

Your LIFE!

MAGAZINE

October 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



RETIREMENT
FEELS SO GOOD!

BE WELL!
Special Feature

**INSIDE
THIS EDITION**
~page 3





THE NORTH SHORE'S PREMIER HOLISTIC WELLNESS, BODY, MIND & SPIRIT EXPO

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and MANY more.

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AND ASTROLOGERS
And So Much More!**

From the Publishers

OCTOBER 2019



- 1) Tom loves playing with my brother Bob's toys at the family farm in Taus, Manitowoc County.
- 2) Making saurkraut. Notice the very antiquated kraut shredder that has been in my family for 4 generations and still works great!

Birthday week starts with 2 dozen red roses on my desk and Key Lime pie - my favorite. Have I mentioned I love my family!! And I am not shy about proclaiming my 56 glorious years of living and celebrating all that is good!

Tom and I are seriously stuck in the muck of the mid fifties -certainly a time for reflection and self-perservation. Ouch. I am not one to be shy about another birthday - getting older, more wrinkly and even more beautiful every day!! I can't help but think that there is so much joy ahead of us that we need to conscientiously embrace what's behind us while we anticipate what's ahead. So we move forward, celebrating life, and trying not to get beaten up by the things that try to keep us down. Sound familiar? Let's all try to remember that life is good... The birds chirp, the stars shine, trees change into a palette of color, the sky is blue and the air is fresh. Life IS good.

And...GOOD HEALTH certainly adds to the equation. Check out our health feature this month starting on page 10, and find the road that will motivate you to that point of healthier elevation. Come visit us at the Wellness Expo on October 20th and I look forward to a great conversation!

Our wedding anniversary is this month (and as I write this I had to call Tom and find out how many years - seriously! We thought men were bad!) We always celebrate in Door County. It's the same beautiful routine everytime: drop Amara off at Grandmas in Appleton; stop in Kaukauna at Bearcats for smoked fish; have lunch at a small town diner or Skaliwags in Algoma; wineries for cheese and wine (and, of course tastings!); perch dinner at Sister Bay Bowl and a late night bubble bath in the whirlpool... with more wine tasting. Yes, I have overflowed the room with bubbles - please don't tell management it was me! Our beloved old Cuda dog joins us every year in our pet-friendly, and highly recommended Country House Resort in Sister Bay.

'Older' can be alot of fun, we still need to seriously consider our retirement choices and lifestyle changes that are inevitable. Our feature this month is a great resource for considering those choices for either ourselves or our family members. Be educated! Take a second look at our advertisers. We really need them to produce this publication and they are all stellar associates to work with!

Enjoy the crunch of the leaves, the cool fall breeze, a scary ghost story and a really good cup of hot chocolate with gooey marshmallows! Yum!



Just another day on the yacht!

LIFE. *Enjoy it!* Sandy and Tom Draelos

INSIDE THIS ISSUE



AUTUMN in Wisconsin

From Devil's Lake State Park to the panoramic drives through Door County, nothing compares to Wisconsin's fall palette!

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Fall Landscape Care is Key to a Healthy Spring

The best time of year to prepare the lawn and garden for the summer season is actually the fall. Plan ahead!

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Let's Be Honest. Aging is Inevitable.

What's so bad about a few tricks to outwit it?!

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RETIREMENT Lifestyle GUIDE

begins on page 16



WELLNESS Special Feature!

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CROSSWORD.....page 26
WORD SEARCH.....page 27

"Never miss a good chance to shut up."

~Will Rogers

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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October 5

29th Annual Scandinavian Festival
Ronald Reagan Elementary School
Nordic shopping, genealogy, language,
authentic Nordic food, children's activities...

October 5-6

Fall Experiment 2019
Wisconsin Center
An immersive tech, art, gaming and music
festival that convenes technologists and
creatives from all over the Greater Midwest

October 6

Milwaukee National College Fair
Wisconsin Center
Free and open to the public, allows students
to interact with admission representatives
of post secondary institutions

October 11

Mystery at MPM
Milwaukee Public Museum
Mysterious and spooky! Put your sleuthing
skills to the test! Solve diabolical riddles,
interview shady characters, and gather tips
to aid investigation

October 12th

Autumn Celebration
Washington Park
Free for Everyone. When the air gets crisp
and the leaves change color, we celebrate
the changing season with neighbors, family
and friends! Get ready to take a nature hike,
make crafts, enjoy caramel apples (yum),
carve a pumpkin, canoeing, and much more

October 12th

2019 Fall Quilt Show
Ozaukee Fairground Pavilion, Cedarburg
More than 100 quilts made by our members.
Traditional and modern techniques/styles.
Attendees will also receive discounted
admission to the Wisconsin Quilt Museum.
northshorequiltersquild.org

October 12th

Space Day 2019
EAA AirVenture Museum/Oshkosh
Blast off and explore your inner astronaut
during EAA's Space Day, out-of-this-world
activities, interactive and special events

October 17th

Neighborhood Night
Betty Brinn Children's Museum
Free admission from 5-8 pm on the third
Thursday every month. Special workshops
offered in the Museum's Be A Maker space

October 17-20th

Annual Hunting Moon Pow Wow
Wisconsin Center
Native American Culture and Tradition.
Dance competitions-intricate footwork and
graceful movements to the beautiful regalia
worn by the dancers. Drumming and singing.
Products from a variety of vendors! Native
American arts and crafts to traditional foods

October 18-20th

NARI Fall Home and Remodeling Show
Wisconsin State Fair Park
Remodeling or making improvements to your
home? Meet face-to-face with over 100
exhibitors who are proven, qualified,
experienced and verified. See the latest in
products and trends for your home

October 18-26th

Ghouls & Spirits Adult Bus Tour
Milwaukee Food & City Tours/Caradaro Club
Haunted city tour with ghost stories through
the Third Ward, Walker's Point, down
Wisconsin Avenue in the Concordia
neighborhood, and past a historic cemetery
\$70 per adult. 414-255-0534

October 19th

Kids Kite Flying Class
Boerner Botanical Gardens
Build and decorate a paper kite and then fly
it! Learn about the Chinese history of kite
flying, build and decorate a paper kite and
then practice flying it outside

October 20th

Species Spooktacular
Schlitz Audubon Nature Center
Come in costume to trick-or-treat on our
trails and learn about some of nature's most
misunderstood animals! Entertained by
friendly costumed characters while you visit
our Observation Tower, Sugar Shack,
Mystery Lake, Amphitheater, and Eagle's
Nest. Fall games. Live animals

LOCAL CALENDAR

October 22nd

Gallery Talk: Portrait of Milwaukee
Milwaukee Art Museum
Learn more about the exhibition Portrait of
Milwaukee, which shows the city's
neighborhoods, small businesses, industry,
and architecture, bustling with people from
different backgrounds

October 23rd

Cooking with Beer
The Boelter SuperStore
4200 N Port Washington Rd, Milw
Beer has the power to elevate an ordinary
meal to something truly spectacular. A beer-
centric menu that proves there are no
substitutions in certain dishes for the sweet,
and often bitter, wonder that is beer

October 26th

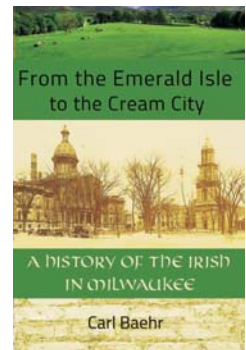
Pumpkin Carving for Families
Urban Ecology Center
3700 W Pierce St, Milwaukee
For families with kids ages 5-12. Get in the
Halloween spirit and carve pumpkins! We
have tools and pumpkins you can use to
create your take home masterpiece

October 24-26th

Golden Girls Show! A Puppet Parody
Marcus Center for Performing Arts
Set in that sassy Miami house in 1985 and
pairing classic Golden Girls moments with
puppets! An evening of laughter, jazzercise,
shoulder pads, sex, and the elegant art of
the quick-witted put down

October 27th

ABCs of Concert Band
Oak Creek Community Center
8580 S. Howell Ave., 2pm. The Milwaukee
Concert Band celebrates its 80th season.
Band classics- *American Overture for Band*,
Fanfare and Banner, *Symphonic Triptych*
and *Burst of Flame* march. Big Band tunes
to Bach! FREE



Bay View Historical Society pre-
sents author Carl Baehr on his book
***“From the Emerald Isle to
the Cream City: A History
of the Irish in Milwaukee”***

October 7th at 6:30pm at the historic Beulah
Brinton House 2590 South Superior St. Mil-
waukee WI. Free.

The Irish influenced the political, educa-
tional, religious, and sports landscape of Mil-
waukee and their impact on other ethnic
groups, overcoming early poverty and big-
otry to help make Milwaukee the city that it is
today.

Irish-Milwaukee history begins with the
first Irish immigrants who arrived during
Milwaukee's founding in the mid-1830s. Irish
laborers helped shape the city by cutting
down bluffs, filling in marshes, digging a can-
al, and creating streets. They were joined
in the late 1840s by more Irishmen who were
fleeing the Great Famine and starvation in
Ireland. It's a tale of overcoming some of
Milwaukee's biggest tragedies: the sinking of
the Lady Elgin, which cost the lives of 300
people (most of them from the Irish Third
Ward), the Newhall House hotel fire, which
took more Irish lives, and the Third Ward Fire,
which destroyed hundreds of buildings and
scattered the Irish to other parts of the city.
This historical tour captures it all—from the
difficulties in adapting to American ways.

Carl Baehr is the "City Streets" columnist
for Urban Milwaukee. In 1994 he won the
Gambinus Prize winner for his first book:
"Milwaukee Streets: The Stories Behind Their
Names."

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**Saturday,
Oct 19, 2019
9am-3pm
Admission \$4**



October 25 Day of the Dead The Domes

Day of the Dead, a Mexican celebration, occurs around the same time of year as Halloween, although it is a completely different holiday with rich symbolism and traditions celebrating deceased family and friends in a colorful and joyous way.

The Desert Dome will be filled with candlelight, orange marigolds, and colorful decorations. View traditional ofrendas (altars) located throughout the Domes. Mariachi music, dance performances, crafts, characters in costume, face painting, and a photo booth. Traditional foods and beverages.

October 26th

Season Finale Dinner Train on the East Troy Railroad East Troy Railroad Museum & Depot

If you have ever enjoyed one of our dinner trains in the past, you may want to consider joining us for the Season Finale! in 2019. The details are still being worked out, but picture being greeted by tasteful live music at a reception in the depot prior to boarding our elegant dining cars, where there will be magnificent hors d'oeuvres, a crab martini salad course, melt-in-your-mouth char-grilled elk steaks, truffle mashed potatoes with asparagus, wine pairings with every course, and dark chocolate soufflé for dessert.

There is nothing like the romance and luxury of dining aboard first-class railroad cars. And there will be nothing to compare to the memories created by this very special dinner train, traveling round-trip from East Troy to Phantom Lake in Mukwonago.

The cost is \$150 per person. Advance reservations are required.



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26 DBLE**
DNT1631
\$17,759



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233RBXL**
NT2357
\$18,176



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29 QBLE**
NT2360
\$19,821



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263 BHXL**
NT2300
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NT2303
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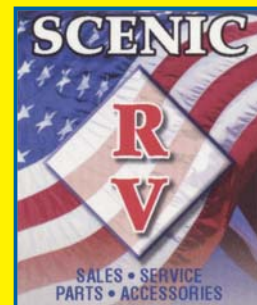
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Wisconsin Fall Hikes with Picture-Perfect Views

Door County Coastal Highway: The Long and Wind-ing Road. In this case, the destination is worth the drive, rather than hike. Head all the way up the Door County Peninsula near Gill's Rock on Highway 42. A Wisconsin Scenic Byway, this stretch of Highway 42 twists and turns like a snake, offering views of winding road and brilliant fall leaves.

Rib Mountain: Pre-Ski Views. Granite Peak in Rib Mountain State Park is Wisconsin's largest downhill ski hill. And while Granite Peak is primarily known for its skiing, did you know they offer fall color rides on its ski lift? That means amazing views and far less coats, hats, gloves, snow pants and gear. The Granite Peak Fall Color Sky Comet Ride gives visitors a chance to sit back and enjoy the views of Wausau from the comfort of your own 700-foot elevated chair.

Parnell Observation Tower: A Real Vantage Point. The Kettle Moraine State Forest, both north and south units, are popular for fall hiking and scenic drives. In the Northern Unit, a hike to the Parnell observation tower is the candles on the cake. Take the 3.5-mile Parnell tower trail loop to the highest point in the forest where a 60-foot observation tower awaits. At the top of the tower, see 25 miles out. Look south at farmland and rolling hills. Look north for a vast view of forests and glaciated hills in the distance.

Perrot State Park: Tall Bluffs Meets Fall Vistas. For one of the most stunning views on the Mississippi River head to Perrot State Park. The park marks the meeting point for the Mississippi River and Trempealeau River and is known for its 500-foot bluffs and views of the surrounding wetlands and riverbank area. But no one



said a trip for the best view was easy; there's climbing involved here. The park offers a variety of trails that will take you to different lookout points. We recommend the views from Brady's Bluff East and West. Both are under a mile long.

Holy Hill Basilica: A View That's Just Divine. Standing atop the observation deck at Holy Hill Basilica in Hubertus is an almost spiritual feeling. Maybe it's the view – at 192 feet tall, you'll see a stunning view of the Kettle Moraine Southern Unit. Or, maybe it's the history of the location. Holy Hill Basilica was declared a Shrine of Mary in 1903 and in 2006 became a Minor Basilica. History and divinity aside, there's something to be said about the climb to the top. With 178 steps to the observation tower (the highest point in southeastern Wisconsin), it's practically a miracle when you make it to the top. Look to the east and make out the Milwaukee skyline 30-some miles away. If you're feeling up to more hiking, check out the Ice Age Trail. While you're at Holy Hill visit the shrine and chapel and walk the grounds to soak in the entire experience.

Devil's Lake State Park: Hanging Cliffside. It's the largest and most popular state park in Wisconsin for a reason. Drive into Devil's Lake State Park this season and you'll be blown away by fall color. It starts at the main entrance road with a welcome tunnel of bright gold maple leaves. Take either the East Bluff or West Bluff trails for amazing views of the park and the 500-foot tall quartzite bluffs. These rock bluffs are oddly shaped and Devil's Lake's signature feature. Don't be alarmed if you see someone hanging from the side of a cliff. Rock climbers like fall color too, and this is a popular place to climb.

Geneva Lake Shore Path: A Path with Million Dollar Views. For those million dollar views, take a stroll along the Geneva Lake Shore Path. The footpath, which stretches for 21 miles around Geneva Lake, offers beautiful views of water and fall colors. We love this path because it gives visitors the perfect opportunity to gawk at the gorgeous mansions that ring the lake. Whether it's the Lake Geneva Estates, Stone Manor, or the Wrigley Estates, their perfectly groomed lawns and fall color trees, are a sight to make anyone's jaw drop. Take a photo and tell your friends you won the lottery!



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The nation's attention needs to see the stories of children and families whose lives have been affected by foster care. Recognize the needs of kids and youth in foster care and celebrate the many supporters who are making a powerful and positive difference in their lives.

Some facts related to foster care....

- A child enters foster care every two minutes.
- More than 430,000 children and youth are in foster care.
- Most kids in care — 61% — enter the system due to neglect.
- The average child in care is about 8 years old.
- Children spend, on average, 20 months in care.
- Kids in care are predominantly white (44%) or African-American (23%).
- One in every five kids is Hispanic or Latino (of any race).
- More than 117,000 children and youth are waiting to be adopted.
- Nearly half — 45% — of kids in care joined a household of non-relatives for their most recent placement.
- More than half — 55% — of kids are seeking to reunite with their main parent or caretaker, according to their care plan goal.
- Former foster children are almost twice as likely as combat veterans to suffer from Post-Traumatic Stress Disorder.

Everyone can do something to support youth in foster care!



1. **Become a foster parent.** *Provide a loving, supportive home to a child who needs you.*
2. **Become a respite provider.** *Help give foster parents a much needed break by providing short-term care for their foster child.*
3. **Become a foster care ambassador.** *Spread the word with family, friends, church, school, and other community connections about how they can get involved.*
4. **Donate your time to raise money for kids.** *Agencies are always in need of school supplies, hygiene supplies, and new or like-new backpacks/duffel bags for kids.*
5. **Get creative!** *Use your special skills or talents to teach a foster child a new skill, help a foster/adoptive family in your community, or educate others on the challenges that those involved in the foster system face.*

Contact us to learn more!

Family Works
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Foster Parents Urgently
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County Area



The best time of year to prepare the lawn and garden for the summer season is actually the fall. Caring for the lawn in the fall is an essential practice to maintain its healthy growth year round. Proper fall lawn watering, grass seed planting, fertilizing, and mowing are all important aspects of the routine. Maintaining flowerbeds, planting bulbs, and other practices will also make perennials return in the next growing season.

Fall Landscape Care is Key to a Healthy Spring Growing Season

- 1) Aerate the lawn to promote healthy growth of grass and prevent soil compaction.
- 2) Mow the lawn to no shorter than two to two and a half inches long in the fall to protect the roots.
- 3) Cut back on lawn watering, as normal rainfall levels increase during this season.
- 4) Fertilize once from September to mid-October with a high nitrogen fertilizer. After this, the lawn stops taking up nutrients from the soil and prepares for winter.
- 5) Plant grass to fill in the bare spots in the lawn, as fall rain and temperatures are ideal for grass seed germination.
- 6) Plant spring-blooming bulbs for next year's garden, covering them with a layer of chicken wire, then soil, to discourage squirrels and raccoons
- 7) Thin perennials, including daylilies, astilbes, and peonies, and replant at least six weeks before the first frost to allow the plants time to reestablish.
- 8) Remove any dead bulbs or flower heads from planting beds.
- 9) Move houseplants inside when outside temperatures are similar to those indoors. Be sure to wash the leaves with a mixture of mild soap and water to help plants adapt to diminished light and reduce the chance of pests being brought indoors.
- 10) Run gas-powered equipment until the fuel is gone, or transfer gas to a proper storage container using a gas siphon.
- 11) Have the lawn mower blades sharpened in fall rather than waiting until spring. Clean and store garden tools
- 12) Close valves to outside faucets and clear hoses of water before storing.

For more information or to receive a free copy of an annual membership roster and the booklet, "Milwaukeee/ NARI's Remodeling Guide," call (414) 771-4071 or visit the Council's Web site at www.milwaukeeenari.org



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- Program Booklet as a Guide
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Understanding Breast Health



How Inflammation and Breast Health are Connected and What You Can Do for Healthy Breasts

By Kelly Kolodzinski, owner of Renew Holistic Wellness



Our bodies are amazing machines – the most impressive bio-computer known to man. And, our bodies are built to be healthy and vibrant. But, unfortunately, not all of us feel as though we can celebrate such health.

Many times, we get messages from our bodies, little signals that tell us something is wrong. All too often, we ignore them. We label them with some other meaning in the form of an excuse: “I didn’t sleep well”, “I’m getting older”, “Eh, that’s just the way it is.” Often what we chalk up to normal, is actually common, but far from what should be considered normal.

What is Inflammation?

When we don’t care for our bodily systems we suffer from inflammation. Inflammation is our body’s defense mechanism for *everything* it is exposed to. Inflammation can be good – when we need to heal from a cut or a bruise or a fall; or inflammation can be bad – when we have constant and growing aches and pains and issues in our body. Inflammation is now being called one of America’s deadliest diseases and is often even considered the root cause of many other diseases.

One of the main contributors to inflammation is our lifestyle choices. Lifestyle choices like a poor diet, sedentary lifestyle, smoking, stress and more. These poor lifestyle choices can contribute to chronic inflammation and chronic inflammation can cause cancer growth. In fact, studies show that chronic inflammation in women leads to higher rates of breast cancer.

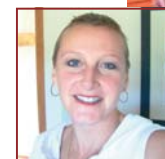
Inflammation and Breast Cancer

1-in-8 women will be diagnosed with breast cancer in her lifetime. In the 70s that was 1-in-11. Studies say it will soon be 1-in-7. Men are not safe either – each year there are documented cases of thousands of men with breast cancer.

The increase in odds isn’t because we’re are being made differently, it’s because our lifestyles have evolved - we are exposed to many more toxins and continue to push ourselves harder to meet society’s demands – all of which, and more, lead to inflammation. It’s important to note that 85% of breast cancer diagnoses come *without* a family history of breast cancer. This leads us to further believe that lifestyle choices and our individual health is paramount to care for and understand.

Breast Health on page 11

October is Breast Cancer Awareness. I’m not a doctor or therapist, but I am a 15 year survivor. The onslaught of test results, chemo, radiation, pain, no hair, scars, and physical and mental recovery does truly make one a warrior - don’t back me into any corner! Please make an effort to embrace anyone you know on this journey... a phone call, a visit, a chicken pot pie. Cancer affects so many of our friends and family



That’s me! July, 2005

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Relaxing in a Stressful World

Deadlines, demanding bosses, multi-tasking, screaming kids and grumpy spouses take a toll on one's peace of mind and physical health. Take a few moments to escape it all on a mini-stress free mental vacation!

Experts recommend sampling several relaxation techniques to see which one works best for you. Try to practice for at least 20 minutes a day, although even just a few minutes can help. The longer and the more often you practice these relaxation techniques, the greater the benefits and less stress!

Breath focus. In this simple, powerful technique, you take long, slow, deep breaths (also known as abdominal or belly breathing). As you breathe, you gently disengage your mind from distracting thoughts and sensations.

Mindfulness meditation. This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future. This form of meditation has enjoyed increasing popularity in recent years. Research suggests it may be helpful for people with anxiety, depression, and pain.

Repetitive prayer. For this technique, you silently repeat a short prayer or phrase from a prayer while practicing breath focus. This method may be especially appealing if religion or spirituality is meaningful to you.

Excerpt from www.health.harvard.edu

Breast Health continued from page 10

Inflammation and our Lymphatic System

One way chronic inflammation manifests is in our lymphatic system. This system handles the cleaning of the body from exposure to toxins. You have 100s of nodes that filter your lymph, which build your immune system. When this isn't functioning properly, it contributes to chronic inflammation.

When it comes to breast health, the majority of our lymph nodes are in our armpits. Therefore, healthy flowing lymph is important for healthy breasts. Because this area is often choked off by ill-fitting, tight bras it's important to get our lymph flowing. One easy way to help get lymph flowing is to wear bras without underwire. Another simple way to improve our breast health, for men and women alike, is to wear better deodorant, without aluminum or fake fragrances. And, something we all can do to get our lymph flowing and build our immune system is to get active or simply bounce up and down on our toes. Activity such as bouncing on our toes gets our lymph moving, since the lymphatic system is our body's only system without a pump.

Inflammation and Lifestyle

Lifestyle changes we can all make include: get out of our seats and move more, remove inflammatory foods (bad fats, fast food, refined sugar, to name a few) from your diet and also take an honest look at the level of stress you have and learn to manage it.

Just because something is "normal" or "common" doesn't mean it's right. Be curious and ask questions, be an advocate for your own health or find someone who will help you find your voice.

October is breast cancer awareness month. I always challenge this and wonder why are we just aware. Awareness is simply waiting for the worst diagnosis of our life. We need to be doing something about it. When we're doing something to support our health every day, then every month can be breast cancer prevention month.

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Eating Well Is Easier Than You Think

Just remember a few basic guidelines

- **Focus on good carbs.** Opt for whole grain nutrition (brown rice, whole wheat bread, rolled oats, barley, millet), not refined “white” products, such as white bread, white rice, or products made with white flour.
- **Raw equals roughage!** Aim to eat at least one daily serving of your fruits and vegetables raw. This not only preserves their nutritional value, it’s an easy way to eliminate constipation. Raw fruits and veggies are loaded with fiber, vitamins, minerals, and enzymes to aid digestion. Plus, there’s no preparation involved. If you have difficulty biting or chewing, cut your apple or carrot into bite-sized pieces. Or try a green salad with grated zucchini.
- **Steaming** is the best way to cook vegetables; it preserves nutrients. Light sautéing is next. Boiling leeches nutrients—but you can use the leftover cooking water as soup stock!
- **Go lean on protein.** Fish, poultry, eggs, beans, peas, nuts and tofu all count as protein, so it’s easy to vary your healthy protein choices. Try skinless turkey or chicken, or fish, baked, broiled, grilled, steamed or poached, and

you’ll savor the flavor while adding healthy, low-fat, low cholesterol nutrition to your diet. Go easy on red meats, which contain saturated fat, and on salty meats such as bacon or ham.

• **Bone up on calcium.** All dairy products are not created equal. Milk, cheese and yogurt retain their calcium content; cream cheese, cream and butter do not. As part of a healthy senior diet, choose fat-free or low fat dairy products. If you’re lactose-intolerant, consider lactose-free and lower-lactose products, such as hard cheeses and yogurt. Or, a calcium supplement might be a better way for you to meet your calcium requirement.

• **Choose first-rate fats.** Get your “good” fats from oils such as olive oil and sunflower oil, avocados and avocado oil, nuts and seeds.

• **Keep it moist.** In addition to drinking enough water each day, aim to consume foods with a high water content. Staying properly hydrated flushes toxins from your body, relieves constipation, helps keep your joints flexible and your mind clear. High water content foods include melons, grapes, cucumbers, onions, apples, cabbage, and, of course, soup!

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Core exercises: Why you should strengthen your core muscles

You know core exercises are good for you — but do you include core exercises in your fitness routine? Here's why you should.

By Mayo Clinic Staff

Core exercises are an important part of a well-rounded fitness program. Aside from occasional situps and pushups, however, core exercises are often neglected. Still, it pays to get your core muscles — the muscles around your trunk and pelvis — in better shape. Read on to find out why.

Core exercises improve your balance and stability. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.

Core exercises don't require specialized equipment or a gym membership. Any exercise that involves the use of your abdominal and back muscles in coordinated fashion counts as a core exercise. For example, using free weights in a manner that involves maintaining a stable trunk can train and strengthen several of your muscles, including your core muscles.

You may also try several specific core exercises to stabilize and strengthen your core. Some examples of core exercises include planks, situps and fitness ball exercises.

Bridge exercise. A bridge is another example of a classic core exercise. Lie on your back with your knees bent. Keep your back in a neutral position, not arched and not pressed into the floor. Avoid tilting your hips. Tighten your abdominal muscles. Raise your hips off the floor until your hips are aligned with your knees and shoulders. Hold the position for as long as you can without breaking your form.

Core exercises can help tone your abs. Want more-defined abdominal muscles? Core exercises are important. Although it takes aerobic activity to burn abdominal fat, core exercises can strengthen and tone the underlying muscles.

Strong core muscles make it easier to do most physical activities. Strong core muscles make it easier to do many activities, such as swing a golf club, get a glass from the top shelf and bend down to tie your shoes. Strong core muscles are also important for athletes, such as runners, as weak core muscles can lead to more fatigue, less endurance and injuries.

Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.

Core exercises can help you reach your fitness goals. Aerobic exercise and muscular fitness are the primary elements of most fitness programs. But to have a well-rounded fitness program, consider including core exercises in the mix as well.



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SOME PEOPLE ARE “BLIND” TO THE FACT THAT THEIR VISION ISN’T AS GOOD AS THEY THINK

by Cheryl L. Dejewski



“Often when I tell a patient that they have a serious eye condition like glaucoma or macular degeneration, they’ll respond, ‘But, I can see fine’ or ‘I haven’t noticed anything wrong with my eyes,’” reports Mark Freedman, MD, senior partner at Eye Care Specialists, an ophthalmology practice that has overseen the care of 130,000+ area residents. He adds, **“Unfortunately, whether the person is in denial, didn’t notice, or really has no symptoms, the outcome is still the same. Early diagnosis and treatment are the only ways to prevent unnecessary vision loss.”**



Brett Rhode, MD, experienced cataract surgeon and partner at Eye Care Specialists, explains, **“What people don’t realize is that problems in one eye can be masked by the ability of the other eye to compensate. Or, changes occur so gradually that they go unnoticed.** For example, with glaucoma, loss of side vision slowly occurs until it creates a “tunnel” effect. And, with cataracts, many people don’t realize how much they’ve been missing until the cloudy lens is surgically removed and replaced with an implant. Then they exclaim how much brighter and more colorful everything is or how much easier it is to recognize faces or see the TV.”



Loss of vision also leads to serious issues, like an increased risk of falling, hip fractures, car accidents, nursing home placement, and depression. “Early diagnosis and prompt treatment are key to maintaining independence and quality of life. For example, when a patient’s vision has diminished with age and a new eyeglass prescription doesn’t do the trick, we often find that cataracts are the cause of the problem and, in most cases, surgical removal and replacement with a lens implant is a relatively easy and painless solution,” notes Daniel Ferguson, MD, who utilizes both standard and advanced capability lenses.

“Poor vision is not a fact of life and aging. It’s important to discover what’s behind the changes—whether it’s simply the need for a new glasses prescription or something more serious like the need for injection treatment to hold off diabetes-related damage. That’s why we can’t stress enough the importance of scheduling comprehensive dilated eye examinations at least every two years,” states Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins.



Continuing education lecturer Michael Raciti, MD, explains, “When you do schedule an appointment, make sure that it is for a comprehensive exam, which means that the doctor will dilate your pupils and check your ability as far as **accommodation** (switching focus between near and far), **pupil reflexes** (adjusting from light to dark), **muscle motility** (looking to the sides and keeping the eyes in alignment), **visual acuity** (seeing objects clearly near and far), and **visual field** (seeing objects off to the side). They should also check the **external surface** (for infections and inflammations), **lens** (for cataracts), **retina** (for diabetes, macular degeneration, etc.), and **internal pressure and optic nerve** (for glaucoma).”



“Sight-saving diagnosis and treatment options are of no use if you are not aware, or are in denial, that you even have a problem. Start by asking yourself, ‘When was my last eye exam?’ Then, take action to enhance and protect your ability to see life to the fullest—now and in the future—by scheduling an exam today,” says medical optometrist David Scheidt, OD.



Call 414-321-7035 for free detailed booklets on cataracts, glaucoma, dry eyes, diabetes, and macular degeneration. Call the offices below if you are interested in scheduling an appointment for a second opinion or a comprehensive exam, which is typically covered by Medicare and/or insurance.

Warning Signs

Schedule dilated eye exams every two years and call an eye care specialist promptly for an evaluation if you experience:

- Loss of vision / Blind spots
- Blurriness / Double vision
- Pain in or around the eye
- Seeing floaters, spots or webs
- Lines appearing distorted or wavy
- Difficulty seeing at night
- Flashes of light
- Sensitivity to light and glare
- Continual eye redness
- Dry eyes with itching/burning
- Excessive tear production
- Difficulty judging stairs or curbs
- Holding items closer to view
- Vision affects ability to do tasks
- Prescription changes don’t help

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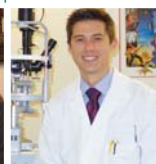
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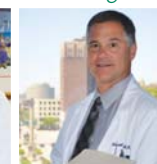


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Here are three important supplements known to show increased benefits in ANTI-AGING techniques

Flax seed oil is a polyunsaturated vegetable oil rich in omega-3 fatty acids, which have been known to lower blood levels of cholesterol, triglycerides, as well as reducing the risks of strokes or heart attacks. Omega 3's increase the level of high-density lipoproteins, or HDL's, which are known as the "good" cholesterol that helps to remove bad cholesterol from the blood. Fish and fish oils are the most common sources of omega-3, but flax seed oil contains double the amount of omega-3 found in fish oils. Flax seed oil has also been known to help prevent breast cancer and breast tumors.

Melatonin is a hormone that is secreted by the pineal gland found in the brain. Though about the size of a pea, this gland regulates and controls our sleep patterns, among many other vital body functions. Also an antioxidant, it is known to protect against age prone diseases such as cancers and cardiovascular disease. However, as one of the most powerful antioxidants known to man, it also helps to fight free radical (build-up of 'bad stuff') damage in brain cells, and helps to prevent dementia and Alzheimer's. Synthetic forms of melatonin should be taken prior to bed time, as it will promote drowsiness.

Ginkgo is a natural herb that has been used throughout Europe and Asia to help increase brain functions and blood circulation. However, before taking any natural herb or herb products, consult with your doctor to determine side effects or contraindications for use with other medications including aspirin, blood thinners, and other prescription drugs.

The vitamins and minerals listed above are just the tip of the iceberg. Vitamins and minerals found in fruits and vegetables, eaten on a daily basis are one of the most important and simple ways to fight the aging processes. Unfortunately, our fast food mentality has created entire generations of individuals who don't even like vegetables or make an effort to eat healthy.

Adequate hydration, nutrition and intake of vitamins and minerals are essential anti-aging techniques that have been followed by individuals for thousands of years. Helping our bodies maintain a youthful appearance while at same time maintaining strength, endurance, and stamina requires a fine balance between nutrition, diet, and exercise. While many of us rely on the contents of jars and containers to help maintain a youthful appearance, thousands of men and women throughout the ages have benefitted through common sense and diligence.



**Let's be honest.
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***Lifestyle* GUIDE begins on page 21**

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Eight Mistakes That Can Upend Your Retirement

Pursuing your retirement dreams is challenging enough without making some common, and very avoidable, mistakes. Here are eight big mistakes to steer clear of, if possible.

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Your Money



with Tim Stasinoulas

4) Prioritizing College Funding over Retirement. Your kids' college education is important, but you may not want to sacrifice your retirement for it. Remember, you can get loans and grants for college, but you can't for your retirement.

5) Overlooking Health Care Costs. Unexpected health care costs and extended care may be an expense that can undermine your financial strategy for retirement if you don't prepare for it. Healthcare expenses tend to rise as we age, so be sure to understand all your healthcare and health insurance options. This can be especially important when you become eligible for Medicare.

6) Not Adjusting Your Investment Approach Well Before Retirement. The last thing your retirement portfolio can afford is a sharp fall in stock prices and a sustained bear market at the moment you're ready to stop working. Consider adjusting your asset allocation in advance of tapping your savings so you're not selling stocks when prices are depressed.

7) Retiring with Too Much Debt. If too much debt is bad when you're making money, it can be especially harmful when you're living in retirement. Consider a plan to manage, reduce, or eliminate your debt before you retire.

8) It's Not Only About Money. Above all, a rewarding retirement requires good health. So, maintain a healthy diet, exercise regularly, stay socially involved, and remain intellectually active.

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

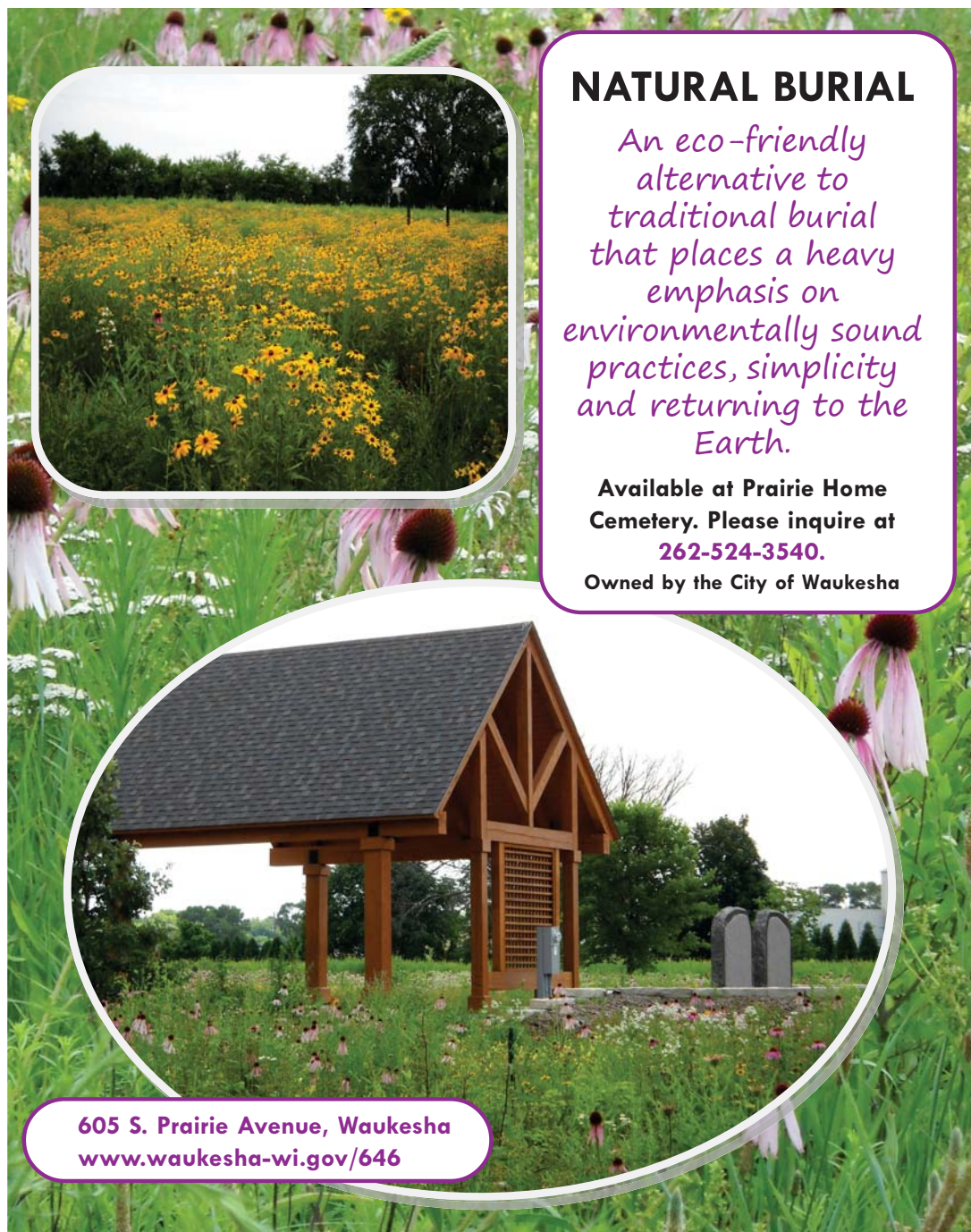
- 1) No Strategy.** Yes, the biggest mistake is having no strategy at all. Without a strategy, you may have no goals, leaving you no way of knowing how you'll get there – and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.
- 2) Frequent Trading.** Chasing "hot" investments often leads to despair. Create an asset allocation strategy that is properly diversified to reflect your objectives, risk tolerance, and time horizon; then, make adjustments based on changes in your personal situation, not due to weekly market ups and downs.
- 3) Not Maximizing Tax-Deferred Savings.** Workers have tax-advantaged ways to save for retirement. Not participating in your workplace retirement plan may be a mistake, especially when you're passing up free money in the form of employer-matching contributions. If you're not eligible or not offered a retirement plan from your job, then you might consider setting up a Traditional IRA or Roth IRA to begin saving for retirement.

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RETIREMENT *Lifestyle* Choices

OCTOBER 2019 GUIDE

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Retirement Guide continued on page 22



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RETIREMENT Lifestyle Choices

OCTOBER 2019 GUIDE

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RETIREMENT *Lifestyle* Choices

OCTOBER 2019 GUIDE

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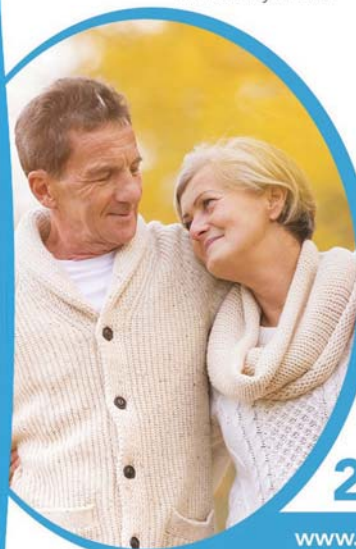


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Want to Order a Pizza?

Scary story for October Fright Feelings....

CALLER: Is this Gordon's Pizza?

GOOGLE: No sir, it's Google Pizza.

CALLER: I must have dialed a wrong number. Sorry.

GOOGLE: No sir, Google bought Gordon's Pizza last month.

CALLER: OK. I would like to order a pizza.

GOOGLE: Do you want your usual, sir?

CALLER: My usual? You know me? **GOOGLE:** According to our caller ID data sheet, the last 12 times you called you ordered an extra-large pizza with three cheeses, sausage, pepperoni, mushrooms and meatballs on a thick crust.

CALLER: OK! That's what I want ...

GOOGLE: May I suggest that this time you order a pizza with ricotta, arugula, sun-dried tomatoes and olives on a whole wheat gluten-free thin crust?

CALLER: What? I detest vegetable!.

GOOGLE: Your cholesterol is not good, sir.

CALLER: How the heck do you know!

GOOGLE: Well, we cross-referenced your home phone number with your medical records. We have the result of your blood tests for the last 7 years.

CALLER: Okay, but I do not want your rotten vegetable pizza! I already take medication for my cholesterol.

GOOGLE: Excuse me sir, but you have not taken your medication regularly. According to our database, you only purchased a box of 30 cholesterol tablets once, at Drug RX Network, 4 months ago.

CALLER: I bought more from another drugstore.

GOOGLE: That doesn't show on your credit card statement.

CALLER: I paid in cash.

GOOGLE: But you did not withdraw enough cash according to your bank statement.

CALLER: I have other sources of cash.

GOOGLE: That doesn't show on your last tax return unless you bought them using an undeclared income source, which is against the law.

CALLER: WHAT THE HECK!!!

GOOGLE: I'm sorry, sir, we use such information only with the sole intention of helping you.

CALLER: Enough already! I'm sick to death of Google, Facebook, Twitter, WhatsApp and all the others. I'm going to an island without internet, cable TV, where there is no cell phone service and no one to watch me or spy on me.

GOOGLE: I understand sir, but you need to renew your passport first. It expired 6 weeks ago...



Improving
Lives, One
Visit at a
Time

The Board on Aging and Long Term Care Recognizes October as a Memorable Month for Residents in Long Term Care Facilities

October is designated as Residents' Rights month by the National Consumer Voice for Quality Long-Term Care. This annual event designed by Consumer Voice to honor residents living in long term care facilities is an opportunity to focus on awareness of dignity, respect, and the rights of each resident. This year's theme is "Stand for Quality."

In Wisconsin, the Volunteer Ombudsman Program is a group of dedicated volunteers who do

"Stand for Quality" for the residents in our many nursing homes. Volunteer Ombudsmen promote quality in all aspects of residents' experiences - quality care, quality services, quality choices, quality of life.

Volunteer Ombudsmen perform a vital service by building trusting relationships that allow residents to feel comfortable in sharing their concerns and identifying ideas that would bring comfort and quality to their lives.

Volunteer Ombudsmen make routine weekly visits to their appointed nursing home. They will meet with residents, asking residents how they are and if they are happy with the care and treatment they are receiving. Volunteer Ombudsmen ask if residents would like to address an issue with facility staff, speak with a Regional Ombudsman or have the Volunteer Ombudsman be their "voice" and communicate their concerns for changes in their nursing home care.

The Volunteer Ombudsman Program is recruiting potential Volunteer Ombudsmen in Milwaukee, Ozaukee, Sheboygan, Racine and Kenosha counties.

Do you qualify to be our next Volunteer Ombudsman? Sheryl Meyer, Volunteer Coordinator, believes "Volunteering is a Lifestyle" and asks, "If you have something to offer – think of offering your time to the Board on Aging and Long Term Care Volunteer Ombudsman Program."

If you would like to apply or talk with Sheryl about the Volunteer Ombudsman Program, please call: 1-800-815-0015 e-mail: BOALTC@wisconsin.gov, or visit our website at www.longtermcare.wi.gov



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ACROSS

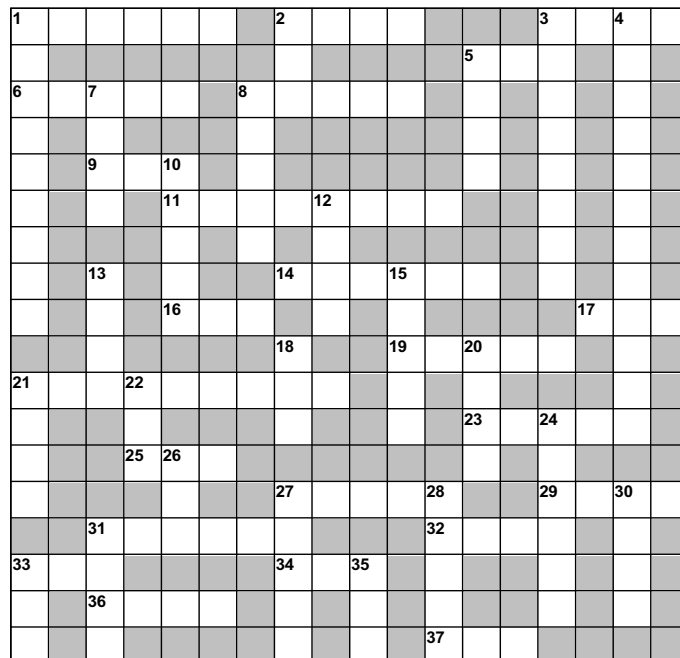
1. Members of household
2. A pit containing water
3. Continued optimism
5. Sticky
6. The remaining one of two
8. Nasty
9. Transgression of religious law
11. Large eared circus animal
14. Jigsaw
16. Large member of the deer family
17. Duration of life
19. Slang for no money
21. Render in another language
23. Precise
25. To finish first
27. Sound of babies hunger
29. Lyme in the bite
31. Complete
32. Form of public transportation
33. Comes in a pod
34. Used to see
36. Tenant pays this
37. Breakfast staple

DOWN

1. Chair for your feet
2. Sound an owl makes
3. Longing for ones family
4. Psychology scientist
5. Female child
7. Cylindrical aqueduct
8. Best made with onions & bacon
10. Transponder of touch
12. Twenty-four in each day
13. Insect circus performer
15. Striped donkey
18. Past tense of eat
20. Something about a hill and being forty
21. Defined length of service
22. Never used before now
24. Clothing, apparel
26. European name for lodging
27. Contains pirates treasure
28. There are fifty of them
30. We teach dogs sit, stay,
31. Payment for transportation
33. Fruit filled Pastry
35. The last word of a story



Crossword junkie!



ANSWERS on page 27

GENERATION (y) WHY??

People born before 1946 were called The Silent generation.

People born between 1946 and 1964 are called Baby Boomers.

People born between 1965 and 1979 are called Generation X.

People born between 1980 and 2010 are called Generation Y.

Why do we call the last group Generation Y?

Y should I get a job?

Y should I leave home and find my own place?

Y should I get a car when I can borrow yours?

Y should I clean my room?

Y should I wash and iron my own clothes?

Y should I buy any food?

Y are you always picking on me?

"Show me what the children are being taught in schools in America today, and I will show you the kind of government America will have in the next generation."

~Abraham Lincoln

"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves"

~Abraham Lincoln.

Lord grant me the strength to accept the things cannot change, the courage to change the things I can & the friends to post my bail when I finally snap!

Instead of John, I call my bathroom Jim. That way it sounds better when I say I go to the Jim every morning.

Even duct tape can't fix stupid ... but it can muffle the sound!

RIDDLE ANSWER from page 27: Carpet

WE BUY HOUSES.

Inherited properties – Repair problems – Job transfers

- We can pay cash and can close quickly
- We buy "as is"
- We pay most normal closing costs



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Up and down the stairs it goes, without moving any toes. It is found upstairs, downstairs, even in the hall; alas, it cannot move at all. What is it? ANSWER: page 26

E	C	N	L	O	I	D	T	L	O	I	L	E	B	W	R	D	W
E	E	H	E	F	P	H	D	H	N	L	G	H	R	R	R	W	R
M	I	E	A	L	E	C	U	T	T	E	L	B	O	W	E	G	R
E	R	M	U	N	B	V	L	D	S	U	N	D	E	R	G	R	G
E	O	M	M	W	G	A	E	I	Y	E	D	R	O	L	N	O	Q
G	E	M	E	O	E	E	K	R	D	U	H	B	I	O	O	U	N
E	L	V	E	R	R	A	I	A	T	H	A	W	S	I	N	D	
I	E	T	N	B	A	T	M	N	L	L	I	W	E	E	S	D	G
H	C	U	E	E	I	Y	A	N	G	R	U	N	T	L	U	A	E
A	N	B	P	L	N	H	E	L	P	E	D	C	N	R	R	E	L
R	E	E	O	I	S	K	A	A	T	E	L	B	R	A	M	T	N
E	I	S	S	E	L	U	C	L	D	W	O	L	L	I	P	S	I
Y	T	I	T	V	X	K	D	W	N	A	W	L	U	S	C	E	N
A	A	D	T	E	E	H	O	D	M	P	O	T	A	T	O	M	E
R	P	E	S	D	S	R	N	Q	E	D	R	T	L	A	R	O	A
P	L	E	S	U	C	I	A	O	A	N	R	E	P	S	I	H	W
A	O	O	U	N	R	A	R	A	A	R	Y	L	D	R	R	D	D
N	E	L	O	G	E	H	B	O	E	M	P	A	N	P	O	G	I

ANGEL
BELIEVE
BELONG
BESIDE
BORE
BREED
BROWN
CHANGE
CIRCULAR
CROWDED
DEN
DOLLAR
ELBOW

FEVER
GLAD
GOOSE
GRIND
GROUND
GRUNT
HELPED
HOMESTEAD
HORN
IMMORTAL
INN
LETTUCE
LIKABLE

MAKE
MARBLE
PACKED
PATIENCE
PILLOW
PLUM
POST
POTATO
PRAYER
QUIET
RAISIN

SEXUAL
SOLITARY
SUDDEN
THAW
THEN
THREW
UNDER
UNREAL
WHISPER
WILL
WORRY

**I HAVE PMS AND A
GPS WHICH MEANS
I'M CRABBY AND I
WILL FIND YOU!**

F	A	M	I	L	I	Y	W	E	L	L	H	O	P	E
O	T	H	E	R	L	O	U	S	I	M	Y			
T	O				I	V			L	S	E	C		
S	T	E			L	E	P	H	A	N	T	I	O	
O					R	O			C	L				
Q					V				U	Z		L	E	K
L					L	K			R	E				G
P					R	A			S	L	A	T	E	R
E					E				A					X
R					W				N					R
M									N					R
									I	N				S
									E	A				R
									E	N				T
									T	D				G

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Twin Set Full Set
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Mattress Only Price
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ONE SIDED

10 YEAR WARRANTY

FREE Frame!

backjense

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Twin Set Full Set King Set
\$535 \$645 \$985

Mattress Only Price
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FLIP-ABLE 2-SIDED

FREE Frame!

Medicoil 2
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Mattress Only Price
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10 Year Warranty

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FREE Frame!

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Holds Up to 600 lbs.

Heavy Duty 1500
12" Extra Firm Innerspring, Firmest Edge Support

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Queen Set
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Twin Set Full Set King Set
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Mattress Only Price
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