

# Second Opinion

LOCAL ALTERNATIVE HEALTH AND HEALING

FREE

## November celebrates

- National Caregiver Month
- Diabetes Awareness
- Veteran's Day



Small Business  
Saturday -  
November 28, 2020!  
**Plus** our 2020 Holiday  
Gift Guide

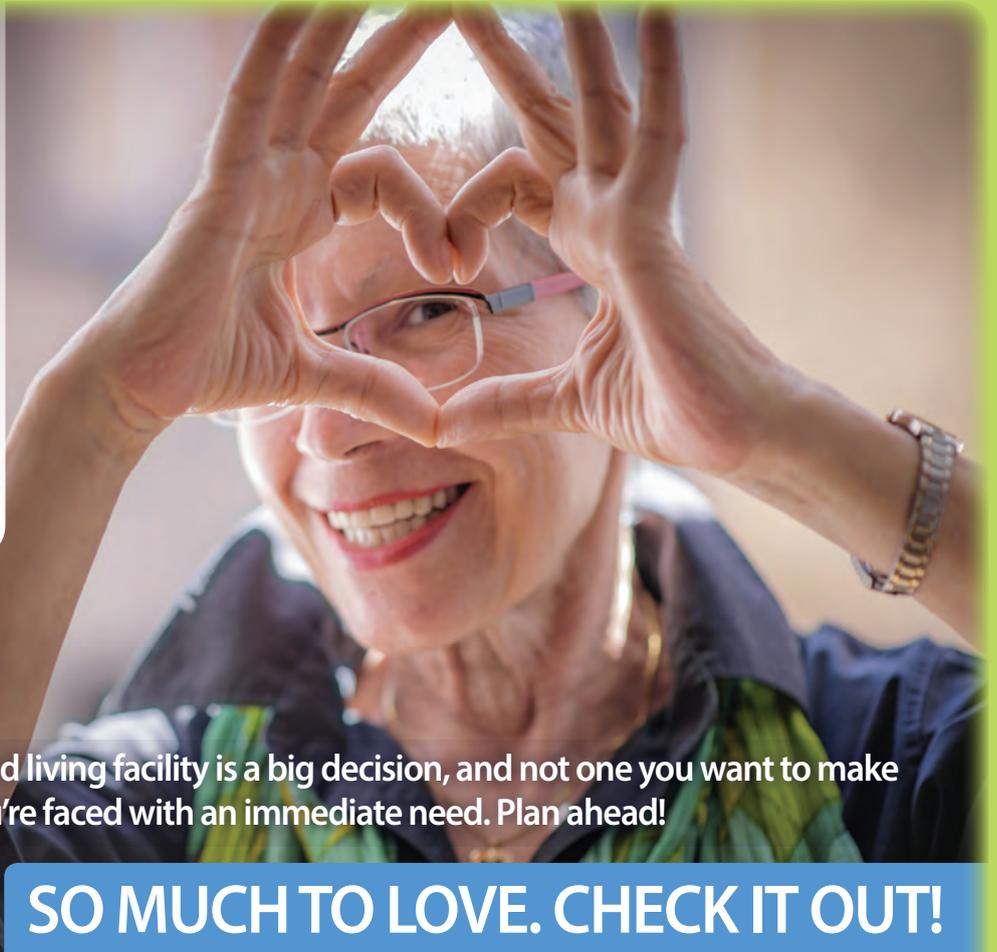
**63%**

OF CAREGIVERS PASS BEFORE THE  
PERSON THEY ARE CARING FOR,  
BECAUSE THEY DON'T TAKE A BREAK.  
MORE ON PAGE 23...





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Megan Podoll, *Director*

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Photo by Todd Trapani

SECONDOPINIONMAGAZINE.COM

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## The Hefty Price of Holiday Cheer

**T**he Holidays are a time for family and friends to come together over a smorgasbord of cream cheese appetizers and chocolate covered everything. In fact, Americans are the number one chocolate consumer in the world. And while you and I enjoying a chocolate dunked cherry truffle sounds delicious, for your pets, it can be very harmful.

In a survey of pet-related medical claims, Nationwide Insurance says holiday hazards that our pets are exposed to for two months can be very dangerous to their health and costly to boot!

On average, here are some of the medical expenses you could be looking at if not careful!

- Electrical Shocks - \$393
- Plant Poisonings - \$566
- Intestinal Ingestion of Foreign Objects - \$1181
- Food/Alcohol/ Chocolate Toxicity - \$330-\$430
- Candle Burns - \$184
- Shiny Ornament Lacerations - \$693

We all love the joy that decorating the tree inspires, or how the warm Christmas cookies taste but for our pets, we need to be on guard. Cats will jump at shiny, dangling ornaments and dogs will drink any standing liquid.

So for this holiday season, consider accommodations for your fur baby if you are out for a lot of the day or leaving for a few days to visit family and can't take them with you.

Ruff Life Pet Hotel in Chippewa Falls welcomes your pet as their own. Ruff Life Pet Hotel owners were inspired by their love of two dogs, Bailey and Lucy, who are now in

puppy heaven to create a place that was a "home away from home" for all cats and dogs to stay when they cannot be with their owners.

"We wanted a place that was safe and fun with the comforts of home to make the time apart not as stressful for both owner and pet. We welcome all kinds of breeds and have structured the facility in a way that is even great for pets with special needs."

"Pets tend to get into mischief - like playing with your favorite shiny ornaments your great-grandmother gave you - when they are separated from their owners or when extra people are in their home."

You can breathe a sigh of relief this year knowing once the Jingle Bells can be heard over the airways, your pets can be safe from the many holiday hazards!

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# 2020 HOLIDAY GIFT GUIDE

## Shop Local!

01 12 under \$12!



02



04



05



06



08



07



### 01 | THE LUMINARY WELLNESS CENTER

Whether you're looking for a great deal or an already-packaged gift you can grab and go, high quality CBD, soothing Himalayan salt foot domes or the gift of an experience with a gift certificate, The Luminary has you covered! Save \$5 on every \$50 increment towards a gift card! That's right you could get a \$100 gift card for \$90 this holiday season. [theluminarywellnesscenter.com](http://theluminarywellnesscenter.com)

### 05 | THE ZANIYA CENTER

Give yourself an hour to REST. Float therapy: reduces the outside sensations of smell, sight, taste, sound so our body can relax from everyday stress. **Clear your mind. Relax your body. Feel weightless.** [zaniyamassage.com](http://zaniyamassage.com)

### 02 | HAY RIVER PUMPKIN SEED OIL

Proudly producing America's first pumpkin seed oil. This beautiful, dark-red, gourmet oil is wonderful used in salad dressings, drizzled over soups, or enjoy as a dip for bread. **Popcorn and Pumpkin Seed Oil:** Watching more Netflix these days? Popcorn and pumpkin seed oil were made for each other! Both are members of the "three sisters", the Native American system of planting corn, beans and squash (pumpkin) together for their mutual benefit. [hayriver.net](http://hayriver.net)

### 06 | SUNNY DAZE BATH & BODY

Our startup company was founded in Eau Claire by mother and daughter team, Kelly and Erica. We specialize in making bath and body products using only natural ingredients and none of the harsh chemicals found in most name brand products. [sunnydazebathbody.com](http://sunnydazebathbody.com)

### 03 | WONDERS OF NATURE CBD Premium hemp and CBD products

All products are made with full spectrum hemp extracts. This guarantees the complete profile of cannabinoids, terpenes and flavonoids in the same ratios as naturally occurs in the cannabis plant. [wondersofnatureonline.com](http://wondersofnatureonline.com)

### 07 | TANGLED UP IN HUE/ BLUE BOXER ARTS

**Yarn, beads, fibers, and macrame. Local and handmade. Art, gifts, and apparel.** We've put together some great baskets to gift this year! the Crafter Basket, the Plant Lover Basket, the Pamper Basket, and the Manly Basket. [tangledupinhue.com](http://tangledupinhue.com)

### 04 | MIKE'S STAR MARKET Planning a holiday party?

Call ahead to order your meat & cheese trays and gift boxes! We offer the freshest and finest pork sausages and cheeses. We also offer custom venison sausage & other game processing. And much more! [mikesstarmarket.com](http://mikesstarmarket.com)

### 08 | WOOL & FEATHER FARM

Our focus is to raise healthy sheep with quality fiber. Wool fibers are locally spun into yarns and roving. Yarns are hand woven into fabrics used in making our handbags and other woven goods. No dyes are used, just the natural beauty from our little sheep. [woolfeatherfarm.etsy.com](http://woolfeatherfarm.etsy.com)

# Good Eats!

## 2020 HOLIDAY GIFT GUIDE

01



**01 | UNDERCOVER SNACKS**  
Organic Crispy Quinoa lightly covered with just enough premium dark or milk chocolate. Light, crispy, crunchy, better-for-you, and incredibly delicious! Nut-Free, Gluten-Free. [undercoversnacks.com](http://undercoversnacks.com)

02



**02 | D'VASH ORGANICS**  
Date Syrup & Nectars All natural superfood sweeteners made using dates and sweet potatoes, boasting 25% less sugar than honey. [dvashorganics.com](http://dvashorganics.com)

03



**03 | KETO NATURALS COOKIES**  
Embrace your sweet tooth with these unique sweet treats. These keto treasures contain a lot of healthy and energizing fat but very few carbs. [bananajoechips.com](http://bananajoechips.com)

05



**05 | PIC NIK CREAMER**  
Made of superstar ingredients like grass-fed butter, grass-fed whey protein and MCT oil to help you feel full and alert. With a taste and texture that is reminiscent of half-and-half, this keto-friendly creamer is versatile and deliciously rich. [picnikshop.com](http://picnikshop.com)

04



**04 | SAFE + FAIR DRIZZLED POPCORN**  
A clean-label food company. They believe in making foods that are safe, fair, wholesome and delicious. 3% of proceeds donated to the Sean N. Parker Center for Allergy and Asthma Research at Stanford University. [safeandfair.com](http://safeandfair.com)

# Fun Finds!

01



**01 | MAGGIE'S ORGANIC SOCKS**  
Organic cotton & organic merino wool. Real Fair Trade. Proudly made in the USA. Socks of all styles, heights and thickness. [maggiesorganics.com](http://maggiesorganics.com)

03



**02 | NOTABAG TOTE BAGS**  
Tote bag-backpack hybrid. They combine aesthetic, practical and eco-conscious design with high quality, long-lasting materials. They collaborate with small factories with good working conditions. [notabag.com](http://notabag.com)

02



**04 | CLIQ CHAIR**  
The bottle-sized chair for anywhere! Setup is fast and easy, even kids can do it. Keep one—or six—in your car and always have enough chairs for everyone. [cliqproducts.com](http://cliqproducts.com)

05



**05 | KAI CARRIER POUCHES**  
Reusable food pouches. Help you and your family reduce your carbon footprint by no longer needing to buy single use packaging! [kaicarrier.co.nz](http://kaicarrier.co.nz)

04



**03 | COLLAPSE-IT STORAGE CONTAINERS**  
Protect yourself and your loved ones with toxin-free, non-allergenic silicone. Collapse containers to half their size. Stack, nest and optimize your space. [collapse-it.net](http://collapse-it.net)

06



**06 | ISLAND BAMBOO PRODUCTS**  
Liven up your kitchen countertops! Island Bamboo uses 100% pure Pakka wood on all our utensils. FDA and Prop 65 approved. [islandbamboo.com](http://islandbamboo.com)

# Sip Happy!



01



03



02



05



06



04



## 01 | HOPLARK SPARKLING HOPTEA

Craft-brewed tea, hopped like a beer. Born and brewed in Boulder, Colorado. Brewed with tea and hops - they use organic whole leaf tea and Yakima valley hops, not extracts and natural flavors. [hoptea.com](http://hoptea.com)

## 04 | QARBO SPARKLING WATER MAKER

Eliminate single-use plastic bottles with the first sparkling soda water maker that can infuse any fruit and flavours in one go. This means never having to buy carbonated drinks in single-use containers ever again. [twenty-39.com](http://twenty-39.com)

## 02 | SIMPLE TIMES MIXERS

ALL NATURAL, handcrafted cocktail mixers. Inspired by a time when real ingredients were the only option. [simpletimesmixers.com](http://simpletimesmixers.com)

## 05 | DRINKMATE INSTAFIZZ

Made of stainless steel - instantly carbonate any cold beverage with the first water bottle on the market that can carbonate drinks. [idrinkproducts.com](http://idrinkproducts.com)

## 03 | PUREWINE WINE FILTERS

Imagine no more hangovers! With these filters, you can quickly remove the histamines and sulfites — the culprits causing those uncomfortable side effects of wine sensitivities. [drinkpurewine.com](http://drinkpurewine.com)

## 06 | BITTERCUBE BITTERS

Created in Milwaukee, WI, by hand with real botanicals. No pre-made extracts or flavors are used in our slow-crafted products. [bittercube.com](http://bittercube.com)

# Pamper Yourself!!



01



02

03



## 01 | STUNN COLLECTIVE AM & PM BEAUTY SET

Supplements for extraordinary skin and mindset. Achieve extraordinary skin and a tranquil mind, morning and night with AM YOUTH BOOST and PM CELL RESET. [stunnco.com](http://stunnco.com)

## 02 | EMINENCE ORGANICS

**Age Corrective Starter Set:** Cleanse, treat, revitalize and moisturize to correct aging with powerful ingredients formulated to create an ageless look with the complete Eminence Age Corrective routine. [emstore.com](http://emstore.com)

## 03 | BODY BOOST

Helps prevent new stretch marks and improve the appearance of marks due to pregnancy, weight gain or loss, teenage growth spurts and fitness training. [bodyboostnyc.com](http://bodyboostnyc.com)

# Luminary Wellness

At Luminary Wellness, it's their mission to leave you feeling grounded, relaxed, refreshed and radiating in newly restored energy through float, halotherapy, and infrared heat therapies. Owner Kari Jo Green is extremely passionate about her work, and helps us understand why everyone should consider a holistic approach to their overall wellness.

## What brought you to wellness work?

After an injury, I didn't find a good balance until I combined alternative modalities with conventional medicine. I had wanted more options available to me so I thought why not bring some new whole-person services to my community and empower people to create their own wellness path? I'm grateful for my life-changing injury, for without that experience, I wouldn't have had the passion, courage or ambition to start The Luminary.

## How can float, halotherapy, and infrared heat help people on their wellness journey?

Halotherapy is great for lung and skin health. It's natural antimicrobial, anti-inflammatory and super absorptive properties open up airways, relieving congestion as well as skin concerns like acne and psoriasis. I have a salt booth which was specifically made to deliver the same 45 minute treatment you get in a salt room with a group of people in just 10 minutes in a private setting.

Infrared sauna is great for an immune boost, as well as arthritis or joint-related pain, and overall detox. Our sauna uses near, mid, and far infrared technologies which all bring unique benefits. Every session is also customizable with music or binaural beats and medical grade chromotherapy.

Floating has a myriad of benefits ranging from physical & psychological (anxiety, depression, ADHD, PTSD. etc) to personal and spiritual growth. It aids muscle recovery, performance optimization, and neuro processing disorders. Floating meets people wherever they are in their journey!

It's also important to note we've been taking COVID precautions seriously, from providing services that don't require any direct contact to installing NASA created air purification systems & sanitation stations throughout the building.

## How have these therapies helped you on your wellness journey?

Halotherapy maintains my respiratory hygiene, especially during times like these, which is why for a limited time I'm offering unlimited halotherapy for \$99 a month (cost equivalent to 3 sessions). Sauna helps to detox and with overall immunity, as well as a relief for overall discomfort. Floating helps me reprioritize, work through problems, abs obtain a break from chronic pain. It also helps lower blood pressure and anxiety by activating the parasympathetic system and alpha brainwaves.

## What's one thing you would tell someone who is considering adding these therapies into their wellness routine?

You never know what these therapies can do for you until you've tried them. Most people need more than one session to discover the full benefit. Just like a prescription from your doctor, you will achieve the highest benefit from a series of sessions which will help you find what works best for your specific needs.

Every decision Kari Jo makes is rooted in the question: How will it make a person feel? In anticipating people's needs, she's created a space where you feel uplifted upon entering. So, let The Luminary light YOUR path to wellness!

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# Thanksgiving: My First Turkey Hunt

by Mike Schut, Program Director, Farm Table Foundation, [www.farmtablefoundation.org](http://www.farmtablefoundation.org)

"To live, we must daily break the body and shed the blood of Creation. When we do this knowingly, lovingly, skillfully, reverently, it is a sacrament. When we do it ignorantly, greedily, clumsily, destructively, it is a desecration." Wendell Berry, *The Art of the Commonplace*

It's dark and chilly at 3:30 AM in April in northwest Wisconsin. But I alighted from bed that morning without trouble.

I was going hunting for the first time in my adult life. Unlike those times as a boy when I closely followed my uncle Rog along rural Iowa fence rows as he hunted pheasants, this time I would be carrying the gun.

I met my mentor, Cody, at 4:30 at a park-n-ride just over the Dunn County line. Cody has been hunting since before he can remember. He works for Pheasants Forever. Fewer people are hunting these days, so groups like his are investing in educating new hunters like me. Licensing fees support the important conservation work done in the state.

Cody had permission to hunt on a farmer's land—said he'd been seeing turkeys out in a certain field. Cody had already set up the blind, which we approached at about 5:20. We set out two decoys (one hen and one male, or tom) and sat back to wait for turkey season to open at 5:58 (a time set based on sunrise). As if on cue, from a ridge maybe 300 yards away, a few toms started gobbling from their tree roosts at about 5:50.

A few minutes later Cody started calling, mimicking a hen with a device made of slate and wood. April is breeding season, so toms are out daily, looking for hens.

At about 6:05 we noticed that three toms had flown down to the field, landing about seventy yards away. Cody called periodically.

Soon all three toms were walking directly toward our decoys; they approached aggressively, ready to fight this new tom. Cody continued to call.

Of course, now they were in range. The 12-gauge shotgun was at my shoulder, safety is off; I was sighting down the barrel. Trying to breathe easy.

When strutting, turkeys tuck their necks down close to their breasts. You don't want to shoot them in that position as the meat would then be riddled with gunshot. You want a clean shot at the head.

The three toms were bunched together, about twenty yards away. Two of them strutted a few feet straight

toward the blind, necks tucked. One stepped to the side, but his neck was also tucked. Cody whispered, "Shoot the one on the left; no, now the one on the right." I was just trying to wait until one lifted its neck....

Ah, one turned, slightly in profile, neck raised. My sight looked on; breathing slowly, keeping my head down, cheek against the stock, I squeezed.

The other two toms moved slowly away but Cody got up and out of the blind quickly. The tom was flailing wildly in the snow, but Cody assured me he is totally dead, was when the shot rang out. He stepped on the turkey's head and skillfully grabbed the shank above the sharp one-inch spurs so the meat wouldn't be bruised from the flailing.

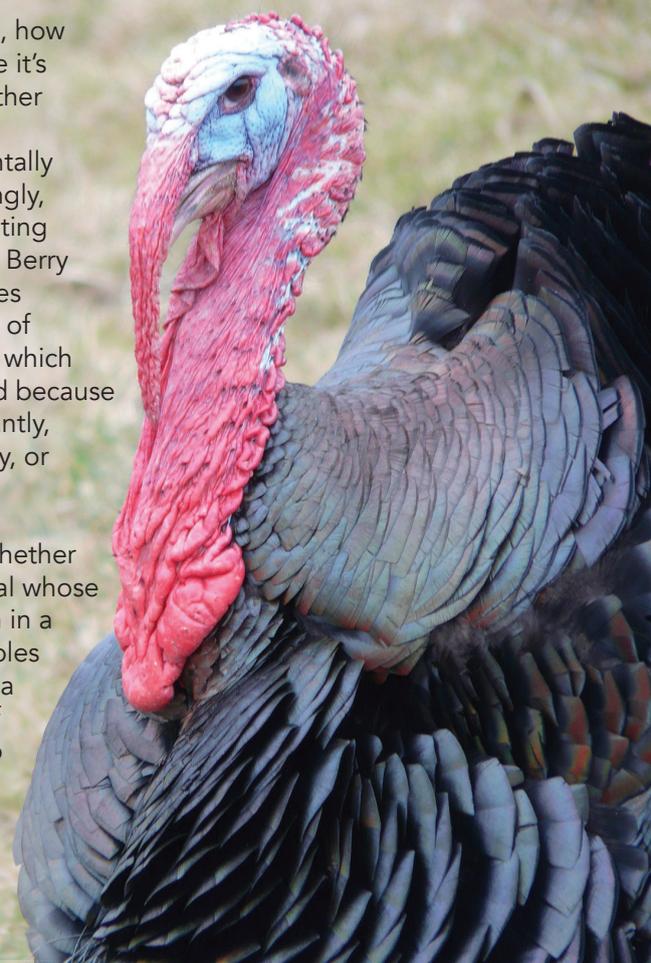
Cody couldn't believe it. He had never been on such a short turkey hunt. They gobbled. Cody called. They flew. Cody called. They strutted. Cody called. I shot.

I knelt down by the tom once he had fully quieted. We both stroked his feathers. I said thank you. This was not an expected start to his day.

Hunting feels very serious to me, and very honest. Serious in that I am deciding if I will take a life, a life that has a right to go on, a life that would very much like to find a hen. Honest in that it's a direct confrontation with the truth that we cannot live but that others die.

But what we eat, how it's grown, where it's from...all can either move us toward eating sacramentally (knowingly, lovingly, reverently) or eating in a way that, as Berry writes, desecrates the complex set of relationships on which our lives depend because it is done ignorantly, greedily, clumsily, or destructively.

Eating locally, whether that be an animal whose life you've taken in a hunt, or vegetables grown by an area farmer, is one of the best ways to honor the truths in Berry's words.



# 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....

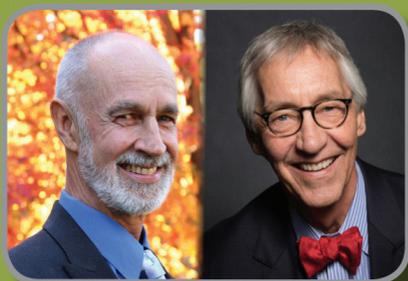


This is a picture of a "light cured" composite filling. They can last as long or longer than mercury fillings with no danger of releasing harmful heavy metals.



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

**BE CAREFUL WHO REMOVES YOUR MERCURY! MORE HARM (THAN GOOD) CAN BE DONE WHEN IMPROPERLY REMOVED.**



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## ACUPUNCTURE FOR WELLNESS

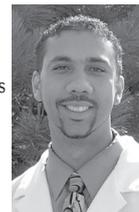
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# The Holidays in 2020

By Melinda Gardner

I've been thinking about what the holidays will be like this year. It's been such a wild year. This spring I actually began to keep a list of new vocabulary because there were so many new words and phrases. It's been "unprecedented". Wow – how many times have we heard that?

I've also been thinking about how many people are struggling. How angry some people are. How hard it is to keep calm and not become totally overwhelmed. Christmas is more than enough to make us overwhelmed if we're not careful even in the best of times.

I'm really working on trying to find the best in things. Being grateful for my life, my family, my home, and for the ability to work. It's something I need to be deliberate about. Checking my attitude. Not feeling the need to respond to everything that makes me upset. Turning off the news.

I heard recently that there are families who don't agree politically, and it has destroyed their relationships. Adult children who won't let their parents see the grandkids because they don't agree on politics. I don't agree with everyone in my family either but we have decided to "agree to disagree" and not let it

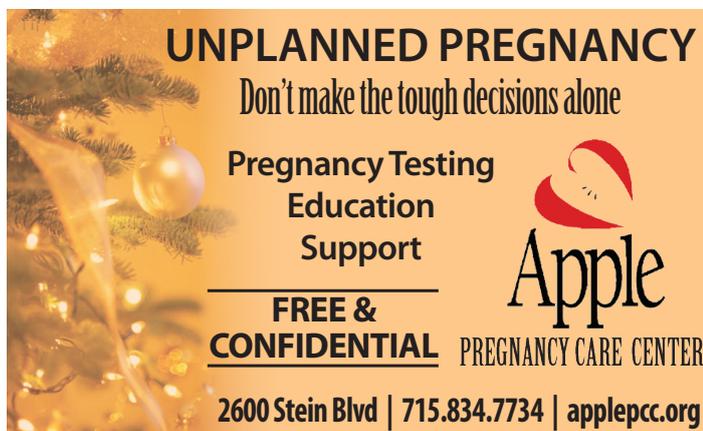
destroy the love and care we have for each other.

Some of the people we serve at APPLE Pregnancy Care Center don't have a lot of support from the people around them. It's one of the reasons we are here: to encourage, teach, mentor, and reward them with the material things they need for their children. Treating people with kindness and compassion changes everything.

I just heard a story about a young woman who was having a bad day. She got on the bus and sat by an older woman. She bumped her and was rude and mean. After a little bit, the younger woman asked the older woman why she didn't get mad at her. The woman said, "Life is short." In her wisdom, she understood that retaliating, make a scene, and being angry would just make it worse. It takes a lot of energy to be so angry, doesn't it? Her maturity changed the situation. Her kindness mattered.

What if we chose to be kind and thoughtful this holiday season? If we chose to have fun, accept people where they are, put on happy music and sing and dance?

We all need true community in our lives. We all need someone to listen to us talk through our problems – our joys and sorrows. We need someone to laugh with and even to cry with. It isn't always easy to find, but you know it when you have it. What if we tried a little more kindness and gentleness in our relationships right now? When we love and support others, it changes things. I know that would be one thing I can get on board with.



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# Top 10 Bone Broth Benefits

**DIET AND WEIGHT LOSS** - Bone broth contains several amino acids that boost nutrient metabolism and improves efficiency. It can even reduce the appearance of cellulite.

**DIGESTION AND LEAKY GUT** - Collagen and gelatin are vital proteins found in bone broth required to build and repair the GI tract, heal and reduce food sensitivities!

**DETOXIFICATION** - Glutathione is one of the most potent detoxifying agents that can help cleanse the liver and digestive system from toxins.

**HAIR, SKIN AND NAILS** - Collagen helps form connective tissue enhancing the elasticity, moisture, and youthful appearance of skin. It also supports hair and nail growth.

**ARTHRITIS AND JOINT PAIN** - Bone broth supplies the body with glucosamine, chondroitin sulfate and gelatin which supports joint flexibility, connective tissue and cartilage restoration.

**IMMUNE SYSTEM** - The nutrients in bone broth maintain a balanced bacterial environment in the GI system and provide defense against autoimmune diseases.

**INFLAMMATION AND ANTI-AGING** - Broth reduces bodily inflammation helping eliminate chronic joint pain, boosting cell rejuvenation and slowing the body's' natural aging process.

**ENERGY AND RECOVERY** - The amino acids in bone broth enhance energy levels by helping convert glucose into usable energy, preserving muscle tissue, and supporting growth hormone productions.

**MOOD AND COGNITION** - Optimal gut health ensures stable communication between our digestive system and brain. Bone broth improves mental clarity, mood and supports neurotransmission.

**TEETH AND BONES** - Healthy teeth and bone formation require a constant supply of nutrients. Bone broth increases collagen synthesis, enhancing bone mineral density and dental health.



## Holiday Threats to Your Pets

You may share your backyard and even your bed, but it's probably best to avoid sharing a meal with man's best friend, or any other pet for that matter. Listed here are some common everyday (and holiday) goodies Fido should never have.

### ■ Holiday Goodies RAW YEAST, BREAD DOUGH

**Why:** Forms gas in the digestive track; fermentation of yeast causes alcohol poisoning. **Poisonous to:** All species, but only dogs typically ingest it. **Possible effects of poisoning:** Distention of abdomen, vomiting, disorientation, diarrhea, lethargy, lack of coordination, difficulty breathing, tremors, coma, seizures.

### ■ Mistletoe and Holly

**Dangerous for:** Cats and dogs. **Possible symptoms:** Mistletoe and holly may cause vomiting, diarrhea, and heart arrhythmia in both cats and dogs.

### ■ Tinsel and Ribbons

These shiny decorations may look pretty, but they can cause serious problems for cats and dogs. Never wrap tinsel or ribbon around the neck of a pet, no matter how festive it looks—this is a choking hazard. **Dangerous for:** Cats and dogs. **Possible effects:** If swallowed, tinsel and other decorations like ribbon can cut up the digestive tract and cause intestinal obstruction.

### ■ Alcohol

Pets should never ingest alcoholic beverages, because alcohol depresses the nervous system. **Dangerous for:** Cats and dogs. **Possible symptoms:** Alcohol may cause vomiting, disorientation, diarrhea, lethargy, lack of coordination, difficulty breathing, tremors, coma, and seizures.

### ■ Chocolate

Chocolate, which stimulates the nervous system and the heart, should be kept far away from four-legged friends. Although all chocolate should be avoided, dark chocolate poses a greater risk than sweeter varieties, such as milk chocolate.

**Dangerous for:** Mainly dogs. Cats don't have the same "sweet tooth" and aren't as likely to eat dangerous quantities. **Possible symptoms:** Consumption of chocolate can cause agitation, vomiting, diarrhea, high heart rate, tremors, seizures, and even death.



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# Reiki For Life

By Ilona Udvari,  
Reiki Master/Teacher

**T**he act of laying on hands to comfort and relieve pain is as old as human interaction. We pass healing and restorative energy to one another simply through our intent, touch and breath. Our first natural reaction to our own pain or another's is to hold, touch or rub it. We hug and kiss one another, cradle and comfort our children, and pet our pets, all because human touch conveys warmth, serenity, healing, caring and love. We respond to each other this way, innately, freely passing healing life force energy from ourselves to one another.

We can give small amounts of our own energy to others without compromise, however, our personal system is designed to work solely for ourselves and can be depleted quickly if we are not careful. For instance, we may recognize the deterioration of our own physical and mental state by caring for the sick, providing long-term care for another, or helping someone through an emotionally draining situation. Presently we are encountering new health challenges with the pandemic. This is a great time to unlock a new era of self care, health maintenance and specialized care giving. We have the capability to harness energy from the unlimited source of Reiki.

Reiki is "life force energy": a nonphysical, healing energy guided by Higher Intelligence, Divine Consciousness, Cosmic Wisdom. Sometimes this is simply referred to as Source Energy. It is naturally present all around us and pervades all things throughout our universe. Through an attunement with a Reiki Master/Teacher, the body's frequency is raised to enable access and translation of unlimited amounts of this intelligently guided life force energy. And, once we are attuned, the energy is immediately available and lasts a lifetime.

During the attunement process, the body's energy realigns to create a cohesive balance between body, mind and spirit. When life force energy is high in the body, the

immune system works brilliantly; we are healthy, strong, confident, enthusiastic and ready to enjoy life; we are rational and creative thinkers and easily take on challenges; and we experience a pervading sense of calm, patience and compassion. Conversely, when life force energy is low, our immune system can become easily compromised; we may find it difficult to get things done or to cope with stress; our thinking can become fragmented; and we have difficulty processing emotional frustration, fear, doubt and worry. Reiki can help find balance for the receiver.

When hands are placed on the body during a treatment, the giver is a conduit for Reiki energy, but it is actually the receiver's body that communicates and directs the energy to his or her own areas of greatest need. Since it is not guided by the mind of the giver, there are no limitations, nor can it be misused or be too much. It can be used to treat almost any physical and emotional condition such as disease, wounds, broken bones, bacterial infections, viruses, burns, bites, emotional imbalances, depression, eating disorders, fears, compulsions, and past traumatic events, and so many others. Reiki can never do harm and always creates a healing effect. Even large hospitals, including the Mayo Clinic, are beginning to implement Reiki.

We are intended to help ourselves and others. Reiki opens us up to be the best that we can be and to harness the unlimited resources that are all around us. By choosing to have a Reiki attunement, the answer to improved health is literally at our fingertips.

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# PTSD & Float Therapy

**R**estricted Environmental Stimulation Therapy (R.E.S.T), or float therapy, reduces the outside sensations of smell, sight, taste, sound, and spacial awareness so our body can relax and let go from the outside stimulus of everyday life. Floating can be incredibly beneficial for people with PTSD, anxiety or depression, and Carla, owner of The Zaniya Center in Chippewa Falls is enthused to tell us why.

## What brought you to Float therapy?

I've been a massage therapist for almost four years. I focus on the brain-to-body balance which is especially crucial with clients with PTSD/anxiety/depression. I'm always exploring, and adding new services, so float therapy fell in my lap. The more I researched the benefits of R.E.S.T., the more it made sense to add that to The Zaniya Center. Since I wanted to serve clients with PTSD, I opted for the open tub concept.

## How can float therapy help veterans with PTSD?

I offer TRE® (Trauma/Tension Release Exercise) to help with the body's response to physical or emotional trauma. People with PTSD tend to live in the past for fear of the future, and float brings the person to the present, reconnecting the brain/body balance. By taking away sensory input, our nervous system is able to calm down while our brain shifts focus to basic functions such as heartbeats and blood flow. Basically, it helps transition the brain from fight or flight to rest and digest.

Floating elicits a sense of peace and calm not only during the float session but for 24-48 hours after. There is also a yin/yang effect, i.e. when we reduce anxiety and depression, we also increase serenity and joy, which has a direct effect on the physical body.

## What's one thing you would tell someone who is considering float therapy?

Give it three consecutive sessions. The first session is about trusting the process. Figuring out how to do nothing and just be is really difficult. Letting go both physically and mentally isn't going to happen when the lights go out, but it will happen with practice. The goal is you will eventually trust that you are ok and that this moment is ok. This is why we offer an intro to float package: buy two get one free.

So, if you or your loved one are looking to explore treatment options for PTSD, anxiety, and depression, be sure to check out The Zaniya Center.

IT'S ALL ABOUT WHAT YOU'RE NOT DOING



Give yourself an hour to R.E.S.T. You deserve it.



## FLOAT THERAPY

**FEEL WEIGHTLESS:** When our muscles and bones aren't fighting against each other our body can finally find a balance.

**CLEAR YOUR MIND:** By eliminating outside distractions such as sight, sound, touch, smell, taste and spacial awareness, our brain doesn't have as much work to do, opening up a new realm of creativity, imagination and memory enhancement.

**DECREASES:** Stress, Anxiety, Depression, Arthritis, Fibromyalgia, Chronic Fatigue, Muscle & Joint Pain, Inflammation, High Blood Pressure.

**INCREASES:** Muscle Recovery, Creativity, Focus, Production, Digestion, Spiritual Openness, Mind/Body Awareness, Left/Right Brain Balance.

Float therapy can help those suffering from **PTSD**. Men & women who have served our country can benefit by helping to heal both physical and mental scars they bear.

Clear your mind  
Relax your body  
Feel weightless



[zaniyamassage.com](http://zaniyamassage.com)

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# EAP for Veteran Wellness



For many, figuring out how to manage symptoms of mental illness, such as PTSD, or increased stress/anxiety/depression during the holiday season, is tricky and overwhelming. With a variety of methods to help, from various therapies to pharmaceuticals or holistic medicine, it's difficult to know what works best for you. At Trinity Equestrian Center in Eau Claire, owners Bill and Toni Mattson seek to reach these people and more through Equine Assisted Psychotherapy (EAP) and veteran wellness, which they offer for free to veterans and their families. Through their various therapies, they're seeking to "share our love of horses and their healing power with everyone who comes to us for support."



persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores." EAP, offered at Trinity, is an effective way to address and combat these persistent symptoms. At Trinity, "instead of trying to think your way out of a problem, you use your bodies and hearts to feel and react in the moment." The main objectives equine therapy focuses on are: "communication, triggers and coping, setting boundaries, overcoming fear and creating trust." With these as a foundation, hope and healing follows. Unlike humans, horses "don't judge or criticize," making the path to recognizing strengths and struggles faster, and changes and shifts smoother.

For those who serve in the United States Armed Forces, exposure to traumatic experiences such as combat and/or life-threatening situations often result in symptoms or a diagnosis of post-traumatic stress disorder (PTSD). This mental health condition can lead people to lose touch with their emotions, behave aggressively, and feel irritable. People who have PTSD live in a state of hypervigilance and can feel threatened by everyday events, and horses exist in a similar state. Study researcher Mänette Monroe points out "by interacting with horses, people with PTSD will often see their own emotional state mirrored in the reactions of the horse with which they are working."

At Trinity, veteran wellness is non-verbal and relationship-based, which is helpful for veterans who may struggle with talk therapy. The relationship between the veteran and the horse is "a journey of creating connection, relationship, and trust." The ultimate goal of this therapy is "once [the relationship building] is mastered between the veteran and their horse, it spills over to the other important relationships in their life." After her time at Trinity, U.S. Army veteran Nicolle Lillis said "week after week my confidence grew, while my demons shrunk." Sessions occur weekly for 12-24 weeks and are offered to veterans and their families at no cost.

The Mayo Clinic points out "when stress is at its peak, it's hard to stop and regroup, so try to prevent stress and depression in the first place." One of the ways to combat holiday stress/anxiety/depression is to seek professional help if you need it, especially if you "find yourself feeling

Whether you or a loved one is struggling with PTSD, or you're anticipating the holiday blues, Trinity Equestrian Center is "eager to connect people, horses, and God."

**Annual Horsepower For Veterans is canceled.**  
**JOIN US FOR OUR VIRTUAL EVENT**  
**CHAMPIONS FOR VETERANS 2020**  
All proceeds go to fund Trinity's FREE Therapy to Veterans struggling with PTSD

**Here's how it works:**

- ★ Take your ride anywhere, anytime, on anything through Veterans Day.
- ★ Forward your donation of **\$25/person or \$35/couple** or family to: NETWORK FOR GOOD on Trinity's Facebook; or Mail to: Trinity Equestrian Center Kids Kamp, S5300 State Rd 37, Eau Claire, WI 54701
- ★ Email your trip photo, names, message (if desired), to [ChampionsForVeterans@gmail.com](mailto:ChampionsForVeterans@gmail.com), and it will be posted the Friday after your donation is received on the Trinity's Facebook
- ★ Or make Trinity your destination! Take a selfie by our CHAMPIONS FOR VETERANS banner, and forward your donation in the same manner.
- ★ Keep up to date on Champions For Veterans at #CFVRide

Call Trinity Equestrian Center at 715-835-4530 or visit [trinity-ec.com](http://trinity-ec.com) for more details

**Partnering with Our Horses to Provide Hope & Healing for Veterans Since 2009**



## CBD & SLEEP ISSUES

**W**e are currently living through some of the most anxiety-provoking times in recent history. The lasting day to day impacts of COVID-19 may easily turn even the most centered among us into worrying wrecks, manifesting in increased symptoms of anxiety - such as sleeplessness. While there's no magic method that makes these symptoms go away, many people are beginning to turn to CBD as a holistic helper in their wellness routine, particularly when it comes to helping with overall sleep health.

Chris Buske, owner of Wonders of Nature, is passionate about helping the community discover all the benefits of hemp and CBD products. When describing how CBD rich hemp extracts can help customers with their sleep health, as a large portion of his clients struggle with sleep issues, Buske often uses analogies that connect with the everyday pressures of today's world. He says "when our central nervous system is overstimulated with [elements like] stress, the news, and the constant lights and sounds of today's world, it's similar to when we have dozens of windows open on our computer browser and

multiple programs running, and when we try to shut down the computer when this is all happening, it takes forever." Our brain and nervous system are similar to this process, where it can be difficult to shut all of these stressors and stimuli down when we try to go to sleep.

Incorporating CBD products into our daily wellness routine regulates our fight or flight tendencies which are activated by these stressors, keeping the amount of "tabs open" limited and easier to control when bedtime rolls around. The calming effects of using CBD throughout the day may help us to relax on our own terms when it's time to turn the lights off.

Additionally, the endocannabinoid system plays a role in maintaining certain body functions, such as sleep and regulating circadian rhythms. Specifically, CBD may interact with specific receptors in the brain and central nervous system that potentially impact the sleep/wake cycle.

Furthermore, Buske emphasizes that not everyone responds to cannabinoids the same including CBD. There's no specific dosage chart that works for everyone and researchers believe most (if not all) cannabinoids have a biphasic effect. Meaning a low dose delivers certain benefits, and a higher dose can reverse those benefits. For example, Buske states that some people will experience more alertness with lower doses of CBD throughout the day but have drowsiness when using higher doses. Buske recommends that users of his product 'titrate' their dose by starting with a small amount and slowly increasing until they get maximum benefits for the desired effect. He also always recommends talking to your primary health care provider if you have any concerns with using an alternative medicine like CBD.

So if a good night's sleep has been hard to come by this year and you are looking for solutions, be sure to visit Buske's shop Wonders of Nature, a premium hemp and CBD store dedicated to supporting small family farms, to learn more about what CBD can do for you! Located at 416 S. Barstow St. Eau Claire, WI. Or visit [www.wondersofnatureonline.com](http://www.wondersofnatureonline.com).

*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.*

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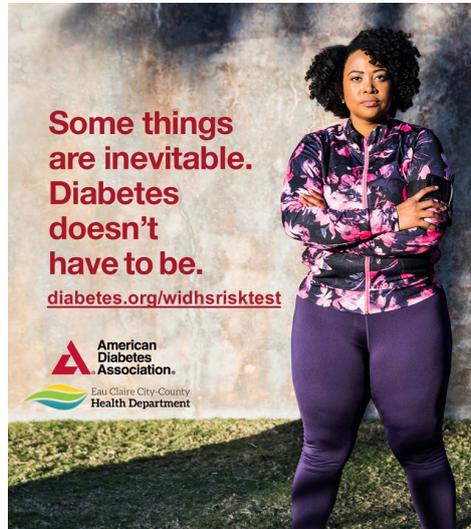


# 1 in 3 Wisconsin Adults Have Prediabetes. Do You?

Janessa VandenBerge, MPH, CHES®, Community Health Educator, Eau Claire City-County Health Department

November is American Diabetes Month and November 14th is World Diabetes Day. This November, take control of your life by knowing your risk.

In Wisconsin, one in three adults have prediabetes. Yet 90% don't know they have it (National Health and Nutrition Examination Survey, 2011-2014). Prediabetes is a serious health condition that comes before diabetes. It means your blood glucose (also called blood sugar) levels are higher than normal but aren't high enough to be called type 2 diabetes. If left untreated, prediabetes can turn into type 2 diabetes. Take 60 seconds today to know your risk: [www.diabetes.org/widhsrisktest](http://www.diabetes.org/widhsrisktest).



- **Manage Your Weight.** Make a plan to lose weight. Losing even a few pounds will help.
- **Manage Your Stress.** Take a walk, read, meditate, clean, do yoga... find what works for you!
- **Stop Smoking.** If you need help quitting, call the Wisconsin Tobacco Quit Line at 800-QUIT-NOW (800-784-8669).
- **Take Your Medication as Prescribed.** If you have been prescribed medication by your doctor, take your medication as directed – it can improve your health and help you live longer.

For additional information, visit [PreventDiabetesWI.org](http://PreventDiabetesWI.org).

Prediabetes can be reversed if caught early! Small changes can make a big difference. Take these steps today to improve your health:

- **Eat Healthier.** Avoid or cut back on sugary beverages such as sodas, sports drinks, and sugar-sweetened teas and coffees. Eat smaller portions. Limit fried foods. Fill half of your plate with fruits and vegetables.
- **Get Active.** Aim to walk for 30 minutes, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

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# Positive Pointers for the Holidays

**W**e have the power to reduce or change stresses in our everyday lives, now and around the holidays. Yes, these are not normal times and we all have been affected by the global COVID pandemic. Nature is creating many challenges, which may affect people economically, emotionally, and physically. Really, as you are reading this now, it is time for some real hugs to feed the hearts and souls of our children, first responders, teachers, postal staff, doctors, nurses, and pretty much everyone you meet.

If you're feeling a little blue, here are some positive pointers to help you address your stress:

1. Pause. Take a deep breath. Exhale. Repeat five times. Pick a positive word or affirmation to think on or say with each inhale and exhale, such as "I can be peaceful. I live in peace, I share peace, I enjoy peace. I am peace."

Doing this gives you a positive

pause moment. That did not take long. Share this with kids by asking them to pick the positive word for the day.

2. Perceive what is and is not working for you. Be truthful. If you are one of many whose office is now at home in the bedroom, but it's hard to focus because your body is constantly uncomfortable or your mind distracted, see where else you could move. Maybe even make interior design changes that would create a better, healthier place for you to work.\*

3. Proactive—be proactive. We all do better with a daily schedule. If I know what is coming up, I can plan for it. My daily routine helps to start my day. I like my bed made in the morning after I am up. Our kiddos need routines, too, even if they are home-schooled or virtual learning. They need a routine: get up, make your bed before breakfast, school starts at \_\_\_\_, recess time at \_\_\_\_, etc. And don't forget we all need time to move our bodies. Exercise needs a place in your daily schedule. Move your body.\*

\*Being perceptive and proactive also means doing what is needed in order to be safe. Right now we all need to be wearing face coverings in public, social distancing, and washing our hands.

4. Be approachable, not perfect. For the work-from-home workers, your "work mode" doesn't always present well to everyday people and family. Office workers, smiles still show up even when you wear a mask. To both groups: smile.

5. Last - Please remind loved ones, and yourself: "I love you."

*This list has something for everyone. Pick one to create positive changes that can be used now and beyond the holidays.*



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# Essential Nutrients for Fighting the Cold and Flu

By Heidi Toy, BS, FNTF

**F**lu season is here, and everyone seems to want to know if you've had your flu shot yet, especially considering we're in the throes of a pandemic. The flu vaccine, however, is NOT your best defense against getting sick.

Each year, the FDA and the CDC decide which strains of the influenza virus should be sold in the U.S. These specific strains are selected through calculations of which ones are "most likely to cause illness." Basically, the "experts" guess. Each flu shot also contains mercury in the form of thimerosal. Mercury is one of the most hazardous neurotoxins because it destroys brain tissue.

An alternative to getting the ambiguous and dangerous flu shot is to naturally strengthen your immune system through supplements, giving your body the ability to fight any bacteria, virus, or microbe.

Most folks who contract the flu already have a subclinical deficiency of a nutrient, which means that the body cannot function at optimal performance. Add in emotional stress, weather changes, and/or daylight changes and you have a recipe for the body functioning at a lower performance level. The result is that bacteria and viruses gain temporary control, resulting in a cold or the flu. Two major nutrient deficiencies that play a critical role in warding off germs are zinc and vitamin D.

Zinc is crucial for a healthy immune system and is a co-factor in over 200 enzyme systems. This mineral has a direct link to our body's T-cells. If the body has a proper level of zinc, helper T-cells orchestrate an immune response while killer T-cells simultaneously hunt down and destroy cells that are infected with germs.

Zinc is also necessary for so many other functions:

- Improves cardiovascular function
- Supports female and male reproductive health
- Increases wound healing
- Produces healthy skin cells
- Stimulates GI cell repair
- Reduces inflammation
- Creates healthy cell membranes
- Metabolizes essential fatty acids (Omega 3/6)

Vitamin D is responsible for the regulation of over 2,000 genes in our body, and almost every person is deficient in it. It helps the body make more of the master antioxidant, glutathione. Glutathione gives us the ability to detox metals, toxins, and chemicals from every system in the body, including the immune system. It cannot be taken as a supplement--it must be made in the body, and vitamin D assists with production.

Vitamin D is a fat-soluble vitamin and should be taken with fat at your largest meal of the day.

Vitamin D has other roles in the body:

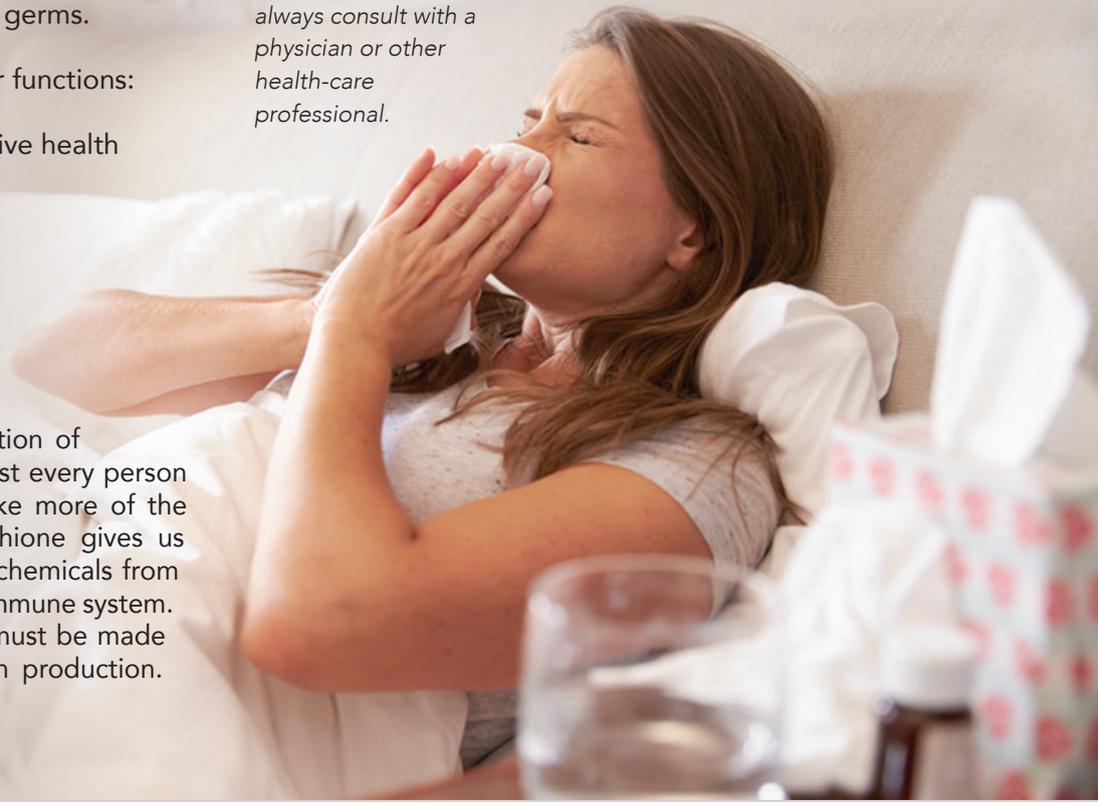
- Maintains blood sugar
- Supports a healthy gut
- Reduces inflammation
- Maintains healthy bone mass

A vitamin C supplement is also crucial to add to your regimen to fight the flu. Most people get vitamin C from fruit or juice, placing the intake of vitamin C in direct competition with an uptick of sugar. This causes elevated glucose levels, which effectively restricts vitamin C from entering the cells. This is one of the reasons we see a rise in colds and flu between Halloween and Valentine's Day--the highest sugar-consumption period of the year.

The most effective way to combat disease and illness is not necessarily through a flu shot. You need to develop a wellness program that includes a whole foods diet and a professional grade supplement regime year round to help support optimum nutrition. Exercise, even moderate, is also important! Make your body its own best defense.

The nutrients mentioned above are crucial to our wellbeing. For more information, contact me through my website [www.heiditoyfunctionalmedicine.com](http://www.heiditoyfunctionalmedicine.com). Please support local businesses.

*This information is not a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.*



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## INSIDE:

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# Caring for the Caregiver

SPONSORED IN PART BY





# CVTC to Host Free Online Caregiver Conference

*Event offered in conjunction with Chippewa Valley Family Caregiving Alliance*

An annual event to provide support for caregivers is going virtual this year, and you can attend without any risk to you or your loved one's health.

important to make time for ourselves, and the Caregiver Conference has valuable sessions to help caregivers focus and recharge."

The free Caregiver Conference, formerly known as the Caregivers Night Out and hosted by the Chippewa Valley Family Caregiving Alliance, will be hosted virtually by Chippewa Valley Technical College throughout the month of November. When providing care to frail elderly and others with serious health problems, protecting them from the spread of COVID-19 is essential, making an in-person night out unwise. The need for people to find support and resources, however, is still there.



The Caregiver Conference is a resource for people to find support and answers. The conference takes place on Mondays and Wednesdays from Nov. 2-18 on the Microsoft Teams video conferencing platform. Sessions include topics like "The Desires of Every Heart: Discovering Ways to Connect with Others," "Generating Perspective for Well-Being" and "Caring for Yourself while Caring for Others." For a complete schedule of sessions, and to register, go to [cvtc.edu/events/caregiver-conference](http://cvtc.edu/events/caregiver-conference). There is no charge for any of the sessions.

"The Caregiver Conference is for family or professional caregivers who are looking for some additional resources, tips and ideas on how they can be a better caregiver, while also taking care of themselves," said Claire Lindstrom, business development and continuing education specialist at CVTC, who is helping plan the conference. "During these challenging times, it is

"The virtual Caregiver Conference is a great way to reach caregivers who have not had an opportunity to attend in the past. They can attend from the comfort of their home," said Lisa Wells, dementia care specialist with the Aging & Disability Resource Center of Eau Claire County.

## Five Reasons Caregiving is So Tough

### Where's the other half?

Over half of family caregivers are women.

### Relationships may suffer

One out of every four caregivers reports diminished family relationships because of caregiving a loved one.

### Children do it too

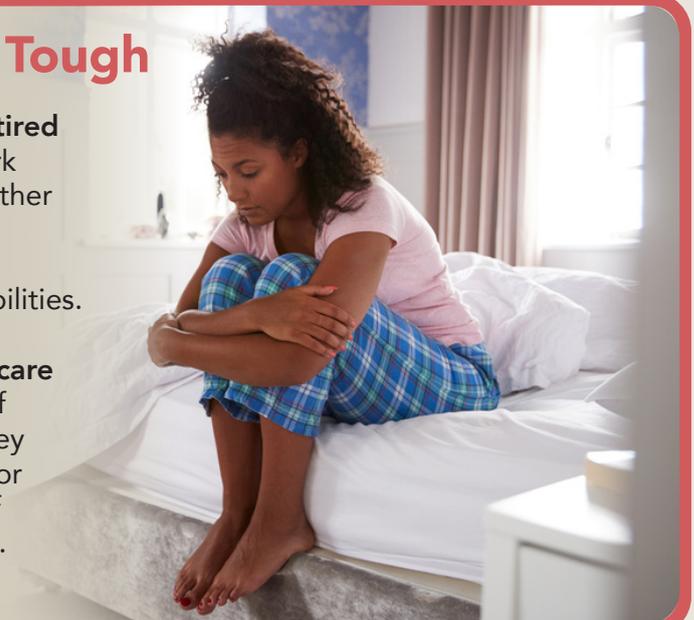
Over a million American young people, aged eight to 18, care for an adult relative on a daily basis.

### No wonder you're tired

Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities.

### It's hard to do self-care

Nearly 70 percent of caregivers report they don't see their doctor regularly because of their responsibilities.



# Caregiving for Mom from a Distance



## **START WITH A PLAN**

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

Make sure you:

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

## **RESEARCH CARE OPTIONS**

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

Be sure to include:

- The different types of care. Research the living options so you can explain the difference between independent living, assisted living and in home care. Use simple language. Get websites and brochure and housing guides.
- Doctor recommendations. Include mom's doctor in any decisions to afford her comfort in her care plan and alleviate possible future stress.
- The costs of care. Be completely transparent regarding cost of all care and who will pay. Create a budget and use it.
- Testimonials from friends. Ask for references and use them. COMPARE PRICING

## **PROVIDE LONG DISTANCE SUPPORT**

Tips to stay in touch:

- Set up weekly phone calls. Pre arrange a set time to visit so she knows when you will call. Do follow the plan.
- Save the caregiver's phone number. You will want a weekly check in regarding mom and to contact them in the event of an emergency.
- Plan future visits. Plan the yearly visits in advance. Mark dates on calendar and inform all the players.
- Check in with Mom's care network frequently. Review bills and budgets. Be sure to support the care team. Your thanks is appreciated and important to the ongoing success of the plan.



## **A MEDICAL ALERT GIVES PEACE OF MIND**

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

Selection point to consider:

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

## **SHOW MOM YOU CARE**

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

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

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# Essential Oils for Memory Care

The use of essential oil in aromatherapy is both an art and a science. To break down the science of aromatherapy: scents trigger olfactory receptors that stimulate the emotional center of the brain.

While aromatherapy and essential oils have been around for centuries, clinical findings proved its effectiveness in 1937, according to the National Association for Holistic Aromatherapy.

Essential oils come from plants, herbs, flowers, and trees. In aromatherapy, patients inhale, ingest or apply oils topically.

Some of the many benefits of essential oils include:

- Relaxation
- Supports a healthy inflammatory level
- Improved sleep quality
- Stress reduction
- Eased sad and anxious feelings

Aromatherapy and essential oils have been in use for generations to alleviate symptoms, reduce sad and anxious feelings, help relax, calm emotions, soothe away tension, relieve restlessness, and eliminate irritability.

While the search for comprehensive memory treatments continues, studies suggest that aromatherapy and essential oils may treat the symptoms of aging.

As feelings of sadness and anxiousness are common side effects for individuals diagnosed with memory problems associated with aging aromatherapy treatments can improve overall quality of life.

Aromatherapy and essential oils can also ease feelings of anxiousness which ultimately improves the quality of sleep. Research from the NIH shows that restful sleep is imperative for memory patients as unrest can increase the protein associated with the physical changes.

Agitation from memory loss is often one of the more difficult symptoms to treat, but essential oils can help here too! Lavender, Bergamot, and Lemon all have been found to calm memory care patients by suppressing both aggression and agitation.

Besides relieving symptoms associated with memory disturbances, aromatherapy oils like Rosemary can improve cognitive performance and the ability to remember events and future tasks.

The use of aromatherapy as a supplemental and non-pharmacological treatment for memory issues related to aging has become increasingly popular. Several studies show promising results that the practice can alleviate many symptoms for patients.

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

## Best Essential Oils For Aging Adults

**LAVENDER:** Lavender is associated with calmness—it can ease feelings of anxiousness and lessen mood swings. Use lavender as a massage oil, lightly spray it on your bed linens, or simply inhale the scent at times of stress.

**PEPPERMINT:** Peppermint is an energizing scent, used to stimulate the mind. Consider using peppermint oil in the morning with a diffuser or room spray. Additionally, topical application of peppermint can support the immune system and has analgesic properties.

**ROSEMARY:** Similar to peppermint, rosemary offers an uplifting and invigorating scent that stimulates the mind. Rosemary can also improve cognitive performance and memory.

**BERGAMOT:** Bergamot is a citrus oil that helps enliven the senses. Use this oil to treat stress, agitation, and anxious feelings. Consider putting drops of bergamot in a bath, using as a massage oil or clothing spray.

**LEMON:** Lemon oil is one of the least expensive essential oils, but also one of the most effective and well-studied options. It can increase relaxation, improve memory and ease indigestion.





## IN-HOME CARE STARTING THE CONVERSATION

### RECOGNIZE SIGNS IT MIGHT BE TIME FOR IN-HOME SENIOR CARE



Not wanting to leave the house

Forgetting to take medication regularly



Refusing to shower or change clothes

Getting confused when questions are asked



Losing weight from not eating or cooking meals

Becoming isolated from friends & family



### TIPS FOR HAVING THE CONVERSATION

#### START EARLY

Keep it simple, choosing a comfortable time and place. Ask mainly open-ended questions to find out what is important to your loved one. Avoid acting like a parent - use words that are non-threatening.

#### BE UNDERSTANDING

Diagnosis of Alzheimer's or Parkinson's is scary to hear. Any resistance could be a result of fear of losing control. Put yourself in their shoes - would you want help? Also, watch for signs of depression.

#### BE HONEST

Express your concern without accusing. Tell them you are worried about them vs. telling them they are doing something wrong. Use examples, such as "Your medications got mixed up." Focus on behavior, not the person.

#### BE RESPECTFUL

It will be hard for your loved one to admit they aren't able to do everything for themselves anymore. The decision to have in-home care will ultimately be up to them. Suggest ideas to them without being pushy.

#### ASK FOR HELP

Meet with your loved one and his or her doctor. It will be a helpful unbiased opinion. Ask others who use in-home care, and see if they would be willing to discuss the benefits with your loved one.

Sources:

[www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation](http://www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation)  
[www.helpguide.org/elder/senior\\_services\\_living\\_home.htm](http://www.helpguide.org/elder/senior_services_living_home.htm)  
[www.caregiverstress.com/family-communication/40-70/communication-tips](http://www.caregiverstress.com/family-communication/40-70/communication-tips)

## Beer and Diapers

By Mary Dale, former editor of the  
Senior Review Newspapers

**C**elebrate Caregivers Month in November. Are you a caregiver? You may be and not know it.

Yesterday I found myself wandering the local mart looking for bottled beer and super absorbent diapers. By the time I found them and got them to my wife's apartment, the afternoon was pretty well shot.

I have always delighted in taking care of my wife Mary, so when something is needed, I gladly go and get it. Of course she could have additional services added to her monthly plan at her assisted living, but the bill is already over seven grand.

So I go help with a few simple tasks:

- Write a letter to her best buds...her friends are important.
- Pick up a couple magazines and the latest Patterson novel.
- Update her calendar --5 appointments this week. Her breast cancer surgery was a complete success.
- Go to a box store and get her some new slacks...laundry uses really hot water ...Shrinkage is a nuisance.
- Get chocolate bars, mixed nuts, hand cream and favorite shampoo... She does have her standards!
- Set the table for Friday's dinner... A few friends come for pizza.

Someone asked me the other day if I was her caregiver. My instincts said 'no', I am her husband. We have been married for almost 50 years. My stepping and fetching is not a big deal. It is just what I do.

But as I walked away I realized that somewhere in the years I had become her caregiver, being defined as 'family member who regularly looks after an elderly person'. It snuck up on me one task at a time.

You may want to take a look at your life and how you spend your time. There are approximately 53 million unpaid caregivers in America (*Businesswire, June, 2020*)

You may also be a caregiver.....just the last one to know.





# How to Navigate the Three Stages of Caregiving

by Becky Streeeter

The three stages of caregiving each present their own challenges. Here are some tips to help you navigating a few of the major struggles of each stage.

## EARLY-STAGE CAREGIVING

You suddenly find yourself in a situation where your loved one needs help with daily tasks and activities.

### 1. Is there a need for relocation to your home or an assisted living facility?

The first thing to consider is that while you are definitely thinking of your loved one's health and safety, at this point it is likely not your decision. Your loved one is still in charge of his or her own life, and relocation can be a tricky subject. Your loved one might not want to move at all.

When you present the idea of relocation, make sure you also have a plan for ways your loved one can remain safely at home if that is their decision. This way you will be respecting their desire for independence and familiarity, and not just telling them what they can and cannot do.

### 2. How will being a caregiver impact your life?

Many caregivers find they have to reduce their hours at work in order to take care of their loved one. Research also shows that caregivers often use their own money to make necessary purchases for their loved one. This can be a double-whammy to the finances.

Make sure you look into the FMLA options through your place of employment. Many companies offer paid leave for those that can prove they have taken up caregiving responsibilities. Also, every state has different programs and services to help support family caregivers, which can include counseling and respite care.

## MID-STAGE CAREGIVING

You've been a caregiver now for a while and you're settling into a routine. Make sure it's a good one.

### 1. Juggling many responsibilities

On top of your caregiving duties, you might also have a job, family, hobbies and a social life that you're trying to keep up with. Don't stretch yourself too thin. Get a calendar and make a plan for your week/month to make sure you are getting in everything you need and want to do. Time management is key.

Caregiving often means taking on tasks that you didn't picture yourself ever needing to do (making meals, daily visits, handling finances, cleaning linens, assisting with bathing needs).

Make sure your schedule has some flexibility for when you are needed, or time you need for yourself, that can pop up unexpectedly.

### 2. Caring for yourself

You will be able to provide better care for someone else if you first make sure you yourself are physically and mentally healthy. This is perhaps the single most important thing to keep in mind throughout your caregiving journey.



Many caregivers pour everything they have into the care of their loved one, often at the price of their own wellbeing.

Stay connected with friends and family, whether in person, on the phone or via Zoom. Schedule a massage (you deserve and need it!). Go for a walk. Turn your phone off for an hour and do something for yourself.

Ask for help caring for your loved one so you can shoulder some of the increasing responsibilities. Seek a support group to share your experiences with others. Realize you are not in this alone, and you do not have to do this alone.

### LATE-STAGE CAREGIVING

Your loved one's health has declined to a point that you alone can no longer provide the best care, and the move to a long-term care facility is imminent.

#### 1. Moving to an assisted living facility

Research locations that are close to you in proximity. Schedule tours and make sure you are prepared with a list of questions, and get them all answered. If your loved one suffers from dementia or Alzheimer's, make sure the facility has an option to move to memory care as needed.

After the move, check in with your loved one on a regular basis. In-person visits are great, but regular phone calls are nice too. Don't forget to speak with the staff every once in a while to make sure your loved one has everything they need and is getting along with other residents and employees.

#### 2. Is hospice the right choice?

Hospice is available for those with a life expectancy of six months or less. If you are considering this option, evaluate your loved one's current health status. Have they been declining very quickly? Are they too frail to complete simple daily tasks without assistance? Are visits to the doctor full of painful tests and treatments?

The time spent in hospice includes pain relief, emotional counseling and spiritual guidance. Hospice also provides support for caregivers to cope with the situation.

Source: Fields, Lisa. "A Guide to Caregiving at Any Stage." *Next Avenue*. December 21, 2018. <https://www.nextavenue.org/guide-caregiving-at-any-stage>.

## Books for Explaining Dementia to Kids

Amazon has the following user friendly books available for explaining dementia to children. Reviews have been edited for space.

### Grandma and Me:

**A Kid's Guide for Alzheimer's and Dementia** by Beatrice Tauber Prior Psy.D., Mary Ann Drummond RN, Julia Walther



This is an engaging, yet informative book for young children on the topics of Alzheimer's and dementia with beautiful artwork to capture children's attention and tell a story. It offers a gentle, age appropriate description of Alzheimer's disease, while providing tools for a relationship with a loved one despite the disease.

\*\*\*\*\*

### Great Nanny Doesn't Remember Me: Dementia Explained To Kids

by William G Bentrim

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. i.e. memory loss. It is frightening to everyone. All dementia is not Alzheimer's, but it is the most common type. It runs from memory lapses to absolute confusion. Kids are resilient when given good explanations for confusing issues in their lives. This book does a good job.

\*\*\*\*\*

### Gigi, Are You In There?: Mia Learns About Alzheimer's

by Pam Reese, Eli Bavar

This beautifully-illustrated story is a great teaching tool for kids as it explains the devastating affliction Alzheimer's disease. It is a confusing and difficult time to see strange behavior and memory loss in a loved one. Mia's story shows how grandmother may show confusion: exhibit odd behavior and loss of memory, but still love her.

\*\*\*\*\*

### My Grandpa and Mr. Alzheimer: a Fairy Tale for the Young and The Old

by Epi Michi-Zeggou, Stavros Xirouchakis, Theodosia Kotsika, Kleri Bakoura

This tale is written with love and respect to inform and educate families struck by dementia. Clarity, simplicity and a flowing narrative style is used to describe the disease through a fairytale about a grandson's dream, making sense of the symptoms and baffling behaviors of a beloved grandfather.



# Have the "Talk of a Lifetime"

By Cremation Society of Wisconsin

You're 38 years old, and your parent is in hospice care. Can your parent talk about what's coming? It's hard for many people to talk about that, especially their own funeral arrangements. It would be a great gift to you if they would share their final wishes. What funeral home? Burial or cremation? Open casket, or private viewing only? Many decisions. What resources do they have to cover the cost of their wishes?

In a perfect world, it's best to arrange and prepay. It will reduce your anxiety greatly. About half of the funeral homes today guarantee their pre-need funds. The money is most often placed in an irrevocable insurance trust or policy, which will grow with time at about two and a half percent per year. You're at an age that you're perhaps not familiar with funeral homes, but your parent more than likely is. Your hospice staff will also be very familiar

with funeral directors. Your family may have an old standby funeral home. But if not, you have some time to shop funeral home websites. If they post their general price list, that is a good sign; if they do not, it is a red flag. If you ask for a price list in person, the FTC requires that they give you one. You can also request one over the phone or by email. Note that the FTC does not require price lists to be posted on funeral home websites, but transparency is important.



Have the "Talk of a Lifetime" with your parents. Ask them open ended questions about their life and family history. Look through old family photos. Have them write names of who people are on the backs of the photos - much of that information is lost

through the years after family members pass on. What are their favorite songs? Make a list. Most funeral homes can produce a video with photos and music. These videos can be very comforting to the family. Consider working with your funeral home to put one together ahead of time. Let your parent be part of the process. Another area that many families struggle with is writing an obituary. Start writing it now. There is no set format for an obituary. Tell the story of their life. Gather the information now while you can still get it firsthand. What do they feel are their most important accomplishments in life? What do they want to be remembered for? All of this can be very therapeutic for everyone involved, rather than something to be avoided. Cherish this time together and the meaningful conversations that will come out of it.

Be aware that your grief may be starting already even though your parent has not passed yet. You may have feelings of denial, depression, anger, bargaining, guilt, and even acceptance. Everyone's grief is as unique and as individual as your special relationship with your parent. Be kind to yourself. The dying process can be quite exhausting for caregivers and the family as a whole. Don't procrastinate. Do your homework now. When all is said and done you'll be glad you did. Your funeral professional is there to guide you through the process. The more legwork you can do ahead of time, the less stressful it will be when you need the services of a funeral home. Most importantly, take care of yourself.

**Prediabetes is a lot like misplacing your coffee.**

Eau Claire City-County Health Department

**If you just knew, you'd change it.**

If you have prediabetes, making a few small changes now can fix the high blood sugar that's damaging your health—before you develop type 2 diabetes.

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WISCONSIN DEPARTMENT of HEALTH SERVICES  
P-02738A (08/2020)



# THE EFFECTS OF CAREGIVING

In many families, it's assumed that caregiving for an older adult will be provided by a younger family member. While the experience of caregiving can be rewarding for some, the physical, financial, emotional, and psychological strain of caregiving can have wide-reaching impact on the family and friends of caregivers.

<b>42%</b> of Caregivers did not feel qualified to provide physical care	<b>70%</b> of Caregivers missed some time from work	<b>\$10,423</b> Total average out-of-pocket expense
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## ..... WHO ARE CAREGIVERS? .....

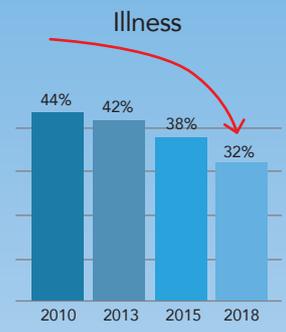
**58%** of Caregivers are between the ages 25-54, with an average of 47 in 2018

**51%** are more likely to be the adult child of the care recipient

**56%** of Caregivers have children under the age of 18

## WHY?

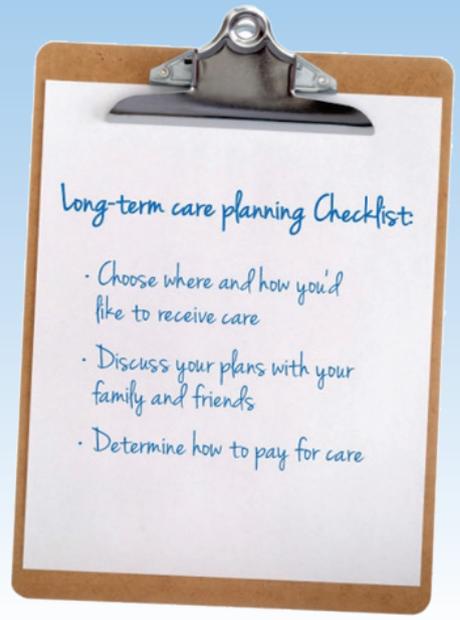
Smaller percentage of recipients need care because of illness while an increasing percentage require care because of an accident.



**Long term care recipients are getting younger.**  
In 2010, **81%** of care recipients were age 65 or older. While in 2018, **57%** of care recipients were 65 or older.

## NEGATIVE IMPACT ON CAREGIVERS

	<b>Health &amp; Well-Being</b>	
	High Levels of Stress	53%
	Health and Well-Being	46%
	<b>Finances</b>	
	Paying for care with their own savings/retirement	63%
	Reducing the base quality of living	42%
	<b>Career</b>	
	Reported repeated absences	35%
	Missed career opportunities	30%



Source: [www.genworth.com/aging-and-you/family/caregiving](http://www.genworth.com/aging-and-you/family/caregiving)



# Support Groups for Caring for Loved Ones with Dementia

By Lisa Wells, Dementia Care Specialist, Aging & Disability Resource Center of Eau Claire County

Have you ever wanted to attend a support group but felt you didn't want to sit and listen to other people's problems, were too embarrassed to talk about your own, or felt it was just too hard? Or maybe it is too difficult to leave your loved one alone at home or you feel you just don't have the time. Actually, support groups can be very beneficial to you, the caregiver, as well as the person for whom you are providing care.

One of the many benefits of attending a group is members validate each other's experiences. Whether your feelings are negative or positive, just knowing that what you are going through is normal and you're not the only one...can be a relief! In addition, support groups are a great place to ask for advice, vent frustrations, and find out about valuable resources in the community... like the Aging & Disability Resource Center!

Check out what others have said about attending a support group...

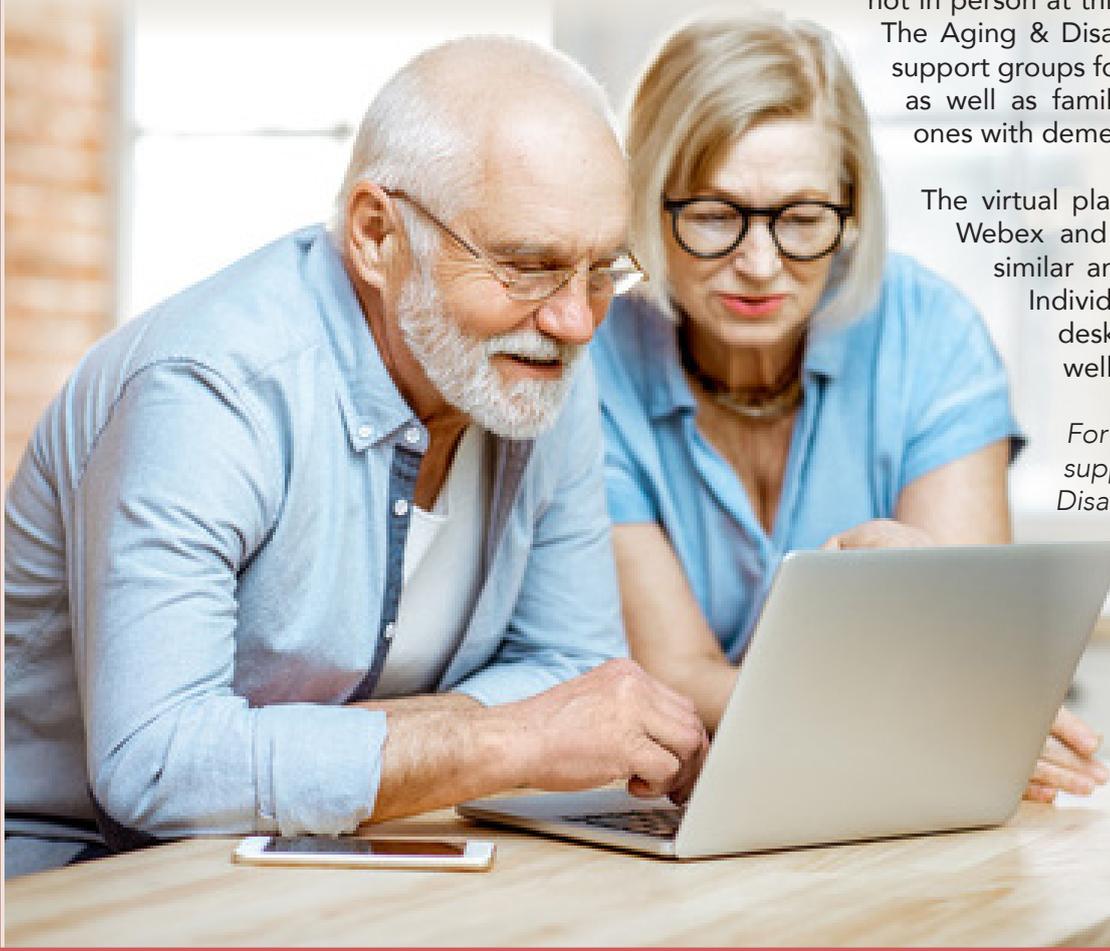
- *It was the only place I could say how I felt and people would understand.*

- *I could be angry about how I felt I was dealt a low blow by fate and the others would not say I should not feel like that.*
- *I could find help on how to handle difficult problems from others who had dealt with the same situation.*
- *I learned that I could not and should not be the only one responsible for caring for my family member.*
- *I learned where to go for help.*
- *I realized it was possible to laugh at some of the impossible, crazy things that happened during the day.*
- *I learned to stop trying to teach or reason with my family member and instead learned to accept that the way she saw things was very real for her.*
- *I discovered that it was important to have some time for myself to do things I wanted to do and not feel guilty about it.*
- *I became aware of how much it helped to know I was not the only one in the world going through this experience.*

There are many support groups in Eau Claire County; however, due to the pandemic, support groups are not in person at this time, but have gone virtual! The Aging & Disability Resource Center offers support groups for people living with dementia as well as family members caring for loved ones with dementia.

The virtual platforms that are used include Webex and Zoom. Both platforms are similar and easy to use and navigate. Individuals can join with their desktop, tablet, or smartphone as well as the telephone.

*For more information on virtual support, contact the Aging & Disability Resource Center of Eau Claire County at 715-839-4735 or visit online at [www.eauclaireadc.org](http://www.eauclaireadc.org).*



## DEMENTIA VIRTUAL and/or PHONE CALL SUPPORT

Support Groups will be online and/or conference call.

To participate, you will need an email and either a computer/tablet/iPad, smartphone or phone

### COFFEE GROUP FOR MEN

Connections and coffee for men caring for a loved one with Alzheimer's disease or other type of dementia. In-person and virtual.

- 11:00 am
- First and third Wednesday of the month
- For more information, contact Bob at 414-378-2114 or beevee6610@gmail.com

### EARLY STAGE MEMORY LOSS SUPPORT GROUP

This support group is for people in the early stages of Alzheimer's disease or other dementias and their caregivers.

- 1:30 – 2:30 pm
- Last Wednesday of the month
- For more information, contact Lisa at 715-839-4750 or lisa.wells@co.eau-claire.wi.us

### LEWY BODY DEMENTIA SUPPORT GROUP

This support group is for people caring for a person living with Lewy Body Dementia.

- 6:00-8:00 pm
- Second and fourth Wednesday of the month
- For more information contact Janell at [romatowskij@comcast.net](mailto:romatowskij@comcast.net) or Amy at 715-379-3148 or [amy@modularmarketingsystems.com](mailto:amy@modularmarketingsystems.com)

### MIDDLE-LATE STAGE ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP

This support group is for people caring for a person in the middle-late stages of Alzheimer's disease or other dementias.

- 1:30 – 2:45 pm
- Second Tuesday of the month
- For more information or to register, contact Paula at [paulajwaincott@gmail.com](mailto:paulajwaincott@gmail.com)

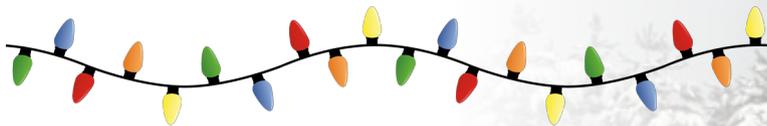
### SOUL-CARE FOR CAREGIVERS

A monthly support group for individuals who are caring/supporting a loved one who has Alzheimer's disease or other dementia, or a chronic/terminal health condition or disability.

- 5:30 – 7:00 pm
- Second Tuesday of the month
- 10:30 am – noon
- Last Tuesday of the month
- For more information, contact Paula at [paulajwaincott@gmail.com](mailto:paulajwaincott@gmail.com)



## Making Spirits Brighter



### Happier Holidays for Families Coping with Dementia

**WHEN:** Thursday, November 12, 2020

**TIME:** 10:00 – 11:30 am

**WHERE:** Comfort of your home

Join Dementia Care Specialists, Carla Berscheit and Lisa Wells serving Chippewa, Dunn, and Eau Claire Counties, and retired chaplain, author, and caregiver Moira Kneer, for a morning webinar of learning, conversation, and practical self-care tips for happier holidays.

Register online at [www.adrcevents.org](http://www.adrcevents.org) or call 715-7839-4735 by November 11<sup>th</sup>. Once registered, all participants will receive an email link to join the webinar by phone or online.





# Still Alice

In 1998, Lisa Genova's grandmother was diagnosed with Alzheimer's. As a Harvard-trained neuroscientist, Genova wanted to find out everything she could about the disease. She discovered most of the literature available was from an outside perspective (doctors, caregivers, researchers, etc.), and it didn't really tell her anything about what it was like to be her grandmother dealing with the progression of the disease. So she decided to write about it.

After many rejections, Genova self-published Still Alice in 2007. She created a narrative that walked in the shoes of a woman diagnosed with early onset Alzheimer's in a rare and quickly progressing form. The lives of the family members and how the disease affects each of them is also portrayed throughout the novel. Genova felt that giving this book to the world would help her find a way to better connect to her grandmother during this journey. After two years on the market, the book was picked up by major publishing company Simon & Schuster and was on The New York Times Best Seller List for more than 40 weeks. It has now been sold in 30 countries and translated into more than 20 languages.

Hollywood soon took notice of its popularity, and in 2014, Still Alice was turned into a full-length feature starring Julianne Moore. Moore spent four months conducting extensive character research by talking with early onset Alzheimer's patients, their family caregivers, researchers, doctors and long-term care agencies. She grew close to many patients and wanted to portray their struggles as accurately as possible. Her hard work paid off as she won the Oscar for Best Actress.

Many films, series and shorts have been produced to pay tribute to and provide awareness for Alzheimer's, but Still Alice has probably made the largest contribution to the general public. Because of the movie's impact and important message, co-producer Elizabeth Gelfand Sterns (also co-founder of The Judy Project) and executive producer Maria Shriver also launched a campaign through the Alzheimer's Association called My Brain to further provide information and education about the disease. Everyone who worked on this project shared the hope that the impact of its message would be far, wide and deep.

People often shy away from the topic of Alzheimer's because they don't understand it or are afraid of it. Book and film industries are continually trying to address concerns and educate people around the world about this debilitating disease. It might take awhile to catch fire, but it is certainly a step in the right direction.

Source: Snelling, Sherri. "Still Alice May Be the Movie that Sparks the Alzheimer's Movement." Caregiving Club. January 19, 2015. <http://caregivingclub.com/still-alice-may-be-the-movie-that-sparks-the-alzheimers-movement/>.



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# Tips for Those Living with Early-Onset Alzheimer's Disease



by Paula Gibson, Executive Director for Azura Memory Care

An elderly woman with sparkling white hair pleasantly recounting the same story over and over again—that is what most of us picture when envisioning someone living with Alzheimer's disease. Yet approximately 500,000 people in the United States have been diagnosed with Early-Onset Alzheimer's disease. Meaning that they were clinically diagnosed with Alzheimer's disease before the age of 65; some showing symptoms as early as 30, 40 and 50 years of age.

Getting a diagnosis of Alzheimer's disease is not easy at any age but is especially hard for those with Early-Onset as many of them are still working and raising families. Therefore, it is important that everyone diagnosed with Alzheimer's disease and their loved ones keep a few things in mind.



modifications so that you can stay in your own home for as long as possible.

- Take Time to Remember - take time now to write down, record or scrapbook your memories, family history and hopes and dreams for you and your loved ones' futures. These will serve as wonderful keepsakes and may even help you maintain your connection with those that you love.

A diagnosis of Alzheimer's disease does not mean that your life is over; however, it does mean that you and your loved ones may need to make changes sooner than you would like. By doing so you will all be able to relish the good days and continue to make memories that will last lifetimes!

- Understand – make sure you understand the disease and your diagnosis. Also, give yourself some understanding. Realize that you will have good and bad days. Relish the good and give yourself a break on the bad.
- Find an Outlet – find healthy ways to get you and your loved ones' feelings, fears and frustrations out. Journal, write songs and find a friendly ear or a professional counselor. Do not be ashamed or afraid to talk about the disease, and when loved ones offer to help, let them!
- Adapt and Reduce Stress - consider adapting your work hours, household duties and outside obligations to reduce stress and compensate for changes that may occur.
- Get Things in Order - meet with a legal professional to get your documents in order. This is especially important for those with Early-Onset Alzheimer's disease as they may need to look at items that will affect their children, such as future educational funding and guardianship.
- Be Healthy and Safe - have a full physical done by a doctor and do your best to eat right, exercise and get enough sleep. Also, do a safety evaluation on your home to find areas that are currently or may pose a safety risk. Then make the necessary

## ARE YOU PREPARED?

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# The Ripple Effect vs. Planning Ahead

by Christine Eggers, owner of Appeal to Heaven

Monica graduated from university last year and had just settled in at her job when her supervisor called her into her office. Monica was informed her hours would need to change because a co-worker, Kyle, needed to leave work by 2:00 in order to pick his children up from school as his wife, Lisa, was now caring for her father after a bicycling accident. One of the reasons Monica accepted the job in first place was because the company's core value of "treating employees like family" aligned with her personal values. Even so, she found it frustrating that her life should be upended by some guy she'd never met.

Lisa's parents divorced when she was in high school, and her siblings have since moved away and rarely come home. She is a corporate attorney for a regional hospital in her hometown. She dreams of becoming COO of a hospital on the coast where she and Kyle would like to retire someday. Lisa was just about to apply for the department head position at her current hospital when her father had his bicycling accident, leaving him with a compound fracture and a mild head injury. Since the accident, Lisa has frequently needed to take time off to manage her father's care, get him to appointments, pay his bills, and assist him with tasks like showering and meal preparation. On several occasions Lisa's dad has called her at work for "emergencies" like accidentally switching the input on the TV and not being able to get his program back on. With all of this going on, Lisa feels like it's not a good time to take on a large promotion, but also fears there may not be another advancement opportunity for years.

Jerry is 58 years old. He works as a mechanic for a trucking company. After his divorce he went through a depression and spent a lot of time at the bar, which cost him a few jobs. Now he's been sober ten years, and the past eight he's been an avid bicyclist, traveling on weekends to participate in races. Jerry lives alone in a two-story house where his bedroom and the only full bathroom are both on the second floor. Because of this difficult layout, he sleeps in his recliner most nights since his accident. His biking buddies sent tons of cards and flowers, and even a few visited while he was in the hospital, but that's quieted down since being home. Lisa is his only family in town, other than his ex-wife who he hasn't spoken with since their youngest got married. He never thought he'd be laid up like this at his age.

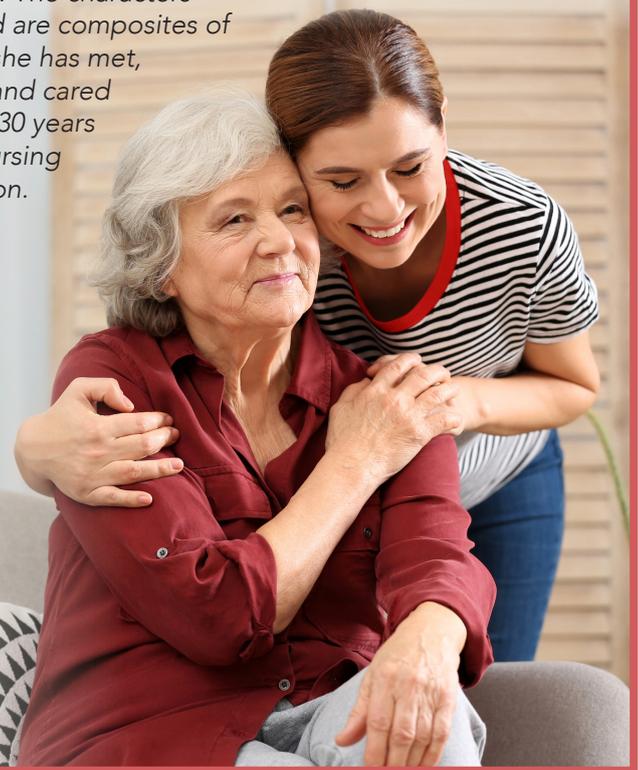
There are many more characters whose lives have been impacted by this story. Kyle's parents who haven't seen him or their grandchildren because Jerry's accident canceled a planned trip to visit them. Jerry's co-workers have had to pick up the extra work that Jerry would have done. His employer has had complaints about delays in

repairs. Kyle and Lisa's kids initially loved that Kyle was more inclined to pick up dinner at McDonald's than Lisa, but lately missed having the whole family together at the dinner table.

There are also details that most people don't consider. Jerry is still seven years away from being eligible for Medicare and so his health insurance is dependent on his employment. Before the accident, he had dropped his disability insurance because he was keeping so fit through bicycling that he didn't think he would ever need it and figured he could use the extra money for racing. Lisa feels resentment toward her mother because if she had not left Jerry, she would be there to care for him.

The moral of this story: **plan ahead.** Have the difficult conversations. Know what insurances your loved ones have and encourage them to have more. Helping a parent with LTC insurance premiums could protect your lifestyle as much as their own. Many financial planners only advise LTC insurance for clients with high value assets to protect. That may be shortsighted. It could mean that adult children, whose parents need care, find themselves depleting their own assets to support a parent. Consult your entire family. Identify realistic options. Many of us are unprepared for the need for care. When we aren't prepared, we can't even begin to imagine how many people we are actually imposing on.

*Christine Eggers RN is the owner of Appeal to Heaven LLC: Independent Nurses' Network. The characters depicted are composites of people she has met, known, and cared for over 30 years in the nursing profession.*



# Understanding Dementia

Popular movies found online for the entire family.



*Edited reviews from Wikipedia, New York Times*

## AWAY FROM HER

Julie Christies plays Fiona, a woman with Alzheimer's who chooses to go into a facility to save being a burden to her husband. During the initial 30 day period of adjustment where no visitors are allowed, we see her memory fading and Fiona finding a relationship with another resident. The movie draws upon love and respect for a spouse in the face of a disease.

Where you won't learn much about the disease, you will see what it looks like to be a family to deal with Alzheimer's according to Linda Keffer, reviewer.

## THE SAVAGES

Laura Linney and Philip Seymour Hoffman play smart articulate siblings that have drifted apart in this tragic comedy about adult children caring for a parent with dementia.

In the midst of a dysfunctional family, Hoffman plays the neurotic professor who begrudgingly unites with his sister for the sake of dad who slides into senility and needs nursing home care. Their visits to dad bring them to re-evaluate their lives and change for the positive.

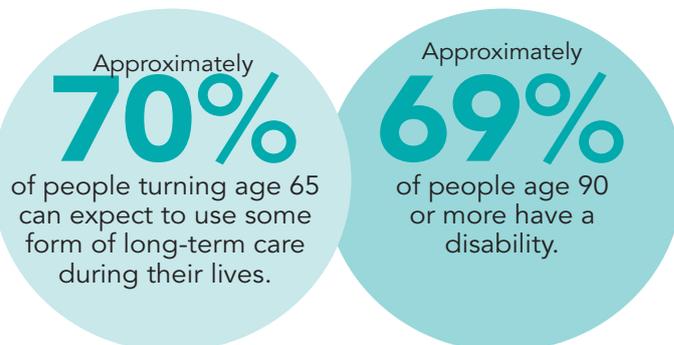
## AURORA BOREALIS

A crusty Donald Sutherland (grandfather) and Louise Fletcher (wife) steal the show in this movie about relationships and difficult choices. Sutherland plays a grandfather who claims he can see the Northern Lights from the balcony. As his dementia requires more care than his wife can provide, they hire a home health aide - Kate (Juliette Lewis).

Grandson Duncan (a boring rather pathetic grandson played by Joshua Jackson), gets a job as a handyman at the building to be close to his grandparents and help out. He falls in love with the free spirited Kate who motivates him to move on with his live overcoming challenges along the way.

## LONG TERM CARE COSTS, CAREGIVING AND CHOICES

Most people over 65 will need some kind of medical and/or personal care for months or years because of a health issue or the natural decline of eyesight, hearing, strength, balance & mobility that comes with aging.



**\$417,900**

is the approximate average cost

**5 Years**

in a private room in a Skilled Nursing Facility

The nation's elderly population - people ages 65 and older - is projected to grow to 18 million in 2050, from 37 million in 2005.



**2005**



**2050**





# 4 Lessons Learned from a Caregiver's Magical Hat

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

Of all the different hats I wore during my mom's journey of dementia, I often wished I had one more hat to wear. I wasn't ready for 'I'm her caregiver' hat. I longed for a different hat to give me answers to all my questions. Especially questions about when will she need more care than I can provide for her? The professionals I asked couldn't give me a guidebook. I even tried wiggling my nose like bewitched and that didn't work either.

The hat I wished for was a magician's hat accompanied by a crystal ball to look into to find my way through the ups and downs. I'm guessing mom wished she had one too. I fumbled enough to make her wonder if I was the one that was struggling more than she was.

I never got that magician's hat, but I did learn four valuable lessons of what to do when caring for a person with dementia. My mom passed away eight years ago, and those lessons I learned still serve me on a daily basis.

Lesson #1 – Live in the now, not the past, and not the future. Be present, that's where all the clues are for how to handle what comes your way. Joy is found in the simplest of moments. Rejoice each day you survive and your loved one thrives.

Lesson #2 – Embrace imperfection. I struggled daily to be the perfect caregiver, to make my mom do things right, and to be her advocate when she couldn't do things for herself.

I failed miserably some days, and other days, I did so-so. Once I granted us both permission to be who we were each day, imperfections and all, the journey got easier to handle.

Lesson #3 – Don't second guess your choices made against sacred wishes. The time to make wishes known is before something bad happens. Plan now for your own 'what if that happens to me' situations. Put together your own Power of Attorney paperwork. Unfortunately many people don't do so. More times than not, dementia strikes suddenly and the "Don't you ever put me in a nursing home!" wishes get challenged. Put on your hard hat, forgive yourself, and remember you're doing the best you can.

Lesson #4 – Take time out for yourself every day. Do something that doesn't require you to make tough decisions. For me it was running. I was unprepared for it, having never done it before. I took uncharted, undiscovered paths, and ran until I didn't want to run anymore. I listened to my body and rejoiced as my head cleared away stressful thoughts as I ran. Walking works great too. Plus daily exercise is a great preventative measure against dementia.

I tip my 'I survived' hat off to all out there who are navigating the caregiving journey. Remember to trust your heart and believe in yourself. Your loved one is proud of your efforts, be proud of yourself too. You truly are a magician with love's magical touch.



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**October 15 -  
December 7**



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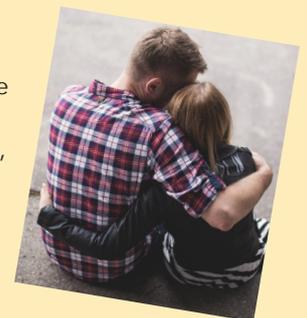
We also service the entire state of Wisconsin.



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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](http://www.helpfulheartswi.org).



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