



The Golden View

The Community Newspaper For Adults 55 Plus

September, 2023

Dedicated To The Young At Heart

Dubuque, Iowa

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Changes in Store for SongFest 2023

by Danielle Phillips, Dubuque Chorale



The Dubuque Chorale performing at their spring concert, Hues of Harmony

The fall of 2023 has arrived, so it's time to gather together once more for another academic year. And there are few better

ways to enjoy this reunion than with the Dubuque Chorale's presentation of *SongFest*, an annual collaborative choral event that will see the Chorale and its chamber choir Cadenza joined onstage by the Julien Chamber Choir, Heartland Harmony, the Clarke University Collegiate Singers, and choirs from the University of Dubuque, Emmaus Bible College, and the University of Wisconsin - Platteville.

Although *SongFest* is largely defined by tradition, the 2023 version will incorporate some refreshing changes. Most importantly, there are new additions to the lineup! "This year's *SongFest* celebrates the opening of the tenth anniversary



Dr. Amanda Huntleigh conducting the Dubuque Chorale

SongFest cont. Pg. 16

Holy Spirit Parish Fall Festival Sunday, September 10th

by Marlene Woller, Holy Spirit Festival Committee Member



Ghost Church located at 2921 Central Avenue, on September 10th - 10:30 a.m. to 4:00 p.m. Silent Auction and Kids Zone is from 11 a.m. to 3 p.m.

A fried chicken & ham dinner includes potatoes & gravy, corn, salads, rolls, dessert, coffee, milk and water. Adults (12 & up) \$15.00, children 5-11 \$12.00 and under 5 are free. A Refreshment Stand will be available with a lighter menu to include hot dogs, chili dogs, walking tacos, pizza, nachos, chips, soda and water. Indoor air-conditioned

Holy Spirit Festival cont. Pg. 6

The Annual Holy Spirit Parish Fall Festival is approaching soon to the campus of Holy

Assisted Living Week, Sept. 10-16 Season of Reflection

by Jen Rhomberg, Marketing Coordinator, River Bend Retirement Community



In 1995 the National Center for Assisted Living (NCAL) founded the first National Assisted Living Week and since then it has been a special week observed annually by Assisted Living

communities all over the country. It's a fantastic chance to spend a week focused on celebrating the residents, staff members, and volunteers. This year's Assisted Living Week cont. Pg. 10

Journey Through the Days of Beatlemania with BritBeat at Heritage Center

by Stacey Ortman, Director of Public Information, University of Dubuque



Step into a time machine and experience a remarkable and propelling recreation of the Fab Four in concert during the fabulous 1960s! BritBeat: A Multimedia Concert Journey Through Beatles Music History will take the stage at 7:30 p.m. Saturday, Sept. 23, in John and

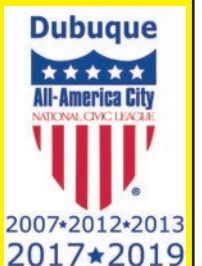
Alice Butler Hall, Heritage Center, on the University of Dubuque campus.

From its inception as a high school vision by Chris Getsla at Glenbrook South High School in Glenview, Illinois, to an internationally renowned Heritage Center cont. Pg. 21

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Ramada Inn
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Sept. 20 at 11:00 AM

Dubuque, IA
Best Western Plus
3100 Dodge Street
Sept. 25 at 6:30 PM

Maquoketa, IA
AmericInn
1910 Nairn Drive
Sept. 8 at 11:00 AM

Lancaster, WI
Sleep Inn & Suites
1600 S. Madison Street
Sept. 14 at 11:00 AM

Darlington, WI
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131 E. Catherine Street
Sept. 22 at 11:00 AM



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The Dubuque Symphony Orchestra celebrates its 65th Anniversary season opening with *Pictures at an Exhibition*, October 7-8



Pianist Lorraine Min

citizen of the Chickasaw Nation in Oklahoma, Tate is dedicated to the development of American Indian classical composition. Chokfi' (choke-fee), Chickasaw word for rabbit, depicts an important trickster legend within Southeast American Indian cultures. Varying string and percussion techniques and colors represent its complicated and diabolical personality.

The orchestra will shine with the brilliant and bold sonorities of another great favorite: Mussorgsky's *Pictures at an Exhibition*. The DSO will partner with Bluff Strokes, projecting original artwork created by local and regional artists.

"We will welcome and recognize some of the local artists at this performance as well. This will be a really cool collaboration! After the Saturday night concert, the audience is invited to join me, DSO musicians, Lorraine Min, and the artists for a reception. Don't miss this special opening night!"

Concerts will be held 7:30 pm Saturday, October 7 and 2:00 pm Sunday, October 8 at Five Flags Theater. Tickets (\$20-89) are available through Five Flags Box Office, or www.dubuquesymphony.org (Ticketmaster fees apply to online purchases). Season tickets are still available by calling the DSO cont. Pg. 9

The Dubuque Symphony Orchestra celebrates its long history as a cultural cornerstone of the arts in Dubuque as its 65th Anniversary season opens with "Pictures at an Exhibition", October 7-8 at Five Flags Theater.

"Our 2023-24 season opens with thrilling audience favorites as we return to the full sonic splendor of a large orchestra filling the stage," shares Music Director and Conductor William Intriligator. "Pianist Lorraine Min returns to perform Grieg's beloved Piano Concerto. This work is so rich in melodies and stunning virtuosity. I can hardly wait to hear Lorraine perform this musical treasure!"

The orchestra's string and percussion sections are featured in Chokfi, by composer Jerod Impichchaachaaha' Tate. A



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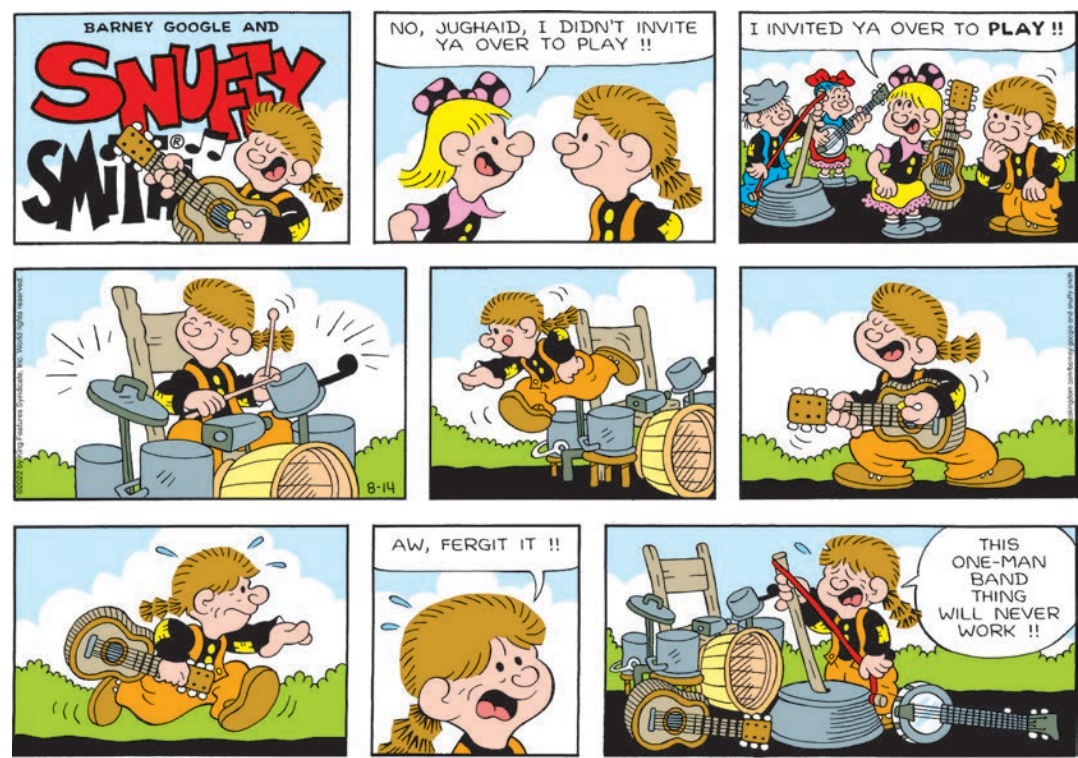
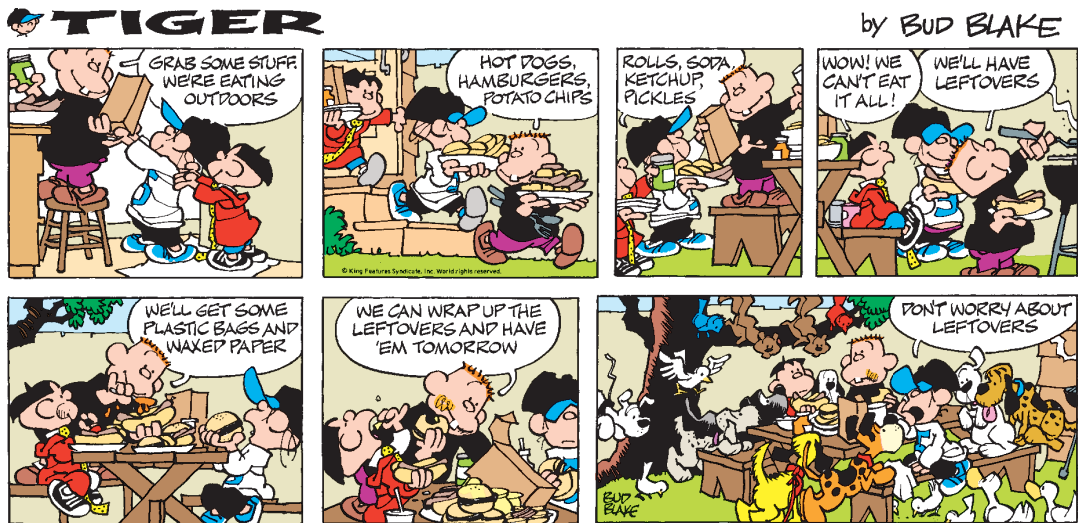
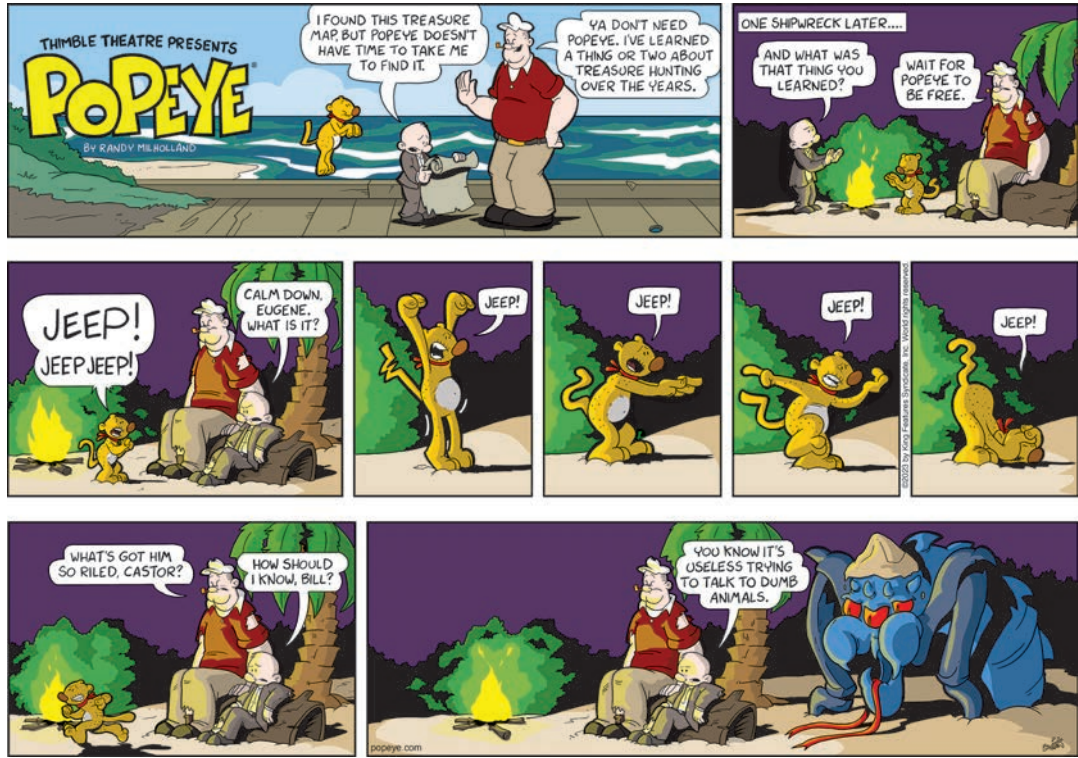
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CLASSICS	<p>OCTOBER 7-8 PICTURES AT AN EXHIBITION <i>Experience the DSO in all its sonic splendor!</i></p>	<p>NOVEMBER 11-12 THOSE WE REMEMBER <i>A stirring all-American program honoring our veterans.</i></p>	<p>FEBRUARY 10-11 STAR-CROSSED LOVERS <i>The timeless, intense story of Romeo & Juliet retold with orchestra, actors & opera!</i></p>	<p>MARCH 9-10 EVENING SERENADE <i>Immerse yourself in breathtaking & beloved masterpieces!</i></p>	<p>APRIL 6-7 TRANSCENDING BOUNDARIES <i>Experience music's power to transform and transcend!</i></p>	
CASUAL	<p>DECEMBER 3 HOLIDAY FAMILY <i>Sing & jingle along to favorite holiday tunes, photos with Santa after!</i></p>	<p>DECEMBER 3-4 HOLIDAY <i>Cherished holiday memories are made with the DSO!</i></p>	<p>MARCH 4 SPRING FAMILY <i>Delightful kid-sized DSO concert followed by fun activities.</i></p>	<p>THERE'S STILL TIME to lock in the best seats at the best price! Season packages of 3, 4 or 5 Classics available.</p> <p>Enjoy early access to tickets, guaranteed seats, priority seating, save off single ticket prices, skip box office lines and online fees and more!</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">CALL 563-557-1677 OR VISIT DUBUQUESYMPHONY.ORG</p>		

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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.

	×		-		33
+			-		
	+		×		30
+		×		×	
	×		+		25
18		25		30	

2 3 4 5 5 6 7 8 9
 Go Figure! Answer on Pg. 24
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DIFFICULTY: ★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

STICKELERS [sic]
 by Terry Stickels

Kelsey and Sandy are Jackie's only sister's mother-in-law's son's daughters. Jackie is Kelsey's:

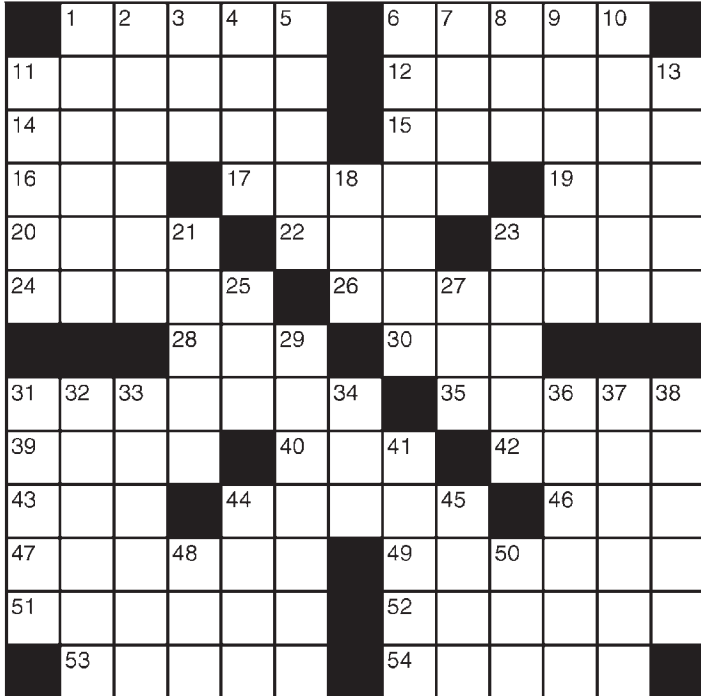
1. mother
2. aunt
3. grandmother
4. niece

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 Glasses, slangily
- 6 Acid type
- 11 "Cut that out!"
- 12 Alphas' opposites
- 14 He loved Roxane
- 15 Not certain
- 16 PC key
- 17 Blue Grotto isle
- 19 Hearty quaff
- 20 Floral rings
- 22 Vat
- 23 Peevish fit
- 24 Song of praise
- 26 Olympic skater Brian
- 28 "Certainly!"
- 30 Away from SSW
- 31 Mexican chili pepper
- 35 Labrador explorer
- 39 Nashville venue
- 40 "A spider!"
- 42 "— Breckinridge"
- 43 Fib
- 44 King of Judea
- 46 Taunting laugh
- 47 Captivate
- 49 Comic Ray



- 51 Bagel choice
- 52 Retaliate
- 53 Trusty horse
- 54 Dweebs
- 8 In medias —
- 9 Big lizard
- 10 Comedian George
- 11 Overcharge for tickets
- 13 Handle
- 18 Tavern
- 21 In a sneaky way
- 23 Fulton's power
- 25 — culpa
- 27 Business mag
- 29 Showed scorn
- 31 Fishing rods
- 32 Speaks one's mind
- 33 Chicken serving
- 34 "— the ram-parts ..."
- 36 Manually
- 37 Arboreal apes
- 38 Western resort lake
- 41 Imam's holy book
- 44 Abode
- 45 Peace symbol
- 48 Astronaut Jemison
- 50 Mal de —

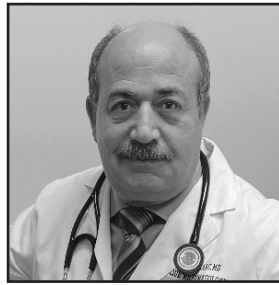
DOWN

- 1 Fashions
- 2 Shakespear-ean heiress
- 3 Ecol. watch-dog
- 4 Title akin to POTUS
- 5 Brown ermine
- 6 Kentucky brew
- 7 Hotel chain

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DEAR PAW'S CORNER: I have a sweet little mixed Terrier named Cookie who's devoted to me. He's not so devoted to other people, and he barks at strangers and other dogs. Recently, I had to take a business trip and could not bring Cookie with me. So I paid a local dog sitter to come and visit each day.

The sitter messaged me on the first day and said that he would not be continuing to take care of Cookie because my dog bit him when he tried to put on his halter. I had to scramble and call in favors for a family member to go and get Cookie for the week.

On top of this, the sitter wants me to pay his medical bill because he says it's my fault

the dog bit him. I say the sitter inconvenienced me, and it's not my liability. What do you think?
— *Carl in San Diego*

DEAR CARL: Ouch! I'm sorry this happened to you, and to the sitter who was bitten. Situations like this can get complicated, especially when you weren't there to witness what happened.

Remain calm and try to get as much information from the sitter and from your relative as possible about what happened, and about Cookie's behavior while you were gone.

In California, courts have usually taken the view that, like dog groomers, pet sitters and walkers accept that there is a risk of being bitten by a dog in their line of work (www.sallymorinlaw.com/dog-bites/whos-liable-if-a-dog-bites-me-when-its-with-a-dog-sitter/). It seems like this is the case here, but I am not an attorney. If you feel that this situation is going to escalate into a lawsuit, consult an attorney before deciding what to do next.

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COME CHAT
with ME

by S. E. Persinger



My column this month is about Rudy and Joan Bellmann, the Founders of *The Golden View*. In the July issue, Bill Beutin, editor and owner of the paper wrote a tribute to his friend who had died on May 30, 2023. Bill had bought the paper from Rudy and Joan in 2014. Bill did an excellent job on his tribute so I am just going to share my experiences of knowing the Bellmann's.

I've been with the paper for 27 years. The first time I read *The Golden View* I was excited to see such an interesting community newspaper. I could see it was a "people friendly" paper. I also soon realized that it was a newspaper with integrity, as it is today. The paper is filled with the news of community activities, and often has historical pictures and tales of the great city of Dubuque. But that is not all of the interesting and helpful information contained in the paper. There is a variety of news worthy sections. And the paper has a number of fantastic columnists willing to share their writings with the readers.

When I first submitted some material for publication in *The Golden View*, the paper had a poetry section that was later dropped. I had sent two whimsical poems and Rudy printed both of them. He later asked me if I had any other writings. Actually, I had several *Come Chat With Me* columns ready to be submitted somewhere in the future. I was busy writing manuscripts to

be shared with any interested publication market.

The first time I met Rudy was when he and a staff member came to Davenport. We agreed to meet in a local restaurant where he delivered some of his free papers to be shared with the public. When I walked in I noticed the two men were talking and viewing my entrance. I pretty much knew what they were saying. I had submitted an "earlier" photo of myself. Yes, I was older than my picture. But writers sometimes do submit a picture from the past. Who knows why? I guess you can say, that was the beginning of a friendship.

The next time Rudy came to Davenport, Joan came with him. And then later, my husband and I would drive to Dubuque and meet them for lunch. Joan told me the history of them starting the newspaper. I believe they were both retired and had wanted to do something like starting a newspaper. They sure had success. The paper has lasted for almost 30 years and I know it will be around for many more years.

I must add that Joan has been the heart of the paper for all those years. I believe she composed the paper in such a way that everyone gets a huge part of what they want to read. And there are so many valuable things to learn from a well-written newspaper. There was no way I could ever thank Rudy and Joan for allowing me the opportunity to write for *The Golden View*. But, Joan, thank you so very much for the gift of being a friend. You and Rudy were and are jewels.

Holy Spirit Festival from Pg. 1
 dining for your pleasure, plus outdoor tent covered dining and carry-outs available.

The Country Store features the best pies, cakes, bars, breads, cookies, and more deliciousness from our parishioners' kitchens. Check out the fresh produce,

fruits and vegetables and unique handmade items.

The Silent Auction is bigger and better than ever. A few featured items include Iowa Hawkeye tickets, foursomes of golf, local entertainment tickets, furniture, home décor, gift certificates from area merchants & restaurants and packages with hotel accommodations.

The Kids Zone will feature a Bounce House, Bean Bag toss & other fun games with prizes. Several wheels of chance including a Snack & Candy Wheel, Big Money Wheel and Chuck-a-Luck.

Raffle tickets with cash prizes of \$1,000, \$500, and \$250 are available at the parish office located at 2215 Windsor Ave and will also be sold at the festival. Drawing to be held after the close of the festival. Need not be present to win.

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Broken Bricks and Concrete

During the half of the year we live in rural central Mexico I take a morning walk on the nearby paths and rustic lanes. The lanes are used by farmers walking, riding their horses or driving their old beat-up pickup trucks. There are also a few brave taxi drivers hired to bring someone out to the fields. I suspect many U.S. owners of 4X4 trucks would hesitate at navigating such roads. If you're in any kind of a vehicle you take the rustic roads slowly!

Some of the worst spots with deep ruts have been filled in with broken bricks and concrete by the local farmers. It makes navigating these sections of the road much easier.

Treading over the broken bricks and concrete I wondered about their previous purpose. Were the bricks from an old house or wall? What if those bricks could talk: what story would they tell? Was the broken concrete from a foundation, a patio, a sidewalk, or another roadway? What stood, walked, or rolled over this broken concrete in its original location?

I know nothing of the past for the broken bricks and concrete, but their present use is obvious, providing a firm path for those traveling by foot, horse, or vehicle. What was seemingly useless has a new use!

Our own journey of life can utilize the same principle, repurposing for good the hurt, the mistakes, the failures, the misfortunes, and even the sins of others toward us and our own self-inflicted sins. The journey of life can be a rough and painful road. However, God never wants us to waste our pain! With His help we can move forward over the brokenness!

This world is a broken world, and we're all part of it. We can allow what is broken in our little corner of the world to break us further, or we can use it to form a firm roadbed upon which we can journey! The choice is ours.

There are those who never get over a painful past while others use their painful past to help themselves or someone else get over the pain in the present. For some, mistakes are stumbling stones that keep them in a fallen state while for others mistakes are stepping stones that move them forward.

The broken brick and crushed rock on the rustic roads in Mexico remind me that, yes, God has allowed this world to exist in a fallen, broken state, but He has His purposes in doing so. He can help us build on what's broken instead of letting it break us further. He can help us grow a deeper faith in Him rather than lose what little faith we have. Yes, with God's help, we can repurpose the broken in our lives into a roadway upon which we move ever onward and upward!

"...We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." (Romans 5:3-5 ESV)

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If you want to know what God thinks of money, just look at the people he gave it to.
—Dorothy Parker

BIBLE TRIVIA
by Wilson Casey

1. Is the book of Lamentations (KJV) in the Old or New Testament or neither?
2. Which book may be summarized as "It really is true, Jesus Christ is God Himself"? *Matthew, Mark, Luke, John*
3. In Esther 2:17, who was she (Esther) made queen instead of? *Vashti, Ruth, Anna, Sapphira*
4. Who gave Solomon cedar

and fir trees according to all his desire? *David, Hiram, Chalcol, Mahol*
5. From Ecclesiastes 3, there is a time to mourn and a time to ...? *Leave, Dance, Love, Profit*
6. In 1 John 4:8 God is ...? *Always, Grace, Love, Beloved*

ANSWERS

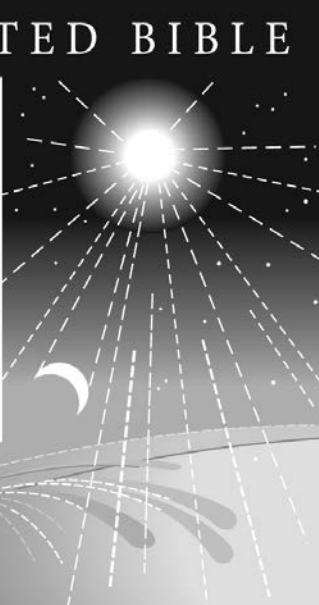
1) Old, 2) John, 3) Vashti, 4) Hiram, 5) Dance, 6) Love

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THE ILLUSTRATED BIBLE

*Yours is the day, Yours also is the night;
You have prepared the light and the sun.
You have established all the boundaries of the earth;
You have made summer and winter.
Remember this, O Lord, that the enemy has reviled,
and a foolish people has spurned Your name.*

PSALM 74: 16-18



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I'm living so far beyond my income that we may almost be said to be living apart.
—e. e. cummings

YESTERDAY AND TODAY

BY MICHAEL GIBSON



The Benevolent & Protective Order of the Elks Lodge #275 was organized in Dubuque in 1895. After moving around the city they constructed a new elaborate lodge at the corner of 7th & Locust in 1914-15 at a cost of \$120,000. Many famous dignitaries spoke from the portico including Presidents Taft and FDR. Today the lodge is located on Military Road near the intersection with Swiss Valley Rd. This photo dates from the 1930s and shows the Roshek Building as well. (Photo courtesy of the Center for Dubuque History, Loras College).

Yesterday & Today cont. Pg. 9



Michelle Bell,
Social Security District Manager,
Dubuque, Iowa



**Four Questions About Social Security That
Can Help You Plan Your Retirement**

Social Security benefits are part of the retirement plan of almost every American worker. If you're among the many people covered under Social Security, you should know what your future benefit may be. Monthly benefit payments will likely be an important part of your retirement income.

We base your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be

lower than if you had worked steadily. If you never worked and did not pay Social Security taxes, you may be eligible for spouse's retirement benefits. You must be at least 62 years old, and your spouse must already be receiving retirement or disability benefits.

Our retirement page at www.ssa.gov/retirement is a great place to start mapping out your retirement plan. For example, have you considered:

- Which factors may affect your retirement benefits?
- What is the right time for you to start receiving your retirement benefits?
- What you need to do after you apply for retirement benefits?
- What documents you need to provide us for your retirement application?

You can use your personal *my* Social Security account at www.ssa.gov/myaccount to get an instant estimate of your future retirement benefits. You can also see the effects of starting your retirement benefits at different ages.

- You may also wonder about:
- Benefits for a spouse or children.
 - How work affects your benefits.
 - Medicare.
 - Whether you will have to pay taxes on your benefits.

You can learn more at www.ssa.gov/retirement. Please share this information with family and friends to help them prepare for their retirement.

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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.



In 1974 the Elk's Club was torn down and a new building was constructed as the home for Clinton Federal Savings & Loan (later Statesman Bank). This building won an award from the American Institute of Architects. In the early 1990's People's Natural Gas re-located their offices to this building and by 2000 after considerable renovations including full climate control it became the home for the Dubuque Museum of Art which had been located in the Old Jail. (Photo by the author).



DUBUQUE FIRE
Derek Paulson, Assistant Fire Marshal

According to the National Safety Council, between 30-40% of older adults fall each year. Falls in the U.S. are the leading cause of accidental death and in adults who are 65 or older it is the 7th leading cause of death. Finally, in 85% of deaths that do occur from falls occur in 13% of persons who are 65 years of age or older.

What this all really means is that if you are 65 or older, your chance of falling at some point unfortunately is pretty good and the chances of something bad happening to you from that fall are even greater. We do not want you to be a statistic, so here are some tips on how you can make your home safer from trip and fall hazards.

First, if you have rugs all over your home remove them. Rugs can easily trip you up as your walking. Many older adults' mobility becomes less and less the older they get which causes many to shuffle their feet instead of lifting them up. If you are using a walker

or a cane the same thing can happen. If you must have a rug in the bathroom for when you get out of the shower or tub, make sure it has a sturdy rubber bottom that will stick to the floor. After bathing pick the rug up and place over the tub so it is out of the way.

Second, install grab bars in shower/tub areas as well as near the toilet. This will allow you to grab something sturdy to help you up. If taking a shower is becoming difficult consider installing a shower chair and possibly a hand-held shower head to help prevent falls in the shower.

Lastly, make sure there are no cords, boxes or other items in your travel areas that could trip you. Taking just a few minutes to do an assessment of what could cause you to fall in your home could prevent you from becoming a statistic.

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

DSO from Pg. 3

DSO office at 563-557-1677.

An open rehearsal, held Friday, October 6 at 7pm, is a great opportunity to watch how the DSO shapes and fine-tunes a piece of music before presenting it in concert. Free and open to the public. Enter through theater doors on Main Street.

This concert is made possible by the generous support of Cottingham & Butler.



Music Director/Conductor William Intriligator

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My problem lies in reconciling my gross habits with my net income.

—Errol Flynn

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Bonus Events at Heritage Center:

BRITBEAT: A MULTIMEDIA CONCERT JOURNEY THROUGH BEATLES MUSIC HISTORY

SATURDAY, SEPTEMBER 23 | 7:30 P.M.

Step into a time machine and experience a remarkable and propelling recreation of the Fab Four in concert during the fabulous 1960s!



Third-party hosted events at Heritage Center. All events are reserved seating in John and Alice Butler Hall. Pricing varies and ticketing fees apply. Earn H-PALS points.

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Senior Expo 2023

Community helping Community
Free Admission

Thursday September 21, 2023

9 a.m. - 12 p.m.

Fairgrounds Ballroom
Dubuque, IA 52001

With over 30 vendors, there is a lot to learn about the community that cares so much about our senior citizens!

Listen live on KDST during the event!

Goodie bags for first 100 people
Three \$100 gift card giveaways.
Drawings will be throughout the expo

Free lunch TO-GO
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Place @ 11:00 a.m.

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Food Safety Myths

We all do our best to serve our families safe and healthy food. Some food safety practices that people follow are myths. Let's celebrate National Food Safety Month by debunking commonly held food safety misconceptions.

Myth: I don't need to wash fruits or vegetables if I'm going to peel them.

Fact: Because it's easy to transfer bacteria from the peel or rind when you're cutting to the inside of your fruits and veggies, it's important to wash all produce, even if you plan to peel it.

Myth: To get rid of any bacteria on my meat, poultry, or seafood, I should rinse off the juices with water first.

Fact: Rinsing meat, poultry, or seafood with water can increase your chance of foodborne illness by splashing juices and any bacteria they might contain onto your sink and counters.

Myth: I can wash bagged greens if I want to. There's no harm!

Fact: Rinsing ready-to-eat leafy greens (those labeled "washed," "triple washed," or "ready to eat") will not enhance safety. It could increase the

risk of cross-contamination. This means harmful bacteria from your hands or kitchen surfaces could to the greens while washing them.

Myth: Leftovers are safe to eat until they smell bad.

Fact: The types of bacteria that cause foodborne illness do not affect food's taste, smell, or appearance. Freeze or toss refrigerated leftovers within 3 or 4 days, even if they smell and look fine.

Myth: It is safe to thaw frozen food on the kitchen counter because I will cook it right away.

Fact: Food should only be thawed in the refrigerator, cold water, and microwave. Food thawed in the microwave and cold water should be immediately cooked.

For more information about selecting and preparing food safely, contact *AnswerLine*. Call 1-800-262-3804, Monday-Friday from 9 am-noon and 1-4 pm, or visit the website at: www.extension.iastate.edu/families/answerline

Source: Adapted from Words on Wellness (WOW) Newsletter, Iowa State University Extension and Outreach, January 2022.



Join us to celebrate
Grandparents Day &
our 17th Anniversary!

Sunday September
10th, 2023

Meal 12-1 PM

Live Music 1-3 PM
by Mark Zalaznik



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is National Grandparents Day! We will have a free meal open to the public. We will be serving from 12 noon to 1 PM! Friends, family, and anyone in the community is welcome to join us here at River for the meal followed by live music by Mark Zalaznik from 1-3 PM. We hope you can plan to join in the fun. Watch our Facebook page for more details and updates! If you can attend that Sunday, please do! There will be fun for all

ages here at River Bend!

Assisted Living Week from Pg. 1

theme for National Assisted Living Week (September 10-16) is "Season of Reflection." The theme gives us the chance to give recognition to those who truly make these communities across the country a loving home and welcome the sense of renewal that comes with the changing seasons. We are so excited to be a part of this! Assisted living communities like River Bend are encouraged to host various events during this special week that take time for the "Season of Reflection." River Bend plans to kick off the week with a BIG party to celebrate not only the kickoff to this special week but also to celebrate our 17th Anniversary here in Cascade! On top of that September 10th

Also, mark your calendar for another event, the 2023 Senior Expo will be held on Thursday, September 21st, 2023, from 9:00 AM-Noon at the Dubuque County Fairgrounds Ballroom. This is a wonderful opportunity for you to learn more about senior care in your local communities. There will be over 30 vendors for you to talk with and gather information for seniors including legal and health aspects of aging. The first 100 people will receive a gift bag filled with goodies and free lunch to go sponsored by Oak Park Place. Grab a friend and plan to attend! Door prizes will be awarded including three \$100 gift cards, a live radio broadcast with KDST (FM 99.3), and much more.



Learning the Signs That Lead to COPD

DEAR DR. ROACH: What signs and/or symptoms do you need for a doctor to determine whether you have chronic obstructive pulmonary disease (COPD)? — **R.K.**

ANSWER: The diagnosis of COPD is suspected in people who are at risk for the disease and note one of two cardinal symptoms: cough or dyspnea. (A “symptom” is what a patient identifies by history, while a “sign” is noted on a physical exam. A cough can be both a symptom and a sign.) Dyspnea is usually described as shortness of breath, a sensation that a person can’t get enough air, like they have just run very fast. Some people with COPD may have very subtle symptoms.

Smoking is the biggest risk factor for COPD, but there are other causes, including other chemical exposures (industrial exposures and home cooking fires are less common now, but are historically important causes of COPD); scarring lung disease; and a genetic cause, a condition called alpha-1 antitrypsin deficiency.

The diagnosis is confirmed most often by tests of lung function, which are breathing tests to look at the physiology of the lung and its ability to exchange oxygen and carbon dioxide. Sometimes the diagnosis can be supported by an X-ray or CT scan, but

pulmonary function testing is the best way to determine the severity of COPD.

We do have ways of slowing down lung decline in COPD, one way being smoking cessation for current smokers, but some of the medications we use also help reduce ongoing damage.

DEAR DR. ROACH: Please help! Is it true that Trulicity may cause serious side effects, including thyroid tumors and cancer, as well as pancreatitis? — **J.R.**

ANSWER: Dulaglutide (Trulicity), like semaglutide (Ozembic) and liraglutide (Victoza), are in a class of drugs called GLP-1 receptor agonists, which have several actions, such as increasing insulin release by the pancreas in response to meals. Initial studies on laboratory rats did show an increase in an unusual type of thyroid cancer, but studies have not yet shown an increased rate in humans. Still, people at an increased risk for this type of thyroid cancer (having a family history of medullary thyroid cancer or of multiple endocrine neoplasia, type 2A or 2B) are not recommended to take

To Your Good Health cont. Pg. 18

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Tuesday, September 19, 7:30 a.m.

Shalom Spirituality Center, Dining Room

Guest Speaker: Molly Schreiber, Challenge to Change, Inc.

Take advantage of this celebration of the upcoming autumn season! We welcome Molly Schreiber of Challenge to Change as she shares her wisdom on 'Navigating Life's Seasons' and how her faith inspires her to keep moving forward despite setbacks.

\$15 per person. Please register and prepay by Thursday, September 14, at www.shalomretreats.org or call 563.582.3592.

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SENIOR NEWS LINE

by Matilda Charles

Don't Get Caught Up in Survey Scams

The latest craze in senior scams is surveys. Thieves want to know our opinions about products and services, and we're happy to oblige — especially when there's a lovely prize for us if we participate.

Who wouldn't want an expensive TV or a vacation just for answering a few survey questions?

We wouldn't, that's who. Because it's likely part of a scam.

Survey scams can show up in any number of formats, either a direct call to you or in an email or on social media.

Sometimes the information they're requesting is so innocent you can be lulled into believing it's not really a scam. For example: If you're asked for the name of your first pet, you'll be tempted to answer, because it's not your bank information.

However, that same mild question is very common and might have been asked when you signed up for a legitimate online account, such as your bank, as a

means of verifying your identity. Knowing that "Fluffy" was your first cat, pieced together with the answers to other innocent questions, scammers can access your accounts when a profile about you is created.

Sometimes you'll be asked to qualify for a survey and the questions are more intrusive. Taken together, all your innocent answers can be sold as a package to other scammers.

Here are a few facts:

Once you talk to these scammers on the phone, the number of scam calls you receive will rise dramatically.

Once you participate in an online survey, you've opened yourself up to much more serious scams.

If you have to pay a fee, it's a scam.

The minute you click a suspect link in an email, it's possible that malware is installed on your computer.

If someone offers you anything of value for participating in a survey, it's likely a scam.

Really, why would anyone send you a TV for answering a few questions?

If you've been scammed, call the Federal Trade Commission at **877-382-4357**.

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by Freddy Groves

How Can Scams Go on This Long?

A grandson collected his grandmother's survivor benefits for 30 years after her death.

How, one wonders, can that happen? Is no one checking to be sure those who receive benefits are still living?

In this case the survivor benefits, based on the woman's marriage to a veteran, kept going to her bank account. And the grandson kept spending the money, \$1,100 per month for 30 years. He pleaded guilty, as he should have, but was only charged with one count of stealing government property in a plea deal. For that he could get 10 years.

Then there was the woman who kept a scam going for 48 years after her mother died. Apparently no one at the Department of Veterans Affairs did the math and calculated how old the woman was. The daughter just kept signing checks and sending handwritten letters asking for address changes and saying she was unable to find her mother's Social Security number. She'll be required to pay back over \$400,000, but there's no jail sentence in this case. The daughter is now 76 years old.

If you want to do the right thing, after the death of a veteran or someone receiving survivor benefits, call the VA. Just call **800-827-1000**. You might be eligible to receive benefits yourself, depending on the relationship. Or, if you delay and benefits have been sent out already, you'll need to make arrangements to send the money back. In the case of a disabled veteran, you also might be asked to return any equipment issued by the VA, such as wheelchairs.

Veterans Post cont. Pg. 20



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