

Your MAGAZINE LIFE!

OCTOBER
2020

A FREE PUBLICATION

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PRINT and ONLINE EDITIONS

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



*October is
my favorite color!*

RETIREMENT?
Living It!

COVID-19 or FLU?
~Page 10

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From the Publishers

OCTOBER 2020



Enjoying color and fresh fish in Pembine, WI

Our fridge and freezer is overloaded with every imaginable garden goodie - frozen berries, zucchini, brussel sprouts, carrots, canned pickles and tomato sauce. Shelves of harvest are consuming our basement refrigerator and freezer there is no room for the basic necessities but we are still totally addicted to the farmer's markets and come back with more! Can someone please tell my Greek husband/chef to stop buying, cooking, sauteing, smoking and grilling all this darn food!! I know it's healthy and I am blessed with a husband who cooks... but really.... STOP already! Yet I still say "mmmm-yum" when the next dish is on the table!

The air is crispy. The days are shorter. and this month things really do go bump in the night! Once again, we take our annual trek into the autumn solstice enjoying the crunch of leaves and replacing backyard beer with hot chocolate and marshmallows by the fire.

October is always full of celebration at our house, including my 57th birthday and my 16th year breast cancer-free. I love feasting on smoked fish, wine and cherry turnovers as we venture into Door County for our annual anniversary vacation - 16 years and counting. Traditions are a good thing and I enjoy every one every year. Life is short and beautiful. Enjoy!

We parked our camper in the backyard this summer knowing that we couldn't indulge in too many camping adventures with old dog Cuda this year. Tom has lovingly carried him up and down the stairs - he weighs 90 pounds! We have made his twilight year full of family love, comfort and cheeseburgers!

I LOVE autumn. I love the scary anticipation of a good ole' Halloween and all the chocolate treats, crunching through leaves, and nestling in a bit earlier! Enjoy a good scare, a spiked mug of cider and the palette of color in our beautiful Wisconsin autumn!

LIFE. *Enjoy it!*

Sandy and Tom Draelos

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The BADGER State

Wisconsin workers made temporary homes by digging caves into the rock of the mines, similar to tunnels that badgers dig for shelter. The miners came to be known as "badger boys" or "badgers."

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FALL Yard Work

Give yourself permission to let your fall be a little less stressed by letting nature do a little more, and you a little less in your yard this season

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DOWNSIZING?

We spend a lifetime collecting stuff. We buy new stuff, old stuff, big stuff and small stuff! What do you do when it's time to downsize?

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This month, check out our content of quality retirement living and service clients offering YOU the many options of choices and ideas for the ideal retirement lifestyle!!

Retirement is not an ending, but a transition to a new, exciting phase of life!

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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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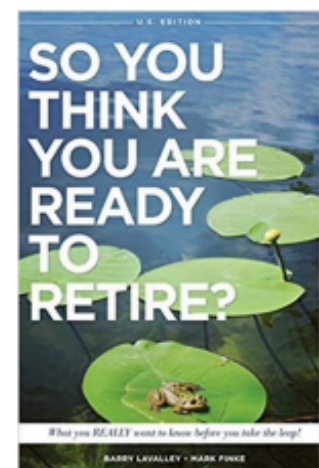
**"It's the first day of autumn! A time of hot
chocolatey mornings, and toasty marshmallow
evenings, and, best of all, leaping into leaves!"**

~ Winnie the Pooh

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What you REALLY want to know before you take the leap!



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Haunted Wisconsin

LOCAL CALENDAR

Founded in 2000, Haunted Wisconsin is your local guide to spooky, kooky, Halloween fun throughout Wisconsin. They've gathered information on a variety of scary and not-so-scary fall fun and Halloween events including haunted houses, ghost tours, pumpkin patches, trick-or-treat dates and times, and more to help you have a spooktacular season. Visit www.HauntedWisconsin.com

October 18

Species Spooktacular
Schlitz Audubon Nature Center / 1pm - 2:30pm
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www.schlitzaudubon.org
Arrive in Halloween costume to engage in a nature-themed scavenger hunt among our wooded and prairie-lined trails – all outdoors. Enjoy our Observation Tower, Sugar Shack, Mystery Lake, Amphitheater, and more. Learn about some of nature's spooky and misunderstood animals in this self-guided, fun, fall activity. Children receive a candy goody bag when they complete the hunt! We'll send all attendees a scavenger hunt map and directions for you to download and print in advance. Rain or shine. \$10 per person (2 & under are free)

October 18 thru November 1

Kohl's Family Sundays: Día de los Muertos
Milwaukee Art Museum
Celebrate Day of the Dead at a special online version. Explore traditional symbols as you enjoy a

bilingual story time, make art with local and regional artists, and listen to mariachi music. See the special offrenda students from Escuela Vieau have made, in memory of loved ones who have passed. Discover art in the Museum's Collection and share your Family Sundays-inspired art using #MAMStudioAtHome. 414-224-3200

October 24-31

Ghouls & Spirits Trick-or-Treat Bus Tour
Milwaukee Food & City Tours at Caradaro Club
This 4-hour bus tour features a 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. Pizza, select drinks, treats, guided-fun and round-trip transportation are included in the per person price. Must be at least 21 years old to participate. Weather-appropriate costumes are encouraged. We will be hosting a costume contest with prizes! Minimal walking is required

Now thru November 8

Mitchell Park Domes Re-Opens with Haunting of Sleepy Hollow
Reserve your timeslot, wear a mask, and follow one-way routes to see the Floral Show Dome, featuring The Haunting of Sleepy Hollow and a whodunit mystery. You'll travel through a dark wood lined with bare trees, cornstalks and a variety of vibrantly colored petunias, marigolds, celosias, salvias, and pot mums. Throughout the show you'll see several poisonous plants, such as the eerily-named Deadly Nightshade, 'Black Dragon' coleus, 'Wicked' ornamental peppers and 'Bat Face' cupheas

October 24

Adult Halloween Dinner Train on the East Troy RR
Enjoy a Halloween-Themed Dinner Aboard the East Troy Railroad! A fun, unique way to enjoy Halloween. Hors d'oeuvres for this



fun new dining event are a "cauldron dip," followed by a "spooky salad," with your entree featuring cider marinated short ribs or a bourbon brown sugar chicken quarter, accompanied by smoked Gouda scalloped potatoes and seasonal vegetables. Pumpkin spice latte cake for dessert. Traveling round-trip from East Troy to Phantom Lake in Mukwonago. The cost is \$85 per person. Cash bar available. Advance reservations are required. "Adult" means no kids — and wear a costume!

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The BADGER State

The History Behind Wisconsin's Name

Wisconsin workers made temporary homes by digging caves into the rock of the mines, similar to tunnels that badgers dig for shelter. The miners came to be known as “badger boys” or “badgers,” and the name eventually came to represent the state itself.

By Emma Pankratz, Staff Writer, Travel Wisconsin

We all know that Wisconsin is the Badger State, and we’re proud of it!

But do you know the history behind the name? Many people think that it comes from an abundance of the black-and-white animal, but in reality Wisconsin has no more badgers than its neighboring states.

The nickname actually dates back to the 1820s, when mining became a huge business, leading thousands of men to the ample iron ore mines in the Midwest.

Wisconsin workers made temporary homes by digging caves into the rock of the mines, similar to tunnels that badgers dig for shelter. The miners came to be known as “badger boys” or “badgers,” and the name eventually came to represent the state itself.

Building the Badger Pride

In the 1840s, the badger was steadily becoming a symbol of Wisconsin pride, with people naming newspapers and even steam ships in homage to the up-and-coming nickname.

By the 1880s, the University of Wisconsin-Madison was beginning to use the badger name, leading to the legendary mascot that we now know as Bucky Badger. His predecessor was a real badger, but the cantankerous critter escaped from sideline handlers more than once. The school swapped a small raccoon into its place.

Bucky first appeared as a cartoon figure in some UW publications in 1940, then came to life in 1949 as a paper-mache head worn by a male cheerleader. A naming contest soon followed, and the mascot’s official moniker was decided on: Buckingham U. Badger. The costume has evolved since then, becoming the lovable, grinning Bucky we all know and love, but keeping the same Badger pride and spirited nature.

In 1957, badger fever was going strong, and the badger was dubbed the official Wisconsin state animal.

Real Badgers in Action

But what happened to the real badger who started it all? He lived out a nice retirement at the Henry Vilas Zoo in Madison, one of only a couple of places in Wisconsin where you can see real badgers in action.

They are difficult to see in nature—wild badgers are nocturnal, and skillfully burrow in underground tunnels called “setts”, allowing them to go long periods of time without emerging.

Your best bet at catching a glimpse of these elusive creatures is to take a visit to the Henry Vilas Zoo (admission is free!) or the Milwaukee County Zoo, one of the top zoos in the nation.

Both have cool badger habitats that let you see this critter’s interesting digging habits and catch a rare peek at a real-life Bucky—don’t miss out!



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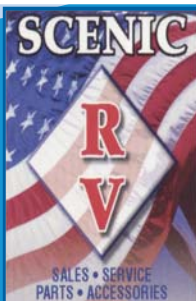
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Give yourself permission to let your fall be a little less stressed by letting nature do a little more, and you a little less in your yard this season



Leave the Perennials. Homeowners don't have to cut everything down if they don't want to. It's a timesaver. Leaving sturdy perennials up for winter creates wonderful winter interest and provides food for birds too. However, there are a few plants that should be cut down to fight off pests or diseases. Bearded Iris, daylilies, hostas, and peonies can be cut back in the fall.

Healthy Lawns. For a healthy lawn in spring, homeowners should continue to water the lawn throughout autumn. Autumn rain and temperatures are ideal for grass seed germination, so homeowners are encouraged to use the season to fill in the bare spots in the lawn.

There are two good times to fertilize the lawn in autumn—at the start of the season, and once more after the final mow, around November so that plants absorb the nutrients for next spring. Using a fertilizer in early fall that stimulates root growth is a great idea - use a winterizing fertilizer that builds resistance to cold and provide nutrients.

The longer grass of summer should be cut shorter in the fall to prevent the grass from matting down under leaves and snow. Gradually bring the grass down to about two, two and a half inches. This will reduce the space available for voles to make runs under the snow in your lawn."

Serious about healthy lawns - aerate the lawn once every fall, especially after a hot and dry summer. It alleviates soil compaction and opens up the soil to let nutrients and water down to the root system. Aeration is easier when the ground is wet. The easiest method is buying or renting a machine that removes plugs of soil, perhaps sharing the cost with a neighbor.

Mulch & Leaves. Although mulch shields frost, protects roots, and keeps soil temperatures stable, homeowners don't have to rush to cover or mulch over the plants. It is less important to keep the plants warm than to keep the ground frozen, especially around shallow-rooted perennials such as coralbells. Let the ground freeze—around Thanksgiving time—before laying your pine boughs or other covering. This keeps them from heaving out of the ground during thaw cycles in midwinter.

Too many fallen leaves can smother the grass, block sunlight, and lead to insect or disease problems, but leaves are nature's woodland fertilizer. If you have leaves that fall into your plant beds and they are not too thick, consider letting them stay. They will decompose over the winter, and in early spring you can gently cultivate them into the soil around your plants and trees.

Homeowners who have a mulching mower with a bag attachment can use the shredded leaves as mulch flower and vegetable gardens. This adds excellent organic material to your soil.

Winter Interest. Select some plants to prune before flowering, to delay blooming. Echinacea purpurea, known as Purple Cone Flower, is a perfect candidate. You can extend your bloom time on Purple Cone Flower well into September and October by cutting them back by one-half in early June, or when they are about two and a half feet tall. Then you'll have those wonderful 'cones' to leave up to catch the snow and feed the finches next year. Doing this with a portion of the garden will encourage longer blooming periods or staggering the blooming.

For shrub roses, cut them back in spring, not fall. Hardy shrub roses don't need to be covered like tea roses, so they're the ones preferable and easy to grow. Leave them up and cut back to new growth in the spring.

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Wisconsin Senior Medical Patrol Fraud Alert



October 2020

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

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: <https://gwaar.org/senior-medicare-patrol>

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Insurance Companies & Agents Have Marketing Guidelines

The Centers for Medicare & Medicaid Services (CMS) have established rules, regulations and guidelines that insurance companies, agents and brokers must follow when selling and promoting Medicare Advantage plans, Part D plans, cost plans, employer/union-sponsored group Advantage and Part D plans, and special needs plans. These rules and regulations are meant to prevent plans and agents from presenting misleading information and utilizing high pressure sales tactics. They also contain rules for how plan representatives may contact and market to beneficiaries. Marketing violations and agent misconduct tend to occur most often in the weeks leading up to the Open Enrollment Period (OEP) each year, when CMS allows Medicare beneficiaries to change their coverage. Every year, that seven-week period occurs from October 15 to December 7.

Due to the pandemic, we expect to see increased activity in the following areas during this OEP relative to last year. You can expect to see:

- Increased telemarketing calls
- The potential for increased marketing solicitation in medical offices
- Activities tailored to the shift from personal meetings to electronic platforms (i.e. Facebook, Instagram, customized ads, etc.)

Remember to be vigilant and extra cautious! Never share your personal information with someone who contacts you, unsolicited, via telephone, text message, or email.

Examples of Agent Misconduct

- Enrolling a beneficiary into a plan without their permission
- Using incentives to convince a person to sign up for a specific plan (offering free trips or meals in return for signing up)
- Misrepresenting the plan's benefits (lied to about providers and/or specialists in the network or claimed person will save money on prescription costs)
- Using scare tactics (sign up now or lose Medicare benefits)
- Attempting to sell a life insurance policy or an annuity at the same time as discussing Medicare plans (this is not allowed)

Funded by: This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



Fraud Alert

Regulations Set by CMS

- Insurance companies and agents are not allowed to market 2021 plans prior to October 1
- Insurance companies and agents are not to imply they are associated with Medicare or CMS
- Agents are not allowed to market or host sales activities in residential settings outside of the recreational or conference rooms, nor are they allowed to solicit door-to-door
- Agents are not allowed to send unsolicited text messages or voicemail messages
- Agents are not allowed to promote just one aspect of the overall plan, such as the drug plan
- Agents are not allowed to ask for credit card numbers, banking information, your Medicare or Social Security number in order for you to receive information
- Agents are not to use high pressure sales tactics and/or incorrect information
- Agents are not to threaten that your Medicare may end if you don't enroll
- Agents are not to say that you must enroll by a certain date or you lose an opportunity

Possible Consequences to Beneficiaries

- Medicare may stop paying claims, leaving beneficiaries with unexpected out-of-pocket expenses
- You may be switched to a different insurance plan without your knowledge/consent
- You might be unable to afford prescriptions with new plan
- You may not be able to see your Primary Care Physician and/or Specialists as you expected

What Should I Do?

If you have witnessed any of these violations, or encounter any in the future, please do the following:

- Get the name and address of the insurance company and agent
- Collect any materials available
- Make notes about what happened, including the date and location of the potential violation
- Report your concerns to the SMP at (888) 818-2611
- Remember that you have until December 7 to select a plan, do not feel pressure to choose a plan if you are not ready or have unanswered questions
- Remember to protect your personal information (Medicare and Social Security numbers, bank account information)

Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events.

Please contact us at smp-wi@gwaar.org for more information



@WisconsinSeniorMedicarePatrol

The flu season is here in the midst of the Covid concern. How do we differentiate between the two?

COVID vs FLU: Similarities and Differences

By Mayo Clinic Staff

During the COVID-19 pandemic, you may have heard that coronavirus disease 2019 (COVID-19) is similar to the flu (influenza). COVID-19 and the flu are both contagious respiratory diseases caused by viruses. They have some common symptoms. But through closer comparison, they can affect people differently. Also, since the flu has been around much longer, doctors know more about how to treat and prevent it, while they continue to learn more about COVID-19.

How are COVID-19 and the flu similar? The viruses that cause COVID-19 and the flu spread in similar ways. They can both spread between people who are in close contact (within 6 feet, or 2 meters). The viruses spread through respiratory droplets or aerosols released through talking, sneezing or coughing. These droplets can land in the mouth or nose of someone nearby or be inhaled. These viruses can also spread if a person touches a surface with one of the viruses on it and then touches his or her mouth, nose or eyes.

COVID-19 and the flu have many signs and symptoms in common, including:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Headache
- Nausea or vomiting (more common in children)

The signs and symptoms of both diseases can range from no symptoms to mild or severe symptoms. Because COVID-19 and the flu have similar symptoms, it can be hard to diagnose which condition you have based on your symptoms alone. Testing may be done. You can also have both diseases at the same time.

What's the difference between COVID-19 and the flu? COVID-19 and the flu have several differences. COVID-19 and the flu are caused by different viruses. COVID-19 is caused by a new coronavirus called SARS-CoV-2, while influenza is caused by



influenza A and B viruses.

Symptoms of COVID-19 and the flu appear at different times and have some differences. With COVID-19, you may experience loss of taste or smell. COVID-19 symptoms generally appear two to 14 days after exposure. Flu symptoms usually appear about one to four days after exposure. COVID-19 appears to be more conta-

gious and to spread more quickly than the flu. Severe illness such as lung injury may be more frequent with COVID-19.

COVID-19 can cause different complications from the flu, such as blood clots and multisystem inflammatory syndrome in children.

Another difference is that the flu can be treated with antiviral drugs. No antiviral drugs are currently approved to treat COVID-19. Researchers are evaluating many drugs and treatments for COVID-19.

You can get an annual flu vaccine to help reduce your risk of the flu. The flu vaccine can also reduce the severity of the flu and the risk of serious complications. Each year's flu vaccine provides protection from the three or four influenza viruses that are expected to be the most common during that year's flu season. The vaccine can be given as a shot (injection) or as a nasal spray.

The flu vaccine doesn't protect you from getting COVID-19. Research also shows that getting the flu vaccine does not make you more likely to get COVID-19 or other respiratory infections.

How may COVID-19 affect this year's flu season? Flu season in North America typically occurs between October and May. It's possible that the viruses that cause

COVID vs FLU continued on page 13



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Don't Just Retire... Start Living!

Every adult reaches a point in life when they ask themselves, "Can I keep living in my home, or is it time to move?" There are pros and cons to both living at home and moving into a retirement community. Adjustments can be made to a home. On the flip side, that same person may enjoy the benefits of independent living or assisted living communities much more.

Do I Stay or Do I Go? The Retirement Community Decision

DO I STAY?

According to AARP annual surveys, at least 80-percent of older adults want to stay at home. One way to decide if this is right for you is to seek expert advice. Your doctor can recommend an occupational therapist or a Certified Aging-in-Place Specialist to evaluate your home to determine what needs to be done so you can keep living there.

Accessibility: How hard is it to get in and out of the house, and room to room? Does the home have at least one step-free entrance? Are the doorways and hallways wide enough for a walker or wheelchair? Is there a bedroom, full bathroom and kitchen all on the same level? Adding a ramp and deck to the home to improve access doesn't mean it has to be an eyesore. Just because it's accessible doesn't mean it can't look pretty.

Stairways: Do they have sturdy handrails on both sides? Should you install a chair lift? One of the most popular jobs is to install chair lifts so people can access upstairs bedrooms or laundry facilities downstairs.

Lighting: Are hallways, doorways, and staircases well lit, especially at night when seniors are sometimes disoriented when they wake up?

Bathrooms: Are they accessible for a wheelchair or walker? Can the homeowner step into the tub or shower, and does it have a non-slip surface? Does the toilet need to be higher to make sitting and standing easier? Do grab bars need to be installed?

Kitchens: Are countertops or tables at various heights so work can be done sitting or standing? Can a wheelchair or walker maneuver in the space?



OR DO I GO?

Sometimes the cost or hassle of updating the home may make the idea of moving to a retirement community more appealing. However, this doesn't have to mean moving to a nursing home.

Keep in mind the first step into a retirement community is usually Independent Living, and then on to Assisted Living. Independent living may significantly improve the lifestyle of seniors - better food, more safety, and lots of healthy socialization and activity. It is a proven fact that the more active seniors stay, the

longer they stay healthy. Being home alone, certainly if you don't drive, leads to inactivity, boredom and sometimes depression. Diet typically suffers too.

Retirement communities are specifically designed to be "senior friendly." Accessibility is achieved with elevators, ramps, and step-free spaces. Bathrooms are designed for easy access by wheelchairs and walkers, as is the dining area.

Retirement communities also offer other benefits. Some manage your medications and provide some healthcare. Often there are activities planned, such as card games, arts and crafts, educational seminars, Bible study, exercise classes, and field trips. Some communities also have amenities such as a fitness center, pub, theater, and hair salon. Plus, the facility takes care of all the maintenance, from changing light bulbs to mowing the grass.

The general thought is that one stays in their home until there is a medical reason to leave. The mind set is that senior living is for individuals that need assistance in their daily activities. In fact, it's the exact opposite. Most residents express a sense of freedom. Freedom from daily chores and the responsibilities of owning a home.



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Grandparents Enrich Their Grandkids Lives in Big and Small Ways

A special connection is being made between the younger generation and an energetic group of grandparents



By Scott Schaefer
Co-Founder and COO GrandCamp Adventures

My father loved ice cream.

My daughter works summers behind the counter at our local ice cream shop. The other day she told me, "You know, dad, every time I make a milkshake, I think of Papa."

My father connected with his granddaughter through the simple everyday experience of eating ice cream together. The connection remains even now, although he is no longer with us.

So much of the impact of grandparenting comes from the little things that are shared when grandparents and their grandkids spend time together — either physically in the same room or through the telephone, Internet or mail. For each of us as members of the Boomer generation, memories of grandparents are more often thoughts about little things — like how grandma took pride in her full cellar of canned vegetables or how granddad taught us how to clean a fish. I have vivid memories of my own grandmother celebrating the New Year's Eve ball drop with me over a feast of popcorn. My other grandmother taught me how to catch flies on the front porch - little things.

With so many families stressed with both parents working or a single parent trying to do it all, more and more grandparents are fulfilling a vital role in their grandchildren's lives. While as many as 15 percent of today's grandparents provide actual child care for their grandchildren, many others are enriching their grandchildren's lives through frequent visits, overnight stays when working parents travel, and stepped up electronic communications.

Fortunately, millions of the 70+ million grandparents in this country have the stamina and resources to play a vital role in their grandchildren's life.

Statistics from AARP show that the average age at which a person first becomes a grandparent is now about 47. That means many grandparents are still working regular jobs. The fact is, about half of all grandparents are still working. The challenge becomes one of balancing the demands of your own work/home life and the opportuni-

ties to become an integral part of your grandchildren's lives.

The concept of 'playing' their way to their connection with this young generation has struck a chord with this energetic group of grandparents. The idea is to spend time, not as an onlooker, but as a participant in activities with grandchildren. Casual low-pressure play creates the space for meaningful conversation and sharing. Reading and story-telling opens up room for imagination and exploration. Don't bake cookies for your grandchildren, bake cookies *with* them.

One of the most treasured grandchild remarks for one of my colleagues came when her 13-year-old granddaughter said, "It's already time for me to leave, and I feel like I just got here." That was after a weeklong visit with fun outings and plenty of yard work and cooking and storytelling in between.

Every year I relish the fact that we have a Grandparents Day. In 1979, President Jimmy Carter proclaimed the first Sunday after Labor Day each year as National Grandparents Day: (September was chosen to signify the "autumn" years of life). In part, the proclamation reads:

"Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us... Because they are usually free to love and guide and befriend the young without having to take daily responsibility for them, they can often reach out past pride and fear of failure and close the space between generations."

Scott Schaefer is the COO and co-founder of GrandCamp Adventures. GrandCamp Adventures is the creator of entertaining and educational storybooks, music, games and activities carefully designed to stimulate conversation and connect families through the grandparent and grandchild relationship. www.grandcamp.com



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COVID vs FLU continued from page 10



COVID-19 and the flu may spread in your community at the same time during the flu season. If this happens, people could become ill with one or both diseases at the same time.

How can you avoid getting COVID-19 and the flu? The good news is you can take the same steps to reduce your risk of infection from the viruses that cause COVID-19, the flu and other respiratory

infections by following several standard precautions. In fact, some research has found that following these measures, such as social distancing and wearing a face mask, may help shorten the length of the flu season and lessened the number of people affected.



Does anyone know if we can take showers yet or should we just keep washing our hands???

Day 45 at home and the dog is looking at me like, "See? This is why I chew the furniture!"

2019: Stay away from negative people.

2020: Stay away from positive people.

Me: Alexa what's the weather this weekend?

Alexa: It doesn't matter – you're not going anywhere.

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"We spend a lifetime collecting stuff. We buy new stuff, old stuff, big stuff and small stuff!"

~George Carlin.

Downsizing, Sorting and Packing

We live in a society where the goal for most Americans is to move up, and bigger is better. It might be hard to get excited about "downsizing" or "Rightsizing". With the right advice and assistance, the senior moving experience can be as exciting and rewarding as any other positive moving experience. In fact, you have made it to a place in life where you find yourself with more time for your own interests. Why not leave the hassle and maintenance of a home for the comfort and freedom of a smaller place? If bigger is better, how about "less is more"?

The national average for people to move is every seven years. Most seniors have accumulated a lifetime of memories and treasures that may be overwhelming to sort through and decide where the items belong.

All Hands on Deck. Consider advice and help from family members or friends in planning your upcoming move. There are times when a third party professional consultant can help you separate your belongings and suggest what needs to be moved. This fresh perspective can be practical and logical.

Emotionally it is very stressful for seniors to go through 40 to 50 years of accumulations, with the right help of family, friends and a professional moving company the task becomes more manageable. Consider utilizing a move specialist to assist with:

Organizing and decluttering: A move manager does an in-home survey to determine if there's enough inventory for an estate sale – or if not, which items are consignable and can go to the store.

Packing: A firm can do partial packing (only fragile china and special items) or full packing.

Moving Services: Movers can tell the customer how many people and how many hours the move will take. In addition, the move manager will create a timeline for the move.

Estate Sales and Consignment: A move specialist can come to your home to survey if you have enough inventory for an estate sale or consignment.

Unpacking services: Services put all the household items in place and gets rid of paper and boxes.

Clean-out service: The firm will get the old home ready for sale. It will help decide which furniture is going on your move, to family and friends, for consignment or estate sale, for donation or to throw away in the dumpster.

Begin With the End. Planning is the key to a successful move. Create a plan that will help you with every step of your move. Moving is a time of high emotions and critical decisions need to be made. Start the planning process by choosing where you would like items placed in your new home. This will help you realize what items will fit. Then you can accessorize your surroundings because "There is no place like home".

Helpful Tips

- Keep it fun. Laughter gives us distance. It allows us to step back from an event, deal with it, and then move on.
- Always consider help offers. Many hands make light work.
- Try to avoid a moving date too close to a real estate transaction.
- Expandable tables are good units to have in apartment style living. When work surfaces are needed you have them available.
- Dresser drawers do not need to be empty. Use any empty drawer space for clothing linens and towels.
- Fill up empty suitcases.
- Start sturdy packing boxes ahead of time. Most moves require about \$250 worth of packing equipment (boxes, tape, paper, markers).



Five Homes for Everything You Own

- 1) **Things to be moved.** In our opinion, the most important phase of your move.
- 2) **Things going to family and friends.** Items can be distributed all over the world if needed.
- 3) **Things to be sold.** Based on values, estate sales, consignment sale, etc.
- 4) **Things to be donated.** Church of choice, goodwill, etc.
- 5) **Things to be disposed of.** Dumpster service, throw it away.

- Prepare an overnight bag with important papers and medication and personal items.

It can be a time of excitement and new beginnings. Live and enjoy all the amenities that the next lifestyle offers. Having less stuff to manage, does lead to more time to enjoy yourself. Congratulate yourself, you have arrived!

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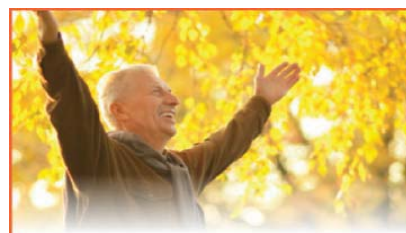
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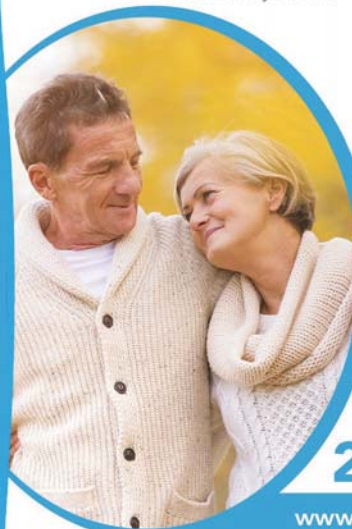
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**Me: Please bring me a screwdriver.
Wife: Flat head, Phillips or Vodka?
That's when I knew she was the one.**



I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are.

A man woke up in the hospital, bandaged from head to toe.

The doctor comes in and says "Ah, I see you've regained consciousness. Now you probably won't remember, but you were in a huge pile-up on the freeway. You're going to be OK, you'll walk again and everything, but your private was severed in the accident."

The man groans, but the doctor continues - "You've got \$9000 in insurance compensation coming and we now have the technology to rebuild. They work great but they don't come cheap."

The man perks up. "So," the doctor says, "You must decide what you want. I understand that you have been married over 30 years and this is something you should discuss with your wife. It's important that she plays a role in helping you make a decision."

The man agrees to talk it over with his wife. When the doctor came back the next day he said,

"So, have you spoken with your wife?"

"Yes, I have," says the man.

"And has she helped you make a decision?"

"Yes," says the man. "We're getting granite countertops."

Farmer John once lived on a quiet rural highway but as time went by, the traffic built up and eventually got so heavy and so fast that his free range chickens were being run over, at a rate of three to six a week.

Farmer John called the local police station to complain, "You've got to do something about all these people driving so fast and killing all my chickens," he said to the police officer.

"What do you want me to do?" asked the policeman.

"I don't care, just do something about the crazy drivers!"

The next day the policeman had the Council erect a sign that said: SCHOOL CROSSING

Three days later Farmer John called the policeman and said, "You've still got to do something about these drivers. The school crossing sign doesn't seem to do a thing!"

So, they put up a new sign: SLOW - CHILDREN AT PLAY.

Farmer John called and said, "Your signs are no good. Can I put up my own sign?"

In order to get him off his back the policeman said, "Sure. Put up your own sign."

The phone calls to the police station stopped, but curiosity got the better of the officer, so he called Farmer John.

"How is the problem with the speeding drivers? Did you put up your sign?"

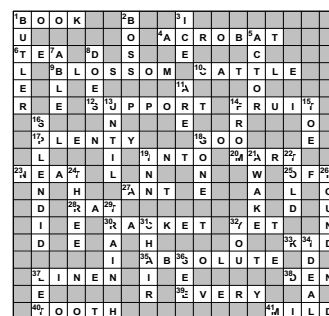
"Oh, I sure did and not one chicken has been killed."

The policeman was really curious and thought he'd better go out and look at the sign. He also thought the sign might be something the police could use elsewhere, to slow drivers down.

So he drove out to Farmer John's house. His jaw dropped the moment he saw the sign.

NUDIST COLONY: Slow down and watch out for chicks!

Puzzle on page 19



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For a guy who can't see his reflection... that Dracula, he's pretty well-groomed.

Quarantine has turned us into dogs. We roam the house all day looking for food. We are told "no" if we get too close to strangers. And we get really excited about car rides.

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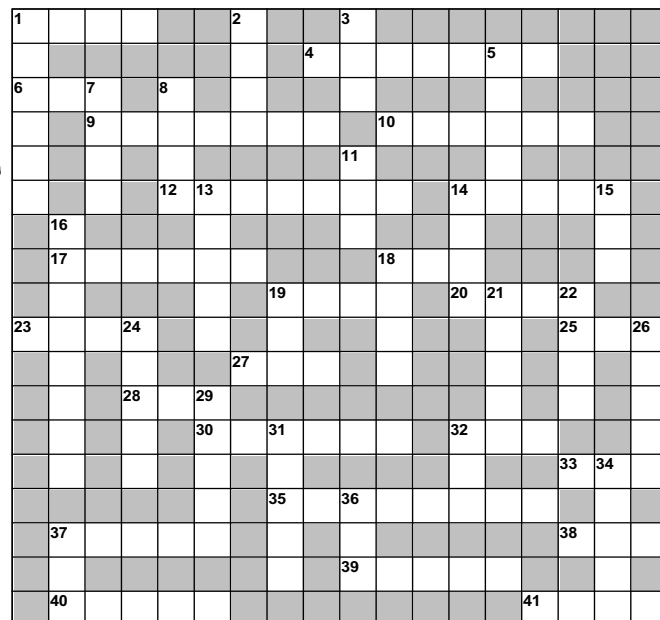
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ACROSS

1. Rarely read anymore
4. Highwire entertainer
6. Coffee alternative
9. Pre-flower stage
10. Many cows
12. To prop up
14. Edible body of a seed plant
17. Candy- "Good &"
18. Sticky
19. Not out of
20. Center for sale of goods
23. Tidy
25. Not on
27. Unwanted picnic guest
28. Unwanted garbage guest
30. Obnoxious noise
32. Up to now
33. Baby goat
35. Popular vodka
37. Sheets referred to as
38. Where bears hibernate
39. All
40. Small children's fairy
41. Gentle temperament

DOWN

1. Brings the tea
2. Workers report to
3. Frozen water
5. Male theatre performer
7. "Willing and"
8. Not bucks but
11. Present plural of be
13. Function word to indicate continuance
14. Preposition
15. Often stubbed
16. Being out of the ordinary
18. Was here
19. Place to sleep on vacation
21. Not asleep
22. Past tense of tell
24. Number of blind mice
26. Lost and
29. On floor behind bride
31. Furniture to sit on
32. Not me
34. Unequaled perfection
36. To visualize
37. Allow

Answers to this month's puzzle on page 17

SEX AT 73

I just took a leaflet out of my mailbox, informing me that I can have sex at 73. I'm so happy, because I live at number 71. So it's not too far to walk home afterwards. And it's the same side of the street. I don't even have to cross the road!

How to RELIEVE STRESS

Seven steps to relieve stress. In case you are having a rough day, here's a stress management technique recommended in psychological journals. The funny thing is that it really does work and will make you smile:

1. Picture yourself lying on your belly on a warm rock that hangs out over a crystal clear stream.
2. Picture yourself with both your hands dangling in the cool running water.
3. Birds are sweetly singing in the cool mountain air.
4. No one knows your secret place.
5. You are in total seclusion from that hectic place called the World.
6. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
7. The water is so clear you can make out the face of the politician you are holding underwater.

See, it worked. You're smiling. You feel better already. Have a great day.

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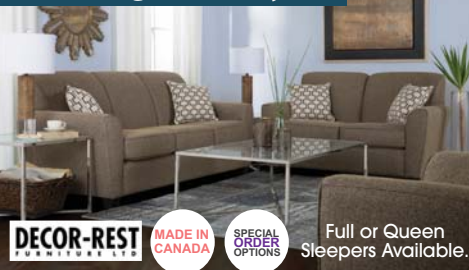
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Mattress Only Price
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10 YEAR WARRANTY
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Austin
9.75" Firm or Plush Innerspring
with Gel-Memory Foam Lumbar
\$575
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Mattress Only Price **\$395**
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