

A Quarterly Newsmagazine for Adults with Disabilities, Older Adults, Veterans, and Their Families
Contact: ADRC at 355-3289 or 800-482-3710 – Veterans Service Office at 355-3260

Add
LIFE
Today!

Fall 2018
Vol 10/ Issue 3

laughter
independence
friends &
energy

MEDICARE OPEN ENROLLMENT SEASON IS NEAR!

THE ADRC WILL ONCE AGAIN BE HOLDING MEDICARE PART D
CLINICS TO HELP YOU FIND YOUR BEST DRUG PLAN

GIVE US A CALL ON OR AFTER
OCTOBER 1ST
TO RESERVE YOUR SPOT

EVERY YEAR, DRUG PLANS CAN CHANGE!

PREMIUMS MAY CHANGE - COVERAGE MAY BE DIFFERENT - NEW
PLANS MAY BE AVAILABLE

FOR MOST PEOPLE, THE ANNUAL OPEN ENROLLMENT SEASON
IS THE **ONLY TIME** TO CHANGE DRUG PLANS

IT IS IMPORTANT TO **CHECK YOUR DRUG PLAN EVERY YEAR**
EVEN IF YOUR MEDICATIONS HAVE NOT CHANGED

THESE CLINICS ARE FREE AND WILL BE OFFERED IN
BARABOO, PRAIRIE DU SAC, REEDSBURG AND SPRING GREEN

PLEASE CALL THE ADRC AT 608-355-3289 ON OR AFTER
OCTOBER 1ST TO RESERVE YOUR SPOT

(clinics run from October 25 to December 7)

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ADRC Office Hours:

Monday - Friday
8:00 a.m. - 4:30 p.m.



- We would like to thank Lynn Breunig for her donation to the Home Delivered Meal program in memory of Vernon Breunig and Colleen Schutz.
- Thank you to the anonymous donor for their donation to the publishing of AddLIFE Today! And the Volunteer Driver Escort program.
- We would like to thank Sylvia Broderick for the donation in honor of her sisters Fran, Elaine and Mary Jane to the AARP Tax Prep program and the publishing of AddLIFE Today!
- Thank you to Mary Orłowski for her donation to the publishing of AddLIFE Today!
- Thank you to Patricia Ann Bullard for her donation to the Home Delivered Meal Program!





FROM THE DIRECTOR'S DESK

Susan Blodgett
Aging & Disability Resource Center Director



Take Meds Seriously!



Misuse and abuse of opioids and other pain medications is a real problem in our nation, as well as right here in Sauk County. The Sauk County Health Department has recently received grant funding to start offering county residents drug lock boxes and lock bags to securely store prescriptions, as well as deactivation units to safely dispose of medications at home. The implementation of these devices will help our communities safely store the medications they may require and keep them out of the hands of those who may abuse or misuse them.

We often have clients ask us what they can do with leftover medications. They may have had a surgery and received more pain medication than needed, and do not want them to end up in the wrong hands. The Sauk County Sheriff's Office, as well as Police Departments in Baraboo, Lake Delton, Reedsburg, Sauk Prairie, Spring Green, and Wisconsin Dells all have prescription drug drop boxes. Another option is to request a drug deactivation pouch from the Sauk County Health Department. These pouches offer safe, at-home disposal of unneeded medications. The pouches offer an alternative to the unsafe flushing of medications, which helps to protect our environment and wildlife.

If you have more questions regarding safe storage and disposal of medications, please contact the Sauk County Health Department:

608-355-4338

Linda Jenkins

Linda.Jenkins@saukcountywi.gov

Sara Jesse

Sara.Jesse@saukcountywi.gov





TakeMeds
Seriously

THE BIGGEST DRUG PROBLEM

ISN'T ON THE STREETS

IT'S IN YOUR BATHROOM.

Get a FREE lock box or bag to safely store your medications.

Safe storage saves lives.

Don't let your medication fall into the wrong hands. Your prescription drugs may be accessed without your knowledge by young children, family members of all ages, outside visitors, or help hired to work in your home.

Call today! 608-355-4338

Linda Jenkins, CNA, Sauk County Health Department

Linda.Jenkins@saukcountywi.gov

Prescription drug safety starts with you.



SAFE STORAGE OPTIONS

What are your medication storage needs?

- **Size** How many medications or other products (such as pet meds or tobacco) do you need to protect? What size container do you need? Do you need more than one?
- **Refrigerate? Portable?** Do the medications you want to protect need to be refrigerated? Will you need to carry the container around? Do you need a container that fits in a bag or purse?
- **Ease of access** What kind of lock would work best: keys or a combination lock? Consider how many people will need to access the unit.

She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her
grandma's medicine cabinet.

BE AWARE. DON'T SHARE.®
LOCK YOUR MEDS.™

www.lockyourmeds.org

70%

of the people 12 and older
who abuse prescription
drugs get them from
friends and family.



**LOCK
YOUR
MEDS**

Be Aware. Don't Share.



Lock it up. In a drawer
or cabinet that can be
locked, or a lock box
that's out of sight from
children and guests.

For FREE lock boxes & bags, call today! 608-355-4338
Linda Jenkins, CNA, Sauk County Health Department
Linda.Jenkins@saukcountywi.gov

WISCONSIN'S MOST DANGEROUS LEFTOVERS.



To prevent misuse, dispose of unused or expired medicine. Never flush or pour it down the drain– it can contaminate our water supply. Here are 3 ways you can safely get rid of unneeded prescription drugs:

- 1** **Bring them to a drug take back location** such as a local police department. To find locations, visit www.DoseOfRealityWI.gov/Drug-TakeBack
- 2** **Purchase official mail-back packages** from your doctor, pharmacy, or police station and mail medicine to the Wisconsin Drug Enforcement Agency. Avoid leaving packages in unsecured mailboxes.
- 3** **Call us for FREE drug deactivation pouches.** At home, add water and medications to the pouch. Then throw it away– it's biodegradable and, once deactivated, safe for landfills.

Call today for a free drug deactivation pouch!
608-355-4338 or email Linda.Jenkins@saukcountywi.gov
Linda Jenkins, CNA, Sauk County Health Department



Cop's Corner

The Cop's Corner has been written by a member of the Sauk County Chief's Association

In modern society, we all need to be aware of bad people doing bad things. On the news, you will hear about "Active Shooters," but violence comes in all sorts of forms and can be more generically called "on-going deadly violence." Here in Sauk County, the Sheriff's Office and Emergency Management Director Jeff Jelinek have led a charge to train people in how to respond to active shootings and on-going deadly violence. They have been supported by responders from police, fire and EMS from all of the Sauk County communities.

The response model being taught is called "ALICE", which is an acronym for how to respond when violence is happening in front of you. It stands for:

- Alert: Yell to everyone that a bad thing is happening – this will alert every one of the violence. "There is a shooter in the building!"
- Lockdown: Take steps to secure your area so bad actors cannot get to where you are at, including the use of enhanced barricades.
- Inform: Let others, including first responders like police and fire, know what is happening and by whom. Describe suspects and what is going on where.
- Counter: If you have contact with a bad actor, or if it is happening right in front of you, be prepared to fight back. Throw things at the suspect to distract them.

Evacuate: Get away to a safe location. Have a plan of where you are going and how you will account for family and friends when you get there.

These five steps work whether you are at the store, church, a concert, or anywhere else you can think of. The key to the response is having a plan. If the first time you have thought a bad thing could happen to you or your loved ones is when it is happening, it may be too late. Just like we all prepare for severe weather by training with drills, practicing *ALICE* early and often can help you if the bad thing happens to you. Create a plan now for how to keep yourself safe.

This September, Sauk County Emergency Management will be hosting trainings on *ALICE*. Dates and locations will be posted at: <https://www.co.sauk.wi.us/emergencymanagement> . If you cannot make one of the training dates, you can go to the *ALICE* website for an online training: <https://www.alicetraining.com/training-options/individual-certification/>

Richard "Chip" Meister
Sauk County Sheriff



- Alert
- Lockdown
- Inform
- Counter
- Evacuate



The Volunteer Buzz



Brianna Wipperfurth



Hello! My name is Brianna Wipperfurth, and I am the new Volunteer Program Coordinator for the Sauk County ADRC! I grew up in Sauk City and am thrilled to be back in Sauk County after four years in St. Cloud, MN at St. Cloud State University. I spent my summer here at the ADRC as the Aging Program Intern and am excited to stay on and transition over to working with our volunteers, organizing the AddLIFE Newsletter, and working on our Dementia Friendly initiatives.

Our volunteers play such a crucial role in our programs. We are so lucky to have a solid group of volunteers that consistently step up to the plate to help their community. While we are forever grateful for our longstanding volunteers, we are also always looking for new volunteers to add to the mix! If you have the desire to give back to your community, but don't know where to go or how to help, please contact me! I would love to chat with you about all the volunteer opportunities the ADRC has to offer.

-Brianna

I am working hard to streamline the mailing list for this newsletter to make sure it is being delivered to all those who would like to receive it. Our newsletter is available via hardcopy as well as email.

If you would like to go green and receive your newsletter via email, please email me at:

brianna.wipperfurth@saukcountywi.gov

If you would like to receive a hard copy of our newsletter, please fill out the form on the next page and mail it in or drop it off at the ADRC.



If we do not receive a form or an email from you, you will be removed from our mailing list

**Sauk County ADRC
505 Broadway Street
Baraboo, WI 53913**





I want to continue
receiving AddLIFE!

Please Print

First Name _____

Last Name _____

Address _____

Please mail to:
Sauk County ADRC
505 Broadway Street
Baraboo, WI 53913

CURRENT VOLUNTEER OPPORTUNITIES

- The Reedsburg Dining Center is in **GREAT NEED** of volunteers to help deliver meals on a regular basis as well as volunteers to be substitute home delivered meal drivers
- The Baraboo Dining Center is in need of volunteers to help deliver meals on a regular basis as well as volunteers to be substitute home delivered meal drivers
- The Spring Green Dining Center would like to welcome volunteers to help in their dining center
- The Sauk/Prairie Dining Center would like to welcome volunteers to help in their dining center
- The Lake Delton Gathering Site would like to welcome volunteers to help in their dining center
- The Reedsburg Dining Center would like to welcome volunteers to help in their dining center
- The ADRC would like to have you join our Volunteer Driver Escort team. Volunteer Escort Drivers drive clients to medical appointments and other trips of necessity



Would you like to volunteer in a way we haven't thought of yet? Give me a call and we can talk about it!

Call me to discuss how YOU can make a difference in your community!

Contact Brianna at 355-3289 or 800-482-3710

For Your Benefit . . . Your Elder Benefit Specialists

Mindy Shrader serving the western part of Sauk County and
Pam Fuchs serving the eastern part of Sauk County

Call 355-3289 or (800) 482-3710 to confirm site visits
or to schedule office appointments.

**Please note that our Plain location has changed to
the Kraemer Library and Community
Center, 910 Main Street, Plain, WI 53577**



**Mindy - Coming to you:
Walk in appointments**

Plain Kraemer Library and Community Center	September 5 1:00 to 3:00	October 3 1:00 to 3:00	November 7 1:00 to 3:00
Spring Green Senior Center	September 19 10:30 to 11:30	October 17 10:30 to 11:30	November 21 10:30 to 11:30
Spring Green Library	September 19 1:00 to 3:00	October 17 1:00 to 3:00	November 21 1:00 to 3:00

**Pam - Coming to you:
Walk in appointments**



Sauk/ Prairie Community Center	September 20 9:00 to 10:30	October 18 9:00 to 10:30	November 15 9:00 to 10:30
Merrimac Village Hall		October 10 10:00 to 11:00	



**I'm Turning 65/Retiring:
Now What? Know Your
Options!**

Presented by:
Mindy Shrader and Pam Fuchs

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those who are continuing to work. It is designed to help you make informed retirement decisions.

The next workshop will be:

**Tuesday, September 11th
at 4:30 PM
West Square Building,
Room B30,
505 Broadway,
Baraboo**

Reports of the Trustees of the Social Security and Medicare Trust Funds

By the GWAAR Legal Services Team

Each year the Trustees of the Social Security and Medicare trust funds report the financial status of the two programs. In June, the Social Security and Medicare Boards of Trustee issued the 2018 Annual Reports for Social Security and Medicare. The reports once again found that Social Security and Medicare face long-term financing shortfalls under currently scheduled benefits and financing.

The reports recommended that substantial steps are needed to address the long-term financial shortfalls. The reports once more recommended that lawmakers act sooner rather than later to fix this problem. The cost of procrastinating on changes comes with a high price because delaying changes means that even more aggressive action will be necessary. The reports pointed out that earlier action would enable the public time to prepare for the changes. It would also enable elected officials to minimize adverse impacts on vulnerable populations, including lower-income workers and people already dependent on program benefits. The Medicare trust fund report raised some concerns. The report found that current policies will deplete the hospital-care trust fund in 2026, three years earlier than last year's report found.

According to the report, three factors caused the trustees to project an earlier depletion of the hospital-care trust fund. First, less money will be flowing into the hospital-care trust fund because the government will collect less in income taxes as a result of the tax law passed this year. Second, lower wages last year will translate into lower payroll taxes. Moreover, Congress reduced the penalties for failure to have health insurance to 0. Third, this means that fewer people will obtain insurance, and more uninsured means that Medicare will increase its uncompensated care payments.

The 2018 Annual Report for Social Security contained good news: things have not worsened since last year's report. However, the Social Security program's costs will exceed its income this year for the first time since 1982, forcing the program to dip into its trust fund to cover benefits. The trustees estimate that current policies will cause the trust fund to be depleted by 2034.

Federal law only permits Social Security to spend more than it takes in until federal policy depletes its trust funds. When that happens, government policy will automatically cut Social Security payouts to the amount the programs will receive in revenues, regardless of benefits due at that time. The programs will only pay out 79% of scheduled benefits, based on payroll and other Social Security tax revenues projected at that time. What this means for beneficiaries is that in the absence of congressional action, the Social Security Administration could delay or indiscriminately cut benefits by 21% starting in the year 2034.



Being Anti-Ageist Can Extend Your Life Expectancy

By the GWAAR Legal Services Team

Prejudice or discrimination of a person based on his or her age, also known as ageism, is deeply ingrained in our culture. There is oftentimes a fear of getting older. It is easy to find things making fun of aging, such as birthday cards and over-the-hill decorations. Our society's obsession with youth can be found in the media where young people are used in advertising and marketing of travel and cars, despite the fact that older adults travel and purchase cars more often than younger people. Even public spaces can inadvertently discriminate against older people. For example, loud or dimly lit restaurants can be difficult for older people to visit. Places without handrails can be challenging for older people to visit as well.

Those who embrace aging with a “yes, I can!” attitude are more likely to live 7.5 years longer than those with a “why bother” attitude. Additionally, those who embrace aging are also likely to have better brain performance and memory, have a greater sense of control over their lives, are less likely to have a hearing decline, and are more likely to get preventive care. People with a positive perception on aging are also 44% more likely to recover from disabilities.

It is possible to be unaware of your ageist statements. Saying things like, “wow, she looks good for her age!” is ageist because it gives the impression that being older is a bad thing. It is beneficial to all to call out ageism like this when we see it. Resources on how to do this can be found on the Wisconsin Institute for Healthy Aging (WIHA) website at: <https://wihealthyaging.org/ageism>.

Poverty Continues to Rise Despite Increased Employment

By the GWAAR Legal Services Team

In June, the Wisconsin Community Action Program Association (WISCAP) and UW-Madison Institute for Research on Poverty's (IRP) released its annual *Wisconsin Poverty Report*. WISCAP and IRP released the first *Wisconsin Poverty Report* in 2008 and this edition marks the tenth edition of this report.

The report provides a more accurate assessment of poverty throughout Wisconsin than the traditional official poverty rate provided by the federal government. The report relies on a measure of poverty, the Wisconsin Poverty Measure (WPM). The WPM considers the impact of government policies intended to reduce poverty by lowering expenses and/or increasing resources. The WPM also adjusts for household needs, such as out-of-pocket medical costs. The WPM provides a much clearer picture of the economic condition of individuals who are struggling financially.

The WPM poverty rates are higher for seniors than the traditional official poverty rate. The main reason for this is that the WPM factors out-of-pocket medical costs; whereas, the official poverty rate does not.

The report compared poverty rates from 2015 to 2016. The report found the Wisconsin senior poverty rate rose from 7.8 to 9.0 percent, as measured by the WPM. The official poverty rate for seniors also grew from 6.2 to 6.6 percent. The general population also experienced similar increases in poverty. The report found the Wisconsin poverty rate increased 10.8 percent, compared to 9.7 percent, as measured by the WPM. The official poverty rate for Wisconsin also increased, from 10.8 to 11.8 percent.

(Continued on page 14)

The significant rise came despite the state's jobs growth during the period. The report noted that "while benefits from the safety net played a large role in poverty reduction," changes in the state's FoodShare program "reduced these positive effects in 2016 compared to other years." The report also found that increasing out-of-pocket medical expenses, especially for seniors, was another factor that decreased resources over the past two years.

Brad Paul, Executive Director of the WISCAP, commented, "IRP's annual study reveals the rugged persistence of poverty in our state. It is particularly concerning to see increases among children and the elderly, and these findings point to both the need for comprehensive public policy solutions and a broad commitment from Wisconsinites to fight poverty. No family or individual should struggle to meet their basic needs when our collective wealth is so great."

Free Security Freezes Coming Soon!

By the GWAAR Legal Services Team

Starting this fall, a new law will require the big three credit reporting agencies – Equifax, Experian, and TransUnion – to let you freeze your credit report for free. Credit freezes, also known as security freezes, restrict access to your credit report. Security freezes are often recommended for individuals who have been the victim of identity theft or whose personal information was released in a security breach.

If your credit report has been frozen and you, or an identity thief, apply for a new loan or credit card in your name, the bank will not be able to check your credit report. Without access to your credit report, the bank will deny the application. If a security freeze is in place and you want to apply for a loan or credit card or open a new bank account, you will have to ask

each credit reporting agency to unfreeze your credit report.

In many states, the credit reporting agencies can charge a fee to freeze and unfreeze credit reports. Although credit reporting agencies may waive these fees for victims of identity theft who provide a copy of a police report, other individuals are required to pay anywhere from \$3 to \$10, depending on their state's laws. Because individuals must request a security freeze with each credit reporting agency, their total cost could be as much as \$30 each time they request a security freeze or ask for a freeze to be lifted.

The new law limits security freezes to only impact businesses requesting consumer information for credit purposes. That means that parties requesting credit reports for employment background checks, tenant background checks, or insurance policies will still have access to credit information when a security freeze is in place. The law also does not apply to existing creditors or debt collection agencies who are reviewing accounts or collecting money that is owed to them.

The new law goes into effect on September 21, 2018. This will give the credit reporting agencies time to update their websites to make it easy for you to re-request a free credit freeze or ask to lift a freeze.. Keep in mind that, although security freezes can be useful, they do have some limitations. For example, a freeze should prevent an identity thief from opening a new credit card in your name, but it will not stop someone who has access to an existing account from using it. In addition, a security freeze will not prevent tax identity theft, which occurs when some-one files a tax return in another person's name. You should check your bills regularly for mistakes and review your credit reports every year to make sure there are no errors.





Holly Schafer

Disability Benefit Specialist

Quinn Hause



Social Security Questions & Answers

What to know when applying for Social Security Disability or Supplemental Security Income

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program. Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes. Supplemental Security Income pays benefits based on financial need.

When you apply for either program, we will collect medical and other information from you and make a decision about whether or not you meet Social Security's definition of disability. You can use the Benefits Eligibility Screening Tool to find out which programs may be able to pay you benefits.

If your application has recently been denied, the Internet Appeal is a starting point to request a review of our decision about your eligibility for disability benefits.

If your application is denied for:

- Medical reasons, you can complete and submit the required Appeal Request and Appeal Disability Report online. The disability report asks you for updated information about your medical condition and any treatment, tests or doctor visits since we made our decision.
- Non-medical reasons, you should contact your local Social Security Office to request the review. You also may call our toll-free number, 1-800-772-1213, to request an appeal. People who are deaf or hard of hearing can call our toll-free TTY number, 1-800-325-0778. Frequently asked Social Security Administration questions

How can I get a Social Security Statement that shows a record of my earnings and an estimate of my future benefits?

You can get your personal Social Security Statement online by using your my Social Security account. If you don't yet have an account, you can easily create one. Your online Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability and survivors benefits you and your family may be eligible for.

To set up or use your account to get your online Social Security Statement, go to Sign In Or Create An Account. *(Continued on pg 16)*

We also mail paper Statements to workers age 60 and older three months before their birthday if they don't receive Social Security benefits and don't yet have a my Social Security account. Workers who don't want to wait for their scheduled mailing can request their Social Security Statement by following these instructions. The Statement will arrive by mail in four to six weeks.

How can I change my address?

If you get Social Security benefits (retirement, survivors, or disability) or are enrolled in Medicare, you can change your address online by using a my Social Security account. Go to the My Profile Tab on my Social Security.

This service is not currently available to people who receive Supplemental Security Income (SSI) or do not have a U.S. mailing address. However, if you are receiving SSI, you can still check your address we have on record via the My Profile Tab on my Social Security.

If you get SSI, do not have a U.S. mailing address, or are unable to change your address online, you can:

- Call us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m.; or
- Contact your local Social Security office.

If you do not receive Social Security benefits, SSI or Medicare, you do not need to change your address with us.

What are direct deposit and Direct Express®?

By choosing to get your Social Security or Supplemental Security Income benefits by direct deposit, we will electronically deposit your funds directly into a bank's depository account (e.g. checking account, savings account, and prepaid card account).

By choosing Direct Express®, we will electronically deposit your funds directly into a

prepaid debit card account. Direct Express® has no enrollment fee or minimum balance requirement to open or use the account.

If I am the representative payee for someone who receives Social Security benefits or Supplemental Security Income (SSI), what changes must I report to Social Security?

If you are the representative payee for someone, you must report to us any changes that may affect the person's benefit payments.

You must tell SSA if:

- The beneficiary moves;
- The beneficiary starts or stops working, no matter how little the earnings amount;
- A disabled beneficiary's medical condition improves;
- The beneficiary starts receiving another government benefit or the benefit amount changes;
- The beneficiary travels outside the United States for 30 days or more;
- The beneficiary is imprisoned for a crime that carries a sentence of more than one month;
- The beneficiary is committed to an institution by court order for a crime committed because of a mental impairment;
- Custody of a child beneficiary changes or a child is adopted;
- The beneficiary is a stepchild, and the parents' divorce;
- The beneficiary gets married;
- The beneficiary no longer needs a payee; or
- The beneficiary dies.

If the beneficiary gets SSI, you must also tell us if:

- The beneficiary moves to or from a hospital, nursing home, correctional facility or other institution;
- A married beneficiary separates from his or her spouse, or they begin living together again after a separation;
- Someone moves into or out of the beneficiary's household; or
- The beneficiary or their spouse has a change in income or resources

Dementia Support

Communication Tips and Strategies

Communicating with a person with Alzheimer's or other dementias can be difficult. When the brain endures changes due to Alzheimer's disease, stroke or other illness, the language ability is often impaired. Changes in the ability to communicate are unique to each person, but for most people the changes will worsen as dementia progresses.

On Tuesday, September 25 from 5:30 - 7:00 p.m. at Oak Park Place, 800 Waldo St., in Baraboo Outreach Specialist Janet Wiegel presents "Communication Tips & Strategies". Learn ways to effectively and compassionately communicate with someone who has dementia.

The Alzheimer's and Dementia Alliance of Wisconsin is holding office hours in the ADRC office the first Tuesday of each month from 11:00 a.m. - 1:00 p.m.

Janet Wiegel, from the Alzheimer's and Dementia Alliance of Wisconsin (ADAW), serves as the Outreach Specialist for Columbia, Marquette, and Sauk Counties. Janet's role as an Outreach Specialist is to support those with Alzheimer's and dementia and their caregivers and family member.

If you would like to meet with Janet at the ADRC office, please call her at 608-742-9055 or 608-697-2838 to schedule an appointment. Janet will also see people on a walk-in basis if the schedule allows.

When is it time to move to facility care?

Are you caring for a loved one with Alzheimer's or other dementias? It is difficult to know when to begin looking for facility care. However, you may begin asking this question as the disease progresses. The most important thing to remember is there is no "right" time for everyone. Each person and family is different, and there are several factors to consider.

Attend "Is it time for facility care?" on Tuesday, November 27 from 5:30 - 7:00 p.m. at Sauk City Library, 515 Water St., Sauk City to review the things to consider when making the decision to move to facility care, learn what questions to ask and what to look for when visiting facilities, ways to discuss the move with your loved one with dementia and more.

For more information on these programs or if you have specific questions, contact Janet at 608.742.955 or janet.wiegel@alzwiss.org.

Family education programs offered by the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) are free and open to the public. These programs are funded in part by the annual Alzheimer's Walk. Join ADAW on Saturday, September 15 at Mary Roundtree Evans Park in Baraboo for the Sauk County Alzheimer's Walk. Together we can raise awareness and provide support to individuals in the community touched by dementia. Visit alzwiss.org for details.



Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



★★ VETERANS MESSENGER ★★

Dear Friends,

At our spring training conference in Fond Du Lac, I had the privilege of hearing from the Heroes' Hunt for Veterans founder, and had an opportunity to learn about their organization. Since then I have learned that there are many similar groups and organizations. Please check them out. This is just a small sample of what is available to veterans that enjoy the outdoors.

Heroes' Hunt For Veterans is a non-profit organization designed to benefit veterans, which gives them the opportunity to experience a quality guided deer, turkey or waterfowl hunt. The hunts are provided at no cost to the veteran. They hunt around the Waupun, WI area. Their website and phone number is:

www.heroeshuntforvets.org/

(920) 324-8886 or (920) 583-0616

Wounded Warriors United of Wisconsin is based in Appleton, WI. They are dedicated to helping our wounded heroes heal and get relief from their day to day challenges by engaging them in the outdoor sports of hunting and fishing. Their volunteers and events are uplifting spirits and changing the lives of our veterans and empowering them to get outdoors. All expenses for the hunting and fishing trips and outings are covered and the participating veteran never pays. Their website and phone number is:

www.woundedwarriorsunitedwi.com/

(920) 470-1845

Hill Country Veterans' Network is a resource to connect with different organizations that offer hunting, fishing, and water activities in many locations out West. Their website is:

www.hillcountryveteransnetwork.org/huntingfishing.htm

United Foundation For Disabled Archers (UFFDA)

If you are a physically challenged hunter looking for unique bow hunting adventures, UFFDA has the opportunity you have been searching for. Each year, seasoned bow hunting volunteers sponsor free bow hunts for UFFDA's disabled members and we would consider it a privilege to entertain you on one of these hunts each year. Their website and phone number is www.Uffdaclub.org (320) 634-3660

In Your Service, Tony



Connect with the Sauk CVSO

Stay up to date with important veteran related items and events:



Website: www.co.sauk.wi.us/veteransserviceoffice



Facebook: Sauk County Veterans Service Office

Twitter: @saukcountyvets

General **E-mail** for our office is Vetservice@saukcountywi.gov



We want to thank the following for their recent donations to the Veterans Care Trust Fund: Bob O'Brien; William Brunner Family; Robert Ludlum; American Legion Post 350; VFW Post 1916; Maurice & Jackie Nolden; Patricia Bullard; and Anonymous.



Assistant Veterans Service Officer

Veterans Service Office
505 Broadway
Baraboo, WI 53913
Telephone (608) 355-3260
www.co.sauk.wi.us

Louie Birkholz

Veterans Benefit Specialists



Kathy Kent



Pamela Russo

Were You Low-Balled on Your Medical Separation?

Hardeep Grewal was a 29-year-old Air Force computer operations specialist suffering a mild case of pneumonia when he deployed to Saudi Arabia and a series of other Southwest Asian countries in 2003. The staff sergeant stayed ill and returned to the US “looking like a scare crow,” he said. He was diagnosed with asthma, which would require two medications daily for the rest of his life. By December 2014, Grewal was medically discharged with a 10% disability rating and a small severance payment.

The Air Force physical evaluation board “lowballed me,” he recalled in a phone conversation 2 MAY from his Northern Virginia home. “They were trying to get rid of people” from a specialty that, after offering an attractive reenlistment bonus, quickly became overmanned.

Grewal promptly applied to the Department of Veterans Affairs for disability compensation, and his initial VA rating was set at 30%. Full VA payments were delayed until his Air Force severance was recouped.

Twelve years later, in August 2016, he got a letter inviting him to have his military disability rating reviewed by a special board Congress created solely to determine whether veterans like him, discharged for conditions rated 20% disabling or less from Sept. 11, 2001, to Dec. 31, 2009, were treated fairly. “I waited like almost two months to apply because I didn't know if somebody was pulling my leg,” Grewal said. “I talked to a lot of people,

including a friend at Langley Air Force Base, to find out if it was legit. He said other service members he knew who had gotten out were saying, 'Yeah, it's legit. You can look it up.' ”

Grewal had to wait 18 months, but he received his decision letter from the Physical Disability Board of Review (PDBR). It recommends to the Air Force Secretary that Grewal's discharge with severance pay be re-characterized to permanent disability retirement, effective the date of his prior medical separation.

If, as expected, the Air Force approves a revised disability rating to 30% back to December 2004, Grewal will receive retroactive disability retirement, become eligible for TRICARE health insurance, and begin to enjoy other privileges of “retiree” status, including access to discount shopping on base.

Congress ordered the PDBR established as part of the 2008 National Defense Authorization Act, after a mountain of evidence surfaced that service branches had been low-balling disability ratings given to thousands of service members medically separated over a nine-year period through recent wars. The PDBR began accepting applications in January 2009.

So far only 19,000 veterans have applied from a pool of 71,000 known to be eligible for at least a disability rating review. All of them were medically discharged with disability ratings of 20% or less sometime during the qualifying period. A bump in rating to 30% or higher bestows retiree status, including a tax-free disability retirement and TRICARE eligibility.

Veterans Administrative Support



Sandy Deich

And yet only 27% of veterans believed eligible for a rating review have applied. Indeed, applications to the PDBR have slowed to a trickle of 40 - 50/month.

The top three medical conditions triggering favorable recommendations are mental health issues, including post-traumatic stress, back ailments, and arthritis. As Grewal learned, decisions are not made quickly. The current wait, on average, is 8-12 months, Johnson said. But that is faster than the 18-to-24-month wait that was routine in earlier years. Also, veterans need not fear a new review will result in a rating downgrade. The law establishing the PDBR doesn't allow for it.

Veterans and survivors can learn more about the PDBR online, including how to apply, at <https://health.mil/pdbr>.

Upcoming Events

For more information on the following upcoming events that are for veterans/to support veterans, please see our website.

September 21-23, 2018—Camp Wawbeek Veterans' Family Camp

A Free Veterans' Family Camp Weekend held at Easter Seals Wisconsin Camp Wawbeek in Wisconsin Dells for military veterans and their families.

September 22, 2018—30th Anniversary of the dedication of The Highground & Fragments the Vietnam Veterans' Tribute.



Neillsville, WI—We will celebrate the 30th Anniversary of the dedication of The Highground and "Fragments" the Vietnam Veterans' Tribute. The communities around the Highground will be joining us in a "Yellow Ribbon" Welcome Home for all Vietnam veterans to see as they journey to The Highground.

There are veterans that meet for coffee on the **second Tuesday of every month** when classes are in session at MATC-Reedsburg, from 9—11 a.m. This is an opportunity to meet with other veterans from all eras. Contact Barb Knopf with any questions at (608) 415-8967

Every Friday the American Heroes Cafe inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 a.m. - noon.

Every second Sunday of the month, The Reedsburg VFW Post 1916 hosts a breakfast buffet from 8:00 am - noon. They serve omelets, scrambled eggs, French toast, pancakes, sausage, biscuits and gravy, and other amenities.

The American Legion Post 172 has a walleye feed on the **third Saturday of each month** in the months September—November, and January—April. The feed is held from 4:00—7:30 p.m. at 106 E. Walnut in North Freedom, WI. Questions can be directed to Anthony Gartner at (757) 437-2616.

Second Monday of each month (but not in December & January) there is a Caregiver Support Group - 1:00 p.m. at the United Church of Christ, 6th & Broadway, Baraboo. This support group is designed to address the needs of the caregiver. Contact Mary Larson for questions at (608) 254-7002.

Aging & Disability Specialists

Helping you put the pieces together!

ADRC Satellite Offices and Extended Hours

For your convenience, the ADRC has 4 satellite offices and extended hours in Baraboo.

The **Baraboo** office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 p.m. on the following Tuesdays: September 11, September 18, October 16, November 13, December 18. As always, after hours appointments are available upon request and availability.

The **Lake Delton** satellite office is in the Frank Fischer Center at 20 Wisconsin Dells Pkwy South and is open every Tuesday from 11:00 a.m. to 2:00 p.m. No appointments are needed.

The **Reedsburg** satellite office is in the Reedsburg Human Service Building at 425 6th St and is open every Wednesday from 8:00 a.m. to 12:00 p.m. No appointments are needed.

The **Sauk Prairie** satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m. No appointments are needed.

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. The office will be open every other Thursday, 10:00 a.m. to 12:00 noon. The next days are: September 6 & 20 and October 4 & 18.

If you would like further information call the ADRC at 355-3289 or 800-482-3710.



Hannah
Halverson



Rachel
Heinzman



Jim
Pritzkow

Photo ID for Voting

By the GWAAR Legal Services Team

Now is the time to make sure you have a valid form of identification for voting. Most people already have the right kind of photo ID for voting, such as a driver's license, Wisconsin Department of Transportation (DOT)-issued ID card, a U.S. military ID card, a U.S. passport, a tribal ID card, or a student ID card issued by a Wisconsin accredited university or college. These types of *(Continued on pg 22)*

identification are valid for voting if they are unexpired or if they expired after the date of the most recent general election on November 8, 2016.

The following types of ID cards can be used for voting if they are unexpired: a veteran's photo ID card issued by the Veterans Health Administration of the federal Department of Veterans Affairs, a certificate of naturalization that was issued no more than two years before the date of the election, a driving receipt issued by the Wisconsin DOT, an identification card receipt issued by the Wisconsin DOT, a temporary identification card receipt issued by the Wisconsin DOT through the Identification Petition Process, and a citation or notice of intent to revoke or suspend a Wisconsin DOT-issued driver's license that the DOT issued within 60 days of the date of the election.

Some absentee voters do not need a photo ID. Members of the military and people who live permanently overseas do not need a photo ID. In addition, absentee voters do not need a photo ID if they are considered "indefinitely confined" and cannot travel due to their age, an illness, or a disability. These voters must indicate that they are indefinitely confined when they apply for an absentee ballot.

If you do not have a valid form of identification, and the documents you need to apply for an ID card are not easily available or would cost too much money for you to obtain them, you can use the voter ID petition process. This petition process is available for applicants unable to provide proof of name and date of birth, United States citizenship, identity, or other required documentation. The process is free and will allow you to obtain a receipt that you can use to vote while you obtain the remaining documents.

You should go to your local DMV office to apply for your photo ID receipt. If they are available, you should bring:

- Proof of your name and date of birth

(such as your birth certificate);

- Proof of your identity (such as your Social Security card, Medicaid card, Medicare card, etc.);
- Proof of Wisconsin residency (such as a utility bill, government mail, lease, etc.);
- Proof of U.S. Citizenship (such as your U.S. birth certificate or citizenship paperwork); and
- Social Security Number.

If you don't have all of these documents, bring what you have to the DMV. At the DMV, you will fill out two forms. Then, you will receive a receipt in the mail that you can use for voting. Learn what the receipt will look like by going to the following link: <http://wisconsin.gov/Documents/dmv/shared/idpp-takeaway.pdf>. This receipt will be valid for 180 days, and it will be renewed automatically unless the DOT cancels it. You will receive additional receipts as long as you are making reasonable efforts to obtain the documents you need to apply for an ID card.

Remember that if you already have an unexpired Wisconsin driver's license or identification card, or if you have a Wisconsin driver's license or identification card that has expired since November 8, 2016, you already have valid identification for voting.

Please note that there is no separate "voter ID" card. If you are unsure whether your identification meets the requirements, you should visit the Wisconsin Elections Commission website at

<http://elections.wi.gov/> to check. The Wisconsin Elections Commission also has information on its website about voter eligibility, poll locations, voter registration information or other election information. If you have questions about how to obtain identification for voting, you can call the Department of Motor Vehicles (DMV) Voter ID hotline at 844-588-1069.

ADRC Transportation

Medical Transportation Line: 608-355-3278 or 800-830-3533

Fun-day Trip Reservation Line: 608-355-4888

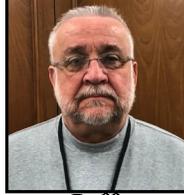
Look
Who's
Getting
You
There!



Tom



Dave



Jeff



Nik



Bill



Lisa

Welcome Tom!

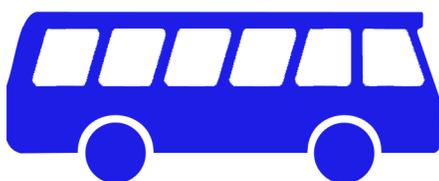
Welcome Tom Clarkson!!

Tom Clarkson is retired and comes to ADRC with a varied background in business and volunteerism. His hobbies include sailing, the outdoors and travel. He is a master sailor and has sailed in oceans as well as inland lakes. We welcome Tom to the ADRC Transportation team. Give Tom a warm welcome when you meet him driving one of the buses or the ADA vans.



Weekly Shopping Bus

The Shopping Bus has changed to better serve you and now runs every Thursday. The bus will now go to Madison West Side Shopping, the following week Baraboo /Lake Delton area, with the following week after we will go to Madison East Side Shopping. You tell us where you want to shop and **we will take you within a five (5) mile radius of the East or West Towne Malls.** This allows you to shop at most of the popular area stores with each trip. Places like Target, Costco, Greenway Station and more are now at your disposal on a more regular basis.



Dates and destinations for the Shopping

Bus are:

September	6	Madison East Side
	13	Baraboo/Lake Delton
	20	Madison West Side
	27	Baraboo/Lake Delton
October	4	Madison East Side
	11	Baraboo/Lake Delton
	18	Madison West Side
	25	Baraboo/Lake Delton
November	1	Madison East Side
	8	Baraboo/Lake Delton
	15	Madison West Side
	22	NO BUS
	29	Baraboo/Lake Delton

Volunteer Driver Escort Program

What is the Volunteer Driver Escort Service?

The Volunteer Driver Escort Service is available to provide transportation to out-of-town medical appointments, employment, and other trips of necessity. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Eligible passengers include those who are ambulatory and/or those who use assistive devices such as walkers, canes, and power chairs.

This inter city service is subsidized through the ADRC's *s85.21 Grant*. The cost to the passenger is based on miles traveled and will vary per trip. Services are provided as allowed by availability of staff, drivers, and resources.

Why Use The Volunteer Driver Escort Service?

- Escorted Transportation
- Arrive on time to appointments
- Pre-Screened, Caring Drivers
- Door-Thru-Door Service
- Safe Transportation
- Reliable
- Round Trip or One Way
- Reduction in Missed Appointments

What if I Need Additional Assistance?

Each passenger's needs are unique. Wheelchair passengers may be served through our own lift-equipped vehicle based on availability. Chairs over 28" cannot be accommodated. Walkers must be collapsible and stored within the vehicle.

If you have special needs, please be prepared to bring a friend or family member who can provide you the assistance you need.

Who is Eligible?

Sauk County residents at least 60 years old and those who are disabled and unable to transport themselves.

How Do I Request Services?

**To arrange transportation,
please call the
ADRC Transportation Line at
608-355-3278
AT LEAST 48 HOURS
prior to your scheduled
appointment.**

September	
7	Wisconsin Quilting Expo – Alliant Energy Center, Madison, WI
11	Amish Stores, Portage, WI
18	Rib Mt, 45X90 Geographical Marker & Feltz Dairy Store, Wausau, WI
25	Gays Mills Apple Orchards
October	
2	Madison Museum of Contemporary Art & Area Museums, Madison
9	Oakwood Fruit Farm, Pecks Market
16	Fall Colors Tour/Wildcat Mt/Cashton Amish Area and Cheese Factory
23	Fall Colors Tour/Wildcat Mt/Cashton Amish Area and Cheese Factory.
30	Sun Prairie Cinema \$5 Movie (See the Marcus Theater Sun Prairie website for available movies)
November	
1	Our House “All Things Senior Expo”, Ho Chunk Gaming, WI Dells
6	UW Geology Museum, Madison, WI
13	Epic Medical Records Tour, Verona NOTE: The tour begins at 3:00 P.M
20	Mitchell Park Horticultural Domes, Milwaukee, WI (A fee may be attached)
27	Sun Prairie Cinema \$5 Movie (See the Marcus Theater Sun Prairie website for available movies)
December	
4	Old World Christmas Market, Elkhart Lake, (\$7.00 Fee)
11	Governor’s Mansion Holiday Tour

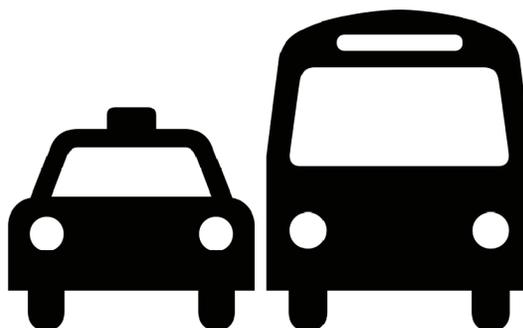
— Fun Day /Specialty Trips —

The very popular Fun Day Trips will continue with one minor change. **The trips will be on Tuesday or Wednesday, as the trips are available. So please watch your calendar for the day of the week.** We have all of the expansion of the Specialty Bus added and are looking forward to having you along to enjoy the expanded trips. So get out, come on aboard, make new friends and enjoy the activities ADRC Transportation has to offer. Please complete the survey cards and make suggestions as to trips you would enjoy!! We get our best ideas for future trips from YOU!! (The cost of the bus trip is \$5.00. Lunch and entry fees, if applicable, are your responsibility. **All trips are subject to last minute change or cancelation.**

— Transportation News —

The ADRC Transportation Staff are dedicated to providing you with quality services that you deserve. Our Volunteer Drivers provide outstanding services to those in need of transportation to medical appointments, pharmacies, and other services. Our outstanding Transportation Staff provide transportation services for those with special needs with our new wheelchair van. Our volunteers and staff also deliver healthy meals to nutrition sites and to individuals. If you are able and interested in volunteering, please contact our Volunteer Coordinator to learn more and apply. The success of our programs depend on these wonderful and generous people and their willingness in helping people.

We are in need of more volunteers to meet the needs of our communities. If you can and are willing to volunteer, please call Brianna at (608)355-3289.





Caregiver Connection and Prevention Pointers



*Marina Wittmann
Aging Program Specialist*



I recently attended the Healthy Aging Summit sponsored by the Wisconsin Institute for Healthy Aging (WIHA). This conference is dedicated to supporting and expanding healthy

communities in Wisconsin. WIHA is the organization that trains and supports leaders for evidence-based workshops, two of which we have here in Sauk County: Stepping On for falls prevention and Powerful Tools for Caregivers. Betsy Abramson, WIHA Executive Director, spoke during the conference about POSITIVE perceptions of aging. She said that research has shown that people with POSITIVE perceptions of aging **live 7.5 years longer** than those that do not! People with positive perceptions of aging also experience much higher rates of recovery from illness and injury, have better brain performance and improved memory, and have a greater sense of control over their lives and a greater will to live. In addition, they are more likely to talk to a doctor about health problems, get preventive care such as blood pressure screenings and flu shots, and pursue health promotion programs (like Stepping On and Powerful Tools for Caregivers). Betsy stated that Becca Levy, PhD at Yale School of Public Health has conducted this research. You may be asking yourself, how do I think positively, specifically about aging? The Mayo Clinic has several ways to think in a more positive and optimistic way:

- Identify an area of your life that you usually think negatively about and look to approach that one area in a different, more positive way.
- Stop and check your thinking sporadically during the day. If you feel you are having many negative thoughts, try to find a way to put a positive spin on them.
- Give yourself permission to laugh – you will feel less stressed.
- Practice positive self-talk and think about things you are thankful for in your life rather than negative thoughts that can blur your positive perception. Instead of thinking “it’s too complicated”, think “let’s try it from another angle”.
- Surround yourself with positive thinkers! If the people you associate with are negative thinkers – especially about aging, they are not doing you any favors. Find people who share your positive thoughts about aging. Join a health promotion course like Stepping On or sign up for local exercise programs for older adults.

Thinking positively about aging is the easiest way to **add 7.5 years to your life!** It is never too late to start. For more information about positive thinking, visit the Mayo Clinic website: www.mayoclinic.org.

For more information about the Wisconsin Institute for Healthy Aging programs, visit their website:

www.wihealthyaging.org





Pictured here are some of the graduates of our Stepping On workshop in Reedsburg. Congratulations to all who participated. We want to thank the Reedsburg Human Services for allowing us the space for our workshop and our guest experts who enriched our workshop: Craig Johnson, Physical Therapist from Reedsburg Area Medical Center, Dr. Travis Rumery from SSM Davis Duehr Dean, Paramedics Chris Cragin and Sandi Stowell from Reedsburg Ambulance, Bob Johnson from Corner Drug Clinic in Baraboo, and our past participant Jean Reisinger.

If you are interested in taking our Stepping On falls prevention course, contact us at the ADRC to learn when and where classes are being held!

★ ★ ★

Admit One

Are you caring for a spouse or older adult? Do you find yourself overwhelmed? Are you unsure how to manage caregiving needs and still tend to your own needs? **Powerful Tools for Caregivers** is for you! This program teaches you how to cope with the demands of caring for someone, handling difficult situations, stress management and more!

Our next Powerful Tools for Caregivers workshop will be held for 6 consecutive Tuesdays in Baraboo at the West Square Building starting on Tuesday September 18th thru October 23rd. The workshop will be held from 1:30 - 4:00pm. Respite care may be available for loved ones. Call Sandy at the ADRC to register today at 355-3289. There is a \$10 suggested donation for the workshop. **Here is your ticket to healthy aging!**

Admit One

★ ★ ★

Memory Cafés: All Are Welcome

A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, can come together. The Memory Café meets monthly to visit, share common interests, and enjoy refreshments. Each monthly Café is unique and offers a program or activity that's fun and chosen by participant's interest. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

Sauk City Memory Café
Thursdays: September 20, October 18, November 15
9:30—11:00 am
Sauk Prairie Community Center
730 Monroe St, Sauk City



Support Groups

Need a place to vent? Need people to talk to who understand your caregiving situation? Want to learn new ways to approach caregiving situations?

Family Caregiver Support Group

Sauk Prairie Community Center
730 Monroe St, Sauk City
3rd Tuesday of each month
5:00pm-6:00pm
Light dinner will be provided.

Next Meetings:
Tuesday, September 18, October 16,
November 20

Grandparent & Relative Caregiver Circle

Sauk Prairie Community Center
730 Monroe St, Sauk City
6:00 - 7:00 p.m.

Next Meetings:
Tuesday, September 18, October 16,
November 20

Dementia-Specific Caregiver Support Group

Senior Life Center
2350 North Dewey Avenue, Reedsburg
3rd Wednesday of the month
12:00 Noon - 1:30pm

Next Meetings:
Wednesday, September 19, October 17,
November 21
Co-sponsored by the Alzheimer's and
Dementia Alliance

Care Giver Support Group and Loved Ones Social

West Square Building
505 Broadway Street, Baraboo.
2nd Wednesday of each month
9:00 a.m.-11:00 a.m.
Room B24 (for caregivers)
and B30 (for loved ones)

Next Meetings:
Wednesday, September 12, October 10,
November 14

If you are interested in attending the Care Giver Support Group and Loved Ones Social, and want to take advantage of free respite for your loved one, we ask that you call Susan at the ADRC at 608-355-3289 by the Friday prior to the meeting so respite care and activities can be arranged.



Keeping your Body in Motion **with Anna-Marie School,** **Exercise Physiologist**

Bring comfortable shoes and clothing, we'll be doing some demonstrations and exercise!

St. Clare Hospital, Ringling Room
Thursday, Sept. 20, 2018 10:30am-12noon

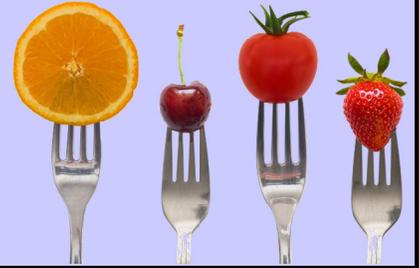
**Call St. Clare HOSPITAL
GoldenCare**

for Reservation (608) 356-1407



Nutrition News

Jennifer Kamrowski
Nutrition Coordinator



Food Safety - Beyond the Plate



Guide to Leftovers

Why is keeping food safe important for older adults?

Everyone's health is different.

- Underlying conditions such as diabetes, heart disease, cancer etc. weakens the immune system.
- As we age, it is harder to fight bacteria.

Food-Borne Illness Facts

Each year, 2 million people get sick from food-borne illness

- Bacteria that causes food-borne illness is everywhere
- You cannot always tell when food turns bad.
- Poor food handling practices cause much of the contamination
- Cooking or freezing might not make food safe

WHEN IN DOUBT, THROW IT OUT!

Foods that cause food-borne illness may look fine and have no off-flavor or odor

- Do NOT rely on look, smell or taste.
- Never taste suspicious foods.

Taking Care of Leftovers

Special care is needed to make sure leftover foods are safe to eat later. Reheating will NOT make spoiled or unsafe foods OK to eat. Cool leftover foods quickly in the refrigerator or freezer.

- Although it is recommended not to leave food out for more than 2 hours, the best practice would be to put it away immediately
- Do not let food cool on the stove or counter before putting it in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers so food will cool faster.

Reheat leftover completely

- Bring sauces, gravies and soups to a boil.
- Heat all leftovers until they are hot all the way through- not just warm enough to eat.
- If reheating in a microwave oven, cover the food with plastic wrap or lid to hold steam around the food. Stir the food at least once during heating. Heat until bubbling hot. Be careful of the steam.

FACTORS THAT CAUSE FOOD-BORNE ILLNESS

Time:

- Refrigerate leftovers immediately for optimal safety!!!!

Temperature:

- 41°-140°F is
- "The Danger Zone"
- *"Keep hot foods hot (above 140°) and cold foods cold (below 40°)"*

Adapted from UW Extension brochure

*Food Safety Beyond the Plate
A Guide to Leftovers 2002*



My Meal, My Way

If you are 60 years of age or older you may choose to select your meal from the My Meal, My Way menu. You may also eat from the My Meal, My Way menu if you are eating with either your spouse who is an eligible diner, or a disabled child eating with a parent who is an eligible diner.

The total cost of the meal is \$9.19, our suggested donation for eligible diners is \$4.00 and may be placed into the donation box when you receive your menu. Non-eligible diners can order from the My Meal, My Way menu at the cost of \$9.19.

All My Meal, My Way meals have been nutritionally analyzed and approved to meet the Federal Senior Meal requirements. No substitutions may be made.

First time diners will be asked to fill out the senior diner form. Your information will be stored confidentially, and will only be requested the first time you join us for your meal.

New My Meal, My Way Menu

Starting in August

1) **Everyday Breakfast**

2 eggs, hash browns, 2 slices whole grain toast served with peanut butter, fruit cup, and milk

2) **Biscuit & Gravy**

2 biscuits topped with sausage gravy, 2 sausage patties, fruit cup, and milk

3) **German Hash**

2 eggs, home fries, 3 slices of bacon, 2 slices of whole grain toast, fruit cup, and milk

4) **Omelet**

2 egg omelet with ham, cheddar cheese, onion, peppers, tomato & mushrooms, 2 slices of whole grain toast, fruit cup, and milk

5) **French Toast**

2 slices of French toast with Chantilly cream, sausage, fruit cup and milk

Schnitzelbank Restaurant
is Sauk County's My Meal My Way partner.



Do you receive our Home Delivered Meals?



Here are some instructions on how to best reheat Home Delivered Meals from the ADRC!

Keep Your Food Safe!

Frozen Meal Reheating

Microwave

Leave food in container and slit plastic film to vent OR place food in microwave-safe container. Microwave on high, 3-5 minutes.

or

Oven

Preheat oven to 350 degrees F. Slit plastic film to vent. Place frozen meal tray directly on a cookie sheet. Heat for 30 minutes.

*Let cool a few minutes before serving
**Food best if used within 2-4 weeks

Microwave SAFE Containers:

Heatproof glass (like Pyrex)
Ceramic
Straw/wood basket to warm bread
Paper plates (must be unprinted)
Wax & parchment paper
Any 'microwave safe' containers

Do Not Microwave:

Cold storage (cottage cheese or margarine tubs)
Brown paper bags
Metal
Styrofoam
Food wrapped in aluminum foil

ADRC Sauk County Office
Aging & Disability Resource Center of Eagle Country
(608) 355-3289
(800) 482-3710

Light Chicken Salad

4 Servings

Ingredients:

Boneless Chicken Breast	0.5 lbs
Red Grapes (halved)	1/2 cup
Green Onions (diced)	1 TBSP
Plain Greek Yogurt	1/4 cup
Mayonnaise	1/4 cup
Dijon Mustard	1 TBSP
Sage (dried)	1/4 tsp
Smoked Paprika	1/4 tsp
Garlic Powder	1/8 tsp
Lemon Juice	1/2 TBSP
Salt & Pepper	To Taste
Whole Wheat Bread	8 slices

Directions:

In a large bowl, add shredded chicken, red grapes and green onions. In a small bowl, add yogurt, mayo, mustard, sage, paprika, garlic powder, lemon juice, salt, pepper. Whisk together. Add liquid mixture to chicken bowl. Stir until combined. Serve on bread or in a cup of bib lettuce.

Chicken Salad Sandwich (w/ 8 oz milk)

Calories 418
Protein 33 g
Fiber 3 g
Saturated Fat 4 g
Calcium 403 mg
Potassium 746 mg
Sodium 738 mg
Folate 44 mcg



Maplewood
Sauk Prairie
Health & Rehabilitation Center

This recipe brought to you from Maplewood - Sauk Prairie
245 Sycamore St, Sauk City, WI 53583
www.maplewoodsaukprairie.com
608-643-3383

September



2018

Monday	Tuesday	Wednesday	Thursday	Friday
WE WILL BE CLOSED ON LABOR DAY				
10 Bratwurst & Kraut Sweet Potato Fries Seasoned Peas Fruit Salad	11 Glazed Meatloaf Scalloped Potatoes Baked Squash Caramel Cake	12 Honey BBQ Chicken Macaroni Salad Broccoli Brownie A'la Mode	13 Ring Bologna Mac & Cheese Italian Veggies Watermelon Slices	14 Glazed Ham Bkd Potato Casserole Scalloped Corn Applesauce Jello Salad
17 Roast Beef / Gravy Mashed Potatoes Seasoned Carrots Chilled Fruit Cup	18 Lemon Pepper Chicken Garden Rice Green Beans /Dinner Roll Banana Pudding	19 Baked Fish Buttered Noodles Scalloped Corn Frosted Cake	20 Cheeseburgers (Bun) Chips / Tomato Slices Pea Salad Watermelon Slices	21 Cheese Ravioli Garlic Bread Baked Zucchini Jell-O w/Fruit
24 BBQ Chicken Bowtie Pasta Glazed Carrots Brownie	25 Roast Beef Sandwich Potato Salad Cole Slaw Peach Cobbler	26 Scalloped Potatoes with Ham / Buttered Corn Seasoned Broccoli Ice Cream	27 Chicken Drumsticks Calico Rice Creamed Peas Cookies	28 Hamburgers (Bun) French Fries Country Blend Veggies Cinnamon Apples
<p>Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk. To cancel meal call:</p>				
Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Lake Delton: 393-7214 Frozen/LaValle: 355-3289				

LIFE STARTS
 ALL OVER
 AGAIN WHEN
 IT GETS
 CRISP IN
 THE FALL.
 -F. SCOTT
 FITZGERALD



Menus for October and November will be available at the dining centers and will be given to the home delivered meal clients when the menus have been finalized.

If you do not attend the dining center regularly and would like a menu mailed to you please call the ADRC at 355-3289 and one will be mailed to you.

Dining Center Schedule

Please call your local dining center by 12:00 noon to make a meal reservation for the next day

Baraboo

Highpointe Commons
 1141 12th St., Baraboo
 Phone 963-3436
Lunch served at 11:00 a.m.

Reedsburg

Willow Heights
 800 Third St., Reedsburg
 Phone 963-3438
Lunch served at 11:30 a.m.

Lake Delton Gathering Site

Frank Fischer Center
 20 Wisconsin Dells Pkwy S, Lake Delton
 Phone: 393-7214
Lunch served between 11:30 a.m. - 12:30 p.m.
No Reservations Needed

Sauk/Prairie

Sauk Prairie Community Center
 730 Monroe St., Sauk City
 Phone 963-3437
Lunch served at 12:00 noon

Spring Green

Spring Green Senior Center
 117 S Washington St., Spring Green
 Phone 963-1303 or 588-7800
Lunch served at 11:30 a.m., Monday-Wednesday

Plain: My Meal, My Way Schnitzelbank Restaurant

1170 Main St
 Plain, WI
 Phone 963-1303
*Breakfast served Thursdays and Fridays
 9:00 a.m.—11:00 a.m.*
No Reservations Needed

Home Delivered Meals

Remember you are to call the dining center and cancel your meal 24 hours in advance. We know this isn't always possible, but would like to avoid wasting food.



Sauk County Foot Clinics Schedule

We will be opening a foot clinic in Lake Delton at the Frank Fisher Senior Center. It will be open the first Wednesday of the month, starting September 5.

Baraboo - West Square Building

Tuesdays - September 4 & 18

Tuesdays-October 2 & 16

Wednesday October 17

Tuesdays - November 6 & 20

Lake Delton-Frank Fisher Senior Center

Wednesdays-September 5, October 3, &
November 7

LaValle - Fire Department

Wednesday - September 26 & November 28

Plain - Kraemer Library

Wednesday - October 24

Reedsburg - Maple Ridge

Tuesday - September 11, October 9, &
November 13

Thursday - October 18

Reedsburg - Willow Heights

Wednesday - October 10

Reedsburg Area Senior Life Center

Wednesday - September 12 & November 14

Sauk Prairie - St John's Church

Thursdays - September 6 & 13,
October 4 & 11, November 1 & 8

Spring Green - Christ Lutheran Church

Tuesdays - September 25 & November 27

At the foot clinic appointment you will receive a foot soak, nails trimmed, callouses filed, and your feet are inspected by Sauk County Health Department aides and nursing staff.

***Please call the Health Department
at 355-4338***

***The cost for the foot clinic visit
is \$30.00.***

Tai Chi Moving for Better Balance®

Baraboo Senior Center and Baraboo Parks and Rec. Dept. are co-sponsoring Tai Chi Moving for Better Balance® classes in Baraboo Civic Center gym at 124 Second Street, on Tues. and Thurs. 1:00-2:00 pm. Starts September 18 to November 20. Cost: Baraboo city residents: \$25.00 and nonresident: \$35.00 If you have taken the class previously, the cost is \$15.00 residents, \$20.00 nonresident. Participants receive a DVD and manual. **To register call Baraboo Parks and Rec. Dept. at 608-355-2760.**

Aging Mastery Program®

The Aging Mastery Program offers 10 classes, held over five weeks, with materials, speakers, discussions, goal setting and prizes, providing skills and tools to improve your life. Location: Oak Park Place at 800 Waldo St. in Baraboo, on Mondays starting October 1 through October 29, from 8:30-11:45. Cost is \$25.00. **Call 608-356-8464 to register.**

Mind Over Matter

New evidence-based program for women helps to improve incontinence without medication and surgery but through dietary changes and exercise. Proven 70% effective! Held at the Baraboo Senior Center at 124 2nd St., Room 24. Cost is \$10.00. **Call 608-356-8464 to register.**

Sip & Swipe Café

The Baraboo Senior Center is offering Sip & Swipe Cafes providing FREE lessons on tablet computers through the Baraboo High School. A coach will arrange times and location. Tablets can be checked out. **Call the Center at 608-356-8464 for more information.**

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 BARABOO, WI
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Aging & Disability Resource Center
 505 Broadway
 Baraboo, Wisconsin 53913

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Reedsburg Area Medical Center
 2000 North Dewey Avenue, Reedsburg, WI 53959
 608-524-6487
 www.ramchealth.com

S I L L I G E I B O D E E R A N N O D
 W A L T O N S P E Y T O N P L A C E T
 A F N G I X A T V H O D D C O U P L E
 L L E A R M E R E H W E S L E T S O Y
 A I R A M E M U R P H Y B R O W N V D
 L P M E R E E Y L M I A M I V I C E O
 J P A E T G L N Y S Y M N K S T Y B O
 E E D V F N S F H L E C O O P E O D
 T R A I L I E R I O E R N D N J Y A Y
 S E B T Y T M C L R R R C E S N A T D
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 S H T U G I D S I E C M N T L E E A H
 M W Y F N L O S L A N I E T E I E M D
 P A O S U N O I L L O C D R I D K R E
 O R U R N O G E I I E S A E P N U R G
 E D I S N O R I E C H I P S M Y T A D
 H Y N A P M O C S E E R H T E O L I M
 O O R A G N A K N I A T P A C Y W E N

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

Answer on Page 35.

- | | | |
|---------------------|----------------|-----------------|
| ALICE | GOOD TIMES | MIAMI VICE |
| BEN CASEY | GREEN ACRES | MOD SQUAD |
| BEVERLY HILLBILLIES | GREEN HORNET | MOONLIGHTING |
| CHIPS | HOWDY DOODY | MURPHY BROWN |
| CANNON | I SPY | ODD COUPLE |
| CAPTAIN KANGAROO | IRONSIDE | PEYTON PLACE |
| DOBIE GILLIS | JETSONS | RAWHIDE |
| DONNA REED | KOJAK | RIFLEMAN |
| DR. KILDARE | L.A. LAW | RIN TIN TIN |
| EMERGENCY | LASSIE | SOAP |
| FLIPPER | LOVE BOAT | ST. ELSEWHERE |
| FLYING NUN | MAD ABOUT YOU | TAXI |
| FUGITIVE | MAUDE | THREE'S COMPANY |
| GOMER PYLE | MEDICAL CENTER | WALTONS |