

InSpired

Healthy & Local Senior Living in 2026

Senior Living



**Fond du Lac Physician
Retires at Age 84**

**Medicare Scam Awareness -
Quick Cheat Sheet:
Most Common
Medicare Scams**

MAY

TUESDAY

Walk-In Mammograms

in

MAY

Walk-in Screening Mammograms will be offered from 7 am - 5 pm every Tuesday in MAY.

MAY 5

MAY 12

MAY 19

MAY 26

- ✓ Over 70 Insurances Accepted
- ✓ No Referral Necessary
- ✓ * No Appointment Necessary

*** All Participants must:**

- Be at least 1 year since last mammogram
- Be 40 years of age or older
- Not have breast implants
- Not have had breast cancer in the past 5 years
- Not have had breast surgery, or a biopsy in the past year

While a physician referral is not needed, the name of a primary care physician (for result notification), insurance information, and form of payment must be provided prior.

Women should be screened annually starting at age 40.

Are you experiencing breast concerns or have questions about breast health?
Call our Screening and Support Specialist at 920-623-1271.



Inspired by you

1515 Park Ave • Columbus, WI 53925 • 920.623.2200 • www.prairieridge.health

City of Beaver Dam RECREATION DEPARTMENT

SUMMER 2026

Sign up now for
Summer Programs!



SUMMER FUN FOR ALL AGES!



YOUTH PROGRAMS

- Aerial Yoga
- Art Programs
- Golf Lessons
- Nature Activities
- Play in the Park
- Tennis Lessons
- Steamy Summer Activities
- And More!

YOUTH ENRICHMENT CAMPS

- Art Camps
- Sewing Camps
- STEM Camps

ADULT PROGRAMS

- Cooking Workshops
- Day Trips & Extended Tours
- Golf Lessons
- Pickleball
- Softball Leagues

FITNESS PROGRAMS

- Active Adult Exercise
- Line Dance Classes
- Strength Classes
- Chair Dance
- Salsa Dance Lessons
- Yoga (Chair or Gentle Relaxation)

FUN FOR ALL AGES

- WBEV Brat Fry
- Summer Kick-Off Party
- Family Art Programs

MUSIC IN THE PARK

- Jam by the Dam (Tahoe Park)
- Wednesday Night Live (Swan Park)

WATER ACTIVITIES

- Carboard Boat Regatta
- Crystal Lake Park Beach
- Fish 'N Fun
- Swan Park Splash Pad
- Watercraft Rental at Waterworks Park

4 EASY WAYS TO REGISTER

Programs and activities
requiring advance registration
can be done in several ways.

1. Online
2. 24/7 Drop Box
3. Mail-in
4. Walk-in

LEARN MORE

Pick up a Community Center
Courier for all the details.

Copies are available at:

- The Watermark
- The Community Library
- Beaver Dam Piggly Wiggly
- The Market (formerly Food Pride)
- ci.beaverdam.wi.gov/rec
- Scan the QR code below to access the Community Center Courier on a mobile device



SCAN ME!



The Watermark, 209 S. Center St.,
Beaver Dam, WI

Mail in, dropbox and walk in registration.
Office Hours: Mon.-Fri. 8am-4pm



(920) 887-4639

Call or text Customer Service
to get questions answered.



ci.beaverdam.wi.gov/rec

Register online with no added fees.



Visit us on facebook:

facebook.com/bdrec.dept



Follow us on Instagram:

[@beaverdam_wi_recreation](https://instagram.com/beaverdam_wi_recreation)



BEAVER DAM
Recreation Department

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A Heart for Community: Jean Schweisthal

For 22 years, Jean Schweisthal has been a welcoming presence at the Dining Center in Beaver Dam, 12 years at the Senior Center and the past 10 years at The Watermark. Known for her warm greetings and generous spirit, Jean helps create a dining experience rooted in connection and care. From food prep to helping with card groups and special events at The Watermark, her dedication embodies the heart of inspired senior living—where purpose, service, and community come together. Beyond The Watermark, Jean also gives generously of her time by volunteering extensively at her church, further reflecting her lifelong commitment to service.

“Inspired senior living is about more than a meal—it’s about making people feel welcomed, valued, and connected.”

On the Cover:

Ken Thomas and Jean Schweisthal bring fun wherever they go—and they love sharing it with others. Regular faces at The Watermark in Beaver Dam, they help with weekly programs for seniors and play a big role in community favorites for all ages like Fall Downtown Fest and Santa’s Hometown Holiday Adventure. Their enthusiasm and spirit help make every event at The Watermark a little more memorable.

Health That Sticks in 2026

Progress Over Perfection

✓ January 20th – Foundations

Progress, Not Perfection: Building Sustainable Healthy Habits

✓ February 17th – Mental Health

Stress, Burnout & Nervous System Reset

✓ March 17th – Movement

Strength for Life: Training for Longevity & Daily Function

✓ April 21st – Nutrition Basics

Food as Fuel: Eating for Energy, Not the Scale

May 19th – Sleep

Sleep Is Medicine: How to Rest, Recover & Reset

June 16th – Mobility & Recovery

Move Better, Feel Better: Mobility, Flexibility & Joint Health

July 21st – Anti-inflammatory Lifestyle

Environment, Community & Lifestyle: Hidden Drivers of Health

August 18th – Mental Fitness

Mental Fitness Training: Focus, Resilience & Emotional Health

September 15th – Gut & Metabolic Health

Gut Health & Metabolism: The Inside-Out Approach

October 20th – Longevity

Healthy Aging Starts Now: Strength, Balance & Brain Health

November 17th - Detox

Detox the Right Way: Clean Habits, Clear Energy

December 15th – Integration

Reflect, Reset & Rebuild: Designing Your 2027 Wellness Plan

All classes are at 5:30pm at our Beaver Dam location. For more information check out our article on page 12.



TYJESKI FAMILY
CHIROPRACTIC
& WELLNESS CENTER



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“Age is not ‘lost youth’ but a new stage of opportunity and strength.” **Betty Friedan**

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” **Amelia Earhart**

“People are always asking me when I’m going to retire. Why should I? I’ve got it two ways - I’m still making movies, and I’m a senior citizen, so I can see myself at half price.”

George F. Burns

“Grow old with me the best is yet to come.” **Robert Browning**

“Aging seems to be the only available way to live a long life.”

Daniel Francois Esprit Auber

“Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometimes in your life you will have been all of these.” **Dr. Robert H. Goddard**

Enjoy our spring issue of InSpiring Senior Living!

With Gratitude,

Denise Fitzsimmons

Publisher



JASON SANSONE, M.D.
ORTHOPEDICS

Back Pain

That's why I'm here.

Few ailments can sideline you faster than back pain. If your back keeps you from living the life you want to live, come see Dr. Sansone and the orthopedics team at Watertown Regional Medical Center, the award-winning hospital that brings expert care close to home.

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Fond du Lac Physician Retires at Age 84 After Working 53 Years Full-time

By Dorothy Bliskey

Some doctors are so passionate about their day-to-day role healing and dealing with patients that they don't want to quit. They love what they do. James Schuster, MD, a fulltime dermatologist at SSM Health Fond du Lac Regional Clinic, is one of those. At 84, he's worked well beyond the age most doctors retire. But, on January 16, Schuster headed home from the office for the final time. His 53-year medical career in Fond du Lac left a trail of treasured memories made with longtime patients.

Schuster was legendary. His easy-going personality and sense of humor, when combined with his expertise as a dermatologist, made him not only likeable but trustworthy.

JoAnn Wittwer, a Ripon resident, has seen Dr. Schuster for treatment of her psoriasis for more than 50 years, beginning shortly after he arrived in Fond du Lac in 1973.

"I liked him right away – the first time I met him," Wittwer said. "He's always made me feel so comfortable, and I trusted his judgement on treating my psoriasis. I could tell he really enjoyed his job."

So many of Dr. Schuster's patients express similar sentiments about him.

"Within the clinic and across social media, stories about Dr. Schuster generate overwhelming appreciation and proof of the impact he's had on thousands of patients," said Shane Smith, SSM Health Fond du Lac Market President. "His dedication and commitment to patients and their families will leave a lasting impression as we continue his legacy through Dr. Laura Van Why and new providers we are welcoming."

Early years -- Path to medical school

Schuster's route to becoming a doctor was extraordinary in many ways. For starters, that "route" wasn't even on his radar during the first four years of college at UW-Milwaukee where his major was electrical engineering. Secondly, it's even more remarkable when you realize he was married at 19 and had two children by 21 – making financial concerns a potential roadblock.

The idea of becoming a doctor was prompted suddenly during the final year of getting his electrical engineering degree.

"I saw a sign posted on campus that said the Dean of the Medical School would be speaking on health care professions," Schuster recalls. "It got my interest. I poked my head in the door when he was almost done speaking, and heard him say: 'If you can get into medical school, we have the money to get you through.' That's all I needed to hear," Schuster said, noting that money was an issue since he didn't come from a wealthy family.

"The next day I filled out the application. And, I passed the entrance test."

And the rest is history.

The thought of entering medical school hadn't entered Schuster's mind prior to seeing the posted sign. His parents had no idea he wanted to be a doctor – and neither did he until that moment. They were surprised when he first told them.

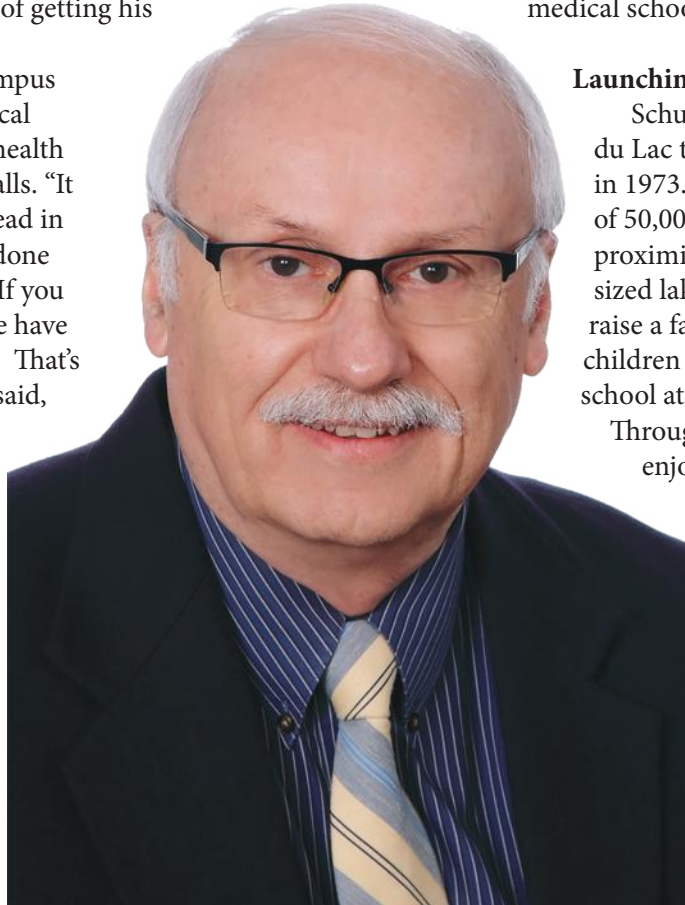
"Initially, my mother thought I should just get a job with my engineering degree to support my family. But, they were very supportive and proud of me throughout my schooling," Schuster said, noting he grew up on Milwaukee's south side with a younger brother and sister. His brother also went to medical school, and his sister earned a teaching degree. "We were the first in our family to attend college."

Schuster received his medical degree from the University of Wisconsin School of Medicine in Madison. In total, the journey to become a doctor took 12 years of study -- plus, two years in the Army where he served in Vietnam from 1968-1969.

The service to his country occurred at the end of his 1-year medical internship at Gunderson Clinic in LaCrosse and prior to starting his 3-year Residency at the University

of Michigan - Ann Arbor, where he finalized his specialty study in Dermatology.

Schuster's enlistment in the Army helped finance school expenses. "I entered under the Berry plan, which meant that if you signed up for two years in the military immediately after your internship, they'd give you the service of your choice; you could get out after two years and continue your schooling through the GI bill. It was a way to get funding for the residency portion of my medical schooling."



Launching his Dermatology Practice

Schuster and his wife chose Fond du Lac to open his medical practice in 1973. "We wanted a community of 50,000 or less that was in close proximity to larger cities, had a good-sized lake and was a good place to raise a family," Schuster said, noting his children were in elementary and middle school at the time.

Through the years, Schuster says he's enjoyed meeting with and getting to know his patients.

"Dermatology is not a high stress specialty area. Most came in smiling and left smiling," Schuster said.

His workload was always full to the brim. "I never had a day where the schedule wasn't completely filled, including my first day of practice. My workdays ranged from 10-14 hours," Schuster said, explaining that he often used his

lunchtime to work in extra appointments and dictated notes at night after he was home.

As a dermatologist, he diagnosed and treated everything from skin cancer and psoriasis to acne, skin allergies, drug reactions and more. Examples of unusual cases he came across include a 4-inch long cutaneous horn growing out the side of a patient's neck; and a patient who, unknowingly, had a darning needle caught inside her groin area. "It had been there for years," Schuster said.

Facets of dermatology he found most interesting, he says, were surgery and the challenge of diagnosis.

Positive changes most noticeable through the years, according to Schuster, are approaches to treatment for acne and psoriasis. "I wasn't seeing acne patients nearly as often as I used to because of new drugs such as Accutane, which controls acne quite well."



Dr. Schuster and his wife Carla are enjoying retirement together.



“Advances for treatment of psoriasis have been significant,” Schuster said, noting that 1 out of 50 people have it. “I wasn’t seeing psoriasis patients as often either because biologic drugs were now controlling it much better. In the past, we used coal tar and ultraviolet treatments and a process where patients would apply Cortisone cream, put on damp pajamas and a waterproof wetsuit.”

Wittwer recalls the treatments from the early days 40-50 years ago. “I would sit in the sun after applying a specific cream or stand in an ultraviolet light booth. But the worst was when she had to put coal tar on her skin, wear moist pajamas and zip herself into an airtight plastic suit to go to bed at night. “I’d get so hot I’d have to get up and undo it all,” she said, adding that now she simply applies a prescription cream.

Retirement

As he enters his fourth month of retirement, Schuster is gradually adjusting to his new lifestyle. He makes breakfast every morning – usually his version of Egg McMuffins are a favorite he and his wife Carla enjoy. At night, he likes to read. Vacation getaways are spent in Florida or at their cottage on the lake near Rhinelander. Their five children and five grandchildren occasionally join them at their “up north” cabin for family fun.

Interests Schuster has had over the years include flying sea planes (he’s trained as a bush pilot), going to the cabin, and driving sports cars. “With an engineering background, I appreciate well-engineered cars,” Schuster said.

“I also teach Christian Apologetics, which is defending Christianity in the modern world.”

What he misses most about his medical practice is the day-to-day dialogue with people. “I met the most interesting people at work. I learned a lot, and it was always a pleasure to talk with them.”

“I was sad when I heard Dr. Schuster was retiring,” Wittwer said. “I knew sooner or later it would happen, but I hated to lose him. He was just the best doctor. My friends who went to him felt the same way. But, at 84, I guess a person deserves to retire. He sure will be missed.”

Congratulations to Dr. Schuster for a job well done. Best wishes as you continue living life to the fullest!



RUBERT Chiropractic Clinic Family Health Care

**Dr. Paul Rubert
& Dr. Jordan Kluewer**

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Dr. John M Eaton D.D.S., S.C. FAMILY & COSMETIC DENTISTRY

Have you been told you have gum disease?

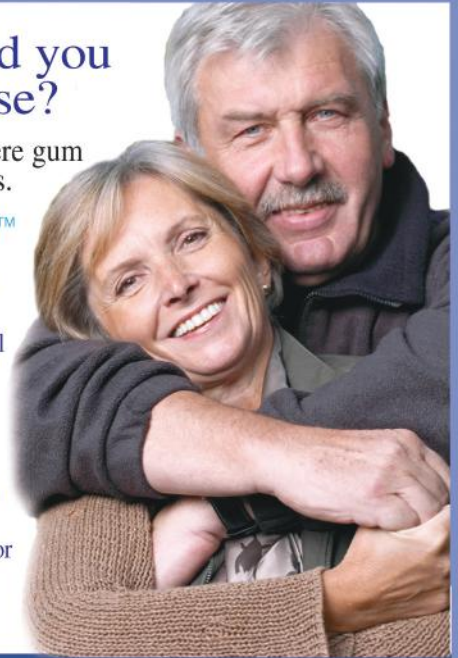
There is a Laser way to treat severe gum disease without cutting or stitches.

Introducing Laser Periodontal Therapy™

Finally, there's good news for those who suffer from gum disease (gingivitis and periodontitis). Through Laser Periodontal Therapy, we can treat your moderate to severe gum disease so you can quickly return to your normal routine!

There's no incision (scalpel) and no stitches (sutures). You heal naturally with full retention of your gums.

If you suffer from tender, red, swollen or bleeding gums, call us today for an appointment to evaluate your condition.



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JULY 10

JULY 17

JULY 24

JULY 31

AUGUST 7

10AM - 3PM

SUMMER VIDEO GAME CAMP

Hosted By:



Zach Carlson

The Bank Esports
Facility Manager



Pat Bennett

Waupun Esports Coach

All Five Days

\$150

Lunch & Snacks
Provided

Sign-Up Required

Limited Spots Available
Scan to learn more



Supporting Your Health at Every Stage of Life



By Dr. Stephanie Tyjeski

Staying healthy isn't about making drastic changes overnight—it's about small, consistent habits that support your body and mind over time. Our monthly wellness classes are designed with you in mind, focusing on topics that can help improve energy, independence, and overall quality of life.

Each session explores a key area of health in a way that's easy to understand and apply to your daily routine. Here's what you can look forward to for the rest of the year:

May - Sleep: How to Rest, Recover & Reset

Good sleep is one of the most powerful tools for maintaining health. As we age, sleep patterns often change, making it harder to fall or stay asleep. Quick tips: create a calming bedtime, keep caffeine intake to the morning, and avoid watching tv or scrolling on your phone at least an hour before bed.

June - Mobility and Recovery: How to Rest, Recover & Reset

Movement is essential for maintaining strength, balance, and flexibility. At our office, Dr. Jerry coaches patients on gentle exercises, stretching, and recovery techniques that can help reduce stiffness, prevent falls, and keep people moving comfortably. It's important to listen to your body and recover properly after activity to avoid future injuries.

July - Anti-Inflammatory Lifestyle: Hidden Drivers of Health

Chronic inflammation is linked to many common conditions, including arthritis and heart disease. Foods, habits, and lifestyle choices all affect the levels of inflammation in our bodies. Quick tips: get out and walk, add whole foods such as meat, veggies, and fruits to your diet and avoid the ultra-processed foods in the grocery store. The goal is to help you feel more comfortable, with less pain and better overall health.

August - Mental Fitness: Focus, Resilience & Emotional Health

Your brain benefits from regular exercise just like your body. Who doesn't want to strengthen memory, improve focus, and stay mentally engaged? Activities such as pickleball or card games, social connection, and lifelong learning all play a role in maintaining cognitive health.

September - Gut & Metabolic Health: The Inside-Out Approach

A healthy gut plays a major role in digestion, immunity, and even mood. The digestive system helps us get nutrients from our food to fuel our body. So if it's too fast or too slow, you'll have symptoms such as acid reflux, constipation, diarrhea, and even brain fog. Taking care of your gut by taking probiotics, drinking plenty of water, and eating smaller portions help to maintain a healthy digestive system. By having a well oiled digestive system, you'll have more energy and less overall discomfort.

October - Longevity: Healthy Aging Starts Now

Living a long life is important—but living well is even more so. Don't miss out on this class in October which will focus on forming habits to support healthy aging, including nutrition, movement, stress management, and social connection. The goal is to help you maintain independence and enjoy life to the fullest.

November - Detox: Supporting the Body's Natural Processes

Your body already has built-in systems to remove toxins, primarily through the liver and kidneys. Two important daily practices to keep this system healthy include drinking at least 64 oz and to walk at least 15 min. These practices pump toxins built up from exposure through our food, water, air, cosmetics, and cleaning supplies. This class gives the details about the standard process detox program we do every year in January. Then people have the information to decide if they need an extra boost in eliminating toxins from the body to help decrease inflammation, improve brain function, and loosen up joints.

December- Integration - Helping the changes stick past 2026!

These topics aren't just trends—they address real challenges that many older adults face. By understanding how your body changes with age and learning practical ways to support it, you can:

- Improve daily comfort and mobility
- Boost energy and sleep quality
- Maintain mental clarity
- Reduce the risk of illness
- Stay independent longer

Each monthly class is designed to be informative, supportive, and easy to follow—no prior experience needed. Taking time to invest in your health can make a meaningful difference in how you feel each day. These monthly sessions are an opportunity to learn, connect, and take simple steps toward a healthier, more active life. For a list of dates for our Wellness Classes please see our ad on page 3. Knowledge is the power helping you to take that first step in a healthier you.

Yours in Health,
Dr. Stephanie Tyjeski

Dr. Stephanie graduated in December 2016 with her Doctorate in Chiropractic at Logan University. She continued on at Logan University to receive her Masters in Nutrition and Human Performance. She is also certified as a Digestive Health Professional through the Loomis Enzyme Institute. She currently works as a chiropractor at Tyjeski Family Chiropractic and Wellness Center where she also offers personalized nutritional counseling

Mind Body OT, LLC Biofeedback Therapy Susan Baumann, OTR, BCB



- Specializing in:
- chronic pain
 - anxiety and panic
 - insomnia
 - urinary incontinence

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Check Out All the Activities!

BINGO

First Thursday of Every Month



BINGO

SUNDAY BRUNCH

First Sunday of Every Month
8:30am - 1pm



SUNDAY BRUNCH

POLKA, POLKA, POLKA

Check Our Facebook Page for Dances
March - November



POLKA, POLKA, POLKA

Hustisford Community Hall

316 E. Tweedy Street, Hustisford
www.HustyHall.org
reservehch@gmail.com
920.349.2233



Learn Lifelong Skills to Manage Your Chronic Symptoms

By Susan Baumann



Mind Body OT clinic in Beaver Dam provides outpatient biofeedback therapy as well as craniosacral therapy. Biofeedback therapy is a wonderful option for people living with chronic conditions that would like to learn to master how to effectively manage their symptoms using therapy and self-regulation techniques with minimal reliance on medications. This therapy helps you regain control over your life, rather than letting symptoms determine your day.

Clients quickly learn to interpret their body's signals using state-of-the-art biofeedback technology that monitors your heart rate, respiration rate, sEMG muscle tension of tight/painful areas, skin conductance, and hand temperature. You will learn to master self-regulation techniques that effectively reverse the pain and stress response at onset of stress triggers or worsening pain symptoms.

Anxiety and Panic: we will identify your body's unique physiological responses to stress and anxiety and teach you the skills needed to reverse the "fight or flight" autonomic response during the moment of stress triggers. These are tools you will use for life that will minimize or eliminate your need for anti-anxiety medication. Included in this therapy is a biofeedback stress test on day one to assess your body's unique physiological responses to stress, instruction in diaphragmatic breathing, biofeedback-assisted neuromuscular re-education to downtrain excess muscle tension in tight facial and neck and upper trap muscle groups; instruction in self-regulation techniques to quiet the mind and calm the body and nervous system, instruction in therapeutic journaling and anti-anxiety strategies to use at onset of stress triggers to reverse the stress response and prevent full-blown panic attacks, discussion of caffeine, nicotine and other applicable dietary considerations and discussion of realistic physical movement and stretching and support system.



Anxiety Testimonials:

"The trauma from the tornado that destroyed our home on May 15th of 2025, left my nervous system in constant fight-or-flight. Susan was very instrumental in helping me navigate through the biofeedback sessions showing me how my body could

finally exhale and how I can regulate my stress in a way that feels achievable and sustainable. I felt support, grounded and empowered with tools to manage my nervous system. I walked away feeling lighter, calmer, and more confident in my ability to heal. I am deeply grateful for Susan and her passion for helping me and her continuous journey to empowering others." Diana Ogle

"Meeting with Susan was transformative! I have struggled with anxiety my entire life and I need to find new and effective ways to cope with it. Biofeedback did just that! It taught me different (and simple) strategies to help calm my nervous system. Susan's kindness and compassion, felt at every session, helped to make this a life-changing experience for me." Julie M.

Chronic Pain/Fibromyalgia/Headaches: we will use a combination of biofeedback therapy and craniosacral therapy to treat your chronic pain and help you master the self-regulations skills needed to minimize the severity and duration of flare-ups with minimal reliance on medication. Included in this therapy is a biofeedback stress test to assess your body's unique physiological responses as well as instruction in diaphragmatic breathing, biofeedback-assisted neuromuscular re-education to downtrain excess muscle tension of targeted tight and painful muscle groups; instruction in multiple self-regulation techniques designed to reverse the pain and stress response; instruction in stretching, anti-inflammatory diet, neuroscience of persistent pain and neuroplasticity involved in recovery and inclusion of craniosacral therapy for direct pain relief.



Chronic pain testimonials:

"As a chronic pain sufferer for over 30 years, I have tried many treatment options. The thing that I appreciated most about being treated by Susan was that she personalized my treatment regimen to deal with the particular issue

that I was dealing with on the particular day of my treatment. Susan treated me as a person, not just a patient. She adjusted my treat-

ments to meet my needs and did not attempt to treat me following a standard of protocol for everyone. I would highly recommend that if you are thinking about scheduling an appointment to be treated by Susan to do so.” Bill Dorn

“The pain of chronic fibromyalgia with insomnia was concerning to my sleep medicine doctor. He highly recommended that I seek Susan’s professional care. I am so thankful I did. Susan performed biofeedback therapy and with the results we created a plan of breathing exercises, muscle relaxation techniques, mindfulness meditation, and guided imagery. Susan practices compassion and understanding while she is teaching you to manage chronic pain and insomnia. I continue to incorporate what she taught me and am forever grateful to her.” Sue R.

Insomnia: we will use a combination of biofeedback therapy and CBT-I (cognitive behavioral therapy for insomnia protocol) to reset your circadian rhythm and teach you techniques to quiet your racing mind and relax your body to achieve consistent, restorative sleep. Included in this therapy, you will receive instruction in sleep hygiene guidelines, diaphragmatic breathing techniques, biofeedback-assisted neuromuscular re-education to downtrain excess muscle tension if pain/discomfort is interfering with your ability to sleep; instruction in several mind quieting techniques to combat racing mind interfering with ability to fall asleep, as well as discussion of dietary and exercise factors that contribute to better sleep.

Insomnia testimonials:



“I have struggled with insomnia for about 5 years. I’ve tried melatonin, magnesium and prescription medication without much success. I saw Susan Baumann for treatment with guided imagery, sleep time restriction and relaxation techniques. In

six weeks, her treatment greatly improved my sleep. Thanks so much Susan!” Tim Rentmeester, MD

“Susan Baumann, Mind Body OT, gets 5 stars. She taught me a skill set under the umbrella of Cognitive Behavioral Therapy – Insomnia (CBT-I) that cured my insomnia! CBT-I is an excellent technique for those of us who prefer not to take medication or who cannot tolerate medication to treat sleep disturbances, but it requires a patient, sensitive, and intelligent instructor and Susan was just that. And an added bonus is that I use the biofeedback and meditation techniques I acquired under her tutelage not just at bedtime, but throughout the day, every day, to lead a more relaxed, mindful life.” C.A.

Urinary Incontinence/Pelvic Floor Rehab: urinary incontinence is preventable and fixable. Biofeedback therapy is effective for resolving leakage and eliminating the need to wear protective pads or take bladder medications with unpleasant side effects. You will receive instruction in effective pelvic floor muscle strengthening using internal sEMG sensor while isolating from abdominal co-contractions in sitting and standing positions for quick and sustained contractions. You will also receive instruction in urge delay technique, fluid modification, postural strategies and a home program.



Pelvic floor Testimonials:

“Finally! Dry nights thanks to biofeedback therapy. I would say I have an 85% improvement!” S.P. (85 y.o. female)

“As we grow older, sneezing, laughing and coughing challenged my bladder, but working with Susan in biofeedback therapy provided me with the ability to work on a

pelvic floor routine that has given me peace of mind with control of my bladder. It is truly important to have people support you and give you a peace of mind that we as women are going through this together. I am fortunate to have Susan be my cheerleader and make me feel confident again.”

Kristi Hartzheim

Craniosacral Therapy: craniosacral therapy is a very gentle, hands-on therapy designed to calm the nervous system and relax your muscles. Because craniosacral therapy is so gentle, it is very well tolerated by those suffering from severe chronic pain that may not be able to tolerate traditional deep tissue massage. Craniosacral therapy is also helpful for people living with high stress and anxiety to effectively reverse your body out of the “fight or flight” stress response. Sometimes craniosacral therapy can help people with insomnia to quiet body and mind to promote a better night’s sleep. Craniosacral sessions will leave you incredibly relaxed and calm, and biofeedback sessions will teach you how to stay that way.

Craniosacral testimonial:




“Lifelong insomnia brought me to Susan. Together we have tried many ways to facilitate better sleep. My favorite methodology she uses is craniosacral therapy. I lie on a table like for a massage. While I listen to positive guided imag-

ery, Susan expertly calms my nervous system using a gentle, hands-on manual therapy and I finally (at last) relax enough to catch a wink or two. That relaxed feeling and brief rest during that therapy really does stay with me. I highly recommend trying craniosacral therapy – especially with Susan.” J. Pietsch


“Susan helped me recognize when my body is in fight-or-flight, and provided the skills to help me adjust accordingly. These skills combined with the craniosacral therapy and her compassionate instruction, have been life changing for managing stress/chronic pain and life challenges. She is a gift to our community!” Elaine R.

Chronic Pain Support Group: this group is offered on the first Wednesday of every month; open to the public, and free-of-charge. Guest speakers are featured covering topics on a multitude of ways to help people live well with chronic pain.


Mind Body OT is the private practice biofeedback clinic of Susan Baumann, OTR, BCB. She has been a practicing occupational therapist since 1989 and certified in biofeedback therapy since 2001. Mind Body OT clinic opened in 2019 in Beaver Dam. If you have questions regarding if this therapy can help you, call Susan at 920-382-6900 for a free 15- minute phone consultation.




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Dances are 1pm - 4:30pm
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Fitness Over 50: The Importance of Working Out

By Marshfield Clinic

Turning 50 is a milestone for many women, and with that milestone brings changes to the body that may not have happened earlier in your life. One of those changes may be how your body responds to an exercise workout when you are over 50, including an increase in fatigue, muscle and joint aches and injuries.

Whether you've turned 50 or are on your way, staying fit may bring challenges, but exercise has its benefits. It's never too late to start an exercise workout program. Once you find the right training and physical activity routine, it's critical to stick with it.

More Benefits Than Just Staying in Shape

Exercise and fitness release chemicals that improve mood and sleep and help reduce anxiety. Aging can be stressful and exercise not only makes you look younger, but also makes you feel better inside.

“Exercise slows the normal physiologic changes of aging. It improves mood and your sense of well-being. Exercise also can help manage chronic diseases such as high blood pressure, high cholesterol, heart disease, peripheral vascular disease and diabetes,” said Dr. Chad Giles, non-operative orthopedics specialist at Marshfield Clinic. “It helps reduce the risk of physical disability, increases life expectancy and quality of life.”

It also can improve body composition by decreasing body fat and increasing muscle mass. Resistance training increases bone density, which may prevent fragility fractures, improve balance and reduce risk of falls.

Staying Fit as You Age

As women age, it's important to consider transitioning to low-impact activities that decrease force and stress at the joints.

If you're just starting an exercise workout over 50, talk with your provider, especially if you have risk factors for heart disease, such as smoking, high blood pressure, high cholesterol, diabetes or a family history. As you ease into a routine, remember to start slow, don't strain yourself and do shorter workouts at the beginning.

"Cardiovascular, pulmonary, metabolic and orthopedic conditions often are cited for stopping exercise as we age," Dr. Giles said. "Balance or decreased vision also can be safety concerns while exercising. Arthritis is a common orthopedic condition that may cause older women to stop exercising. However, it is extremely important for individuals with orthopedic conditions like arthritis of the hip or knee to continue to exercise to keep their legs and body strong."

At Marshfield Medical Center-Beaver Dam, the Lifestyle Enhancement Program offers a welcoming, supportive environment designed to help community members thrive. Open Monday through Friday and accessible to all, the program provides a large, versatile fitness space paired with expert guidance in exercise, nutrition, and overall wellness.

Whether improving heart health, boosting energy, or simply feeling better day to day, participants benefit from skilled staff experienced in chronic cardiac and pulmonary conditions, as well as dedicated support for individuals of all ages and abilities. With a focus on sustainable lifestyle changes and compassionate, personalized care, the Lifestyle Enhancement Program empowers each person to build confidence, strength, and long term well being. To learn more call (920) 356-6361.

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Brie, Asparagus, & Prosciutto-Stuffed Chicken



Ingredients

4 (8-oz.) boneless, skinless chicken breasts
2 tsp. kosher salt
2 tsp. freshly ground black pepper, divided
8 prosciutto slices (from about 8 oz.)
4 (1/2"-thick) brie slices
16 pencil asparagus stalks, trimmed
2 Tbsp. extra-virgin olive oil
2 Tbsp. unsalted butter
5 garlic cloves, finely chopped
2 Tbsp. fresh lemon juice
1 Tbsp. heavy cream
1 tsp. honey

Directions

Arrange a rack in center of oven; preheat to 375°. Using a sharp knife, carefully slice into thickest side of a chicken breast parallel to cutting board, being sure not to slice all the way through, just enough so it can lay flat open with edges in tact. Season all over with salt and 1/4 tsp. pepper. Repeat with remaining chicken.

Place 4 pieces asparagus into crevice of each chicken breast. Wrap 2 slices of prosciutto around each slice of brie. Place the brie on top of asparagus. Fold one side over the other, covering filling.

In a 12" cast-iron or ovenproof skillet over medium-high heat, heat oil until shimmering. Cook chicken, breast side down undisturbed, until golden brown, 4 to 6 minutes. Turn chicken, then transfer skillet to oven.

Bake stuffed chicken until golden brown and an instant-read thermometer inserted into thickest part registers 165°, 10 to 15 minutes. Transfer chicken to a baking sheet or plate and let cool slightly.

In same skillet over medium heat, melt butter until bubbling. Add garlic; season with remaining 1 tsp. pepper. Cook, stirring often, until softened and fragrant but not yet golden, 1 to 2 minutes. Add lemon juice and bring to simmer. Add cream and honey and cook, stirring, until thickened slightly, 1 to 2 minutes more. Return chicken to pan to serve.



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Medicare Scam Awareness – Quick Cheat Sheet: Most Common Medicare Scams

1. “You Need a New Medicare Card”

Scammers claim your information was compromised and you need a new card. They’ll ask for your Social Security number, Medicare number, or personal details.

Reality: Medicare will not call asking for this.

Get a replacement card at Medicare.gov or call 1-800-633-4227.

2. “Your Medicare Benefits Are Being Cancelled”

Scammers use fear and urgency, claiming your coverage is ending unless you act immediately.

Pressure tactics are a red flag.

Verify coverage at Medicare.gov or call 1-800-633-4227.

3. “Better or Cheaper Coverage Available”

Callers claim to be with Medicare or an insurance company offering a cheaper or better plan. “you’re missing out on benefits”.

Then request your information and may switch to worse or ineligible plans. While lining their own pockets with your information. Review options with a local licensed agent or call 1-800-MEDICARE (1-800-633-4227).

4. Free or Discounted Medical Tests & Equipment

Scammers promise free or low-cost equipment or tests in exchange for personal information.

“Free” medical offers should always be verified.

Confirm with your doctor or trusted local agent.

5. Fake or Excessive Telehealth & Medical Bills

You’re told you owe money for a visit (sometimes one you

actually had). Threats like court action or arrest are used to pressure payment.

Stay calm. Contact the provider directly and pay only the hospital or office, not the caller.

How to Protect Yourself

-DO-

- Review Medicare statements and medical bills regularly
- Report suspicious activity to 1-800-MEDICARE
- Confirm coverage before paying out-of-pocket
- Call your healthcare provider about unexpected bills
- Shred documents with personal or medical information

-DON’T-

- Respond to unsolicited calls, emails, texts, or letters
- Share your Medicare or Social Security number
- Sign blank forms
- Accept “free” medical equipment or services
- Let anyone other than your doctor access your medical records

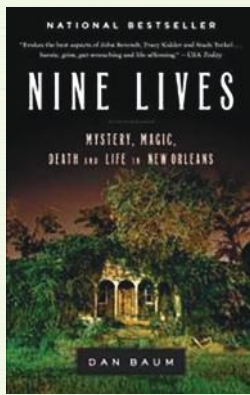
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Nine Lives: Death and Life in New Orleans

by Dan Baum

Reviewed by Peggy K Potter; M.L.I.S.

Nine people tell their stories about life in New Orleans, Louisiana both before and after hurricane Katerina. Families that lived in the same neighborhoods for 100+ years. A Mardi Gras parade organizer, the city coroner, the high school music teacher and band director, from movers and shakers to a bar owner, a young police officer, and the barely employed, this is their story.

August 29, 2005 Katrina hit hard. Washed out the levees that army engineers swore would hold. She knocked houses off their foundations, flooded buildings up to the second floors, washed away life times of possessions and covered everything she touched with silt and mud. People were stranded in 80% of the city with 1,577 deaths. To date Katrina was the most expensive national disaster to hit the United States. About 30 bodies remain unidentified today. The biggest tragedy was the displacement of the residents. Due to no food, no water, and no place to put the homeless people FEMA moved them all over the U.S. Some were given a trailer to live in but no jobs or money to pay their bills. Many were home owners in New Orleans. Now, "they were consumed in losing struggles—against FEMA, insurance companies, the state rebuilding authority, the federal housing program, crooked contractors who descended on the city like vultures. (page 295)." A cautionary tale well worth reading.



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Local Seniors Q & A

Leo Baldus



What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened? The assassination of J.F.K. on March 22, 1963. I was in social studies class in the early afternoon. For whatever reason I was in the hallway and overheard an older student say the president had been shot. I returned to class and informed our teacher. I'll always remember his reaction – he covered his head with his hands and wept. Later we were informed over the loudspeaker that the president was dead.

What was your first job? Why did you choose it? How old were you? As a farm kid we had many chores, but the first paying job I had was milking cows for our neighbor Dave Lorenzen who went to a shooting contest. He won the state championship in trap shooting. He only had one eye - his shooting eye was all he needed.

What did you do for fun when you were a teenager? If I had some extra time, I would grab the shotgun and go down to the creek line and see if I would get a rooster pheasant – they were plentiful there. I didn't pay much attention to the seasons in those days. Nobody did, so it wasn't a problem.

What traditions did you grow up doing that are still important to you today? Visiting the neighbors was fun as a kid. We would play football, basketball, softball, whatever. It was a good distraction from everyday chores and farm life.

What was your favorite music and band when you were a teenager? The Beatles were the first band I remember. I remember Eddie Arnold as a favorite and still like old country songs.

Sally Cupery



What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened? The assassination of JFK. At the time I was in 2nd grade at St. Jerome's Catholic School in Columbus. We were told to go to the Chapel to pray. I didn't really understand what was going on at the time, but when I got home my mom told me what had happened. I remember watching the funeral procession on TV in black and white.

What was your first job? Why did you choose it? How old were you? My first job, other than babysitting, was setting type at a company in Columbus called "Town & Country Printers." Most

of their publications centered on agriculture and championship stock. I was 18 and fresh out of high school and learned many lessons about working full-time, getting along with others and seeing how a small business operates and the need for every employee to be trained and ready to fill in just about anywhere at any time.

What did you do for fun when you were a teenager? Summer days were spent working in our garden in the morning and swimming all afternoon at the community pool in the park. If we had a rainy day we stayed in, had friends over, played games and tried not to get into trouble. Winters were spent going to the ice-skating rink as often as possible. In high school we had walks to raise funds to help fight hunger in a village in Central America. I remember one of these hunger hikes was 30 miles long. A friend and I made it the entire way and had sore feet the next day! There were also many Friday night dances held at the Pavilion in Fireman's Park in Columbus. Going there was always a fun time.

What traditions did you grow up doing that are still important to you today? Some of the traditions I grew up with were celebrating the Fourth of July. We lived in Columbus just a couple blocks from the park and so we enjoyed all the fun - the parades, the Drum & Bugle competitions and at the end of the day, fireworks! Other traditions included gardening and canning, day trips and picnics at different parks and family dinners and celebrations.

What was your favorite music and band when you were a teenager? My favorite music before I went to Middle and High School was from singers like Frank Sinatra, Bing Crosby, Nat King Cole as that was what my parents listened to. Rock and Roll music before my favorite later on. The first album I bought was "Maggie Mae" by Rod Stewart. I remember saving my babysitting money to purchase it. Other favorites included The Guess Who, Cat Stevens, Herman's Hermits and The Monkees.



Lyle Degner

What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened? Landing on the moon. I was in high school and they even let us go to the lunchroom so we could watch it on TV.

What was your first job? Why did you choose it? How old were you? I grew up on a small dairy farm so I couldn't say what my first job was, but my first job off the farm was at a two-alley bowling center. I was the pin setter for both lanes. I was 17 years old.

What did you do for fun when you were a teenager? Fun? I said I grew up on a dairy farm. Fun was going to school. Finally, during my Junior year, I was allowed to go out for football.

What traditions did you grow up doing that are still important to you today? Celebrating with friends and family on the holidays.

What was your favorite music and band when you were a teenager? My favorite was a mix between country and rock & roll. I was in junior high when the Beatles came to the United States, so I guess they were my favorite.



Darlene
"Butter"
Morrissey

What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened? The death of John F. Kennedy in 1963 – I had just graduated from high school.

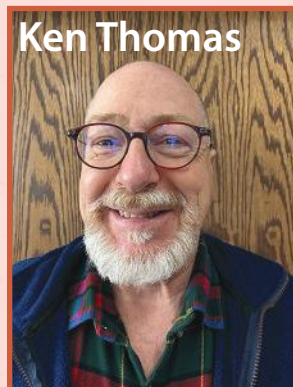
What was your first job? Why did you choose it? How old were you? I worked at Green Giant in the summers for four years. I started when I was 16 years old – It was one of the places that hired teenagers. My best job out of

high school was at Kraft Foods.

What did you do for fun when you were a teenager? I hung around with friends, went to different playgrounds and made a lot of things with luster lace. I also played a lot of games. My favorite game was Four Square.

What traditions did you grow up doing that are still important to you today? Get together on the holidays with my grandma and cousins. I try to get together with my family as often as possible now.

What was your favorite music and band when you were a teenager? I loved the Sixties and Motown. Elvis was one of my favorites, but I liked all kinds of music.



Ken Thomas

What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened? I've been around for lots of big events, but never really paid attention to them when I was growing up. I knew they meant a lot to adults but felt little impact on me as a kid.

What was your first job? Why did you choose it? How old were you?

My first job was delivering papers for the Milwaukee Journal. I chose it because I wanted to be able to buy cool old things that my parents didn't like. A lot of antiques were being thrown out at the time, but I was limited to what I could fit on my bookshelves. I was 14.

What did you do for fun when you were a teenager? I really loved to read and to hang out with my friends. We got into all kinds of mischief, although it all seems pretty tame now.

What traditions did you grow up doing that are still important to you today? The only real tradition we had was gathering together as a family, with Grandma cooking up a storm and aunts and uncles always putting a new spin on things. Lasagna at Christmas was one small example. Things changed from year to year, and that continues today.

What was your favorite music and band when you were a teenager? My friends and I loved Elton John, Queen, Paul McCartney and Wings, ABBA, Jim Croce and other pop rockers of the 1970s and 80s. Heavy metal passed us by, and country only reached us through crossover artists like John Denver, Glen Campbell and a few others.



Rona Trotta

What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened? Martial law was declared in the Philippines by President Ferdinand Marcos on September 21, 1972, and it was officially announced on television and radio two days later. I was 13 years old then and was in school when the news broke. It lasted for nine years.

What was your first job? Why did you choose it? How old were you? I was 21 years old when I came to the United States from the Philippines. I had just graduated from college and never held a job besides schooling until I came to the United States. Back home in the Philippines I always dreamed of being a nurse and taking care of people, but unfortunately, I took a different course. Coming to the United States, opportunity came working in a nursing field as a nursing assistant at a home for children with disabilities. It helped me learn patience and understanding.

What did you do for fun when you were a teenager? Growing up with strict grandparents, my fun time being a teenager was very limited. I went to school on the weekdays and did chores on the weekends. When I got done early doing my weekend chores my grandmother would let me go and see movies.

What traditions did you grow up doing that are still important to you today? Hospitality and respect for elders – growing up in the Philippines we were taught to always be respectful of our elders. These traditions are very important to me and always will be. I hope my children and grandchildren will carry these traditions on as I have taught them the same.

What was your favorite music and band when you were a teenager? I loved listening to soft rock as a teenager and enjoyed listening to Lettermen music.



The Cost of Waiting: Why we Need to Change the Conversation Around Life Insurance

By Pine Hill Insurance Services

In the world of financial planning, there is one topic that consistently remains the “elephant in the room”: life insurance. Most people avoid the conversation entirely, yet it is arguably the most selfless and critical financial decision a person can make for their family. At Pine Hill Insurance Services, we believe it’s time to move past the discomfort and look at the facts.

A common misconception is that life insurance is a “senior” concern. Your senior years are the most challenging time to begin this journey. The math is simple but uncompromising: the older we get, the more expensive premiums become. By waiting until retirement to seek coverage, many find themselves priced out of the very protection their families need the most. Even if you are part of a group life insurance policy, what happens when you leave or retire from that job?

While “final expense” policies are a valuable tool for covering immediate costs like burial services, they are rarely enough to provide enough finances for the loved ones we leave behind. This is why we advocate for securing coverage while you are young and healthy. When you lock in a rate early, you aren’t just buying a policy; you are buying a guarantee at a fraction of what it will cost a decade from now. Beyond the death benefit, there is a unique tax

advantage that is often overlooked. Life Insurance is one of the few financial instruments where the primary payout, which is the principal value, is generally passed on to the beneficiaries’ tax free. While any interest or cash value gains may be subject to the government’s share, the bulk of your legacy remains where it belongs: with your loved ones.

Life Insurance is the only type of Insurance you will ever buy that is 100% guaranteed to pay out eventually as long as you continue to keep it active. The risk doesn’t sit on your shoulders; it sits on the Insurance Company.

Our mission at Pine Hill Insurance Services is to find the right policy for you. We partner with multiple insurance companies to ensure that when you finally decide to have this important conversation, you have the best possible options to choose from. Don’t wait for the “ideal time” to protect your loved ones, because our job is to ask you about life insurance, so please don’t make it our job to tell your family you didn’t have any.

Rich Dahl is our Life Insurance advisor and would love to sit down with you and discuss all your options. Please give him a call at 920-219-9046 or stop in at our Beaver Dam Office, 919 DeClark St.



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Recreation Department



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Recreation for Adults Ages 50+

At the Beaver Dam Recreation Department, we offer something for everyone. We operate The Watermark, coordinate recreation programs for youth and adults, host community events, and more. Scan the QR code above to view the most recent Community Center Courier for detailed information on all of our offerings. The Courier is also available on our website, at local grocery stores, the Library and The Watermark.

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InSpire Magazine's Restaurant Guide

Beaver Dam County Club

The 1966 Bar & Restaurant located in the South entrance of the Beaver Dam Country Club. Wednesday night bar opens at 4, dinner service 4:30 to 8pm, Friday night bar opens at 4, dinner service 4:30 to 9pm, Sunday Brunch 10:30 - 1:30pm. Check out our specials on Facebook!

Boat House Pub & Eatery

N10575 Chief Kuno Trail - Fox Lake (920) 928-3470
Open Wed - Sun 11am - Close, Mon 3pm - Close. Daily Specials - all you can eat Wings, Wednesday "Dollar Days", Sandwich Menu, Homemade Half-Pound Burgers & Pizza, Children's Menu, Weekend Dinner Specials

Buchanan's One Away

118 Lake Street, Hustisford - (920) 349.3400
Homemade Pizza - Serving thin and New York crust pizzas. Check website for current hours.

Feil's Supper Club

2 miles south of Randolph on Hwy 73 (920) 326-5544
Herb's famous homemade bread, onion rings and salad bar. www.feilssupperclub.com

Higher Grounds Coffee Shop

N7156 E Plaza Drive - Beaver Dam (920) 885-4990
Serving coffee, specialty drinks, desserts & soups. Sandwiches, drive through & meeting room available.

Iron Ridge Inn

131 S. Main Street - Iron Ridge (920) 387-3348
Open: Tues - Sat. 4:30 p.m. Sundays 10:00 - 1:30 pm
Family Owned Supper Club Est. 1972. Serving Up: Choice Cut Steaks, Prime Rib, Seafood, Broasted Chicken and Pizzas; Friday Fish Fry & Sunday Brunch. Banquet Room (Seats 150) For All Occasions. www.ironridgeinn.com

Lake Street Inn

147 North Lake Street - Hustisford (920) 349-8936
Hours: Wednesday & Thursday - 11am to 8pm, Friday 11am to 9pm, Saturday - 4pm to 8pm. Excellent Friday Fish Fry from 1pm to 9pm, Saturday featuring Prime Rib, Rack of Ribs, and full menu. Private parties welcome.

Old Hickory Dining

W7596 Hwy 33 East - Beaver Dam (920) 887-7179
An expanded lunch menu is available Monday - Friday from 11:00am-3:00pm from Memorial Day - Labor Day. Monday dinner service available Memorial Day - Labor Day. Enjoy casual dinner service on select weeknights. Hours and menu vary seasonally. Fish Fry is available most Friday evenings from 4:00-8:30pm. Special Events (up to 250 guests) welcome. Facebook: Old Hickory Golf Club. www.oldhickorygolfclub.com

Park Avenue Sports Cafe

709 Park Ave - Beaver Dam (920) 885-4510
Mon - Fri 11am - late night, Sat & Sun 7am to late night (serving breakfast), Family Friendly Atmosphere. www.parkavesportscafe.com

The Shores of Fox Lake

N10604 Chief Kuno Trail - Fox Lake (920) 928-2576
Experience the charm of a Wisconsin-style Supper Club serving a variety of traditional favorites and contemporary dishes. Indulge in flavors of our succulent prime rib, signature Friday Fish Fry, and classic Old Fashioneds (just to name a few!) Join us Fridays and Saturdays from 4pm to 9pm and Sundays and Mondays from 4:30pm to 9pm. Open Thursdays May 1st - September 30th. Voted Dodge County's Best Supper Club 2 Years in a Row!
Visit us on Facebook: The Shores of Fox Lake Steakhouse
www.theshoresoffoxlake.com

Sinissippi Lake Pub

N4571 County Road E - Hustisford (920) 349-9333
Fantastic Food & Sensational Service
Follow us on Facebook for our hours, menu, daily specials and exciting events.

Snapper Vick's Mexican Restaurant

N5007 Country Road WS - Woodland (920) 625-3441 Closed Monday, Tue - Sun 4:30 - 9pm, Famous for Mexican entrées.





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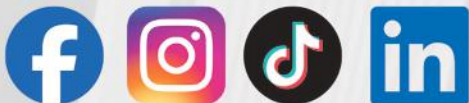


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