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season of
REFLECTION



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Make an Informed Decision

By Joyce Sobotta

When a benign tumor is found, such as DCIS, traditional medicine will strongly advise repeated mammography scans. However, aggressive treatment such as biopsies, surgery, and radiation for a cyst that has not developed into cancer, also known as “stage zero” or “pre-cancer”, can actually trigger the development of breast cancer.

Over 60,000 women are diagnosed with DCIS each year in the USA (van Seijen). This leads to crippling fear, anxiety, and a significant cost to the patient’s finances and health. When sensitive breast tissue is subjected to excessive radiation and chemical toxicity, it may actually stimulate the growth of cancer and can cause it to be more aggressive (Ji).

Physicians frequently recommend a biopsy on a DCIS, or a suggest that the healthy breast may be affected someday and offer a double breast mastectomy. Out of fear, and without more information, women choose the double mastectomy. According to an article from Mount Sinai Health System in the Huffington Post, it is a misconception when a woman is told that the other breast is high risk for developing cancer. It is incredibly low—a half percent!—that the other healthy breast is likely to develop cancer.

Over-diagnosis and over-treatment in conventional medicine are serious and harmful. Women undergoing traditional breast cancer screenings (mammograms) have a 50% chance of being diagnosed with a “false positive.” In the last few decades, we’ve learned that the types of breast cancers that do not grow, or grow very slowly and do not spread, are more common than expected. They would never impact a woman in her lifetime.

Dr. Christiane Northrup points out studies show mammograms do not reduce mortality. Tight compression from a mammogram helps spread cancer cells. She believes a biopsy will enable a spread of cancer cells also. Besides increasing anxiety and more stress, mammograms do not encourage a change in lifestyle practices.

Given the frequency of false positive results, lack of benefit, and exposure to radiation, screening mammography is not an effective tool for detecting breast cancer in the general population. Diagnostic mammograms are an exception because they are done to evaluate known breast problems. These tests can provide lifesaving

information for diagnosis and treatment.

An ultrasound may be a more accurate way to see what is going on with a picture of the tissues inside the breast. It can 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 does not use X-rays or other potentially harmful types of radiation. It 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.

Preventive measures of self-care offer tremendous benefits. These include a change of lifestyle such as lymphatic breast self-massage, dry skin brushing, exercising regularly, maintaining an ideal weight, breastfeeding, avoiding pesticides, and eating a healthy diet that includes healthy fats and seven or more daily servings of vegetables and fruits.

Education and training will help make an informed decision. Take time to learn all the options. It may be a good idea to get a second or third opinion.

Joyce is a published author of *“Breast Health Is in Your Hands, Tips for Breast Vitality and Sensuality”* and founder of an international business, HealthyGirlsBreastOil, a unique effective essential oil blend for breast health. She offers consultations for natural breast health. www.aromatherapynatureway.com

Sources: Ji, Sayer. “Chemo and Radiation Can Make Cancer More Malignant.” *Green Med Info: The Science of Natural Healing*. 31 July 2012. <http://greenmedinfo.com/blog/does-chemo-radiation-actually-make-cancer-more-malignant>.

van Seijen, M., Lips, E.H., Thompson, A.M. et al. “Ductal carcinoma in situ: to treat or not to treat, that is the question.” *British Journal of Cancer*. 121, 285–292 (2019). <https://doi.org/10.1038/s41416-019-0478-6>.



11 Plant-Based Proteins to Power Up Your Meals

by Becky Streefer

If you're interested in switching to a more plant-based diet, but concerned about getting enough protein, try adding or substituting any of the following items instead of meat or poultry.

- 1. Lentils (16g protein per cup)** - 1 cup contains 10 grams dietary fiber, as well as folate, iron, potassium and antioxidants. Lentils help aid weight loss goals and support digestion. Try it in your tacos instead of beef, add a handful to your soups or cold pasta salads, or as a substitute for rice in stir fry.
- 2. Chickpeas/Garbanzo Beans (15g protein per cup)** - Also high in fiber and full of amino acids, these beans help aid digestion and level out blood sugar after eating. Try hummus and veggies for your afternoon snack, toss some in your vegetable soup, roast in cinnamon and sugar and eat on their own, or bake into cookies.
- 3. Black Beans (16g protein per cup)** - Packed with resistant starch and soluble fiber that together help improve fullness and support digestion. Also a good source of magnesium, potassium, calcium and folate. Add them to your tacos, make bean burgers instead of beef burgers, or make a black bean soup.
- 4. Tempeh (13g protein per 100g)** - Literally fermented soybeans, tempeh is rich in fiber, potassium and iron and enhances gut microbe diversity. It absorbs the flavor of marinades well, making it an excellent addition to tacos, stir fries and kebabs.
- 5. Quinoa (8g protein per cup)** - This complete protein contains all nine amino acids and is full of fiber, antioxidants, magnesium and iron. Substitute it for rice, sprinkle on salads, add to your morning eggs or omelet, or toss in soups.
- 6. Oats (6g protein per cup)** - Contains a soluble fiber called beta-glucan that helps lower LDL cholesterol



and blood sugar, promotes fullness, and increases the growth of good bacteria in your gut. You can eat them for breakfast or a snack, mix into smoothies, drink as your milk alternative, or use as a flour substitute in baking.

- 7. Leafy Greens (2-3g protein per cup)** - Broccoli, spinach, kale, brussel sprouts and mushrooms—all lighter fare and rich in nutrients and minerals. Add as a side on your plate or a separate salad, mix into smoothies, or bake in your airfryer.
- 8. Almonds (6g protein per ounce)** - Use as your milk and butter alternatives, grab a handful for a snack, add to your oatmeal, or for your flour substitute when baking. Almonds are rich in dietary fiber, vitamin E and monounsaturated fats.
- 9. Pistachios (6g protein per ounce)** - An abundance of fiber, antioxidants and carotenoids, this little snack helps lower blood pressure and cholesterol. Blend into pesto or dips, crush and add to salads, or get the ones with shells to lengthen snack time.
- 10. Hemp Seeds (10g protein per cup)** - Hide in foods such as smoothies, dips and sauces, or salads. They also contain magnesium, and both soluble and insoluble fiber to help with gut health.
- 11. Chia Seeds (5g protein per ounce)** - Another good one for sneaking into smoothies or your morning oatmeal. Chia seeds help support weight loss and hydration because they can expand up to 10 times their size when soaked in liquid. Also a good source of fiber and omega-3s.

Source: Parsons, Lexi. "11 Delicious Sources of Plant-Based Protein to Add to Your Diet." FitOn. 2023. <https://fitonapp.com/nutrition/healthy-sources-of-plant-based-protein>

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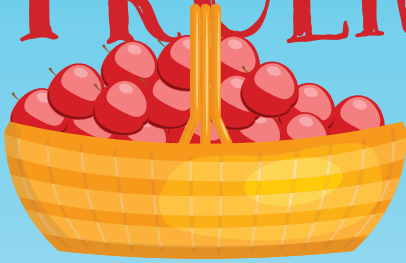
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50th Annual Warrens Cranberry Festival

September 22-24, 2023, 7 a.m. - 5 p.m. all three days

Though Warrens is a small village of 370 people, it is also known as the "Cranberry Capital of Wisconsin." Each year, Warrens hosts the World's Largest Cranberry Festival, and 2023 marks the 50th celebration! The festival is best known for its shopping and boasts 850 arts & crafts booths (unusual works of art), 350 flea and antique booths (primitives, pottery and antiques), 100 farm market booths (fresh fall produce) and 100 food vendors that make for a three-mile shopping extravaganza!

The festival has grown in popularity over the past fifty years, with attendance rising from 3,500 in 1973 to more than 145,000 in recent years. From the beginning, the purpose of the festival was to raise funds to improve the quality of life in the Village of Warrens. Over the past 50 years, the festival has donated more than \$3 million to organizations including schools, fire departments, Lions Clubs and scout/youth groups. Attendance also brings millions of dollars per year benefitting the local economy and the travel and tourism industry.

On Friday, Saturday and limited time on Sunday, guests may enjoy a free walking cranberry marsh tour. Guests get an up-close-and-personal look at an actual cranberry marsh and learn about the history of the cranberry and its production in the area. The Marsh Tour Guides are devoted to the festival and cranberry industry, and committed to educating visitors on the production of cranberries, our indigenous state fruit.

One of the most sought after attractions is the Cranberries Jubilee Giant Fry Pan, available Friday and Saturday. The warm cranberry mixture served over ice cream is made in a 4½ foot spun aluminum skillet with 4½ foot handle. All of the preparation is done over a propane burner.

A variety of contests are featured including the Button

Design for the 2024 Festival, Photography, Pictorial Cancellation, Biggest Berry, Be Our Guest (dress up in crazy costumes,) and a Marsh Medallion Hunt, pie eating contest and more. Prizes from blue ribbons to gift certificates and cash will be awarded to winners.

Other highlights this year include strolling entertainment, singing and dancing, a flyover before the parade on Sunday and so much more.



If you are hungry be sure to visit the food booths! Guests can enjoy American, Greek, Chinese, Italian, and Mexican cuisines, and of course don't forget the cranberries! Be sure to sample a cranberry cream puff, cranberry covered cheesecake and deep-fried cranberries on a stick!

The festival membership, board members, office staff, volunteers and sponsors are all very proud of this great festival.

People work very hard all year long to create a fun-filled festival that visitors come back to year after year. Every person involved with the festival has the passion and vision of the event in mind and that shines through when the event is in full swing and the sun is shining down on our small village, giving us all good things to be thankful for.

So mark your calendars: September 22-24, 2023. We hope to see you there!

Follow us ([facebook.com/cranfest](https://www.facebook.com/cranfest)) or visit our website at www.cranfest.com.

The purpose of the Warrens Cranberry Festival shall be to promote the common good and general welfare of the community of Warrens, including holding an annual community festival and raising funds to be used exclusively for civic betterments and social improvements in the Warrens community.

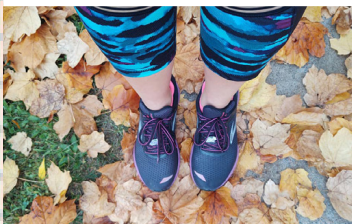


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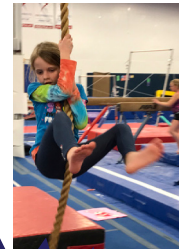
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Girl Scouts Today | A Better World Tomorrow

In a rapidly changing world, providing kids with platforms that foster their personal growth, leadership skills, and self-confidence becomes increasingly crucial. Girl Scouts has been doing exactly that for over a century. With a rich history of empowering girls and young women, the Girl Scouts offers a unique and invaluable experience that equips girls with the tools they need to thrive today.

Building Leadership Skills

Girl Scouts emphasizes leadership development as a core component of its program. Girls learn to take charge, make decisions, and effectively communicate with others through various activities. They are encouraged to lead projects, collaborate with their peers, and develop essential skills such as problem-solving, critical thinking, and teamwork. These leadership experiences prepare girls to become confident and capable leaders in their schools, communities, and future careers.

Encouraging Financial Literacy and Entrepreneurship

Girl Scouts allows girls to develop financial literacy skills and explore entrepreneurship. The organization's iconic cookie program teaches girls important budgeting, marketing, and goal-setting lessons. By setting sales targets and managing finances, girls gain practical knowledge that helps them navigate real-world situations. Additionally, Girl Scouts offers badges and programs that foster an entrepreneurial spirit, encouraging girls to think creatively, take risks, and turn their ideas into successful ventures.

Promoting Diversity, Equity, and Inclusion

Girl Scouts is committed to creating an inclusive environment that celebrates diversity. The organization actively promotes understanding, respect, and acceptance among people of different backgrounds, cultures, and abilities through its programs and initiatives. Girl Scouts encourages girls to engage in conversations about social justice, equality, and the importance of standing up against discrimination. By participating in diverse troop activities, Girl Scouts learn firsthand the value of inclusivity and develop empathy for others.



Fostering Outdoor Adventures and Environmental Stewardship

Girl Scouts embraces the outdoors as an integral part of its programming. Girls are encouraged to explore nature, engage in outdoor activities, and develop an appreciation for the environment. Whether hiking, camping, or learning outdoor survival skills, these experiences allow girls to develop a sense of adventure, resilience, and a connection to the natural world. Girl Scouts also instills a strong commitment to environmental stewardship, teaching girls the importance of sustainability and encouraging them to take action to protect the planet.

Nurturing Lifelong Friendships and Supportive Networks

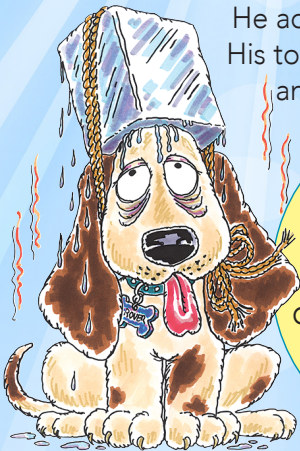
Joining Girl Scouts provides girls with a supportive community where they can forge lifelong friendships and build meaningful connections. Through troop activities, girls can interact with peers who share their interests, goals, and values. These friendships create a network of support, fostering a sense of belonging and camaraderie. Girl Scouts also provides mentorship opportunities, allowing girls to connect with experienced female leaders who inspire and guide them on their journey.

Girl Scouts continues to play a vital role in empowering girls and young women. By focusing on leadership development, financial literacy, diversity, environmental stewardship, and fostering strong relationships, Girl Scouts equips girls with the skills, knowledge, and confidence necessary to thrive in any endeavor they choose. Joining Girl Scouts offers girls an unparalleled opportunity to grow, learn, and make a positive impact in their communities and beyond. It is an investment in their future and a commitment to building a better world where girls can truly flourish.

Learn more at gsnwg.org.

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

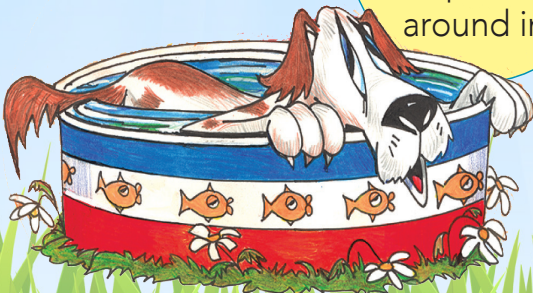
Early warnings your dog is overheating



He acts sluggish or confused. His tongue appears bright red and he's panting hard.

If he appears to overheat, apply cool, wet cloths to his pads, belly & head.

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



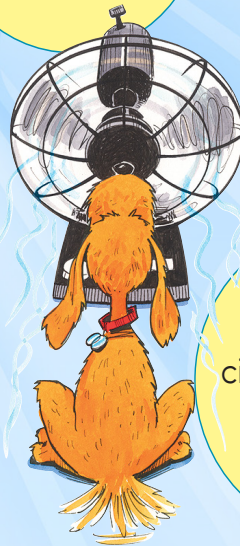
Keep cool and hydrated

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

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.

Be sure to avoid chemically treated lawns on your walk.

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e m B A R K

Source: puppypaws.info; akc.org

12 Tips to Keep Your Dog Safe This Summer

By Becky Streeter

Summer is in full swing and you and your pooch are having a blast. Dog parks, rivers, lakes and hikes! But while you are on the go together, there are some dangers you should be aware of.

- 1. Avoid water with algae.** Blue-green algae, among other colors, is highly toxic for dogs. If they swallow it while swimming, or even lick it off their fur, it can make them sick. Thoroughly shampoo your dog and check for a rash, trouble breathing itchy skin or vomiting. The best idea for all algae: if you can see it in the water, don't let your dog near it.
- 2. Don't shave Fido's fur.** A dog's fur actually keeps them cool in the summer, protecting from the sun's UV rays and insulating against the heat. It's like a built-in sunshirt. If your dog is looking a little too shaggy, it's best to bring them to a groomer for a professional summer 'do.
- 3. Check for ticks.** Ticks usually gravitate toward warm, dark places such as under ears and arms. Tick Twisters are your best bet for removal and can be purchased at almost any pet store or online for fairly inexpensive.
- 4. Don't let your dog walk on chemically treated lawns.** Companies usually put one flag in a yard that has been sprayed, and by the time you see it, it's often after your dog has already walked on the grass. Additionally, most people who do their own lawn spraying don't put out indicators at all. Rinse paws or use a baby wipe to clean them after walks.
- 5. Try to prevent your dog from eating fallen food from BBQ's or picnics.** Dogs can get burned by being too close to the grill or eating hot food that falls off it. Bones from meat can be a choking hazard or splinter in the digestive track if swallowed.
- 6. Keep an eye on your dog in the water.** Even good swimmers might go too far, get tired, and not be able to make it back. For a puppy's first time in the water,

have them wear a doggie life jacket, just in case.

- 7. Treat summer allergies.** Certain types of grass or grass seed, mold, dust mites and pollen can be irritating to dogs. If your dog has unusually itchy ears, eyes, paws or other areas, trouble breathing, or diarrhea, call your vet to see if medication might help. Other common allergens include feathers and cigarette smoke.
- 8. Keep them cool.** Dogs have a harder time regulating their body heat than humans, and can develop heat stroke much easier. On hot days, exercise them in the early mornings or evenings, and make sure they have plenty of shade. Bring a collapsible water dish and bottle of water just for your dog. Never leave a dog alone in the car, even with the windows cracked, as the temperature in the car can increase rapidly in the summer.
- 9. Protect from sunburn.** Noses and ears can get sunburned, as well as skin on dogs who have tinner coats. Prolonged exposure to the sun can also increase the risk of skin cancer. You can find doggie sunscreen at most pet stores or online.
- 10. Watch out for hot pavement.** Hot asphalt can burn paws. If you can hold your hand on the pavement for more than 7 seconds, it's okay for your dog to walk on.
- 11. Treat insect bites and stings.** Dogs can be allergic to bees, wasps, ants and other stinging bugs. Watch for symptoms, and call your vet if you see hives, diarrhea or vomiting.
- 12. Secure or repair window screens.** If your dog gets excited about squirrels, bunnies or the Amazon delivery person, they could potentially burst through a broken or loose screen and get injured or wander away.

Source: Brahlek, Amanda. "Hidden Dangers for Dogs in Summer." Grubbly Farms. 23 June 2022. <https://grubblyfarms.com/blogs/the-flyer/dangers-for-dogs-in-summer>.



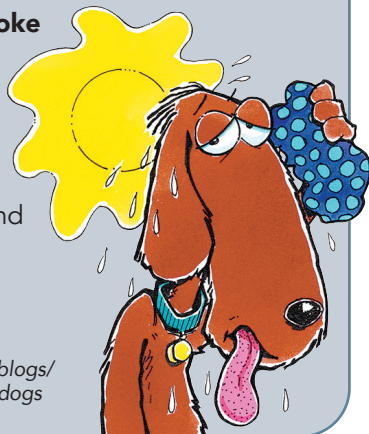
Warning Signs of Heat Stroke In Dogs

Early Symptoms

- Restlessness and inability to relax or get comfortable
- Excessive panting without slowing down
- Thickened saliva and intense drooling
- Deep red, purple, even blue gums or very pale gums
- A distant stare and/or slowness to respond
- A swollen tongue and trouble breathing

Signs of Severe Heat Stroke

- Vomiting
- Diarrhea
- Rapid heart rate
- Lethargy
- Disorientation
- Inability to walk or stand
- Muscle tremors
- Seizure
- Loss of consciousness



Source: <https://grubblyfarms.com/blogs/the-flyer/preventing-heatstroke-in-dogs>

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Aug 11:	The Driftless Revelers	Sep 9:	Josh White
Aug 12:	Allison Dyg	Sep 13:	Wine Dinner*: Austria
Aug 18:	Olivia Maro	Sep 15:	Galyne Goodwill
Aug 19:	Joyann Parker & Mark Lamoine	Sep 16:	Northwoods Bassist
Aug 23:	Comedy Night*: Johnny Beehner	Sep 23:	Brian Bethke
Aug 25:	Tyler Deaver	Sep 30:	Severio Mancieri
Aug 26:	Jamison Murphy	Oct 7:	Andy Hughes

*TICKETED EVENTS

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Savoring Each Local Bite By Ann Brand, Ph.D

Wisconsin summers provide us a great opportunity to get curious about finding the joy all around us. 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, 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.



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- Mall Drive Festival Foods, Mon 11am-5pm
- Menomonie Markets, Sat 8am-1pm & Wed 10am-6pm
- Chetek at The Pine Lodge, Sat 9am-1pm
- Elk Mound-Sandy Acre Farms, Mon 3-7pm
- Eau Claire Court House on Tuesdays 11am-3pm



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1% for the Planet by Becky Streeter

We see it on products throughout the grocery store and eco-friendly shops, but what does it really mean?

In the early 2000's, Yvon Chouinard, founder of Patagonia, and Craig Mathews, founder of Blue Ribbon Flies, were enjoying the great outdoors together and got lost in a deep conversation. Both extremely successful businessmen realized that owning a business can have a sizable environmental impact, and they decided it was time to start giving back. Together they came up with the idea for 1% for the Planet.

The program is designed so that businesses and members donate one percent of their sales back to environmental conservation or improvement projects, whether or not their business is profitable.



Many companies utilize the earth's resources, and those resources should be protected. Yvon Chouinard famously stated: "This is not philanthropy. This should be a cost of doing business. It's paying rent for our use of the planet." This sentiment quickly spread to businesses worldwide, and now totals more than 5,000 members.

If you own a business, you can sign up on 1% for the Planet's website and donate your "rent." If you're an individual, you can donate any amount, one-time or monthly, through their website. You can also shop for products through EarthHero on the website as well as keep an eye out for items at your local stores that have the logo. Through your purchases, you know your money is going to support a good cause.

Source: <https://onepercentfortheplanet.org/>

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Stumbling Block to Optimal Mobility

by Judy Soborowicz, Active Health Chiropractic

Mobility impacts every aspect of life and remains one of the primary principles of chiropractic health science. According to the National Institute of Health, “older adults who lose their mobility are less likely to remain living at home; have higher rates of disease, disability, hospitalization, and death; and have poorer quality of life.” Balance, strength, and mobility throughout a lifetime rely on an integrated interdependence between healthy nerve system, muscular system, and joint health. Understanding the beneficial aspects of maintaining optimal mobility through the integration of these complex systems is essential to overall wellness.

Movement and mobility require stabilization of our frame, and in order for our muscles to perform properly they, require both tone and strength. Many people think tone and strength are essentially the same thing: they sound similar, but there is a really big difference between strength and tone. Muscle strength is the amount of force muscles exert against resistance, whereas muscle tone is the level of tension in muscles when they are at rest—think active or passive nerve action. Muscle tone is passive because the degree of muscle tone is directly regulated and maintained by specific automatic centers of the nerve system.

Understanding the difference between muscle tone and strength is helpful to better prevent the cause of many injuries, and it is the core stumbling block of many mobility issues in people of all ages. Mobility is not solely related to a strength problem. Often muscles that appear weak are unexpectedly strong when presented with an active load. The challenge can be with the rapid responsiveness of the muscle, which is diminished when the tone falls too low. When resting muscles become too relaxed, it is noticeably more difficult to ‘spring’ into action quickly, such as what is required to maintain healthy stability and mobility.

We often think of stability problems in elderly, but many athletes, toddlers and young children suffer from low muscle tone, which has direct consequences to proper brain development. Just as the nerve system is actively eliciting a muscle movement in response to load, it simultaneously passively maintains tone and regulates the degree of tone necessary for stabilization.

Trauma such as slips, falls, auto accidents, toxin exposure, and stress can cause interference to the nerve system which regulates and maintains muscle tone and muscle strength. Tone and strength impact each other. Lifting weight and exercising successfully strengthen muscles and can improve tone. Persistent lack of tone can present as a hip drop while walking, rotation of the pelvis while squatting, imbalance with a lunge, or a weakness on one side of the body with a multitude of movements. Low tone may be the cause of subtle instability, which leads to injuries such as tendonitis, sprain, muscle strain, or pain.

Gentle adjustments to the spine help the nerve system to restore communication, and they are key to optimal coordination of strength and tone. Chiropractic is focused on the integration, global interdependence, and innate healing ability of our whole being.

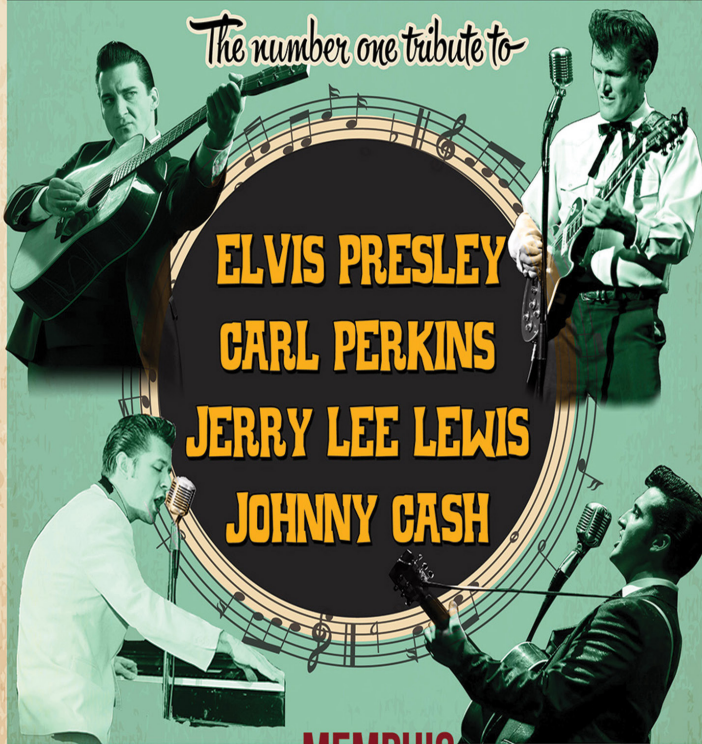
Source: <https://www.nia.nih.gov/news/maintaining-mobility-and-preventing-disability-are-key-living-independently-we-age>.





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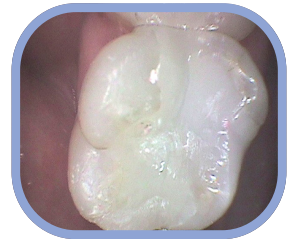
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Silver Fillings: Just ugly? Or harmful too?

This is a picture of a "Silver" or "Amalgam" filling. It is 50 - 52% MERCURY! If the mercury in this filling were spilled in a school, it would be evacuated....

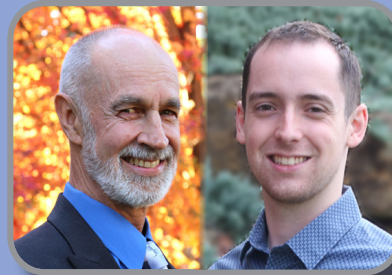


This is a picture of a "light cured" composite filling. They can last as long or longer than mercury fillings with no danger of releasing harmful heavy metals.



As noted on Dr. Mercola, Dr. Oz, and 60 minutes, Mercury fillings may have a **significant negative impact** on your overall health and wellbeing.

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Fall into Health

By Dr. Emily Smith, Smith & Prissel Chiropractic and Massage

As winter approaches, maintaining health and supporting the immune system is of the utmost importance. It truly is easier to STAY well, then it is to GET well. For many, chiropractic care is an integral part of keeping the family healthy. Here are some simple things that you can do to get on track and “fall” into health.

What you put in your body matters. Make sure you flood your body with healthy food and lots of water. Bodies are like plants: we need to have food and water every day in order to survive and thrive. Just like plants wilt in the summer heat, bodies show thirst with symptoms of headaches, body aches and sluggishness. Ideally you should be drinking half of your body weight in ounces of water each day (eg. if you weigh 100 pounds, you should be drinking 50 ounces of water each day). Split up your water consumption throughout the day so you aren't trying to make up for it at the end of the day. Remember that caffeine dehydrates, so if you consume caffeinated beverages (coffee, tea, energy drinks, etc), drink that much more water to offset it. Dehydration doesn't just affect how we feel, it can also affect how our immune system functions. Water helps to get oxygen to every cell in our body and flush all the toxins out of those same cells.

Along with colder weather, the fall also brings a less intense sun. Though extended sun exposure can be harsh on skin, the benefit of exposure to UV rays is production of vitamin D. Without the availability to make our own vitamin D, it is important during the winter months to supplement with a high quality vitamin D3. Vitamin D is actually a hormone, and it is required for the absorption of calcium from the gut in order to promote bone health. Vitamin D has also been found to play a huge role in immune system functionality.

The benefit of exercise is something we take for granted. Moving your body can help increase oxygen throughout, as well as raise the body temperature and kill off any visiting bacteria or viruses lying in wait. Working your muscles helps to move the lymph thru the body as well, getting rid of toxins that could otherwise lead to illness. Exercise can also improve your mood and ward off the winter blues. If you don't feel comfortable hitting the gym, there are tons of videos online to keep your workout consistent from home.

Chiropractic care is also an extremely important part of our wellness journey. Chiropractic focuses on the alignment of the spine through specific adjustments that can improve communication between the nervous system and immune system. Doctors of Chiropractic are trained in health and wellness and can provide a wealth of suggestions for keeping you healthy.

BJ Palmer, the developer of chiropractic, stated “Medicine is the study of disease and what causes man to die. Chiropractic is the study of health and what allows man to live.” For the last 125 years, chiropractors have been doing just that, an integral part of strengthening the body to suit the environment. There are a lot of things we don't have control over in our environment, but making sure that our nervous system is functioning optimally is something that we can do with the help of consistent chiropractic care.

Dr. Emily Smith has been practicing Chiropractic in the Chippewa Valley for the last 20 years. Her specialty is in Chiropractic Pediatrics and Pregnancy, though she loves caring for patients of all ages. You can find her at Smith & Prissel Chiropractic and Massage at 829 W. Clairemont Ave, Eau Claire and her satellite office at 1421 N. Broadway, Menomonie. Call 715-833-3505 to schedule, look for us on Facebook or visit www.myECchiroandmassage.com to learn more.



MEET THE Beneficial Bugs IN YOUR BACKYARD



What Are Beneficial Insects? The average backyard is home to thousands of insects, and you may be surprised to learn that only about a tenth of these are destructive. Most are either beneficial or harmless.

Beneficial insects fall into three main categories:

Pollinators: We depend on these insects—including bees, butterflies, flies, and moths—to pollinate our garden’s flowers. **Predators:** These insects eliminate pests by eating them. **Parasitizers:** They lay their eggs on or in the bad bugs, and when the eggs hatch, the larvae feed on the host insects.

▶ **Ladybugs** Despite their delightful name and appearance, ladybugs are ferocious predators! Before they get their bright red colors, they start out life as larvae, cruising around on plants and feasting on aphids.



▶ **Green Lacewings** Adult green lacewings feed on pollen and nectar, but their larvae prey upon soft-bodied garden pests, including caterpillars and aphids.



▶ **Praying Mantises** Fierce predators will hunt many other insect pests, including moths, beetles, and flies. Note, however, that praying mantises are ruthless and will turn to eating other beneficials!



▶ **Spiders** Very effective pest controllers. Since they are attracted to their prey by movement, they eat many live insects. Jumping spiders and wolf spiders are especially good at keeping pests under control.



▶ **Ground Beetles** They will eat a wide range of insects, including nematodes, caterpillars, thrips, weevils, slugs, and silverfish. While insects like Japanese beetles should be controlled in the garden, be careful not to crush every beetle you see!



▶ **Soldier Beetles** An important predator of Mexican bean beetles, Colorado potato beetles, caterpillars, and aphids. Like many beneficials, they are attracted to plants that have compound blossoms.



▶ **Assassin Bugs** They use their sharp mouthparts to prey upon many different types of insect pests in the garden. In their adult form, they can be mistaken for squash bugs, so look carefully!



▶ **Robber Flies** They may look intimidating, but unlike horseflies, they do not attack humans. Instead, they go after a number of common garden pests. Try not to shoo this fly!



▶ **Hoverflies** They feed on pollen and nectar and are extremely important pollinators. Their larvae are voracious predators, killing aphids, caterpillars, beetles, and thrips by sucking the juice from their victims.



▶ **Parasitic Wasps** Parasitic wasps are very tiny, so you will probably not see them at work. However, they are very effective, laying their eggs on the backs of and inside other insect pests.



Attracting Beneficial Insects: A diversity of plants will attract a wide range of insects.

- Early blooming plants, especially ones with tiny blossoms like alyssum, or biennials such as carrots or parsley that have been left to bloom will help draw beneficials to your yard in the spring.
- Later, they will be especially attracted to plants with compound blossoms such as yarrow, goldenrod, and Queen Anne’s lace and flowering herbs like lavender, mint, sage, dill, fennel, and lemon balm.

Remember that if you resort to using chemical pesticides to control insects, you will often kill good and bad bugs alike. Even the so-called “natural” pesticides like pyrethrum and rotenone will kill many beneficial insects.

Source: www.almanac.com/beneficial-insects-garden



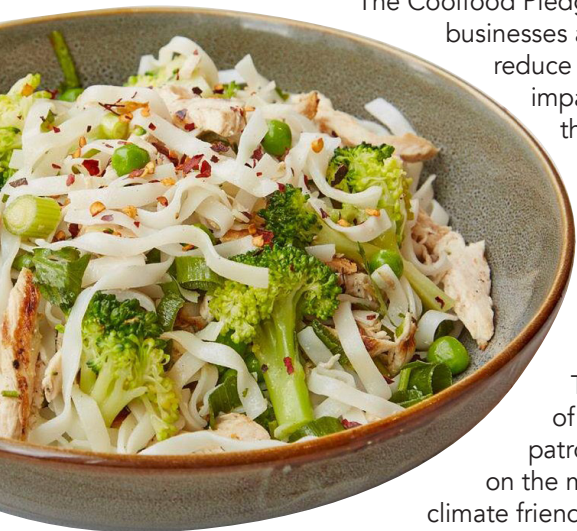
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Coolfood Is Cool

By Becky Streeter

If you've been to Panera lately, you might have noticed something different about their menu, besides the continual additions of new options. Many items now have a "Low Carbon Certified" logo displayed at the end of their descriptions. This badge signifies the meal has low food-related greenhouse gas emissions, and the business is participating in the Coolfood initiative spearheaded by the World Resources Institute.



The Coolfood Pledge helps businesses and organizations reduce the climate impact of the food they serve. The goal is to reduce greenhouse gas emissions associated with food by 25% by 2030 relative to a 2015 baseline. The badge is a way of communicating to patrons which foods on the menu are certifiably climate friendly.

Not all foods are created equal. Plant-based diets have a significantly smaller environmental footprint than animal-based diets. Not only do plants take up far less land than animals, but they also require fewer resources to grow, and release significantly fewer greenhouse gasses. Scientists that work for the Coolfood initiative analyze the agricultural supply chain of every ingredient in the meal as well as the amount of land used to produce each ingredient. If the percentage of the entire meal falls below the greenhouse gas emission threshold for the initiative, that meal gets the badge.

The Coolfood initiative was launched in 2020 and Panera Bread joined Aramark in the pledge. Aramark provides food services to many educational buildings, workplaces and healthcare providers. As of March 2023, Coolfood menu items can be found at more than 1,000 locations across the US and Canada. The World Resources Institute is hopeful that number will only increase as more restaurants and food service companies join the pledge for climate-friendly diets. You can do your part by purchasing items with that badge and encouraging small businesses and restaurants to join the pledge.

Sources: <https://www.wri.org/initiatives/cool-food-pledge>
<http://eatcoolfood.org/> • <https://www.aramark.com/newsroom/news/coolfood-meals-aramark>

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The Food Program By Becky Streeter

The current population of the world is somewhere around 7.5 billion. It is projected to be 8.6 by 2023, and almost 10 billion by 2050. More people means fewer resources including land, healthy air, and food. As of 2022, as many as 828 million people regularly went to bed hungry, and that number stands to be a lot higher by 2050. The World Resources Institute (WRI) is just one of many amazing organizations out there trying to make a change.

WRI's goal is to "fundamentally transform the way the world produces food, uses energy, and designs its cities to create a better future for all." They work globally in partnerships with governments, businesses and research organizations to help meet people's basic needs while protecting and restoring nature and stabilizing climate. One of their key projects is the Food Program.

Today's agriculture uses almost half the world's vegetated land, and, in tandem, food production generates a fourth of global greenhouse gas emissions. An even more gut-wrenching statistic to add is 1 billion tons of that food is wasted every year.

WRI's Food Program currently encompasses nine different projects with the same goal: to find solutions to the world's food production and consumption problems. They measure and reduce food waste and loss, and create strategies to increase food production, such as restoring degraded lands and increasing pasture land yields. They also encourage dining facilities to move to plant-based foods, and help institute climate-smart agriculture around the world.

Some of the initiatives within the Food Program include:

1. Circular Food Systems for Rwanda - Food is produced in ways that regenerate nature, it is not lost or wasted, and commonly wasted resources are used productively. WRI is hoping Rwanda will be a leader in circular economy as it is already leaps ahead of many other countries. For example, Rwanda has been fighting plastic pollution since banning single-use plastic bags in 2008.

2. Food Waste Atlas - Tracks global food waste, helping governments and businesses understand how food waste/loss is occurring, and then they can create a sustainable system to prevent that waste.
3. Climate-Friendly Diets - Assisting restaurants, universities and hospitals to provide more plant-based options and help shift behaviors so more consumers choose these options.



For more information, or to get involved, visit the WRI website <https://www.wri.org/food>.

Additional source: <https://www.wfp.org/global-hunger-crisis>



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Be Empowered – Be Proactive

By Shawn R. Seuferer, Certified Clinical Thermographer, Thermography of Wisconsin

Thermography, or medical digital infra-red thermal imaging, is a beneficial screening tool which can help gauge a woman's health risk status by identifying symptoms related to estrogen dominance, adrenal fatigue/insufficiency, thyroid dysfunction and hormone imbalance.

Because thermal screening is non-contact, noninvasive, painless and uses no radiation, regular imaging is an ideal proactive breast screening tool for women. And, when combined with mammography or ultrasound, which view structures within tissue, a more complete understanding of a woman's breast health status can be determined. Even women who have dense tissue, have had mastectomies, or have implants can benefit from thermography as a tool to monitor their health.

With regular thermography screening, potential health conditions can be identified at the early stages, allowing a woman the advantage of early

intervention and perhaps prevention of further development of disease or dysfunction. This allows more time to evaluate the many treatment options which, in turn, can result in a better outcome.



Many women understandably fear a breast cancer diagnosis. According to the American Cancer Society, a woman born in the U.S. has about a 13% chance of developing breast cancer sometime in her lifetime. This also means that she has an 87% likelihood that she will NOT develop breast cancer in her lifetime. Many factors play into that statistic: genetics, age, obesity, lifestyle, environment, emotional health, race, etc. and many of these factors are manageable.

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. This author 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.

Why not be proactive in your health? Better yet, help empower another woman to be proactive with her health. Thermography is a great place to start. Bring this article to your next Thermography of Wisconsin screening through October 2023 and receive \$25 off the regular price of a breast screening.

Thermography of Wisconsin serves patients at the main office in Eau Claire and 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).



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INSIDE:

- Yes, You Can Live Well with Dementia
- Choosing the Perfect Monument
- Assisted Life at Home
- Assisted Living Facilities
- Have the “Talk of a Lifetime”





Yes, You Can Live Well with Dementia

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

It has been ten years since my mom passed away from vascular dementia. We would have been more prepared for what was ahead if only I knew what I know now. Mom received her diagnosis four years prior, and the hope of living well with dementia was missing from our discussions. Days were often filled with doom, gloom, and fear as we waited and watched her health decline.

Several years ago, my dad began exhibiting early signs of mild cognitive impairment. He took a memory test willingly and then embraced an approach to life with dementia different from my mom because of his underlying health conditions.

My mom had risk factors - diabetes, obesity, HTN, and high cholesterol. My dad has a slight elevation in blood pressure and is approaching the pre-diabetic stages due to diet choices. He stays active, however, and is a living example to me that you can live well with dementia—yes, you can. Despite those challenges, he is a living example to me that you can live well with dementia—yes, you can.

A diagnosis of dementia is less likely to be revealed than a cancer diagnosis. People who learn of their diagnosis early in the stages of dementia are fortunate. The lack of early knowledge leaves many unaware of the options available to them and their loved ones. While an early diagnosis of Alzheimer's or related dementia may be scary to hear, think of it as your opportunity to live well with the disease.

Knowing early on allows you:

- Time to write down your wishes and plan for future care needs.
- Plan and talk with your physician about your concerns.
- To learn more about the disease and your risk factors.
- To learn about diet and the risks an unhealthy standard American diet has on your brain function.
- To learn how regular exercise helps your brain.
- To learn about vitamin deficiencies from the side effects of medications.
- To learn about your baseline memory skill measurements so you can monitor the effects of your lifestyle changes for the better.
- To learn about ways to cope with the changes.
- To find ways to continue enjoying activities.
- To learn about resources available to you.



In addition to support groups, keeping your brain active is one way to slow the progression of the disease. It's wise to seek out socialization activities free from awkwardness and stigma to help you live well and enjoy life.

A Memory Café is a place to connect with others in a safe, comfortable, and engaging environment. Guests laugh, learn, and remain socially engaged with others traveling the same journey. The activities vary based on the participants' interests. Individuals worried about memory loss or who have Mild Cognitive Impairment, those with early to moderate Alzheimer's or related types of dementia, along with their family members or care partners are welcome to attend.

Contact your local Aging and Disability Resource Center (ADRC) for more information and the availability of Memory Café in your area.

HOW DO YOU WANT TO BE REMEMBERED?

Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.

Our staff is here to guide and assist you with a high degree of respect and concern during your time of loss. We will provide the most fitting service for your individual needs, at the most affordable cost with the many options that we offer.

Two options to serve you, at one convenient location:

Stokes, Prock & Mundt
FUNERAL CHAPEL

Even the smallest touch can make a big difference in personalizing your funeral services. There's no right or wrong when it comes to celebrating your loved one and honoring their life, accomplishments, and individuality.

715-832-3428 | stokesprockandmundt.com

Cremation Society of Wisconsin

We offer a full range of cremation options. We have our own on-site crematory and a full staff to assist you with whatever your needs may be.

715-834-6411 | cremationsociety-wi.com

535 South Hillcrest Parkway - Altoona, WI

We also service the entire state of Wisconsin.

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 www.helpfulheartswi.org.

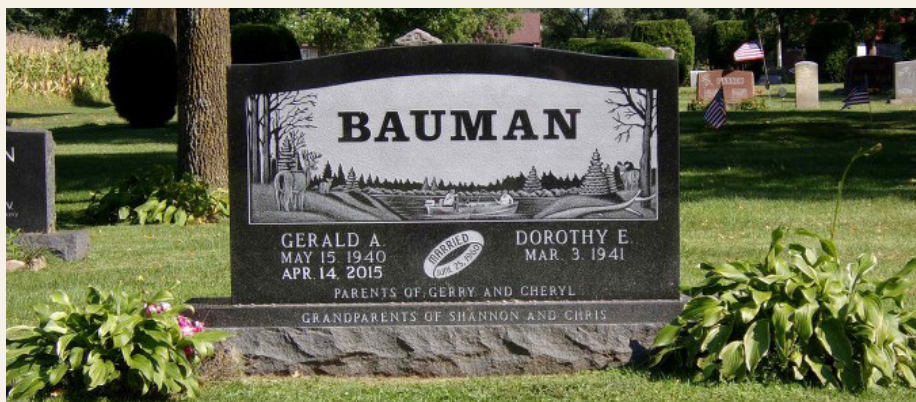
Helpful Hearts Foundation



Choosing the Perfect Monument

By Becky Streeter with Johnson Monument

Monuments are a great way to commemorate a life, and they should be chosen with care. Purchasing a monument is an investment of time and money, and it is your opportunity to express lasting sentiments for your loved one. With a wide variety of sizes and styles, the staff at Johnson Monument can help you create a beautiful memorial for generations to come.



Every cemetery has their own set of rules and regulations regarding the types of memorials they allow. Johnson Monument installs throughout Wisconsin and can also ship to other states, and they can help you select a memorial

that complies with the rules of the cemetery where the monument will be installed. Some cemeteries charge a fee to locate the grave for placement of the memorial, or for pouring the cement foundation, so it is also a good idea to check with the cemetery staff about this as well.

Johnson Monument is a trusted family-owned and operated business open since 1917. When you meet with the Johnson Monument staff, they will ask a series of questions to make sure you are getting exactly what you want:

- What cemetery will the monument be in?
- How many people on the memorial?
- How many grave spaces?
- Is there something you want to match from another family member?
- Are there any memorials you have seen that you like?
- Is there a color that you like?

Though most meetings with customers are located at their showroom in Chippewa Falls, they also provide an at-home consultation service where they bring sample tiles as well as a photo album of other memorials they previously created.

Johnson Monument uses high-quality domestic or international granite, precisely cut and made to last. With over 1000 in stock, they have the largest inventory of memorials and monuments in West Central Wisconsin. You can choose from markers, upright monuments, benches, specialty monuments, and cremation memorials. Johnson Monument will sandblast your chosen lettering or design using a pre-cut stencil. They also have an artist onsite who can use a diamond-tipped etching tool for creating scenes or portraits, providing a personal touch.

Once everything is decided for the memorial, the order moves into their on-site production plant. Depending on the time of year and the type of memorial it may take 3-9 months for delivery. Then the staff from Johnson Monument will set the foundation in the cemetery, ensure that everything is level, and then complete the installation process themselves. They also provide a warranty for the foundation as well as for the memorial. Johnson Monument personally takes care of everything from beginning to end.

There's no right or wrong time to pick a memorial. Some families are able to decide right after the loved one's passing, and others need some time. Additionally more and more people are planning ahead and choosing their own memorials. There are many benefits to doing so:

- You can make it what you want by selecting the size, style and color.
- You can personalize it to reflect what is meaningful to you.
- You can save money. Like everything else, it will cost less now than in years to come.
- You can save your family the stress of choosing a memorial during their time of grieving.

Johnson Monument is here to help ease and simplify the creation of a monument to celebrate your loved one. For more information, visit their website www.johnsonmonument.com or call 715-723-5576 to set up a free consultation.



Assisted Life at Home By Christine Eggers, Appeal to Heaven

Have you ever been told a loved one cannot be discharged from a facility without 24/7 care? This news causes families to scramble to find the first facility with an open bed rather than taking the time to choose their best option. It causes fear, agitation, and anger in the moment and can lead to despair over the long-term if a loved one in failing health is residing a long distance away.

So, let's look at this. It's not actually true. No one can hold a person against their will except under arrest or guardianship. So, why do they say it? It's said out of concern for the safety of the patient and a belief that residential care is the only option. Often after a fall with injury, facility staff will not be able to think of any means of preventing future falls except the continuous observation and restricted activity they feel facilities offer.

Studies have shown that a person is often less likely to fall in his own home, due to the familiarity of surroundings and muscle memory. The reason? Old habits die hard, a resident in a facility may step in the expected direction to get to the bathroom, and then fall when he makes a sudden correction, causing him to lose his balance.

The most common cause of falls is "deconditioning." Deconditioning is the weakness associated with inactivity, weight loss from inadequate nutrition, and poor medication management. Deconditioning also leads to a cluttered environment when a person can't tidy up effectively, increasing the environmental risk of a tripping hazard and causing a fall with injury.

Assistance at home is both a long- and a short-term option. With the right assistance, many people can safely remain at home their entire lives. For others, assistance at home serves to buy time until the right residential care opportunity comes along.

Home health assistance may include any of the following services:

• **Personal Care**

- Bathing assistance
- Grooming
- Toileting

• **Supportive Care**

- Meal preparation
- Shopping
- Housekeeping
- Laundry
- Companionship
- Safety checks

- Transportation to non-medical appointments

• **Nursing Services**

- Medication management
- Health maintenance
- Supervision/training of personal cares
- Medical device management (e.g. catheter care)
- Chaperoned doctor appointments and schedule management
- Keeping family updated

For people who own their homes, it is a better use of their financial resources to pay for services only rather than services and accommodation. Only pay for what you need.



Just like assisted living, private home health assistance provides the RN supervision necessary to manage medications and monitor health to prevent decline in addition to all the personal and supportive services needed.

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

What about unexpected needs between visits? Preventing those needs is part of the care service arrangement. In a facility, call light response time for unexpected needs is a common complaint—this is why the goal is to anticipate and prevent unexpected needs between planned visits.

All that said, a person with advanced dementia who cannot understand their risks of harm is not an ideal candidate for private home health care. Cognitive decline is the biggest obstacle to remaining at home. It's not impossible. But, quite often, a change in residence is necessary. A person who requires two-person assistance for frequent personal cares may also benefit from residential care. There are also those who would prefer to live where there are other people all the time.

When it comes to long term assistance, one size does not fit all. We are fortunate in our community to have affordable options for remaining at home, whether short- or long-term.

Christine Eggers RN is the owner and a care manager at Appeal to Heaven LLC: Independent Nurses' Network. She has provided care to clients in their homes since 1996.



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ASSISTED LIVING FACILITIES

Community Based Residential Facility (CBRF)

CBRF's are staffed group living arrangements that provide room, board, supervision and other supportive services to 5 or more unrelated adult residents. Typically, residents have either a private or shared sleeping room and bathroom, and share living and dining space with other residents of the facility. CBRFs are intended for people who cannot live independently, but are neither acutely ill nor need extensive amounts of skilled nursing care. Up to 3 hours of skilled nursing care per week may be provided. Unlimited amounts of supportive and personal care are provided. Facilities vary in size from 5 residents to over 100.

Residential Care Apartment Complex (RCAC)

An RCAC is a place where five or more adults reside. Apartments must each have a lockable entrance and exit; a kitchen, including a stove (or microwave oven); and individual bathroom, sleeping and living areas. This living option provides no more than 28 hours per week of supportive services, personal assistance and skilled nursing services.

Adult Family Homes

Adult Family Homes—where 3 or 4 adults who are not related to the operator reside and receive care, treatment or services that are above the level of room and board. May include up to 7 hours per week of nursing care per resident.

Source: Eau Claire ADRC

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Have the “Talk of a Lifetime”

By Randall Mundt, Cremation Society of Wisconsin

“Talk of a Lifetime” is an initiative launched by the Funeral and Memorial Information Council (FAMIC), an organization that aims to promote the value of memorialization and funeral planning. The Talk of a Lifetime campaign encourages individuals and families to have meaningful conversations about life, values, and how they want to be remembered.



The Talk of a Lifetime initiative recognizes the importance of open and honest discussions about end-of-life preferences and personal legacies. It encourages people to engage in conversations with their loved ones, sharing stories, memories, and their wishes for their own funeral or memorial service.

By engaging in Talk of a Lifetime conversations, individuals can better understand and communicate their desires regarding their funeral arrangements. It emphasizes the significance of personalization, allowing individuals to express their unique personalities, values, and beliefs in their end-of-life celebrations.

The initiative emphasizes that these conversations are not just about death but about celebrating life and ensuring that a person’s legacy and wishes are honored. It encourages families to have ongoing dialogues about their values, traditions, and the impact they have had on others, creating a deeper understanding and connection.

Talk of a Lifetime aims to shift the conversation around funerals from a topic of discomfort or avoidance to one that embraces the celebration of life and the opportunity to create meaningful and personalized farewells. By having these conversations in advance, individuals and their loved ones can be better prepared to make informed decisions and provide a more meaningful tribute when the time comes.

Here are some key aspects and benefits of the Talk of a Lifetime campaign:

1. **Meaningful Conversations:** The campaign encourages individuals to engage in meaningful conversations with their loved ones, discussing their life stories, memories, and the values they hold dear. These conversations foster deeper connections, understanding, and appreciation among family members.
2. **Personal Reflection:** Talk of a Lifetime prompts individuals to reflect on their own lives, achievements, and the impact they have had on others. By sharing personal stories and experiences, individuals can leave a lasting legacy and ensure that their values and contributions are remembered.
3. **Empowerment and Decision-Making:** Discussing end-of-life preferences and funeral arrangements allows individuals to make informed decisions about their own future. It empowers them to communicate their desires, ensuring that their wishes are respected and fulfilled when the time comes.
4. **Personalization and Customization:** The campaign highlights the importance of personalizing funeral or memorial services to reflect the individual’s unique personality, interests, and values. It encourages people to think creatively and consider elements such as music, readings, rituals, or themes that align with their preferences.
5. **Reduced Family Stress:** By engaging in Talk of a Lifetime conversations, individuals can relieve their loved ones from the burden of making difficult decisions during a time of grief. Clear communication about funeral preferences reduces stress and potential conflicts among family members, as everyone is aware of the person’s wishes.
6. **Enhanced Healing and Closure:** The campaign recognizes that meaningful funeral or memorial services can contribute to the healing process. By planning ahead and having discussions, individuals and families can create ceremonies that provide comfort, support, and closure, helping them navigate the grieving process.

Overall, Talk of a Lifetime encourages open communication, reflection, and planning to ensure that a person’s life is celebrated and remembered in a way that is truly meaningful to them and their loved ones. To obtain more information about the Talk of a Lifetime campaign, visit the official website of FAMIC at www.famic.org.

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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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