

Add**LIFE**SM Today!

**Laughter
Independence
Friends &
Energy**

January & February 2009

*Enhance Your Life and
the Lives of Others!*



Free Tax Preparation!

Sauk County residents will again benefit from the free income tax preparation service offered by Tax-Aid volunteers.

These volunteer counselors are trained and certified in cooperation with the American Association of Retired Persons (AARP) and the Internal Revenue Service.

Tax counselors will be available by appointment at the following times and locations up to the week before April 15, 2009:

- ◆ Thursdays - Baraboo West Square Building, 505 Broadway, Room B30, beginning February 5th, 8:30 to 11:00 am and 12:00 to 3:30 pm.
- ◆ Fridays - Reedsburg Public Library, 370 Vine Street, beginning February 8th, 9:00 am to 3:00 pm.
- ◆ Selected Tuesdays - St. Vincent de Paul Community Resource Center, 1906 North Street in Prairie du Sac, beginning February 17th, 9:00 am to 3:00 pm.

Counselors provide tax preparation assistance with most Federal and State tax returns.

Returns that involve depreciation such as businesses, farms, and rental properties cannot be prepared by the AARP Tax-Aid volunteers. Also, returns for married couples who wish to file separate returns, and any returns for those who have casualty losses from the floods of 2008 cannot be prepared by the volunteers.

If you wish to participate in this free service please be prepared to bring the following:

- ◆ A copy of the prior year's tax return
- ◆ W-2 (Wages) and 1099 Forms (interest, dividends and pension income)
- ◆ Other papers showing income or expenses including Broker's year end summary statements, health insurance payment information, and stimulus payment information
- ◆ If there was a sale of stock or transfer or redemption of mutual funds, you must have the original cost and date of purchase
- ◆ Copy of the 2009 property tax bill, whether paid or unpaid
- ◆ If renting or leasing, please bring the rent certificate from your landlord if you are eligible to file a Homestead Credit claim.
- ◆ Monthly premiums for Long Term Care insurance and health insurance.

To schedule your appointment for this free service at any of the three locations, call the Aging & Disability Resource Center of Sauk County office at 608-355-3289 or 800-482-3710.



Director's Notes

Trish Vandr, Director



Happy New Year and Welcome to 2009!

I can scarcely believe another year has passed. I hope to take more time to enjoy the steps along the way this year. I wish you much success on whatever goals you set for yourself for 2009 during this season of renewal and rededication.

Let's Talk Transportation!

Why Do We Do Things the Way We Do?

As you know, we have some pretty specific policies & procedures about how and when services are requested. Some of these "rules" were developed in order to allow everyone a chance to participate while others are necessary in order to allow enough time to make travel arrangements. I thought it might be helpful to understand how we intend the systems to work and why.

Who do we serve? The federal government, which provides much of the funding for transportation services, requires that we first extend our services to people who are 'transportation disadvantaged' [*older adults, people with disabilities, or those whose income meets the guidelines*]. In addition, our service priorities are guided by the type of destination passengers need to reach. For example, medical appointments are top priority followed by those destinations which encourage proper nutrition [*grocery shopping, dining centers, SHARE, food pantries, etc*] and then destinations which support people in conducting their personal business. All of these priorities are set to support people's independence and provide services to those who do not have other means of transportation.

Tuesday Travels: The reservation process is that on the designated call-in day reservations

are taken on a first come, first served basis. The time of each call is recorded for fairness. We request that each caller makes reservations only for themselves and one other person. The number of reservations are limited to your top 3 choices. We accept reservations for the actual number of seats available. We accept additional reservations for a cancellation list in order to have every seat filled for each trip. On the Monday before the trip, each passenger who has a seat on the bus receives a confirmation call and given their pick up time. Because things can change depending upon other passengers taking the trip, we have to wait until the last minute to make confirmation calls. Unfortunately, we are not able to call everyone on the cancellation list so if you do not receive a confirmation call on Monday, there is not a seat available for you on the trip.

Because of the high demand for seats on the mall shopping trips, and the fact that we often have seats available on Mondays with our passengers going to Madison for medical care, we are trying something new. On these trips you will be taken to the mall to shop and the bus will return for you after all the medical appointments are completed. If you are interested in being called when a "Madison Monday" seat is available, please let the staff of the Transportation Line know! (355-3278)

About a year ago, we began 'Share the Ride'; a new way of serving more people and reducing the costs to our passengers. This change in service style means that there will be waiting time before and/or after your appointment in order to economize and accommodate more passengers per trip. Your driver should be able to give you a general idea of what time he will be back to pick you up.

Please prepare yourself for these wait times by taking along reading materials, crafts/hobbies, puzzle books, or whatever else will help you to pass this waiting time comfortably. Why not keep a travel bag packed with the things that

interest you and perhaps even a snack should you need to eat while away from home? Most hospitals, clinics and other facilities have very nice waiting rooms, televisions available and even cafeterias that you may use as well. There are usually volunteers or staff that would be happy to help you find your way around while in their facility.

If you have special needs or circumstances that do not allow you to wait in this way, please express them to the transportation staff. Every effort will be made to accommodate these special needs. However, we can no longer guarantee one-on-one services.

What Does the Future Have in Store?

Try as we might, we have not been able to meet the demands for service with the program as it has operated for many years. This means our services will be changing in order to be able to provide services to as many people as possible as cost effectively as possible. The 'Share the Ride' strategy is being expanded to use public-transit style shuttle busses in the future. See Page 7 for details.

I hope this information is helpful to you or those you know who need transportation. We continue to develop services to meet the needs in our communities. Thank you for your partnership in making everyone's travel pleasurable!

Live Well in 2009!

Trish

Thank-You for Your Kind Donations Toward Our Newsletter

We would like to thank Mildred Lentz, Janice Haser, Lina Marini, Georgiann Pinney, Dorothy Sivam and three anonymous donors, who contributed to the cost of publishing this newsletter.

Your donations are sincerely appreciated.
Thank you for your kind generosity!

Are You Ready? Changes to Your Analog Television Coming February 17, 2009



Will this effect you? If your television set receives its signal through an antenna or rabbit ears you will be effected. A TV connected to cable, satellite or other pay TV service is not effected with this change. Consumers can keep their existing analog TV by purchasing a TV converter box; connecting to cable, satellite or other pay service. If purchasing a new TV make sure it has a digital tuner.

Why is this happening? All full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture, more programming options and most importantly will free up airwaves for use by emergency responders.

Congress created the TV Converter Box Coupon Program for households wishing to keep using their analog televisions after February 17, 2009. The program allows U.S. households to obtain up to two coupons, each worth \$40, which can be applied towards the cost of an eligible converter box. Converter boxes may be purchased wherever televisions may be purchased.

You may request a coupon between now and March 31, 2009, as long as supplies last, by calling the Coupon Program 24-hour hotline at 1-888-388-2009. You may also call the Aging & Disability Resource Center and we will send you an application to complete and send in to receive up to two coupons worth \$40 each per household to be used towards the cost of converter boxes for your televisions.



Valiant Volunteers

Mary Jane Percy
Volunteer Coordinator

We Couldn't Have Done It Without YOU!

Thank you to all who helped out at this year's LivingWell Expo. A great day was enjoyed by all! Whether it was your first year volunteering at this event, or your tenth, thank you, thank you, thank you ... we truly couldn't have done it without YOU! 34 of you contributed a total of 117.5 hours!! WOW!! Thank you from the bottom of a very grateful heart!

P.S. To the volunteer responsible for the weather ... it was picture perfect ... great job!

Newly Trained Leaders

I'm very proud and excited to announce that we have two new trained leaders for the Living Well With Chronic Conditions Program. Congratulations to Nancy Erdman and Mike Lew for completing the rigorous two day training in style! Please check out Mike's article on page 14 to learn more about the program!

Thanks For All You Bring Into The Lives Of Others!

Here's an example of just how amazing our volunteers are.

On the front page of our last issue of AddLife Today was a story about a single father caring for a disabled teen-aged son. One of our volunteers brought in a movie that she thought might be helpful to that father and all that he was dealing with! The kindness and compassion that you all show on a daily basis truly touches my heart!



New Year's Resolutions !?!?

Are you a Resolution Maker??

and ... here's the real question ...

Are you a Resolution Keeper??

Top 10 Resolutions For Kids

1. Good hygiene
2. Eat healthier
3. Responsible computer use
4. **Volunteering**
5. Clean bedroom
6. Better manners
7. Better in school
8. Be nicer
9. Proper exercise
10. Limit TV time

Top 10 Resolutions For Adults

1. Spend more time with loved ones
2. Exercise more
3. Lose weight
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. **Volunteering**
10. Get organized

Why is volunteering #4 when we're younger and #9 when we're grown up?? A simple reason could be time ... or ... the fact that we don't have enough of it!

If you have a few extra hours in your month (or in your week, or in your day) I would LOVE to talk with you! As you think about making your New Year's resolutions, we hope that you will consider volunteering with us at the ADRC - we'll help you be a Resolution Keeper!

AARP Driver Safety Class

Same Great Class ...

... Great New Format !!
(ONE day of class instead of TWO!)

Thursday, January 22nd
Baraboo's West Square Building
505 Broadway
8:30 am - 1:00 pm

Wednesday, April 8th
Reedsburg Area Medical Center
2000 N Dewey Avenue
8:30 am - 1:00 pm

\$12.00 with proof of AARP membership
\$14.00 for non-members

Fee must be paid at the time of the class.

Please make your check payable to:
AARP Driver Safety

No \$\$\$... No Certificate of Completion

Call Mary Jane at the ADRC to
make your reservation
355-3289 or 800-482-3710



Thank you to the Circus City 4-H members who added a little "Holiday Cheer" by making holiday cards that were included with home delivered meals in the Baraboo area.



Care for the Caregiver

Do you make the time to
"Care for the Caregiver"??

Do you take the time to take care of YOU??

"Care for the Caregiver" is a program offered through the ADRC that is made possible through the National Family Caregiver Support Program. It is our hope that you, as a caregiver, will participate in this program so that you can continue to have the strength and patience to meet the needs of your loved one without "burning out".

The program provides reimbursement to a family caregiver for costs associated with arranging for another person or service to provide care in your absence.

Here are a few ideas of what the funds available for "Care for the Caregiver" can be used for: hire a home care agency or individual to be with your loved one in your home while you are away; hire a companion who can take your loved one on an excursion so that you can have some time alone in your home; or enroll your loved one in an adult day center for a break for you both.

Call Mary Jane at the ADRC office at 355-3289 or 800-482-3710 for an application and more information. And remember ... if you are already part of this great program, you will need to fill out a new application for the new year!

So, I'll ask you again.

Do you make the time to
"Care for the Caregiver"??

Do you take the time to take care of YOU??

Caregiver Resources

In February we will be introducing a new resource from the Aging & Disability Resource Center for Caregivers ... a newsletter specifically for and about caregivers. If you would like to be included on the mailing list - or know of someone who should be - please call the ADRC office at 355-3289.



Mobility Management Ashley Nedeau-Owen

From The Transportation Desk ...

We are experiencing growing pains. Changing pains, too, which may have had an impact on you when you've contacted us. Thank you for bearing with us and forgive us any difficulties you might encounter with us as we move forward. There are more changes coming.

We introduced a new vehicle into the fleet in late November. It is a Chevrolet Uplander that has been modified to transport people in wheelchairs. If you use a wheelchair and need transportation, please tell us about your wheelchair when you call. We need to know how wide it is, how long it is and if you need to travel with have your legs outstretched.

This vehicle was purchased with grant money that will be used to increase employment access for individuals with disabilities. We are



working in collaboration with the Division for Vocational Rehabilitation.

Speaking of grant money, another grant we received in 2007 is about to be implemented. We are looking forward to starting route service in Sauk County. The final shape and form of this service has not been determined but we are striving to connect Reedsburg, Baraboo and Sauk Prairie initially.

In order to provide this service we will need to lease additional vehicles and add some drivers.

Discussions to begin that process are under way. Our goal is to maximize our grant funds and utilize a mix of revenue sources other than tax dollars to provide this service. This means the system will be changing to a public transit style service. This means a change in the way we all think about transportation. In the near future transportation will likely mean traveling in a group using a shuttle bus and making a variety of stops throughout the trip.

Gradually we are beginning to use a computer assisted dispatching system. That process has introduced some glitches in our scheduling system. We are currently using both a paper system and the computer system as we make the change. Please be patient with us if we call you back to get more information about you or your upcoming trip.

Winter is here and it has already forced us to make some changes in our scheduling. Please see page 2 for more transportation information. We will not send our drivers out when the roads are unsafe. Please be prepared to reschedule in the event inclement weather forces us to cancel your upcoming trip.

“Get Out and Go” Taxi Fare Assistance

The ADRC wants to help you “Get Out and Go” by meeting you halfway on taxi cost. Each qualifying person is eligible to purchase one punch card per month.

To be eligible to participate you must be:

1. Resident of Sauk County
2. Age 60 or older **or** be an adult who has an impairment that limits one's ability to drive
3. Have an income of \$1,575 per month or less.

Baraboo- Pay \$15.00 and receive a punch card good for 10 rides (A \$30.00 value)

Reedsburg- (*Rate increase effective January 1*)
Now pay \$12.00 and receive a punch card good for 9 rides (A \$24.00 value - Reedsburg punch

cards purchased at the 2008 rate will be honored through March 2009.)

Sauk Prairie- Pay \$8.75 and receive 10 coupons (A \$17.50 value)

If you would like an application for the “Get Out and Go” Taxi Fare Assistance Program please call the Transportation line at 355-3278 or 800-830-3533.



*One's destination is never a place,
but a new way of seeing things.*

- Henry Miller

Let Us Take You Grocery Shopping Through Our Weekly Bus Trips!

Weekly shopping bus in Baraboo area—to Pierce’s Pick ‘n Save in West Baraboo—Each Wednesday for \$2 round trip. Reserve by Monday afternoon.

Weekly shopping bus in Reedsburg area—to Viking Village Foods—Each Thursday for \$2 round trip. Reserve by Monday afternoon.

Monthly shopping for Spring Green/Plain to Richland Center—second Friday of each month. \$5 round trip. Reserve by second Wednesday of each month.



Gary Fish

Ken Bloss

Bill Tobias

Our ADRC staff drivers take you where you’re going; safely, comfortably, and quickly!

Tuesday Travels



If you’d like to join us on one of our Tuesday Trips, we welcome you! These trips are very popular and we try to be fair in scheduling the buses. The fare is \$5.00 and passengers are responsible for their own lunch as well as any admission fees.

Please call the Transportation Line at 355-3278 or 800-830-3533 to put your name on a list. We will sort these names in the order we receive your telephone calls. We will begin accepting names for the list on **January 7, 2009 after 9:00 AM.**

We normally have more people requesting each trip than we have seats on our vehicles. On the Monday before the trip we will call all of the passengers and give them an approximate pick up time. We will only make a confirmation call to the people who have a seat on the trip bus. See page 2 for more details.

- January 13 Hilldale Mall,
 Madison
- January 20 Folklore Village,
 Dodgeville
- January 27 West Towne Mall
 Madison
- February 3 Antique Mall
 Columbus
- February 10 Museum of
 Contemporary Art
 Madison
- February 17 Greenway Station
 Middleton
- February 24 West Towne Mall
 Madison



For Your Benefit:

News from your
Benefit Specialists

Deb Harvey

Social Security's 5.8 Percent Benefit Increase May Mean More Money in Your Pocket in 2009

The Social Security Administration recently announced that it would increase monthly Social Security and Supplemental Security Income (SSI) benefits by 5.8% in 2009. This increase, known as a cost-of-living adjustment or "COLA increase," will result in higher benefit amounts for more than 55 million Americans. For example, the average retired couple will see their benefits increase from \$1,773 per month to \$1,876 per month.

This is the largest increase in benefits since 1982. The Social Security Administration automatically increases benefits based on the rise of Bureau of Labor Statistics' *Consumer Price Index for Urban Wage Earners and Clerical Workers* (CPI-W). The increase in this year's CPI-W was 5.8%.

Individuals who receive Supplement Security Income benefits will see the first increase in their benefits beginning December 31, 2009. The increased payments to those who receive other Social Security benefits, such as retirement or survivor's benefits, will begin in January 2009.

Individuals who are currently receiving other benefits, such as the Wisconsin Medicaid Purchase Plan or QMB, SLMB, SLMB+, may wonder how these benefits will be affected by the Social Security increase. These benefit programs have income limits that are set using the federal poverty guidelines, or "FPL." A different government agency, the Department of Health and Human Services (DHHS), is

responsible for setting the FPL each year. DHHS typically announces the new FPL in late January to mid February. Fortunately, the cost-of-living increase to Social Security benefits is not counted for these programs until the month after the new federal poverty guidelines become effective.

The new increase is especially fantastic news for Wisconsin seniors who also receive Medicare. You may remember that Medicare announced this fall that the Part B Premium for 2009 will remain unchanged at the current \$96.40 per month. This means that Medicare recipients who are also receiving Social Security benefits will see the full increase in monthly Social Security benefits because it will not be offset by a higher monthly Part B Premium. These days, every penny counts—and now a few more of them will be headed your way!

Tips on Giving to Friends and Family Who Receive SSI

Every year, your local benefit specialist receives many questions from county residents about ways in which they can give seasonal gifts or provide special assistance to their friends and family members who receive Supplemental Security Income (SSI) benefits. The SSI rules require that a person's income and resources stay within specific limits. However, the SSI rules also permit many ways to give gifts or provide assistance to an SSI recipient while minimizing the adverse impact on your loved one's benefits. Because some of the rules for giving gifts or providing assistance to SSI recipients have changed in recent years you may have specific questions. Please consult your local benefit specialist to discuss any questions about these changes.

In general, the SSI program allows a recipient to safely receive the following assistance without jeopardizing eligibility.

Benefit Specialist Schedule January/ February 2009

DEB HARVEY

Plain American Legion Hall	January No Visit	February 6 11:30 to 12:30
Plain Library	January No Visit	February 6 2:00 to 3:00
Spring Green Senior Center	January No Visit	February 11 10:30 to 11:30
Spring Green Library	January No Visit	February 11 1:00 to 2:00
Sauk/Prairie Community Cntr	January No Visit	February 5 & 19 10:00 to 11:30
Merrimac Village Hall	January No Visit	February 5 8:30 to 9:30

**NEW BENEFIT SPECIALIST
TO BE HIRED SOON
WATCH FOR INFORMATION
IN THE NEXT AddLIFE Today**

Call (608) 355-3289 or (800) 482-3710
To confirm site visits or
to schedule office appointments.

Under the SSI rules, gifts of non-cash items are not counted as income, as long as the item is not food or shelter, or cannot be used to obtain food or shelter, and as long as the item would be considered a partially excluded or totally excluded resource in the months after receipt. For example, household items such as furniture or appliances or personal items such as clothing or personal jewelry that are not food or shelter would be excluded (and therefore acceptable gifts under the rules). A gift of an automobile is possible if it is the SSI recipient's only automobile and it is used for transportation by the recipient or a member of the recipient's household. A gift of a second automobile or recreational vehicle can impact the individual's benefits.

The value of a ticket for domestic commercial travel is excluded from income and resources, as long as the tickets are used and not converted to cash. Thus, giving your loved one an airline ticket would not jeopardize his or her SSI benefits.

In addition, "infrequent" or "irregular" gifts of cash are permitted, within certain guidelines. For the cash to be considered "infrequent income" to the SSI recipient it must meet both of the following rules. First, the amount cannot exceed \$60 per calendar quarter from any one source. Second, the SSI recipient cannot receive another gift of cash from the same source in the month immediately before or after the month in which the recipient receives the gift as "infrequent income." For the cash to be considered "irregular income" to the recipient, your loved one must not reasonably expect to receive it.

You also can pay certain bills directly to the provider or company on your loved one's behalf without jeopardizing his or her SSI benefits, as long as your loved one does not receive food or shelter as a direct result of the payment. For instance, you could pay your friend or family member's telephone bill,

medical bill, life insurance premium or car payment directly to the provider or company, because your loved one does not receive food or shelter as a result of such payments.

Finally, you can pay for improvements that increase the value of existing resources without adversely affecting your loved one's SSI benefits. For instance, you can help pay to improve the home's weatherization through items such as insulation and storm doors/windows. You could also consider helping to pay for car repairs.

If you have any questions about whether your gift to a friend or family member would affect his or her SSI benefits, please contact your local benefit specialist at 355-3289.



Disability Benefit Specialist

Natalie Wilmot

It's another New Year! Sometimes in our lives, we spend so much time focusing on being reactive to our problems that we forget that there are some things that we can practice being proactive on. For example, our health which is so very important! I still practice and am learning to take better care of myself! In the Disability Specialist world, I have had the opportunity to work with many families, each with their own story. I value the time I have had learning about them, their families and the challenges they face and the SUCCESSES they have had!

I would like to share with you some information that you can access to help you with this new year!

The SHARE Food Buying Club

Individuals who receive even the minimum \$14 FoodShare benefit amount should consider using that benefit toward participation in the SHARE Food Buying Club. There are SHARE sites around Wisconsin. To learn more about SHARE, visit their website at www.sharewi.org. Visit or call the ADRC for information.

Medicare

Are you on Medicare? Disabled? Unsure about a health insurance decision you made?

For those individuals between the ages of 18-59 receiving Medicare, I recommend you look at your current plan to see if it is still the best option for you and your health needs. For more information on this, please feel free to contact me. Currently it is open enrollment time and the deadline is approaching! (If you are over the age of 60 contact the Elderly Benefit Specialist at 608-355-3289)

If you are considering obtaining information and applying for a Medicare Supplemental Insurance, contact the MEDIGAP Helpline, the specialized counselors can help you make an informed insurance decision. The number is 1-800-242-1060.

Foreclosure Assistance

Disability Benefit Specialists are regularly seeing clients with trouble meeting their mortgage payments and in danger of foreclosure. I encourage you to be proactive and access the following resources.

- U.S. Department of Justice, approved credit counseling agencies.

www.usdoj.gov/ust/ eo/ bapcpa/ ccde/ cc_approved.html

- ◆ The Homeownership Preservation Foundation Hotline
1-800-995-HOPE (4673)

www.bopenow.com

- ◆ U.S. Department of Urban Development (HUD)

www.hug.gov/foreclosure/index.cfm

- Legal Action of Wisconsin provides information and referrals in foreclosure cases to residents in Wisconsin's 39 southern counties. Contact the Madison office at 608-253-3304 for more information.


And as always, if you need assistance or have questions, or you are just unsure where to start, contact the Aging and Disability Resource Center, our friendly staff will welcome you and get you started in the right direction as your New Year begins!

Have a Happy and Prosperous 2009!

—Natalie

Challenges make you discover things about yourself that you never really knew.

- Cicely Tyson

UNIVERSITY  WISCONSIN
 BARABOO/SAUK COUNTY
A Campus of the University of Wisconsin Colleges

Continuing Education

- another way to **AddLIFESM**

Highlighted are several computer classes that might be of interest to you! Check out our website for the complete listing. Our latest brochure will be available in January. If you don't receive one in the mail, contact our office at 355-5220 to have one mailed to you or check our website at www.baraboo.uwc.edu - click on Continuing Education for class listings.

Where Do I Start With My Computer?

Wednesday, January 21
 9:30-11:30 am Fee \$20
 Instructor: Terri Nee-Holtz
 Computer lab A-116
 Aural M. Umhoefer Bldg.

This class is geared to the beginner computer user. You will learn necessary computer terms, proper way to turn off and on, saving and opening files and exploring the various programs on your computer.

EBay For Beginners

Thursday, February 5
 6:30-9:30 pm Fee \$35
 Instructor: Gina Patton
 Computer lab A-116
 Aural M. Umhoefer Bldg.

Have you wanted to get started selling with the online marketplace, but feel lost? Do you buy on eBay and want to get some sound direction in crossing over to the selling side? Get information that will de-mystify the eBay experience, and get you started buying and selling with confidence. Class fee includes a booklet filled with information, suggestions, tips, and seasoned advice that will make you comfortable and guide you in becoming a successful eBay community member. Primary

topics covered in class will include listing formats, picture hosting, shipping, and so much more!

Internet Basics

Wednesday, February 18
 6-9 pm Fee: \$35
 Instructor: Terri Nee-Holtz
 Computer Lab A-116
 Aural M. Umhoefer Bldg.

This class is an introduction to the Internet and will help you maximize your time doing searches by learning how to identify and choose a search engine. Learn how to protect against viruses and how to select a home page that you can personalize. You will also discover how to monitor previously-viewed web pages, copy and paste internet text to another document, save favorite websites and learn to use the icons on the toolbar.

Add Learning To Your Life

UW Baraboo will be holding a
 "A Lifelong Learning Conference for Seniors"

Mark your calendar for
 Saturday April 18
 9:00 am -1:30 pm
 UW-Baraboo/Sauk County

Choose from a number of learning workshops including: "Archeology of Wisconsin", "Adding Variety To Your Exercise Program", "Tips To Going GREEN", "Red Cross Pump n' Go Program"

Enjoy a nice lunch, our informative keynote speaker and much more!

Watch the next issue of AddLife Today for more information or contact Cindy McVenes at 355-5220.





Milissa
Hintz

Lisa
Karau

Quinn
Hause

Long Term Care Services in Sauk County

As many of you have become aware, Sauk County is in the process of changing how Long Term Care Services are offered to the individuals of this county. Beginning September 1, Sauk County has become a Family Care county. Sauk County is excited to be able to offer consumers three options for obtaining long term care services. We currently have two managed care organizations operating in our county: Southwest Family Care Alliance and Care Wisconsin (Partnership). The third option currently available to consumers is IRIS.

All three programs are consumer centered. Each consumer has an individually drafted service plan based on what the consumer has identified as their personal outcomes or goals. The services provided are based on the consumer's goals and what is necessary to help them achieve their outcome.

Southwest Family Care Alliance is an eight county consortium. Sauk County is the second county in this consortium to begin managed long term care services under the Family Care Program. Richland County is the lead county in this consortium and was one of the original pilot counties to begin Family Care several years ago. In Sauk County, this program is being administered by what was previously the Sauk County Department of Human Services Long Term Support and Community Access Programs Unit. The Family Care Program is

providing services to individuals who are elderly, developmentally disabled or physically disabled.

Care Wisconsin is a nonprofit community organization that recently began offering services in Sauk County. Care Wisconsin was founded in 1976 in Dane County to help seniors continue living independently in their homes. The first adult day services center in the Madison area was opened by Care Wisconsin in 1976. Also, the area's first Alzheimer's disease information and referral services center started at their agency. Care Wisconsin has also served both seniors and individuals with physical disabilities through their Medical Assistance Personal Care Program for several years. The Partnership Program run by Care Wisconsin focuses on prevention, early identification of problems and early intervention. Care Wisconsin is committed to expanding services into Sauk County and September 1, 2008 began providing services to seniors, adults with physical disabilities and adults with developmental disabilities in our county.

Both managed care organizations believe in a team approach. Each consumer works with a Social Worker and a nurse to arrange and monitor their services. In the Partnership Program, a Nurse Practitioner is also a member of the team. Some examples of the services offered by both programs include: supportive home care, respite, transportation, home delivered meals, employment services, daily living skills training, home modifications, and assisted living. These programs are committed to helping individuals remain as independent as possible by providing services to consumers in their homes as well as assisted living when needed.

One of the differences between the Partnership Program and the Family Care Program is how a member accesses their medical care. Under the Family Care Program

a member continues to access their medical care using their Medicare and Medical Assistance cards. Under the Partnership Program these services are provided under the member's Care Wisconsin card. A member must use a Care Wisconsin Network Provider. Care Wisconsin has established contracts with providers throughout Sauk County. A member can also obtain dental care through their Care Wisconsin card.

The third option available to consumers in Sauk County is IRIS. This program allows consumers the opportunity to manage their own services. An independent consultant will assist the consumer in drafting an initial plan. The consumer is then assisted by a financial consulting firm with paying their service providers. Unlike the Family Care and Partnership Programs the client does not have an ongoing social worker and nurse. The consumer is responsible for determining their service providers, the amount of service needed and the payment amount. The consumers allocated funding amount used to purchase services is determined by their assessment or functional screen results.

Consumers will be assisted in accessing these services by the Aging & Disability Specialists at the Aging & Disability Resource Center. As we transition from our previous long term care programs (COP, CIP) to Family Care, we are in the process of enrolling all the consumers that have been waiting for several years on the COP waiting list. We may begin enrolling others who are eligible and interested in the services after these consumers are enrolled. We are very excited about the fact that soon we will no longer have a waiting list for long term care services in Sauk County!

In all you do, remember to

AddLIFE™

**Laughter
Independence
Friends &
Energy**

Foot Clinic Schedule

Baraboo - West Square Building

Tuesdays - January 6 & 20
Tuesdays - February 3 & 17
Wednesday - February 18

LaValle - Fire Department

Wednesday - January 28
Tuesday - February 24

Merrimac - Village Hall

Wednesday - January 21
Wednesday - March 18

Plain - American Legion Hall

Thursday - February 26

Reedsburg - Maple Ridge

Tuesday - January 13
Thursday - January 15
Tuesday - February 10
Thursday - February 19

Reedsburg - Willow Heights

Wednesday - February 11

Sauk Prairie - St John's Church

Thursdays - January 8, 22 & 29
Thursdays - February 5 & 12

Spring Green - The Meadows

Tuesday - January 27
Tuesday - March 24

Please note:

The cost for each foot clinic is \$20.

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

Please call the ADRC office to make your appointment at (608) 355-3289 or (800) 482-3710.



Living Well with Chronic Conditions

Mike Lew
Volunteer Program Coordinator

Something New! Help And Support For People With A Chronic Illness.

Actually, it isn't so new. About 20 years ago, some people suffering with chronic illness got together with medical professionals at Stanford University and developed a program just to help others with chronic conditions learn to thrive and better enjoy life. Since then, the program has gained national recognition and is now provided in almost every major community in the United States. Thousands of men and women interested in a better life have become involved. As a result, the ADRC is now expanding this program in Sauk County.

This program brings people with different chronic illnesses together to share their challenges and learn to expand their capacities and opportunities. It is divided into 6 sessions scheduled weekly. It looks at the way that we can solve the problems that confront us and live a healthier, happier life.

Participants who have been through it describe it as "life changing" and "a lot of fun". Each session is guided by 2 experienced facilitators who themselves struggle with a chronic condition. This program is a free service but requires that you invest yourself in that you are willing to contribute your own experience and sense of humor.

For more information, please contact the ADRC at 355-3289. You do not have to commit yourself to the program although you can if you wish. We will be offering programs at times and sites convenient to you. In addition, we are available and excited about talking to groups, clubs, or organizations about this program.



Now Playing in the LivingWell Library!

January

"How to Care for Someone on Bedrest"

Caring for someone who is confined to bed can be a challenge for caregivers. Learning basic skills will help caregivers to meet this challenge. In this video, care providers will learn the skills needed to provide safe and confident care for someone on bedrest. They will also learn how to protect themselves from back injury by learning and using the principles of body mechanics.

February

"Elder Abuse and Neglect"

Often not discussed, elder abuse is the mistreatment of an elder by someone who has a relationship with them. It can be a spouse, adult child, friend, neighbor, or a caregiver. This video defines the complexities of and the different forms of elder abuse. Each form is defined and the signs and symptoms of that form of abuse are identified. Other topics include risk factors for elder abuse such as ageism, history of family violence, learned behavior, alcohol and drug abuse, mental illness, caregiver stress, and lack of caregiving skills. What you can do to help prevent elder abuse, the importance of reporting abuse, and how to report suspected abuse are discussed.

Stop by the LivingWell Library to check out the many brochures, books and videos. It is open from 8:30 am - 4:00 pm every weekday. The coffee pot is always on . . . Help yourself!



Surviving Old Man Winter

Winter causes many safety challenges. By being prepared and following simple safety tips you can stay safe and warm this winter season.

Keep Your Home Safe & Warm

- Install a smoke alarm near bedrooms and on each floor of your home. Test it monthly. Change the battery once a year.
- Install a carbon monoxide (CO) alarm near bedrooms and on each floor of your home. If your alarm sounds, the U.S. Consumer Product Safety Commission suggests that you press the reset button, call emergency services (911 or your local fire department), and immediately move to fresh air. Know the symptoms of CO poisoning: headache, fatigue, dizziness, and shortness of breath. If you experience any of these symptoms, get fresh air right away and contact a doctor.
 - ♦ Keep portable space heaters at least 3 feet from anything that can burn. Never drape clothing over a space heater to dry.
 - ♦ Never put gasoline in a kerosene heater --it could explode.

Before refueling the heater, turn it off and let it cool down. Refuel outside using approved fuel only.

- ♦ If using a kerosene heater, keep a door open to the rest of the house or open a window slightly to reduce the chance of carbon monoxide build-up in the room.
- ♦ Have your fireplace chimney inspected each year and cleaned if needed. Burn only untreated wood; never burn paper or pine branches--pieces can float out the chimney and

ignite a roof or nearby trees.

- ♦ If you use a wood-burning stove, have the chimney and flue checked yearly.
- ♦ Never use your range or oven to heat your home, even for a short time.

Tips For Clearing Snow & Ice

- ♦ Dress warmly, paying special attention to feet, hands, nose, and ears.
- ♦ If you are out of shape or have a history of heart trouble, check with your doctor first before shoveling.
- ♦ Do light warm-up exercises before shoveling and take frequent breaks.
- ♦ If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back.
- ♦ Use rock salt or de-icing compounds to remove ice from steps and walkways. Sand placed on walkways also helps prevent slipping.

Snow Blower Safety Guidelines

- ♦ Read the owner's manual before starting your snow blower.
- ♦ Make sure people and pets are out of the way before you begin.
- ♦ Do not put your hand in the snow blower to remove impacted snow or debris. Turn the machine off and wait a few seconds. Use a stick or broom handle to remove the material.
- ♦ Do not leave the snow blower unattended when it is running.
- ♦ Fill up with fuel when the engine is cool.

Tips For Walking In A Winter Wonderland

- ♦ Dress in layers and wear boots with nonskid soles. Wear a bright scarf or hat or reflective gear so drivers can see you.
- ♦ Don't wear a hat or scarf that blocks your vision or makes it hard for you to hear traffic
- ♦ Walk on sidewalks if possible. If sidewalks are covered in snow and ice and you must walk in the street, walk against the flow of traffic and as close to the curb as you can.
- ♦ Before you step off the curb, make sure oncoming cars and trucks have come to a complete stop.

Kevin Monroe
Nutrition &
Prevention Specialist



*“Promoting Healthier Lives...
 through Nutrition Education,
 Physical Activity, & Prevention Programs”*

Nutrition & Prevention Specialist
Dining Center Schedule

Baraboo	January 27	February 25
Lime Ridge	January 15	February 5
Merrimac	January 13	February 17
North Freedom	January 21	February 12
Plain	January 8	February 3
Reedsburg	January 12	February 9
Sauk/ Prairie	January 9	February 6
Spring Green	January 23	February 20

Upcoming Topics at the Dining Centers

- January = Healthy Snacking
- February = Healthy Eye Month
- March = National Nutrition Month & Questions to ask your doctor
- April = Check, Call, Care & Diabetes

What is Prevention?

According to Webster’s Dictionary, prevention means, “control by preventing the occurrence of something”. Maybe this definition is the reason why many people asked me, when I started, if I was trying to prevent nutrition? Hence, my title Nutrition & Prevention Specialist. However, that statement still puts a smile on my face. That is not what I’m trying to accomplish. The following are just a few of the things I advocate, represent, teach, develop, and coordinate.

Prevention is making your home safer so you

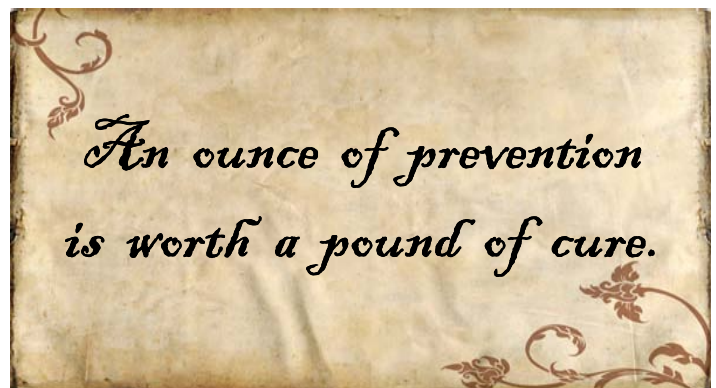
reduce the risk of falling. How? According to the Center for Disease Control and Prevention (CDC), practice the following:

- Remove things you can trip over
- Improve the lighting
- Have handrails along the stairways
- Non-slip mats in the bathtub and shower floors
- Wear shoes both outside & inside

Prevention is also becoming more physically active, eating nutrient rich foods and being accountable for portion sizes, getting regular exams and physicals, being smoke -free, practicing food safety, not drinking and driving, and wearing your seat belt to name just a few.

Other great prevention opportunities that are offered by the ADRC are “Eat Better & Move More,” and “Living Well with Chronic Conditions.” These programs are free because of grants that have been awarded to the ADRC. “Eat Better & Move More” and “Living Well with Chronic Conditions” are wonderful programs that assist older adults & adults with disabilities to better manage their health, and chronic conditions.

All of these, if practiced, will enable you to be healthier inside and out and to have a better quality of life. In today’s times, what more could you possibly ask for? Granted, genetics do play a role. Though, for the most part, prevention allows us to manipulate our own health. I think that is special and a gift!



Be Winter-wise! Be Prepared!

There may be days when the dining centers are closed by inclement weather and no lunches will be delivered to your home.



Remember to keep some extra ready-to-eat food items on the pantry shelves during these months of winter weather! Lunch items that you can easily heat and eat to keep you going on snowy days like cup-o-soup, canned fruit, canned or frozen veggies, and canned tuna, salmon, or chicken to mix with some salad dressing for a quick protein source.

Be prepared for these instances and be sure to listen to the local radio stations for closure information. Whenever the weather looks threatening this winter, be sure to listen to your radio before leaving home. A decision to close a dining center will be made by 8:00 a.m. that day. The following radio stations will report the dining center closings:

Reedsburg - WRDB 1400 AM
Baraboo - WRPQ 740 AM
Richland Center - WRCO 1450 AM or 100.9 FM

If the dining centers are closed, home delivered meals will also not be delivered.

Please note that home delivered meals may not be delivered if sidewalks or driveways are unsafe due to ice or snow.



Home-Delivered Meals

Kevin has been going throughout Sauk County visiting folks and doing nutrition assessments and screenings for those receiving home-delivered meals. This is a beneficial service to you as we will be assessing your nutritional risk, asking questions about your meal and telling you how your home-delivered meal may be made more convenient for you.

If Kevin has not been to your home yet, don't worry he is coming. So far Kevin has completed visiting Baraboo and Reedsburg, and will be going to the Sauk-Prairie area next.

Thank you for your cooperation!

Baraboo Dining Center
Highpointe Commons
1141 12th Street
Baraboo, Wisconsin
Phone 963-3436

Lime Ridge Dining Center
Tuesday-Thursday
Lime Ridge Senior Center
308 West Maple Avenue
Lime Ridge, Wisconsin
Phone 986-2424

Merrimac Dining Center
Tuesday-Thursday
Merrimac Village Hall
100 Cook Street
Merrimac, Wisconsin
Phone 963-2286

North Freedom Dining Center
North Freedom Village Hall
103 North Maple
North Freedom, Wisconsin
Phone 522-4550

Plain Dining Center
American Legion Hall
American Legion Road
Plain, Wisconsin
Phone 546-4001

Reedsburg Dining Center
Reedsburg Willow Heights
800 Third Street
Reedsburg, Wisconsin
Phone 963-3438

Sauk/Prairie Dining Center
730 Monroe Street
Sauk City, Wisconsin
Phone 963-3437

Spring Green Dining Center
117 South Washington
Spring Green, Wisconsin
Phone 588-7800

January 2009

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="font-size: 1.2em;">Do not squander time, for that's the stuff life is made of.</p> <p style="text-align: right;">-Benjamin Franklin</p>		<p>1 Office Closed Happy New Year!</p>  <p>No Home Delivered Meals/Dining Center</p>		<p>2 Roast Pork Loin Mashed Potatoes Baby Carrots Coconut Cream Pie Applesauce Wheat Bread</p>
<p>5 Chicken Teriyaki Baked Potato Mixed Vegetables Fruited Gelatin Butterscotch Pud. Wheat Bread</p>	<p>6 Lasagna Casserole (includes veg.) Italian Blend Veg. Cream Sicle Torte Peach Slices French Bread</p>	<p>7 Ham Rolls Squash Health Slaw Applesauce Cookie Wheat Bread</p>	<p>8 Salisbury Steak Mashed Potatoes Corn Birthday Cake Petite Banana Dinner Roll</p>	<p>9 Escalloped Potatoes and Ham Casserole Calif. Blend Veg. Pear Slices Cinnamon Roll Wheat Bread</p>
<p>12 Pork Steak Mashed Potatoes Red Cabbage Apple Pie Fruit Cocktail Wheat Bread</p>	<p>13 Baked Chicken Twice Bk. Style Pot. Copper Penny Salad Pineapple Tidbits Frosted Cake Dinner Roll</p>	<p>14 Sweet and Sour Pork over Rice Chinese Ramen Cabbage Salad Sugar Cookie Orange Wheat Bread</p>	<p>15 Liver and Onions Au Gratin Potatoes Peas & Pearl Onions Mandarin Orange Gelatin Ice Cream Cup Rye Roll</p>	<p>16 Swedish Meatballs Mashed Potatoes Summer Blend Veg. Fudge Brownie Plum Halves Wheat Bread</p>
<p>19 Boneless Chicken Breast Mashed Potatoes Carrots Peach Slices Cookie Wheat Bread</p>	<p>20 Meatloaf Escalloped Potatoes Winter Blend Veg. Egg Custard Pie Pear Slices Dinner Roll</p>	<p>21 Chopped Steak in Burg/Mush. Sauce Mashed Potatoes Peas and Carrots Fruited Gelatin Frosted Cake Wheat Bread</p>	<p>22 Beef Stew (includes veg.) Brussel Sprouts Ambrosia Salad Apple Biscuit</p>	<p>23 Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Vanilla Pudding Wheat Bread</p>
<p>26 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Ice Cream Cup Wheat Bread</p>	<p>27 Swiss Steak Mashed Potatoes Corn Pecan Pie Peach Slices Dinner Roll</p>	<p>28 Baked Chicken American Pot. Salad Calif. Blend Veg. Pineapple Tidbits Cookie Wheat Bread</p>	<p>29 Pork Cutlet in Mushroom Sauce Mashed Potatoes Pickled Beet Salad Butterfinger Torte Applesauce Rye Roll</p>	<p>30 Bratwurst on a Bun German Pot. Salad Tossed Salad Cantaloupe Slice Raspberry Sherbet</p>

February 2009

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> Chicken Cacciatore Baked Potato Peas and Carrots Poppy Seed Torte Plum Halves Wheat Bread	<p>3</p> Country Fried Steak Mashed Potatoes Swiss Spinach Peach Slices Cookie Dinner Roll	<p>4</p> Chicken and Broccoli Alfredo Mixed Vegetables Pineapple Tidbits Cinnamon Roll Wheat Bread	<p>5</p> Smoked Sausage Red Skin Potatoes Sauerkraut Birthday Cake Petite Banana Rye Roll	<p>6</p> Roast Beef Mashed Potatoes Cabbage & Carrots Fruited Gelatin Fudge Brownie Wheat Bread
<p>9</p> Pepper Steak Au Gratin Potatoes Summer Blend Veg. Alexander Torte Fruit Cocktail Wheat Bread	<p>10</p> Chicken and a Biscuit (incl. veg.) Tossed Salad Cantaloupe Slice Choc. Chip Cookie	<p>11</p> Baked Chicken Twice Bk. Style Pot. Three Bean Salad Spice Cake Applesauce Wheat Bread	<p>12</p> Baked Spaghetti (includes veg.) Calif. Blend Veg. Pear Slices Vanilla Pudding French Bread	<p>13</p> Hawaiian Meatballs Baked Potato Wax Beans Fruit & Pudding Plum Halves Wheat Bread
<p>16</p> Ham Rolls Squash Health Slaw Oatmeal Raisin Cookie Peach Slices Wheat Bread	<p>17</p> Swiss Steak Mashed Potatoes Peas & Carrots Applesauce Chocolate Pudding Rye Roll	<p>18</p> Beef Stroganoff (includes veg.) Winter Blend Veg. Mandarin Orange Gelatin Sugar Cookie Wheat Bread	<p>19</p> Meatloaf Baked Potato Copper Penny Salad Pineapple Tidbits Raspberry Sherbet Dinner Roll	<p>20</p> BBQ Pork Cutlet Potatoes Romanoff Western Corn Pecan Pie Pear Slices Wheat Bread
<p>23</p> Swedish Meatballs Mashed Potatoes Green Beans Cantaloupe Slice Frosted Cake Wheat Bread	<p>24</p> Boneless Chicken Breast Mashed Potatoes Baby Carrots Key Lime Pie Pear Slices Dinner Roll	<p>25</p> Crispy Fish Fillet Cheesy Pot. Bake Peas/Pearl Onions Pear/Lime Gelatin Molasses Cookie Wheat Bread	<p>26</p> Baked Chicken American Pot. Salad Calif. Blend Veg. Choc. Banana Torte Applesauce Rye Roll	<p>27</p> Vegetarian Lasagna Casserole Italian Blend Veg. Peach Slices Ice Cream Cup Wheat Bread

To love and be loved
is to feel the sun from both sides

-David Viscott, M.D.



Aging & Disability Resource Center of Sauk County
Home of the LivingWell Library
505 Broadway ♦ Baraboo, Wisconsin 53913
Phone: (608) 355-3289 ♦ Fax: (608) 355-4375
TDD/TTY available in our LivingWell Library
Website: <http://www.co.sauk.wi.us/dept/coa/>

Add **LIFE**™ to your Years

Laughter
Independence
Friends
Energy

If you know of someone who would enjoy receiving this newsletter, please give the Aging & Disability Resource Center office a call at (608) 355-3289 or (800) 482-3710, and a newsletter will be sent to them.

In an attempt to reduce the increasing costs of returned newsletters, please contact the ADRC office at (608) 355-3289 or (800) 482-3710 if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

The AddLIFE Today! Newsletter is also available on the website!

Would you prefer to receive an electronic copy of future newsletters instead of being mailed one? Please e-mail us at cbindl@co.sauk.wi.us if you would. When they are available, we will notify those interested in viewing the newsletter with an e-mail. You will be able to read them online on the county website at www.co.sauk.wi.us. This will help us reduce postage costs as well as the amount of paper generated!

For newsletter questions or comments,
please contact Cathy Bindl at 355-3289 or email at cbindl@co.sauk.wi.us.

Aging & Disability Resource Center of Sauk County
West Square Building
505 Broadway, Room 102
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