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MAGAZINE

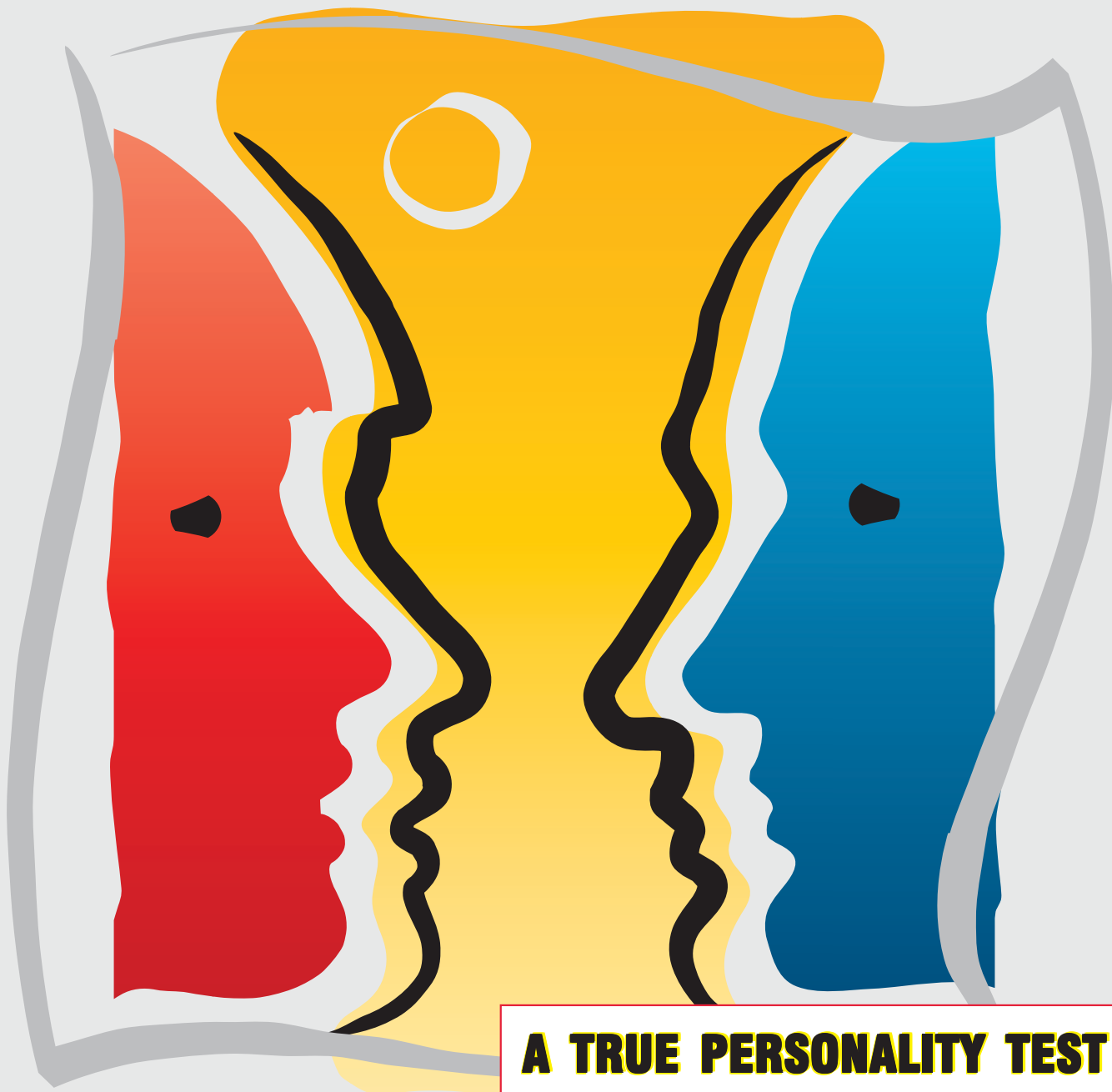
March 2019

A FREE PUBLICATION

www.yourlifemagazine.net

PRINT and ONLINE EDITIONS

LOCAL INTEREST CALENDAR HEALTH FINANCE HOME & GARDEN ENTERTAINMENT THEATRE TRAVEL DINING FAMILY RETIREMENT LIVING



A TRUE PERSONALITY TEST

page 11

SPECIAL FEATURE with GUIDE ~page 17

**RETIREMENT
LIFESTYLE**

Dare to be Aware

~page 14+

**INSIDE
THIS ISSUE**

~page 3



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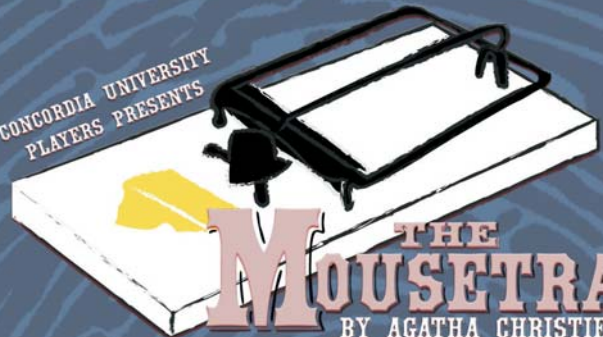
MARCH 31, 2019

*Copland and Levy:
 American Masters*

MAY 5, 2019

*Rhapsody and Romance:
 Legends of the Piano*

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THE
MOUSETRAP

BY AGATHA CHRISTIE

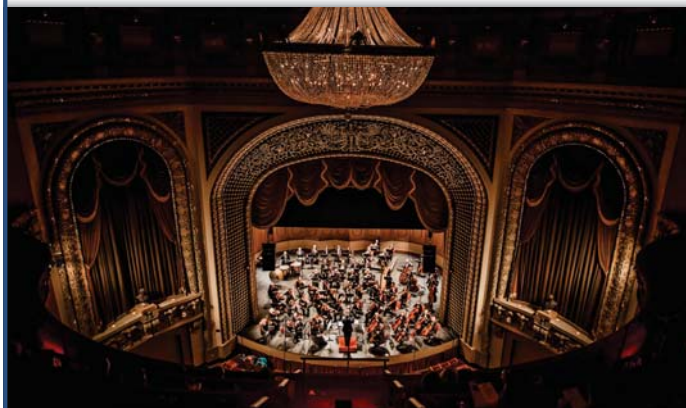
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From the Publishers

MARCH 2019



Maple syrup. Bacon. Vanilla custard. That's my ticket to spring. You'll thank me after the first bite - and you don't have to wear shorts for another two months so don't worry about it!

Well, this has certainly been a Wisconsin winter for the history books. My backyard looks like a crazy maze from all the walkways we needed to shovel so

the dog could do his business. It's so funny - before he steps out on the patio, he checks to see if it's too icy. If it is, he just decides to go back to bed for a few more hours. Ahhh... the life of a canine! I love spring but I must admit my first reaction to daylight savings time is a slow stretch, yawn and moan. It takes energy to work ourselves out of our winter cocoon. I am a morning hermit - unless hot flashes are starting my sheets on fire and we have to make a jump for it!

Snow or sun, March brings spring to my patio windows in the form of my baby garden seedlings! I bring out the little greenhouses, plant the seeds and let them come to life on every sunny surface in my kitchen. It brings an anticipation of a summer garden as early as March and by May I have beautiful tomato, pepper and squash plants to plant outside and share with neighbors.

March also means a last ditch effort to finish up inside projects - or should I say start them since I haven't. There is a bathroom that needs painting, a carpet that needs cleaning and way too many closets that need purging - but the tomato seeds need planting, a garden shed needs designing and a patio bench needs mending. Choices, choices... there's always next winter.

It's a busy calendar for all of us when the days get longer. Dare to be Aware Fair (page 14+) is one of my favorite spring events and opens our mind to all the natural, holistic ideas for a better life. (Now who doesn't need that?!) Of course, there is also the plethora of green beer and corned beef feasts celebrating the Irish culture. A have a friend who is 100% Irish and the warden of one of our state prisons. She stands about 5.2, is full of spit and vinegar and loves her Guinness! Our America is truly the melting pot of the world with a cache of gold.

Did I mention FISH FRY? The season of Lent certainly brings out the best of a Wisconsin icon. Drop me an email or phone call and let me know your favorite fry so I can pass it on to our fellow readers in our April issue.

As the days become longer and warmer, rejuvenate with the season and let the sun shine in! Grab a tea or coffee (or perhaps a glass of wine), find a sunny chair in your favorite room and enjoy this issue of Your LIFE!

LIFE. *Enjoy it!*

Sandy and Tom Draelos

INSIDE THIS ISSUE



YOUR PERSONALITY TEST

This is a real personality test, authored by Dr. Charles Vine, and given by Human Relations Departments at many of the major corporations today.

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Is Pollution making you DUMB?

Unfortunately for the people who live in regions with air quality below healthy standards, it is true that air pollution can take a toll on our cognitive abilities.

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Fat Tire Biking in Wisconsin

Improved traction on dirt. Flotation when riding through snow, the over-sized tires of a fat bike let you roll where you have not rolled before.

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RETIREMENT LIFESTYLE

It's your choice!

SPECIAL FEATURE
starting on page 17

Your LIFE! is a monthly publication serving the 45 and above readership of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market!

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March 6th-10th

Milwaukee Journal Sentinel Sports Show
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March 8th-10th

Home, Sporting & Recreation Expo
Expo at Washington County Fair Park.
Gather information for your next home improvement project. Get ideas to create a beautiful garden or to landscape your yard

March 9th

Local farmer Open House
Urban Ecology Center - Riverside Park
Your once-a-year opportunity to talk with local farmers who grow food sustainably and arrange to conveniently buy their farm-fresh produce (and more). Find the farm that's right for you. Learn about their variety of Community Supported Agriculture (CSA) subscription options — and get regular deliveries of boxes directly from your farmer

March 9th

53rd Annual St Patrick's Day Parade!
The parade steps off at 12pm on Wisconsin Avenue at Old World Third Street and continues on through the streets of downtown Milwaukee. This year's parade will feature over 140 units including Irish dance groups, pipe and drum corps, local celebrities and dignitaries. One of the oldest and biggest - the event dates back to 1843

March 9th-10th

2019 Indian Summer Winter Pow Wow
WI State Fair Park Products Pavilion
The family-friendly Indian Summer Winter Powwow brings together dancers from



Wisconsin's tribes, as well as tribes from nearby states. Traditional foods will be sold, including fry bread and wild rice dishes, and a marketplace will sell crafts including pottery, jewelry, beadwork, silverwork and moccasins

March 9th-10th

29th Annual Cedar Creek Winery & Settlement Open House
Two festive days with barrel tasting the 2018 Marquette vintage, music, cooking-with-wine, in-shop demonstrations/samplings, wine tastings, self-guided tours and Wisconsin cheese samplings. This year's theme is Wisconsin Grown, Wisconsin Made, Wisconsin Proud! Celebrating local wines, cheeses and wine-related gifts available in the Cedar Creek Winery Store

March 10th

Brewcity Bruisers Roller Derby Bout #3
UW-Milwaukee Panther Arena
Comprised of four home teams: Crazy 8s,

Rushin' Rollettes, Shevil Knevels, and Maiden Milwaukee. The strongest skaters from each team play for the Brewcity Bruisers' All Stars, who represent the league regionally with the hopes of taking it one step further to nationals

March 10th

Lake Country Wedding Show
The Ingleside Hotel
2810 Golf Rd, Pewaukee / 12 pm – 4 pm
Visit with more than 20 different exhibitors in the newly renovated Lake Country Ballroom

March 14th

Becoming: An Intimate Conversation with Michelle Obama
Wisconsin Center/Miller High Life Theatre
Attendees will hear her honest reflections on the experiences and events, both public and private, that have shaped her, from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her years spent at the most famous address in the world

March 15-17th

Greater Milwaukee Golf Show
Exposition Center at Wisconsin State Fair Park
Everything golf!

March 16th

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Antiques on Pierce
1512 West Pierce Street
Hand crafted items - beautiful jewelry, clothing, specialty foods, photography, original art, ceramics, and more. Largest Antique Mall in Southeastern Wisconsin, with over 50,000 square feet, 150 dealers and three floors Voted the best antique mall eight years in a row

March 16th

Family Day at the Milwaukee County Historical Society 10am-1pm
910 N. Old World Third
Looking back at the Roaring 20's as we explore Prohibition Milwaukee. Visitors of all ages are invited to connect with this interesting era

March 16th

ShamRock at Fair Park
The festivities kick off at 1pm with a full slate of musical acts. For only \$10 (Free Parking), rock out to live music! Irish themed and traditional menu options and of course St. Patrick's Day Drink Specials

March 16th

V100.7 Family Affair Expo
Wisconsin State Fair Park
Free family event featuring live local entertainment and resources in the field of health and wellness, finance, education, recruitment and more. Photos with mascots, crafts, face painting and treat bags

Calendar continued on page 5

SO YOU THINK YOU ARE READY TO RETIRE?
What you REALLY want to know before you take the leap!



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March 21st

Fairy Garden Class
Alfa Flower & Wedding Shop
7001 W North Ave. Learn how to make your very own fairy garden!! Class starts at \$35 and includes everything you need and then some to make a custom fairy garden. Beautiful succulents and plants to choose from, along with a vast assortment of decor. Space is limited to 25 spots so RSVP. 414-475-7080

March 22nd-24th

Bob and Rocco Gun Show
Washington County Fair Park, West Bend
Buy, Sell or Trade firearms, ammo, knives and much more from over 75 dealers and collectors in one location

March 22nd-31st

REALTORS® Home and Garden Show
Exposition Center State Fair Park
Dust off your gardening and home improvement tools and get ready to rejuvenate your indoor and outdoor living spaces for summer. With more than 350 exhibitors coming together to share ideas for improving your home and garden, there's no better place to get inspired

March 28th

Brewers Opening Day Tailgate
All you can eat, all you can drink, round trip shuttle transportation, for the biggest tailgate party of the year.
Brewer's Opening Day is right around the corner! Just like the last couple years, the Shorewood Brat House (4022 N Oakland) and Jack's American Pub (1323 E Brady) are teaming up to throw a ridiculous party to celebrate the opening of baseball season!

Meet at the bars, take the shuttle to Miller Park, enjoy the all inclusive tailgate experience, then go to the game and cheer on the Brew Crew! Bars Open: 7am. Shuttles start to Miller Park at 9am. Tailgate will be ready to rock by the time the first shuttles arrive. Music provided by DJ Buttersauce. Tailgate space is limited to the first 500 people, and they will sell out. \$55

March 30th

Sour Fest
MobCraft Beer Brewery
505 S 5th St
Pucker Up! We have a sour treat in store for you. Taste from a selection of 40+ Wisconsin sours. We have gathered breweries from across the state of Wisconsin to show off their sour skills! Free admission with the option to purchase sampling tickets

April 4th-7th

Wheel & Sprocket 35th Annual Bike Expo
WI State Fair Park
This is the largest bike sale in the nation with over 2,000 bikes on sale and ready to ride home along with 1,000's of accessories. The kickoff to spring and the cycling season

April 6th

The Dare to be Aware Fair
Alverno College
Over 100 exhibitors and free presentations showcasing health and wellness, personal growth, life coaching, readings, herbs, organic and natural items, animal communicators and more. \$5

Find more events at
www.visitmilwaukee.org

Senior Health and Wellness FAIR

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The Chopin at Wilson Commons • 1400 W. Sonata Dr, Milw.



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Money cannot buy you happiness, but I'd still feel a lot more comfortable crying in a new BMW than on a bike.

We have a strange custom in our office. The food has names there. Yesterday for example I got me a sandwich out of the fridge and its name was "Michael".

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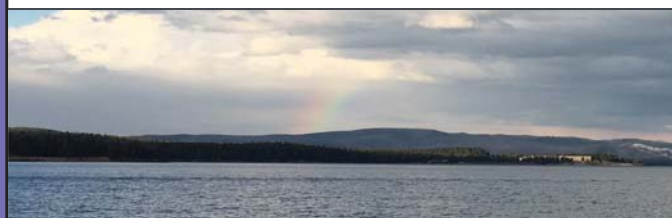
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FAT TIRE

A new set of wheels

Improved traction on dirt. Flotation when riding through snow, the oversized tires of a fat bike let you roll where you have not rolled before.



By Sam Kislia, Staff Writer
www.travelwisconsin.com

Fat Biking

Some of Wisconsin's most beautiful natural areas become inaccessible once the snow hits each winter. But a trend called fat biking is changing that! Once you see the oversized, balloon-like tires on these fat bikes, you'll immediately understand where the name comes from. Fat bikes have extra-wide rims with low-pressure tires making it possible to cruise on soft terrain like snow.

Where Can I Ride?

In winter or early spring, whether riding groomed single-track trails, frozen lakes or fresh powder, fat bikes have extended the biking season and added a whole new twist for winter adventurers. Be aware that it is NOT legal to ride fat bikes on most snowmobile and cross-country ski trails, but there are some exceptions, so always check with the land manager before heading out. Trails often have restrictions on a minimum tire width and a max tire pressure, so normal mountain bikes don't always qualify for fat bike trails.

The Department of Natural Resources offers guidelines about where fat bikes are allowed and the International Mountain Bicycling Association gives riders tips on fat biking best practices.


Northwest Trails. There's so much to see while fat biking in northwest Wisconsin. Ride across frozen Lake Superior out to Madeline Island. Don't want to

take that adventure alone? North Coast Cycling Association hosts group rides on Saturday mornings as long as safe ice conditions exist. Hayward and Cable have 22 miles of groomed trails, among the best in the state for winter fat biking. In Neillsville, find 11 miles of trails developed specifically for this sport. It truly is a fat biker's dream!

In northeast Wisconsin, find dips, turns and scenic views on some of these trails made for fat biking. WinMan Trails, located at the North Lakeland Discovery Center, offers 1,300 acres of fat biking-ready frozen turf. At Newport State Park, pedal alongside 11 miles of Lake Michigan shoreline. Some trails are ungroomed, or primitive, while others are groomed for a smoother ride. Whatever your preference, there are certainly some excellent opportunities for fat biking the beautiful trails of northeast Wisconsin.

Southern Trails. Bikers are finding the hills in the southeastern corner of Wisconsin are great for this winter sport. The Kettle Moraine State Forest, popular with mountain bikers in the summer, has several trails where fat biking is allowed in the winter. Kenosha County's Silver Lake Park has several loops of single track trails groomed to perfection and you may even see grooming on the lake in mid-winter. Closer to Madison, CamRock Park is a great place to ride when the snow flies. Feeling

Fat Tire continued on page 7



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Fat Tire

continued from page 6

competitive? You'll also find some great fat biking events hosted at some of these parks: John Muir and Emma Carlin Trails - La Grange, Lapham Peak State Park - Delafield and Minooka Park - Waukesha.

Fat Biking Events

Sweaty Yeti - Yeti Fest - Neillsville. This is a weekend of fat tire fun, winter camping and typical Wisconsin winter frolicking in the snow at the Levis Mound Trails.

Fat Bike Birkie - Cable. This is the only time during the winter that biking is allowed on the Birkie Trail system. Don't miss your chance to ride your fat bike on the snow-covered, groomed trails which also host the American Birkebeiner.

Bike on the Water - Bayfield to Madeline Island. This ultimate winter bike event allows fat bike riders to cross frozen Lake Superior from Bayfield to Madeline Island.

For more information on other events, check out the Snow Crown Wisconsin Fat Bike Series and Great Lakes Fat Bike Series.

Who Rents Fat Bikes? Want to try out the sport before investing in a new bike? As the popularity of the sport increases, you'll find fat bikes available to rent. So hop on one and try it out. Here are a few locations to get you started. Reservations are usually recommended: Backyard Bikes - La Grange, ZuZu Pedals - Port Washington, Riverbrook Bike and Ski and New Moon Bike and Ski - Hayward, Nor Door Sport and Cyclery - Fish Creek and Sturgeon Bay.

Travelers looking for year-round Wisconsin getaway ideas, travel planning, events and free guides can discover their own fun by visiting TravelWisconsin.com on desktop, tablet or mobile devices.

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ST. PATTY'S DAY RECIPE!



Classic Lamb Stew with Vegetables

Yukon gold, red skinned, and round white potatoes are all good choices for this tasty lamb stew. This is a tasty stew for an everyday meal, and it makes a great choice for St. Patrick's Day festivities

1 tablespoon extra-virgin olive oil
1 1/2 to 2 pounds lamb shoulder (trimmed and cut into 1-inch pieces)
2 to 3 medium onions (quartered and sliced)
1 teaspoon dried leaf thyme
1 1/2 cups carrots (peeled, 1-inch slices)

1 large bay leaf
3 cups chicken stock (or broth)
1 1/2 pounds potatoes (cut into 1-inch chunks)
Salt (to taste)
Freshly ground black pepper (to taste)
Optional: 2 tbs fresh chopped parsley
2 tablespoons all-purpose flour

In a large, deep sauté pan or Dutch oven over medium-high heat, sauté the lamb in the oil, stirring, for 2 minutes.

Add the onion and continue cooking, stirring, until the lamb is browned and onion is tender, about 3 to 5 minutes.

Sprinkle with thyme and add the carrots, bay leaf, and stock. Bring to a simmer; reduce heat to low, cover, and simmer for about 1 hour. Add the potatoes to the pan, cover, and continue cooking for 25 minutes. Taste and add salt and pepper, as desired. Stir the chopped parsley into the stew, if using.

In a cup or bowl, stir flour into the cold water until the mixture is smooth. Add to the stew, stir well, and cook for a minute or two, until thickened.

Serve the lamb stew with a salad and crusty rolls or soda bread.

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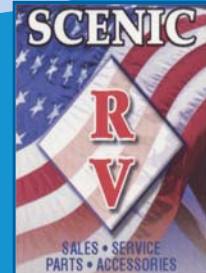
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EARTH TALK

From the Editors of
E/The Environmental Magazine

I heard we can

“Make America Great Again” by reducing air pollution because it’s making us DUMB.

Is there any truth to this?

Unfortunately for the 40 percent of Americans...

(and 90 percent of the inhabitants of the rest of the world) who live in regions with air quality below healthy standards, it is true that air pollution can take a toll on our cognitive abilities.

A collaborative study by American and Chinese researchers in September 2018 found that “long-term exposure to air pollution impedes cognitive performance in verbal and math tests” with verbal performance specifically trailing off further as we age, especially for men. Researchers derived the findings after analyzing language and arithmetic tests taken by 20,000 Chinese kids and adults between 2010 and 2014 correlated against shifting levels of airborne pollution.

“Polluted air can cause everyone to reduce their level of education by one year, which is huge,” reports Xi Chen, a Yale professor and a co-author of the study. He adds that for the elderly, the effect can be more like a few years of lost education. “The damage on the aging brain by air pollution likely imposes substantial health and economic costs, considering that cognitive functioning is critical for the elderly for both running daily errands and making high-stake decisions.”

But it’s not just the elderly who should worry about air pollution making them dumber. A January 2018 study by researchers at the University of Southern California (USC) and University of California, Los Angeles (UCLA) tracked more than 1,300 pre-teens living in and around Los Angeles over a 12-year period and linked repeated exposure to higher levels of airborne particulate matter (from car exhausts and factory smokestacks) with lower “Performance IQ” scores that measure our ability to solve problems we’ve never encountered. For every increase of 2.5 micrograms per cubic meter in particulate matter pollution surrounding the teens’ homes, performance IQ scores dropped by one point. The teens living in the most polluted areas saw about a three point drop on average.

The researchers point out that lower IQ is related to reduced earning power over a person’s lifetime—as well as poorer mental and physical health. The upshot is that reducing air pollution can have a significant effect on the lives of the 130 million Americans disproportionately exposed to bad air on a regular basis.

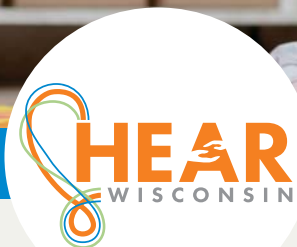
“I think our study adds to growing evidence that the neurotoxicity of air pollution decreases the nation’s mental capital,” says senior study author and USC professor Jiu-Chuan Chen. “For anyone who wants to help America succeed in the global competition of the knowledge economy, relaxing the air pollution regulations will very likely do the opposite.”

You can help minimize air pollution. Start by trading the gas guzzler for a hybrid or electric car (or even better, a bike or a pair of good walking shoes and a transit pass). Go solar at home or, if you can’t, ask your utility if they offer a “green power” option. And don’t forget to urge your elected officials to introduce and support legislation aimed at reining in air pollution locally, regionally and beyond.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org.



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OF WEIGHT LOSS

We all know that the 10 Commandments are a set of principles relating to ethics and worship, but I'm sure most of you don't know about the manuscript recently discovered in an archaeological site that has taken the fitness world by storm. That's 'tongue in cheek' of course. It brings me great pleasure to reveal those 10 commandments to you today...

1) Thou shalt eat clean 90% of the time. This means that two meals in the week can be more relaxed than normal or you can have a cheat meal. The rest of the time your diet needs to be clean which means protein based, low carb and good essential fats.

2) Thou shalt eat breakfast. Daily. Avoid bread, cereal and fruit juices. The most important meal of the day to really ramp up your metabolic rate and put your body into the fat burning zone.

3) Thou shalt eat protein with every meal or snack. Never underestimate the thermic effect of protein. Protein will keep you fuller for longer and help you burn fat all day long.

4) Thou shalt supplement with good quality fish oil. Daily. Fish oil is amazing for your health but it's also vital for optimal fat loss. 2-3 tablespoons of oil per day will work wonders.

5) Thou shalt eat an abundance of green vegetables. Daily. Green vegetables like kale, broccoli and spinach contain an array of vitamins, minerals and phytonutrients that are virtually calorie free and will give you energy and really help in your fat loss efforts.

6) Thou shalt lift heavy weights. 3-4 times per week. Weight training is the most effective fat burner on the planet, bar none. Lifting weights will produce more muscle mass and it's this lean muscle tissue that will burn lots of calories throughout the day, even at rest.

7) Thou shalt supplement with a quality vitamin & mineral supplement. Daily. Even if you have 6-8 portions of organic vegetables per day, you will still fall short of the amount of nutrients needed to perform in an optimal manner, burn the maximum amount of fat, and to ward off degenerative diseases.

8) Thou shalt drink 2-3 litres of water. Daily. We are made of about 70% water and water is vital for all our bodily functions. When it comes to fat loss, water is needed to clear toxins from your body and helps fats pass through your system before they are stored. It will also slightly curb your appetite too. If you feel you need to eat, have a drink of water and wait 10 mins then ask yourself the same question. Sometimes you are just bored, not hungry.

9) Thou shalt minimise alcohol intake to 2-3 glass of RED wine per week. Ideally, no alcohol is best for fat loss but we all live in the real world. Red wine has fewer calories than white and there are many benefits from the odd glass or two. If all the other commandments are adhered to, I believe the odd glass of wine twice per week will not halt thy progress.

10) THOU SHALT NEVER EAT CEREAL AGAIN. EVER. (so important it was written in capitals). Cereal was made by big companies looking to make a load of money off consumers, like you and me. In terms of fat loss, this is the most important commandment of them all. Avoid cereal like you would a swarm of killer locusts and refer back to the protein breakfast.

So there we have it. Gospel. Train hard, live easy.

Gavin Gillibrand BSc. Fat loss and Body Transformation Expert. Please visit our website <http://ultimategcityfitness.com> for more great articles like this and how you can get and stay in your best shape ever

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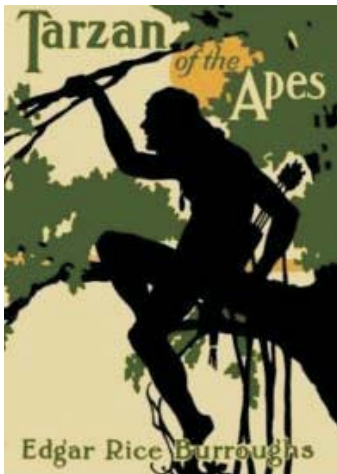
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TARZAN of WISCONSIN?



By Michael Edmonds

"...she had been carried off her feet by the strength of the young giant when his great arms were about her in the distant African forest, and again today, in the Wisconsin woods..."

Who hasn't seen the classic Tarzan movies? We all know that he was an orphaned English nobleman raised by jungle apes. But who knew that the original story ended in Wisconsin?

Tarzan of the Apes was published in New York in 1914. Near the end of the book, we learn that the heroine, Jane, had spent her earliest years on a farm in northern Wisconsin before venturing to Africa with her scientist father.

After Tarzan rescues her in the African jungle, Jane returns to America and receives marriage proposals from two suitors. In chapter 27 she goes to her childhood home in northern Wisconsin to ponder her dilemma.

While Jane is walking in the woods, a massive forest fire approaches. Just as she is about to be consumed by the flames, Tarzan miraculously appears, swinging limb to limb through Nicolet National Forest, to pluck her from the jaws of death.

It seems that he has spent the intervening months learning English and acquiring civilized habits. Obsessed by his love, Tarzan followed Jane across the Atlantic and tracked her to the Badger State. After saving her life, he learns that she has agreed to marry another, so he bows out to guarantee her happiness.

Author Edgar Rice Burroughs apparently never explained why he chose to set the novel's climax in Wisconsin.

Source: Tarzan of the Apes (NY, 1914), chapter 27-28: <http://tinyurl.com/cnbgxqu>

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The Season of the FISH FRY

The Catholic season of Lent begins a new search for the healthiest fish for our favorite fry!

Recommendations for the healthiest -and not so healthy- fish on the market.

Fish To Eat

Omega-3 Rich Fish to Eat with the least amount of mercury:

Salmon
 Halibut
 Whitefish
 Tilapia
 Trout
 Flounder
 Tuna
 Cod
 Sardines
 Anchovies

Fish To Avoid

Swordfish
 Shark
 Tilefish
 Bluefish
 King mackerel
 White (albacore, ahi) tuna
 Grouper
 Warm water (i.e. orange roughy)
 Shellfish like clams, lobsters, oysters, shrimp and scallops
 Fish whose color has been preserved with dyes
 Farmed fish (unless from a responsible aqua-culturists)

POINTS

1. (a) 2 (b) 4 (c) 6
2. (a) 6 (b) 4 (c) 7 (d) 2 (e) 1
3. (a) 4 (b) 2 (c) 5 (d) 7 (e) 6
4. (a) 4 (b) 6 (c) 2 (d) 1
5. (a) 6 (b) 4 (c) 3 (d) 5
6. (a) 6 (b) 4 (c) 2
7. (a) 6 (b) 2 (c) 4
8. (a) 6 (b) 7 (c) 5 (d) 4 (e) 3 (f) 2 (g) 1
9. (a) 7 (b) 6 (c) 4 (d) 2 (e) 1
10. (a) 4 (b) 2 (c) 3 (d) 5 (e) 6 (f) 1

ADD up the total number of points

OVER 60 POINTS: Others see you as someone they should "handle with care." You're seen as vain, self-centered, and extremely dominant. Others may admire you, wishing they could be more like you, but don't always trust you, hesitating to become too deeply involved.

51 TO 60 POINTS: Others see you as an exciting, highly volatile, rather impulsive personality, a natural leader, who's quick to make decisions, though not always the right ones. They see you as bold and adventuresome, someone who will try anything once, someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

41 TO 50 POINTS: Others see you as fresh, lively, charming, amusing, practical, and always interesting, someone who's constantly in the centre of attention, but sufficiently well-balanced not to let it go to their head. They also see you as kind, considerate, and understanding, someone who'll always cheer them up and help them out.

31 TO 40 POINTS: Others see you as sensible, cautious, careful & practical. They see you as clever, gifted, or talented, but modest. Not a person who makes friends too quickly or easily, but someone who's extremely loyal to friends you do make and who expects the same loyalty in return. Those who really get to know you, realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over if that trust is ever broken.

21 TO 30 POINTS: Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment, expecting you to examine everything carefully from every angle and then, usually decide against it. This reaction is caused partly by your careful nature.

UNDER 21 POINTS: People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions and who doesn't want to get involved with anyone or anything! They see you as a worrier who always sees problems that don't exist. Some people think you're boring. Only those who know you well, know that you aren't.



THE ULTIMATE PERSONALITY TEST

This is a real personality test, authored by Dr. Charles Vine, and given by Human Relations Departments at many of the major corporations today. It helps them receive better insight concerning their employees and in their prospective employees. It was also presented on the Dr. Phil Show. He scored 55 and Oprah received a 38. There are 10 simple questions, so grab a pencil and paper. Record your letter answers to each question.

1. When do you feel your best...

- A) in the morning
- B) during the afternoon and early evening
- C) late at night

2. You usually walk...

- A) fairly fast, with long steps
- B) fairly fast, with little steps
- C) less fast head up, looking the world in the face
- D) less fast, head down
- E) very slowly

3. When talking to people you...

- A) stand with your arms folded
- B) have your hands clasped
- C) have one or both your hands on your hips
- D) touch or push the person to whom you are talking
- E) play with your ear, touch your chin, or smooth your hair

4. When relaxing, you sit with...

- A) your knees bent with your legs neatly side by side
- B) your legs crossed
- C) your legs stretched out or straight
- D) one leg curled under you

5. When something really amuses you, you react with...

- A) big appreciated laugh
- B) a laugh, but not a loud one
- C) a quiet chuckle
- D) a sheepish smile

6. When you go to a party or social gathering you...

- A) make a loud entrance so you are noticed
- B) make a quiet entrance, looking around for someone you know
- C) make the quietest entrance, trying to stay unnoticed

7. You're working very hard, concentrating hard, and you're interrupted...

- A) welcome the break
- B) feel extremely irritated
- C) vary between these two extremes

8. Which of the following colors do you like most....

- A) red or orange
- B) black
- C) yellow or light blue
- D) green
- E) dark blue or purple
- F) white
- G) brown or gray

9. When you are in bed at night, in those last few moments before going to sleep you are....

- A) stretched out on your back
- B) stretched out face down on your stomach
- C) on your side, slightly curled
- D) with your head on one arm
- E) with your head under the covers

10. You often dream that you are...

- A) falling
- B) fighting or struggling
- C) searching for something/somebody
- D) flying or floating
- E) you usually have dreamless sleep
- F) your dreams are always pleasant

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Eye MDs share top reasons to take care of sight

by Cheryl L. Dejewski

The vast majority of blindness is preventable—if you pursue prompt diagnosis and treatment. Often, however, we hesitate to make an appointment to have our eyes checked—even when we know there is a problem. That's when friends and relatives can help. You may recognize that failing vision is preventing someone from enjoying hobbies or doing daily tasks. By providing information and support, you can help them to avoid isolation, injuries, depression and even blindness. The doctors at Eye Care Specialists provide the following informative and motivational reasons to take care of your eyes.

Improving vision can have a major impact on task performance & quality of life.

"Researchers in one study found that even with just modest visual improvement (as achieved with new eyeglass prescriptions), patients could read, write, use the telephone, watch TV, and play cards better. They also reported decreased psychological distress (worry and frustration) and increased social interaction (visiting friends, participating in group activities, etc.)," notes Mark Freedman, MD, senior partner at Eye Care Specialists, one of Wisconsin's leading ophthalmology practices.

Everyone can benefit from improved vision.

"Our team has long believed in the importance of providing the best possible vision to all patients—even those mislabeled too old, depressed, or cognitively impaired to benefit. Family members, caregivers, and patients themselves often report positive changes in demeanor and ability to communicate following cataract removal," says Brett Rhode, MD, Head of Ophthalmology at a major local hospital and a partner at Eye Care Specialists. "In fact, a study presented at an Alzheimer's Association International Conference reported that both dementia patients and their caregivers benefit when the patient can see better. Most notably, patients who needed and underwent cataract surgery were more mobile, functioned better, and demonstrated slower memory decline than those who needed surgery but didn't have it."

Improving vision can brighten your outlook on life.

"One study found that removing a cloudy cataract and improving vision also increases the amount of light and color which enters the eye, thus positively impacting cortisol, melatonin and mood levels," says David Scheidt, OD, past president of the Milwaukee Optometric Society.



You may lengthen your life.

"Research from the Blue Mountains Eye Study in Australia found that people who had surgery to remove a cataract live longer than people who don't have their cloudy vision improved. Possible reasons for the increased life span include improved physical and emotional well-being after surgery, increased optimism, greater success living independently, fewer hip fractures and serious injuries from falls, and better ability to comply with taking prescription medications," notes Michael Raciti, MD, an ophthalmologist who conducts continuing education for local optometrists.

Investing in your vision now may save you money later.

Scheduling regular eye exams can benefit your sight, attitude, freedom, AND bank account. Age-related vision impairment is a leading cause of disability and nursing home placement and creates increased expenses in terms of doctor visits, special transportation, medical supplies, and services. The longer you maintain good vision, the less you will have to spend on these expenses later.



Undiagnosed and untreated eye diseases increase your risk of car accidents.

"For example, glaucoma can reduce peripheral vision (causing a "tunneling" effect) without damaging central vision. This means that many people with glaucoma are able to pass the current driver's license vision test, which only checks straight-ahead distance vision. But, crisp vision isn't enough to be safe behind the wheel. Drivers also need good peripheral vision in order to assess and keep up with traffic flow, stay in the proper lane, and detect stop lights, pedestrians, vehicles and other obstacles. Fortunately, prompt detection and treatment of eye problems can help keep drivers, their passengers, and other people on the road safe. Studies show that people

who have their cataracts removed and replaced with implants have up to half of the car accident risk of those who don't have surgery," notes



Daniel Ferguson, MD, an eye care specialist with thousands of cases under his surgical cap.

Many conditions don't have early warning signs or are masked by the ability to compensate.



"The only way to definitely know if you have an eye disease is to have a comprehensive dilated eye exam every other year, especially after age 40. Otherwise, undiagnosed and untreated conditions (like cataracts, diabetes and macular degeneration) may be stealing your vision without you realizing it," explains Daniel Paskowitz, MD, PhD, an eye care specialist with credentials from Harvard and Johns Hopkins.

Keep the above information in mind when wondering if you should schedule an eye exam or follow recommendations for undergoing a procedure or using a medication.

For free booklets on any of the concerns mentioned in this article, call 414-321-7035. Or, visit www.eyecarespecialists.net for an overview of various eye conditions. For an appointment or second opinion (typically covered by insurance & Medicare), call the offices below.



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Daniel Paskowitz, MD, PhD



Michael Raciti, MD

www.eyecarespecialists.net
Practice profile & common eye concerns information



David Scheidt, OD





Easy Carrot Cake Pancakes with Cream Cheese Maple Syrup

1 1/2 cups all-purpose flour, or substitute gluten-free baking mix
 1/4 cup brown sugar, packed
 2 1/2 teaspoons baking soda
 2 teaspoons ground cinnamon
 1 1/4 teaspoon salt
 15 ounces crushed pineapple
 2 cups freshly shredded carrots
 1/2 cup sweetened shredded coconut
 1/4 cup melted butter (or coconut oil) + extra for griddle
 1 extra-large egg
 6 ounces cream cheese
 1/2 cup pure maple syrup

Preheat a griddle (or a large non-stick skillet) to medium heat. In a large mixing bowl, combine the flour, brown sugar, baking soda, cinnamon, and salt. Stir well.

Add the crushed pineapple and juices, shredded carrots, shredded coconut, butter, and egg. Mix well until smooth and thick.

Let the batter rest while you make the cream cheese maple syrup. Place the cream cheese and maple syrup in the blender. Puree until smooth.

Butter (or oil) the griddle. Use a 1/4-cup scoop to portion the batter onto the griddle, leaving plenty of space between each portion. Use the bottom of the scoop to spread the batter into 4-inch circles. Cook for 2-3 minutes, until bubbles start to form on the top. Then flip the pancakes and cook another 2-3 minutes, until fluffy in the center.

Re-butter the griddle and repeat with remaining batter. Once all the pancakes are cooked, stack them on plates and drizzle with cream cheese maple syrup.

Creamy Whiskey Maple Glaze

4 Tbsp butter, melted
 4 Tbsp cream cheese, melted
 3/8 c powdered sugar
 1 Tbsp whiskey
 1 tsp maple syrup
 In a small bowl, combine all ingredients until smooth

Maple Buttercream Frosting

1/2 cup (1 stick) butter, softened
 3 cups powdered sugar
 1/4 cup pure maple syrup
 1 tbsp milk
 2 teaspoons (Tahitian) vanilla extract

MAPLE SYRUP: The real stuff often isn't in the big bottles that line grocery shelves

Genuine maple syrup is a simple practice of tapping trees, cooking sap and savoring!

The sweet liquid was a North American staple long before children started using it to douse their morning pancakes. Maple syrup was a major source of sugar for many Native Americans living in regions around the Great Lakes. Over the course of the past several centuries, maple syrup production has become a booming industry.

Wisconsin ranks fifth in North America for maple syrup production, following the Canadian province of Quebec, and the states of Vermont, New York and Maine. But, as Simpson explained, the Dairy State is one of the fastest growing places in terms of its maple syrup output.

The proper time to collect sap for maple syrup is during the early spring months of March and April. Tapping trees for sap is a relatively simple process that can be done with tools bought from a local hardware store. To produce syrup, the sap is boiled and then cooled. Interest has grown over the years because it's relatively easy to make quality syrup with at-home supplies.

Maple trees can live for up to 400 years and so far, research has shown that tapping them for sap has had no effect on their lifespan. The amount of sap each maple produces can vary by season, but it's not uncommon for an average tree to yield around 20 gallons of sap.

Because of the potential health benefits that maple sap contains, "maple water" is said to be the next trendsetter's drink of choice. It possesses many of the same nutrients as coconut water but has a sweeter, more palatable taste.

Information from wiscontext.org

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Relaxation Techniques

Using the Relaxation Response to Relieve Stress

www.helpguide.org

For many of us, relaxation means zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. To effectively combat stress, we need to activate the body's natural relaxation response. You can do this by practicing relaxation techniques such as deep breathing, meditation, rhythmic exercise, and yoga. Fitting these activities into your life can help reduce everyday stress, boost your energy and mood, and improve your mental and physical health.

What is the relaxation response? When stress overwhelms your nervous system, your body is flooded with chemicals that prepare you for "fight or flight." This stress response can be lifesaving in emergency situations where you need to act quickly. But when it's constantly activated by the stresses of everyday life, it can wear your body down and take a toll on your emotional and physical health.

No one can avoid all stress, but you can counteract its detrimental effects by learning how to produce the relaxation response, a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings your body and mind back into a state of equilibrium.

In addition to its calming physical effects, the relaxation response also increases energy and focus, combats illness, relieves aches and pains, heightens problem-solving abilities, and boosts motivation and productivity. Best of all, anyone can reap these benefits with regular practice. And while you may choose to pay for a professional massage or acupuncture session, for example, most relaxation techniques can be done on your own or with the aid of free audio downloads or inexpensive smartphone apps.

The important thing to remember is that simply laying on the couch, reading, or watching TV—while sometimes relaxing—isn't enough to produce the physical and psychological benefits of the relaxation response. For that, you'll need to actively practice a relaxation technique.

Finding the relaxation technique that's best for you

There is no single relaxation technique that is best for everyone. The right relaxation technique is the one that resonates with you, fits your lifestyle, and is able to focus your mind and interrupt your everyday thoughts to elicit the relaxation response. You may even find that alternating or combining different techniques provides the best results. How you react to stress may also influence the relaxation technique that works best for you:

The "fight" response. If you tend to become angry, agitated, or keyed up under stress, you will respond best to stress relief activities that quiet you down, such as meditation, progressive muscle relaxation, deep breathing, or guided imagery.

The "flight" response. If you tend to become depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and energize your nervous system, such as rhythmic exercise, massage, mindfulness, or power yoga.

The immobilization response. If you've experienced some type of trauma and tend to "freeze" or become "stuck" under stress, your challenge is to first rouse your nervous system to a fight or flight response (above) so you can employ the applicable stress relief techniques. To do this, choose physical activity that engages both your arms and legs, such as running, dancing, or tai chi, and perform it mindfully, focusing on the sensations in your limbs as you move.

Do you need alone time or social stimulation? If you crave solitude, solo relaxation techniques such as meditation or progressive muscle relaxation will help to quiet your mind and recharge your batteries. If you crave social interaction, a class setting will give you the stimulation and support you're looking for and may also help you stay motivated.

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Office of the Mayor Proclamation

WHEREAS, The City of Milwaukee proudly joins Center for Creative Learning, sponsors, service providers and community members in celebrating the 12th Annual Dare To Be Aware Fair on Saturday, April 6, 2019;

WHEREAS, Dare To Be Aware Fair will host a series of workshops and exhibits promoting personal growth, health and wellness, life coaching and holistic services.

WHEREAS, Dare To Be Aware Fair is an opportunity for community members to learn more about lifestyle decisions and enhance their health by more than 80+ specialists.

WHEREAS, The City of Milwaukee commends Dare To Be Aware Fair on 12 years of dedicated service and leadership, recognizes its contributions to the community and wishes it many more years of success.

NOW, THEREFORE, I, TOM BARRETT, Mayor of the City of Milwaukee, do hereby proclaim Saturday, April 6, 2019, to be **DARE TO BE AWARE FAIR DAY** throughout the City of Milwaukee.



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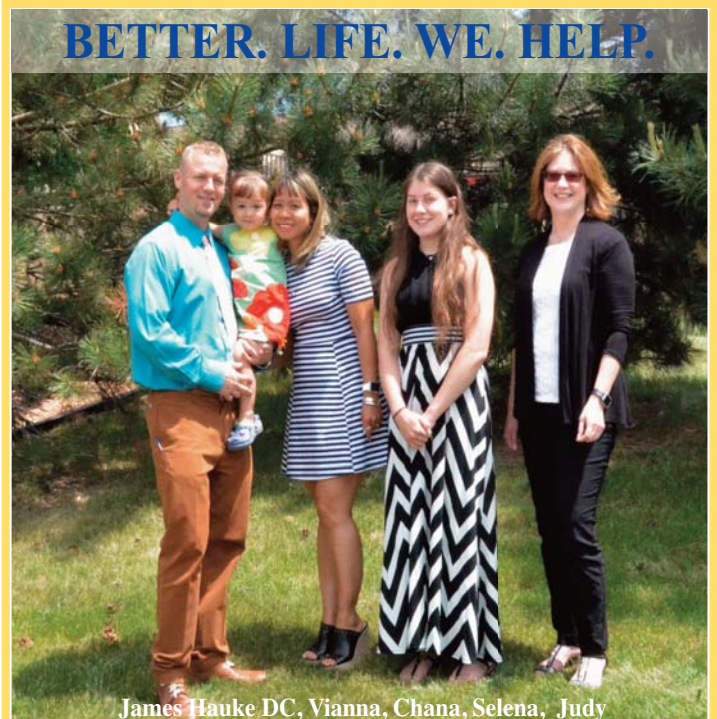
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It is almost tax time...

...think "fondly" of the politicians elected to take your money. The IRS decides to audit Grandpa, and summons him to the IRS office.

The IRS auditor was not surprised when Grandpa showed up with his attorney.

The auditor said, 'Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable.'

'I'm a great gambler, and I can prove it,' says Grandpa. 'How about a demonstration?'

The auditor thinks for a moment and said, 'Okay. Go ahead.'

Grandpa says, 'I'll bet you a thousand dollars that I can bite my own eye.'

The auditor thinks a moment and says, 'It's a bet.'

Grandpa removes his glass eye and bites it. The auditor's jaw drops.

Grandpa says, 'Now, I'll bet you two thousand dollars that I can bite my other eye.'

Now the auditor can tell Grandpa isn't blind, so he takes the bet.

Grandpa removes his dentures and bites his good eye.

The stunned auditor now realizes he has wagered and lost three grand, with Grandpa's attorney as a witness. He starts to get nervous.

'Want to go double or nothing?' Grandpa asks 'I'll bet you six thousand dollars that I can stand on one side of your desk, and pee into that wastebasket on the other side, and never get a drop anywhere in between.'

The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again.

Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk.

The auditor leaps with joy, realizing that he has just turned a major loss into a huge win.

But Grandpa's own attorney moans and puts his head in his hands.

'Are you okay?' the auditor asks.

'Not really,' says the attorney. 'This morning, when Grandpa told me he'd been summoned for an audit, he bet me twenty-five thousand dollars that he could come in here and pee all over your desk and that you'd be happy about it!'

NOT The Answer They Expected

One night a teenage girl brought home her new boyfriend to meet her parents. They were appalled by his appearance: leather jacket, motorcycle boots, tattoos, more piercings than they wanted to count and an attitude to go with it. Later, the parents pulled their daughter aside and confessed their concern.

"Dear," said Mother diplomatically, "He doesn't seem very nice."

The daughter, with her many years of experience, replied, "Oh please Mom, if he wasn't nice, would he be doing 500 hours of community service?"

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

"Stay!"

I pulled into the crowded parking lot at the local shopping center and rolled down the car windows to make sure my Labrador Retriever pup had fresh air.

She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there.

I walked to the curb backward, pointing my finger at the car and saying emphatically,

"Now you stay. Do you hear me? Stay! Stay!"

The driver of a nearby car, a pretty young blonde, gave me a strange look and said,

"Why don't you just put it in 'Park'?"

Can't Hear on the Phone?

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The CapTel® Captioned Telephone shows word-for-word captions of everything a caller says, letting you read anything you cannot hear over the phone. CapTel is a **NO-COST**, federally funded technology available under the Americans with Disabilities Act.

To qualify, users need:

- Hearing loss
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Tom Slattery, your local Outreach Educator, works within your community to help anybody who needs this phone gain access to the program.

Tom Slattery, 262-409-9370
tom.slattery@oeius.org

REQUIREMENTS: Hearing Loss, High Speed Internet, Dial-tone

No-Cost Phone with valid third-party certification is subject to change without notice. Terms and conditions may apply. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No cost is passed on to the CapTel user for using the service. CapTel captioning service is intended exclusively for individuals with hearing loss. CapTel® is a registered trademark of Ultratec, Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. (v1.5 7-18)

Are You READY?? Retirement Quiz

You might be old enough to be retired, but the really big question is - are you ready for retirement? Take this fun quiz and find out. (Get your score at end!)

FINANCES:

1. Do you know how much all of your major income streams will amount to
___Yes___No
2. Have you estimated what your retirement spending requirements will be?
___Yes___No
3. Is your mortgage paid off?
___Yes___No
4. Credit card debt retired?
___Yes___No
5. Investment profile/portfolio changed to match your new situation?
___Yes___No
6. Have a qualified financial advisor?
___Yes___No
7. Revised your will?
___Yes___No
8. If your finances aren't up to snuff, have you thought about what kind of work or other adjustments you need to make?
___Yes___No

LOCATION:

1. Have you and your significant other discussed where you want to live?
___Yes___No
2. Have you agreed on the location?
___Yes___No
3. Will your family and friends be happy with your decision?
___Yes___No
4. Is your retirement location compatible with your financial situation?
___Yes___No
5. Have you thought about where you should be living in late retirement (20 years or so), if you are lucky enough to live that long?
___Yes___No

LIFESTYLE:

1. Have you thought about what you are going to do the day you retire?
___Yes___No
2. How about what you will do every day, 2 years after your retirement?
___Yes___No
3. Do you have a hobby or sport to keep you busy?
___Yes___No
4. Have you discussed your new day to day activities and how they might interact with those of your significant other?
___Yes___No
5. Will you continue to work in some fashion after retirement?
___Yes___No
6. Do you know what kind of volunteering you want to do?
___Yes___No
7. Have you developed a living will, Advanced Health Care Directive, or durable power of attorney?
___Yes___No

SCORECARD

16 or more Yes answers
- Very Well prepared - good job!
12 - 15 Yes answers -
You've done a lot of work, but more to do
8 - 11 Yes answers - Keep at it, you can be ready
Less than 8 - Yikes! You better get busy if you want to enjoy retirement!

RETIREMENT LIFESTYLE

The choice is yours!



Quality of life is important for good health and a happy day.

It's not enough to just be alive. A good quality of life is essential for everyone. Feeling satisfied and fulfilled is just as important as getting regular check-ups from the doctor. Having a positive view of life can help us have more energy, less stress, better appetite, and prevent cognitive decline.

AND IT STARTS WITH A PLAN FOR A QUALITY, HAPPY, RETIREMENT LIVING LIFESTYLE

For many adults, moving from their home to a retirement community is a difficult thing to accept... until they realize it was the best and most satisfying decision to make.

Socializing key to healthy aging

Adult communities provide plenty of opportunities to make new friends, share meals, and enjoy cheerful occasions with one another. Studies have revealed that socially isolated people are more susceptible to strokes and heart attacks. Therefore, it is important to promote your social life for maintaining your well-being. Researchers have found that people with an active social life have a significantly lower rate of memory decline. Social isolation could negatively affect the natural immune system. This is dangerous for people at any age. Loneliness can cause high blood pressure and other health problems.

In adult living communities, the residents can spend time doing the things they want to do. Independent living communities give extreme importance to socializing. There are easy ways to socialize, as these communities are designed with the purpose of providing opportunities to engage and connect. These communities generally provide movie nights in the theatre room, cocktail hours for pre-dinner conversation, book clubs and discussion groups, spiritual services, and trips into the city.

Independent living communities offer a hassle-free life for adults

Keeping a clean home is not an easy task for older adults. In a senior living community, the residents are not responsible for tasks such as mowing lawn, shoveling driveway, climbing ladder for changing light bulbs, or fixing unexpected issues that are likely to occur when living at home. The residents can enjoy a hassle-free life.

No more driving stress. Driving can be stressful as people age. Stressful driving is dangerous not just to the person who drives but to others as well. Independent and assisted living communities provide free transportation for their residents. At the same time, there will be parking space for residents who still want to drive.

The choice is yours!

2019 RETIREMENT LIVING GUIDE
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AFFORDABLE 1 & 2 BEDROOM APARTMENTS FOR SENIORS 55 AND BETTER

- | | | | |
|--|---|--|---|
| <ul style="list-style-type: none"> ▶ Underground parking ▶ Social room ▶ Quiet, beautiful area ▶ Pet friendly community ▶ On-site laundry ▶ Secure entry | <ul style="list-style-type: none"> ▶ Washer/dryer connections (select homes) ▶ In-home air conditioning ▶ Personal patio/balcony ▶ Utilities include: heat, water & trash removal | <ul style="list-style-type: none"> ▶ Beautiful gazebo & screened-in porch ▶ Fitness center & chapel ▶ Beauty/barber salon ▶ Community room ▶ Pet friendly community | <ul style="list-style-type: none"> ▶ In-home washer & dryer ▶ Personal balcony or patio ▶ Heated parking space ▶ Emergency pull-cords ▶ Utilities include: heat, water & trash removal |
|--|---|--|---|



Ask about our
Rent Specials!

**PRAIRIE
MEADOWS**
SENIOR APARTMENTS

W168 N11374 Western Ave | Germantown, WI 53022
DominiumApartments.com | (262) 532-0974

*Income limits apply. Call for details.

the Meetinghouse
at Milwaukee

10901 West Donna Dr | Milwaukee, WI 53224
DominiumApartments.com | (414) 357-8596

*Income limits apply. Call for details.



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EMAIL: BeckPropSvc@aol.com

*Accessible, federally subsidized, safe, secure,
barrier-free, affordable one bedroom apartments
for seniors age 62 & older.*

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West Milwaukee
- Gonzaga Village
West Allis
- Sunset Heights
Waukesha
- Cifaldi Square
Cudahy
- Oak West
West Allis
- Valentino Square
West Allis

Call or email for more information or an application!



www.beckerpropertyservices.com



For more information or to schedule
a tour, please call Eastcastle Place
Admissions at 414-963-8480

2505 E. Bradford Avenue Milwaukee www.eastcastleplace.com

Eastcastle Place is

Rated 5 Stars

by the Centers for Medicare and Medicaid Services (CMS)

For more than three decades, Eastcastle Place has earned the reputation, respect, and trust of families throughout the Milwaukee area. Now we've earned a 5-star rating from CMS.

PROVEN POST-ACUTE CARE

Eastcastle Place helps patients quickly recover whenever short-term skilled nursing or rehab care is recommended. When patients are recovering from an illness, injury or surgery, our attending physicians and clinicians oversee all care.

GOAL-DRIVEN EXPERTISE

Patients achieve the highest level of function and medical recovery possible to accelerate the transition from hospital to home.

Transitional specialties include:

- Medicare-certified health care community
- Physical, occupational & speech therapy
- 24/7 registered skilled nursing
- Ultrasound expertise
- E-stim Therapy

Managed by Life Care Services®

CARE-INTENSIVE TREATMENT

As patients recover from serious illness or surgery, Eastcastle Place provides close monitoring of complex chronic conditions or additional pain management as required.

Clinical capabilities include:

- Comprehensive wound care
- IV pain management
- Diabetes management



RETIREMENT LIVING 2019 GUIDE

BECKER PROPERTY SERVICES

Ken Becker / 262-240-9406 / 11520 N. Port Washington Rd., Suite 102 / Mequon
www.beckerpropertyservices.com

Since 1988, providing affordable, accessible, barrier-free, safe and secure housing for senior citizens (62+) and for physically disabled adults. We welcome applications for occupancy at all of our buildings. For more information, please email us at BeckPropSvc@aol.com or call (262)240-9406

BERKSHIRE

www.berkshireseniorcommunities.com

BERKSHIRE – GRAFTON / 262-376-9661 / 1004 Beech Street / Grafton

Affordable living in the heart of Grafton! Heat, hot water and underground parking included. Storage, laundry and trash drop-off on each floor. Media library and fitness rooms; easy access to banks, pharmacies, hospitals, shopping, restaurants and local activities, all in a convenient downtown location. **Smoke-Free, Pets welcome

BERKSHIRE – GREENDALE / 414-421-4900 / 7010 West Grange Avenue / Greendale
Active independent community close to historic downtown Greendale and Southridge mall, heat and hot water included. Spacious plans with walk-in closets, patios and balconies, free underground and surface parking. Business center, fitness center, community room and social activities. Pets cherished. **Income limits may apply.

BERKSHIRE AT KENSINGTON / 262-548-1449 / 1800 Kensington Drive / Waukesha
Beautifully remodeled, affordable apartments for Active Adults (55+) in Waukesha. ALL UTILITIES INCLUDED & free indoor parking. On-site bank, chapel, beauty salon, fitness center and more! Free weekly transportation to shopping. On city bus line. Pets welcome with limits. (Income limits may apply.)

BERKSHIRE – OCONOMOWOC / 262-567-9001 / 210 South Main Street / Oconomowoc
For independent adults 55 and older. One and two bedroom homes, elevator service, heat and hot water included, controlled entry, private patio or balcony, library, computer and exercise rooms, free underground and service parking, Senior Center on site. Walking distance to two lakes and the weekly outdoor farmers market. **Income limits apply.

BERKSHIRE AT SUNSET / 262-548-0131 / S30 W24890 Sunset Drive / Waukesha
Active independent adults 55+ enjoy beautiful homes and a pet friendly community with all the amenities. Computer nook, two mini libraries, activity areas on each floor, a courtyard with grill and social activities for everyone! Close to expanding Fox River Shoppes and close to everything you need. Welcome Home! ** Income limits apply.

BERKSHIRE – WEST ALLIS / 414-258-2720 / 1414 South 65th Street / West Allis
One and two bedroom apartment homes near historic downtown West Allis. Walking distance of the farmers' market, senior center, grocery store, banks... On the bus line. Free heat, water and parking. Fitness, computer, and community rooms, library, outdoor courtyard, gazebo and bbq grill, plus social activities for everyone! **Income limits apply.

CLEMENT MANOR

Kim Skoczynski, Sr Living Specialist / 414-546-7000 / 9405 W. Howard Avenue / Greenfield
www.clementmanor.com

Helping families for more than 35 years. Independent apartments, dining room, fitness center, warm-water pool, chapel, bank, lifelong learning classes, and gorgeous outdoor areas will make you feel like your living at a retreat! Sponsored by the School Sisters of St. Francis and part of a continuum of housing and healthcare services.

COTTONWOOD TRAILS APARTMENTS

Andrea / 414.483.9969 / 4600 South Nicholson Avenue / Cudahy
www.cottonwood@bearproperty.com

Cottonwood Trails Apartments is a senior complex which offers Section 42 for adults 55 plus. Non-smoking environment with underground parking, elevator, laundry rooms on each floor, private intercom and community room. Heat and water included.

EASTCASTLE PLACE HEALTH & REHABILITATION CENTER

Sandy Colwell, Adm. Coord. / 414-963-8480 / 2505 E. Bradford Place / Milwaukee
www.eastcastleplace.com

A senior living community dedicated to serving our residents and families by offering a full continuum of care. Whether you or a family member has a need for Independent Living, Assisted Living, Memory Care, Respite Care, Short Term Rehabilitation or Long Term Care, feel confident knowing that Eastcastle Place is rated Five Stars by the Centers for Medicare and Medicaid with staff offering the highest level of care.

HERITAGE SENIOR LIVING

www.heritagesenior.com

Heritage Court - Menomonee Falls / 262-781-6930 / N48W14250 Hampton Rd

Heritage Court - Waukesha / 262-542-3434 / 1831 Meadow Lane / Pewaukee

Lexington Heritage - Greenfield / 414-425-9551 / 5020 S. 107th St / Greenfield

Heritage at Deer Creek / 262-789-6600 / 3585 S. 147th Street / New Berlin

Heritage Elm Grove / 262-786-5800 / 800 Wall Street / Elm Grove

Heritage West Allis / 414-302-9700 / 7901 West National Avenue / West Allis

Offering vibrant communities that feel like home, provide quality care, and employ compassionate caregivers who treat our residents as if they were their own family. Open and accepting to all our residents and their individual care needs. The commitment to

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RETIREMENT LIVING 2019 GUIDE

provide excellent care, along with a comforting home-like setting, is what makes Heritage Senior Living the premiere senior housing communities in Wisconsin.

HERITAGE MUSKEGO

414-475-7155 / S64 W13780 Janesville Road / Muskego

Just opened at the end of 2018. Heritage Muskego is luxury living at its best. Independent, Assisted Living and Memory Care Communities to meet your individual needs, with a commitment to excellent care in a premiere senior housing community.

JACKSON CROSSINGS

262-993-2838 / N168 W22022 Main Street / Jackson

www.fivestarseniorliving.com/jackson

Check us out at www.fivestarseniorliving.com/jackson. View interior and exterior photos of our community including individual apartments, common areas both inside and outside of our facility. If you see yourself living in our Five Star Senior Living community, consider scheduling a quick tour and see Jackson Crossings for yourself.

MEETINGHOUSE APARTMENTS

PRAIRIE MEADOWS II & III APARTMENTS

Brian Rismon / 414-357-8596 / 10901 W. Donna Drive / Milwaukee

www.dominiumapartments.com/find-apartment/properties/wisconsin/milwaukee/meetinghouse.html

Discover the delights of Prairie Meadows and Meetinghouse senior apartment communities for those 55 or better and for persons with disabilities, amid acres of well-manicured landscaping located in Germantown and Milwaukee. Escape to the comfort and conveniences of our thoughtfully designed one and two-bedroom apartment homes.

ST. CAMILLUS

414-259-6310 / 10101 West Wisconsin Avenue / Wauwatosa

www.St.Cam.com

St. Camillus is a Life Plan Community allowing seniors to choose their own future and offer a full continuum of services so they are able to do so all in one place. As a Life Plan Community, St. Camillus allows both planning and living to merge through Independent Living, Assisted Living, Memory Care, Skilled Nursing, Rehabilitation, Home Healthcare, Home Hospice, and Care Management. Proudly serving southeastern Wisconsin for over 90 years.

VMP MANOR PARK

Tamara Spredemann 414-607-4322 (Independent Living)

Christy Wiese 414-607-4104 (Assisted Living)

3023 S. 84th Street / Milwaukee / www.vmpcares.com

Full continuum of care: independent living apartments, assisted care, nursing care, short-term rehabilitation, and ventilator care. No longer requires an endowment upon entry, and independent living rentals are offered month to month. Our on-site Senior Community Club lives up to our motto: "You're Never Too Old to Play!" Assisted living units are apartment-style with three meals per day and 24/7 nursing care. On-site medical clinic and chapel.

WILSON COMMONS

Michelle Posig / 414-281-2450 / 1400 W. Sonata Drive / Milwaukee

www.CapriCommunities.com

Wilson Commons Senior Living offers both independent and assisted living options. Located on Milwaukee's south side, Wilson Commons is tucked away on seven acres of beautifully landscaped grounds just south of scenic Wilson Park. Wilson Commons combines all the comforts and conveniences of home along with many supportive services.



SUPPORT SERVICES

AEGIS WEALTH ADVISORS, LLC

Timothy M. Stasinoulas / 262-369-5200

1208 State Road 83, Hartland / www.aegiswealthadvisors.com

Trust is important. We place particular value on personal relationships with our clients. Your expert partner in all things financial. Will help you develop and implement a plan. Do you have a financial question? Reach us at (262)369-5200 or info@aegiswi.com. Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm specializing in providing financial guidance to individuals, families, and small business owners. References.

BRIDGES HOME HEALTHCARE

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www.bridgeshh.com

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INDEPENDENT
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Luxury Living at its Finest

- ✓ Underground parking
- ✓ Housekeeping twice/mo.
- ✓ Heat & hot water included
- ✓ 1 chef-prepared meal/day (IL)
- ✓ Warm-water pool
- ✓ Movie theater
- ✓ Fitness center
- ✓ No endowment fees

Call 414-425-7155 to learn more!



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*1 & 2 BR Independent apartments
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BERKSHIRE AT KENSINGTON

1800 Kensington Dr.,
Waukesha, 53188
262-548-1449

- FREE Utilities
- Free indoor parking
- Pets welcome (limited)
- Social Activities
- On-site bank, chapel, beauty salon, fitness center
- Convenient elevators
- Transportation to shopping
- Located on bus line
- Pergola & gazebo with BBQ grills
- No Smoking



BERKSHIRE WEST ALLIS

1414 S. 65th St., West Allis
414-258-2720

- Spacious open floor plans
- FREE heat, hot water
- FREE underground parking
- Elevator
- Courtyard with gazebo, BBQ grill
- Social activities
- Exercise room & classes
- Beauty salon & library
- Near historic West Allis shops & farmer's market, Walgreens, banks and Senior Center
- Located on bus line
- Smoke Free Community



BERKSHIRE OCONOMOWOC

210 S. Main St., Oconomowoc
262-567-9001

- Spacious floor plans
- Ceiling fans
- Elevator service to all floors
- Laundry room on each floor
- Free heated underground parking
- Free heat & water
- Pet friendly with some restrictions
- Walking distance to the downtown area, two lakes & farmers market
- Activities w/Oconomowoc Area Senior Center on site
- No Smoking



ACTIVE ADULT COMMUNITIES (55+)*



BERKSHIRE GREENDALE

7010 W. Grange Avenue
Greendale, WI 53129
414-421-4900

- Near Historic Downtown Greendale & Southridge Mall
- Spacious floor plans with walk-in closets
- Balcony or patio with all homes
- Heat & hot water included
- Select homes with washers & dryers
- Laundry rooms on each floor
- Free underground/surface parking
- Business & fitness centers, community room & BBQ Patio
- Pets cherished
- No Smoking



BERKSHIRE AT SUNSET

S30 W24890 Sunset Drive
(Corner of Sunset Dr and Prairie Ave)
Waukesha, WI 53189
262-548-0131

- Balcony/patio with every home
- Spacious open floor plans with walk-in closets
- Free indoor/surface parking
- Heat & water INCLUDED
- Laundry rooms/storage units on each floor w/ elevator
- Great new shopping on Sunset Dr.
- Pet friendly
- Social activities for everyone!
- Smoke Free



BERKSHIRE GRAFTON

1004 Beech St., Grafton
262-376-9661

- Convenient location in the heart of Downtown Grafton
- Heat & water Included
- Free underground/surface parking
- W/D hook-ups in 2bdm Apts
- Same floor storage units, laundry facilities & trash chute
- Patio or balcony for each unit
- Media center, fitness room, community room & patio for everyone's enjoyment
- Non-smoking complex
- Pet Friendly



*Income Limits May Apply

Professionally Managed by OAKBROOK CORPORATION





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RETIREMENT LIVING 2019 GUIDE

CAPTEL CAPTIONED PHONE

1-800-233-9130 / 450 Science Drive, Madison / www.CapTel.com
See captions of your telephone conversations with CapTel Captioned Telephone. Designed exclusively for people with hearing loss. CapTel shows word-for-word captions of everything a caller says - enjoy phone calls with confidence. Includes a large display screen, adjustable font sizes/colors, and a built-in answering machine that displays captions of your messages. Several models available—including mobile apps.

COMFORCARE HOME CARE

262-674-1515 / Washington, Ozaukee, Fond du Lac, Sheboygan Counties
www.WestBend.comforcare.com
Quality In-Home Care 24-hours per day/7days per week, keeping individuals living independently and safely within their own homes. "Hands-off" services such as meal preparation, light housekeeping, laundry, medication reminders, etc. and "hands-on" services such as assistance with bathing, grooming, transportation, ambulation, etc. Ask about our new business - Just Like Home Adult Day Center!

EYE CARE SPECIALISTS

10150 W. National Ave., West Allis, WI 53227 / 414-321-7520
2323 N. Mayfair Road, Wauwatosa, WI 53226 / 414-258-4550
633 W. Wisconsin Ave., Milwaukee, WI 53203 / 414-298-0099
www.eyecarespecialists.net
Since 1985, trusted by more than 185,000 doctors and patients as state leaders in the medical, surgical & laser treatment of cataracts, glaucoma, diabetes, macular degeneration, dry eyes, lid problems, corneal and retinal concerns, etc. "Top Doctors"—*Milwaukee and M Magazines*. Accept Medicare and most insurances.

HEAR Wisconsin

414-604-2200 / 10243 W. National Avenue / West Allis / www.hearwi.org
HEAR Wisconsin is a nonprofit that helps infants, children, and adults with hearing loss by eliminating communication and language barriers through personalized services, technology, and education.

JUST LIKE HOME ADULT DAY CENTER

262-674-1515 / www.JustLikeHomeAdultDayCenter.com
Brand New Facility... Located in Jackson, WI, our Adult Day Center will aim to create an atmosphere that is "Just Like Home". Limited to 30 individuals daily, with a 6:1 staffing ratio, and an RN on-site at all times. Comfortable setting in a quiet location. Open 6am-6pm M-F. Services include: ADA friendly building, supervision & safety, toileting assistance, and medication adherence. Call or stop in for a personal tour.

MIDWEST AUDIOLOGY CENTER, LLC

Dr. Douglas Kloss, Audiologist / 414-281-8300 / 4818 S. 76th St. #3 / Greenfield
www.midwestaudiology@att.net
The best hearing aids and hearing healthcare is provided by Audiologists at Midwest Audiology Center, LLC. Get excellent professional care without any sales gimmicks or hassles. We stand behind our products and services, or your money is refunded. Free consultations. Low cost hearing aid rental program available.

NPS - NPS FOOTWEAR & ORTHOTICS

Brookfield Facility / 262-754-2440 / 2475 N. 124th Street Brookfield, WI 53005
Madison Facility / 608-255-3500 / 1334 Applegate Road Madison, WI 53713
NPS is a family owned company that has been providing Pedorthic care to patients in Southeast Wisconsin for over 45 years. Our patient facilities in Brookfield and Madison are accredited and staffed with certified staff whom average over 20 years experience. We are able to utilize computerized technology to help meet our patient's needs.

PRAIRIE HOME CEMETERY

Nancy Faulk-Cemetery Director
262-524-3540 / 605 S. Prairie Ave. / Waukesha
www.waukesha-wi.gov/646
Owned and operated by the City of Waukesha, since 1849. There are no residency requirements and all faiths are welcome. In-ground traditional and natural burial, entombment and cremation options. New Veteran's area and a pet garden. Very competitive in our costs. Preplanning available. Offering Friends of the Cemetery program to join in some of our many activities.

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www.seniorcarewaukesha.com or carolrshs@gmail.com
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LindenGrove's Newest Memory Care Center

Opening in February 2019

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- Experienced, compassionate caregivers
- Life-enriching programs and activities
- Safe and secure home setting

in Mukwonago (262) 363-6830

in New Berlin (262) 796-3660

in Waukesha (262) 524-6400

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for information or to
schedule a tour

lindengrove.org



13705 W. Fieldpointe Drive
New Berlin, WI 53151



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GUIDE
continued from
page 21

RETIREMENT LIVING 2019 GUIDE

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NATIONAL DAY Calendar

MARCH 6

National Oreo Cookie Day

MARCH 7

National Cereal Day

MARCH 8

International Women's Day

MARCH 9

National Meatball Day

MARCH 10

National Pack Your Lunch Day

MARCH 11

National Johnny Appleseed Day

MARCH 12

National Plant a Flower Day

MARCH 13

National Napping Day

MARCH 14

National Potato Chip Day

MARCH 15

Everything You Think Is Wrong Day

MARCH 16

Everything You Do Is Right Day

MARCH 17

Corned Beef and Cabbage Day

MARCH 18

National Sloppy Joe Day

MARCH 19

National Let's Laugh Day

MARCH 20

International Day of Happiness

MARCH 21

National Common Courtesy Day

MARCH 22

National Goof Off Day

MARCH 23

National Puppy Day

MARCH 24

Chocolate Covered Raisin Day

MARCH 25

National Medal of Honor Day

MARCH 26

National Spinach Day

MARCH 27

National Spanish Paella Day

MARCH 28

National Something on a Stick Day

MARCH 29

Mom and Pop Business Owners Day

MARCH 30

National Take a Walk in the Park Day

MARCH 31

National Crayon Day

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Your Money



with Tim Stasinoulis

Is America Prepared to Retire?

Let's get ready!

Are Americans saving enough? Only 19% of U.S. adults describe themselves as “very confident” when asked about their savings. Worry spots include retiring without enough money saved (16%) and anxiety about having a “rainy day” emergency fund (14%). These findings come from the 2018 Consumer Financial Literacy Survey conducted by the National Foundation for Credit Counseling.

Only 41% of us keep a regular budget. If you are one of those roughly two-out-of-five Americans, you're on the right track. While this percentage is on par with findings going back to 2007, the study also finds that while 65% of Americans are saving part of their annual income towards retirement, 29% indicate they are “not at all confident” that their savings will be enough to sustain them.

Relatively few seek the help of a financial professional. When asked “Considering what I already know about personal finance, I could still benefit from some advice and answers to everyday financial questions from a professional,” 79% of respondents agreed with the statement. Yet only 13% indicated that they would seek out the help of some sort of financial professional if they had “financial problems related to debt.” While it isn't surprising to think that 24% of respondents would turn to friends and family, it may be alarming to learn that 18% would choose to turn to no one at all.

Why don't more people seek help? After all, Americans of all incomes and savings levels certainly are free to set financial goals. They may feel embarrassed about speaking to a stranger about personal financial issues. It may also be the case that they feel like they don't make enough money to speak to a professional, or perhaps, a financial professional is something that millionaires and billionaires have, not the average American worker. Another possibility is that they feel like they have a good handle on their financial future; they have a budget and stick to it, and they contribute to an IRA, 401(k), or have some other investments. But that 79% admission, mentioned above, indicates that a vast majority of Americans are not as confident.

Defined goals lead to definite strategies. If you set financial objectives, you vault ahead of most Americans – at least according to these findings. A written financial strategy does not imply or guarantee wealth, of course, nor does it ensure that you will reach your goals. Yet that financial strategy does give you an understanding of the distance between your current financial situation (where you are) and where you want to be.

How much have you strategized? Retiring without a financial strategy is an enormous risk; retiring with a strategy that hasn't been reviewed in several years is also chancy. A relationship with a fiduciary financial professional can help to bring you up to date about what you need to do and provide you with more clarity and confidence when it comes to the financial future.



Do you have a financial question for Tim? He can be contacted at (262)369-5200, emailed at info@aegiswi.com, or on his website at www.aegiswi.com. Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI. Tim and his team specialize in providing insightful and objective financial guidance to individuals, families, and small business owners.

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ACROSS

1. After first
2. Eating utensil
4. Not pretty
6. Drowsy
8. Including all
10. No noise
12. Work break
14. ordering others around
16. Jealousy
18. A wall hung storage unit
20. Not out of
21. Most certainly
24. To add spices to food
25. Duplicate
27. Mother's sister
28. Whatever syn.
29. Arrange according to class
30. Two, four, six, etc.
31. Most unfavorable

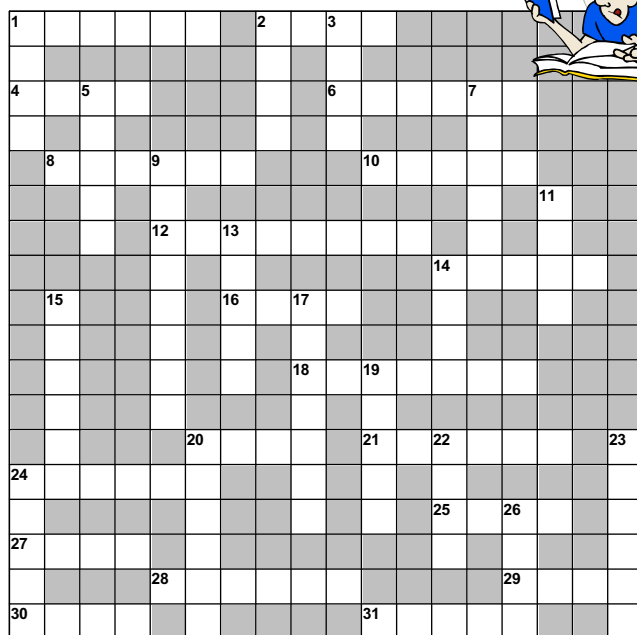
DOWN

1. Water and chicken combo
2. Favorite four letter word
3. Oxidized metal
5. Sheets are referred to as
7. Edible tuber



9. Being implicated
11. Otherwise
13. Stingy
14. The present tense plural of be
15. Proper 'clothes' required
17. Describes a rabid dog
19. To carry along
20. Baby
22. Outdoor porch
23. XX
24. Divide amongst others
26. Taken place previously

Answers on page 27



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| B | D | D | W | Y | Y | H | C | K | D | A | I | T | R | G | O | B | L |
| C | O | P | F | A | L | T | A | W | N | H | P | A | L | A | T | L | D |
| S | O | E | U | T | G | U | N | H | O | O | T | E | A | G | B | I | B |
| M | R | A | L | U | C | O | N | I | B | P | A | R | T | G | A | C | E |
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| K | N | N | C | A | A | N | T | E | N | N | A | K | P | B | L | O | D |
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Mattress Only Price

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\$1274

Queen Set

Mattress Only Price \$1019

Twin Set Full Set King Set

\$849 \$1104 \$1614

Mattress Only Price

\$679 \$849 \$1274

20 YEAR WARRANTY

FREE Frame! Adjustable Friendly!
Bravura
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