

# ACTIVE & AGELESS

EAU CLAIRE YMCA ACTIVE & AGELESS NEWSLETTER

**WE WANT YOUR  
YMCA STORY!**

## CALLING ALL ACTIVE & AGELESS MEMBERS!

Have you been a Y member “forever”?  
Or, after a hiatus from membership, you  
made the great decision to come back?  
Do you have a Y story/stories to share?  
Y friendships, experiences, childhood  
camp, sports?

### What comes up?

If you are interested in sharing your  
story, please reach out to me!  
[lpettis@ymca-cv.org](mailto:lpettis@ymca-cv.org).

**ENJOY THIS ISSUE?**

Feel free to share this  
newsletter with anyone who  
you think may find it useful.

## QUESTIONS, COMMENTS, IDEAS?

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**Your mind will  
always believe  
everything you tell it.**

**Feed it faith.**

**Feed it truth.**

**Feed it with love.**

## THE AGING MASTERY PROGRAM! A FREE PROGRAM

As children, we're taught how to be successful adults. By contrast, no one teaches us how to age well; and we want to change that. The Aging Mastery Program (AMP) provides tools and resources designed to improve your health, enhance financial stability, and foster a life full of meaningful connections. AMP is all about feeling better today and staying healthy for the future. Sessions are ongoing, sign up opportunities continue throughout 2023!



## Join the adventure!



Mark your calendar to attend the National Council on Aging (NCOA), Aging Mastery Program® (AMP). Inclusa is committed to supporting lives well lived across Wisconsin!

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to **improve your well-being**. Feel better today and stay healthy for your future.

Visit [www.inclusa.org/providers/aging-mastery-program](http://www.inclusa.org/providers/aging-mastery-program) or scan the QR code to the right to learn more.

Each program is 10 core classes + 2 caregiver focused classes

- **January 11 – March 29, 2023:** Wednesdays, 9 am – 11 am
- **April 5 – June 21, 2023:** Wednesdays, 1 pm – 3 pm
- **July 12 – September 27, 2023:** Wednesdays, 9 am – 11 am
- **September 27 – December 20, 2023:** Wednesdays, 1 pm – 3 pm  
Class will not be held week of November 20 (Thanksgiving)

### Local Experts Present

- Navigating Longer Lives
- Caregiver Perspectives: Assessing Needs
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
- Caregiver Playbook: Planning, Connecting, and Doing

**FREE OFFERING**  
**(\$290 VALUE)**



## STROKE PREVENTION AND EDUCATION

**As the Eau Claire YMCA builds it's Coverdell Stroke Resources collection, here's a new look at one of the many resources coming your way. Let's look at TIAs, otherwise known as transient ischemic attacks—often a precursor to a stroke. The good news, there are many actions and choices we can make on a daily basis to reduce our chances of having a TIA and/or stroke!**

### What is a TIA?

A TIA (transient ischemic attack) is a warning of an impending stroke. It occurs when a blood vessel in the brain is blocked for a brief period of time, causing stroke symptoms that recover quickly, usually within one hour. Symptoms that last longer may be a stroke, even if they resolve.

### WHY SEEK EMERGENCY CARE FOR A TIA?

Studies show up to 40% of people with a TIA will go on to have a stroke. Early evaluation and treatment can decrease the risk of stroke in the first two days after a TIA by up to 85%.

### WHAT ARE COMMON STROKE AND TIA SYMPTOMS?

#### BALANCE

Sudden loss of coordination or balance

#### EYES

Sudden change in vision

#### FACE

Sudden weakness on one side of the face or facial droop

#### ARM

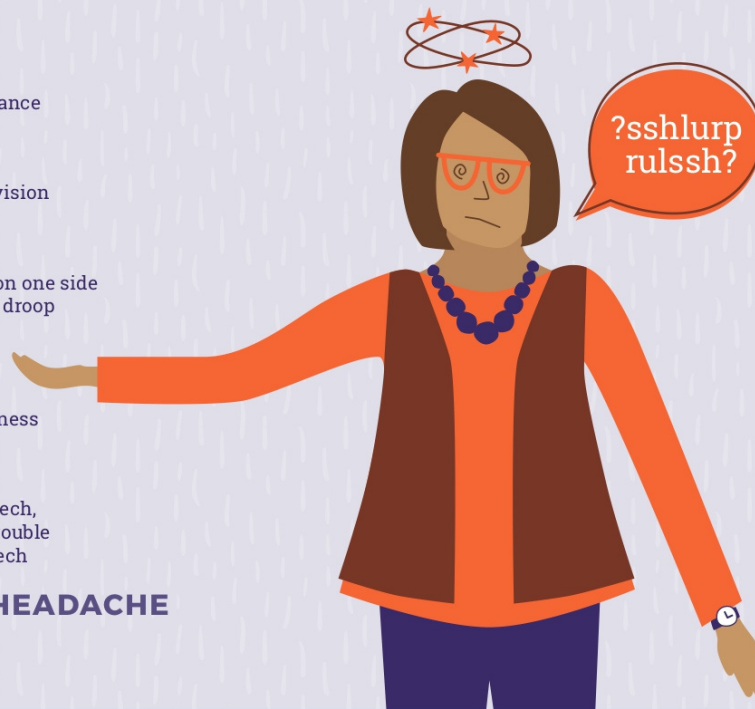
Sudden arm or leg weakness or numbness

#### SPEECH

Sudden slurred speech, trouble speaking, trouble understanding speech

#### TERRIBLE HEADACHE

Sudden onset of a terrible headache



### WHAT ARE SOME RISK FACTORS FOR STROKE AND TIA?

- High blood pressure
- Diabetes
- High cholesterol
- Heart disease
- Atrial fibrillation
- Carotid stenosis
- Smoking
- Inactivity
- Heavy alcohol use
- Stroke in the family



**TIME TO CALL 9-1-1. Every second counts, and quick evaluation could prevent a stroke.**

P-02107C (03/2019)

<https://www.dhs.wisconsin.gov/coverdell/community.htm>

## MARCH KITCHEN TIPS OF THE DAY: EGGFLECTION LET'S SAVE SOME MONEY!

**Is the price of eggs getting you down? Maybe the thought of raising your own egg-laying chickens isn't on your radar. So what are some money saving options?**

First, sometimes you just need to eat or cook with eggs. So this isn't about abstaining from purchasing eggs, but rather, looking at other healthy, less expensive protein sources and a few money saving options when buying eggs.

### **Have you Tried Using a DIY Egg Substitute?**

A sixteen-ounce bag of flaxseed meal costs roughly just under \$10. With that one bag, you can make the equivalent of 48 eggs. It only takes one tablespoon of flaxseed meal mixed with 3 tablespoons of water for an egg substitution. The nice thing is that flaxseed is a great source of omega-3 as well as a good source of protein and fiber.

Other great egg substitutions in baking, according to Kitchn magazine, are as follows:

- Chia seeds: 1 TB + 3 TBS of water = one egg
- Arrowroot Powder: 2 TBS + 3 TBS water = 1 large egg
- 1/4 cup unsweetened applesauce = 1 large egg for most recipes
- 1/4 cup mashed banana = one egg
- 2 TB water + 2 tsps baking powder + 1 tsp vegetable oil = 1 large egg
- 1/4 cup carbonated water = 1 large egg.

### **Consider Getting Protein from Other Sources**

One of the biggest benefits of eating eggs is that an egg offers a complete source of protein—there are 6 grams of protein in a single egg. However, there are many other foods that are also rich in protein. While the egg prices are high, you may want to consider substituting your eggs for some of these other foods:

- Greek yogurt: 1 cup = 23 grams of protein
- Oatmeal: 1 cup cooked = 6 grams of protein
- Almonds: 1/4 cup = 7 grams of protein
- Peanut butter: 2 tablespoons = 7 grams of protein
- Ezekiel bread (sprouted wheat): 2 slices = 8 grams of protein
- Pumpkin seeds: 1 oz = 9 grams of protein
- Tofu: 3 ozs = 8 grams of protein
- Cheddar cheese: 1 oz = 6 1/2 grams of protein
- Quinoa: 1 cup = 8 grams of protein
- Black beans: 1/2 cup = 8 grams of protein



### **When you Buy Eggs: Buy Organic**

Organic eggs can be found for a lower price than regular eggs these days. This is probably because organic farms have not been hit as hard by the avian flu. As a result, the price of organic eggs has remained more stable. Organic eggs are not being sold at a discount, it's just that regular eggs have had such high increases that some of them have surpassed the price of organic.

### **Buy Eggs From a Backyard Chicken Farm**

More and more people are raising chickens in their own backyards. You will often see signs in yards advertising fresh eggs for sale. You'll most likely be able to find fresh eggs at a reasonable price.

### **Watch For Egg Coupons**

Watch for egg coupons from your favorite grocery store and other local stores. It may be worth your while to watch for coupons from stores that you don't usually shop from.

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## EGGFLATION (CONTINUED)

**Watch for Sales on Eggs**

Even with the inflated price of eggs, some grocery stores may periodically run sales on eggs. Check out the weekly ads so that you don't miss out. If your grocery store has an app, that is an easy way to have all of the current sales right at your fingertips.

**Shop Store Brand Eggs**

Typically, store-brand eggs will cost less than other brands. Some of the best store brands to look at are Target's Good and Gather, Walmart's Great Value Brand and Aldi's Golden brand.



To read the full article: <https://parade.com/living/ways-to-save-money-on-eggs>



**ACTIVE & AGELESS PICKLEBALL CLINICS!**

**LEARN  
PRACTICE  
PLAY**



**CHOOSE ONE CLASS TO ATTEND FROM THE DATES LISTED!**

**INTRO TO PICKLEBALL CLINIC  
EAU CLAIRE YMCA  
HOBBS GYM**

**WEDNESDAY, 2:30-4:00 PM**

**MARCH 8, OR MARCH 22,  
APRIL 5, APRIL 26,  
OR MAY 10**



Pickleball has become one of the most popular Active and Ageless sports! It's easy to learn, fun, and enjoyed by many - especially over the age of 50!

**LEARN - PRACTICE - PLAY**

If you have never played and are curious, here is your chance to give it a try! Pete Fasching, YMCA Healthy Living Staff Member, will review the rules and provide an opportunity to play in a safe, fun, and relaxed environment. Space is limited to 5 participants/clinic. If rosters fill, waitlists will be created, and additional clinics will be scheduled!

**Registration is Required! To register:  
contact Laurie Pettis [lpettis@ymca-cv.org](mailto:lpettis@ymca-cv.org) or 715-839-4608**



**ST. PATRICK'S DAY WORD SEARCH**

K	U	A	K	D	S	A	I	N	T	T	N	R	W
L	A	V	I	T	S	E	F	N	S	H	N	R	H
L	T	R	P	R	A	H	I	L	E	H	H	I	I
G	S	P	A	R	B	L	A	A	H	G	C	D	S
C	O	D	R	R	B	R	K	W	N	R	R	C	K
I	U	L	A	U	D	C	O	U	H	E	A	A	E
T	A	I	D	E	O	B	A	S	L	E	M	A	Y
L	I	A	H	R	N	H	N	E	U	N	P	L	S
E	R	T	M	I	C	S	T	K	C	C	E	I	S
C	A	A	A	E	M	A	R	A	K	G	D	F	B
C	H	R	R	E	U	E	A	N	Y	A	A	H	D
S	V	P	A	W	S	I	Y	S	U	M	R	I	C
H	E	L	A	T	I	D	I	R	E	L	A	N	D
L	S	D	R	T	C	L	D	R	S	I	P	I	E

- MUSIC
- RAINBOW
- DUBLIN
- CATHEDRAL
- PARADE
- SHAMROCK
- FESTIVAL
- GREEN
- MARCH
- WHISKEY
- LUCKY
- IRELAND
- SNAKES
- SAINT
- HARP
- GOLD
- LEPRECHAUN
- CELTIC





# SAFE, SUPPORTIVE, RECOVERY

## ACTIVE & AGELESS SOBER LIVING EAU CLAIRE YMCA

Let's join Executive Director, Michelle Markquart, of Eau Claire Sober Living, and learn about this substance-free live-in community that provides a safe and supportive environment for adult women seeking recovery. Here, residents are transformed, borne from a neuroscience-based recovery model, connection, healthy-living, and renewed self-awareness.

**WHEN:** Friday, March 31  
**TIME:** 11:00 AM-12:00 PM  
**COST:** Free to YMCA Members  
**WHERE:** Eau Claire YMCA –  
Conference Room  
**No Registration Required**  
**Refreshments will be served!**



**[WWW.YMCA-CV.ORG/AOA](http://WWW.YMCA-CV.ORG/AOA)**

**If interested, donations are accepted towards the purchase of gas cards, bus passes, and Walmart gift cards.**

## EIGHT EASY STEPS TO A MORE ORGANIZED HOME

People watch *The Home Edit* on Netflix to see pantries and bookshelves organized in a rainbow of colors and messy garages and bedrooms transformed. They look to Marie Kondo to organize their closets and drawers by tossing items that don't spark joy.

But it can be hard to get around to decluttering in real life. It often feels overwhelming, like there's no time to take on a big project that will overhaul a space. But the reality is that a few small steps can help jump-start the effort and may even improve your mental health just as much as your home.

"The more clutter you have, the less happy you tend to be," says Joseph Ferrari, a professor at DePaul University, who along with his research partner has studied the negative impact of all that stuff. "The more you have, the less life satisfaction people report."

### DECLUTTERING MADE SIMPLE

After Beverly LaZar went through a divorce and began contemplating a move, she assessed what she wanted to take with her. LaZar, 54, had lived in Cedar Crest, New Mexico, for 24 years and realized her family had "accumulated a great deal of stuff." Much of it was squirreled away in boxes in her garage, barely looked at.

She decided to tackle organizing what had accumulated in those boxes since she didn't "wish to move all of these things across the country."

The older you get, the more mugs, memorabilia, furniture, books, papers and accessories seem to pile up. So where to begin when it comes to organizing and decluttering?



### SIMPLE WAYS TO DECLUTTER YOUR SPACES

1. Start by removing trash.
2. Begin by choosing one small area to organize - like a drawer.
3. Sort items into three piles: Keep, donate and toss.
4. Find a specific home for everything you intend to keep - for example, a hook for your keys.
5. Group similar items together, instead of storing them in multiple places, so you always know where to find them.
6. If you buy something new, pledge to get rid of something else to limit items in your home.
7. If you're holding on to items to pass to the next generation, ask your heirs if they want the items. Be prepared for them to say no, and be gracious.
8. Don't try to do everything all at once. Schedule limited amounts of time to work on decluttering and organizing on a regular basis.

"I always suggest starting with removing the trash first," says Nikki Bell, a professional organizer in Houston. "Grab a trash bag and just walk through the space throwing away anything broken, damaged or actual trash."

Cardboard boxes can take up a lot of space, so removing them changes the way you view a room, Bell says. After that, pick one small area to tackle, like a drawer, in order to ease yourself into the work.

To start her decluttering project, Sabrina Hamilton, 54, of Colorado, picks one room, assesses the clutter, and starts sorting, using a system many professional organizers follow. I create three piles: what I'll keep, what I'll donate and what I'll throw away," she says. "With each item I'm

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## EIGHT EASY STEPS TO A MORE ORGANIZED HOME (CONTINUED)

considering, I decide if it's meaningful, useful or useless." Meaningful items get to stay, useful items that she no longer wants are passed along, and useless stuff goes in the trash.

From there, Andrew Mellen, a professional organizer in New York City, encourages people to start organizing. He suggests following what he calls his "organizational triangle" - "one home for everything; like with like; and something in, something out."

### THAT MEANS:

- Everything has a spot where it lives. For example, "your keys have a home and they're either in their home or they're in your hand unlocking something," Mellen says.
- Like with like involves organizing your belongings so that "all like objects live together - not most of them," Mellen says. That means storing all tools in a toolbox and not leaving a stray screwdriver in a junk drawer.
- Something in, something out helps manage the number of items in a home. If you buy something new, something has to be donated, given away or trashed.

Of course, parting with possessions can be emotionally difficult for some people. That's because the objects may be imbued with good memories, believed to be valuable or seem worthy of passing on to the next generation. That's when it's time for a talk.

"I am a firm believer in frank conversations," Mellen says. For people holding on to items to pass to the next generation, Mellen recommends asking the intended recipients if they actually want that wedding China, family silver or antique painting.

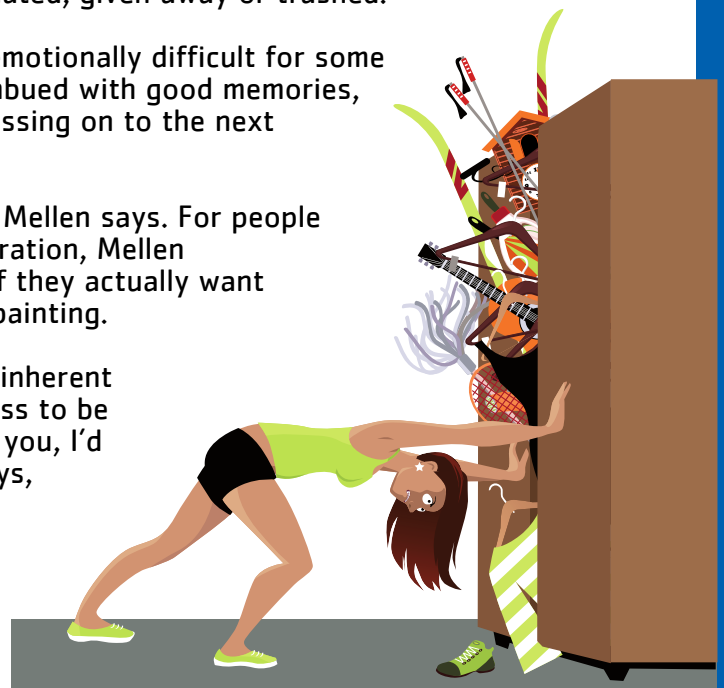
"When it comes to things that don't have an inherent monetary value, you have to have a willingness to be vulnerable and have the conversation: 'I love you, I'd like you to have this, do you want it?'" he says, adding that you have to "be OK with them saying no."

"I am stronger emotionally, and I am more willing to let go of things I clung to in the past. I want to focus on creating life experiences and new memories, instead of holding on to old things that no longer serve me."

But all that work can get exhausting very quickly. That's why Bell recommends breaking up your decluttering work. "The clutter didn't arrive in a day, so don't expect it to vacate in a day," she says. "Schedule time to work on your home, set a timer, and applaud yourself at the end of each session. You may not be finished, but you have started. Keep going!"

If all else fails, hire a professional organizer. "Once you've reached a point where you no longer are able to meet your goals, it's time to call in the big guns to get you back on track," Bell says. "A fresh set of eyes on your space can do wonders."

As for LaZar, after her divorce, she was ready to move on from her past and let go of the stuff that came with it. "I am stronger emotionally, and I am more willing to let go of things I clung to in the past," she says. "I want to focus on creating life experiences and new memories instead of holding on to old things that no longer serve me."



# ACTIVE & AGELESS GROUP EXERCISE LAND & WATER CLASSES

For the complete list of offerings, including cycling and other studio classes, go to our website:  
[www.ymca-cv.org/grouperxschedules](http://www.ymca-cv.org/grouperxschedules)

## SUNDAY:

- 4:15-5:10 PM - Zumba
- 5:15-5:45 PM - Butts & Guts

## MONDAY:

- 8:00-8:50 AM - Zumba Gold
- 9:00-9:45 AM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:30-11:15 AM - Chair Yoga
- 5:30-6:30 PM - Zumba
- 7:00-8:00 PM - Hydro Aerobics (water class)

## TUESDAY:

- 8:00-8:45 AM - Strength, Balance, and Flexibility
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-9:40 AM - Cardio Blast and Sculpt
- 9:45-10:30 AM - PIYO
- 5:30-6:15 PM - Yoga

## WEDNESDAY:

- 8:00-8:50 AM - Yoga for Health
- 9:00-9:45 PM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:30-11:15 AM - Sit and Fit
- 12:05-12:50 PM - Hatha Yoga
- 1:00-1:30 PM Open Yoga
- 5:30-6:30 PM - Zumba Toning
- 6:45-7:35 PM - Yoga



## THURSDAY:

- 8:00-8:45 AM - Strength, Balance, and Flexibility
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-9:40 AM - Cardio Blast & Sculpt
- 9:45-10:30 AM - PIYO
- 10:45-11:30 AM - Adaptive Yoga
- 5:00-5:45 PM - Yoga

## FRIDAY:

- 8:00-8:55 AM - Hydro Aerobics (water class)
- 9:00-9:45 AM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:00-10:45 AM - Sit & Fit
- 12:05-12:50 PM - Hatha Yoga

## SATURDAY:

- 8:00-8:50 AM - Yoga for Health
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-10:00 AM - Zumba Toning

## ADRC RESOURCE: COFFEE TALK!



### Social Connections

**One of the Pillars of Life as important to our health as activity, nutrition, and sleep! Are you, or someone you know, an older adult who might need a little more social interaction or just someone to talk with sometimes?**

Welcome to Coffee Talk, a drop-in phone line that instantly connects you with caring "coffee talkers" for friendly one-to-one conversations. Start your day with your favorite morning beverage, guarantee good company, and chat. Coffee Talk is free, confidential, and open for chatting Monday - Friday, 8 am-Noon. Call toll-free 877-238-2282 or local, 218-293-4412.