



September 2017 newsletter

*Shouldn't the rest
of your life be the
best of your life?*

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Reflexology offers healing, relaxation techniques

Joe Leazott provides healing through his hands. The owner of Radiant Life practices natural healing, reflexology and reiki at Stoiber Health Care.

Reflexology is a system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands and head linked to every part of the body. Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

"I show them healing with my hands," Leazott said of his clients.

Leazott was the guest speaker at the August Alzheimer's caregiver support group meeting. He treats people with Alzheimer's and other dementia as well as their caregivers. Prevention is important, he said, as he demonstrated some of his massage techniques.

Reflexology helps increase blood flow and oxygen to the brain. "Learning stimulates the brain. Water turns the brain on," he said. "We need to stimulate that brain now and forever."

The tip of each finger helps stimulate the brain, he said. Pressing or massaging the tips will help you become mentally alert.

"Physical touch is a stimulus to the brain," he said. "Relaxation is the key to memory control. It helps electrical pulses get to the brain."



Leazott encourages good nutrition from fruits and vegetables, which move through your digestive system in about four hours. He recommends drinking more water. How much? Take your weight, divide it in half and drink that many ounces of water a day. (150 pounds divided by 2 is 75, or 75 ounces.)

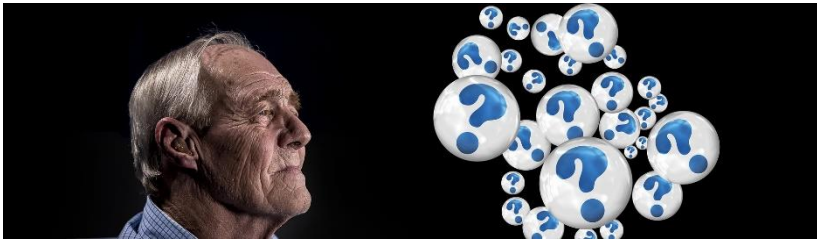
He also practices the power of gratitude and being good to yourself. "Choose happiness," he said, "and when you do that, blood will flow and you will radiate."

For more information

Radiant Life – Joe Leazott

www.radiantlife-reflexology-reiki.com

715-424-4646



Plan now for long-term care

We'd all like to think we'll live healthily in our own homes into old age. For a few people, that's reality. Many more people will need some sort of care as they age. Have you prepared for long-term care, should you need it?

Matt Casper of Thrivent will talk about long-term care planning, how to avoid pitfalls and what questions you need to be asking to make sure you are prepared.

**Let's
Learn
Together!**

Hilltop
GRAND VILLAGE

- Guest speaker
- Refreshments
- Q&A
- Free to public

Casper will present at the September Let's Learn Together session. Join us at 7 p.m. Thursday, Sept. 7, 2017, at Hilltop Grand Village, 1400 24th St. S., Wisconsin Rapids. (Enter by Home Depot.) Refreshments will be served, and there will be time for questions.

There is no charge to attend, and the public is welcome. Let's Learn Together is a monthly speaker series that explores topics of interest in the community.

Most Let's Learn Together sessions are recorded and air on Wisconsin Rapids Community Media at 9 a.m. Mondays and 11 a.m. Wednesdays on Solarus Channel 3 and Charter Channel 985. They also are available on demand on YouTube.

Upcoming sessions include:

- **Oct. 19, 1 p.m.** Rhonda Whetstone: Family History: How to get started learning about your family history and what to save for your children.
- **Nov. 4, 10 a.m.** Mark Hoernke: Wisconsin's Civil War history revealed.

Happy Birthday!

The following Hilltop residents celebrate birthdays in August:

- Lois, Sept. 3
- Sharon, Sept. 15
- Jean, Sept. 17
- Richard, Sept. 19
- Clarence, Sept. 26
- Lorraine, Sept. 28

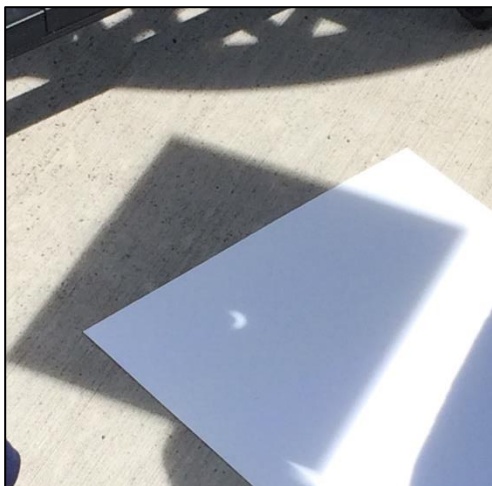


Enjoy music at Hilltop

Join us for these upcoming musical performances. The public is welcome.

- Sept. 6: Hilltop's Piano Man Chuck Huhnke, 12:30 p.m., Hilltop Grand Village
- Sept. 14: Singer/songwriter Ron McCabe will entertain with old-time music, 2 p.m., Hilltop Grand Village.
- Sept. 20: Hilltop's Piano Man Chuck Huhnke, 12:30 p.m., Hilltop Grand Village

We attended Lunch by the River (at right) and followed the solar eclipse progress with a pinhole camera (below). Mabel made herself comfortable with a resident at Hilltop of Pepper (bottom right).



Walk to #ENDALZ

Each year, the Alzheimer's Association hosts the Walk to End Alzheimer's. It helps raise money and awareness of this disease.

This year's event will be Sept. 23 in Stevens Point. Hilltop has a team. You are welcome to join us or support us in our fundraising!

We also hope to raise awareness of the walk at the Alzheimer's caregiver support group at 9:30 a.m. Sept. 14. We will wear purple and walk along the Wisconsin River or indoors at Centralia Center if it rains. We will have refreshments and a time for caregiver sharing after the walk at the Brehm Conference Room in Centralia Center.

Anyone who cares for someone with Alzheimer's or dementia or anyone wishing to learn more is welcome to attend. There is no cost and no obligation.

If you need respite care for your loved one so you can attend, call Hilltop at 715-423-7400 to arrange free care during the meeting.

Memory cafe

The Wisconsin Rapids memory café is held from 10:30 a.m. to noon the second Tuesday of every month at Centralia Center. The next one will be Sept. 12. It's an opportunity for people with mild to moderate cognitive impairment and their caregivers to get together socially.

For more information, call Karen at Park Place Adult Day Services at 715-422-2795.