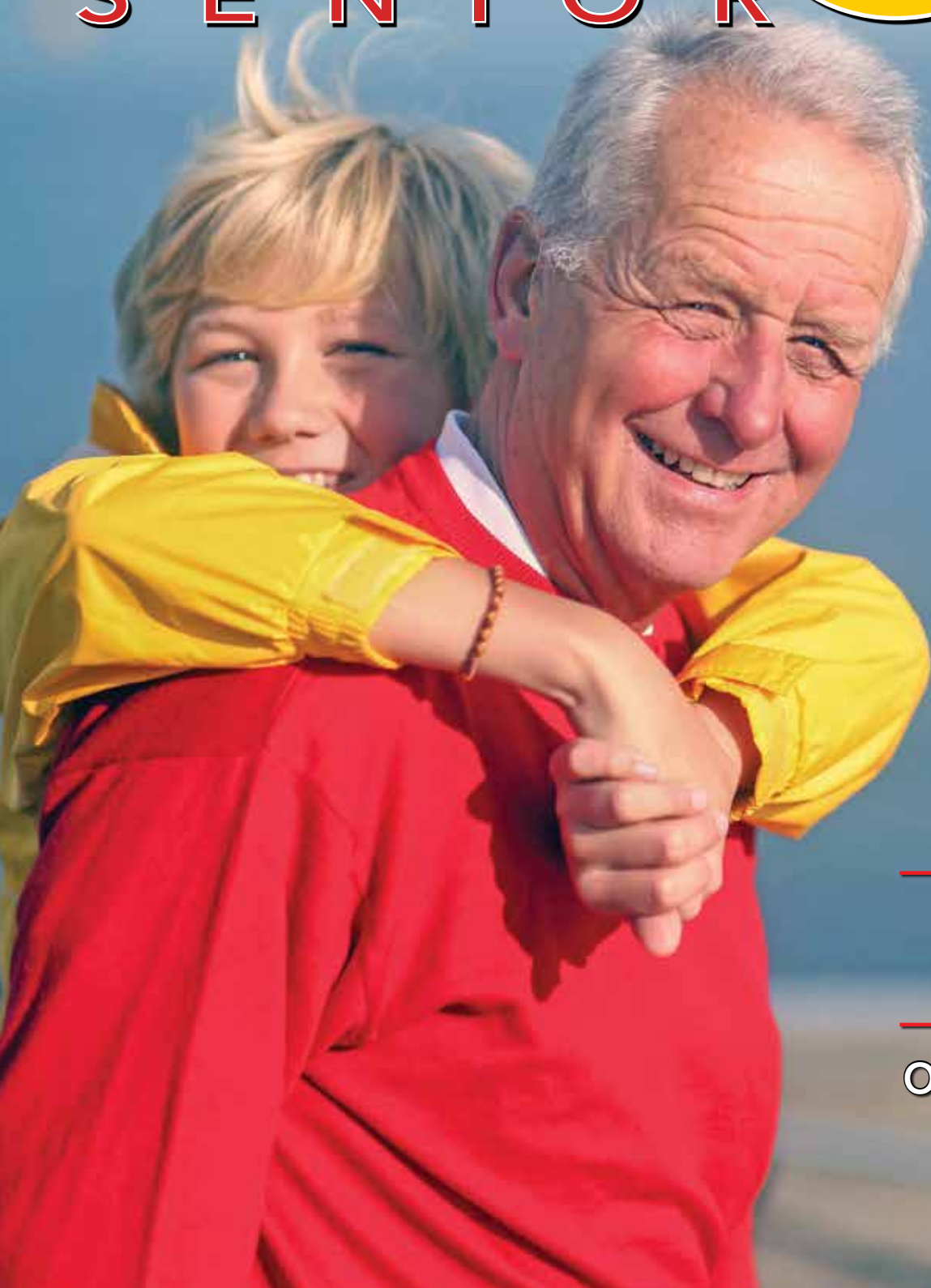


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How technology can help you age in place

By 2030, almost a quarter of the American population will be older than 65, up from 16% in 2020, creating a situation that’s going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence and Machine Learning are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

“While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we’re working to change that,” explained Chia-Lin Simmons, chief executive officer of LogicMark, which manufactures personal emergency response systems, health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its

medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

Faster response

PERS, also known as Medical Emergency Response Systems, allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wall-mounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security. To learn more, visit logicmark.com.

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above: Experts say Artificial Intelligence and Machine Learning are already providing improved quality of life for those who want to continue living independently at home.

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Living Senior



• CONTINUED ON PAGE 15

Positive ways older adults can enjoy a balanced lifestyle

As you age, it may be challenging to keep your life feeling both balanced and positive. For example, keeping up with your own health and nutrition, changes to your professional career, and spending time with friends and family can all lead to stress, which may have a negative impact on your overall feeling of well-being.

Fortunately, you can help support a well-balanced lifestyle by making more positive choices around nutrition and daily activity.

Here are five things you can try to improve the balance in your daily life.

Sneak in more protein

Protein is considered to be one of the most important nutrients as you get older, yet up to 44% of adults over 60 do not meet minimum protein requirements, according to The Journal of Nutrition, Health and Aging. You can increase your daily protein intake with snacks like nuts, seeds and Greek yogurt, but it can still be challenging to get enough protein through normal diet.

One easy and delicious way to add more protein to your day is the new BOOST High Protein Cinnabon Bakery Inspired Flavored



SUBMITTED PHOTO Living Senior

Mango Lassi Inspired Cinnabon BOOST Parfait

Ingredients

1 whole mango
1/3 cup plain Greek yogurt
1 bottle of chilled BOOST High Protein Cinnabon Bakery Inspired Flavored Nutritional Drink

Directions

Peel and dice mangos.
Add mango, yogurt and BOOST High Protein Cinnabon Bakery Inspired Flavored Nutritional Drink to blender.
Blend on high for 30-40 seconds or until a thick texture is achieved.

• CONTINUED ON PAGE 15

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Outstanding at the fair

Seniors, vendors and exhibitors honored for their efforts

SLN STAFF

On a sunny morning on the first day of the month, the first of two Senior Citizen Days at the Walworth County Fair saw the honoring of the county's Outstanding Seniors.

In addition to honoring the six senior citizens, Bob and Mary Anne Pearce were named Friends of the Fair, Kurt Picknell and Nancy Russell honorary marshals, Karbet Sawtelle and Ralph Giorno Outstanding Fair Exhibitors and Silver Dollar Bakery and Mitchell Johnson Outstanding Fair Vendor.

State Sen. Steve Nass presented the awards.

Walworth County Fairgrounds General Manager Larry Gaffey said that the honors have become a fair tradition.

"It has become a tradition to honor a select group of people whose contributions of time and talent have greatly benefited the county and the fair," Gaffey said. "Some exhibitors have been showing projects at the fair for decades, and some vendors have provided quality products for decades.

Biographies of the six Outstanding Senior candidates, as submitted for the contest, include:

Bill Holtz

Bill Holtz has been a lifelong Farm Bureau Member as far back as he can count. Bill, along with his Mom and Dad, remembers selling ice cream and milk during the Walworth County Fair.

Back in the "old" days, the members raised an open tent to set up their ice cream and milk stand. Holtz has been involved as a past member of Genoa City Milk Co-Op, then merged to Dean's Dairy. Holtz has traveled and visited hundreds of farms in southern Wisconsin and northern Illinois and all the way west to the Mississippi River as a Field Man Representative in 2012, for Woodstock Progressive, a milk marketing organization.

Holtz is always supporting new milk producers and some of those trips put on 400 miles a day to visit farms and support the 300 members in Woodstock Progressive.

Darlene Henning

Darlene Henning embraces her love others through volunteering in her community and those in need. She resides in Darien and is an essential leader for children's education and programing at First Baptist Church where she volunteers as Christian Education Director teaching Sunday School and a Vacation Bible School leader.

Not only is she busy with the children's programs, but she also helps in the church office and in tech support. She is an intricate part of helping the church run and stay organized. She also enjoys supporting the Walworth County Fair transporting the fair guests on the Golf Cart Shuttle. Henning is active in the Red Hats Society in her community and served on the board for the United Way for 16 years.

According to the Rev. Betsy Perkins, who nominated her, "Dar spreads joy wherever she goes! She is definitely an outstanding senior citizen."



from top: State Sen. Steve Nass presents Bill Holtz with his Outstanding Senior award at the Walworth County Fair, which honored a number of different individuals Sept. 1, including the Outstanding Seniors. Others recognized with the honor included Bob Voss, shown being presented his award by Nass and Darlene Henning, who speaks to those gathered during the award presentation.

TOM GANSER *Living Senior*

• CONTINUED ON PAGE 15

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Staying socially active may enrich mental fitness

When you think about exercise, you likely think about the physical health benefits of working out. Many people exercise regularly to lose or maintain weight, improve muscle tone and strength or increase flexibility.

For seniors, physical activity can help them stay mobile and, as a result, stay independent for longer. However, the benefits of exercise go beyond the physical and can potentially enrich your social life and mental state.

Stay social

Loneliness is a common problem for seniors and can have serious consequences on their overall well-being. According to the Centers for Disease Control and Prevention, more than a quarter of adults over 65 are socially isolated. Older adults are more likely to live alone and lose friends and family as they age.

The CDC also reports that social isolation in adults 50 or older has been

associated with higher risks of dementia, depression, anxiety and other health problems.

While these facts may be grim, there are many ways to combat loneliness, including group exercise. Health psychologist Kelly McGonigal in her book *The Joy of Movement*, explains that endorphins (the feel-good hormone) released during exercise also help us bond with others. If you've ever played team sports or regularly attended yoga or other group fitness classes, you've probably felt a camaraderie with those around you.

Programs like SilverSneakers by Tivity Health offer many types of group activities that make a difference in the lives of seniors. The company's 2021 Annual Member Survey revealed that 88% of members said that the program improved their quality of life and 52% made new and valuable friendships by participating.

To further improve seniors' social engagement, the program has partnered

with Stitch, the world's largest social community helping older adults create enriching social connections. The platform is now available to SilverSneakers members in participating health plans and allows them to connect around shared interests, like traveling, books and physical activities, virtually and in person.

Get moving

Movement and activity can also improve your mood and prevent mental health and mood disorders. The SilverSneakers Annual member survey found that depression among participants is 64% less prevalent than the Centers for Medicare and Medicaid Services national benchmark.

Also, according to the CDC, regular physical activity can reduce the risk of cognitive decline, including dementia, and improves your ability to think, learn

• CONTINUED ON PAGE 8

Staying active while you age will help combat loneliness. Social isolation has been linked to higher risks of dementia, depression, anxiety and other health problems.

STOCK PHOTO Living Senior



MENTAL FITNESS • CONTINUED FROM PAGE 7

and problem solve. This way, exercise works as a form of mental enrichment, an essential component of senior health.

Mental enrichment comes in many different forms, such as doing crossword puzzles or sudoku or learning a new hobby or activity. You can work out your muscles and your brain by taking up a new exercise class, such as trying Tai Chi, water aerobics or a dance class.

The virtual learning platform offers mental enrichment activities specifically designed for seniors with a wide range of online classes through a video platform optimized for ease of use, user engagement and social connection. Whether you want to learn how to meditate, try a new recipe or understand the latest smart home technology, you have plenty of live interactive group class options to choose from.

Improving your quality of life doesn't have to be difficult, and you don't have to do it on your own.

"This year, as we celebrate our 30th anniversary, we're celebrating both our foundation in senior fitness and our expansion to a healthy lifestyle program that offers members a range of virtual and in-person opportunities to stay healthy and connected," Tivity Health President and CEO Richard Ashworth said. "We know that health is more than physical,



and we are proud to provide seniors with the tools to stay healthy both in person and at home."

To find out if you're one of the 18 million seniors nationwide eligible for

SilverSneakers, visit www.silversneakers.com. To learn more about SilverSneakers and other programs available to members, visit Tools.SilverSneakers.com.

(BPT)

Exercise is vital for seniors to stay independent and healthy. The benefits of exercise go beyond the physical and can also enrich your social life and mental state.

STOCK PHOTO Living Senior



How empty nesters can overcome boredom

Raising children is a significant responsibility. Parents know there's no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding.

After roughly two busy and likely hectic decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss.

That's not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome." Though it's not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome, especially for parents who find themselves suddenly bored after years of being so busy. Empty nesters looking to banish boredom can consider these strategies.

Give your home a new look

Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now that the children have moved out, parents can take back that

space and refresh their homes. A home that's adapted for empty nesters will look quite different from one designed for families with young children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

Become a weekend road warrior

Newly minted empty nesters are likely still working full-time. But now that there's no soccer practices or band recitals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a subsequent trip to the great outdoors.

Reconnect with old friends

Some individuals experiencing empty nest syndrome may be hesitant to admit they're experiencing feelings of sadness and loneliness. But a recent Sky Mobile study of parents of teenagers in England

found that 47 percent were fretting about having an empty nest. So it's likely that old friends and fellow parents are experiencing feelings associated with empty nest syndrome. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience significant feelings of sadness and loneliness are urged to speak with a health care professional as well.

Replace kids' activities with your own

After years of toting kids from one extracurricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they're interested in a career change or pursuing an advanced degree for personal enrichment.

(METRO CREATIVE)

Newly minted empty nesters are encouraged to look at it as an opportunity to engage in activities that pique their interests after years of catering to the needs and wants of their children.

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Early retirement has advantages as well as disadvantages. Individuals are encouraged to consider both to make the best decision for them.

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The pros, cons of early retirement

Retirement is a milestone that is often the byproduct of decades of hard work. Though a growing number of working professionals have no intention of ever retiring, the vast majority of adults look forward to the day when they can call it a career.

The prospect of early retirement is enticing to millions of people. Though retiring early may seem like a no brainer for individuals in position to do so, a careful consideration of the pros and cons of early retirement can ensure people make the best decision.

Benefits of early retirement

For many people, early retirement is less about finding a beach to relax on and more about pivoting to a second career. In fact, a recent report from the Employee Benefit Research Institute indicated that 74% of workers plan to get a new job after they retire.

In such instances, early retirement is often about turning a long-time passion into a second career. That can help adults achieve a lifelong dream, making it one of the better reasons to retire early.

Another advantage to retiring early is the chance to spend more quality time

with family. One study from the American Psychological Association found that more than half of working professionals now check work emails after work hours, including on weekends.

Forty-four percent even check their email while on vacation. Early retirement enables individuals to escape that round-the-clock career commitment, affording retirees a chance to spend more unfiltered quality time with the people they love most.

Retiring early also provides an opportunity to escape a daily grind that many people have indicated has become increasingly burdensome in recent years. The 2021 Work and Well-Being Survey from the American Psychological Association found that 79% of the roughly 1,500 adults surveyed had experienced work-related stress in the month prior to participating. Work is a leading cause of stress for many people, and stress has been linked to a host of health problems. Individuals who can retire early can benefit from less stress in their lives.

Disadvantages to retiring early

Retiring early can seem like a dream, but it could turn into a nightmare for

people whose finances aren't as robust as they need to be to support a lengthy retirement.

One report from the Boston College Center for Retirement Research found that around 50% of working families face a significant decline in their standard of living during retirement. Life expectancy has been on the rise in developed countries since 1900, so retiring too early carries some significant financial risk for people who have saved but not necessarily saved enough.

Retiring early also could make people more vulnerable to cognitive decline than they would be if they keep working. One study from researchers at Scotland's University of St. Andrews found that people who wait until age 67 to retire experience less cognitive decline than people who retire prior to turning 67.

Out-of-pocket medical costs are another significant disadvantage to retiring early. Employer-sponsored medical insurance tends to cost individuals less than private plans, which is a significant consideration for individuals at a point in their lives when they may need to visit doctors more often.

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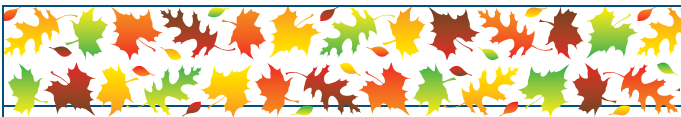


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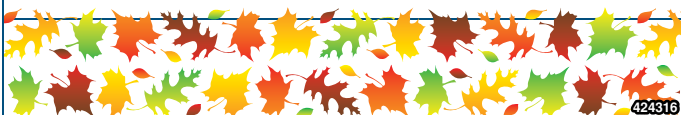
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A true servant

Hintz honored for decades of community service

By Jason Arndt
STAFF WRITER

Peter Hintz simply couldn't pull himself away from serving the Burlington community for several decades.

Hintz, a former City of Burlington Police Officer before earning election to the Common Council, also served on multiple committees and commissions.

His long-standing service, which extends 30 years, earned recognition from Burlington Mayor Jeannie Hefty and the Common Council at a recent Committee of the Whole meeting.

"I, Jeannie Hefty, Mayor of the City of Burlington, the Common Council and the citizens of the City of Burlington, would like to thank and commend Peter Hintz for 30 years of dedicated service to the City of Burlington," a plaque commemorating his service stated.

Considering the multiple capacities, and committees he served on, Hefty could have issued two plaques to showcase Hintz's numerous commitment to the community.

From 1975-79, Hintz was a member of the city police department until he moved onto the Racine County Sheriff's Office, where he retired as investigator in 2004.

Upon leaving the City of Burlington Police Department, according to Hintz, Hefty encouraged him to continue serving the Burlington community.

Hefty, in her first stint as mayor, suggested Hintz serve on the defunct Water Commission.

"I am always looking for ways to serve the city and the first one was the Water Commission," said Hintz, who worked second shift for the Sheriff's Office at the time.

He served on the Water Commission



Burlington Mayor Jeannie Hefty presents Peter Hintz with a plaque recognizing his 30 years of dedicated service to the City of Burlington at a recent Committee of the Whole meeting.

JASON ARNDT *Living Senior*

from 1992 until 1997 when the city disbanded the committee.

"When the Water Commission was disbanded, (Hefty) was like 'Why don't you run for alderman?' Hintz recalled. "So, I did and that was for 10 years."

Hintz served two stints as second district alderman, with the first from 1996-2006, followed by a six-year tenure from 2009-2015.

In the meantime, Hintz played a role on the Veterans Board (1996-1999), Park Board (1998-2006), Library Board (2013-2014), Board of Public Works (2005-2006, 2013-2014), Historic Preservation Commission (2009-2011) and Police and

Fire Commission (2015-2022).

Hintz, in brief remarks to the Common Council, said he always felt compelled to serve the city he enjoys.

"I have always enjoyed working for the City of Burlington," he said. "I think it is an obligation."

Hintz, however, founded another obligation as a grandfather and recently decided to step away from the Police and Fire Commission.

"I just got off of that a little while ago, because I wanted to spend more time with my grandchildren," said Hintz, who carried two of his grandchildren out of the Council Chambers upon receiving his plaque.

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want more variety, consider new hobbies that bring you out into Mother Nature.

Taking part in outdoor activities can make a real difference when it comes to finding balance and enjoyment each day. Swimming, biking, hiking, yoga, gardening and more – whatever pastimes that get you moving outdoors, bring you joy, and put a smile on your face are worth spending time doing.

Plan social times

Having strong social ties and meaningful relationships increases quality of life and adds balance and meaning to your days. It's not about quantity of connections, it's about quality. Make time to socialize with friends, families and people in your community.

Some ideas include joining a book club or game group, planning weekly phone chats with friends, meeting for monthly lunches with family, and signing up for continuing education classes in subjects of interest or groups at your local community center or church.

Prioritize rest

A balanced day isn't just about eating well and moving your body. You need to make rest a top priority, especially as you age, so your mind and body can properly recover. This means getting at least seven

hours of sleep a night, as well as taking breaks during the day if needed. There's nothing wrong with a quick nap, so listen to your body.

(BPT)

TECHNOLOGY

• CONTINUED FROM PAGE 3

may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.

Lighting the way

Motion-sensing lighting can make nocturnal trips to the bathroom – common in one's golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

“True independence must be accompanied by peace of mind for you, your family and your caregivers,” Simmons said. “By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones.”

(STATEPOINT)

OUTSTANDING SENIORS • CONTINUED FROM PAGE 5

Fr. Daniel Joseph Sanders

Fr. Daniel Joseph Sanders, of St. Benedict's Church in Fontana, is a true son of Wisconsin and embodies the calling to serve others and is devoted to the community and its people.

Sanders has played a significant roll in providing temporary overnight shelter for the homeless and less fortunate, involving St. Benedict Church as a host site for one week every month from fall to spring.

From supplying book bags and school supplies at the beginning of the school year to seeing that Walworth County agencies have gifts of pajamas and books to give to families during the Christmas season, Sanders has always been there.

He supports nursing homes in the area with spiritual needs and attends and supports a clergy gathering of ministers of all faiths in the area. He works with Inspiration Ministries when there is a need and Sanders had the vision for Open Arms Free Clinic and is the one who has made it a reality for those in need in our communities.

Bob Voss

Bob Voss was born on the farm he lives on to this day in Walworth. He has been married to Diane for more than 60 years and has enjoyed being a Walworth 4-H

Leader, 4-H Dairy Leader, and 4-H Poultry Leader for 35 years.

Voss has a long list of volunteer history including 4-H Softball Leader, he has worked in Barnyard Adventure at the Walworth County Fair, and drove the Tractor Trolley during the fair just to name a few.

Voss has served on the Wisconsin Dairy Council, Wisconsin Milk Marketing Board, Wisconsin Dairy Milk Board, Genoa City Milk Co-op Board, Woodstock Progressive Milk Board, Southeastern Regional Planning Board, Big Foot Prairie Historical Society and he has 27 years under his belt on the Walworth Town Board and chairman of the board.

Voss was an outstanding 4-H-er and has showed cattle at the Walworth County Fair. He works at Dancing Horses and Indian Village History Dairy and is a Charter Member of Faith Lutheran Church in Walworth.

Robert Milliman

Robert Milliman has been described as having a “servants” heart on one of his many nomination letters. His authentic spirit and generosity pour out to everyone he connects with. Milliman is actively involved in his local church, Grace Evangelical Free Church in

Walworth.

He serves on many committees formally and informally. He assisted the lead of Compassion Ministry, launching a ministry to reach the local community coming alongside those who struggle with material poverty.

Milliman has just retired from being Chaplin in the jail ministry for several years. He is a man of action and regularly volunteers in many different capacities inside and outside of the church.

Milliman volunteers at Agape House is also a Compassion Team member at church. He is a man of his word and regularly seeks to put the needs of others ahead of his own.

Leonard Hahn

Leonard Hahn is the person that when you call, he answers and does what ever is asked of him to help his community. He is a proud member of Post 95 American Legion in Delavan and is a historian, chaplain adjutant, smelt fry chairman, a member of Our Redeemer Church and also an elder.

Hahn helps with teaching school children as an assistant. He gives back to his community and for those around him. He truly cares about his country and community.

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