



# The Golden View

The Community Newspaper For Adults 55 Plus

May, 2024

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: [www.thegoldenviewonline.com](http://www.thegoldenviewonline.com)

## Celebrating Older Americans Month: Powered by Connection

by Christel Tatro, Marketing Coordinator, Stonehill Communities



Carol and Joe on the porch

Established in 1963, Older Americans Month is celebrated every May. This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

Beyond mere companionship, these connections promote physical health, mental well-being, and emotional resilience. According to the Surgeon General, people with strong perceptions of community belongingness are 2.6 times more likely to report good or excellent health than people with a low sense of belongingness.

At Stonehill's Assisi Village, resident Carole Grubb recognizes the value of her connections.

"It is such a blessing to be in a community. We always have those people who can be an encouragement, listen to us, make us feel good about being alive."

Sheila Van Gordon, social worker, sees this in the residents she serves. "We see them [residents who have made connections with other

residents] doing well. They really become friends. You see them laughing, looking forward to helping their neighbors across the hall, and enjoying meals together."

Connections with long-time friends and family are especially important too.

Mary, a resident at Stonehill, stays connected with a friend in Chicago. "She is like a sister to me. I talk to her every day."

Stonehill cont. Pg. 3



Mary H. on the phone

## Remembering Those We Love

by Lavonne Noel, Hospice of Dubuque Executive Director

In 1971, Congress set aside the last Monday of May as Memorial Day. While many view Memorial Day as the unofficial beginning of summer, this holiday was originally established as a day to honor American men and women who died while serving in the military. Through the years, the observance of Memorial Day expanded to be a time for remembering all deceased loved ones.

For nearly 30 years, Hospice of Dubuque has hosted the Tree of Life Memorial Service on the Tuesday before Memorial Day. This event is an opportunity for members of our tri-state community to come together and remember those we hold in our hearts. All are invited to gather at 7:30 p.m. on May 21 in



The Tree of Life Memorial Service 2023

and helps fund the services that make a difference in the lives of your tri-state neighbors.

The Tree of Life Memorial Service on May 21 will include prayer, music, readings, a guest speaker and lighting of the tree display. Each light surrounding the Tree of Life will signify the special persons we remember and honor, and the display will remain illuminated through Memorial Day. Come, be a part of honoring those we love. Through remembering, they remain in our hearts and their memory never dies.

For more information about Hospice of Dubuque or the Tree of Life, call the office at 563.582.1220 or visit us at [www.hospiceofdubuque.org](http://www.hospiceofdubuque.org).



Washington Park in downtown Dubuque. Due to limited seating in the park, attendees are encouraged to bring a lawn chair or blanket. In the event of rain, the Tree of Life Memorial Service will be held at The Grand Opera House, 135 W 8th St, Dubuque.

To remember someone with a light on the Tree of Life display, send a tax-deductible gift of any amount, along with the name of the person you would like remembered or honored, to Hospice of Dubuque, 1670 John F. Kennedy Road, Dubuque, IA 52002. All names received by Friday, May 17, will be included in the Tree of Life program. Your gift supports the Hospice of Dubuque mission of providing compassionate care for the seriously ill and their loved ones,



Al Batt.....	Page 13
Bridge.....	Page 18
Bill Zwack.....	Page 16
Kovels® Collecting ...	Page 12
Derek Paulson.....	Page 3

Jerry Eberhardt .....	Page 14
Ken Resch.....	Page 15
Michael D. Gibson ..	Page 8
Paw's Corner .....	Page 5
Sports Quiz .....	Page 14

S. E. Persinger .....	Page 6
Social Security .....	Page 8
Trivia Test .....	Page 14
Uplifting Moment ...	Page 7
Veterans Post .....	Page 17



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**DARLINGTON, WI**  
May 17 at 11 AM  
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131 E. Catherine Street

**GALENA, IL**  
May 22 at 11 AM  
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**MAQUOKETA, IA**  
May 3 at 11 AM  
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**Derek Paulson, Assistant Fire Marshal**

May is National Bike Month. It was established in 1956 to showcase the many benefits biking can have. This year's theme is Make Every Ride Count, which will encourage Bike to Work Week from May 13-19 and Bike to Work Day on Friday, May 17th according to The League of American Bicyclists.

Biking can be a great way to get in shape, stay in shape and help relieve stress. However, biking can be dangerous. According to the United States Department of Transportation, there were 846 bicyclist deaths in 2019. Here are some safety tips to help keep you safer when biking on the roads.

Make sure all equipment is in good working order. The seat is adjusted to proper height, tires are inflated properly, and bike is equipped with reflectors in proper locations on bike. Make sure to wear reflective clothing to be seen. Try and ride during daytime hours if possible. If you must ride at night, ride in areas with less traffic or that have paths specifically for bikes. Always wear a helmet. Make sure the helmet has been certified by the Consumer Product Safety

Commission. Make sure it fits properly. If the helmet is fitted properly, it should not rock more than an inch from side to side on your head.

Follow all traffic laws the same way you would if you were driving a car. Know the hand signals for turning both right and left. If riding in groups, make sure to ride in a single line in the direction of travel. Always be vigilant when riding, looking up, down and around for objects in the road, other vehicles or bicyclists, or people opening car doors. Before entering into traffic, make sure to stop and look left then right and back left again to look for any oncoming traffic.

And if you are not a biker, please make sure to look out for them when driving in your car. Give them plenty of room if driving around them. Check your mirror before opening a car door. Make sure to look in all directions before entering into traffic to help avoid a collision with a bicyclist.

If you have any questions or would like further information, I can be reached at 563-589-4195 or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org).

**Stonehill from Pg. 1**

**What can individuals do to connect?**

- Build connections by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to form new relationships and discover deeper connections

with your family, friends, colleagues, or neighbors.

Social connections are a necessity for all of us, serving as lifelines that enhance physical health, bolster emotional and mental well-being, and provide a sense of purpose. As we celebrate Older Americans Month, let us reaffirm our commitment to fostering and nurturing these connections that are the very essence of a vibrant and fulfilling life.



Come remember loved ones, hear a message of hope and healing, enjoy beautiful music, and witness the lighting of our Tree of Life. Anyone may purchase a light to honor or remember a loved one.

Tuesday, May 21, at 7:30 pm  
Washington Park

Please send your tax-deductible gift with the name of your loved one by May 17 to: Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002 or visit [www.hospiceofdubuque.org](http://www.hospiceofdubuque.org).

Special thanks to Behr's Funeral Home, our Tree of Life advertising sponsor.



*Man blames fate for other accidents but feels personally responsible for a hole in one.*  
—Martha Beckman

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### The Golden View

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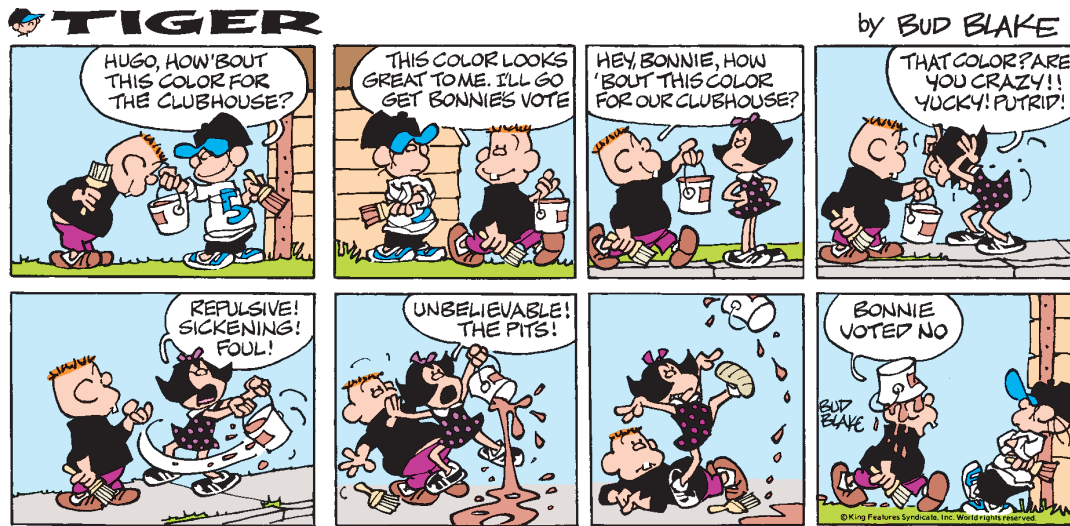
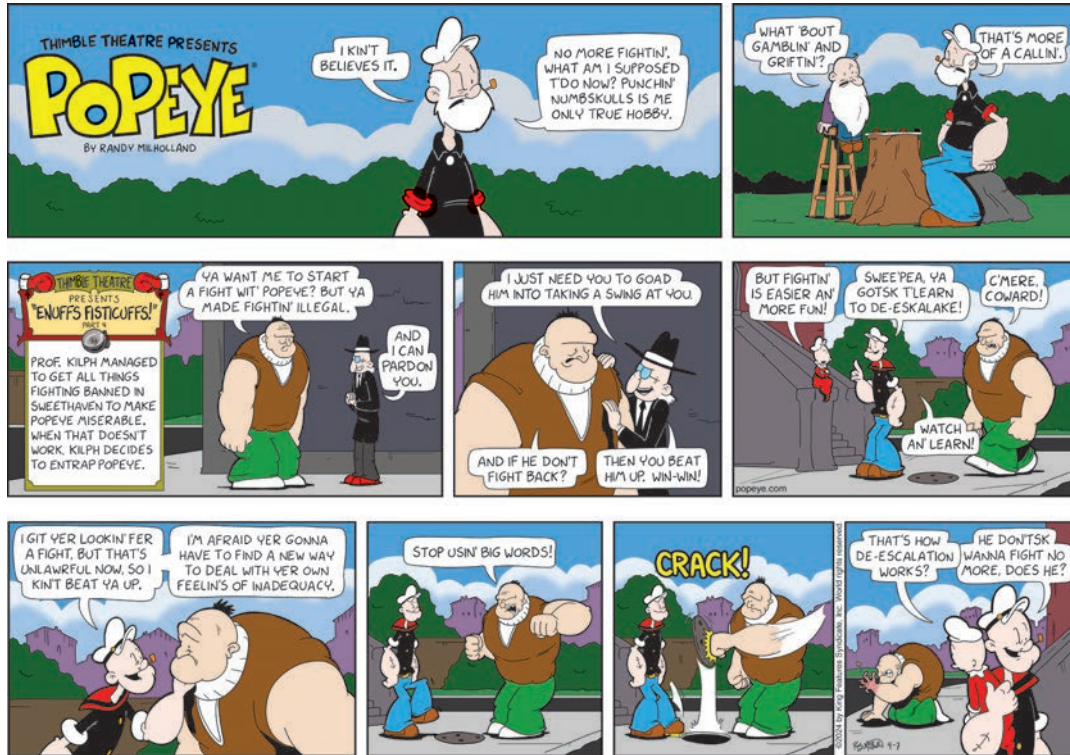
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**GO FIGURE!** by Linda Thistle

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.

	+		÷		= 4			
-		-		+				
	-		+		= 8			
+		+		+				
	+		-		= 2			
=		=		=				
8		12		19				
1	2	3	4	5	6	7	8	9

**DIFFICULTY: ★★**  
 ★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!  
 Go Figure! Answer on Pg. 20

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**STICKELERS** [sic].  
 by Terry Stickels

**Which word doesn't belong with the others?**

SISTER  
 COUSIN  
 FATHER  
 AUNT  
 MOTHER  
 UNCLE  
 BROTHER

Stickelers Answer on Pg. 20

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# King Crossword

**ACROSS**

- 1 Flair
- 5 Enterprise letters
- 8 Stuffing herb
- 12 Taunt
- 13 Aussie hopper
- 14 Hockey legend Phil, to fans
- 15 Home of the Packers
- 17 Compared to
- 18 Congeal
- 19 Sturdy tree
- 20 Spassky's game
- 21 — -Manuel Miranda
- 22 Huge
- 23 Bottom
- 26 Fear-stricken
- 30 "E Pluribus —"

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18				19			20					
			21			22						
23	24	25			26				27	28	29	
30					31			32				
33				34			35					
			36			37						
38	39	40				41				42	43	44
45						46			47			
48						49			50			
51						52			53			

- 31 Blue hue
- 32 Lighten
- 33 Arty area
- 35 Hinder
- 36 Sailor
- 37 Soda container
- 38 Norwegian inlet
- 41 "It's c-c-cold!"
- 42 Right angle
- 45 Actress Russo
- 46 Chinese brew
- 48 Diminutive suffix
- 49 Mosquito barrier
- 50 Cupid's alias
- 51 Thames town
- 52 Multipurpose truck
- 53 Compass point
- Job" actor
- 9 Tennis champ Arthur
- 10 Transcript stats
- 11 Eternities
- 16 Dark film genre
- 20 Spy org.
- 21 Color named for a fruit
- 22 Journalist Nellie
- 23 Gist
- 24 Year in Spain
- 25 "Gee, ya think?"
- 26 Alias abbr.
- 27 Yoga pad
- 28 Jargon suffix
- 29 Aachen article
- 31 Bro or sis
- 34 '60s chic
- 35 Challenge
- 37 El Greco's birthplace
- 38 Gratis
- 39 Joan of rock
- 40 Aware of
- 41 Author Harte
- 42 To be, in Toulon
- 43 Some July babies
- 44 Endure
- 46 Wildebeest
- 47 Up-to-date

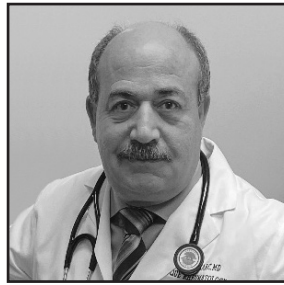
**DOWN**

- 1 Omelet needs
- 2 Old Italian money
- 3 Help a crook
- 4 Born abroad?
- 5 City-related
- 6 Drench
- 7 Sauce source
- 8 "The Italian

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**Paw's corner**

by Sam Mazzotta

### This Little Dog Has a Lot of Moxie

**DEAR PAW'S CORNER:** I adopted a small mutt from the local shelter and named her "Moxie." She's adorable but really energetic. She'll actually jump straight up in the air as high as my waist! She also tugs hard at the leash when we walk. How do I tame all of this energy? — *Janice F., Hyde Park, New York*

**DEAR JANICE:** Congratulations on your new pet! Moxie sounds like a bundle of joy. But I can understand that all her energy can be tiring.

In addition to walks twice a day (or more, if you can swing it), give Moxie plenty of puppy toys to play with at home, and spend time with her on the floor just playing fetch and helping

her work off more of that energy.

She may also respond very well to a consistent schedule of walks, feeding and bedtime (yes, bedtime). Build certain predictable routines around each of these events. When it's time for a walk, call Moxie and have her sit while you put on her leash. During walks, keep the leash short and work on the "heel" command. But when in a safe, open area, give Moxie more room on the leash to explore. When it's bedtime, create a routine that is the same every night — one that is positive, with a little play time and a signal to settle down and rest (such as turning down the lights).

Now, if Moxie's energetic behavior is morphing into something more serious, like destroying furniture or being aggressive toward other dogs or humans on walks, that's a problem you'll need to address as soon as possible. Talk to Moxie's vet about ways to reduce her hyperactivity and anxiety (if those are the causes). If she isn't responding to basic behavioral training, hire a trainer to help.

Send your tips, comments or questions to

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## May Programs



**May 1** – Shalom Movie Night: “St. Francis of Assisi—Sign of Contradiction” with Ginny Heldorfer, OSF

**May 4** – World Labyrinth Day Celebration

**May 5** – The Souposium Series: Tools for Repairing Life’s Relationships with Rick Mihm

**May 9** – Stations of the Resurrection with Jim Earles

**May 10** – Shalom Day of Self Renewal

**May 13** – SoundScape at Shalom with Desiree Irwin and Morgan Noel

**May 15** – Lunch and Renew: Chair Yoga with Deb May

**May 20** – Meditation and Music: Sound Healing with Morgan Noel

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## COME CHAT with ME

by S. E. Persinger



I guess there is nothing exceptional about eating out unless it is for a special event like a birthday or something, but it can be fun when you get together with friends and share a few stories about the past.

Recently seven of us ate out at a well-known restaurant. There were five widows and one couple. I guess you might say our escort was the only husband sharing time with us lovely ladies. He was a gentleman at all times.

The proprietor had put two tables together that would accommodate eight guests. Our escort was seated at the head of the table. He was not seated there for honor but for the fact that he was a tall man with very long legs and needed the space for comfort.

We were there for the luncheon special served from 1:00 to 3:00 P.M. This was less than 10.00. There were four choices and each came with the entree, soup or salad, and free coffee. Several of us had our choice of the special. And since it is so popular the restaurant was very busy. But there was a lot of exchange of topics that were discussed with those closest to each other. Part of one conversation I picked up on

was banking and the interest rate right now. It wasn't too long before the meal time was in full swing.

While I was eating I couldn't help but notice that there were three booths in a row with only one man at each table. They came in ate and then left after about an hour or so. I guess because I am a writer I can almost see a story in each person eating alone. Perhaps they were on a late lunch break. Maybe they were married and the wife worked a job where she couldn't get off whenever she wanted too. Of course one could just be a person that liked eating alone sometimes. Whatever. It was fun to record the scene of people just doing their thing. Of course, I would have loved to interview at least one of them. I might have had a whole new column for next month.

After the food server cleared our table of empty plates we continued to spend some time chatting with each other about any number of things. We have all been friends for many years and have seen our families go through the good and bad situations every person experiences during a lifetime. But when you hear the laughter of people simply sharing an afternoon of good food and friendly talk, you know it's been a good day. Now, call a friend and invite them to go out to lunch someday. Tell them to bring a friend. Pass around the laughter. Bye for now.

## The Healthy Home

### Clear the Air of Indoor Pollutants This Spring

(NAPS)—In the Spring, people often focus on the outdoors when it comes to air quality. But indoor air quality (IAQ) is also a crucial aspect of overall health and well-being. Unbeknownst to many, common pollutants can lurk inside homes, affecting health in subtle yet significant ways. Here are some of the most prevalent indoor pollutants and strategies you can use to identify and mitigate their impact on your home's air quality:

#### Dust: The Silent Intruder

Dust is a well-known indoor pollutant that includes dead skin cells, pollen, textile fibers, and other debris. Dust can aggravate respiratory conditions such as asthma and allergies. Regular dusting and vacuuming, along with using HEPA filters, can significantly reduce dust levels in the home.

**PRO TIP:** If you find yourself having to dust more often, you may want to consider air duct cleaning.

#### Mold: The Unseen Threat

Mold exposure can trigger allergic reactions and respiratory problems. Regularly clean and inspect susceptible



*Discover the hidden hazards lurking within your home. From dust to pet dander and volatile organic compounds, indoor pollutants affect your health but simple strategies can clear the air for a healthier living space.*

areas in your home.

**PRO TIP:** Maintain proper ventilation, control moisture levels, and promptly address any water leaks or damage.

#### *Pet Dander: Furry Friends, Hidden Hazards*

Pets are beloved family members, but their dander and fur can exacerbate respiratory issues as they circulate through your home via your HVAC system. To minimize pet-related

**NAPS cont. Pg. 8**

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



**Ordinary Is Good**

I saw a photo of actor Andy Griffith, taken in 1964, working a field with his 1952 Ford 8N tractor on his 53-acre property in North Carolina. I grew up driving a similar tractor on my uncles' farm. I found it interesting that a famous actor was finding enjoyment in driving a farm tractor, something I frequently did as a teenager.

Then I recalled how actor Paul Newman took great delight in launching a line of salad dressings, donating the profits to charity. Comedian Tom Smothers also came to mind, having left show business and buying a 100-acre winery in California.

I also reflected on how social media often has selfie posts by famous people walking their dog. Sometimes they post videos sharing a favorite dish they've created in their kitchen or doing some common activity.

They may live upscale lives that are generally unencumbered by the need to do ordinary tasks, but they often seek out such tasks anyway. The rich and famous can't walk on a red

carpet all the time. Most of them must also deal with the ordinary like the rest of us. They walk on regular sidewalks, brush their teeth staring into a mirror, and put on their shoes one at a time just like we do.

There's comfort in seeing the rich and famous finding it necessary to do what's ordinary. It's encouraging that they find enjoyment in the events and tasks that most of us do every day.

I often marvel how Jesus, the Son of God, spent over ten years of His adulthood working in the carpenter's shop, a common occupation. His active ministry took place only during the last three years of His life on earth. Even after His resurrection, in His resurrected body, we have record of Him preparing a breakfast of fish along the lakeshore for His disciples, an ordinary task. Ordinary is good!

All of life takes on special meaning when we recognize that God is present with us no matter what we're doing. His presence makes everything sacred. We can also call upon His help, realizing He's already doing so by giving us our breath and strength, which makes Him a partner with us as we go through each day. Then too, when we're open to His leading and obedient to His will, we can experience His pleasure.

When it comes down to it, we don't need the rich and famous doing ordinary things to

**An Uplifting Moment cont. Pg. 12**

*Better service makes a better funeral home.*

What really matters when it comes to planning a funeral? Is it who has the largest, up-to-date facility or their own onsite crematory? Or, is it a funeral home that offers the very best care of your loved one, all the guidance and support you need, and a variety of service options? We think that better service makes a better funeral home. Come see for yourself.

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**THE ILLUSTRATED BIBLE**

So why do you worry about clothing?  
Consider the lilies of the field,  
how they grow: they neither toil  
nor spin; and yet I say to you  
that even Solomon in all his glory  
was not arrayed like one of these.

MATTHEW 6:28,29



Detail of "Yuri (yama yuri)" by Shodo Kawarazaki (1953)

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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of 3 Corinthians (KJV) in the Old or New Testament or neither?
2. Who was praised for his beauty "from the sole of his foot even to the crown of his head"? *Absalom, Elisha, Pekah, Tola*
3. What camp saw 185,000 of its soldiers slaughtered by an angel of the Lord? *Assyrian, Midianite,*

*Philistine, Persian*

4. From Genesis 1:30, what is the first color mentioned in the Bible? *Purple, Red, Green, Yellow*
5. Which city's wall fell down flat at the shout of Joshua's army? *Tarsus, Jericho, Corinth, Sardis*
6. From 2 Kings, who became king of Judah at age 8? *Abijam, Rehoboam, Marcus, Josiah*

**ANSWERS**

- 1) Neither, 2) Absalom, 3) Assyrian, 4) Green, 5) Jericho, 6) Josiah

Comments? More Trivia?

Gift ideas? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com).

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**YESTERDAY AND TODAY**  
 BY MICHAEL GIBSON



The home of Jessie P. Farley, Dubuque entrepreneur after whom the city of Farley is named, was built in 1879 at a cost of \$20,000. It was sold to the Sisters of Saint Francis in 1892 for \$15,000. The Sisters operated it as a boarding house for young single ladies employed in Dubuque. This ca. 1904-05 photo shows several of the young ladies and a nun out front of the home with the newly added rear west wing. (Photo courtesy of the Loras College, Center for Dubuque History, Hoffman Collection. 033).

Yesterday & Today cont. Pg. 9

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**Social Security Honors Our Military Heroes**

On Memorial Day, our nation honors military service members who have given their lives to preserve our freedoms. Families, friends, and communities come together to remember the great sacrifices of military members and ensure their legacies live on.

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

We also offer support to wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the U.S. Department of Veterans Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our fact sheet, "Social Security Disability and Veterans Affairs Disability - How Do They Compare?" at [www.ssa.gov/pubs/EN-64-125.pdf](http://www.ssa.gov/pubs/EN-64-125.pdf). Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive quicker processing of their Social Security disability claims. If you are a veteran with a 100% Permanent & Total compensation rating from Veterans Affairs, we'll expedite your disability claim.

Thinking about retirement or know a veteran who is? Military service members

**Social Security cont. Pg. 12**

**NAPS from Pg. 6**

pollutants, bathe and groom pets regularly and keep them out of bedrooms.

**PRO TIP:** Pet owners should change HVAC filters once a month.

*Volatile Organic Compounds (VOCs): The Invisible Culprits*

VOCs are chemicals emitted as gases from common household products. To reduce VOC levels in your home, opt for low-VOC or VOC-free products. Proper ventilation is also crucial for minimizing the effects of VOC emissions.

**PRO TIP:** Incorporating indoor plants can help absorb VOCs.

Maintaining healthy indoor air quality requires vigilance and proactive measures to identify and mitigate pollutants. For a fresh start, schedule an inspection of your HVAC system. Find a qualified professional near you at [NADCA.com](http://NADCA.com).

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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.



Overcrowding continued to be a problem and in 1909 four old buildings to the north were demolished and two years later a large addition was constructed. At this time the name was changed from Saint Francis Home to Mary of the Angels Home. In 1916, property behind the home was purchased and flower gardens and a grotto were built. A brick house which stood south of the home was demolished and a new wing constructed in 1930. By now the home accommodated nearly one hundred boarders and ten Sisters were in charge. In 1990, the facility was sold and today, after significant remodeling, it is owned by The Angels, LLC and serves as a downtown apartment complex. (Photo by author).

**Stonehill Selected as Dementia Care Model Program Participant**



Stonehill Communities is pleased to announce they have been selected as a participant in the Center for Medicare and Medicaid (CMS) GUIDE Model program. The Guiding an Improved Dementia Experience (GUIDE) Model aims to improve the quality of life for people living with dementia, reduce the burden and strain on unpaid caregivers of people living with dementia, and prevent or delay long-term nursing home care for as long as appropriate (CMS Overview Fact Sheet <https://www.cms.gov/priorities/innovation/media/document/guide-dementia-fs>).

Participants in the GUIDE Model will have a dementia diagnosis, be enrolled in Medicare Parts A and B, and be living in their homes or community settings such as independent and assisted living apartments, but cannot live in a long-term care setting. GUIDE is an 8-year voluntary model offered in all states. Stonehill was awarded participation as part of a competitive application process.

The GUIDE Model program includes case management, caregiver support services including respite care and a 24/7 support line, and screening for health-related social needs. And interdisciplinary care team will deliver services by creating and maintaining a person-centered care plan. The care team will be led by a care navigator who is required to

receive training in dementia, assessment, and care planning. Stonehill will partner with a dementia-proficient provider and community partners to deliver comprehensive services to those with dementia and their caregivers. Stonehill Communities will begin enrolling participants in the GUIDE Model in July 2025. Enrollment is voluntary.

These services will be complementary to the support, services, and resources offered to caregivers through the Caregiver Resource Center, located on the Stonehill Communities campus. Stonehill is proud to build upon the legacy of living well and meeting the needs of the community.

Prior to the start date of GUIDE and on-going, caregivers may utilize services through the Caregiver Resource Center, located on the Stonehill Communities campus at 3485 Windsor Ave. Dubuque by contacting Coordinator, Jolene Koopmann at [jkoopmann@stonehilldbq.com](mailto:jkoopmann@stonehilldbq.com) or 563-690-9679.

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



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**Constant Aleve and Ibuprofen Consumption Can Cause Damage**

**DEAR DR. ROACH:** My husband, age 70, had been diagnosed with osteoarthritis in his neck, for which he would take Aleve to relieve his discomfort when needed. Just before Christmas last year, his back began hurting so much that he went to his doctor, who said to get up and move more. (We have always exercised and remained active in life, but he did slow down due to his pain.)

My husband then added ibuprofen to the Aleve he was already using. His doctor said that the pain is due to osteoarthritis in his mid-back area. Apparently, there is nothing to do for it but take Extra Strength Tylenol at the recommended dose. Ibuprofen or Aleve isn't recommended because it causes liver and kidney damage. So, we bought Tylenol, and he used this medication instead of his usual. But his pain only got worse.

So, this morning, he switched back to Aleve and ibuprofen. It is what helped before and is helping again now. In addition, he is using a drug-free Aleve Direct Therapy pad that uses waveform technology. He also uses Icy Hot pain relief cream and a heating pad. These reduce his pain, but his back continues to hurt since before the holidays.

Our question is, should he use Aleve and ibuprofen instead of the Tylenol that doesn't seem to help? He has actually used Aleve for a very long time. He just had his blood tested, and the doctor said his liver and kidneys are good. Is there anything more we can do to relieve his osteoarthritic pain? It is hard to see my husband in so much discomfort when he was previously a very active, pain-free man. — *S.F.A.*

**ANSWER:** Osteoarthritis in the neck is a common and painful condition, and there are not always good treatment options. In terms of medicine, anti-inflammatory medicines, like Aleve or ibuprofen (Advil and many other brands), can be very helpful for some people.

However, taking both doesn't improve pain relief. It does increase the risk of toxicity, so he should never take two anti-inflammatory medicines — choose just one. Tylenol helps some people, but in my experience, most people do better with anti-inflammatories instead of Tylenol. Tylenol does have a smaller risk of side effects.

In addition to liver and kidney problems, Aleve and similar medicines can cause stomach problems, ranging from mild upset to life-threatening ulcers; though, this is uncommon with over-the-counter doses. I often recommend a trial of Tylenol to see if it is as good as the anti-inflammatories. Since it's not for your husband, he should tell his doctor this, and it seems reasonable for him to go back to taking Aleve alone. However, I can't tell you to disregard his physician's advice. Some people benefit from Tylenol on top of Aleve.

Beyond pain medicines, the Aleve Direct Therapy pad uses electricity to relieve pain without medicine. It's fine to combine this therapy with medicines. Creams — whether they are anti-inflammatory, menthol and camphor, or topical anesthetics — provide some relief, but they tend to be better on the hands, wrists and knees than the neck. Though, they still may be worth trying in combination with medicines.

In more severe cases, injections can be used before considering surgery.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*

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