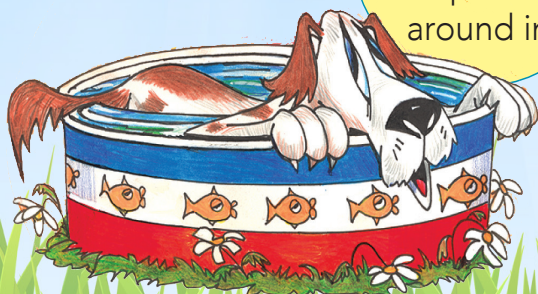
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Set up a kiddie pool for your dog to splash around in.



## *Keep cool and hydrated*

When the temperatures rise, the hot weather can make your dog very uncomfortable, even lead to overheating and heat stroke.

Make sure your dog has access to fresh water and shade.



Tie a wet bandana around your dog's neck.



Set up a fan so air circulates where your dog hangs out.

Never leave your dog alone inside a hot car, even with the windows open.

## *Take care of your dog's paws*

Your dog's paws are not like shoes. Sidewalks and streets can become extremely hot, and paw pads can get burned by hot pavement.

Walk your dog on the grass during extreme heat to keep his paws cool.

Walk early in the morning or later in the evening when it's cooler out.

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Source: puppypaws.info; akc.org

# What in the World is Going on with the Children's Museum of Eau Claire?!

"How are we going to survive?" was the first question many children's museums faced in March of 2020. The Children's Museum of Eau Claire (CMEC) was forced to develop new, innovative strategies that allowed families to interact with us in safe ways while protecting employees and fighting for institutional survival while being closed to the public.

CMEC team members became quite creative with ways to get PLAY out into the community. A popular option was by implementing Busy Boxes: a box of activities, toys, science experiments, and more made available for purchase by CMEC and mailed to our members and visitors.

Social media and technology were also a vital way to spread PLAY to families. Virtual programming, contests and giveaways, and different activities and craft videos were posted on our social media accounts daily.

CMEC made efforts to reopen in July 2020, but after a month of operations, the organization experienced significant losses amounting to \$37,000. It quickly had to pivot and close again to ensure long term financial stability.

After almost a year of being a "virtual" museum, the conditions seemed right for a cautious reopening, but even that was going to look a little different. CMEC finalized the sale of its now former location at 220 S. Barstow Street on January 31, 2021. Proceeds from the sale are allocated towards the building of their new museum, slated to be finished by Fall 2022. So, what now? How do you open when you don't have a museum to open in?

CMEC's team members had to think outside the box yet again, thus the creation of Play Space, A Children's Museum Pop-Up Experience. This new temporary space would allow guests to take advantage of safe play and programming by signing up for two-hour play sessions, Monday through Saturday.



Originally, CMEC considered several options for continuing to maintain a presence and serve the community with Play Space. We were approached by Visit Eau Claire about a partnership in the Visit Eau Claire Experience Center at Pablo Center. However, the availability for hours of operation did not align with the impact we wanted to make with our families. We were grateful to Visit Eau Claire and the Pablo Center for their efforts to help us and continue to partner with both organizations on other projects.

We then became aware of the opportunity to use empty space in the Haymarket Landing building and opened the temporary location at 40 S. Barstow Street. This location provided more flexibility with hours of operation and, although a much smaller space, would still offer many of the Children's Museum's favorite exhibits such as the Rocket Climber, Imagination Playground Blue Blocks, and elements from Toddler Park. The temporary space also boasts daily STEAM related programming and the option to rent the space on Saturdays for private rentals such as birthday parties.

Guests can sign-up to play on our website, [childrensmuseumec.com](http://childrensmuseumec.com), and also find more information regarding our updated COVID-19 policies and procedures, pictures and details about Play Space, and updates on the progress of the brand-new Children's Museum of Eau Claire.

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#### Pumpkin Seed Oil Salad Dressing

First off, don't make this a big deal, it should be quick and easy. Take 3 parts pumpkin seed oil, mix with 1 part vinegar, add salt & pepper and combine. Here are some tips that you may (or may not) want to use: – use a nice vinegar, balsamic is great with pumpkin seed oil, so are rice and apple cider vinegars – use a small jar you can shake or put ingredients in a bowl and whisk – add a tiny amount of maple syrup, like less than 1/8 teaspoon per 1/2 cup of dressing – add a small amount of Dijon mustard, around 1 teaspoon per 1/2 cup of dressing – adventurous folks can add garlic or herbs as dictated by those pesky inner voices.



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# Savoring Each Local Bite By Ann Brand, Ph.D

**W**ith this year looking quite different due to the global pandemic, many of us are sticking closer to home than usual. What a great opportunity to get curious about finding joy in a local, Wisconsin summer. One benefit of where we live is the abundance of local produce available right here in the Chippewa Valley. Whether you harvest from your backyard garden, put on a mask and head down to the farmers market, or pick up a delivery from your local food co-op, Wisconsin summer is abundant with local food. Bringing mindful awareness to the local food available to us is one way to find new, interesting, and joyful things about summer.

Mindful eating is a simple way to enjoy what we eat and bring a sense of gratitude to the availability of fresh, local food. To mindfully eat, we tune into our senses, getting curious and interested in our food. You can do this practice with any of the abundant local produce found this time of year.

**Seeing:** Before you take a bite, pause and notice the color, texture, size, and shape of your food. Be curious about the tiny seeds on the strawberry, the shades of orange of the carrots, the various sizes of the fingerling potatoes.

**Feeling:** The smoothness of an apple, the coolness of a turnip pulled from the ground, or the creaminess of ice cream. Notice the texture, temperature, and ridges of food in your hand or in your mouth as you eat.

**Hearing:** Food can make noise! The squeak of a fresh cheese curd, the crunch of a sugar snap pea, the squish of a fresh peach as you bite into it, the sizzle of vegetables on the grill. So often we miss this experience of our food. Pay attention to what you hear.

**Smelling:** Ah, the smell of ripe raspberries, the earthy smell of a beet, fresh cinnamon rolls at the farmers market. What memories, sensations, or reactions arise in your body as you appreciate the smell?

**Tasting:** Taste the bounty of summer in each bite. As you chew, notice the change in the texture and flavor of the food. Savor experience from the first bite all the way through the end of your swallow before you take the next bite.

**Gratitude:** As we slow down, we have the opportunity to imagine what took place to grow this food: the sunshine, water, soil, and all those responsible for cultivating, harvesting, and bringing the food to our table. When we eat local, we have the chance to know where our food comes from and fully appreciate all the time and care infused in each bite. We can even thank the farmer in person!

Next time you mindlessly pick up a raspberry to pop into your mouth, pause, and use your senses to get curious about the experience of eating. You may be surprised at what you find, and maybe even discover a simple joy that you would have otherwise missed.

*Ann Brand, Ph.D is an instructor at UW-Stout and a mindfulness meditation teacher. For more information about mindfulness, see Ann's website [www.annbrandmindfulness.com](http://www.annbrandmindfulness.com).*



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# The Watershed Café: A Mindful Food Experience

By Summer Kelly – The Watershed Café

.....

**L**ocated in the heart of the beautiful St. Croix River Valley, you will find The Watershed Café – a rustic, locally and sustainably-sourced restaurant perched above the St. Croix River in Osceola, Wisconsin. As a neighborhood cornerstone, The Watershed Café is a vibrant hub of local activity.

Since the restaurant's start in 2014, owners Rita and Steve Rasmuson have been on a mission to make wholesome comfort food accessible to all people. For Rita, that means using simple and fresh ingredients. "We are a whole food restaurant," she says, "which means we bring in beautiful food and simply create dishes for everyone to enjoy."

The down-to-earth nature of The Watershed Café is rooted in the local, slow-food food movement. "Because of processed, packaged fast-foods, we as a society have become so far removed from the abundance of good food our Earth provides. By creating intentional, made-from-scratch dishes and building relationships with local small-scale farms, we are closer to the people growing our food and more deeply connected to the land," Rita emphasized.

Inspired by garden produce, seasonal ingredients and local flavor, Rita cultivates partnerships with small farmers and sustainable sources to bring fresh-grown food directly to the table. "It's important for each of us to be mindful of where our food comes from. We are fortunate to be surrounded by hard-working people who are passionate about farming and land stewardship," Rita shared. "Supporting our local farmers improves the lives of everyone around us. It builds our local economy, provides support for small families, neighbors, friends, and community members in our rural areas, and allows each of us to eat fresh, clean, healthy food."

Rita upholds those standards with a mindful, whole foods mentality. The Watershed Café works closely with farms within 10 miles of the restaurant to source much of its fresh produce, dairy products, meats, and cheeses. Other products are sourced from within a 100-mile radius whenever possible. Striving to support small, family-owned-and-operated businesses with shared values is key.



The Watershed Café is proud to partner with Peterson Craftsman Meats, Common Harvest Farm, Morning Sun Farms, Blackbrook Farm, Crystal Ball Farms, Cosmic Wheel Creamery, Sister Crave Bakery, Skinny Jake's Fat Honey, Peace Lutheran Pure Maple Syrup, Duluth Coffee Company, and Zenith Tea Works. These wonderful, sustainable sources provide the homegrown ingredients that are the flavors of The Watershed Café!

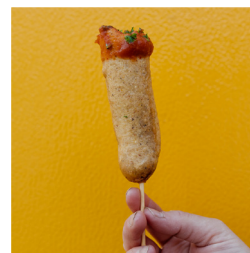


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Crunchy Hydration provides great tasting water that hydrates on a deep cellular level while easing the mind and body of everyday stressors. With a deliberate combination of adaptogenic herbs and nootropics, their waters promote a relaxed mood while increasing the body's resilience against physical, chemical, and biological pressures. [crunchyhydration.com](http://crunchyhydration.com)



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## Teamotions Tea

Teamotions blends are special wellness teas for emotional well-being. Each tea is a powerful self-care tool that we created to have a unique emotional benefit to help nourish your mind, body, and soul. They accomplish this by the use of adaptogen herbs in each blend. Each tea is blended to have an uplifting aroma, to look beautiful, to taste amazing, and most importantly, to be effective. [teamotionstea.com](http://teamotionstea.com)





# Co-Impact Sourcing

We look to humankind to care for each other. To give without expectation is truly a gift. I am proud to be associated with doTERRA International, a company that goes beyond what is considered "fair trade": we are a humanitarian organization disguised as an essential oils company.

Co-Impact Sourcing is a doTERRA initiative to ensure ethical treatment of the small-scale farmer and harvester in disadvantaged areas. So much more than finding the highest quality essential oils, doTERRA deliberately seeks out impoverished areas of the world to see how we can assist the population with growing, processing and transporting the essential oils.

The humanitarian objectives of Co-Impact Sourcing are to relieve suffering, provide dignity, and end cycles of poverty. To accomplish this, doTERRA strives to ensure a quality supply for our precious oils, maintain quality control of the product, and establish long-term partnerships to ensure the supply chain with mutual respect and enduring business.

One of our exquisite essential oils is Frankincense. We source Frankincense in part from Somalia, arguably the oldest surviving supply chain in the world. The harvesters and their families are still facing 1,000 year old living conditions. There are few roads, no electricity, and little-to-no running water, medicine, education, or access to food. Many women and children die while giving birth in the bush.

However, this rugged, dangerous, and barren place is now filling with hope. Through the Co-Impact Sourcing initiative, doTERRA empowers the Frankincense resin harvesting communities. Jobs are created for both men and women who receive on-time and above fair trade payments, and to receive them directly, not through unscrupulous middle men. doTERRA has also been able

to provide training, organization and increased access to food in rural areas with the most need.

Another Co-Impact Sourcing area of need is Nepal. In 2015, major earthquakes hit this poor country leaving over 9,000 documented deaths (locals estimate the number to actually be over 20,000). Over 22,000 people were injured, and over 750,000 homes were damaged with another almost 500,000 totally destroyed. The earthquake hit so suddenly and, with no time to prepare, over 27,000 children were orphaned.

doTERRA had "boots on the ground" immediately in Nepal to evaluate the situation. We were able to provide tents, food and water before the Nepalese government was even able to get to the hardest hit areas. In the aftermath of the disaster, doTERRA has rebuilt several homes as well as three "earthquake-proof" schools. We helped raise the standard of living for the harvesters, processors and communities at large.

Knowing that our company sources these precious oils from over 40 countries, and also knowing the positive impact we are able to make, fills me with great pride.

"HOPE is being able to see there is light despite all of the darkness."

*More information on Co-Impact Sourcing can be found at <https://www.doterra.com/US/en/co-impact-sourcing>. Photo source: <https://media.doterra.com/us/en/brochures/co-impact-brochure.pdf>*

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





# Celebrate Fair Trade Month!



## ..... Serrv International Global Food .....

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### Oak-Smoked Olive Oil

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### Sundried Fig Balsamic Vinegar Reduction

A rich dark, sweet balsamic with fig overtones and a tangy aftertaste. Pairs well with our Galilean olive oil for a delicious and unique salad dressing - try a raspberry, walnut, and spinach salad. Also delicious with fresh artisanal bread.

October is Fair Trade Month and raises awareness about the importance of the fair trade movement to our global economy and promotes buying from businesses that are committed to fair trade in place of those which may harm the environment, the economy, communities, and disadvantaged individuals.

## ..... Theo Chocolates .....

As a company rooted in cocoa, their mission is to create a more beautiful, compassionate, and enduring world by responsibly making delicious and inspiring products for everyone. Their model is based on a core idea - chocolate can be made in a way that allows everyone in the bean-to-bar process to thrive. They are certified Fair for Life by Ecocert. This certification goes



beyond traditional fair trade that certifies ethical trade for ingredients. They pay more for certified fair trade and organic cocoa beans, to ensure farmers receive a living wage. [theochocolate.com](http://theochocolate.com)



## Zambiezi Organics

Fair Trade or ethically produced product of Zambia, Africa. Zambiezi are connectors, bringing the incredible strengths and products of Zambian entrepreneurs, beekeepers and farmers to the North American market. Every time you pick up your favorite tube of organic, fair trade lip balm and handcrafted soap, consider the partnership that connects you to this greater community. As your olfactory senses are transported to an open field on a farm in Zambia, remember our partners, not in pity, but in gratitude. [zambiezi.com](http://zambiezi.com)

## Rahua - Rainforest Grown Beauty - [rahua.com](http://rahua.com)



The environmental work of the partnership between Rahua and sister organization Ecoagents®, is a non-profit organization founded in South America and also extends to the enchanted islands of the Galápagos, located in the Pacific Ocean 600 miles from the South American continent. Rahua Cofounders, Fabian Lliguin and Anna Ayers created **The Pink Flamingo Project** to protect Galapagos endemic species including the vibrant Pink Flamingos.

This project continues to expand and supports locals directly, with the cleaning and clearing of trash and debris carried by the ocean tides and washed ashore into the lagoons, the natural habitat of flamingos. These lagoons are dispersed throughout the Galápagos archipelago and these cleanup efforts ensure their immediate protection, by detoxifying the habitat — thereby improving the feeding and breeding areas where the Galápagos Flamingos have lived for hundreds of years.

**Enchanted Island™ Salt Spray - For Tousled Hair:** Enchanted by the beautiful but endangered flock of pink flamingos, Anna and Fabian created this Spray in 2017 and continue to commit 10% of its proceeds to The Pink Flamingo Project. This hair spray results in sexy, tousled, wavy beach hair. Crafted with natural pink sea salt for texture and volume, this blend offers light, brushable hold. Lush, natural, tropical fragrance of guayaba, hibiscus, and passion fruit bringing the beach to your bathroom, and style to the beach.

**Enchanted Island™ Lotion Mist - For Glowing Skin...** furthered this commitment in May of 2020, and Rahua is now cleaning more areas and protecting more precious Galapagos species including iguanas, penguins, sea lions and their nesting grounds. As the summer rolls in and the weather gets hot, it's important to keep hydrated inside and out. Apply our sprayable body lotion, with a botanical climate shield that offers natural UV barrier protection. Moisturize with melt-into-skin organic ingredients including Guayusa, Aloe for a boost of Vitamin C leave skin smelling naturally sweet and tropical.





# 6 Tips for Planting Fall Bulbs

The fall is the perfect time to plant bulbs for spring flowers. Here are some tips to help you out!

## Tip 1 IT'S ALL ABOUT THE BULBS

- For planting bulbs in the fall, or any season, always select bulbs that are firm and plump.

## Tip 2 LOCATION, LOCATION, LOCATION

- Spring flowering bulbs need 3-4 months of cold temperatures to prepare them for blooming and should be planted in late fall for best results.
- Select a location that will receive at least 6 hours of sunlight each day.
- Flower bulbs do best in loose soil that drains well.



## Tip 3 PREPARE FOR THE BULBS

- Prepare the flower bed by digging down 6 inches and creating a 50-50 mix of soil and compost to re-fill bed.
- Dig a hole in prepared soil 3-4 inches deep.

## Tip 4 POINTS UP!

- Place one bulb per hole, pointy side up. If bulb does not have a pointy end, don't fret, most bulbs will right themselves if planted upside down.
- Cover bulbs with soil. Water thoroughly.



## Tip 5 DON'T FEED UNTIL SPRING

Do not fertilize your planted bulbs until spring.

## Tip 6 PREVENTION IS KEY

- To prevent the bulbs from heaving (bulbs being pushed up and out of the soil by the freezing and thawing of the soil), add a thick layer of mulch on top of the soil. Straw, pine needles, or leaves will help keep the soil a constant temperature and prevent heaving.
- To prevent squirrels from digging up flower bulbs, lay a piece of chicken wire on top of the soil before adding mulch. Spring flowers can grow up through the chicken wire, but squirrels can't dig down through it. (Those pesky intruders will be thwarted!)



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  - Dementia Myths
  - Assisted Living Resource Guide
  - Assisted Life at Home
  - Green Burials
  - How to Talk about Transitioning to Assisted Living
  - Scam Calls: Just Hang Up!
  - Living Well with Dementia

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# But...I Wanna Go Home

by Shelley Krupa, Business Operations Coordinator at Lake Hallie Memory Care

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

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

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

While I'd love to say, it happened as fast as the day I had to make the decision to move her into memory care, it didn't. It was a slow process. Each visit, I noticed how she had settled into the place. She received and gave more hugs with the staff. She knew where her room was. She knew who didn't belong in there when they wandered about the place. She knew where the meals were served. And, yes! – She even made a couple of friends. Friends to eat and chat with. The special kind of friends, the ones she could complain to because they were in the same boat: "have I told you that my kids put me here?"

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

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

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

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

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

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# Dementia Myths

by Lisa Wells, Dementia Specialist at the Eau Claire ADRC and Katy Hacksworthy

It's easy to lean on stereotypes when thinking about those living with dementia, but there's so much more to understand than meets the eye. To help demystify these conditions, we chatted with Lisa Wells, a dementia care specialist with the Aging & Disability Resource Center (ADRC), about the things she wishes people knew about those living with dementia.

**What are some myths about dementia?** One myth is that only old people get dementia; although more rare, people as young as their 20's can develop a form of dementia. Some may perceive people with dementia cannot live a quality of life, or are aggressive, when really there is a huge range of ways dementia may show up in your mind & body. Additionally, people may think dementia and Alzheimer's are the same or if you have memory loss you must have dementia.

**How can people live well with dementia?** The most important thing you can do is learn about the condition & plan ahead. Prioritize actions such as how you want to be cared for, complete or update your power of attorney for health care documents & learn what resources are available in the community. Pay attention to overall health by exercising, eating well, and staying socially active & engaged in your community. When necessary, talk to your doctor about palliative care, occupational & speech therapy. If you're in the Chippewa Valley, consider joining the Stand in the Light Memory Choir, participating in the early memory loss & dementia support group or joining the Brain & Body Fitness Program. Above all, live life and be happy!

**How can the community help someone with dementia?** Stop calling people dementia patients – they are individuals living with dementia. Educate yourself about Alzheimer's

disease and the over 70 different types of dementia. Remember that people living with dementia can live well & that 70% are living in the community rather than in nursing homes. Find out if you have neighbors living with dementia & ask how you can help them and/or their care partners. Learn simple communication strategies so you can engage with someone who may be having a difficult time. Tell your church leader/supervisor/manager/director about becoming a dementia friendly business, share your knowledge on social media, and like and share the Dementia Friendly Eau Claire County Facebook page. Ultimately, see the person as an individual & treat them with care & respect.

**How can family members support their loved ones with dementia?** Don't wait to get support and find resources. Contact the ADRC & learn about community resources who can support you & your loved ones through this journey. Consider help in the home early on, take classes, or even go to support groups and conferences. Most importantly, plan for the future: do things like make a crisis plan, learn about treatment options such as medications & non-pharmacological interventions, set up a routine and expectations, and keep active & engaged. It's important not to isolate, so creating a "care team"



of family, friends, neighbors, co-workers, etc. can be a huge source of support as well.

**What do you wish people knew about dementia?** While there is no way to prevent, cure or slow down the disease, people can live well with the necessary support. While not all people living with dementia are seniors, age is the greatest risk factor, and it's the sixth leading cause of death in the U.S. In fact, more people die from Alzheimer's Disease than breast and prostate cancer combined, and it's worth noting it's the most expensive disease in the U.S. For more info, visit [www.alz.org](http://www.alz.org).

## Celebrate National Assisted Living Week!

National Assisted Living Week is September 18-21 and acknowledges the importance of these facilities and the crucial role that they play in the lives of elderly people and people with disabilities. The week-long celebration recognizes everyone involved in assisted living facilities, including family members, residents, assisted living resident assistants, volunteers, and other staff.







## Welcome Home: Transitioning to Assisted Living

By Becky Streeter

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

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

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

\*\*\*\*\*

### Apple Valley Home



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



### Azura Memory Care



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

### BeeHive Homes



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

### Care Partners/ Country Terrace Assisted Living



Our pledge is to serve each resident with kindness, respect, compassion, and professionalism. While we encourage our resident's independence, we nurture spirit, preserve dignity, and involve families. We believe the quality of life for a person can be significantly improved by creating an environment that allows individuals daily life choices. Proper training, ongoing education, and specialty enhancement programming are the key ingredients to

ensuring excellence in care. Our main goal is to ensure that our residents and their loved ones can see the difference in the care received--quality care with a "Family" touch.

### Chippewa Manor



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

### Dove Healthcare - Orchard Hills Assisted Living



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

### Dove Healthcare - Rutledge Home



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

### Dove Healthcare - South Eau Claire



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

### Grace Edgewood in Altoona



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

## Grace Willowbrook in Eau Claire



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

## Grace Woodlands in Eau Claire



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

## HeatherWood Assisted Living & Memory Care



We provide assisted living and memory care services on one campus. Our wellness services and life enrichment opportunities are designed to maintain or improve the capabilities of each resident, emphasizing abilities and support in order to maintain independence. Our team believes if you do the right thing, the right things happen, and you will hear a lot of laughter. Our team is guided by goodness, loyalty, faith, and fun. You will notice that this is more than a job for our care team—it's passion and commitment.

## Heritage Senior Living



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

## Milestone Senior Living



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

## Oakwood Health Services



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

## Oak Gardens and Wissota Place



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

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

## Our House Senior Living



Our team supports residents with personalized care so your loved one receives the care they need while enjoying the quality of life they've earned. Residents receive three healthy meals a day, recreational and social activities to avoid isolation, housekeeping, linen service, and apartment maintenance. Our trained staff provides attention and

assistance with medication support, bathing, dressing, cooking, and other tasks throughout the day. And our team members will also coordinate services with outside healthcare providers and monitor residents to ensure health.



## SilverLeaf of Augusta



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

## The Classic at Hillcrest



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








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Fax: 866-813-0974 | Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

**[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)**

 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

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

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

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# Assisted Life at Home

By Christine Eggers, Appeal to Heaven



**H**ave you ever heard: "His doctor says he can't go home without 24-hour care," or, "The facility won't release him without 24-hour care"? Very often this causes families to scramble to find a facility with an open bed and they have to take the first one available rather than choosing the best option for them. The insistence of remaining under 24-hour care causes fear, anger, and agitation.



Let's take this apart. First of all, a person cannot be held against his or her will except when under arrest or guardianship. Professionals recommend it, usually because of an injury resulting from a fall, because they have concern for the safety of the patient. The events leading to the fall may have included deconditioning and weight loss from poor nutrition and inactivity, poor management of prescriptions, and poor hygiene of self and/or environment. The evidence is that he or she is not eating enough or getting enough activity, leading to weakness. The obvious conclusion is that they can't live alone anymore, because they might fall again. And, in our minds, falling equals dying.

So, what does our patient need?

- Meal preparation
- Housekeeping
- Medication management
- Bathing/grooming assistance
- Laundry help
- Health monitoring
- Toileting assistance
- Safety monitoring

The most common solution is an assisted living facility (ALF). However, it is also possible to receive all of these services at home. Studies have shown that, due to the familiarity of surroundings and muscle memory, a person is actually less likely to fall in their own home than the smaller units of an ALF, even with ADA accommodations.

For people who own their homes, it is also more affordable to pay for the services because there are no accommodation fees—you only pay for what is needed. If they own their own home, why would a person pay to live elsewhere?

In addition to all the personal and supportive services needed, private home health care provides the RN supervision necessary to manage medications and monitor health to prevent decline. It is the RN supervision in the ALF that allows for aides to administer medications. The same can be accomplished with RN supervision at home.

What about the safety checks? The fact is, no one in an ALF or a traditional nursing home is continuously monitored 24 hours per day. They are alone in their apartments for hours between safety checks. They can be discovered after a fall in either location. In an ALF, a resident pays for staff to check on him at regular intervals. The same service can be provided at home.

What if he needs to go to the bathroom between visits? No one needs to go to the toilet all the time. Assistance with toileting is provided at each safety check to prevent the need between visits.

It is important to think through why the professionals are recommending 24-hour care. Is the patient unable to bear weight to walk or transfer at all? Is he or she incapable of understanding the risk and might attempt an unsafe action? If so, then residential care is necessary. For most patients, however, an abundance of caution is usually enough. Regular safety checks to use the bathroom, get something to eat and drink, and attend to other needs are sufficient to prevent most hospitalizations.

Services	Assisted Living	Private Home Health Care	Private Home Care
<b>Personal Care</b>			
Bathing/Grooming Assistance	x	x	x
Dressing Assistance	x	x	x
Toileting Assistance	x	x	x
<b>Supportive Care</b>			
Meal preparation	x	x	
Housekeeping	x	x	x
Laundry	x	x	x
Errand running		x	x
Transportation		x	x
Medication Reminders	x	x	
<b>Licensed Supervision</b>			
Medication Management	x	x	x
Health Monitoring	x	x	
Chaperoned Clinic Appointments		x	





# Green Burials

By Cremation Society of Wisconsin

**G**reen burial is something old that is becoming new again. This can also be referred to as a natural burial or a conservation burial. The remains are placed in a biodegradable casket and buried in a cemetery that is generally left in its natural state with no mowing or permanent markers. The location of the deceased is accomplished by using GPS coordinates. However, some traditional cemeteries do have sections dedicated to green burials that are maintained and headstones are allowed.

Most cemeteries in Wisconsin require a concrete container for the casket to go into. It is a cemetery maintenance issue (not a funeral home requirement, nor is it required by law). Concrete gets harder with time when underground or underwater. A casket by itself will deteriorate with time and the grave will sink, requiring more upkeep by the cemetery. A casket in a concrete grave box or a sealed burial vault will prevent the grave from sinking.

Very simple and more cost-effective caskets are used for green burials. They are composed of unfinished wood, wicker, seagrass, bamboo or banana leaf. Only biodegradable containers are used.

The grave is much shallower with green burial, typically three-to-four feet at the most. Beyond that depth, we don't have proper bacteria to help break down the remains. Even at the three-to-four foot range, animals will not disturb the body. In theory these graves could someday be recycled.

Special embalming chemicals are now available which are formalin-free. They will preserve the body for about a week, depending on various circumstances. An open casket service could then be done followed by green burial.

It is possible to have a green burial in a traditional cemetery which requires concrete containers to receive the casket for burial. The funeral director can order a grave liner without a bottom. The casket is lowered and the liner is filled with dirt. Then the cover is placed on the grave liner and the grave is filled the rest of the way with dirt. This will help prevent sinking of the grave.

Funeral directors often get questions about whether it is possible to have a green burial on someone's own private



property. The answer is "it depends." There are state and possibly county/local municipality hurdles to jump through. Because of the complexities of the process, it is best to start planning far ahead of time. Something to also take into consideration is the possibility of future sale of the land. Obviously, the burial would be on record and be disclosed to potential buyers.

If green burial is something you are interested in, it is important when pre-planning to seek out a funeral home (and cemetery) that is able to accommodate your needs. This takes the stress off of your family members who may not know what to do or do

not understand the complexities of your wishes. It will prevent them from making a rushed decision due to perceived time-constraints at the time of your passing.

## ARE YOU PREPARED?

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# How to Talk about Transitioning to Assisted Living



By Jenny Swanson, Assisted Living Advisors

**B**ridging the subject of transitioning to an assisted living community (ALC) can be tough. The move is often viewed as a permanent blow to an elder's independence, and many seniors stubbornly avoid discussing this topic because they're afraid they'll be forced out of their homes. Children are put in the tough & often unfamiliar position of acting in the best interest of their parents, so identifying where to start is key. Assisted Living Advisors (ALA) is here to prepare you for these difficult conversations.

Due to the delicacy of the subject, many children may wait until a specific incident to discuss ALC's with their parents. Broaching the topic well before it's needed can help remove some of the anxiety and uncertainty from the equation, making it easier for all involved. A great place to start is researching senior housing options together as well as understanding your loved ones concerns to create a roadmap.

It's important to make future plans a topic of ongoing discussion so it feels collaborative. Identifying the "what if's" will give you an idea of what to look for in an ALC. It's also crucial to present housing options with positive language & tone while also recognizing why your parents may want to stay at home.

By promising to keep your parents involved in decision making, you are doing your due diligence to create positivity around the subject, as well as preparing all of you for what comes next. Assisted Living Advisors is here to guide you through these tough conversations.



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# Scam Calls: Just Hang Up!

By Ingrid Kundinger, Wisconsin Senior Medicare Patrol Project Manager

**D**id you know that it is OK to hang up on scam callers? In fact, it is strongly encouraged! We all need to hang up when the fraudsters call so that we can reduce the impact that scams have, especially on older adults.

While the telephone allows us to stay connected, it is the fraudsters most useful tool. Calls for medical equipment, health insurance plans, new Medicare cards, Social Security issues, etc., seem legitimate. That's the problem, the scammers are really good at their jobs. They develop rapport, create a sense of urgency about the product or service being offered, and request personal information (Medicare number, Social Security number, bank account information, credit card information) to complete the order or transaction. It's that simple. Or is it?

To help protect loved ones from telephone scams, remind them:

- not to trust that people are who they say they are. Scammers pretend to be from Medicare or the Social Security Administration (SSA) and ask for personal information, sometimes threatening current benefits if you don't comply. Those threats are not legitimate. Medicare and the SSA don't call people.
- that if someone on the phone says something like "you have to pay right now", "this is time sensitive", "you won", "just pay shipping", or "I just need to verify your Medicare number", not to provide any information and hang up.
- that they have the right to say no and end the call. In fact, ending the call, without sharing any personal information, is the best way to prevent scams.

The Wisconsin Senior Medicare Patrol (SMP) is a statewide program that is focused specifically on Medicare fraud and errors. Why is this program necessary? Because Medicare loses billions, yes BILLIONS of dollars each year due to fraud and errors. Did you know that Wisconsin Medicare beneficiaries are impacted by Medicare scams daily? The calls range from back braces to cardiac genetic test kits to new Medicare cards. With the verification of a Medicare number, this equipment will be on its way and Medicare will pay for it.

The problem with these calls is that when someone "verifies" a Medicare number, that number is now



compromised and could be used to submit fraudulent claims to Medicare. You or your loved one could end up with boxes of medical supplies that you didn't want or need and were not ordered by your health care provider. And Medicare made payment on a fraudulent claim. The only party that wins is the scammer. Unless the scam is reported. That's where the Wisconsin SMP can help.

The Wisconsin SMP is a resource for Medicare beneficiaries, family members, caregivers, and professionals focused on providing education about how to prevent, detect, and report suspected health care fraud and errors. The toll-free Helpline, 888-818-2611, is a place to report concerns, suspected fraud, or request assistance. The SMP team looks for opportunities to participate in local health fairs and senior expos and provides presentations for groups and organizations. All the services and resources provided by the SMP are free of charge and confidential.



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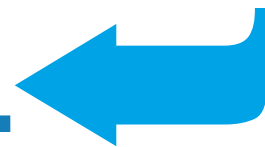
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# LIVING WELL WITH DEMENTIA



- Creating a positive environment can help reinforce well-being.
- Social engagement and intellectual stimulation may help preserve mental function in people with early dementia.
- People living with Alzheimer's disease and related dementias benefit from having a day filled with routines and habits.
- Physical exercise can improve physical function, sleep habits, mood, and cognitive function.
- Dementia is caused by diseases of the brain.  
The power of words matter - individuals are 'living with dementia' not 'dementia patients' unless they are at the doctor or in the hospital.
- Dementia is not just about having memory problems.
- It is possible to have a good quality of life with dementia.
- There's more to the person than the dementia.



## Contact the Aging & Disability Resource Center of Eau Claire County (ADRC) to:

- Learn about simple steps your organization, business, or church can take to become dementia friendly.
- Learn about options and resources for people living with dementia and their care partners.
- Talk to the dementia care specialist.
- Learn about classes, programs, and events for people living with dementia and their care partners.
- Arrange for a presentation.
- Ask questions.
- Get involved in the Eau Claire County Dementia Coalition.
- Get a brain checkup with a free memory screen.
- And so much more!



## Eau Claire County ADRC

721 Oxford Avenue, Room 1130 | Eau Claire, WI 54703 | Office Hours: Monday-Friday 8am-4:30pm  
Fax: 715.839.4866 | Toll Free: 1.888.338.4636 | TTY: Use Relay (711)

**715.839.4735 | [eauclaireadrc.org](http://eauclaireadrc.org) | [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)**



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### **Do you need help paying for burial or cremation expenses for your loved one?**

Helpful Hearts Foundation was created by the staff of Cremation Society of Wisconsin and Stokes, Prock & Mundt Funeral Chapel, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit  
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Foundation**