

# LIFESTYLES

## SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
Call the Journal at 285-7411

# Losing balance is serious stuff

**Q. I'm 79 and I've taken a couple of spills in the last few months. I'm concerned that I might not be as steady on my feet as I used to be. What should I do about this?**

A. About one in 10 people over 65 experience difficulty with balance. More than 40 percent of Americans will go to a doctor complaining of dizziness. Getting older is only part of the problem. Inner-ear disturbances are the primary cause.

Losing balance when you're older is serious stuff. The Centers for Disease Control and Prevention reports that, each year, more than one in three people over 65 years suffers a fall.

Falls are the leading cause of injury deaths among older adults. And, even if the fall doesn't kill you, you could fracture a hip and then a whole bunch of problems can cascade over you —l imitations on



Fred  
CICETTI  
HEALTH CARE WRITER

activities, isolation, loss of independence, depression.

Not all balance problems have the same cause. Here are several major ones:

Benign paroxysmal positional vertigo. With BPPV, one of the most common causes of balance problems, you get vertigo when you change the position of your head. You may also experience BPPV when you roll over, get out of bed, or when look on a high shelf. BPPV is more likely in people over 60.

Labyrinthitis, an infection or inflammation

of the inner ear. The labyrinth is the organ in your inner ear that enables you to maintain balance.

Ménière's disease, which also can give you intermittent hearing loss, a ringing or roaring in the ears, and a feeling of fullness in the ear.

Other causes may involve another part of the body, such as the brain or the heart. Aging, infections, head injury, certain medicines, or problems with blood circulation may also cause problems with balance.

Blood-pressure medications and some antibiotics can cause balance problems. If you are taking any drugs in these categories and feel off-balance, it's worth discussing with your doctor.

Some people may have a balance problem and don't know it. Balance disorders can be difficult to diagnose because patients sometimes can't

describe their symptoms well.

Balance disorders can be signs of other health problems, so it's important to have them checked out.

If you can answer any of the following positively, discuss the symptom with your doctor.

Do I feel: Unsteady? Disoriented? As if the room is spinning? As if I'm moving when I'm still? As if I'm falling? As if I might faint?

Also, do you ever lose your balance and fall? Or, do you experience blurred vision?

Persistent balance problems are not something you should pass off as a harmless part of the aging process. They should always be examined carefully.

*If you would like to ask a question, write to fred@healthyyeezer.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

## SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

### MONDAY

Meatballs  
Gravy  
Mashed potatoes  
Peas and carrots  
Cinnamon applesauce

### TUESDAY

Hash brown casserole or

alternative  
Three-bean salad  
Fruit

### WEDNESDAY

Spaghetti  
Meat sauce  
Tossed salad  
Dressing  
Fresh fruit

### THURSDAY

Roast pork  
Gravy  
Mashed potatoes  
Squash  
Cake mix cookies

### FRIDAY

Cream of broccoli soup  
Egg salad  
What bread  
Lettuce leaf  
Fresh fruit

## MEMORIAMs

In loving memory of our dad and grampa, **William "Bill" Chowan** – Dec. 15, 2005.  
*We miss you every day!*

**Your children, grandchildren, great-grandchildren and great-great-grandchildren**

In loving memory of my wife, **Irene Jensen**, who went to be the the Lord one year ago, Dec. 12, 2013.

*We seem to see in the soft dim light,  
A face we loved the best;  
And think of her when the sun's last ray,  
Goes down in the far off west.  
We miss you no less as the time passes on,  
Than we did on the day of your going;  
For absence can never close the door of our hearts,  
And the lamp of our love is still glowing.  
Your heart was the truest in all the wide world,  
Your love the best to recall;  
For no one on earth could take your place,  
You are still the dearest of all.*

**Loved forever -  
Your husband, Roger**

In loving memory of **Irene Jensen**.

*God looked around His garden,  
And He found an empty place;  
He then looked down on the earth,  
And saw your tired face.  
He put His arms around you,  
And lifted you to rest;  
God's garden must be beautiful,  
He always takes the best.  
He knew that you were suffering,  
He knew you were in pain;  
He also knew in heaven,  
You would never hurt again.  
He saw the road was getting rough,  
And the hills harder to climb;  
So He closed your weary eyelids,  
And whispered, "Peace be thine."  
It broke our hearts to lose you,  
But you didn't go alone;  
For part of us went with you,  
The day God called you home.  
If tears could build a staircase,  
And memories a lane;  
We'd walk all the way to heaven,  
And bring you home again.*

**Linda**

BY BETH JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order at 5 p.m. Dec. 9 by president Pat Delapp with 10 members present.

The opening ritual was held, roll call of officers conducted with Linda Chezick, chaplain; pro-tem and Lois Adee, guard; pro-tem. There were no petitions for membership.

Motions were made to dispense with the reading of the minutes from the

November meeting and the treasurer's report. They will be read at the January meeting.

Bingo will not take place in December at the Good Samaritan Society-International Falls. A donation of prepaid phone cards will be given to MACV in Duluth.

The membership report was given by Chezick, with 25 members having dues outstanding.

Michele Dahlin reported that she had received a donation of tie blankets from the employees of

Optum/a branch of United Health Care, to assist either wounded soldiers or older veterans in need.

The Auxiliary began serving breakfasts at the Post Sunday and will continue throughout the month of December. A good turn-out was reported. Volunteers are always needed.

Upcoming events included Dec.11, serving pie at Littlefork Care Center; Dec. 13, kid's Christmas shopping, Kmart; Dec. 15, Post children's Christmas party with Santa and Mrs. Claus; and Dec. 30, blood

drive at Post.

Donations were made to the Silver Bay Veterans Home for recreational programs, the Green Shower and Hospice.

Door prize was won by Kathy Sikkila.

The meeting concluded at 5:45 with closing ceremonies.

The next meeting will be at 7 p.m. Jan. 13.

Members adjourned to The Spot on 53 for a meal following the meeting. Beth Johnson won the drawing for a life membership to National Home.

# VFW Ladies Auxiliary Post 2948 meets

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary met Dec. 2 at the hospital with president Sonia Wegge presiding. Wegge led in the prayer for

hospital auxiliaries.

Liaison Kelly Millerbern spoke to the group on the ongoing hospital construction. The MRI machine will be housed indoors. She invited auxiliary members to

the Christmas party slated for Dec. 12.

Membership chairperson Beverly Beck reported the 2015 membership at 31 members. It was reported the quilt raffle is doing

well. The quilt, made by Pam Hanson, will be awarded Dec. 19.

Election and installation of officers for 2015 will take place at the Jan. 6 meeting.

# Wegge presides at RLMC Auxiliary meeting

## BIRTHS

Kevin Kosobucki and Haylee Wimmer, of Littlefork, announce the arrival of their son, Koehn Duane Kosobucki, 6 pounds, 7 ounces, 19 inches long, born Tuesday, Dec. 9, 2014, at Rainy Lake Medical Center.

Maternal grandparents are Rob and Candice Wimmer.

Paternal grandparents are Walter and Norine Kosobucki.

The following births

have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:  
Ashley Allan and Paul Penagin, Nigigoonsiminkaaning First Nation, a daughter, Ronnie Jack-

Lynn Penagin, 7 pounds, 13 ounces, Nov. 23, 2014.

Joedy Morrisseau and Joseph McMillen, Fort Frances, Ontario, a son, Jaxon Joseph-Ryhs McMillen, 7 pounds, 10 ounces, Nov. 24, 2014.

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PUBLIC NOTICE

CITY OF BIG FALLS  
Summary Budget Data for 2015  
For General Fund and Budgeted Special Revenue Funds,  
Including Fire Department and Community Education.

REVENUES	2014 Budget	2015 Budget
Property Taxes	65,000.00	65,500.00
Licenses/Permits	250.00	200.00
State General Purpose	74,500.00	75,470.00
State Categorical Aid	3,775.00	3,550.00
Charges for Services	39,640.00	35,840.00
Interest/Dividends	1,625.00	875.00
Miscellaneous Revenues	8,200.00	8,225.00
Transfers from other funds or reserves	10,000.00	11,000.00
<b>Total Revenues/Other Financing</b>	<b>202,990.00</b>	<b>200,660.00</b>
EXPENDITURES		
General Government	79,650.00	82,165.00
Public Safety	24,025.00	20,700.00
Street/Highways	73,750.00	74,380.00
Culture and Recreation	18,390.00	18,615.00
Miscellaneous Current Expenditures	5,175.00	2,800.00
Purchase of Investments	2,000.00	2,000.00
<b>Total Expenditures/Other Financing</b>	<b>202,990.00</b>	<b>200,660.00</b>

Complete copies of the 2015 Budgets are available for review at the office of the City Clerk or on the City Website at [www.bigfalls.govoffice.com](http://www.bigfalls.govoffice.com).