

Free legal advice for veterans and spouses

Veterans and their spouses can receive free legal advice and will preparation 9 a.m. to 3 p.m. Aug. 26 at DAV Chapter 20 Glendale Post, 8447 N. 61st Ave., Glendale.

Help will be provided in the following legal areas:

- Divorce/custody/child support
- Debt counseling/bankruptcy
- Employment
- Landlord/tenant issues
- Taxes
- Estate planning – simple wills, general/medical powers of attorney will be provided on-site.

Appointments will have priority over walk-in clients and are highly recommended. To schedule an appointment, contact: John Tokarz, legal clinic director, 480-363-6880, or vet-legalclinic@gmail.com A financial need requirement applies; however, most veterans will qualify.

Hoarding therapy group begins soon

Registration is now open for Area Agency on Aging hoarding therapy group for Maricopa County residents 60 and older challenged by compulsive object hoarding, who are willing to self-identify and commit to addressing the disorder. The 14-week confidential and voluntary Too Many Treasures Hoarding Therapy Group begins in September.

The group will meet at locations in Central Phoenix and Glendale. Space is limited and qualifying participants will need to complete an intake process by phone no later than Sept. 13 by calling 602-241-5577.

There is no cost for the 90-minute group therapy sessions that are moderated by a licensed clinical counselor. Too Many Treasures, which was recently recognized with an Aging Achievement Award at the National Association of Area Agencies on Aging (n4a) Annual Conference, is the only object hoarding therapy program in Maricopa County. Meeting locations are confidential.

Addresses will be provided to qualifying participants.

“Through the therapy groups, participants suffering from Excessive Acquiring and Clutter Behavior are introduced to new information and techniques to help them change current behaviors and thoughts,” said Heidi Donniaquo, a licensed clinical social worker who manages Too Many Treasures. “Compulsive object hoarding is a serious problem that can be difficult to control.”

Follow-up support-group meetings for graduates are scheduled bi-weekly to provide ongoing support and encouragement.

According to statistics, 5 percent of the world’s population displays some sort of clinical hoarding that affects between 700,000 and 1 million people in the United States.

For more information about Too Many Treasures and the Area Agency on Aging, email hoarding@aaphx.org, or visit www.aaaphx.org.



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Save lives through Aug. 31 for chance to win new VW

One summer blood donor will win a 2017 Volkswagen, why not you? Donate through Aug. 31 at any United Blood Services donor center, or blood drive, and you could drive away a hero with a new

Passat R-Line valued at more than \$25,000.

The seven Valley Volkswagen dealers have donated a new Passat R-Line and partnered with United Blood Services in the 8th annual campaign to help

inspire more people to give blood this summer. Ten finalists will be drawn to participate in the “Summer Drive to Save Lives” grand prize ceremony. For a blood donation appointment, call 1-877-

UBS-HERO (827-4376), or visit www.BloodHero.com (enter your city or zip code).

The Glendale Donor Center is at 18583 N. 59th Ave., Suite 113 (59th Avenue and Union Hills Drive).

Healthy eating key to ‘successful living’

By **KAYE BAKER**
PRODUCER
SPECIAL TO
THE GLENDALE STAR



John Wenzlau and Millie Oakeson

Hosts John Wenzlau and Millie Oakeson of “Successful Aging” focused in on a crucial piece to living well and loving life this week as they welcomed J.P. Piecuch, VP of dining services for Friendship Retirement Corporation to their broadcast on Independent Talk 1100 KFNX. Each week, they strive to showcase topics on how to accomplish the goal of living your best life possible by talking with different experts on what it takes to age successfully.

Piecuch has a personal journey that led him to get off the sofa, lose weight and change his life for the better. He was diagnosed with Ciari One Malformation, a brain disease, in 2011. Doctors wanted to do compression brain surgery to relieve the headaches. Piecuch chose instead to eat clean, detox his body, and focus on hydration and exercise, which proved to be a great alternative to surgery. He was able to get off medications for high blood pressure and the migraine headaches went away. Some would stop there, but Piecuch hired a coach and started competing as a bodybuilder in 2015 and recently placed 15th in the USA Championship in Las Vegas among the best

competitors in the U.S.

Obviously, most of us will never compete in a bodybuilding competition; however, Piecuch stresses the fact that we all need to eat well, keep our weight down and exercise.

When asked what simple things anyone can do to improve how they eat, he said, “Low sodium, cut down on carbs, eliminate sugar and eat the good saturated fats and protein.”

Oakeson was very interested in how to assure you are eating the right amount and the right foods on a daily basis. Piecuch has figured out the most efficient and effective way to make sure his entire family is eating the best they can by preparing meals for each week as a family on Sundays. They set that day aside for cooking and portioning out meals for an entire week. That way, they can just heat up the food for each meal. This process eliminates the urge to grab something that is quick, but not healthy. He cooks different foods for his

wife and children when he is competing because that requires a very regimented schedule and food choices.

Piecuch has been able to take all of this knowledge and use it as he plans meals for the nearly 900 residents that he serves daily at Glencroft Senior Living. It was refreshing to hear that Glencroft has a scratch kitchen, which means everything is made from fresh ingredients. He listens to the residents and takes their suggestions seriously when preparing new menu items and always keeps in mind the healthiest choices with low sodium and fresh ingredients.

Eating a healthy diet and exercise daily takes effort, but the results truly are life-changing.

For more information on these topics, or to listen to the full broadcasts of the weekly shows, check out www.successfulaging.info. Tune in 11 a.m. Tuesdays on Independent Talk KFNX 1100 as they continue to explore “Successful Aging.”

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