



# The Golden View

The Community Newspaper For Adults 55 Plus

May, 2023

Dedicated To The Young At Heart

Dubuque, Iowa

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## Dubuque Symphony Orchestra Announces 2023 Pursuit of the Podium Candidates

by Kathleen Hoepfer,  
Director of Marketing and Community Relations,  
Dubuque Symphony Orchestra



L-R: Nicole Gantz, Erin Dragotto, Tom Yunt

The Dubuque Symphony Orchestra (DSO) announces its annual fundraiser, Pursuit of the Podium. Three local individuals have been chosen to compete in this year's fundraiser. The contestant that raises the most money on behalf of the DSO between April 1 and June 19 will conduct one piece at the DSO's Holiday Concerts, December 2-3, 2023.

Contestants include Nicole Gantz, Erin Dragotto and Tom Yunt. Profiles of each contestant can be found on the symphony's website.

To make a donation on behalf of a Pursuit of the Podium contestant, please visit [www.DubuqueSymphony.org](http://www.DubuqueSymphony.org) or mail your gift to the Dubuque Symphony Orchestra at 2728 Asbury Road, Suite 900, Dubuque, IA 52001.

The Pursuit of the Podium winner and total amount raised will be announced at the Summer Melodies concert at the Dubuque Arboretum on Sunday, June 25, 2023.

Pursuit of the Podium supports a variety of initiatives consistent with the DSO's mission, which is to engage the tri-state community and enrich its quality of life through live musical performances and educational programs. The DSO serves approximately 20,000 people each year. Since Pursuit of the Podium was first introduced during the 2012-2013 season, thirty-seven community leaders have participated and raised more than \$237,000.

For more information, call the Dubuque Symphony Orchestra office at (563) 557-1677.

## Hospice of Dubuque Tree of Life Memorial Service

by Tiffany Stietz,  
Community Relations Coordinator, Hospice of Dubuque



Throughout 2023, Hospice of Dubuque is celebrating 40 years of service to our tri-state community. We were created in 1983 for one purpose—to provide compassionate care for patients and families in the greater Dubuque area. For 40 years we have faithfully fulfilled this mission.

Often, hospice is misunderstood as being about death and dying, with care for the last days of life. In reality, hospice is about life and living! Patients and families can benefit from hospice care for six months or longer. The goal of care from Hospice of Dubuque is to ensure comfort and quality of life. We focus on addressing the needs of the patient and family so life can be lived to the fullest.

In addition to hospice services, Hospice of Dubuque offers a variety of grief support programs. One very special program is held each May—the annual Tree of Life Memorial Service. Hospice of Dubuque

hosts this treasured bereavement event in Washington Park in downtown Dubuque. Members of our tri-state community are invited to gather on Tuesday, May 23, at 7:30 pm for an evening in which we will come together holding our loved ones in our hearts. Due to limited seating in the park, many guests bring a lawn chair or blanket.

During the Tree of Life Memorial Service, a personal story of healing and hope will be shared. There will also be reflection, prayer, and music. At the conclusion of the service, the Tree of Life display will be illuminated, with each light representing loved ones who are held in our hearts. The Tree of Life will remain lit through Memorial Day weekend, serving as a reminder that memories of our loved ones remain as vibrant and beautiful as the flowers of spring.

If you would like to remember someone with a light on the Tree of Life display, send a tax-

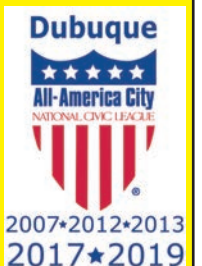
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1600 S. Madison St., Lancaster  
May 25 at 11 AM

AmericInn  
1910 Nairn Drive, Maquoketa  
May 5 at 11 AM

Ramada Inn  
11383 Hwy 20, Galena  
May 17 at 11 AM

Country Inn  
630 S. Water St., Platteville  
May 9 at 11 AM

Johnson Public Library  
131 E. Catherine St., Darlington  
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**Stonehill Communities Expands Services with Acquisition**



Stonehill Communities has acquired Roots of Dubuque, a home care services provider, as of April 3, 2023. Stonehill Communities will provide non-medical home care services under the name "Stonehill At Home."

"Stonehill At Home will be an extension of Stonehill Communities' continuum of health and wellness services for older adults. Like our other services, home care will meet you where you are in life," said Gretchen Brown, Stonehill President/CEO.

Stonehill At Home will help with activities of daily living such as bathing, dressing, eating, and exercise; household tasks such as housekeeping, laundry, meal preparation, and running errands; and social well-being through companionship, activities, wellness checks, and respite care. Services will be available around the clock.

Stonehill sees this expansion as a strategic, mission-driven growth opportunity to adapt to the changing needs of the community.

"We have seen a need for more home care services in the

Dubuque area. As the aging population grows over the next several years, more people will be staying in their homes longer. Stonehill At Home can help keep individuals safe and healthy at home," said Peggy Stockel, Stonehill Administrator.

Stonehill is currently hiring full-time and part-time personal caregivers, homemakers, and companions for Stonehill At Home. Individuals currently providing home care services to family members may be eligible for limited employment. Services are expected to be available to the community this summer.

Additional information is available at [www.stonehilldbq.com/how-we-care/homecare](http://www.stonehilldbq.com/how-we-care/homecare) or 563.690.9765.

In the spirit of St. Francis of Assisi, the mission of Stonehill Communities is to provide a continuum of quality lifetime care services in a dignified atmosphere. Stonehill offers a full continuum of senior health and wellness services including independent and assisted living, assisted living memory care, post-acute rehab, long term care, memory care, inpatient and outpatient therapy, palliative care and hospice care, and a state-of-the-art wellness center and the Caregiver Resource Center, which are open to the public. More information is available at [www.stonehilldbq.com](http://www.stonehilldbq.com).



**Hospice of Dubuque  
Tree of Life**

**Tuesday, May 23, at 7:30 pm  
Washington Park**

At this special event, a personal story of healing and hope will be shared. The evening will also include reflection, music, and lighting of the tree.

Anyone may purchase a light to honor a loved one.



Send a tax-deductible gift with the name of your loved one by May 18 to:  
*Hospice of Dubuque  
1670 JFK Road  
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**Happy Older  
American's Month**

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 Website: www.thegoldenviewonline.com  
 Publisher: Golden View Publishing, Inc.  
 Editor – Bill Beutin  
 Graphic Design – Tom McGovern  
 Founders: Joan and Rudolph Bellmann  
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S.E. Persinger	Phyllis Zalenski	Jerry Eberhardt
Ken Resch	Danielle Day	Rev. David J. Claassen
		Derek Paulson

**THIMBLE THEATRE PRESENTS**  
**POPEYE**  
 BY RANDY McHOLLAND

MISERABLE LITTLE BILGE RAT! EVEN YOU CAN'T SAVE THE GOONS THIS TIME... ... OR YOURSELF!

ARE YOU SERIOUSLY PLAYING WITH YOUR ACTION FIGURES AGAIN? MAKE SOME FRIENDS. I WOULD IF SOMEONE HADN'T MISPLACED MY NECROMANCY TONES!

THIS IS YER LIBRARY? LEASK IT WONT TAKE US LONG TO LOOK FER INFO ON GOONHALLA. THERE NEEDS T BE A WORD FER IMPRESSED BUT ANGRY.

GOONS GOTSK WORDS FER ERYTHINK.

MEANWHILE... GOPSI! OUT OF DONUTS! YOU ALL KEEP TALKING AMONGST YOURSELVES. SOMEONE SURELY KNOWS ABOUT GOONHALLA! POP!

I DUNNO WHAT'S GOIN' ON, BUT I HAVE A FEELING WE NEED TO FOLLOW THAT BLUE GUY!

C'MON, JUNIOR. HOW OFTEN DO PEOPLE VANISH FOREVER AFTER ENTERING A PORTAL?

WOW, THAT WAS A LOT OF SPECIFIC TRUE CRIME FACTS. WHEN WE'RE DONE HERE, WE'RE HAVING A CHAT ABOUT YOUR READING HABITS.

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**TIGER** BY BUD BLAKE

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FINDERS KEEPERS! GET OUTTA HERE!

HEY, WE GOTTA QUIT. I'M LATE, I GOTTA GO HOME NOW, TIGER.

WHAT YOU LOOKING FOR? A QUARTER. I MUSTA LOST IT WHILE WE WERE WRESTLING.

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WHAT YOU LOOKING FOR? A QUARTER. I MUSTA LOST IT WHILE WE WERE WRESTLING.

FINDERS KEEPERS! GET OUTTA HERE!

**BARNEY GOOGLE AND SNUFFY SMITH**

I AM IN DESPERATE NEED OF SOME PEACE AND QUIET, SNUFFY !! WELL, BARNEY, YOU'VE COME TO TH' RIGHT PLACE !!

HOW DO YOU GET A LITTLE PEACE AND QUIET AROUND HERE, 'WEEZY ? SIMPLE !! JEST USE A FEW OF MY SECRET MAGIC WORDS !!

CARE TO SHARE ? SHORE THING, BARNEY !! PSST, PSST, PSST !!

WHO WANTS TO HELP ME CLEAN THE BARN AND THE PIG PEN AND THE CHICKEN COOP ?! SEE ? EV'RYONE RUNS LIKE RABBITS AN' I GUARANTEE YA WON'T BE BOTHERED FER A GOOD TWO OR THREE HOURS !!

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**GO FIGURE!** by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

**DIFFICULTY: ★★**  
 ★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

	×		-		15
-		+		-	
	×		+		15
×		+		×	
	×		+		13
16		13		15	

1 2 3 4 5 6 6 8 9  
 Go Figure! Answer on Pg. 24  
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**STICKELERS** [sic].  
 by Terry Stickels

Five of the six words below share a common characteristic. Can you figure out which word doesn't belong with the others?

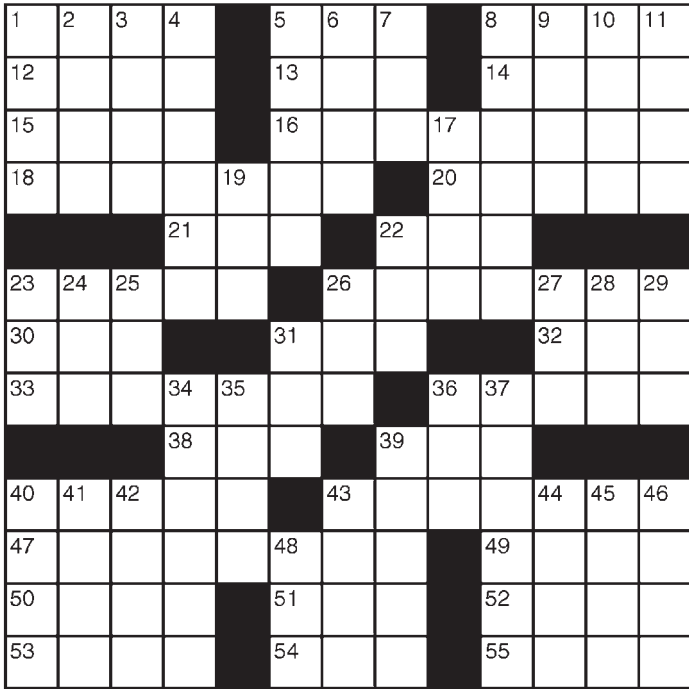
STAB  
 STARS  
 GHOST  
 HIGH  
 DESIST  
 EFFORT

Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Burden
- 5 "Terrif!"
- 8 Confront
- 12 Guesser's words
- 13 Rushmore face
- 14 Big-screen format
- 15 Banner
- 16 Actuality
- 18 Prepare for printing
- 20 Staffers
- 21 Small batteries
- 22 "Today" rival, briefly
- 23 Bizarre
- 26 "The West Wing" actor



- 30 Altar constellation
- 31 Group of whales
- 32 Pledge
- 33 Was behind schedule
- 36 "Thank Me Later" rapper
- 38 — tear (raging)
- 39 Sticky stuff
- 40 Cockeyed
- 43 Worldly
- 47 Stop signal
- 49 Small iPod
- 50 Story
- 51 Calendar abbr.
- 52 Flintstones' pet
- 53 Scratched (out)
- 54 Earth (Pref.)
- 55 RBI, for one
- 9 During
- 10 Sidewalk eatery
- 11 Former mates
- 17 Mary's follower
- 19 Melancholy
- 22 Deity
- 23 Series of battles
- 24 Historic period
- 25 007 creator
- 26 Caviar base
- 27 Lab eggs
- 28 Stir-fry pan
- 29 Lamb's dam
- 31 School support org.
- 34 Did nothing
- 35 Con
- 36 Medico
- 37 Bout segments
- 39 Very beginning
- 40 Jocular Johnson
- 41 Ship wood
- 42 Between jobs
- 43 Actress Elisabeth
- 44 Cannes milk
- 45 "Downton Abbey" role
- 46 Cheer (for)
- 48 Joke

**DOWN**

- 1 Barn storage area
- 2 Paris airport
- 3 Now, on a memo
- 4 Ersatz bookmark
- 5 Taxi costs
- 6 Help a crook
- 7 Arthur of "Maude"
- 8 Re offspring

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Be sure to check the website  
[TheGoldenViewOnline.com](http://TheGoldenViewOnline.com)



## Adopting an Older Cat Can Bring Unexpected Issues

**DEAR PAW'S CORNER:** We recently adopted a 12-year-old orange tomcat. Abel is neutered and well behaved, but he has some health issues that we didn't bargain for. He's overweight (we're working on it) and recently needed a tooth pulled. He gets ear and eye infections frequently. I'm not about to give him up, but I wanted others to know that a senior cat often has more medical needs than younger cats. The tradeoff is that he's a sweet, gentle cat, well adapted to humans, and seems less inclined to escape from the house than a younger cat might. — *Kelly B., Salt Lake City*

**DEAR KELLY:** Thank you for sharing your experience! Abel sounds like a wonderful cat. Senior cats, age 11 to 14, do

need extra monitoring. They often have health issues specific to older cats, and can be more susceptible to infections, bad teeth, etc. Pretty much all the same issues humans face as we grow old!

As you've noted, Abel's diet is really important. Not just to lose weight and keep it off, but to make sure he's getting the right nutrition for a senior cat. A cat food formulated for older cats is helpful, but owners should work with the veterinarian to determine the amount and type of food to give their cat each day. Lots of protein is a must, as this article by VCA points out: [vcahospitals.com/know-your-pet/feeding-mature-senior-and-geriatric-cats](http://vcahospitals.com/know-your-pet/feeding-mature-senior-and-geriatric-cats)

Dehydration is another factor for older cats. Empty and refill your cat's water bowl each morning and monitor how much the amount decreases throughout the day to determine how much he drinks.

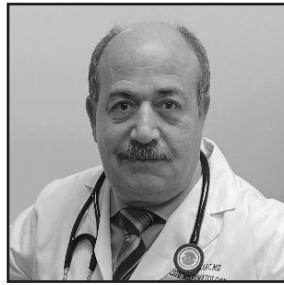
Finally, monitor your cat's litter box habits. Write them down and take them to the next vet checkup to make sure there are no hidden health problems cropping up.

*Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com).*

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Dubuque County Treasurer, Michael Clasen, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2023.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$25,328** annually, you may be eligible for a reduction in property taxes.

Those eligible may either phone the Treasurer's office for a form or come in for assistance in completing the forms.

Last year we had 380 people qualify for the credit. If you have any questions as to whether you are eligible, please contact the Dubuque County Treasurer's office.

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## COME CHAT with ME

by S. E. Persinger



The past Easter of 2022 was a day of enlightenment for me. I had received two invitations to share an after church celebration. So, you might say, I had plan "A" and plan "B." Naturally, since "A" was the first invitation, that is the one I would honor. But on Easter morning I received a call at 8:00 A.M. telling me that unfortunately the event had been called off. Of course I was disappointed but at the same time I knew that I had a back up plan. So, I called the host of plan "B" and asked if the offer was still on the table.

Yes, indeed it was. Then I was informed that I would be picked up around noon. Well, now I had a dilemma. I had been so sure of my first offer that I had not prepared an entree to bring to the family buffet. Actually, I am not kin of this family but have known them for more than 50 years. My husband

and I went to all graduations, marriages, baby showers, and sadly funerals of these friends. I am very comfortable with all these people.

But, what could I bring to the gathering, even though I was told I didn't have to bring anything. I looked around the kitchen to see what I could prepare in minutes. Nothing! I didn't even have a big bag of potato chips, a large jar of pickles, an unwrapped package of paper plates, or even a pound of real butter to bring. So, I just brought me.

The buffet was wonderful and well prepared for a lot of relatives. Some of us took a turn eating at a table while some people were visiting and actually snacking before sitting at the six chair table when others finished their eating and went to seek out a family member to talk with.

Those attending the gathering were of all ages. The ages were from 2-1/2 months to more than 80 plus. And the highlight of my day was when I got to cuddle the sleeping baby boy in my arms. My youngest great grandson is five years old so it had been a long time since I held such a tiny baby. As I held the precious little fella in my arms, I had time to look around the room. It was humming with the voices of people of three cultures, many different faiths, and all individuals with their own personalities. But, the laughter and smiling faces were genuine. All of us there were people. People enjoying the company of other people.

I just have to mention that the hostess sent a full meal home with me to enjoy the next day. And that I did. I felt like a queen being served another Easter meal. I even had a dessert.

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### Hospice of Dubuque from Pg. 1

deductible gift of any amount, along with the name of the person who has touched your life, to Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002 or donate online at [hospiceofdubuque.org](http://hospiceofdubuque.org). Names received by Friday, May 19, will be included in the printed Tree of Life program.

Hospice of Dubuque is the only local, nonprofit hospice. We are proud to be your hometown hospice, and we are privileged to journey with hundreds of tri-state patients and families each year. Please remember that the Hospice of Dubuque staff and volunteers bring hope and healing, life and living, throughout the last chapter—not just the final days—of life.

Please note that the rain site for the event is The Grand Opera House, 135 W 8th St, Dubuque. A special thank you to Behr's Funeral Home, this year's Tree of Life advertising sponsor. For more information, call **563.582.1220** or email [cr@hospiceofdubuque.org](mailto:cr@hospiceofdubuque.org).

**An Uplifting Moment**  
with **Rev. David J. Claassen**  
Visit me on the internet!  
[www.daveclaassen.com](http://www.daveclaassen.com)



**On Being Useful**

I like going to garage sales. You never know what great buy you'll come upon. As I hold the object, delighted at the low price on the sticker, I ask myself a question: "Do I need this?" "Is it useful?"

Being useful is important to me, not just when reflecting on garage sale items but also when it comes to me. Am I useful? Best selling author Robert Fulghum asks a question on his web site/blog, "Why do I continue to write?" He then answers his own question, "To be useful."

I can relate to Fulghum. I too write to be useful. I hope you find these writings of mine useful. I'm certain that Fulghum and Claassen aren't the only ones who want to be useful. I'm certain you want to count yourself among us.

Fulghum writes these encouraging words, "Often, without realizing it, we fill important places in other's lives. It's that way with the guy at the corner grocery, the mechanic at the local garage, the family doctor, teachers, co-workers, and neighbors."

It's a good feeling to know we're useful. It's a yucky feeling to feel useless. Sometimes we feel yucky!

The truth is that we all have people within our sphere of influence. When we doubt this, all we need to do is think of how many people over whom we have the power to ruin their day by being selfish, judgmental, intolerant, or just generally obnoxious. The opposite, then, is also true. We have the power to make their day!


Being useful often requires being intentional, pro-active about connecting with others in positive ways. Who can we connect with through a face-to-face encounter, a letter, a phone call, or even texting and messaging today or maybe tomorrow?

What personally motivates me to be useful to others is that first and foremost I'm under the conviction that God wants me to be useful to Him. I find that when I decide to be useful to Him it almost always involves being useful to others; it's just the way He's designed it.

I can recall it being said on more than one occasion by one person to another, usually by a person who's working to a person nearby who's not working, "Here, make yourself useful," as they hand them a broom, shovel, or some other tool. The challenge is there for each of us, a challenge worth accepting, for it's what

An Uplifting Moment cont. Pg. 10

**THE ILLUSTRATED BIBLE**



*I am in the midst of lions;  
I am forced to dwell  
among ravenous beasts  
— men whose teeth are  
spears and arrows, whose  
tongues are sharp swords.*

PSALM 57:4

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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Philippians (KJV) in the Old or New Testament or neither?
2. From Mark 8, Jesus healed a blind man by putting what onto his eyes? *Sand, Wind, Blood, Spit*
3. What elderly cousin of Mary was the mother of John the Baptist? *Jael, Rahab, Sarah, Elisabeth*

4. In Hebrews 13:17, how should Christians act toward elders? *Respectfully, In submission, Cheerfully, Timidly*
5. What book of the Bible foretold the virgin birth? *Joel, Isaiah, Jonah, Malachi*
6. Who was Shamgar the son of? *Ehud, Samson, Anath, Tola*

**ANSWERS**

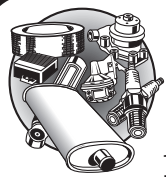
(5) Isaiah 7:14, (6) Anath  
(3) Elisabeth, (4) In submission, (1) New, (2) Spit (spittle),  
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—Elizabeth Stone

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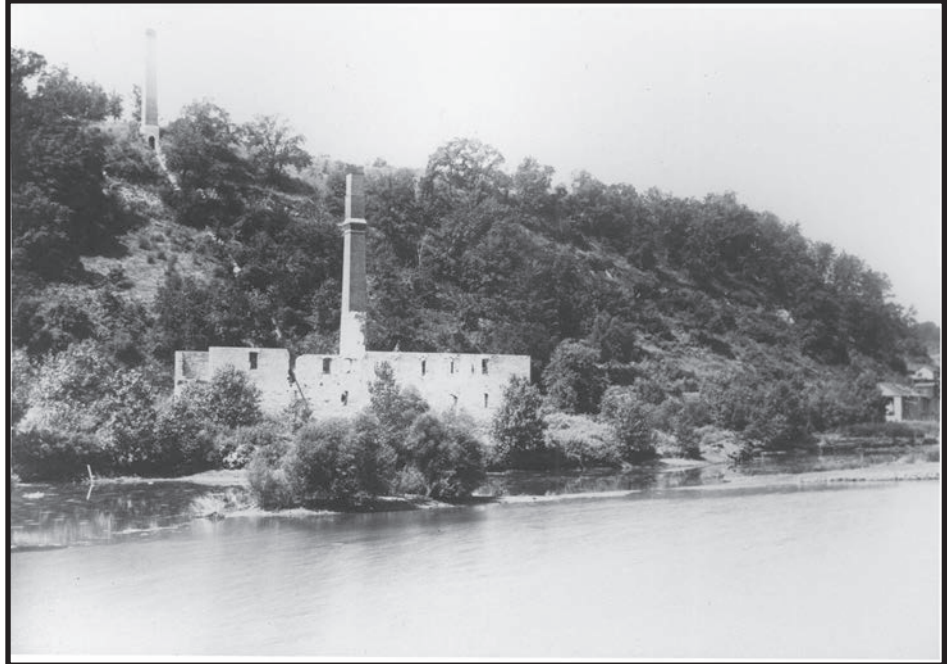
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## YESTERDAY AND TODAY BY MICHAEL GIBSON



In 1867, brothers Martin and Newell Moore built a lumber mill south of Dubuque in the vicinity of what used to be Rafferty slough and later Maus Park. The company was called Dubuque Lumber and the saw mill was one of the largest milling operations between Minneapolis and St. Louis. The mill had two smokestacks one on the bluff and one below attached to the main saw mill. This ca. 1900 photo shows the remains of the one located on the bluff. (Photo courtesy of the Center for Dubuque History, OHE p.159 Neg. roll 1335).

Yesterday & Today cont. Pg. 9



Michelle Bell,  
Social Security District Manager,  
Dubuque, Iowa



### Social Security Honors Our Military Heroes

On Memorial Day, our nation honors military service members who have given their lives for our country. Families, friends, and communities pause to remember the many great sacrifices of our military and ensure their legacy lives on in the freedoms we all enjoy. We recognize these heroes who, in President Lincoln's words, "gave the last full measure of devotion."

expedite your disability claim. Both the Department of Veteran Affairs and the Social Security Administration have disability programs. You may qualify for disability benefits under one program but not the other, or you may qualify for both. Depending on your situation, some of your family members, including your dependent children or spouse, may be eligible to receive Social Security benefits.

The benefits we provide can help the families of deceased military service members. For example, surviving spouses and their dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at [www.ssa.gov/survivors](http://www.ssa.gov/survivors).

Want more information? Visit [www.ssa.gov/people/veterans](http://www.ssa.gov/people/veterans) for answers to commonly asked questions or to find information about the application process.

We also offer support to our wounded warriors. Social Security benefits protect veterans when an injury prevents them from returning to active duty or performing other work. Wounded military service members can receive expedited processing of their Social Security disability claims. Are you a veteran with a 100% Permanent & Total compensation rating from the U.S. Department of Veterans Affairs? We will

Thinking about retirement? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage, You Can Get Both Military Retirement and Social Security Benefits, at [www.ssa.gov/planners/retire/veterans.html](http://www.ssa.gov/planners/retire/veterans.html).

Please share this information with the military families in your community. To the veterans who bravely served and died for our country, and to the military service members who serve today, we honor and thank you.

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Yesterday & Today from Pg. 8

Michael Gibson has decided to take a hiatus from the Yesterday and Today feature. He has given permission to recycle previously published photos and captions for your enjoyment.



Today the smokestack is gone, but a paved Mt. Carmel Road winds down the side of the bluff near the location of the old smoke stack. (Photo by Terry Grant).

**American Cancer Society  
Relay For Life of Dubuque County  
to Help End Cancer as We Know It**

The annual Relay For Life event will be on Friday, June 2 from 5-10 pm at the McGraw Hill Parking Lot.

Although the American Cancer Society Relay For Life of Dubuque County is not until June 2, work is beginning now to build the celebration that will bring together passionate supporters who embody the American Cancer Society mission to end cancer as we know it, for everyone.

Relay For Life is a volunteer-led experience that unites communities across the world to celebrate cancer survivors, remember loved ones lost to cancer, and raise funds to improve the lives of people with cancer and their families through advocacy, research, and patient support, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

“We share a passion to save lives, celebrate lives, and work to end cancer as we know it – for everyone,” said Tammy Welbes, Relay For Life chair. “In 2023, more than 1.9 million new cancer cases will be diagnosed in the United States and more than 600,000 Americans will die from cancer. Being there for anyone impacted by cancer is year-round work, and we’re excited to kick-off the Relay season for 2023.”

The event is free to enter and will kickoff at 5:00 PM. This year’s theme is *Groovin’ For a Cure*:

*Dancing Through the Decades*, and features music through the decades, food trucks, family-friendly games, themed laps, a luminaria lined walking path, and more. All are welcome!

Relay for Life of Dubuque County raised more than \$95,000 for the American Cancer Society’s mission in 2022, and we are hoping to exceed that goal in 2023.

“In Dubuque County, Relayers come together because of a shared passion for ending cancer as we know it. No matter how cancer has impacted your life or how you want to get involved, you have a team here, ready to welcome you,” said Jeff Timmerman, Relay For Life volunteer.

There are many ways to get involved.

- **Join:** Join a Relay community to connect with survivors, caregivers, and others impacted by cancer in our community. *You do not have to attend the event to have a team.*

- Visit [RelayForLife.org/DubuqueIA](https://RelayForLife.org/DubuqueIA) to sign up for Relay and join our community in the fight against cancer.

- **Donate:** Your donation fuels the American Cancer Society’s fight against cancer. Visit [RelayForLife.org/DubuqueIA](https://RelayForLife.org/DubuqueIA) or donate to your own team today.

**Celebrating Inclusion & Visibility  
Dubuque Pride Family Picnic + Block Party  
Returns, Prouder Than Ever**

After hosting a crowd of over 550 in 2022, the Multicultural Family Center’s Dubuque Pride Family Picnic + Block Party returns June 3rd, 2023, NOON-3pm in and around the MFC, located at 1157 Central Avenue.

This year’s event is slated to be the biggest ever, featuring a live DJ and dance area, bounce houses and face painting for the kids, a PRIDE selfie wall, and numerous vendor and resource  
**Dubuque Pride Picnic cont. Pg. 22**



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You can search for benefits by ZIP code in categories such as health care and medication, food and nutrition, housing

and utilities, aging in place, long term care, discounts and activities, and more. After selecting benefits of interest, the tool lists the programs available. Examples of a few of the programs featured include patient assistance programs (PAPS) for prescriptions, Supplemental Nutrition Assistance Program for groceries, Medicare Savings Programs, and Medicaid. Many of these benefits are unclaimed because older adults did not know they were eligible or how to apply.

Each benefit has a program phone number, link to view more information, and link to apply online on a program's website. To determine eligibility for a benefit, the tools guides through additional questions which are answered anonymously then provides an 'Eligibility Report.' You can also screen for another person.

For questions and more information, **BenefitsCheckUp.org** features an online chat with a support specialist and a hotline to call **1-800-794-6559**, Monday through Friday, 7 a.m. to 6 p.m. CST.

An Uplifting Moment from Pg. 7 makes life meaningful, "Make yourself useful!"

"Whoever brings blessing will be enriched, and one who waters will himself be watered." (Proverbs 11:25, English Standard Version)



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**Complex Jargon Prevents Patient From Understanding Diagnosis**

**DEAR DR. ROACH:** After many bouts of pain in my left leg, I was referred for an MRI. They diagnosed me with left lumbar radiculitis, spondylolisthesis and lumbar spondylosis. There are many people in my independent living facility who have gotten similar diagnoses. As an RN with a master's in nursing education, I have a question: When the diagnoses are made, do doctors not explain the problem in layman's terms? I only found out what my list of diagnoses were from a physical therapist, to whom I was referred. — *N.F.P.*

**ANSWER:** Doctors certainly should explain their diagnoses in language appropriate for their patients. We can forget that the language we use is sometimes incomprehensible, but that's not an excuse. A patient should always feel comfortable in saying they don't understand a diagnosis, or any other word or phrase their doctor uses, and ask for more explanation. Many of the most effective communicators I have seen not only ask the patient whether they understood, but have made sure their patient can explain it back to them.

In your case, these specific diagnoses are generally not well-known by nonexperts, and I am disappointed that they did

not give you an explanation. Lumbar radiculitis is essentially sciatica — it's an inflammation of the large bundle of nerve roots, which usually causes pain down the leg into particular locations, based on which nerves are being affected. It is not a specific diagnosis, as it doesn't say what is causing the damage to the nerves.

Spondylolisthesis is a condition where one vertebra overlaps another one below it (front to back, not side to side). Very mild spondylolisthesis will not cause any symptoms, but more severe cases can cause damage to the nerve roots. Spondylosis of the lumbar vertebrae is a nonspecific term signifying degeneration of the spine, usually due to osteoarthritis and often including degeneration of the disks in between the vertebrae.

So, these diagnoses together suggest that you have osteoarthritis of the spine, along with a displacement of one vertebra over another, causing damage to the nerve roots of the spine. These conditions would be likely to cause the back and leg pain you have on your left side.

**DEAR DR. ROACH:** What are the risks for long-term usage of metformin for prediabetes? — *T.G.*

**ANSWER:** Metformin is a commonly used treatment for Type 2 diabetes, but has also been proven to prevent, or at least delay, the onset of diabetes in people who are at risk. This includes those who already have abnormal blood sugar but don't yet meet the diagnostic criteria for diabetes — called "prediabetes" or "impaired glucose tolerance."

Metformin works mostly by preventing the liver from making sugar. This allows the insulin a person makes to work on dietary sugar instead and, in

**To Your Good Health cont. Pg. 18**

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## VETERANS POST

by Freddy Groves

### When the Scammer Is a Doctor

Mostly you think of scammers who steal as lowlifes, but it's not always the case. Sometimes they're well-educated professionals who have a lot to lose when they're caught.

Take the case of the doctor who took money that was meant to go to those who'd suffered severe traumatic injuries.

This doctor, a decorated Navy commander, conspired with others to lie their way to a \$2 million profit in an insurance program that helps servicemembers who were traumatically injured while on active duty. The co-conspirators would coax others to create fake or exaggerated claims for injuries in exchange for a portion of the proceeds.

Enter the doctor who, in exchange for a kickback, would verify that the injuries and disabilities existed and sign off on the application for the claim, sometimes saying he'd actually seen the person making the

claim. Or he would provide the medical records of others to those who were submitting fake claims.

The other nine co-conspirators included a nurse (who helped to falsify medical records) and a former Navy mechanic (who actively recruited others into the scheme, where he netted nearly \$400,000). They kept the scam going for at least three years. The various charges included fraud, wire fraud and making a false and fraudulent claim.

Of all the co-conspirators, it's the Navy doctor who disappointed me the most. This wasn't a short-term scam; it went on long enough that one wonders whether in all that time the doctor thought about how he got to that point.

This is the same man who, serving in Iraq, climbed onto a roof in 2007 to help a tiny infant who wasn't breathing properly, evacuated the baby via helicopter under sniper fire, and got him into surgery in a hospital. The baby was saved and back home in a week.

It's hard to reconcile the image of that doctor with his participation in a theft scam that only netted him \$180,000 over three years. And now he's potentially facing 20 years in prison.

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6323



**Derek Paulson, Assistant Fire Marshal**

I was recently in a home installing smoke alarms when I saw out of the corner of my eye this red shiny object. I walked over to it and looked at the tag hanging off it. The tag read May 1970. That red shiny object was a fire extinguisher that had last been inspected in 1970. It had an inch of dust on top of it and the pressure gauge was reading empty. Had there been a fire in this home that fire extinguisher would have never functioned.

Fire extinguishers, like smoke alarms, are a must in a home. They can put out a fire if caught early enough. They say an ounce of prevention is worth a pound of cure. Here are some considerations for fire extinguishers in the home.

You should have an All Purpose, Multi-Purpose or Dry Chemical fire extinguisher on each floor of your home. Make sure the fire extinguisher is mounted on a wall near an exit way so you can easily

exit the area should you need to exit quickly. Check the fire extinguisher once a month making sure the pin has not been removed and that the fire extinguisher is still charged. If it is charged the needle will be in the green area, if not it will be in the red area. Lastly, take the fire extinguisher down off the wall once a month and shake it vigorously for 30 seconds. This helps keep the contents inside from clumping up and not functioning correctly. Most importantly, fire extinguishers are good for about 12 years if properly maintained.

If you haven't seen your fire extinguisher in at least that long it is time for a new one. If you haven't touched your fire extinguisher in a few years it may be time to consider purchasing a new one. If you have any questions or concerns I can be reached at 563-589-4195 or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org).

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