

# COMMUNITY

## CAREGIVERS CORNER

### Maintaining nutrition, exercise

KOOCHICHING AGING  
OPTIONS STAFF REPORT

*A question and answer column for family caregivers*

**Q. My mom and dad, both in their late 70s continue to live in their home. Although they have some minor health issues, they have been quite independent. Over the last several months, I have noticed that they are not eating like they used to and are not getting out and doing things they used to do. Is this normal? I am concerned. What can I do?**

A. You are to be commended for your attentiveness toward the well being of your parents. You have indicated that you have noticed the change over the last several months. If you have not already talked with your parents about your concerns, you may want to sit down and have a chat with them. Let them know what you have noticed and that you are concerned. Listen carefully to find out what they have to say.

There are some signs that might signal potential problems which may not be a part of normal aging.

1. Loss of appetite may be due to ill-fitting dentures, pain while chewing or lack of activity or exercise.

2. Changes in appetite and loss of interests can be signs of depression.

3. Changes in weight, skin tone, memory issues and lack of energy can all be signs of nutritional deficiencies.

4. Expired or spoiled food can lead to illness.

5. Medications can influence appetite, weight and activity.

6. Not drinking enough water and juices can cause dehydration.

If you are noticing any of these signs, suggest a visit to their doctor and offer to go along. Make a list of the signs that you have noticed. Check out local resources for nutritional programs and exercise programs. Low impact exercises such as Tai Chi and Yoga can increase energy, balance and flexibility. A Bone Builders class

is offered twice a week in some communities in our area. This class not only offers exercises, it may be an opportunity for your parents to get out more often. There are free publications on the National Institute on Aging website related to health and wellness that you may want to check out. Make sure your parents get an okay from their doctor when starting new programs.

Let your parents know that you will be checking out some resources for yourself also. Sometimes it can be helpful for parents to know that you are interested in healthy options, too. It is just as important for family caregivers to take care of themselves as it is to help out their parents.

*If you have any questions or need help you may contact the Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth St., International Falls, MN 56649; 218-283-7030 – 800-950-4630; KoochichingAgingOptions@gmail.com; or visit www.KoochichingAgingOptions.org.*

## FUNERALS

### Lanny Skoglund, 65

A memorial gathering for Lanny Skoglund, 65, of International Falls, who passed away Saturday, Oct. 26, 2013, in St. Cloud, was conducted from 2 to 4 p.m. Friday, Nov. 1, at Green-Larsen Mortuary.

Remembrances were given by family and friends.

Arrangements were with Green-Larsen Mortuary Inc., International Falls.

### Jean ‘Jeanie’ A. Olson, 65

Memorial services for Jean “Jeanie” A. Olson, 65, of Loman, who passed away Monday, Oct. 28, 2013, at Essentia Health, Duluth, were conducted at 11 a.m. Saturday, Nov. 2, at Green-Larsen Mortuary.

Officiating was Deacon Fran Zaren.

Honorary pallbearers were all of her loving family and friends.

Interment was at Riverside Cemetery, Loman.

Arrangements were with Green-Larsen Mortuary Inc., International Falls.

### John P. Bauer, 78

A Celebration of Life for John P. Bauer, 78, of Ranier, who passed away Monday, Oct. 21, 2013, was conducted at 2 p.m. Sunday, Nov. 3, at Ranier Community Building.

Officiating was Deacon Leland H. Grim.

Honorary pallbearers were all of his loving family and friends.

Military rites were accorded by Veterans of Foreign Wars Post 2948. Flag presentation was by Wayne Sampson and Terry Randolph.

Arrangements were with Green-Larsen Mortuary Inc., International Falls.

### Bernice ‘Bea’ M. Fults, 79

Funeral services for Bernice “Bea” M. Fults, 79, of International Falls, who passed away Friday, Oct. 25, 2013, were conducted at 11 a.m. Friday, Nov. 1, at Green-Larsen Mortuary.

Officiating was Rev. Irv Arnquist.

Music was by Elaine Beach, Roxanne Wolfe and Shayla Schmitz.

Honorary pallbearers were Cory Wolfe, Chris Frahm, B.J. Grinsell, Wade Skaudis, Joe Conlin, Wilbur Tilander and Bob Tilander.

Arrangements were with Green-Larsen Mortuary Inc., International Falls.

### James. R. Leseman, 72

Funeral services for James R. Leseman, 72, of International Falls, who died

at his home Monday, Oct. 28, 2013, were conducted at 2 p.m. Thursday, Oct. 31, at Green-Larsen Mortuary.

Officiating was Pastor Darren Olson.

Casketbearers were Katie Norris, Nick Norris, Kyle Leseman, Ryan Christie, Alli Hildreth, Paige Leseman and Christina Leseman.

Interment was at Forest Hill Cemetery.

Arrangements were with the Green-Larsen Mortuary Inc., International Falls.

### Robert ‘Bob’ C. Hayward, 88

Memorial services for Robert “Bob” C. Hayward, 88, of International Falls, who died Thursday, Oct. 24, 2013, were conducted at noon Thursday, Oct. 31, at Holy Trinity Episcopal Church.

Officiating was the Rev. Samantha Crossley.

Music was by Joe Belanger and Jim Yount.

Honorary pallbearers were Gloria Lindstrom, Eleanor Takaichi, Miriam Rintala and Mandy Nault.

Military rites were accorded by Veterans of Foreign Wars Post 2948. Flag presentation was by Jim Nicodemus and Warren Bahr.

Arrangements were with Green-Larsen Mortuary Inc., International Falls.

Diva Days

Friday Nov. 8<sup>th</sup> & Saturday Nov. 9<sup>th</sup>

Many new clothing & Gift Items!

Patty's It's A Girl Thing

10-6 Fri 1732 Hwy 53 • 285-7103 10-5 Sat

Refreshments will be served

20% Off Purses

20% Off Jewelry

Divalicious DEALS

40% OFF STOREWIDE

on regular priced merchandise

Fri., Nov. 8 & Sat., Nov. 9

Laverne's

Shannon's Square • 283-9246

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\$55 hour massage with Marie Milan 218-355-0163

Buy two, 1 hour massages with Sarah Nevalainen for \$110 218-393-5323

Keep one for yourself and give the other one as a gift!!

\$65 Raindrop Technique with Hollie Bahr

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relief from physical pain & every day stress.

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7<sup>th</sup> Annual

Holiday Vendor Blender

Saturday, November 9<sup>th</sup> - 10 a.m. - 3 p.m.

Union Hall - 509 3rd St., Int'l Falls

Come see all your favorite Home Party Reps!

Avon Jane Silvers

Cater For You Jennifer Gustafson

Elise Mineral Make-up Kris Lemieux

Hanging By A Moment Custom Signs, It Works! Mollie Besch

Lemon Droppers, Young Living Essential Oils Becky Olson & Candy Ginter

lia sophia Laura Zika

Northwood Candle Nancy Bahr

PartyLite Julie Silvers

Pressed 4 Fun, Warm Wishes, J&K Embroidery Hilary & Kerry Krause

Scentsy Kim Nugent

Reflexology Jeanne Corrin

Relax on Rainy Massage Therapy Kasi Joyce

Swarovski Crystal Jewelry, Pattygee's Creations Pat Gray

Tasteful Treasures by Tracy Tracy Nuthak

Thirty-One Gifts Crystal Skrien

Usborne Books & Origami Owl Jewelry Emily Koch

Enter to WIN Basket of Goodies!

Gift Ideas • Booking Incentives • Products on display

Cash & Carry • Lunch available by Cater For You

[www.facebook.com/HolidayVendorBlender](http://www.facebook.com/HolidayVendorBlender)

SAVE Big Bucks

During Diva Days

Fri. Nov 8<sup>th</sup> 2-DAY SALE! Sat. Nov 9<sup>th</sup>

20% off

Ladies' & Men's Fall & Winter Apparel

Mason's on Main

Silver JEANS \$10 BUCKS OFF

Diva Days Holiday Unveiling

Friday, Nov. 8 & Saturday, Nov. 9 • 9am-5pm

Tour Our Winter Wonderland!

Home decor and gift ideas for everyone on your list!

- Drawings -

FIRESIDE

SAMPLE FIRESIDE COFFEE

We look forward to seeing you!

Gearhart's

FLORAL & GIFTS

[www.gearhartsfloral.com](http://www.gearhartsfloral.com) M-F 8-5, Sat 9-5 532 4th St., I. Falls • 283-8141

Unlock The Christmas Magic

During Diva Days

Friday & Saturday, Nov. 8 & 9

Buy One HALF Get One PRICE

Percentage of all sales will be donated to the Local Food Shelf and Power of the Purse!

NOW OPEN SATURDAYS!!

BORDERLAND

Jewelry

218-283-4701 324 3rd Street

WHILE YOUR HUNTERS ARE AWAY, YOU DESERVE A DIVA DAY!

Diva Days

Friday & Saturday Nov. 8 & 9

in International Falls

Register at every participating store to win

Little Black Corset Jewelry Organizers

From City Drug Gift Dept.

Grand Prize \$150 in CHAMBER DOLLARS

Vendor Booth Saturday Union Hall

Bring your moms, sisters & girlfriends for a day of shopping specials, and togetherness!

Shop Diva-lightful Specials And Register at These Businesses:

Ballan Furniture, Ben Franklin Crafts, The Bootery, Borderland Jewelry, The Chocolate Moose, City Drug Store, Coffee Landing Café, County Market Liquor, Dairy Queen Grill & Chill, Duty Free Americas, Gearhart's Floral & Gifts, The Hideaway, It's a Girl Thing, Iverne's, The Jug, Mason's on Main, Never Ending Consignment, No Place Like Home Again, Ronning's, Sjoblom's Landscape & Nursery, Slumberland Furniture, The Sports Shop, The Spot on Highway 53, Streiff's Floral & Gifts, Swanky Sweet Pea, The Tattered Angel, Viking Bar & Lounge

International Falls Area

Chamber

City of International Falls

[www.ifallschamber.com](http://www.ifallschamber.com) • 283-9400

The Jug Liquors

DIVA DAYS SALE

Fri. Nov. 8 & Sat. Nov. 9

Relax at the end of your busy day!

14 HANDS

Low Tier High Tier

\$6.99 - \$9.99

BOGLE

Low Tier High Tier

\$8.99 - \$9.99

MALIBU

Swirl Strawberries & Whipped Cream, Sundae Chocolate Ice Cream

\$13.99

SUTTER HOME

All 1.5 liters

2/\$15

The Jug

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Borderland's Local Liquor Store

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