

# Your NEWSMAGAZINE LIFE!

Spring 2023

MARCH • APRIL • MAY

A FREE PUBLICATION  
[www.yourlifemagazine.net](http://www.yourlifemagazine.net)  
PRINT and ONLINE EDITIONS

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



*"Happiness?  
The color of it  
must be  
spring green."*

~Frances Mayes

*Retirement*  
LIFESTYLE

**METABOLISM**  
and **WEIGHT LOSS**

**INSIDE**  
THIS ISSUE ~page 3



# SACRA NOVA CHORALE

Presents  
**REJOICE,**

## THE LORD IS KING!

Under the direction of Lee Erickson  
Very Special Guests Artists: Milwaukee Musaik  
and Michael Batcho

Featuring works by Schubert, Handel,  
Rutter, and Scarlatti

Sunday, June 4th 2023 at 7:30pm  
All Saints' Episcopal Cathedral  
818 E Juneau Ave, Milwaukee, WI 53202



For tickets and information visit: [SACRANOVACHORALE.COM](http://SACRANOVACHORALE.COM)  
Tel: (920) 296-6497 | Email: [SACRANOVACHORALE@GMAIL.COM](mailto:SACRANOVACHORALE@GMAIL.COM)



If you enjoy this publication...

# SUPPORT our ADVERTISERS!

SUPPORT our ADVERTISERS

- Page 2: Sacra Nova Chorale
- Page 4: World Premiere Wisconsin Oconomowoc Arts Center
- Page 5: Milwaukee Musaik South Milw Performing Arts
- Page 6: PolishFest Second Hand Purrs Peter Sciortino Bakery
- Page 7: Holy Hill Art Farm Prime Minister Restaurant Lamers Tour & Travel
- Page 8: UWM Continuing Education
- Page 9: Hair Experience A.J. Ugent Furs
- Page 10: TerraSol Dispensary
- Page 11: Cho's Martial Arts
- Page 12: Eye Care Specialists
- Page 13: Hear Wisconsin
- Page 14: Dare to Be Aware Fair Access Soul Infinite Joy Now
- Page 15: Share International Twin Flames
- Page 16: Family Generations Expo Aegis Financial
- Page 18: Berkshire Communities
- Page 19: Peace of Mind Becker Property Services
- Page 20: WI Talking Library Cottonwood Trails Apts
- Page 21: Eastcastle Place
- Page 22: Village at Manor Park
- Page 23: Captel Captioned Telephone
- Page 24: Steepleview Sr Community Clement Manor
- Page 25: My Choice Wisconsin
- Page 26: Senior Medicare Patrol
- Page 27: ComForCare Home Care
- Page 28: Universal Services
- Page 29: Thielmann Heating & Cooling Bicycle Collector Scott
- Page 30: Callen Home Remodeling
- Page 31: Biltrite Furniture & Mattress
- Page 32: Concordia University Arts

Your LIFE! is a quarterly 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!

### PUBLISHER / Editor

Sandra (Hill) Draelos

### OPERATIONS MGR

Thomas Draelos

### ADVERTISING

Advertising Sales

Kelly Larson

### SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

milwaukeepublishing@wi.rr.com  
www.yourlifemagazine.net

# From the Publishers

SPRING 2023



Canoeing on the Namekagon River

Ahhh...the scents of spring - fresh dirt and blooming greens, tulips and lilacs, farm fields ripe with organic fertilizer, fresh cut grass and breezes through an open window, sun kissed skin and smoky camp fires...

As days get longer and warmer, our attitudes get brighter. I love seeing neighbors at the mailboxes and working in the backyards. A shout out, a cold beer, brats on the grill - and boom! Wisconsin's favorite season is here.

I sure do hope you enjoy the new quarterly schedule for Your LIFE! It has made my life much easier with only 4 deadlines versus 10 that I actually see one of my wrinkles disappearing!! I think Tom loves me just a little bit more too without the time-crunching chaos - could have something to do with the idea that I now have time to make him breakfast in the morning.

We're off to the Florida beaches for some rejuvenation before the season of gardening and yardwork begins. My tomato seeds have been planted and sit sprouting by my patio sunshine waiting for their replanting. I have carried on my Mother's tradition of being a profusive gardener, not necessarily sharing her green thumb, but certainly canning and freezing until my shelves are full. Our raspberry and tomato gardens are always wonderful and I never miss a week at our local Farmer's Market -can't wait to start shopping, sauteing and steaming all that goodness!

Our daughter has changed her major to Audio Engineering so during every phone call I get to hear another new song of hers. My musical talent extends to using our piano for a birdcage stand so blessings to her as she sings and plucks the guitar to stardom - or at least a well-paying job in a sound studio! She loves living downtown, working full time and studying her music - just living the dream!

As I've mentioned so many times before, I do love this newspaper business and look forward to many more years. Visit us at the Dare to Be Aware Fair on April 15th and the Family Generations Expo on May 20th. Let's share a quick conversation and a good joke for our next Laugh Out Loud feature...



**LIFE. Enjoy it!**

Sandy and Tom Draelos

## INSIDE THIS ISSUE



### COYOTES in Your Backyard

Coyotes are drawn to urban and suburban neighborhoods for two reasons: Human encroachment into native habitat and the availability of food. Take these steps to keep them away from your home

-page 8



### POWER FOODS for the BRAIN

Are you losing your keys more often these days? Worried that a serious memory problem could be in your future? Discover brain threats and brain protectors in your diet and daily routine

-page 13



### Don't Weed Them - EAT THEM!

You know it's spring in Wisconsin when the earth is covered with yellow, yellow, yellow. Dandelion was once considered a valued medicinal plant, is more nutritious than spinach and is completely edible, delicious and nutritious. Try these tasty and unique recipes

-page 20

CALENDAR.....page 5+  
 Your Metabolism.....page 11  
 Dare to Be Aware Fair.....pages 14/15  
 RETIREMENT Lifestyle.....page 17+  
 Finance.....page 19

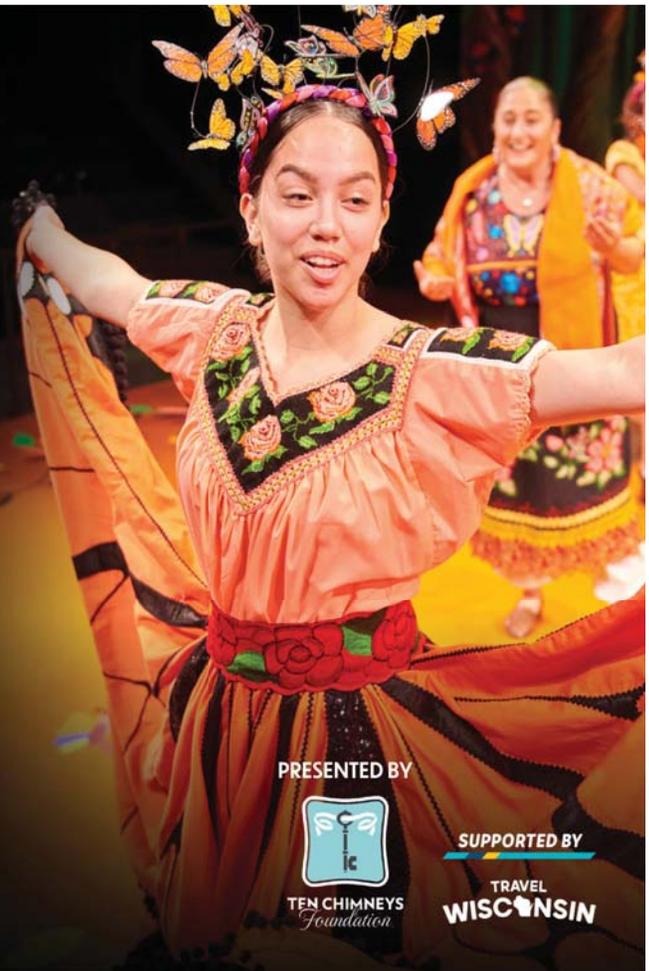
Online Shopping Scams.....page 21  
 EARTHTALK: Population.....page 23  
 WORD SEARCH.....page 27  
 CROSSWORD.....page 29  
 Aging in Place.....page 30

 **World Premiere Wisconsin**  
**Celebrating new**  
**plays and musicals**  
**across the state**  
**MARCH 1–JUNE 30**



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

Photo: World Premiere of ON THE WINGS OF A MARIPOSA, First Stage. Photo by Paul Ruffolo.



PRESENTED BY



TEN CHIMNEYS  
Foundation

SUPPORTED BY



TRAVEL  
WISCONSIN

**OAC**  
 OCONOMOWOC ARTS CENTER

2022-2023

**15<sup>TH</sup> ANNIVERSARY**  
**ERIK LUNDE**

The Storyteller Tour  
 With *The Boston Imposters*

**Barley Jacks**

7 p.m. Saturday, March 25, 2023  
 2 p.m. Sunday, March 26, 2023



7 p.m.  
 Thursday, May 25, 2023



7 p.m. Saturday, May 20, 2023

Tickets: \$39 Regular  
 \$34 Seniors (60+) & Military  
 \$33 Group (10+) | \$18 Youth (6-19)



Tickets: \$25  
 General Admission

**Watch for the 2023-2024 OAC Season Coming Soon!**

641 E Forest St, Oconomowoc | [www.TheOAC.net](http://www.TheOAC.net) | [info@TheOAC.net](mailto:info@TheOAC.net) | 262.560.3172





# Calendar

## MARCH 25

**Impractical Jokers**  
Miller High Life Theatre  
Impractical Jokers, performing on Comedy troupe The Tenderloins, a group of lifelong friends, surprise strangers with a series of hilarious and outrageous dares!

## MARCH 25

**5th Sour Fest 2023**  
MobCraft Beer, 505 S. 5th St  
Tapping 25+ MobCraft Wild & Sour beers throughout the day in the taproom in addition to the release of Sour Golden Ale 2023. Sour Fest is open to the public and free of charge

## MARCH 25

**Racine Theatre Guild**  
2519 Northwestern Ave, Racine  
Tony Castañeda Latin Jazz Band

## MARCH 26 & MAY 12

**Jewish Museum Milwaukee**  
Free Day at DEGENERATE! Hitler's War on Modern Art

## MARCH 28

**John McGivern's Main Streets**  
Harley-Davidson Museum  
The Menomonee Valley episode of "John McGivern's Main Streets"

## MARCH 31

**10th Annual Milwaukee Blues Festival**  
Miller High Life Theatre  
Featuring Tucka, Calvin Richardson, Pokey Bear, King George, Chick Rodgers, and J-WONN and showcasing a star-studded lineup of world-class Blues artists

## MARCH 31

**The Red Hot Chili Pipers**  
Marcus Performing Arts Center at Uihlein Hall  
Bagpipes with attitude, drums with a Scottish accent and a show so hot it carries its own health warning

## MARCH 31

**St. Matthew's Fish Boil**  
9329 South Chicago Road (Highway 32) in Oak Creek. Made outside in big kettles – just like Door County. 4-7pm

## MARCH 31-APRIL 2

**Midwest Gaming Classic**  
Wisconsin Center, Milwaukee WI  
Trade show featuring 200,000+ sq ft of retro and modern home video game consoles, pinball machines, arcade video games, tabletop RPGs, computers, tabletop board games, crane games, collectible card games and more

## APRIL 1

**April Fool's Comedy and Magic Show**  
Two Brothers One Mind at the Brumder Mansion Bed & Breakfast Theater

## APRIL 6

**Animal: A Farm Story**  
South Milwaukee Performing Arts Center  
Circus, song, dance and theatre collide

## APRIL 6-16

**Disney's Frozen**  
Marcus Performing Arts Center  
Frozen, the Tony®-nominated Best Musical, is now on tour across North America

## APRIL 8

**Egg Day**  
Milwaukee County Zoo  
Day filled with "Easter Theme" activities. Some of the highlights include animal egg enrichment, an Easter parade, colorful crafts, and more

## APRIL 8

**Bunny Hop & Egg Hunt**  
Bayshore Mall  
Celebrate Spring at Bayshore's 2nd annual Easter celebration

## APRIL 8

**Waukesha Bunny Hop and Egg Hunt**  
1-3pm  
Visit the participating downtown Waukesha businesses for some sweet treats and meet the Easter Bunny for photos at GBF Bespoke Balloons -805 Clinton Street

## APRIL 15

**Dare to be Aware Fair**  
Brookfield Convention & Visitors Bureau  
Annual holistic education event offering people the opportunity to explore areas of personal, professional and spiritual growth to enhance their lives

## APRIL 15-16

**re:Craft and Relic Spring Market**  
Milwaukee County Sports Complex  
A two-day, indoor Midwest market featuring 160+ vintage, handmade and pop boutique vendors

## APRIL 16

**Donut and CoffeeFest**  
Turner Hall Ballroom  
Spend your Sunday morning in the most delicious way. Enjoy Donut & Coffee samples from area bakeries and baristas

Calendar continued on page 7

**MILWAUKEE MUSAİK**  
A CONSORTIUM OF MUSICIANS DEDICATED TO AN IMAGINATIVE CONCERT EXPERIENCE  
PRESENTS

**SPRINGTACULAR**  
Bartók - Honegger - Strauss - Milhaud - Stravinsky

**4-4**



**WILLIAM HELMERS**  
CLARINET



**BARRICK STEES**  
BASSOON



**ALEXANDER MANDL**  
CONDUCTOR

**MILWAUKEE MUSAİK CHAMBER ORCHESTRA**

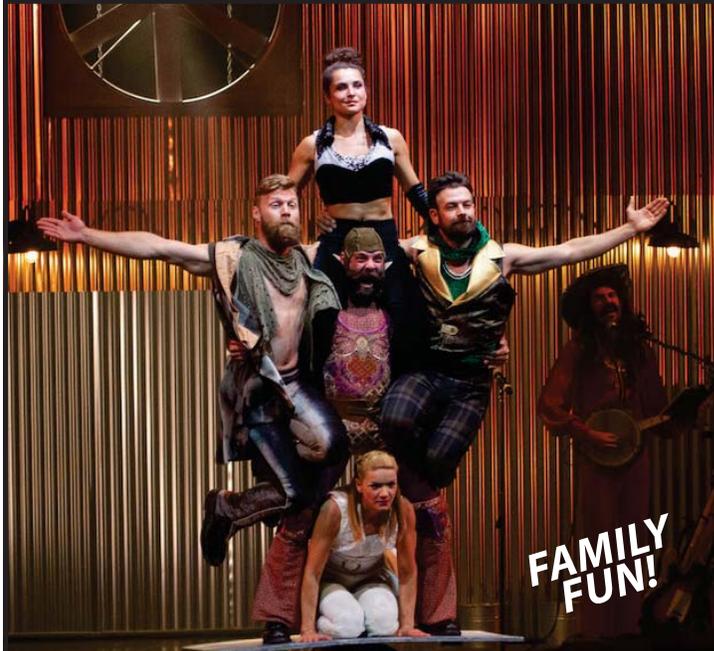
Led by conductor Alexander Mandl, stellar musicians from the Milwaukee Symphony and beyond will perform an effervescent mix of chamber orchestra works. Highlights include Richard Strauss' delightful "Duet Concertino for solo Clarinet, Bassoon, and Strings", along with Igor Stravinsky's virtuosic "Pulcinella Suite".

**APRIL 4 @ 7PM**

Wisconsin Lutheran College - Schwan Hall  
8815 W Wisconsin Ave. Milwaukee 53226

Tickets \$10-30  
[MILWAUKEEMUSAİK.ORG](http://MILWAUKEEMUSAİK.ORG)

PLEASE VISIT OUR WEBSITE AND SUBSCRIBE FOR 2023-2024 SEASON UPDATES!

**FAMILY FUN!**

**ANIMAL: A FARM STORY**  
BY CIRQUE ALFONSE

**CIRCUS, SONG, DANCE & THEATRE COLLIDE**

**THURS., APRIL 6, 7:30PM**

 **Reserve Tickets Today!**  
(414) 766-5049 • [southmilwaukeepac.org](http://southmilwaukeepac.org)

# POLISH FEST



A festival so great for the senses

**JUNE 9-11, 2023**

FRIDAY & SATURDAY: NOON - MIDNIGHT  
SUNDAY: NOON - 8:00 PM  
HENRY W. MAIER FESTIVAL PARK  
SUMMERFEST GROUNDS  
MILWAUKEE, WISCONSIN

- Cultural Village
- 5 Stages Of Entertainment
- Folk Art - Children's Area
- Sukiennice Market Square
- Cooking Demonstrations
- Mass Sunday At 10 am  
Celebrant: Archbishop Jerome Listecki
- Over 25 Food Vendors
- Non Stop Polka Music
- Fireworks Sat 10:00pm
- Enjoy Sobieski Specialty Drinks and Vodka Tasting
- Polish Beer Imported Directly From Poland
- Tyskie Beer Garden



[WWW.POLISHFEST.ORG](http://WWW.POLISHFEST.ORG)

## Vendor/Craft Fair & Bake Sale

Saturday, April 15th, 10am-3pm

LOCATION: Knights of Columbus  
732 Badger Avenue in South Milwaukee  
Come shop 20+ vendors, awesome raffle prizes, plus LOTS of yummy bakery for sale!

All proceeds benefit the kitties!!!  
Visit us at [secondhandpurrs.org](http://secondhandpurrs.org)



## Rummage SALE

Visit our website at [secondhandpurrs.org](http://secondhandpurrs.org)

### 3 DAY RUMMAGE SALE!



Thursday, June 15th: 9am-6pm  
Friday, June 16th: 9am-6pm  
Saturday, June 17th: 9am-4pm

American Legion Post / 9327 S. Shepard Ave, Oak Creek

Inside and air-conditioned. Find everthing from A to Z!

All proceeds benefit the kitties of Second Hand Purrs!!!



Located in the Heart of Milwaukee's East Side  
1101 E. Brady Street, Milwaukee • (414) 272-4623

Tuesday-Saturday 7am-4pm / Sunday 7am-1pm  
Closed Monday / Closed Easter Sunday  
[www.PeterSciortinosBakery.com](http://www.PeterSciortinosBakery.com)

## Buona Pasqua!

Happy Easter!

### EASTER SPECIALS

Keep us in mind for  
Mother's Day!

- Fancy Italian Bread (Cross, Braid, Artichoke)
- Pupa cu l'uova  
(buy 5 get one free!)
- Our famous Italian Cookies including  
Cucidati (Italian fig cookies)  
Cassatina Siciliana  
Cassata Siciliana



Visit our website for a complete list and view of our Italian Cookies. We ship nationwide, so don't forget your loved ones that don't get these goodies everyday!





# Calendar

Continued from page 5

## APRIL 16

**WMSE's Rockabilly Chili Fundraiser**  
MSOE Kern Center  
Fun for the whole family. Chicken Shack DJ Johnny Z and Saturday Morning Car Tunes DJ Dietrich will spin, kids are invited to color and do puzzles. Guests can also test their taste buds with a new, special edition, very hot, hot sauce called Hellraiser. Attendees will determine which place has the best: Meat, Heat, Veggie, and Unique chili, and who has the hottest display

## APRIL 19-21

**Defining Success Workshop for Serviced Based Small Business Owners**  
Hotel Metro  
Serviced-based women small business owners seeking clarity

## APRIL 20-23

**Art in Bloom**  
Milwaukee Art Museum  
Annual celebration of art, flowers—and and spring! Throughout the galleries, experience the art-inspired floral creations of the region's top designers

## APRIL 21-23

**Aretha: Queen of Soul**  
Bradley Symphony Center  
Tribute to the Queen of Soul, Aretha Franklin, in a program including iconic hits like "Respect," "Think," "A Natural Woman," and much more

## APRIL 22

**Joint Beer Fest**  
Eagle Park Brewing Company, Muskego  
Breweries and distilleries from across the midwest craft unique collaborations. Unlimited tastings of some great new brews, live music, self guided brewery tours, hemp product vendors and food buffet. \$95-\$115

## APRIL 27-May 1

**Floral Reflections: Ikebana at the Pabst Mansion**  
The beauty of the Mansion and the art of Japanese floral arrangements. Over twenty ikebana displays will be positioned throughout the historic home to express the symbolic qualities of each floral element

## APRIL 29-30

**Spring Children's Resale Event**  
Greendale High School  
Children's Resales

## APRIL 29-30

**Art in the Green**  
Domes at Mitchell Park  
Two-day, indoor event showcasing local and regional artists. Art for sale in the greenhouse with entertainment and food vendors

## MAY 6

**LEGO Workshop: The Architecture of Agriculture**  
Grohmann Museum at MSOE  
Fun event for all ages. Eighth annual LEGO building workshop. Inspired by the current exhibition, The Architecture of Agriculture, participants will imagine and construct barns, fields, silos, grain elevators, and more. Materials will be available on-site

## MAY 6

**Kentucky Derby Dinner Train on the East Troy Railroad**  
East Troy Railroad Museum  
Have dinner on the train then watch the Kentucky Derby in the Depot

## MAY 12

**SPARK! Memory Loss Engagement Program**  
Racine Art Museum  
A free, multisensory art program for people with memory loss and their caregivers

## MAY 13

**Greendale Pet Palooza**  
Downtown Greendale  
Celebrate Spring by bringing your family and pets - something for attendees of all ages and species. Enjoy pet related activities, shopping, food, and more. 10am-4pm

*Calendar* continued on page 9

# We Cater!

## There is no event we can't handle!!

Weddings • Corporate & Social Events  
Drop-off • Full Service

## LEPANTO

BANQUET HALL & CATERING

400 Capacity (inside County Inn & Suites Hotel)

350 E. Seven Hills Rd, Port Washington

info@lepantobanquet.com

www.lepantobanquet.com

## Prime Minister

Restaurant & Catering

BREAKFAST • LUNCH • DINNER

517 N. Main Street, Thiensville

262-238-1530

## CATERING HOTLINE

414-803-5177

info@pmcatering.com

www.pmcatering.com

# have fun.

CALENDAR SUBMISSIONS can be sent to:  
milwaukeepublishing@wi.rr.com / Attn: calendar

Please follow the format above.  
414-586-9212

## HOLY HILL ART FARM



This 160 year old 80 acre family farm is located in the heart of the Kettle Moraine near Holy Hill. This rustic property has been transformed into a *Unique Event Destination*.

**4958 Holy Hill Rd (Hwy 167) Hubertus, WI**

### Art & Farm Market Dates

**June 3 & 4**  
**September 16 & 17**  
**October 7 & 9**  
9am-4pm

HOT FOODS • WINE • MUSIC

### Summer Events

Dinners on the Farm, Wine Walks, Tribute Concerts, Dueling Pianos, Country Sock Hop and MORE!  
**Limited Seating. Buy Tickets NOW!**

www.holyhillartfarm.com 

# Get back into TRAVEL!!



## Motor Coach Tours Throughout the US.

With Convenient Departure Points Near YOU!

**Amish Trip**  
6 days / June 6 / \$1986 DBL

**Yellowstone & Grand Tetons**  
12 days / June 8 / \$3993 DBL

**Riverboat Twilight**  
4 days / July 31 / \$1304 DBL

**Put-in-Bay**  
4 days / July 17 / \$989 DBL

**Mt. Rushmore & Deadwood**  
6 days / Aug 18 / \$1779 DBL

**Door County**  
4 days / Aug 22 / \$1332 DBL

Together We're Going Places™



# LAMERS

TOUR & TRAVEL

tours.golamers.com has all the info you need to book your next trip!

Reservations & Information: (800) 236-1976

# Coexisting with Coyotes

[www.wihumane.org/wildlife/coyotes](http://www.wihumane.org/wildlife/coyotes)

Coyotes are versatile, intelligent and adaptable to most habitats. Ironically, the qualities that have enabled the coyote to survive have now made it one of the most persecuted animals. However, the coyote's bad rap is undeserved. They actually play an important role in the ecosystem and do not pose a serious risk to humans if caution and common sense are used.

Trapping and relocation of coyotes is not recommended except as a last resort. Disruption of family packs can cause orphaned juveniles to seek easy prey, such as small dogs and cats, and other coyotes may move into the vacated area.

Coyotes are not considered a disease threat. Outbreaks of rabies in coyotes are rare and not commonly implicated in the transmission of the disease to humans or companion animals.



**Coyotes are drawn to urban and suburban neighborhoods for two reasons: human encroachment into native habitat and the availability of food. Take the following steps to prevent coyotes from being attracted to your home.**

## Coyote Encounters

- Coyotes are usually wary of humans and will avoid people whenever possible. Aggressive behavior toward people is not normal and is most often a result of habituation due to feeding by humans. If you encounter a coyote, remember the following:
- Never feed or attempt to "tame" a coyote.
- Do not turn your back or run.
- Attempt to leave the area calmly.



If followed, make loud noises and make yourself look big. If this fails, throw rocks or sticks in the direction of the coyote.

## Keeping Coyotes at a Distance

- Secure garbage cans by fastening lids with rope or bungee cords.
- Dispose of especially attractive food wastes such as meat, cheese and eggs by adding a small amount of ammonia to the bag.
- When composting, use enclosed bins rather than exposed piles. Avoid adding dog or cat waste, meat, milk or eggs to compost.
- If you have fruit trees, pick the ripe fruit and keep fallen fruit off the ground.
- Motion sensing lights or sprinklers may deter coyotes from your yard. A motion sensing sprinkler, the "Scarecrow," is available from Wally's Workbench.
- Clear bushes and weeds away from your home.
- Dense vegetation provides attractive habitat for animals on whom coyotes prey.

## Keeping Companion Animals Safe

- Cats and small dogs may be seen as prey to the coyote, while larger dogs could be injured in a confrontation. To avoid these situations consider the following:
- Fence your yard. The fence must be at least six feet tall with the bottom extending at least six inches below the ground. Fences can be made more effective by outwardly flaring the top of the fence.
- Keep companion animals in at night. Coyotes are primarily nocturnal.
- Keep cats indoors where they are also safe from cars, other animals and from getting lost.
- Don't leave pet food outside.
- Spay or neuter your dogs. Coyotes are attracted to and can mate with unsterilized domestic dogs.



Washington County | Waukesha

Continuing Education & Professional Development

# CALLING ALL COMMUNITY MEMBERS!

Whether you invest in your professional career, your personal growth, or just want to try a one-day adventure with us, Continuing Education invites you to join our family of professional and lifelong learners.



## ADULT PERSONAL ENRICHMENT

Looking for something to expand your mind and meet new people? We have the fun and educational classes you are looking for! Whether it's world languages, tarot, pickleball or art, we have you covered!



## EDUCATIONAL TRAVEL

We invite you to join us on educational adventures close to home and across the United States. You'll visit museums, historic sites, theaters, gardens and galleries. You might also fly across the ocean on an international adventure or soar in a hot air balloon.



## PROFESSIONAL DEVELOPMENT

Whether you're looking to build skills to get ahead or you've received a promotion and now face new challenges, we have a class to help you succeed.



## CUSTOMIZED TRAINING

Our experts will provide your organization with the exact training necessary to get results needed to keep your organization on top. Training is scheduled at your convenience and can be held online or at our campuses.



**VIEW OUR FULL COURSE CATALOG ONLINE** [www.uwm.edu/generalstudies/continuing-education](http://www.uwm.edu/generalstudies/continuing-education)

**SERVING TWO GREAT CAMPUS COMMUNITIES**

### WASHINGTON COUNTY

262-335-5208 400 S UNIVERSITY DR WEST BEND, WI 53095

### WAUKESHA

262-521-5460 1500 N UNIVERSITY DR WAUKESHA, WI 53188

**EMAIL US:**

[continuing-ed@uwm.edu](mailto:continuing-ed@uwm.edu)



# Calendar

Continued from page 7

## MAY 20

**Burger Train on the East Troy Railroad**  
East Troy Railroad Museum  
Enjoy gourmet 1/2-pound Angus burgers while also experiencing a scenic train ride traveling from East Troy to Mukwonago. \$65.00 per person. Reservations are required

## MAY 20-21

**Bayshore Spring Makers Market**  
Bayshore  
Free. Features live music, food trucks, entertainment, and more than 75 artists, artisans and makers with selections from art to food, clothing, lotions, furniture, and home deco

## MAY 27

**BikerFest Block Party**  
Fondy Farmer's Market  
2200 W Fond Du Lac Avenue  
Fantastic stunt shows, mini bike races, vendors and festival favorite food, custom motorcycle skills, info on motorcycle courses, racing, stunt riding and much more

## MAY 28

**Janet Jackson: Together Again Tour with Ludacris**  
American Family Insurance  
Amphitheater Summerfest Grounds

## JUNE 1-3

**PrideFest, Milwaukee**  
Maier Festival Park  
PrideParade Sunday, June 4th  
2pm / 2nd St in Walker's Point between Greenfield and Seeboth

## JUNE 3

**Milwaukee Highland Games**  
Croatian Park - 9100 S. 76th Street, Franklin  
Bagpipe bands, Scottish food, highland dancing, working sheepdogs in action, unique athletic events, parade of Tartans and sing and dance at the Ceilidh

## JUNE 3-4

**Art and Farm Market**  
Holy Hill Art Farm, Hubertus  
160 year old 80 acre family farm located in the Kettle Moraine near Holy Hill. A great reminder of a time when life was simple. Local artists, farmers and collectors. Food, live music, new Grainery Bar and Tasting Room - bloody marys, sangrias and Farm Wine Line

## JUNE 4

Sacra Nova Chorale  
Rejoice the Lord is King  
All Saints' Episcopal Cathedral

## JUNE 9-10

**ART 64**  
Wauwatosa's epic ART 64 event — a two-day live performance painting tournament that takes place in the streets of Tosa Village. 64 competing artists with unique painting styles and backgrounds. Artists will be paired to go head-to-head and given two hours to create a work of art on a predetermined theme — all for a \$20,000 cash prize. Visitors pick the winner

## JUNE 9-11

**Polish Fest**  
Maier Festival Park  
A living educational showcase of the arts, culture and tradition that is uniquely Polish

## JUNE 9-11

**Tosa Greek Fest**  
Sts Constantine & Helen Greek Church, 76th & North Avenue  
Greek Food, pastries, crafts

## JUNE 10

**Water Lantern Festival**  
Veterans Park  
Water Lantern Festival is a floating lantern event that is all about connections. Spend a magical night and enjoy food, games, vendors, music and float your own lantern on the water

## JUNE 11

**7th Annual Brewtown Rumble**  
Royal Enfield, 226 N Water St  
Ride-in vintage motorcycle show. It doesn't matter the make, model or condition of the bike. Everyone is welcome — riders and motorcycle enthusiasts. 11am-5pm

## JUNE 14

**Milwaukee's Night Market**  
Free, outdoor event showcasing a variety of local vendors, performers, and artists

## JUNE 17

**Milwaukee's Eastside Festival**  
Free showcase of great music along with a variety of food, arts and crafts, and activities

## JUNE 23-25

**GreekFest 2023**  
State Fair Park  
Spit roasted chicken and lamb, gyros, saganaki and more including Greek pastries, baklava, Greek dancers, live music and midway rides. Visit the publishers of Your LIFE! NewsMagazine at the Chicken Dinner tent!!

## Try a Great New Look!!

**WIGS and Hair Add-ons**



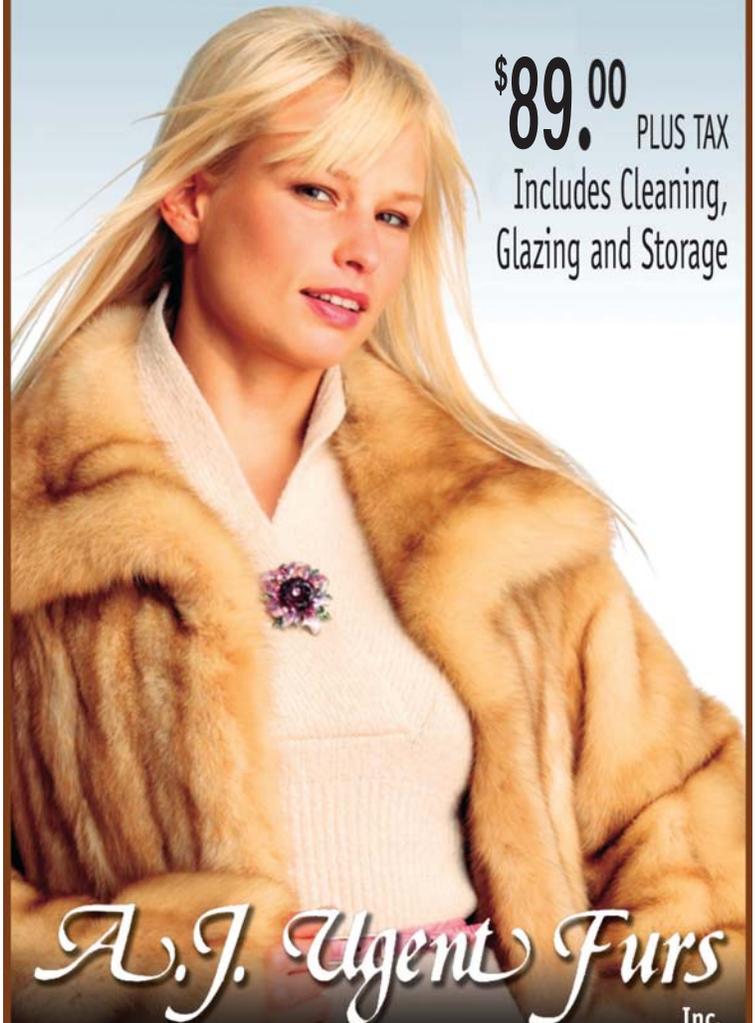
Whether you're experiencing hair loss or just want to try a whole new look for a night out or a trip to the grocery store!

**HAIR Experience**

2215 S. Kinnickinnic Ave  
414.744.8141

## Fur Cleaning Spring Special

**\$89.00** PLUS TAX  
Includes Cleaning,  
Glazing and Storage



**A.J. Ugent Furs** Inc.

Capitol Drive at Eighty-fourth St., in Milwaukee

414-463-7777 1-800-544-3877

[www.ugentfurs.com](http://www.ugentfurs.com)



"Just when the caterpillar thought the world was ending, he turned into a butterfly." --Proverb



Bring this ad  
in for 35% off  
1 TerraSol  
Branded Item



**TERRASOL**

**MENOMONEE  
FALLS, WI**

**262-346-8100**

**PAIN?  
ANXIETY?  
SLEEP ISSUES?**

Interested in finding out how hemp based products may help? Please stop in and talk to one of our trained associates, 7 Days a week!

- Oils
- Edibles
- Delta 8 & 9
- Topicals
- CBD & CBG
- Pet Products



Salve, Lotions, THC Gummies



CBD Fruit Chews, Oils



Sleep Oils, Sleep Gummies



**terrasoldispensary.com**



# Metabolism and Weight Loss

## How You Burn Calories

The truth behind slow metabolism and how to burn more calories

By Mayo Clinic Staff

You've probably heard people blame their weight on a slow metabolism, but what does that mean? Is metabolism really the culprit? And if so, is it possible to rev up your metabolism to burn more calories?

It's true that metabolism is linked to weight. But contrary to common belief, a slow metabolism is rarely the cause of excess weight gain. Although your metabolism influences your body's basic energy needs, it's your food and beverage intake and your physical activity that ultimately determine how much you weigh.

### Metabolism: Converting food into energy

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function.

Even when you're at rest, your body needs energy for all its "hidden" functions, such as breathing, circulating blood, adjusting hormone levels, and growing and repairing cells.

The number of calories your body uses to carry out these basic functions is known as your basal metabolic rate—metabolism. Several factors determine your individual basal metabolic rate, including:

**Your body size and composition.** The bodies of people who are larger or have more muscle burn more calories, even at rest.

**Your sex.** Men usually have less body fat and more muscle than do women of the same age and weight, burning more calories.

**Your age.** As you get older, the amount of muscle tends to decrease and fat accounts for more of your weight, slowing down calorie burning.

Energy needs for your body's basic functions stay fairly consistent and aren't easily changed. Your basal metabolic rate accounts for about 70 percent of the calories you burn every day.

In addition to your basal metabolic rate, two other factors determine how many calories your body burns each day:

**Food processing (thermogenesis).** Digesting, absorbing, transporting and storing the food you consume also takes calories. This accounts for 100 to 800 of the calories used each day. For the most part, your body's energy requirement to process food stays relatively steady and isn't easily changed.

**Physical activity.** Physical activity and exercise — such as playing tennis, walking to the store, chasing after the

dog and any other movement — account for the rest of the calories your body burns up each day. Physical activity is by far the most variable of the factors that determine how many calories you burn each day.

### Metabolism and weight

It may be tempting to blame your metabolism for weight gain. But because metabolism is a natural process, your body has many mechanisms that regulate it to meet your individual needs. Only in rare cases do you get excessive weight gain from a medical problem that slows metabolism, such as Cushing's syndrome or having an underactive thyroid gland (hypothyroidism).

Unfortunately, weight gain is complicated. It is likely a combination of genetic makeup, hormonal controls, diet composition, and the impact of environment on your lifestyle, including sleep, physical activity and stress. All of these factors result in an imbalance in the energy equation. You gain weight when you eat more calories than you burn - or burn fewer calories than you eat.

While it is true that some people seem to be able to lose weight more quickly and more easily than others, everyone will lose weight when they burn up more calories than they eat. Therefore, to lose weight, you need to

**Metabolism and Weight Loss** continued on page 22

visit [www.chos.com](http://www.chos.com)



Programs  
Starting at  
**\$29.95**



**50 Years & 4 Generations**

At Cho's, your experience should be more than just a workout. It's about excelling not only physically, but mentally and spiritually as well! For over 50 years and 4 generations we've been sharing our martial arts excellence with the community. With our leadership, we strive to help each individual meet their goals at their own pace. Our World Certified Masters are here for you every step of the way.

# Do you have an eye problem?



Cataracts



Diabetes



Macular Degeneration



Glaucoma

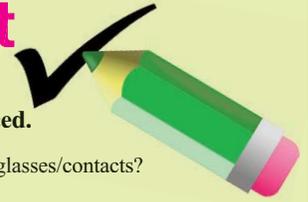
By Cheryl L. Dejewski

Loss of vision can have serious consequences that affect quality of life and independence, including an increased risk for falling, car accidents, depression, isolation, and other unpleasant factors. Failing sight can also increase the chance you'll need home care or nursing home placement. Daniel Ferguson, MD, of Eye Care Specialists, says, however, "Poor vision is not a fact of aging. You need to uncover what's behind any changes or symptoms—whether it's simply the need for a new glasses prescription or something more serious like a vision-threatening condition."

"There are two key reasons why you need to see a professional rather than rely on your own perception," explains Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center. "First, problems in one eye can be masked by the other eye's ability to compensate. And, second, changes can occur so gradually that they go unnoticed. For example, patients with cataracts often have no idea how much light, color, and clarity has been lost until they are diagnosed and the cloudy lens (cataract) inside their eye is surgically removed and replaced with an implant. And, patients with glaucoma can lose their side vision so slowly that they don't realize it is like looking through a tunnel—with no chance of turning around and coming back out."

"Most vision-threatening conditions will eventually present symptoms if left untreated. The question is, 'Do you really want to wait until whatever is wrong causes permanent irreversible damage or leads to something serious like falling and breaking a hip or having a car accident?,'" asks Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins. "That's why it's vital to have comprehensive dilated eye examinations at least every two years." Medical optometrist David Scheidt, OD, adds, "If your eye care specialist determines that you do have a cataract, macular degeneration (AMD), glaucoma, diabetic eye disease, or other condition, you can plan a course of treatment to protect and preserve your vision. But, that plan can't start until you take the first step to call and schedule a comprehensive eye exam."

## Take the Test



Are you seeing the best you can?  
Check any concerns you have noticed.

- Do you have trouble seeing, even with glasses/contacts?
- Do you need more light to read or see?
- Are you uncomfortable going out/driving at night due to your vision?
- Do lights at night have a "halo" effect?
- Is it difficult to see things in the distance, like road signs?
- Do bright lights, sunlight and glare bother you?
- Do you have trouble seeing to read newspapers, books, magazines, instructions, recipes, labels, crossword puzzles, and other small print?
- Are colors not as bright as they used to be?
- Do you have trouble seeing words and numbers on the TV?
- Do you have problems seeing the food on your plate?
- Are you having difficulty judging stairs and curbs?
- Do you bump into things or fall because of poor sight?
- Does your vision inhibit your ability to drive, cook, clean, shop, etc.?
- Does your vision inhibit your ability to enjoy hobbies like reading, watching TV, knitting, golfing, or going out with friends?
- Is your distance vision getting worse, especially outdoors?
- Do vertical lines (like signposts and light poles) appear wavy?
- Have you noticed dark or blank spots in your central vision?
- Do you have difficulty making out faces or reading clocks?
- Do you have diabetes and your vision is blurry or fluctuates?

Did you check any of the boxes?

The doctors at Eye Care Specialists, a leading local ophthalmology practice, put together a test (see above) to help people assess their vision. Eye surgeon Michael Raciti, MD, notes, "Checking 'yes' to just one of these questions **MAY mean that you have a vision-threatening concern. Your next step should be to schedule a comprehensive dilated eye exam with an eye care professional, which is typically covered by Medicare and/or insurance.**"

For more information or free booklets on five major eye concerns, visit [www.eyecarespecialists.net](http://www.eyecarespecialists.net) or call and leave a message at 414-321-7520 ext. 207.

### Common Symptoms of Eye Concerns

**Cataract:** Hazy, blurred vision; glare problems

**Diabetes:** Blurring, dark spots, fluctuating vision

**Macular Degeneration (AMD):** Blind spots, central vision loss, straight lines look wavy

**Glaucoma:** Loss of side vision ("tunneling" effect)

Because good vision in one eye can mask problems in the other and certain diseases lack early symptoms, people with common eye conditions (illustrated in pictures above) often don't notice a concern until it is too late. Eye exams and OCT laser scans can help to catch diseases early enough to protect vision.

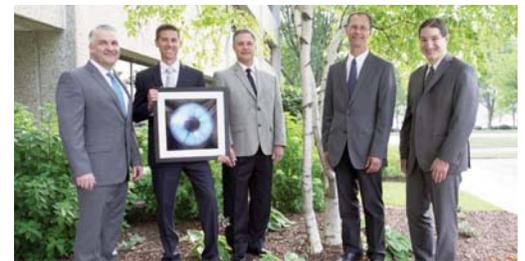


See the best you can see, when you see Wisconsin's leaders in ophthalmology.

## EYE CARE SPECIALISTS

**World-Class Care. Local Convenience. Since 1985.**

Your vision is priceless. When you or a loved one need anything from a comprehensive eye exam to emergency treatment for a retinal tear, you want a team you can trust. Our six specialists share their knowledge and skills to assure you of qualified, 24/7 coverage. And, unlike some doctors who come to do surgery here and then head back home to another state, we're local residents with a commitment to the community that includes providing continuing education training to health and senior care professionals and distributing over 1 million free booklets and handouts to the public. This dedication and expertise are two of the reasons why our peers voted us "Top Doctors" in *Milwaukee* and *MKElifestyle* magazines.



Brett Rhode, MD   Michael Raciti, MD   David Scheidt, OD  
Daniel Ferguson, MD   Daniel Paskowitz, MD, PhD

**Medical, Surgical & Laser Services for Every Need. Trusted by over 200,000 doctors & patients.**

- Glaucoma, Diabetes & Macular Degeneration (AMD) Care —with advanced medication injection & laser treatments
- Comprehensive Eye Exams/Diagnostic Laser Scans
- No-Stitch, No-Shot Ultrasonic Cataract Surgery—with monofocal, multifocal & toric/astigmatism-correcting implants
- Dry Eye Disease, Infections & Floaters Treatment
- Corneal, Neuro-Ophthalmology & Retinal Cases
- Eyelid Treatment (inflammation) & Surgery (drooping)
- Accept Medicare & Most Major Insurances

**West Allis**  
10150 W. National Ave.  
414-321-7520

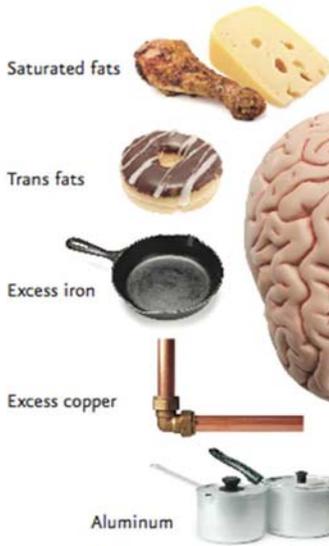
**Wauwatosa**  
2323 N. Mayfair Rd.  
414-258-4550

**Milwaukee**  
633 W. Wisconsin Ave.  
414-298-0099

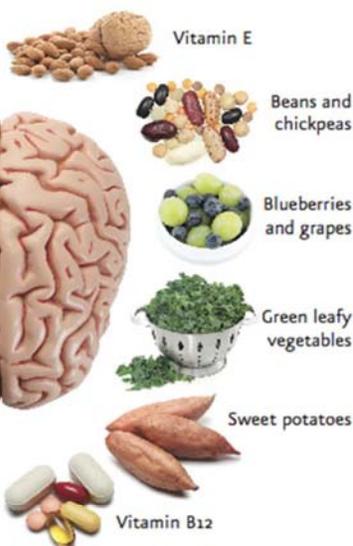


[www.eyecarespecialists.net](http://www.eyecarespecialists.net)  
Doctor profiles & in-depth information about common eye conditions

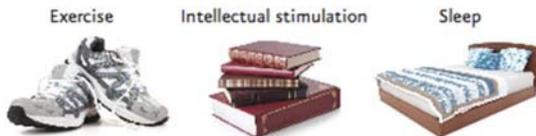
## Brain Threats



## Brain-Protectors



## For Extra Power



Are you losing your car keys a little too often these days? Are you having memory lapses more frequently than before? Are you concerned that a serious memory problem—like Alzheimer’s disease—could be in your future? Alzheimer’s already affects five million Americans, a number that is rising day by day. Here are the main brain threats and also brain protectors.

# POWER FOODS for the Brain

### BRAINTHREATS

**Saturated fats**, found in meats, dairy products, and eggs, appear to encourage the production of beta-amyloid plaques within the brain. The Chicago Health and Aging Study reported in the Archives of *Neurology* in 2003 that people consuming the most saturated fat had more than triple the risk of developing Alzheimer’s disease, compared with people who generally avoided these foods.

**Trans fats**: found in doughnuts and snack pastries, have been shown to increase Alzheimer’s risk more than fivefold. These “bad fats” raise cholesterol levels and apparently increase production of the beta-amyloid protein that collects in plaques in the brain as Alzheimer’s disease begins.

**Excess Iron**. While we need iron to make the hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

**Excess Copper**. The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer’s disease. It comes from copper pipes and nutritional supplements.

**Aluminum**: Aluminum’s role in the brain remains controversial. However, because aluminum has been found in the brains of Alzheimer’s patients, it pays to err

continued on page 25



Are you in need of new assistive technology, such as an iPad, smart phone (iPhone or Samsung), and want to learn how you can purchase them at a reduced cost with the TEPP Voucher?

Visit our state-of-the-art, beautifully renovated Assistive Technology Center and meet at no charge with technology experts to determine your needs for the latest assistive devices. Appointment is preferred. Walk-ins Welcome!

**Call or visit us today or get more information at [hearwi.org](http://hearwi.org)**

We are conveniently located on 102nd and National Ave.

Address: 10243 W. National Avenue, West Allis, WI 53227

Phone: 414-604-2200

Email: [info@hearwi.org](mailto:info@hearwi.org)

## Audiology on Wheels? That’s Right!

HEAR Wisconsin’s new Mobile Audiology Clinic is hitting the road in Wisconsin communities! Learn more at [www.hearwi.org](http://www.hearwi.org)

Experience. Awareness. Enlightenment.  
Successful Living!



Share the day with over 110 specialists in health and wellness, life coaching and personal growth programs, natural healing, herbs, organic items, animal communicators, sound healers, readings, *and so much more!!* Learn about lifestyle decisions for success and enhanced health - attend any of 17 **FREE** presentations!

**Explore ~ Discover ~ Feel Good!**

**Saturday, April 15, 2023 \$20 at the door**

**10am - 5pm \$15** advance ticket purchase our website [www.DareToBeAwareFair.com](http://www.DareToBeAwareFair.com)

**Brookfield Conference Center**

325 S Moorland Rd, Brookfield WI 53005

**Featuring** Over 110 exhibits & 17 presentations!

See the full list, including Sponsors on our website

- |                                  |                                |
|----------------------------------|--------------------------------|
| Animal Communicators and Healers | Jewelry                        |
| Artists                          | Martial Arts                   |
| Chiropractors                    | Massage                        |
| Clothing                         | Natural Products – Soaps, Oils |
| Crystals, Candles, Music         | Personal Development Seminars  |
| Energy Practitioners             | Readers / Healers              |
| Food, Health, Nutrition          | SpiritualPractices             |
| Life Coaching                    |                                |

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



Our Major Sponsors



Successful Living Basic Training®

Your **LIFE!**

Hozho' Healing

**Kelly JOY Simmons**  
AccessSOUL.com

**Intuitive Soul Coach + Ascension Guide**

**GROUPS and WORKSHOPS:** \* Meditation Gatherings  
\* Write to Heal Workshops

**INDIVIDUAL SERVICES:** \* Mentoring Sessions  
\* Heart Chakra Healing \* Channeled Written Messages

MIND BODY SPIRIT

**ACCESS SOUL EXPO**

April 29th, Rockford, IL

[kellyjoysimmons@gmail.com](mailto:kellyjoysimmons@gmail.com)  
815-871-7864

Julie Ann Marie  
Infinite Joy Now, LLC

*Clarity • Inspiration • Healing • Understanding*

**Individual Services**

- ✦ Intuitive Soul Healing
- ✦ Psychic Reading/Mediumship
- ✦ Animal Communication

**Programs and Workshops**

- ✦ DNA Healing and Transformation
- ✦ Telepathic Skill Development
- ✦ Grief and Trauma Support

[julie@julieannmarie.com](mailto:julie@julieannmarie.com)

**608-209-3348**

[www.julieannmarie.com](http://www.julieannmarie.com)

**THE WORLD TEACHER  
FOR ALL HUMANITY**



Benjamin Creme

**MAITREYA, THE WORLD TEACHER**

is here to guide and assist humanity into the New Time, and says:  
*"In equal measure to the present discord, so will be the peace."*

*"Maitreya has come into the world with the knowledge that there is a large body of people who are longing, and able, to co-operate, whose view of life is one of co-operation, justice, and freedom for everyone. He is here to inspire and confirm those who see co-operation as the way forward, and awaken those who are holding on to the old competitive modes."*

-Benjamin Creme, The Great Approach

To discover more about the book  
*"The World Teacher for All Humanity"*  
and the cover painting, *"Invocation"*  
(from the book, *The Esoteric Art of Benjamin Creme*)  
GO TO: [share-ecart.com/store/books](http://share-ecart.com/store/books)

**ALL ARE WELCOME**

learn more and view copies of books & Share International Magazine –  
the record of the emergence of the Masters of Wisdom  
with news from around the world by people  
at the forefront of progressive change –  
*at these events:*

**DARE TO BE AWARE FAIR**

**Saturday, April 15, 10am-5pm**  
Brookfield Conference Center, 325 S Moorland Rd

**NORTH SHORE WELLNESS EXPO**

**Sunday, April 30, 10am-5pm**  
Holiday Inn Milwaukee Riverfront, 4700 N Port Washington Rd

[Share-International.us](http://Share-International.us) ♦ [Share-International.org](http://Share-International.org)

# Let the Stars Guide You

INTUITIVE ASTROLOGY  
TAROT READING  
REIKI HEALING  
TWIN FLAME READING  
AND HEALING

I am a Reiki Master and Psychic with Medium capabilities.  
I am a divine feminine on my own twin flame journey.  
I am deep, intuitive, empathic and very connected to nature.  
I am a psychic, healer and spiritual guide and eager to help others.  
I am given a gift to help others and guide them during soul journeys of enlightenment and spiritual awakening.

**My life purpose...**  
is to guide others toward a more positive and enlightened experience.  
I am a second generation psychic, born with gifts to feel others as an empath.  
As a child I would dream things that would later happen. I could see and feel things on a much deeper level. **Let me guide you through challenging times.**

**Reiki and Tarot Card Reading CLASSES coming soon!**

15350 W. National Ave, Suite 118, New Berlin



**INTUITIVE TWIN FLAME.com**

**"My life purpose is to assist others through confusing times and guide them toward a more positive and enlightened experience."**  
~Maggy





**Saturday, May 20th**  
**10am - 4pm**

**Milwaukee County  
 Sports Complex**

6000 W. Ryan Road, Franklin, WI

**Get information about:**

- Home Remodeling
- Financial Planning
- Senior Apartments
- Assisted Living Communities
- In-Home Care
- Medicare Plans
- Social Security
- Memory Care
- Community Resources & More

**Hourly Drawings for \$100 Visa Gift Cards!**

**Free Educational Seminars!**

**Free Health Screenings!**

**Free Admission!**



Receive an extra raffle ticket for the hourly Visa gift card drawings with this ad!  
 (One offer per person, valid for one-time use.)

**For more info visit: [FamilyGenerationsExpo.com](http://FamilyGenerationsExpo.com)**

**Bring an adult child or friend!**

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



**Schedule a review of your retirement strategy and receive a complimentary printed copy of the book by renowned retirement lifestyle expert Barry LaValley.**  
**262-369-5200 or [www.aegiswi.com](http://www.aegiswi.com)**



**Lake Country's Retirement Advisor for over 25 years - Located on HWY 83 in Hartland, WI**



*“It’s not your grandparent’s retirement.”*



## *You have a choice...*

Maintaining a home may be a longstanding source of pride for you, but it can also become a burden as you age. Perhaps your home has a large yard which requires constant maintenance, or maybe it’s becoming more and more difficult to clean those extra rooms that are rarely used now your children are gone. Sometimes these challenges can be partially remedied by hiring outside help, remodeling parts of your home, or by other family members lending assistance. However, it’s worthwhile to take a look at your current living situation and see if an alternative to remaining at home may give you more freedom and flexibility in the long run.

**What is an Independent Living Community?** Simply put, it’s a community for active, healthy seniors who are able to live on their own. You can live in a home, townhouse, condo, and even a mobile home or motor home. You can own or rent or live as part of a cooperative. Think of it like living in your old neighborhood except these communities have age restrictions—usually over 50—and many offer amenities like clubhouses, gyms, yard maintenance, housekeeping and security.

Independent living communities also typically offer transportation, laundry service, group meals, and social and cultural activities.

**When should I consider Independent Living?** You can’t read the future, but you’re healthy right now. You’d like to be around your peers. You value security. You like your independence but don’t want to bother with some tasks like yard work and housekeeping. This is a start.

### Select the Right Community

What are some things you just won’t compromise on? E.g. size of home, location of community, distance to family, etc. Make a list.

**People.** And here’s where your wisdom comes in to play. Visit the community. Get a feel for the people who live there. Talk to the residents and staff. Do you want to get to know these people better? Could you see having them over for dinner?

**Place.** How big is the community? Do you like a small, quiet community or a

large, bustling one? Do you prefer a small house without a yard? A condo with flower beds? Is there adequate room for guests? For storage?

**Location.** Are you close to friends and family? To your doctors and hospital? To the mall, restaurants, and the movies? Are you within walking distance to any grocery stores or pharmacies? Is there a gym in the community or one close by? Walking trails nearby? Parks?

**Things to Do.** Is there a pool? A recreational center? A common area? Is there

a reading group? A walking group? A bowling league? Are there residents who like to ride bikes? Go to the beach?

**Costs.** Costs are in line with the market prices of similar housing in that region. And there can be shared costs like common utilities, taxes and services. These can run \$1,000 to \$2,000 per month.

Low income can find subsidized programs through the U.S. Department of Housing and Urban Development.

*Your* **LIFE!**

**RETIREMENT  
LIVING GUIDE**

*In every issue!*

**From independent living choices and aging-in-place, to age-restricted communities and continuing care retirement communities (CCRC), traditional options are no longer the norm.**



### **BERKSHIRE AT KENSINGTON**

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

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



### **BERKSHIRE WEST ALLIS**

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

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



### **BERKSHIRE OCONOMOWOC**

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

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



## **ACTIVE ADULT COMMUNITIES (55+)\***



### **BERKSHIRE GREENDALE**

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

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



### **BERKSHIRE AT SUNSET**

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

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



### **BERKSHIRE GRAFTON**

1004 Beech St., Grafton  
**262-376-9661**

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



\*Income Limits May Apply

Professionally Managed by OAKBROOK CORPORATION





The notion that we separate from work in our sixties may have to go.

## Should We Reconsider What "Retirement" Means?

An executive transitions into a consulting role at age 62 and stops working altogether at 65; then, he becomes a buyer for a church network at 69. A corporate IT professional concludes her career at age 58; she serves as a city council member in her sixties, then opens an art studio at 70.

Are these people retired? Not by the old definition of the word. Our definition of "retirement" is changing. Retirement is now a time of activity and opportunity.

**Generations ago, Americans never retired – at least not voluntarily.** American life was either agrarian or industrialized and formalized retirement was not something they would have recognized. Their "social security" was their children.

**After World War II, the concept of retirement changed.** The typical American worker was now the "organization man" destined to spend decades at one large company. Americans began to associate retirement with pleasure and leisure.

**By the 1970s, the definition of retirement had become rigid.** You retired in your early sixties because your best years were behind you, and it was time to go. You lived your remaining years with an employee pension and Social Security checks, and the risk of outliving your money was low. Turning 90 was remarkable, much more than today.

**One factor has altered our view of retirement more than any other.** That factor is the increase in longevity. When Social Security started, retirement was the quiet final years of life; by the 1960s, it was a sort of extended vacation lasting 10-15 years; today, it can be a decades-long window of opportunity.

**Working past 70 may soon become common.** Whether by choice or chance, some may retire briefly and work again; others might rotate between leisure periods and work for as long as possible. Continuing to work not only generates income, but also keeps people active and engaged in their community.

Perhaps we should now see retirement foremost as a time of change – changing what we want to do with our lives. Preparing for that change may be the most responsive move we can make for the future.

Do you have a financial question for Tim? Contact Tim at (262)369-5200, info@aegiswi.com, or www.aegiswi.com. Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI, providing financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice.



*Peace of Mind Services*



**Traditional Funerals:**  
**\$1595.00** at the Church or Cemetery Chapel  
of your choice  
**\$1995.00** at the Funeral Home  
**Simple Cremation: \$695.00**  
(Excluding Cremation Permit & Fee)  
**Title 19 & Pre-Arrangements**

*Call today for more details*  
**414.453.1562**  
Two locations to serve you! Serving all of Wisconsin  
**Family Owned and Operated**



**Affordable**  
**SENIOR HOUSING**  
6 Desirable and Convenient Locations

**Becker Property Services, LLC** | **262-240-9406** Ext. 4  
EMAIL: BeckPropSvc@aol.com

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

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

*Call or email for more information or an application!*

**www.beckerpropertyservices.com**



# DANDELIONS: The Incredible Edible

In spite of our general attitudes toward dandelions, they've survived the test of time. Their Latin name, *Taraxacum officinale*, translates roughly as "basic remedy," as dandelion was once a valued medicinal plant that was cultivated as a general cure-all, especially for liver and kidney care. In fact, dandelions didn't start out as weeds in North America: they were brought across the ocean as a valuable medicinal plant. Crazy, right? On the dinner table side of the fence, dandelion greens are more nutritious than spinach. They are high in vitamins A and C, and contain impressive levels of iron, calcium, phosphorus, potassium, magnesium, and copper. AND you can compost dandelions to return valuable nutrients to the soil while accomplishing a guilt-free method of weed control. Why exactly do we consider them our lawn's nemesis? They're more valuable than our grass!

Did you know that those dandelions growing all over your yard are actually an herb, are completely edible, delicious and nutritious?!

**COMMON SENSE:** If you do plan to harvest dandelions, be very certain that they have NOT been sprayed with any sort of chemical or herbicide. Think twice before foraging handfuls from your local park or neighbor's yard. And obviously avoid areas with dogs!

## Tempura Dandelion Flowers



- 30 dandelion flowers
- 1 cup all-purpose flour
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup lager-style beer, or more if needed
- 2 cups canola oil for frying

Wash dandelions under cool running water and dry on paper towels. Remove the green tendrils behind each flower.

Mix flour, curry powder, and salt together in a bowl or measuring cup. Beat egg in a bowl; stir in flour mixture until smooth. Add beer to mixture until batter is similar to runny pancake batter. Add more beer if batter is too thick.

Heat oil in a small saucepan to 375 degrees F (190 degrees C). If you don't have a thermometer, heat the oil until it begins to shimmer.

Dip dandelion flowers in the batter and gently drop in the hot oil, working in batches. Fry flowers until golden, about 3 minutes. Transfer cooked flowers to crumpled paper towels or on a wire rack; serve warm.

## Sauteed Dandelions



- 1 teaspoon salt
- 1 pound dandelion greens, torn into 4-inch pieces
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1/2 onion, thinly sliced
- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, salt and ground black pepper to taste
- 1 tablespoon grated Parmesan cheese

Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.

Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender. Drain and rinse with cold water.

Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper. Sprinkle greens with Parmesan cheese to serve. Add a few strawberries and fresh avocado to twinkle!

## Horta (Χόρτα)

From the Editor: The word for "vegetarian" in Greek is "hortofagos", which literally translates to "weed eater." HaHa. Here is my husband's recipe for Horta.



- 1 large bunch of young dandelion greens
- Juice of half a lemon
- 2 tablespoons of your best extra virgin olive oil
- Salt and pepper to taste
- Garlic salt optional (or fresh garlic)

Steam or boil the greens until tender. Approximately 20 minutes.

Drain and place in a medium-sized bowl and toss in olive oil.

Cover with cling film and refrigerate for at least an hour.

Squeeze lemon juice over Horta just before serving, and season to taste with salt and pepper.

I personally love a bit of crumbled Feta!



Need An Easier Way To Read? We Can Help!



You may qualify for FREE library services if your ability to read is affected by:

- Vision Impairment
- Physical Impairment
- Reading Disability

Email: [WTBBL@milwaukee.gov](mailto:WTBBL@milwaukee.gov)

Call Toll-free: 1-800-242-8822

Visit: <http://talkingbooks.wi.gov>



WISCONSIN TALKING BOOK AND BRAILLE LIBRARY



Cottonwood Trails Apartments

4600 S. Nicholson Ave Cudahy

\$99 Security Deposit

A Senior Complex

Income Eligible for Adults 55+

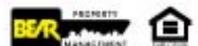
Call Andrea at 414-483-9969

to schedule a visit!

[cottonwood@bearproperty.com](mailto:cottonwood@bearproperty.com)

We offer:

- Non-smoking
- Heated underground parking
- Elevator service
- Laundry on each floor
- Controlled entry access with private intercom
- Community room / Social Activities
- 1 & 2 Bedrooms w/ Heat & water



Proudly Managed by Bear Property Management 262-897-9616

# Oma's Rhubarb Cake

*I always hear mixed reviews about rhubarb, but this cake will make believers out of all!*

**Cake:**

- 2 cups all-purpose flour
- 1 ¼ cups white sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs, beaten
- 1 cup sour cream
- 3 cups diced rhubarb



**Streusel:**

- 1 cup white sugar
- ¼ cup butter, softened
- ¼ cup all-purpose flour
- ¼ teaspoon ground cinnamon, or to taste

Preheat the oven to 350 degrees. Grease and flour a 9x13-inch baking dish.

**Make cake:** Stir together flour, sugar, baking soda, and salt in a large bowl. Stir in eggs and sour cream until smooth, then fold in rhubarb. Pour into the prepared dish and spread evenly.

**Make streusel:** Stir together sugar and butter in a medium bowl until smooth. Stir in flour until mixture is crumbly. Sprinkle mixture on top of cake, then dust lightly with cinnamon.

**Bake:** In preheated oven until a toothpick inserted in the center comes out clean, about 45 minutes.



~Allrecipes

## Online Purchase Scams Wisconsin Ranks Higher Than Average

A recent analysis from Coventry Direct (coventrydirect.com) determined which states are more prone to falling for online purchase scams. Using Better Business Bureau data from September 2021 to September 2022, the number of reported scams was then calculated for the total amount of money lost per capita. KEY FINDINGS include:

- **Wisconsin** has a reported 5.58 scams per capita - higher than the national average which is 3.70 scams per capita. Residents of Wisconsin lost \$3,959.87 per capita.
- According to the Better Business Bureau, Americans lost more than \$5.3 million to online purchase scams in the past 12 months.
- Residents in Montana, Oregon, and **Wisconsin** experienced more internet scams per capita than residents in other states.

### ONLINE SHOPPING SECURITY TIPS

#### Shop online only with private Wi-Fi

When using public Wi-Fi, you're at an increased risk of falling victim to hackers. Instead, shop on your private network.

#### Browse secured websites

Websites that begin with "https" are secured sites. If making a purchase on a site that begins with "http," you may be at an increased risk of getting your information stolen.

#### Don't click on links

In addition to sneaky attacks in emails, beware of links to deals that are too good to be true on social networking sites. Look out for discounted offers and holiday gifts. and bonuses.



### The other day...

it was my turn to prepare dinner, so I asked my wife to go over to the local market and buy some organic vegetables. She came back rather upset. When I asked her what was wrong, she said, "I don't think I like that produce guy. I went and looked around for your organic vegetables and I couldn't find any. So I asked him where the organic vegetables were. He didn't know what I was talking about, so I said, 'These vegetables are for my husband. Have they been sprayed with any poisonous chemicals?' And he said, 'No, ma'am. You'll have to do that yourself.'"

## EASTCASTLE PLACE

### From Rehab to Recovery

The specialized skills and services of licensed certified rehabilitation therapists are available on both an inpatient and outpatient basis through Eastcastle Place's Rehab to Recovery Program. Here, physical, occupational and speech therapies focus on restoring health for residents of East Castle Place, and those residing in *Milwaukee, Wisconsin and the surrounding areas*, allowing them to return home and back to their lives as quickly as possible.

Eastcastle Place  
2505 E. Bradford Ave.  
Milwaukee, WI 53211  
[www.eastcastleplace.com](http://www.eastcastleplace.com)

Managed by Life Care Services®



#### Before you head home, all-new, private suites make you feel right at home.

Comfortable and comforting surroundings in fully-furnished, private rooms with:

- > Free flat screen TV
- > Wi-Fi Internet access
- > Individual temperature controls
- > Staff call system
- > Private baths
- > Telephone in every room
- > Plentiful natural light and beautiful views from large windows



#### Services and amenities to keep you happy and motivated.

- > Restaurant-style dining with chef-prepared meals
- > Transportation to and from area hospitals and physician appointments
- > Therapy available six days a week
- > Physical, occupational, and speech therapies
- > State-of-the-art strengthening and cardio equipment

**Contact us today at (414) 963-8480**

**Ate salad for dinner...**

**Mostly croutons & tomatoes...**

Really just one big round crouton covered with tomato sauce, garlic, sausage and cheese... FINE, it was a pizza... I ate pizza.

**I don't mean to brag** but I finished my 4-day diet food in 3 hours.

**When I was at the gym yesterday,** everyone kept asking me why I was always sitting still on the stationary bike... "I'm going downhill, dude. Mind your own business."

**Alcohol does not solve any problems.**

But then, neither does milk.

I think I'll just put an **"Out of Order"** sticker on my forehead and call it a day ...

**Three old guys are out walking.**

First one says, "Windy, isn't it?"

Second one says, "No, it's Thursday!"

Third one says, "So am I. Let's go get a beer."

**Hear about the new sushi bar that caters exclusively to lawyers?**

It's called Sosomei.



## Metabolism and Weight Loss

The truth behind slow metabolism and how to burn more calories

continued from page 11

create an energy deficit by eating fewer calories or increasing the number of calories you burn through physical activity or both.

**A closer look at physical activity and metabolism:**

While you don't have much control over the speed of your basal metabolism, you can control how many calories you burn through your level of physical activity. The more active you are, the more calories you burn. In fact, some people who are said to have a fast metabolism are probably just more active — and maybe more fidgety — than are others.

**You can burn more calories with:**

**Regular aerobic exercise.** Aerobic exercise is the most efficient way to burn calories and includes activities such as walking, bicycling and swimming. As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight or meet specific fitness goals, you may need to increase the time you spend on physical activity even more. If you can't set aside time for a longer workout, try 10-minute chunks of activity throughout the day. Remember, the more active you are, the greater the benefits.

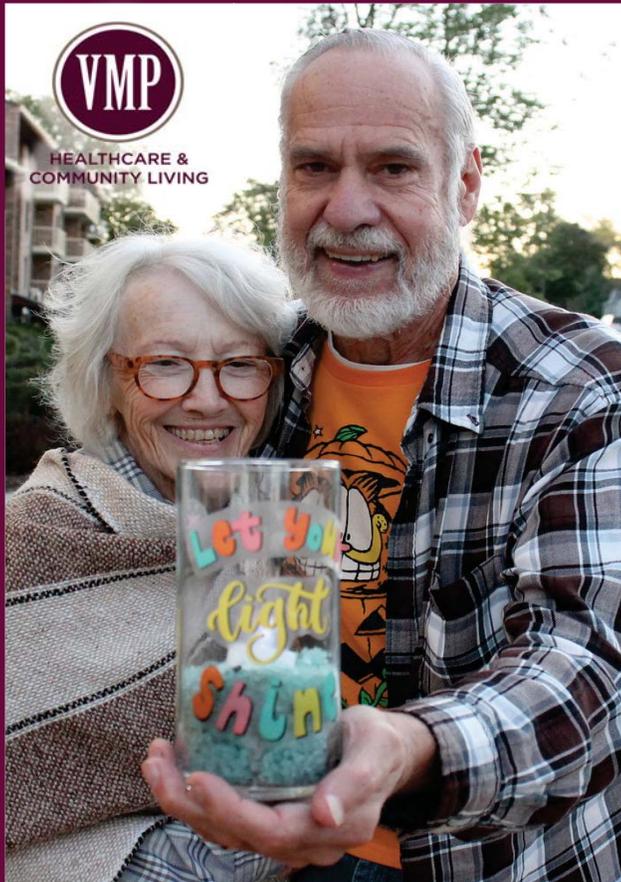
**Strength training.** Strength training exercises, such as weightlifting, are important because they help counteract muscle loss associated with aging. And since muscle tissue burns more calories than fat tissue does, muscle mass is a key factor in weight loss.

**Lifestyle activities.** Any extra movement helps burn calories. Look for ways to walk and move around a few minutes more each day than the day before. Taking the stairs more often and parking farther away at the store are simple ways to burn more calories. Even activities such as gardening, washing your car and housework burn calories and contribute to weight loss.

**No magic bullet**

Don't look to dietary supplements for help in burning calories or weight loss. Products that claim to speed up your metabolism are often more hype than help, and some may cause undesirable or even dangerous side effects. Dietary supplement manufacturers aren't required by the Food and Drug Administration to prove that their products are safe or effective, so view these products with caution and skepticism, and always let your doctors know about any supplements you take.

There's no easy way to lose weight. The foundation for weight loss continues to be based on physical activity and diet. Take in fewer calories than you burn, and you lose weight.



## We're Here for Life's Next ADVENTURE

VMP cares about meeting your healthcare needs through a full continuum of care.

- Independent Living
- Assisted Living
- Skilled Nursing
- Rehabilitation
- Ventilator Care
- Memory Care

Contact us today to schedule a tour at  
**(414) 607-4100**  
or learn more online at  
**[www.VMPCares.com](http://www.VMPCares.com)**

3023 S. 84th Street, West Allis | [VMPCares.com](http://VMPCares.com)



## The World Population just topped eight billion. Is this growth wreaking havoc on the environment and what is the prognosis for population growth globally over the next few decades

Lower mortality rates and longer life expectancies have contributed to elevated population numbers

**Global population** has indeed reached eight billion, but it won't remain there for long. Lower mortality rates and longer life expectancies have contributed to elevated population numbers. Although richer countries have lowered their birth rates in recent decades, poorer countries—specifically those in sub-Saharan Africa—continue to have high birth rates. Whether or not we will be able to support a continually growing population is still a hotly debated topic.

Many analysts still subscribe to philosopher Thomas Malthus' hypothesis, first postulated in a 1798 essay, that humans' ability to provide more and more resources will always be overwhelmed by ever-increasing population growth numbers. But others believe that growing population numbers can be supported with proper and effective resource allocation. Regardless, a growing population coupled with climate change will have an impact on resource availability and distribution.

Population projections are inherently tricky. It's impossible to account for every scenario that could be a determinant over the course of a century. The Department of Economic and Social Affairs of the United Na-

tions Secretariat (UNPD) projects that human population will pass 10 billion by 2100. However, a convergence of population forecasts created by the Wittgenstein Centre projected a global population of 8.79 billion by 2100 after an initial peak of 9.73 billion in 2064. This projection is vastly lower than UNPD's projections due to their different modeling approaches.

The Wittgenstein Centre's models arrived at different population totals based on variables such as fertility, mortality and migration pattern changes. The models predicted a lower total fertility rate (TFR) as access to education and contraception for childbearing people increased. A low TFR will have long term impacts on the overall global population. A reduced global population would reduce carbon dioxide output and lower resource needs and stresses, but climate change will continue to have consequences that will affect resource availability for decades to come even if we are successful at reining in emissions.

Social programs and systems will need to adapt as populations age and access to contraception and education increases. Age gaps will expand in countries

with low TFRs. Labor forces will decrease, social security and universal healthcare systems will become strained and economic growth will be lowered as a result. These factors create a daunting task to support a growing global population, but it is possible.

Global population numbers do put a large strain on the environment, so it is important to elect policymakers who support a sustainable future with commitments to reduce fossil fuel emissions and who uphold and encourage reproductive education and healthcare for everyone, especially childbearing people. Whether our future will be some sort of Malthusian hell or a global garden where most of us receive the nourishment and resources needed to survive is still anybody's guess.

### EARTH TALK

From the Editors of  
E/The Environmental Magazine

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).

# Can't Hear on the Phone?

Get a CapTel Captioned Telephone at No-Cost to You!



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

To qualify, users need:

- Hearing loss
- Internet connection
- Landline telephone service

CapTel  
2400i



CapTel®  
Captioned Telephone  
800-233-9130  
CapTel.com

REQUIREMENTS: Hearing Loss, High Speed Internet, Dial-tone No-Cost Phone with valid third-party certification is subject to change without notice. Terms and conditions may apply. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No cost is passed on to the CapTel user for using the service. CapTel captioning service is intended exclusively for individuals with hearing loss. CapTel® is a registered trademark of Ultratec, Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Ultratec, Inc. is under license. (v16 10-18)



# Steeple View

An Independent Senior  
Community Embracing  
Christian Values

*Enjoy secure, carefree, independent living for active seniors  
(55 and better) in a Christian atmosphere. Relax with the comforts  
of home without the burden of home ownership!*

Our spacious 1, 2 and 2 bedroom plus den  
deluxe apartment homes start at \$839 per  
month with a 90% refundable entrance fee  
required. Come and see for yourself why  
everyone loves living at **Steeple View!**

**Call to set up your personal tour!  
414-525-5500**



Voted Top Senior Living  
Facility for the fourth  
year in a row!



Residents, Judy and Bryon enjoy  
their casual and carefree life.

**Steeple View Senior Community**  
12455 West Janesville Road, Muskego  
414-525-5500 | [steepleview.org](http://steepleview.org)



## "Paced Breathing"

**Lower blood pressure, decrease hot  
flashes and relieve anxiety?**



Paced breathing is slow, deep, diaphragmatic breathing. With normal breathing, you take about 12 to 14 breaths a minute. By comparison, with paced breathing you take only 5 to 7 breaths a minute. The paced breaths are slow, smooth and deep enough to move your diaphragm — the muscular wall located beneath your lungs — as you take deeper breaths. The goal of paced breathing is to reduce the stress chemicals your brain produces and facilitate a relaxation response.

Evidence shows that paced breathing may be effective in reducing menopausal hot flashes, may also help lower blood pressure, decrease anxiety and promote relaxation. You can teach yourself paced breathing — for instance, from an app, podcast or Web-based program — or seek the help of an expert.

Paced breathing may not be appropriate if you experience dizziness or have hyperventilation problems. Otherwise, paced breathing is a generally safe mind-body approach to enhance relaxation

### Basic Breathing

The most basic way to practice paced breathing is simply to be aware of the breaths you are taking so that you may then gradually let them become deeper to the point where your lungs are filled to capacity. When you breathe in, your abdomen should expand as well as your chest. Hold the deep breath for a second or two and then let it out slowly.

### Qigong Slow Breathing

This is a method that comes from the Chinese discipline of Qigong, a series of health and wellness techniques based on breathing exercises and body positions. For paced breathing, a general slow breathing technique is to make one in-and-out breath last one minute. Inhale for 20 seconds, then pause and retain the breath for 20 seconds and finally let the breath out in a long exhalation lasting 20 seconds.



## A VIBRANT COMMUNITY FOR ACTIVE SENIORS.

Looking for a new place to call home? Then Clement Manor may be the perfect choice. Celebrating 40 years of quality senior care, our residents enjoy plenty of amenities. From spacious, updated apartments, to restaurant-style dining, a bar, salon, spa, indoor therapy pool, outdoor patio spaces and more, we make each day feel like a new adventure. See why we received a 5/5 rating from U.S. News and World Report for senior care.

**Go to [clementmanor.com](http://clementmanor.com) to learn more.**

**Clement  
Manor**  
LIFE ENRICHED



## Brain Threats & Protectors

Continued from page 13

on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

### Brain-Protecting Foods:

**Nuts and seeds** are rich in vitamin E, which has been shown to help prevent Alzheimer's disease. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, sesame seeds, and flaxseed. Just one ounce—a small handful—each day is plenty.

**Blueberries and grapes** get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

**Sweet potatoes** are the dietary staple of Okinawans, the longest-lived people on Earth who are also known for maintaining mental clarity into old age. Sweet potatoes are extremely rich in beta-carotene, a powerful antioxidant.

**Green leafy vegetables** provide iron in a form that is more absorbable when the body needs more and less absorbable when you already have plenty, protecting you from iron overload which can harm the brain. Green vegetables are also loaded with folate, an important brain-protecting B-vitamin.

**Beans and chickpeas** have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or trans fat.

**Vitamin B12** is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, B12 in supplements is highly absorbable. Together, folate, vitamin B6, and vitamin B12 eliminate *homocysteine*, which can build up in the bloodstream—rather like factory waste—and damage the brain.

### For Extra Credit:

**Get Your Heart Pumping:** A 40-minute brisk walk three times per week brings oxygen to your brain and has been shown in University of Illinois studies to reverse brain shrinkage and improve memory.

**Mental Exercises:** Brain stimulation—from books, newspapers or online brain-training exercises—measurably strengthens the brain.

**Sleep.** Sleep is essential for preserving memories. The first half of the night is important for slow-wave sleep, when your brain integrates facts and words learned during the day. The second half of the night emphasizes REM sleep, when emotions and physical skills are integrated.

Neal Barnard, MD, is one of America's most well-respected nutrition authorities. Adjunct Associate Professor of Medicine at the George Washington University School of Medicine, Board-Certified by American Board of Psychiatry and Neurology, President of the Physicians Committee for Responsible Medicine in Washington, DC.



## Can You Outsmart Your Right Foot?

This will confuse your mind and you will keep trying it over and over again to see if you can outsmart your foot. You can't. It is pre-programmed in your brain!

1. While sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

I told you so! And before the day is done we are going to try it again!



My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

**800-963-0035 TTY: 711**  
**[www.mychoicewi.org/life](http://www.mychoicewi.org/life)**

For Long-Term Care options contact your local [Aging and Disability Resource Center](#).  
[www.dhs.wisconsin.gov/adrc/](http://www.dhs.wisconsin.gov/adrc/)



DHS Approved 8/16/2021



Preventing Medicare Fraud

**Toll-free Helpline:  
888-818-2611**

Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)

**[www.smpwi.org](http://www.smpwi.org)**

 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

## Empowering Seniors to Prevent Healthcare Fraud

► **PROTECT**  
your personal information

► **DETECT**  
suspected fraud, abuse, and errors

► **REPORT**  
suspicious claims or activities



Call us with questions about  
billing errors, scams and  
medical identity theft

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).





# Downsizing



# AND Simplifying

Overcoming The Fear

*It is the end of one chapter and the start of a new one. So how do we begin the process?*

**How can we** make the downsizing process enjoyable, while sorting through memories and parting with your treasures? Downsizing is a cleansing process. Most people, once they downsize, feel free to look forward to the future and have more time to enjoy relationships. We spend a lifetime collecting and storing items and many times we can not even remember what is in those boxes. As we approach retirement, many of us will look to the future and decide how we want to spend the rest of our life, the lifestyle we want to live and how we will downsize our life as well.

Downsizing is not a horrific task if you plan ahead, recruit help and hire a senior move manager to help you downsize in a practical way.

Don't get me wrong, change is hard, as well as saying good by to a familiar place and our possessions.

However, it will help embrace change that will allow others in. Look at it as an opportunity for families to share memories and treasures. Each memory tells our story and the legacy of our lives.

It is the end of one chapter and the start of a new one. So how do we begin the process? Migdalia Zanon and her late husband Rick are owners of the senior move management firm Universal Services and have been helping seniors for over twenty years. They developed a method for helping families understand the emotional value of their parents belongings, making "downsizing" a respectful process. They refer to it as "Five homes for Everything You Own" They encourage families to savor the moments and allow senior-age parents to share their experiences and knowledge about the things they have collected.

**1) Your Home:** Things you want to take with you to your new retirement home or apartment.

**2) Family and Friends:** Items to give to family and friends. Have your children spend some time with you learning about the items you want to pass to family and friends.

**3) Sales:** Consignment, Estate Sales. Much of the furniture that we have in our home does not fit the scale of the new residence or retirement home we are moving into. Consider a consignment shop like Consign w/ US to sell the furniture and treasures you do not need and get back money to offset the cost of the move.

**4) Donation:** Things to give to others. As you sort through your items you will find some things that are too good to throw away. You might consider others who will have a use for them. If you have not used an item within a year, get rid of it. Southeastern Wisconsin has a long list of charities with a list of "wish items". Some charities are Salvation Army, Homeless Veterans, Women's shelters and Goodwill.

**5) Dispose of:** Items not worth anything or useful to others. Some seniors raised by parents who lived during the depression have a hard time parting with their possessions. If the quantity is quite large, consider a dumpster service. Call in for extra garbage pick-ups.

**Migdalia Zanon, Senior Move Specialist can be reached at 262-257-0250 or visit [www.universalserviceswi.com](http://www.universalserviceswi.com)**



# UNIVERSAL SERVICES®

## Relocation + Logistics Management

# Let Us Lighten Your Load!

- Rightsizing
- Organizing
- Packing
- Moving
- Consignment Shop
- Unpacking
- Clean Out
- Estate Sales
- Senior Transportation

**25 Years in the Business of Helping Seniors | 262-257-0250**

All services under one roof | Wisconsin premier senior moving company [www.universalserviceswi.com](http://www.universalserviceswi.com)

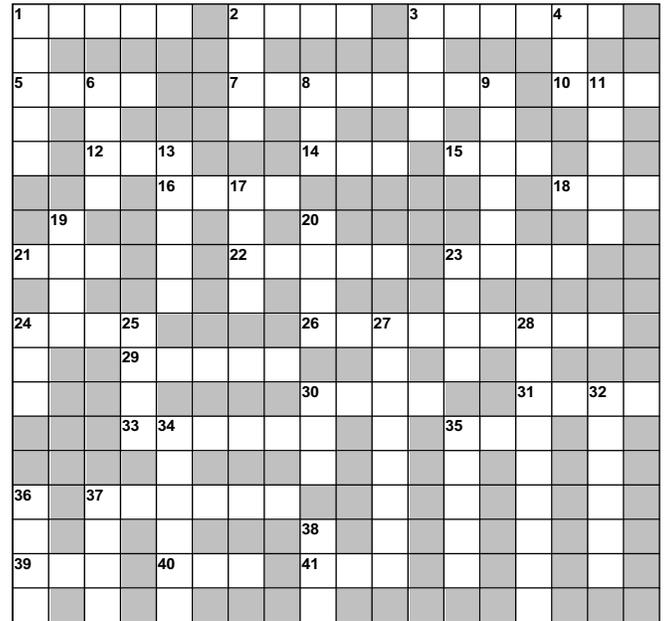


**ACROSS**

1. Low level Army personnel
  2. Housekeeper
  3. Holds bricks together
  5. Describes hair condition
  7. Opens doors
  10. Coffee alternative
  12. Most important fuel
  14. Optical receptor
  15. Not on
  16. .... upon a time
  18. What Eve did
  21. Soda
  22. Small rock
  23. Commune to discuss
- ACROSS**
24. Huh?
  26. Beyond great
  29. To give assistance to
  30. A number which means no in German
  31. An unused check
  33. Dislodge old paint
  35. Used just before END

**DOWN**

1. Duck duck .....
2. Created
3. A terrible thing to waste
4. To perform
6. Crazy waterfowl
8. The loneliest number
9. Previous to
11. .... promises
13. Not very good
17. Money in its raw form
19. One as well as the other
20. Painful
23. Cow juice
24. Doctor from BBC Sci-fi
25. The word is this
27. Written or oral agreement
28. Listen to others inadvertently
30. Opposite of old
32. Baby
34. Long form of can't
35. Small children's fairy
36. A foretelling of an event
37. To locate item or place
38. Who, what, when, where, ...?



Answers on page 27

**Why our medical costs are so high...**

Here's what happened to Kevin:

Kevin walked into a doctor's office and the receptionist asked him what he had. Kevin said: 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Kevin what he had. Kevin said, 'Shingles.' So she wrote down his height, weight, a complete medical history and told Kevin to wait in the examining room.

A half hour later a nurse came in and asked Kevin what he had. Kevin said, 'Shingles..' So the nurse gave Kevin a blood test, a blood pressure test, an electrocardiogram, and told Kevin to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Kevin sitting patiently in the nude and asked Kevin what he had.

Kevin said, 'Shingles.' The doctor asked, 'Where?'

Kevin said, 'Outside on the truck. Where do you want me to unload 'em??'

I feel bad for lions at the ZOO. How would you feel if a bunch of pizzas came to your house, took your picture, and you couldn't even eat them.

One day YouTube, Twitter, and Facebook will join together and be called: "YouTwitFace."

Beauty comes in all shapes and sizes... Small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings.

**World's Shortest Fairy Tale**

Once upon a time, a Prince asked a Princess "Will you marry me?" She said "No."

And the guy lived happily ever after and went fishing and hunting and drank beer all day every day for the rest of his natural days. THE END

8am: Too tired to think. Noon: Too tired to think. 5pm: Too tired to think. Midnight: How do dragons blow out candles?

**WANTED**

OLD BICYCLES & BIKE PARTS  
TOYS & OTHER COLLECTIBLES  
FROM THE 1930'S, 40's, 50's, 60's

**CASH PAID & WILL PICK-UP!**

CALL SCOTT (414)254-7572  
or email  
SCOTT@BICYCLECOLLECTOR.COM

**0% NO INTEREST FINANCING UP TO 36 MONTHS**  
Celebrate our 94th Year Anniversary with these SPECIALS...

**THE THIELMANN GROUP**  
HEATING & COOLING

We don't do things the easy way... We do them The Thielmann way!

BURLINGTON THIELMANN & SON SINCE 1929 ROTH

**GAS FURNACE TUNE UP OR A/C TUNE UP \$94**  
**Or Both for \$179**

Exp: 6/30/23

**DUCT CLEANING SPECIAL**

**Starting at \$595**

Exp: 6/30/23

Visit our website at **ThielmannGroup.com**

LENNEX PREMIER DEALER Turn to the experts

262-763-2653 BURLINGTON    262-763-2500 HARTFORD    262-293-9285 MENOMONEE FALLS    262-786-2000 NEW BERLIN    414-764-4700 OAK CREEK    262-534-5568 WATERFORD

# Tweaking your home to suit your *aging in place* needs

The number of homeowners between the ages of 55 and 74 is set to increase by 10.2 million from now until the year 2024 and nearly 90 percent of those 65 and over prefer to stay in their home as long as possible. In fact, studies have proved people lead a longer life, by living in a familiar environment. This trend, called aging in place, has area remodelers busy with modifications that can help homeowners remain in their homes as long as possible.

Many things a homeowner can do are simple and inexpensive. There are subtle elements such as decorative grab bars in the bathroom, softer flooring in the kitchen, motion sensors that automatically turn lights off and on, timers on bathroom humidity/exhaust fans, and levers on doors and faucets to name a few.

Straightforward things can make a huge difference in comfort and convenience. For example, a homeowner who had rheumatoid arthritis and couldn't fully open or close her hand, the faucet was turned 90 degrees and placed on the side of the sink so she could reach it easily. One of the best things when remodeling a bathroom is to have enough flexibility so if a wheelchair is needed, there is a proper turning radius. It is easy enough to do by taking space from a closet or an adjoining bathroom. If you are bumping out a wall, create enough space for a main floor laundry room as well.

Many things on the market now that are more user-friendly to individuals of all abilities, such as front controls on stoves, microwaves in drawers, pull-out cabinets, and a plethora of lighting options, even window treatments -shades that are not controlled by strings, but by side levers. It's easier for someone who has strength issues and it's nice because you don't have to worry about a toddler getting caught up in strings.



## MAKING YOUR HOME MORE USER-FRIENDLY

- **Cabinet hardware:** As you get older, you lose dexterity. Utilize hardware that gives you an easy grip to pull out and push back.
- **Multi-level countertops:** A standard countertop (36 in.) is essential for the average homeowner, but for a family member who needs to either use a wheelchair or be seated when doing kitchen tasks, consider at least one section to be a lower level (34 in.) with no barriers underneath.
- **Dishwasher options:** Elevate the dishwasher a foot off the ground so it is easier to load. The lift can be concealed with a wood or stainless panel. For even more convenience, consider a dishwasher drawer, which puts all of the dishes at countertop level.
- **Lighting:** The more the better. LED is clean and bright and lasts 10 times longer than a traditional bulb. But just as things can be too dark, things can be too

bright for those with glare issues. Install dimmer switches, undercabinet lighting, and pendant lights.

- **Light switches:** Motion sensor lighting in hallways and bathrooms turn on as you enter and shut off after you leave.

- **Widen hallways:** Houses are built with a minimum 36-inch wide hallway. Widening it to 42 inches makes it much easier for a wheelchair user and 48 inches is even better. Particularly in ranch-style houses with trusses, this is not a difficult construction project.

- **Pocket doors:** A 36-inch doorway is wide enough opening, but that door is taking up about three inches of space against the wall of the room. Pocket doors are perfect to regain space taken up by a swinging door.

- **Flooring:** Stone is very hard on the joints; consider a vinyl (some mimic the ceramic tile look with actual grouting), laminated wood, or cork.

- **Faucets:** Lever style handles make it easy to turn on and off. Also available are motion-activated faucets and soap dispensers.

- **Drawers:** Existing cabinets can be modified so drawers or shelving extends fully, adjust for different levels, and be equipped with lazy Susan's and pull-out trays.

- **Grab bars:** Come in many styles and colors, not only for the bathroom, but good to have when stepping up or down into a garage or deck.

- **Handrails in hallway.** These can be easily removed when putting the house up for resale.

- **Comfort-height toilets:** Designed to be standard chair height making it easier to sit-down and stand-up.

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

## REPLACEMENT WINDOWS & DOORS



414-529-5509 • [CallenNeighbors.com](http://CallenNeighbors.com)  
Muskego Showroom

Easter Break: CLOSED Thursday, April 6<sup>th</sup> thru Sunday, April 9<sup>th</sup>



# Spring Into Savings SALE

**USA MADE** **SMALL SCALE** **AMISH MADE** **SOLID WOOD** **IN-STOCK & AVAILABLE NOW** 1000's of Items + 500 Mattresses **Including Affordable Better Quality Furniture & Mattresses** **FREE IN-STORE DESIGN SERVICES**

## 100 LIVING ROOM STYLES!



**IN-STOCK NOW**  
DON'T MISS OUT  
ACTION!

Solid Hardwood Frame. Choice of Brown or Grey Fabric. Leather Available.  
**SMALL SCALE 76" SOFA SALE FROM \$1145**  
**84" SOFA SALE FROM \$1155**  
**61" LOVESEAT SALE FROM \$1115**  
**CHAIR SALE FROM \$795**  
 After Discount  
 Fabric Not As Pictured.

**DECOR-REST** **MADE IN CANADA** **SPECIAL ORDER OPTIONS** Full or Queen Sleepers Available.

## 20 RECLINING GROUPS!



**IN-STOCK NOW**  
DON'T MISS OUT  
ACTION!

**RECLINING SOFA** Power Headrest & Power Recline **SALE \$1495**  
 After Discount  
**RECLINING LOVESEAT** Power Headrest & Power Recline with Console **SALE \$1495**  
 After Discount

## 50 POWER LIFT RECLINERS! ON SALE FROM \$695

## 150 RECLINERS ON SALE FROM \$395

## 56 BEDROOM SETS + 23 AMISH MADE!

**2 Motor Power Lift Recliner.** Available in 4 Sizes!  
**USA MADE**

**Rocker Recliner Available in 3 Colors.**  
**SALE \$545** After Discount  
**USA MADE**

**Dresser & Mirror Sale \$1250**  
**Chest Sale \$895**  
**Queen Bed Sale \$895**  
**3Dr Nightstand Sale \$435** Gray White  
**2Dr Nightstand Sale \$345** Pink Blue  
 Available in 5 Colors. Shown in Hazelnut. Full Extension Drawer Glides. Imported.  
 After discount

# MATTRESS Sale

**BETTER SLEEP @ BILTRITE** **FREE SAME OR NEXT DAY WHITE GLOVE DELIVERY** **500 MATTRESSES IN-STOCK!**  
 On In-Stock Mattress Only Purchases Over \$599

**2-Sided • 5 Year Warranty**  
**Comfort sleep**  
 Nolan 9.5" Firm, Airflow FR Fiber Foam, Bonnell Coil Unit  
**\$675** Queen Set  
 Mattress Only Price \$465  
 Twin Set: \$435 Full Set: \$555 King Set: \$1075  
 Mattress Only Price  
 \$295 \$375 \$735

**2-Sided • 10 Year Warranty**  
**Best Seller! Comfort sleep**  
 Murry 13.25" Firm or Plush with 650 Coil Innerspring, Gel Poly Foam  
**\$875** Queen Set  
 Mattress Only Price \$705  
 Twin Set: \$595 Full Set: \$795 King Set: \$1175  
 Mattress Only Price  
 \$475 \$645 \$845

**2-Sided • 10 Year Warranty**  
**FREE Frame or Protector!**  
 Anniversary 11.75" Firm or 11.25" Plush, 448-Coil Body Balance Innerspring for Anti-Roll Stability & Support  
**\$1195** Queen Set  
 Mattress Only \$965  
 Twin Set: \$845 Full Set: \$995 King Set: \$1595  
 Mattress Only Price  
 \$695 \$785 \$1245

**2-Sided • 10 Year Warranty**  
**FREE Frame or Protector!**  
 Buckingham 14" Firm, Firm Foam, 1057 Bolsa w/Quantum Edge Encased Coil & Edge-to-Edge Support  
**\$1395** Queen Set  
 Mattress Only Price \$1165  
 Twin Set: \$995 Full Set: \$1195 King Set: \$1795  
 Mattress Only Price  
 \$845 \$985 \$1445

**2-Sided • 20 Year Warranty**  
**FREE Frame or Protector!**  
 Heavy Duty 1500 Medicoil 11.75" Extra Firm Innerspring, Firmest Edge Support  
**\$1785** Queen Set  
 Mattress Only Price \$1395  
 Twin Set: \$1295 Full Set: \$1565 King Set: \$2165  
 Mattress Only Price  
 \$995 \$1195 \$1695

## GET SAME OR NEXT DAY PICK-UP & DELIVERY ON SOME SOFAS, RECLINERS, CHAIRS & MATTRESSES (See Store For Details)



5430 W. Layton Avenue  
 Greenfield, WI 53220  
 414-238-2020  
 BilRiteFurniture.com

**MONDAY THRU SATURDAY 10AM TO 6PM**  
 APPOINTMENTS AVAILABLE  
**SUNDAY CLOSED TO BE WITH FAMILY**  
 For Personalized Shopping Book an Appointment  
 Call 414-238-2020 or Email info@bilritefurniture.com

Easter Break: CLOSED Thursday, April 6<sup>th</sup> thru Sunday, April 9<sup>th</sup>  
 Storewide Vacation: CLOSED Saturday, July 1<sup>st</sup> thru Sunday, July 9<sup>th</sup>

\*Prior purchases and clearance items are excluded. Items marked "As Advertised," "Final Price," "After Discount" or "Includes All Discounts" already include the discount. Cannot be combined with any other offer, discount, coupon or balance. \*\*Special Financing: Subject to credit approval. Restrictions apply. See store for details. 50% deposit required on special orders. 10% deposit required on in stock orders. Deposit is due at time of purchase and cannot be financed. See store for details. Sale ends Friday, June 30, 2023 ©BRF

# BILTRITE ALWAYS SAVES YOU MONEY!



Seven  
Brides

For



Seven  
Brothers

April 27th-30th  
7:30pm

*Concordia University Players Presents*

Their 2023 Season

**Family**

For more information, visit  
[cuw.edu/theatre](http://cuw.edu/theatre)