



The Golden View

The Community Newspaper For Adults 55 Plus

May, 2025

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Stonehill to Begin New Dementia Support Services

by Elizabeth Kunde, Executive Director of Strategy and Compliance, Stonehill Communities



A new Medicare program for individuals living with dementia will be available to Dubuque families beginning July 1, 2025. The GUIDE (Guiding an Improved Dementia Experience) Program will provide support and case management for individuals with a dementia diagnosis who are living at home. The goals of the program are to improve the quality of life for both people with dementia and their unpaid caregivers and to help people with dementia to remain safely in their homes for longer by preventing or delaying the need for nursing home care. In Dubuque, this program will be offered by Stonehill Communities, who was selected by the Centers for Medicare and Medicaid Services (CMS) as one of only three providers to offer the program in Iowa.

The GUIDE model program addresses nine care domains: comprehensive assessment, care plans, 24/7 access to a helpline, ongoing monitoring support, care coordination and transitional care management, referral

and coordination of services and supports, medication management and reconciliation, caregiver education and support, and respite services. Program participants will work with Stonehill's nurse GUIDE Care Navigator who will help coordinate, educate, and provide support in the nine care domains as individuals progress through the dementia journey.

To be eligible for GUIDE Model services, individuals must meet the following criteria: a beneficiary has a diagnosis of dementia confirmed by a clinician, is living at home or in an independent or assisted living community, has Medicare as their primary payer, is enrolled in Medicare Parts A and B and not enrolled in a Medicare Advantage plan, and is not enrolled in Medicare hospice benefit. The program is fully covered by Medicare and is available at no cost to eligible participants.

The GUIDE program will be complemented by existing caregiver support at the Caregiver Resource Center and expand upon Stonehill's memory care services.

Enrollment begins with an assessment appointment with Stonehill's GUIDE Care Navigator. More information on GUIDE and is available at www.stonehilldbq.com/how-we-care/GUIDE.



Hospice of Dubuque Tree of Life Memorial Service

by Katie Wade, Community Relations Coordinator, Hospice of Dubuque



Grief is a journey through, not around, over, or under. As travelers, each on an individual journey, we come together at the Tree of Life Memorial Service to celebrate loved ones through music, reflection, and a message of encouragement.

In facing grief, we come to realize that it is not something to be avoided. Grieving helps us heal, grow, and honor the memory of those we have loved. It allows us to reflect on the life we shared with our loved ones, remembering not just the pain of their absence, but the beauty and joy they brought into our lives.

Please join us on May 20 at 7:30 p.m. at Washington Park in downtown Dubuque for the Tree of Life Memorial Service. 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 Street, Dubuque.

On the evening of the service, the Tree of Life will be illuminated and remain lit through Memorial Day weekend. Each light on the tree signifies the special person we remember and honor. Come be a part of the memorial service. Through memories our loved ones remain in our hearts forever.

To remember your loved one with a light, please send your tax deductible gift to Hospice of Dubuque 1670 JFK Road Dubuque, IA 52002 or go to our website. All names received by May 16th will be included in the printed Tree of Life program. Your gift supports our mission

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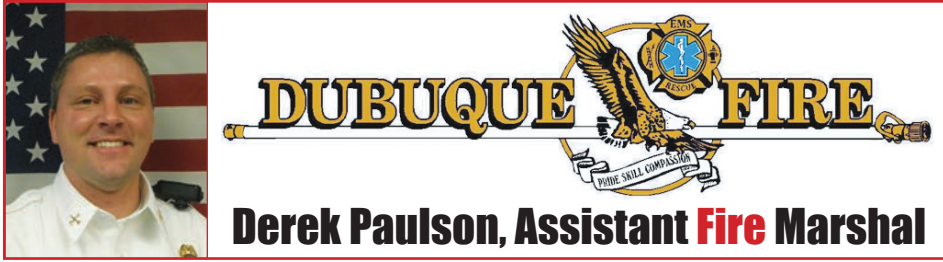
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According to the National Fire Protection Association, between 2013 - 2017 U.S. fire departments responded to approximately 173,200 structure fires per year due to cooking. That's around 470 fires per day due to cooking. More and more people are cooking from home these days due to recent world events. This increases the chances of a fire occurring in the home. Here are some safety tips to help decrease the chances of a cooking fire from occurring.

ALWAYS stay in the kitchen when you are cooking. This includes frying, grilling or even broiling foods. A fire can happen in the blink of an eye and if you walk away for just a second, things can happen. If you must leave for any reason, remember to shut the oven and/or stove off. Also, remove the pan from the burner or oven as they remain hot for some time and the residual heat could still start a fire.

Never store anything combustible or flammable near heating sources such as

the stove. Oven mitts, food packaging, towels, curtains, etc. could contact a burner accidentally and catch fire. In some instances, a burner could be left on accidentally or get bumped in the "ON" position. If there are combustibles near the burner, after some time, these combustibles can and will start on fire.

If you do have a pan that starts on fire, use a fire extinguisher to extinguish the fire or you can place a lid on top of the pan and turn the burner off. This will smother the fire causing the flames to go out. Leave the lid on until the pan has had time to cool. If you have a fire in the oven, shut the oven off and keep the door closed. And always 911. Even if you extinguish the fire, it's always best to have the fire department come and make sure the fire does not extend into the walls or other areas.

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

Hospice of Dubuque from Pg. 1 of providing compassionate care for the seriously ill and their loved ones, and helps fund the services that make a difference in the lives of your

tri-state neighbors. 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.



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Tree of Life Memorial Service

Gather with others to celebrate loved ones through music, reflection, a message of encouragement, and witness the lighting of our Tree of Life. Anyone may purchase a light to honor or remember a loved one.

TUESDAY, MAY 20, AT 7:30 PM
WASHINGTON PARK

Please send your tax-deductible gift with the name of your loved one by May 16 to: Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002 or visit www.hospiceofdubuque.org.

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The Golden View
 P.O. Box 661, Dubuque, IA 52004-0661
 Ph.: 563-543-0640
 E-mail: goldenviewpub@gmail.com
 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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GO FIGURE!

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.

	+		+		= 20			
+		-		-				
	-		÷		= 1			
-		÷		+				
	+		-	5	= 3			
=		=		=				
2		7		9				
1	2	3	4	5	6	7	8	9

Go Figure! Answer on Pg. 16
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STICKELERS [sic].
 by Terry Stickels

Match the instruments on the left with the definitions on the right.

1. pyrometer	a) measures sensitivity to pain
2. algometer	b) measures oil viscosity
3. leptometer	c) measures high temperatures
4. hydrometer	d) measures slopes and elevations
5. clinometer	e) measures specific gravity of liquids

Stickelers Answer on Pg. 16
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King Crossword

ACROSS

- 1 Persian Gulf emirate
- 6 Little lie
- 9 Chances, for short
- 12 Winner's gesture
- 13 "All bets — off"
- 14 Haw preceder
- 15 Thesaurus compiler
- 16 Bach's "Coffee —"
- 18 Deserves
- 20 Legal document
- 21 Salonga of "Miss Saigon"
- 23 Commotion
- 24 Deli array
- 25 Arsenal supply
- 27 Wear down
- 29 "Othello" character
- 31 Indian instruments
- 35 Mea —
- 37 Coin aperture
- 38 Be buoyant
- 41 — out a living
- 43 Glacial
- 44 Hoops great Monroe
- 45 Ornamental beetle
- 47 Cheery refrain
- 49 Arcade pioneer
- 52 Revue segment

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				54			
55				56				57			

- 25 Prohibit
- 8 London's Big —
- 32 "Open sesame" speaker
- 54 Serious
- 9 Butler's love
- 33 Sinbad's bird
- 55 That lady
- 10 — four (small cake)
- 34 Pigs' digs
- 56 Walgreens alternative
- 11 Plane assignments
- 36 Praline nuts
- 57 On mom's side
- 17 Chirps
- 38 Greek cheeses
- 19 Perfect
- 39 Coniferous tree
- 21 Science room
- 40 Emulate Douglass
- 22 Brit. record label
- 42 Obliterate
- 24 1501, in Roman numerals
- 45 Serb or Croat
- 46 Heaps
- 48 "Shark Tank" network
- 26 Available for work
- 50 Emeritus, briefly
- 28 Japanese seaport
- 51 Hot temper
- 30 Snip

DOWN

- 1 TiVo, for example
- 2 Mil. morale booster
- 3 "Cat on a Hot Tin Roof" role
- 4 Baseball's Tommie
- 5 Office leader?
- 6 Element
- 7 401(k) relatives

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Be sure to check the website
TheGoldenViewOnline.com



Is this puppy ready for a long hike?

DEAR PAW'S CORNER: I adopted a beautiful pup at about 3 months old this winter. Now that the weather is warming up and "Blondie" is about 6 months old, I can't wait to start going on hikes with her. How far can a puppy that age walk? Do you have any safety tips? — *Carl J., via email*

DEAR CARL: Blondie sounds like an amazing pup! With the correct training, she will eventually be able to accompany you on some hikes — but not this season.

Puppies at 6 months of age should only take limited walks, ranging from five to 10 minutes max, on level ground. Don't take them farther — pushing them

too soon can cause a host of physical problems because their growth plates haven't fused.

Most experts recommend lengthening walks gradually starting from about 9 months. For longer distances over uneven ground, and when training dogs to carry their own panniers, wait until they are 12 to 18 months old.

So, you won't be able to take Blondie with you on day hikes this year — unless you carry her. There are special "sport sacks" just for carrying small- to medium-size dogs. Think of it as a fitness challenge for you, and a way for your pup to learn to love the outdoors.

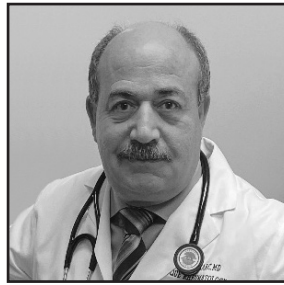
In the meantime, you can work on Blondie's obedience training. It's critical that she respond immediately when you call her, especially out on hikes. She should also be well socialized to people and other dogs — this prevents a lot of grief on the trail. Right now is the perfect time to do that, and to bond with your dog so that you have fun whether you're outdoors or not.

Send your tips, comments or questions to
ask@pawscorner.com.

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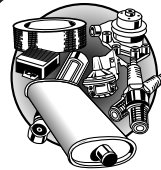
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If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$26,219** annually, you may be eligible for a reduction in property taxes.

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 350 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



Procrastination is such a busy word. It can be used as delay, postponement, and often as a word of negligence. For me, it came about in the form of fear. I think this fear developed as the result of an unfortunate experience when I was an eleven or a twelve-year-old child.

I had never been to a dentist, but because of a damaged tooth that had to be pulled I was taken to the dentist. The tooth was pulled before the area holding the tooth had been deadened. This experience left scars in the mind of a young girl that still panics when it is necessary to have a tooth pulled.

Recently, I was told by my dentist that a broken tooth had to be pulled even though the tooth did not hurt, it should be pulled. Actually, the tooth had been cracked for sometime, but since I was in no pain, I just avoided eating around that tooth.

Well, my daughter convinced me to get it pulled. My dentist got me an appointment with the same oral and maxillofacial surgeon that had extracted a molar the year before. I trusted this doctor because a friend had told me how great he was when she had to have a difficult tooth removed. I survived the visit because of his skill but still didn't look

forward to another extraction.

My daughter, Pam, usually drives me to my serious dentist visits. But this time, because this doctor is in such demand she had to put in for a day off from work two months in advance of our trip. At this point the memories of a young girl with scars of discomfort while seated in the dental chair, caused procrastination to enter this scene.

I had two months to think about my next extraction visit. I decided that perhaps when I was seated in the dental chair I would faint. Then I would have to be revived and escorted back to my daughter's car for a return trip home for a while. No, I am not a fainting person. Then I thought I might get the flu and that would give me some more time to adjust to the tooth extraction. I knew that if I had a broken leg my daughter would just have me carried and placed into the dental chair. Finally, I let go of procrastination and gave in.

The day of the extraction was a success. The doctor had the tooth out in record time. He was so wonderful in helping me to feel comfortable even while in the dental chair. And I don't think he even saw how white my knuckles were while I was squeezing the arms of the chair. At least I hope he didn't. Now, don't let my tale of woe keep you away from your next dental appointment. Be brave.



Social Security Administration



Social Security Administration Implements New Anti-Fraud Measures to Enhance Telephone Claim Processing

The Social Security Administration (SSA) recently announced the implementation of enhanced fraud prevention tools for claims filed over the telephone, further modernizing the agency's services and strengthening program integrity. Beginning April 14, 2025, SSA will allow individuals to complete all claim types via telephone, supported by new anti-fraud capabilities designed to protect beneficiaries and streamline the customer experience.

The enhanced technology enables SSA to identify suspicious activity in telephone claims by analyzing patterns and anomalies within a person's account. If irregularities are detected, the individual will be asked to complete in-person identity proofing to continue processing their claim. These advancements allow SSA to maintain the security of its services while continuing to expand access for customers who may be unable to file online or visit an office in person. The agency will continue to conduct identity verification for all in-

person claims.

"We are modernizing how we serve the public—enhancing both security and accessibility," said Leland Dudek, Acting Commissioner of Social Security. "These updates improve our ability to detect and prevent fraud while providing more flexible options for people to access their benefits."

The updated policy reflects SSA's broader commitment to customer service, program integrity, and responsible stewardship of taxpayer resources. SSA has worked around the clock to develop and deploy these improvements, driven by the return of employees to full-time in-office operations.

Surge capacity is being put in place to support higher demand starting on the 14th and last month, SSA spent \$16.5 million to modernize telephone services nationwide.

This update supports the Administration's broader efforts to protect Social Security and ensure higher take-home pay for seniors by ending the taxation of social security.

An Uplifting Moment
with Rev. David J. Claassen
Visit me on the internet!
www.daveclaassen.com



The Flower and the Bee

Here's an amazing fact about the relationship between a flower and a bee that's new to me. It's explained by Sir David Attenborough, a British broadcaster, biologist, natural historian, and writer.

He describes how plants have a small electric charge. The higher up the plant you go, the greater the negative charge. This produces an electric field around the flower. Bees produce a positive charge while flying. The bee senses this negative charge and is attracted to the flower. When the bee lands on the flower the negatively charged pollen jumps to the positively charged bee. Other bees sense the changed electrical signature resulting from a recent visit by a bee and avoid that flower, with a significant amount of its pollen removed, and fly on to other flowers.

This is amazing! And I thought the attraction of bees to flowers was all about scent, and perhaps sight. Who would have guessed an electrical charge, with its positive and negative

attributes, had anything to do with the bee and the flower!

Some believe science and faith in God are in conflict. Not at all! I've always enjoyed science and find that the more I learn about nature, thanks to science, the more reasons I have to praise the Creator for His creation.

For instance, scientists estimate that there are 2 trillion galaxies in the universe with around 100 billion stars each. There may be 200 billion trillion stars in the universe or more!

The psalmist wrote that God made all the stars and has a name for each. The psalmist saw, at best, about 6,000 stars on a clear night. Though he was inspired by God to write his psalm, which now is Psalm 147 in our Bibles, he had no idea God had created and named at least 200 billion trillion of them! Thanks to science, our praise of God for His creation can be taken to new levels because of what we now know.

One of the greatest failings regarding our faith in God is that we think too little of Him. No matter describing God's greatness must be laughable understatement to the angels. Our concept of God is too small, always! One of the best ways to think of God and relate to Him is to recognize He is way beyond our understanding and to be awed by Him and amazed by His creation.

The fact that flowers and **An Uplifting Moment cont. Pg. 8**


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Detail of "Portrait of E.H." by Erich Heckel (1917)

...He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

2 CORINTHIANS 12: 9,10

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Bezalel (KJV) in the Old or New Testament or neither?
2. At the Last Supper, which disciple protested against having his feet washed by Jesus? *Peter, Andrew, Bartholomew, Judas*
3. What golden graven image did the Israelites dance in front of? *Calf, Ox, Horse, Camel*

4. Who primarily made the golden graven image in the above question? *Joseph, Michal, Lot, Aaron*
5. From Revelations 13:18, what's the number of the beast? *7, 13, 666, 777*
6. In John 18:38, who asked, "What is truth"? *Pilate, Martha, Joel, Eve*

ANSWERS

(1) Neither, (2) Peter, (3) Calf, (4) Aaron, (5) 666, (6) Pilate

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.
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Fiber: Your Health's Best Friend

Fiber plays a key role in many different body functions. Yet, most adults in the United States only get about half of the suggested daily fiber intake. The current Dietary Guidelines recommend that adults consume 22 to 34 grams of fiber each day, depending on age and sex. Fiber is mainly found in fruits, vegetables, whole grains, beans, and peas.

The main functions of fiber include the following:

Controlling blood sugar —Fiber helps reduce blood sugar spikes, which is especially important for people with prediabetes or diabetes.

Heart protection — Including fiber in a healthy diet may lower cholesterol and reduce your risk of heart disease.

Maintaining digestive health — Fiber aids in a regular and healthy digestive system,

reduces constipation, and may reduce your risk of colon cancer.

Feeling full —Fiber slowly works through the digestive system to help keep you feeling full for a longer time. This can also help with weight loss or weight maintenance.

There are many tasty ways to get more fiber. Eat oatmeal with nuts and berries. Pick whole grains like brown rice or whole wheat pasta and bread. Include beans or peas in casseroles or soups. Choose whole fruits like apples and raspberries instead of juice.

*Adapted from Iowa State University
Extension and Outreach
Words on Wellness, January 2025.*

Sources:
CDC, go.iastate.edu/7MJYMV
Academy of Nutrition and Dietetics,
go.iastate.edu/X1WNIA
Dietary Guidelines for Americans,
go.iastate.edu/CH0N8W

VETERANS ★ POST ★

by Freddy Groves

QL means Quality of Life

Injured or disabled veterans have a friend in QL Plus, or more specifically, the engineering students and their mentors who create the QL Plus projects for veterans.

The purpose of QL Plus is to create the gear and adaptive devices that will make injured veterans more independent and mobile, able to manage their daily lives or participate in sports and hobbies. The students come from 25 colleges and engineering schools across

the country, and they work with mentors and experts to create the personalized devices that injured veterans need.

Some of the projects are ingenious — wheelchair tire cleaners for a veteran's garage, kayak and bike lifts and hiking prosthetics are just a few of the devices created by the students. Then there was the weightlifting hook so a veteran could complete his workout routine, and the one-handed bobsled for the U.S. Para Bobsled team. One veteran was able to play his guitar again after losing his arm when the QL Plus team created an adaptive guitar pick that attaches to his prosthetic arm. To read about these and more, see the "View Featured Projects" link at the website www.qlplus.org.

And check YouTube for some of the group's previous projects (www.youtube.com/@

YESTERDAY AND TODAY

BY MICHAEL GIBSON



View looking north at 3rd & Main ca. 1940s with the Union Bus depot on the left. It operated at this location from 1941 to 1970. It was relocated to 485 Central between 1971 and 1985. From 1972 until 1983 the building became home of the Great Tri-State Surplus Store. The Merchants Hotel on the right was built in the late 1890s. It had sixty-two rooms and a large dining room. In 1902 rooms were rented for \$2.00 a night. (Courtesy of the Loras College Center for Dubuque History, OHE p78 Hickey Neg. 13).

Yesterday & Today cont. Pg. 9

An Uplifting Moment from Pg. 7

bees were created by the Creator to use positive and negative electrical charges to help choreograph their dance of life together is just one of countless

examples of God's astonishing creativity. All creation shouts praise to Him. We should too!

"He determines the number of the stars and calls them each by name" (Psalm 147:4).

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qlplusprogram) as well as Instagram (www.instagram.com/ql.plus).

Veterans with a disability (not necessarily service-related) are encouraged to apply to have devices made for them at no cost whatsoever. Each project takes a full year, with design of the device done in the fall semester and the actual building of it in the spring, with completion in May.

If there is a device you need

to make your life easier, QL Plus wants to hear from you (www.qlplus.org). Click on "Request A Project." They're now taking applications for the 2025-2026 academic year.

If you don't need a device but you'd like to donate to QL Plus (it's a nonprofit rated three stars by Charity Navigator), you can mail a check to 1544 Spring Hill Road #9927, McLean, VA 22102.

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