

From Flavortown and back: Explore Global Cuisine with National Nutrition Month



Laura Weidemann
Viterbo Dietetic Student

March is National Nutrition Month! Its theme is to celebrate a world of flavors, from the spices of Asian cuisine to the sweet fruits of the tropics. Each week, the Academy of Nutrition and Dietetics (AND) offers ideas on how we can all improve our nutrition and health.

The first week of March, we can think about eating a variety of nutritious foods from all the food groups: fruits, vegetables, protein, grains, and dairy. While we eat a balanced diet, we can incorporate foods that are not traditionally cooked in our households.

The National Nutrition Month website has handouts on Filipino, Latin American, Middle Eastern, and East/SE Asian cuisine.

During March, challenge yourself to try one new thing a week. The second week focuses on nutrition services. For both prevention and treatment, meeting with a dietitian is valuable and can improve quality of life. Dietitians create dietary plans that are



eat right. Academy of Nutrition and Dietetics

personal and unique to your health goals. Seek out dietitian services through your health provider or by going to this link: <https://www.eatright.org/find-a-nutrition-expert>.

Week three recommends we plan out our meals and snacks. Eating healthful foods is easier when it has been incorporated into our schedules. The AND suggests using a grocery list when shopping to save time and money.

Last but not least, during the last week of March, we want to develop cooking and meal preparation skills to help make our food more flavorful and safe to eat. Join the ADRC when it offers presentations or demonstrations on savory and safe meal preparation. These opportunities give us a chance to enjoy meals in each other's company and share how food can connect us with cultures and communities across the globe!



Link to National Nutrition Month website: <https://www.eatright.org/food/resources/national-nutrition-month>

March is National Nutrition Month

Week 1 Eat a variety of nutritious foods

Week 2 Visit a Registered Dietitian Nutritionist

Week 3 Plan your meals and snacks

Week 4 Create tasty foods at home

Tips to start!

Fill half your plate with fruits and veggies. Get creative with produce by trying an assortment of colors and textures.

Experiment with different grains. Try substituting whole grains for refined grains in recipes.

Choose lean protein foods. Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.

Complete your meal with dairy. Include low-fat or fat-free options like milk, yogurt, cheese, calcium-fortified soymilk, or lactose-free milk.

Use your smartphone camera to receive a One Pot Chili Recipe, thanks to Festival Foods and Viterbo University.





On-call drivers needed. Assist with packing meals and distributing to the homes of the elderly in the Cashton area. Hours vary Monday-Friday, typically scheduled ahead of time and fall between the hours of 9 a.m.-1 p.m.



We're Hiring IN CASHTON!

For more information, call Monroe County's ADRC at (608) 269-8691 or e-mail hannah.olsen@co.monroe.wi.us.

Required application is available on our website www.co.monroe.wi.us/departments/personnel/. AA/EOE

Do you enjoy working with the elderly population and driving?

If so, the ADRC of Monroe County may have the job for you! We're seeking an On-Call Mini Bus Driver. This is a flexible position and you would know your schedule in advance. Successful candidates are preferred to have a high school diploma. Experience working with older adults and disabled persons of any age is helpful but not required.

A valid Wisconsin driver's license, with a good driving record, is required. One year of related driving experience is preferred but not required.

Our Mini Bus Driver provides transportation to residents of Monroe County, both ambulatory and non-ambulatory, from various points to their destination



and return. Our Mini Bus Drivers assist riders from their homes, in and out of the mini bus, and ensure their safety to and from their destination. This position is responsible for daily vehicle safety checks, cleaning and refueling the vehicle.

and return.

Starting salary for this position is \$10.00 hourly. Hours vary Monday thru Friday and are typically scheduled ahead of time. Typical work hours are between the hours of 8:00 a.m. – 5:00 p.m..

If you would like to learn more about this position, please contact Julie Leis – ADRC Transportation Coordinator at (608) 269-8689!



The Aging & Disability Resource Center of Monroe County is seeking volunteer drivers to provide transportation to our elderly and disabled residents

This service allows individuals to keep scheduled appointments, remain in their homes, and continue to be part of their community!

Qualifications:

- Must hold valid WI driver's license and have a good driving record
- Experience working with older adults and disabled persons of any age is helpful but not required
- Mileage will be reimbursed @ \$.53/mile if your auto insurance meets requirements.

Here is what some of our volunteer drivers have to say:

- Volunteer Driving is like helping a family member!
- If you drive, like people, and want something meaningful to do, consider being a volunteer driver.
- Flexible scheduling works great for me!

If you would like more information about being a volunteer driver, please contact Julie Leis, Transportation Coordinator at (608) 269-8689.

St. Patrick's Day March 17, 2022



Happy St. Patrick's Day! Unless you've been living under the Blarney Stone you already know that March 17 is St. Patrick's Day. Also affectionately known as St. Paddy's Day or St. Patty's Day, it's the one day each year that everyone and anyone can call themselves Irish – if not by birthright, then in spirit. If you have been living under the Blarney Stone, lucky you! We bet you can share a thing or two about how a religious feast day commemorating the famed Irish patron saint who brought Christianity to Ireland ended up being a day celebrated almost globally, usually involving copious amounts of green beer and whisky shooters.

St. Patrick's Day is celebrated in more countries around the world than any other single-day national festival, largely due to America's enthusiasm for what many consider a holiday, although it is not an official holiday in America.

Parades are the heartbeat of St. Patrick Day festivities in America. This is not surprising, since the first parade held in St. Patrick's honor took place in America, not Ireland, in 1601 in what is now St. Augustine, Florida. And the first actual St. Patrick's Day parade also took place in America, in 1737, although it was pretty much just a stroll down the middle of a street in Boston by a few Irish Protestants to honor the patron saint of their motherland. The first St. Patrick's Day parade in New York City was held in 1762, 14 years before the signing of the Declaration of Independence, and was organized by Irish troops serving in British colonies. Today the world's biggest St. Patrick's Day celebration is the annual parade in New York City, where more than two million spectators line the parade route, all claiming to be Irish, at least for the day.



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Reverse Mortgages



Alice Ackerman
Elder Benefit Specialist

By the GWAAR Legal

You may have seen Tom Selleck, Mr. Magnum PI himself, on TV selling reverse mortgages, but what is a reverse mortgage, and are they a good idea? A reverse mortgage is a financial product available to individuals at least 62 years old that turns your home's equity into a lump sum of cash or regular income. Unlike a home equity loan or line of credit, you do not have to make payments on the loan as long as you live in the home, and any interest accrued is added to the amount you owe. When you die, sell your home, or move out, you, your spouse, or your estate would repay the loan. Usually that means selling the home to get money to repay the loan.

Here are some things to consider about reverse mortgages:

- **There are fees and other costs.** Reverse mortgage lenders generally charge an origination fee and other closing costs, as well as servicing fees over the life of the mortgage. In some cases, these fees can be very high. Some may also charge mortgage insurance premiums.

- **You owe more over time.** As you get money through your reverse mortgage, interest is added onto the balance you owe each month. That means the amount you owe grows as the interest on your loan adds up over time.

- **Interest rates may change over time.** Most reverse mortgages have variable rates, which are tied to a financial index and change with the market. Variable rate loans tend to give you more options on how you get your money through the reverse mortgage. Some reverse mortgages offer fixed rates, but they tend to require you to take your loan as a lump sum at closing. Often, the total amount you can borrow is less than you could get with a variable rate loan.

- **Interest is not tax deductible each year.** Interest on reverse mortgages is not deductible on income tax returns until the loan is paid off, either partially or in full.

- **You have to pay other costs related to your home and keep it in a good state of repair.** In a reverse mortgage, you keep the title to your home. That means you are responsible for property taxes, insurance,



utilities, fuel, maintenance, and other expenses. And, if you don't pay your property taxes, keep homeowner's insurance, or maintain your home, the lender might require immediate payment of your loan and initiate a foreclosure if you're unable to pay, which most people in this situation are not. A financial assessment is required when you apply for the mortgage. As a result, your lender may require a "set-aside" amount to pay your taxes and insurance during the loan. The "set-aside" reduces the amount of funds you can get in payments.

- **What happens to your spouse?** If you signed the loan paperwork and your spouse didn't, your spouse may NOT be able to continue living in the home after you die. This could be incredibly devastating because the lender will foreclose or force your spouse to sell the home to pay the loan in full as soon as 30 days after you pass away. If the loan contract language allows, your spouse may be able to live in the home after you die if they continue to pay taxes and insurance and continue to maintain the property. However, your spouse will stop getting any money from the reverse mortgage, since they weren't part of the loan agreement. These rules are complex and different depending on whether you took the loan out before or after August 4, 2014. The most important takeaway from this is that your spouse might NOT be able to remain in the home after you die, so you will want to be very careful that the loan is set up properly if you want your spouse to be able to remain in the home.

- **What can you leave to your heirs?** Reverse mortgages can use up the equity in your home, which means fewer assets for you and your heirs. Most reverse mortgages have something called a "non-recourse" clause. This means that you, or your estate, can't owe more than the value of your home when the loan becomes due and the home is sold. With most reverse mortgages, generally, if you or your heirs want to pay off the loan and keep the home rather than sell

it, you would not have to pay more than the appraised value of the home.

- **What happens if the borrower moves to another residence or a skilled nursing facility?** With most reverse mortgage loans, the borrower can be away from the home, for example, in a skilled nursing facility, for up to 12 consecutive months; however, if the absence is longer, and the property is not the principal residence of at least one other borrower, then the loan becomes due and payable. Again, to resolve the debt, you can correct the matter, pay the balance in full, sell the home for the lesser of the balance or 95% of the appraised value and put the proceeds toward paying off the loan, or complete a deed in lieu of foreclosure. Otherwise, the lender will foreclose. Note that none of these are desirable options for most individuals in this situation. Most people would not have the funds on hand to pay off the loan, nor would most people wish to sell their home in this situation, especially if a spouse or other individual is still living in the home.

- **Medicaid and SSI eligibility may be affected.** Reverse mortgage proceeds, either a lump sum or a monthly payment, are not considered income for Medicaid and SSI; however, those funds are considered an asset or a resource in the month received and thereafter. This could affect eligibility for any means-tested program that has an asset limit.

For more information, visit: <https://www.consumer.ftc.gov/articles/0192-reverse-mortgages>

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Test Your Home for Radon



Alice Ackerman
Elder Benefit Specialist

By the GWAAR Legal

The Wisconsin Department of Health Services (DHS) and Governor Tony Evers are encouraging Wisconsinites to test their home for radon. Exposure to radon gas is the second leading cause of lung cancer, and the leading cause of lung cancer for non-smokers. An estimated 21,000 lung cancer deaths per year among non-smokers are caused by radon, according to the U.S. Environmental Protection Agency and Surgeon General.

Radon is an odorless radioactive gas that is naturally present in the ground. It can enter buildings through the foundation. "About

one out of every ten homes in Wisconsin has high radon levels. Any home, whether old, new, with or without a basement can have radon," said Gov. Tony Evers. "Since you cannot smell, taste, or see radon, the only way to know if you have high radon levels is to test for it. Test kits are available to help protect you and your family from radon exposure."

Tests kits that measure radon concentrations in the air are available at hardware stores and local public health agencies. Reduced-cost test kits are available through Radon Information Centers (RIC) in Wisconsin. To find a RIC, please see: <https://www.dhs.wisconsin.gov/radon/infocenters.htm>. There are also nationally certified contractors who can measure radon concentrations

in your home: <https://www.dhs.wisconsin.gov/radon/radon-proficiency.htm>.

If you find that the radon levels in your home are high, there are more than 100 radon mitigation contractors in Wisconsin who are nationally certified to install radon mitigation systems. Thousands of these systems are installed in existing homes in Wisconsin each year. You can find a contractor here: <https://www.dhs.wisconsin.gov/radon/radon-proficiency.htm>. If the cost of radon mitigation is a barrier for you, you can contact your local RIC or speak with local public health department experts at 1-888-LOW-RADON (1-888-569-7236) to discuss available options.

For more information, please see: <https://www.dhs.wisconsin.gov/radon/index.htm>.

Cashton, Kendall, Norwalk, Sparta, Tomah, Wilton

There is a suggested donation of \$4.00 for each congregate meal or each home delivered meal.

MARCH 2022

No additional salt added

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control.

	1	2	3	4
ADRC Nutrition Program Main Number is (608) 269-8692	8 oz. Hamburger Stroganoff 1/2 c. Brussels Sprouts 1/2 c. Fruit n Cream 4 oz. Fruit Juice 1 ea. Bread/Butter 8 oz. 1% Milk	ASH WEDNESDAY 4 oz. Grilled Salmon w/Dill Sce 1 Biscuit 1/2 c. Carrots 1/2 C. Pears 1 Fresh Fruit (1) 8 oz. 1% Milk	8 oz. Chili Mac 1 Breadstick 1/2 c. Mixed Veggies 1/2 c. Applesauce 1 Cheese Stick 4 oz. Fruit Juice 8 oz. 1% Milk	4 oz. Potato Crusted Cod 1/2 c. Mashed Potatoes 2 oz. Gravy 1/2 c. Squash 1/2 c. Peaches 1 Whole Grain Cookie 8 oz. 1% Milk
7	8	9	10	11
6 oz. Spaghetti Bake 1/2 c. Green Beans 1/2 C. Fruit Cocktail 1 Garlic Bread 4 oz. Fruit Juice 8 oz. 1% Milk	3 oz. Pork Cuitlet 1/2 c./2 oz. Ms Potatoes/Mush Gravy 1/2 c. Broccoli 1 Fresh Fruit (1) 1 ea. Bread/Butter 1/3 c. Oreo Pudding Dessert 8 oz. 1% Milk	8 oz./1 Chili/Cheese Stick 1/2 c. Mixed Greens Salad 1 ea. Dressing Pkt. 1/2 c. Peaches 1 ea. Breadstick 4 oz. Fruit Juice 8 oz. 1% Milk	6 oz. Chicken Rice Casserole 1/2 c. Stewed Tomatoes 1 Fresh Fruit (2) 1 ea. Bread/Butter 1 Cookie 8 oz. 1% Milk	1 ea. Breaded Pollock/Tarter Sce 1 Hash Brown Patty 1/2 c. Carrots 1/2 c. Mandarin Oranges 1 ea. Bread/Butter 1 s. Pie 8 oz. 1% Milk
14	15	16	HAPPY ST. PATRICK'S DAY 7	18
3 oz. Salisbury Steak 1/2 c. Mashed Potatoes 2 oz. Gravy 1/2 c. Snap Peas 1/2 c. Peaches 1 ea. Bread/Butter 8 oz. 1% Milk	3 oz. Dijon Chicken 1/2 c. Oven Brown Potatoes 1/2 c. Carrots 1 Fresh Fruit (1) 1 ea. Bread/Butter 1 Cake 8 oz. 1% Milk	6 oz. Goulash w/WG Pasta 1/2 c. Mixed Greens Salad 1 ea. Dressing Pkt. 1 Garlic Bread 1/2 c. Ambrosia 8 oz. 1% Milk	3 oz. Shepherd's Pie Over 1/2 c. Mashed Potatoes 1/2 c. Boiled Cabbage 1/2 c. Sweet and Sour Beans 1/2 c. Fresh Fruit 1 sl. Chocolate Mint Pie 8 oz. 1% Milk	6 oz. Crab Mac & Cheese 1/2 c. Broccoli 1 Fresh Fruit (2) 1 ea. Bread/Butter 1 Cookie 8 oz. 1% Milk
21	22	23	24	25
6 oz. Lasagna Casserole 1/2 c. Mixed Greens Salad 1 ea. Dressing Pkt. 1 ea. Garlic Bread 1/2 c. RH Fruit Salad 4 oz. Fruit Juice 8 oz. 1% Milk	3 oz./1 Grilled Chicken w/WG Bun 1 ea. Mayonnaise 1/2 c. Baked Beans 1/2 c. Carrots 1 Fresh Fruit (1) 1 Cheesecake 8 oz. 1% Milk	8 oz. Chicken Dressing Bake 1/2 c. Corn 1/2 c. Baked Apple Chips 1/2 c. Tomato Juice 1/3 c. Cranberry Fluff 8 oz. 1% Milk	3 oz. Hamburger Steak 1 Baked Redskin Potato 1/2 c. Coleslaw 1 ea. Bread 2 Butter 1/2 c. Apricots 8 oz. 1% Milk	4 oz. Chimichurri Haddock 1 Hash Brown Patty 1 Fresh Fruit (2) 1 Oatmeal Fruuit Bar 8 oz. 1% Milk
28	29	30	31	
3 oz. Roast Beef 1/2 c./2 oz. Mashed Potatoes/Gravy 1/2 c. Corn 1/2 c. Peaches 1 ea. Bread/Butter 1/3 c. Pudding 8 oz. 1% Milk	3 oz./1 Grilled Chicken WG Bun 1/2 c. Sweet Potatoes 1/2 c./1 Mixed Greens Salad/Dsg 1/2 c. Pears 1 ea. Mayonnaise 8 oz. 1% Milk	8 oz. Hamburger Stroganoff 1/2 c. Peas 1 Fresh Fruit (2) 1 ea. Bread/Butter 1/3 c. Pumpkin Mousse 8 oz. 1% Milk	3 oz./1 BBQ Pork w/WG Bun 1/2 c. Squash 1 Butter 1/2 c. 3 Bean Salad 1/2 c. Applesauce 8 oz. 1% Milk	

DID YOU KNOW?

You can use your Food Share benefits to pay the \$4 suggested donation for your meal from our Nutrition Program.

Please call by NOON 2 days before to reserve your meal. Food allergies or intolerances are not able to be accommodated.
Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 • Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130

Flavorful Fish

Dine on delicious and nutritious fish varieties with the **ARDC of Monroe Co.** in partnership with **Mayo Clinic Health System** and prepared by **Rolling Hills!**

During Lent, five special fish entrees will be provided in addition to those fish entrees already on the menu.

Important Dates

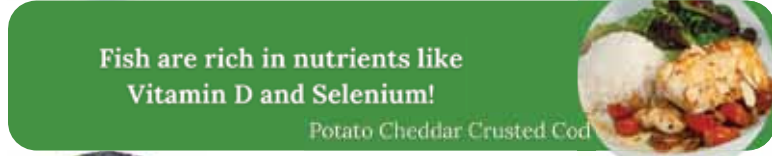
March 2	Grilled Salmon with Dill Sauce*
March 4	Potato Cheddar Crusted Cod*
March 11	Breaded Pollock
March 18	Crab Macaroni & Cheese
March 25	Chimichurri Haddock*
April 1	Herb and Garlic Tilapia*
April 8	Crab Cake*

*Higher quality fish provided by Mayo Clinic Health System.
 ** Meals are not available on Good Friday, April 15. Sites will be closed due to holiday.

Fast Facts



Fish is an excellent source of protein. Average grams of protein per serving (3 oz) is 20 g.
 Grilled Salmon with Dill sauce



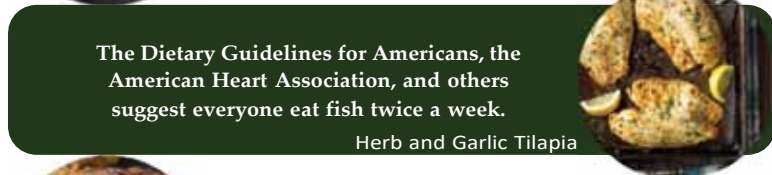
Fish are rich in nutrients like Vitamin D and Selenium!

Potato Cheddar Crusted Cod



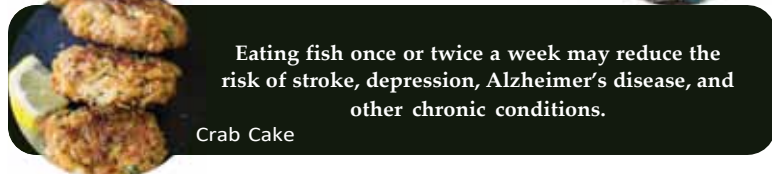
Fish are major sources of healthful long-chain omega-3 fats!

Chimichurri Haddock



The Dietary Guidelines for Americans, the American Heart Association, and others suggest everyone eat fish twice a week.

Herb and Garlic Tilapia



Eating fish once or twice a week may reduce the risk of stroke, depression, Alzheimer's disease, and other chronic conditions.

Crab Cake



Please call by NOON 2 days before to reserve your meal. Food allergies or intolerances are not able to be accommodated.

- Cashton (608) 377-3831
- Kendall (608) 463-7622
- Norwalk (608) 343-3158
- Sparta (608) 269-6778
- Tomah (608) 372-7291
- Wilton (608) 487-6130



The Silent Killer

Carbon Monoxide

- 1 Have Alarms**
Have working carbon monoxide alarms
- 2 Know the Signs**
Headache, fatigue, dizziness, shortness of breath, nausea and/or confusion
- 3 Get Out**
Get out of the house if the alarm sounds or you experience the symptoms above
- 4 Do Not Re-Enter**
Do not re-enter the building until it has been inspected and declared safe

A limited supply of carbon monoxide alarms are available at the following health departments: Bad River Tribe, Barron, Buffalo, Burnett, Chippewa, Clark, Douglas, Dunn, Eau Claire, Jackson, Monroe, Pepin, Pierce, Polk, Rusk, St. Croix, St. Croix Tribe, and Washburn



Affordable Connectivity Program

Helping Households Connect

The Affordable Connectivity Program is a Federal Communications Commission program that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a lap-

top, desktop computer, or tablet from participating providers.

Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using an online or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/ACP, or by calling (877) 384-2575.



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Puzzle Page – Engage Your Brain!

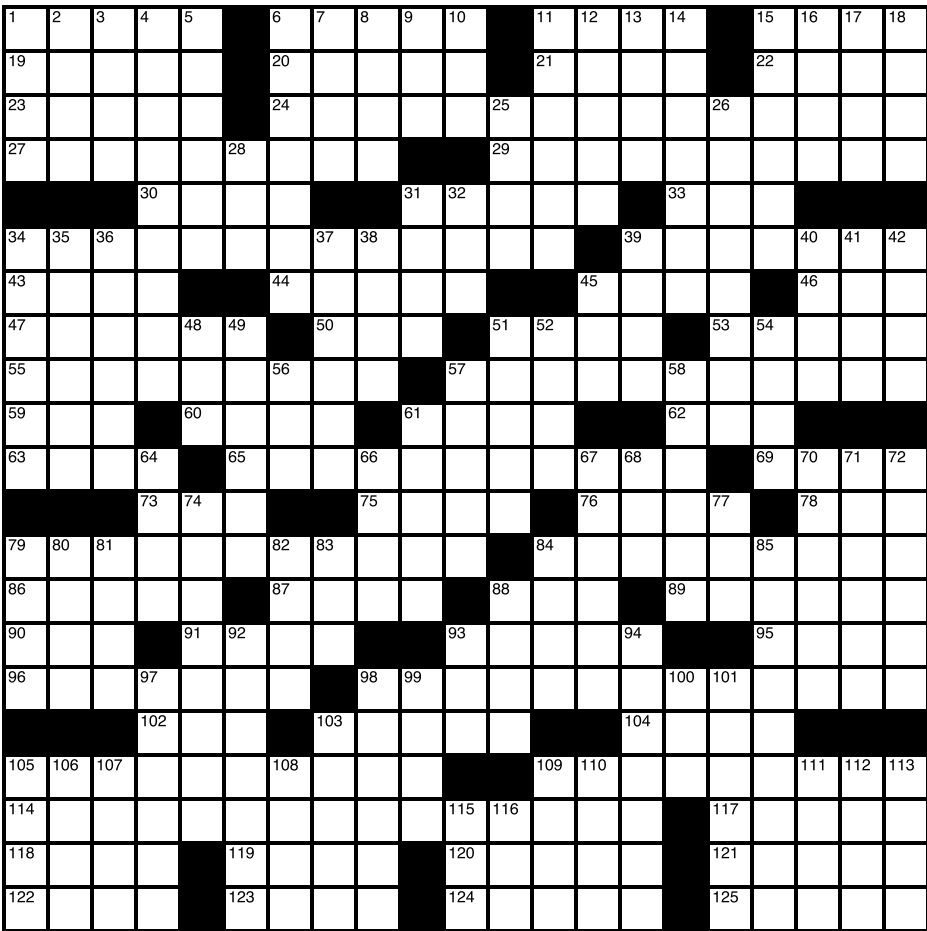
Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

“JUST DESSERTS”
By MARYELLEN
UTHLAUT

- ACROSS**
- 1 Cause friction
 - 6 70-year-old morning show
 - 11 Small, deadly snakes
 - 15 Actor's goal
 - 19 One way to gain access
 - 20 Northern California town that once had a palindromic bakery
 - 21 First thing lost in the “For Want of a Nail” proverb
 - 22 Many a solo
 - 23 Air raid signal, e.g.
 - 24 *Fruity dish that imparts a healthy glow?
 - 27 Significant Civil War concern
 - 29 Run-throughs
 - 30 Buzzers
 - 31 Nuisances
 - 33 Ball-bearing peg
 - 34 *Blended drinks that leave something to be desired?
 - 39 Resort area attractions
 - 43 Certain something
 - 44 River to the English Channel
 - 45 Online message
 - 46 Used (up)
 - 47 Music : verse :: poetry : ___
 - 50 Rule, briefly
 - 51 Indecent matter
 - 53 Bring upon oneself
 - 55 Casually shod
 - 57 *Shortbread that doesn't crumble under pressure?
 - 59 Shell-covered edible
 - 60 Small valley
 - 61 Tastes
 - 62 Canada's most populous prov.
 - 63 Snorkeling spot
 - 65 *Pastry that doesn't live up to its hype?
 - 69 Disney souvenir feature
 - 73 Airport abbr.
 - 75 Buds
 - 76 Long, long time
 - 78 Magna ___ laude
 - 79 *Slice that's easy to make?
 - 84 “What's done is done,” e. g.

- 86 Implanted
- 87 Rich deposit
- 88 ___ constrictor
- 89 Cookware coating
- 90 Flock female
- 91 End of many a hammer
- 93 Kuhling of “Chicago Med”
- 95 For fear that
- 96 Thigh-length outer garment
- 98 *Triangular confections that are a credit to their baker?
- 102 Tolkien creature
- 103 Is right for the
- 104 “The ___ Must Be Crazy”: 1980 comedy film
- 105 Thin-sliced, browned bread
- 109 Turkey choice
- 114 *Dish that's a metaphor for life?
- 117 Authority
- 118 Sauna covering
- 119 Many a retired racehorse
- 120 Off-the-wall
- 121 Draco Malfoy's trademark expression
- 122 It opens many doors
- 123 H-shaped letters
- 124 Cultural character
- 125 Test, as ore
- DOWN**
- 1 Dressed
- 2 Flagstick holder
- 3 Periods with names
- 4 Agitator
- 5 Menu listing
- 6 Keyboard pros
- 7 After-sandwich sandwich
- 8 Campus leader
- 9 Westminster show org.
- 10 “Boo-___!”: cry of celebration
- 11 Balance sheet heading
- 12 Persian rulers
- 13 Cornmeal product
- 14 Tranquilizes
- 15 About 3.26 light-years
- 16 Space
- 17 Omani money
- 18 Alternatives to mortarboards
- 25 Gaelic tongue
- 26 First act?
- 28 Leaves in a cup
- 31 Twinge
- 32 Barely make, with “out”
- 34 Sadat's predecessor
- 35 Service break?
- 36 Farm
- 37 Calm
- 38 Hastened
- 39 Joni Mitchell's “___ Sides Now”
- 40 Break-in, nowadays
- 41 Needle case
- 42 Dried-up
- 45 Pooch with a turned-up nose
- 48 Zig counterpart
- 49 Star NFL player
- 51 Juniors-to-be
- 52 Calliope, for one
- 54 Memorandum
- 56 Welcoming wreath
- 57 Words on a spine
- 58 Acme cactus costume wearer
- 61 Crawling reptile
- 64 “Mirror of the mind”: St. Jerome
- 66 Air 2 or Pro
- 67 Deli hanger
- 68 New Zealand parrot
- 70 Insight
- 71 Least courteous
- 72 Refines, as ore
- 74 Gemstone from the sea
- 77 Diarist Anaïs
- 79 Tiny time meas.
- 80 Field of Dreams home
- 81 Pitcher sans arms
- 82 Word with panel or screen
- 83 Holy animal?
- 84 Often blocked online lewdness
- 85 Magic charms
- 88 Archery items
- 92 Source of intolerance
- 93 “Just kidding!”
- 94 Sponsorships
- 97 Spider's network
- 98 Things beaten in searches, with “the”
- 99 Baptism, for one
- 100 Lobster catcher
- 101 Texas or Ukraine city
- 103 Pelvic bones
- 105 Work on papers
- 106 “... the ___-coloured ink”: Shak.
- 107 Mexican wolf
- 108 “What ___?”
- 109 In the company of
- 110 Often-shared sandwich
- 111 Contacts can help them
- 112 Having set sail
- 113 Whig rival
- 115 ___ v. Wade
- 116 Well-worn track



3/6/22

xwordeditor@aol.com

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JUMBLE ANSWERS

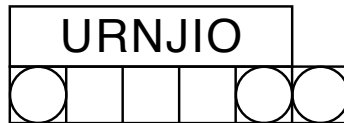
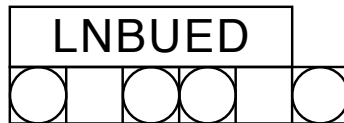
Jumbles: AGILE SWIFT BUNDLE JUNIOR
 Answer: The construction of the hydroelectric power plant — GENERATED JOBS

Whether it's a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain improve a number of skills.

JUMBLE

THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

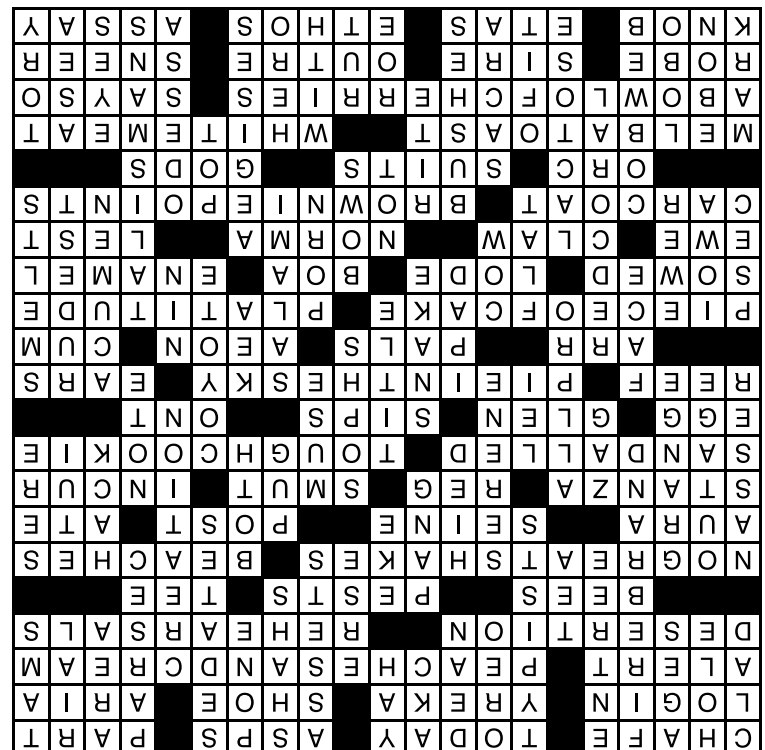


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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

ANSWER TO TODAY'S PUZZLE



Vascular Dementia

If you have questions regarding dementia, please reach out to Dementia Care Specialist, Emily Reitz at (608) 387-9250



Emily Reitz
DCS

Medical emergencies can happen anytime, anywhere, and to anyone. What happens when those medical emergencies affect a person's memory? This week we will talk about vascular dementia, potential causes, risks, and how to try and prevent it.

First, what is vascular dementia? Mayo clinic says, "Vascular dementia is a general term describing problems with reasoning, planning, judgment, memory and other thought processes caused by brain damage from impaired blood flow to your brain." (www.mayoclinic.org)

If you're familiar with the previous articles in this series, you may be seeing a pattern with many of these symptoms. But remember, everyone is different and therefore may experience different symptoms. That is why it is important to talk to a medical professional if you feel you or someone you love may be experiencing symptoms.

According to www.mayoclinic.org, "Factors that increase your risk of heart disease and stroke – including diabetes, high blood pressure, high cholesterol and smoking – also raise your vascular dementia risk. Con-



trolling these factors may help lower your chances of developing vascular dementia." Finally, what are some steps you can take to try and prevent or lower your risk of vascular dementia? A good saying to remember is, "What's good for the heart is good for the brain." Prevention of heart disease and brain health are closely linked and prevention methods are very similar. Besides, healthy living is a good rule of thumb for everyone!

Mayo Clinic staff suggest you maintain a healthy blood pressure ("keeping blood pressure in the normal range may help prevent both vascular dementia and Alzheimer's disease"), prevent or control diabetes, quit smoking ("smoking damages blood vessels everywhere in your body"), exercise regularly (every little bit counts!), and keep your cholesterol in check by eating a healthy, low-fat diet.

If you have any questions on vascular dementia or other dementia symptoms, please reach out to your Dementia Care Specialist, Emily Reitz at the Aging & Disability Center of Monroe County (608) 387-9250.

Evening Conversations for Caregivers

EVERY THURSDAY NIGHT
7:30-8:30 PM

Join us weekly for a relaxed conversation about caring for someone living with dementia. We share stories, struggles, and successes.

If Interested, please call:

Teresa Gander Vernon County at (608) 637-5201

Emily Reitz Monroe County at (608) 387-9250

Becky Woodke Buffalo,
Pepin and Trempealeau Counties (715) 538-1930



In collaboration with Dementia Care Specialist from the ARDCs of Monroe, Buffalo, Pepin, Trempealeau, and Vernon Counties.

Join by zoom or phone

Share a Smile Day March 1, 2022



Share a Smile Day is observed annually on March 1, and it's a day that encourages us to be a little bit more joyful. Created in 1997, this day has inspired people to share a smile with everyone they encounter. Smiling doesn't just only have emotional benefits — it has a lot of health benefits too. It leads you to feel relaxed and happy. This in turn can reduce your blood pressure and stress levels, increase your endurance, and even strengthen your immune system. So if you don't have a reason to smile, be the reason that someone else smiles and you might be surprised at how quickly you feel like smiling.

Save the Date

Wednesday, May 11th, 2022, Time TBD

AGING ADVOCACY DAY

Wisconsin Aging Advocacy Network

This will be a virtual event. Stay tuned for more information!

Contact: Janet Zander, 1414 MacArthur Rd., Madison WI 53714, janet.zander@gwaar.org (715) 677-6723



You are invited!

Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults and family caregivers a top priority for state legislators in 2022 and beyond.


More information coming soon!

#WisAgingAdvocacy2022



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