

Aging & Disability Resource Center of Sauk County



Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

July - August 2009

Vol 1 Issue 4
Bi-Monthly Newsletter



Our Volunteers are the BEST !!

On Thursday, May 14th, it was our pleasure to “spoil” our valiant volunteers at the annual Volunteer Appreciation Breakfast.

The ADRC celebrated the gifts, talents, commitment, compassion, and energy of our volunteers once again held at the Voyageur Inn in Reedsburg where their staff treated us royally. The breakfast buffet was delicious, the weather was beautiful, and the conversation and laughter was delightful!

Each year, we are delighted and amazed when the financial value of volunteering with the ADRC is revealed. When the financial wand is waved ... 25,557 total volunteer hours becomes \$361,246!! Here's another way to look at it ... 25,557 total volunteer hours becomes 2 years, 11 months, 4 days and 21 hours of continuous service!! We've said it before and we'll say it again - We couldn't do what we do without YOU!

Did you know that the ADRC Volunteer Team now has a “membership” of 239? You may think that sounds like a lot ... but there's always room for more! Check out my column on page 4 for some new and exciting possibilities!



**“I am only one, but I am one. I cannot do everything, but I can do something.
And I will not let what I cannot do interfere with what I can do.”**

~ Edward Everett Hale





Director's Notes

Trish Vandrez, Director



“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.”

-Margaret Mead

I encountered this quote many years ago. It changed me then and I believe shaped who I was to become. I attribute my advocate's heart to this belief.

In July and August there are several very important anniversaries and observances that are celebrated which have or have had the power to dramatically change our quality of life as Americans.

July 4th

Not the least of these observances is of course, July 4; our independence day as a country. A few faithful representatives of their colonist neighbors stood up against oppression and taxation without representation and the United States of America was born in 1776. We have enjoyed 233 years of life, liberty and the pursuit of happiness thanks to these and all the brave ones who have fought for freedom ever since.

August 14th

Anniversary of the Social Security Act of 1935 which provided “old age insurance” to all working Americans. The Social Security Act was drafted by President Roosevelt's committee on economic security, under Edwin Witte, and passed by Congress as part of the New Deal. The act was an attempt to limit what were seen as dangers in the modern American life,

including old age, poverty, unemployment, and the burdens of widows and fatherless children. By passing this act, President Roosevelt became the first president to advocate the protection of the elderly.

July 26th

On this date we celebrate Disability Independence Day- the anniversary of the July 26, 1990 signing of the Americans with Disabilities Act (ADA) into federal law.

The ADA is a wide-ranging civil rights law that prohibits, under certain circumstances, discrimination based on disability. It affords similar protections against discrimination to Americans with disabilities as the Civil Rights Act of 1964, which made discrimination based on race, religion, sex, national origin, and other characteristics illegal. Disability is defined as "a physical or mental impairment that substantially limits a major life activity."

The ADA protects the rights of people with disabilities to access employment, public transportation, public accommodations, and makes telephone communications services accessible to people who have impaired hearing or speech.

Even after 19 years, we still continue to advocate on behalf of our neighbors with disabilities so that all may enjoy the same freedoms and advantages in our communities and in the greater society. If you find that this is a subject particularly near to your heart, please get in touch with the ADRC or any organization you prefer to find ways to be part of the effort to ensure that everyone has a chance to have the quality of life that they desire.

August 4th

It seems we hear more and more disturbing news about crime and destruction in our area.

National Night Out - "America's Night Out Against Crime" (NNO) is observed each year on the first Tuesday in August between 7:00pm and 10:00pm. National Night Out is a crime and safety event sponsored by the National Association of Town Watch (NATW).

NNO was first introduced in 1984 and was created to heighten public awareness and strengthen participation in local anti-crime efforts. Traditionally, NNO is observed by communities keeping their front porch lights on and holding front porch vigils. However, activities have expanded considerably over the years to include block parties, cookouts, parades, visits from the police, festivals, neighborhood walks, safety fairs, contests, rallies and meetings. Any activity that brings neighbors together around the important topic of safety in our communities is a good idea for your National Night Out observance.

Here is what Community Crime Prevention/SAFE, Minneapolis, MN says about NNO: *"National Night Out has proven to be an ideal way to get neighborhood watch block clubs started. People are busy and it can be difficult to bring neighbors together just to get know one another. But in Minneapolis, NNO's positive message, step-by-step directions, handy customer service, helpful materials, plentiful door prizes, and national significance have encouraged many groups to come together for the first time. Each year, a significant number of NNO events mark the beginning of new neighborhood watch groups."*

Last year, according to the organization's website, 33 million people in 9,850 communities from all 50 states were involved in the event. Fifty-three (53) cities in Wisconsin observe NNO. If you would like to observe the National Night Out and make a

change for the better in your community contact www.nationaltownwatch.org/nno/, your local police department or the ADRC for information on how to get started.

Be part of something bigger to make our communities better. It will help you to

Live Well!

Trish



On June 12, 2009, television underwent the biggest change since color was introduced in the 1950s. On that day, analog broadcasting ended, and stations are now broadcasting only in digital format. Those people with digital televisions are enjoying the benefits of DTV. Those with older analog sets are now unable to watch anything.

This does not mean you need to get a new television set. Buying a digital TV is just one option. There are low-cost converter boxes to change the new digital signal to one that your current analog set can receive. For more information about the program for purchasing converter boxes please call the Aging and Disability Resource Center at 608-355-3289 or 1-800-482-3710 with any questions about assistance in getting connected!





Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

A New Volunteer Team

Here in the ADRC office we have had the privilege of working with a new group of volunteers! A group of students from Baraboo High School has been helping out here in the office. Each Monday and Tuesday they, along with the support of their teacher's aides, worked on clerical tasks ... freeing up a lot of staff time! At the end of the school year they brought us flowers and thank you notes! They thanked US for the time they were able to spend here. What a great group of kids!! Here's a few of the things they had to say:

"We appreciate the experience you gave us to improve our job skills."

"I like folding best."

"I learned how to be a team player."

"We hope that you will let us come back next year."

"We really enjoyed working with your staff."

"I learned to work hard."

What I learned is ... no matter what your capability, your time frame, your level of ability, where you live, whether or not you can drive ... there truly IS a way that EVERYONE can help :)

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back

~ Maya Angelou

We cannot hold a torch
to light another's path
without brightening our own.
~ Ben Sweetland

Help Wanted ... Your Help is Needed !

There's a few new opportunities on the horizon where YOU can become involved ...

Café Connections

There's exciting things happening in Sauk Prairie ... we need some help! Café Connections will be opening this summer - it's the pilot for a statewide change in dining centers. Café Connections will have a café/bistro atmosphere offering extended hours, lunches, plus snacks and light menu items available for purchase, and great programming! We're looking for volunteers who are willing to fill the position of **Host and/or Hostess** for a few hours at Café Connections. Training will be provided.

"Get on *The Bus*, Gus"

And speaking of exciting things ... what about the new bus service that's being introduced?!?! We're looking for volunteers who are able to fill the position of **Navigator** on *The Bus*. The Navigators will help our riders determine the closest stop to their destination. And maybe point out interesting places and information along the way.

Neighbors helping neighbors! Volunteer opportunities at the ADRC are always based on your schedule and availability. Whether it's a few hours per month, or a few hours each day, please consider joining the ADRC volunteer team! You'll be glad you did!!

Mary Jane Percy at 355-3289 or 800-482-3710

Would You Believe ... 1,067 Years!

When I total all of the years that all of our volunteers have given to all of our programs (and I've got the paperwork to back this up) it totals 1,067 years! You all continue to WOW me!!

25+ Years !!

Katherine Hausner

20+ Years

Walt Darling, Marjorie Faber
Charles Moritz, Eldert Roewer, Audrey Wendt

15+ Years

Cletus Alt, Dorothy Alt, Donna Druckrey,
Betty Hineman, Edna Hineman, Jean Kinsman
Virginia Johnston, Char Rose, Lonita Schulze,
Lorraine Williams, Fannie Wisinger

10+ Years

Buddy Bethke, Virginia Bethke, Lucille Bittner,
Marsha Davis, Ruth Derrickson, Don Fearing,
James King, John Kinsman, Donna Fae Kruse,
Jim Kuehn, Marveline Miller, Bernice Mueller,
Shirley Paul, Wayne Pertzborn, Jim Quandt,
Hilda Scholler, Caroline Siberz, Elaine Smelcer,
Muriel Snyder, Ellen Young
Pat and Tom Zwettler

5+ Years

Carl Alexander, Mary Baumgarten,
Art Behnke, John Bernien, Irene Berry,
Dora Darling, Duane Erdman, Ruth Falk,
Nola Fearing, Bev Feierabend, Roger Friede,
Keni Gillingham, Ruth Haase, Peg Holloway,
Lorraine Holm, Elizabeth Irwin,
Phyllis Johnson, Ken Knipschild,
Marion Licht, Byron Mead,
Mary Prem, Jane Prouty, Mickey Rau,
Anna Rock, Nancy Roesler,
Carole & Ron St. John, Stanley Schrank,
Dorothy Sivam, Donna & Ralph Soeldner,
Greg Tafs, Marlin Torgeson, Grace Ubersitzig,
Betty Wolfrath

PS - I admit to being human ... so ...
if I've got the wrong information PLEASE let me know !

\$250 Stimulus Checks Only A Loan For Some

By Kent Lamkins
AARP Tax Aide Volunteer

Are you receiving Social Security **AND** working? **IF SO, read on.** If not, the information in this article will not impact you.

Many of us retirees have either received, or will shortly receive, a stimulus payment of \$250. The payments were meant to provide a boost to people who don't qualify for President Barack Obama's "Making Work Pay" tax credit, which pays individuals up to \$400 and couples up to \$800.

Taxpayers are **ineligible to keep both** the full tax credit and the stimulus payment. However, stimulus payments will go to many people who also are earning the credit through jobs that provide taxable income. If you have federal withholding on your pay **and** you received the full \$400 through reduced withholding, you will have the \$250 payment deducted from your tax credit next year, when you file your return for the 2009 tax year.

Effectuated taxpayers include married couples in which both spouses work, workers with more than one job, as well as Social Security recipients with jobs that provide taxable income.

Married couples in which both spouses work might consider having taxes withheld at the higher rate for single filers. If workers have multiple jobs, they might consider having extra taxes withheld by one of their employers.

Taxpayers can make these changes with a Form W-4. The IRS has a calculator on its Web site to help taxpayers figure withholding. So do many private tax preparers.





Mobility Management

Ashley Nedeau-Owen

For many, this is the time of year to make longer trips. We do love our trips. In the US, the overwhelming majority of persons between the ages of 20 and 55 spend more time each year planning vacations than they spend planning retirement. We do that knowing that we will spend more time in retirement than we will on vacation, too!

Have you started planning any trips for the next two months? If you are saving money by staying at home but planning fun activities, you are planning a “staycation.” Those of us working in transportation at the ADRC can help you make the most of your summer plans by encouraging day trips using *The Bus*. Here are some examples to make your summer a little more fun, without a lot of cost.

Taking *The Bus* from Sauk Prairie to Baraboo and then a cab in Baraboo from downtown, a whole day’s adventure at Circus World free from the headache of parking is near at hand. Likewise, the International Crane Foundation is located only one mile east of *The Bus* route on Shady Lane Road and, time permitting, our bus driver may be able to drop you off, safely, a little closer to the Crane Foundation than to Highway 12. A day in historic downtown Baraboo without the walking of a visit to either the Crane Foundation or Circus World is readily available by Bus from Reedsburg, Lake Delton or Sauk Prairie. The Sauk County Historical Museum is only a few blocks from *The Bus* stop at the West Square Building, the library with its rain garden is close by with several opportunities for lunch and shopping right on the Square.

The Bus travels right past the Reedsburg

Look Who’ll Be Driving *The Bus!*



And we are welcoming six additional highly qualified drivers!

Gary Fish Bill Tobias

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

Pioneer Log Cabin Museum where *The Bus* can safely stop to let you off for a two to four hour tour. Pack a lunch and have a picnic too! *The Bus* is available for day trips between and within the communities of Reedsburg, Lake Delton, Baraboo, Prairie du Sac and Sauk City.

The best time to use *The Bus* on Mondays, Wednesdays and Fridays to go grocery shopping in Reedsburg is by getting on somewhere between MATC and the Hospital between 11:05 AM and 11:15 AM and shopping at Viking Village and then returning to your pick up point on *The Bus* that stops at Viking Village at 12:50. In Baraboo the same days, using the same routes will enable you to shop at Pierce’s getting on somewhere between Wal-Mart and UW Baraboo/Sauk County between 10:50 AM and 11:40 AM and then returning on the 12:35 PM departure from Pierce’s.

But what if you are unable to carry your groceries? There are other options. Please call us and see if we can make arrangements for a volunteer driver escort or call your local taxi provider and take advantage of the services they offer. If you qualify for reduced price taxi punch cards, all three of the county’s shared-ride taxi providers are ready to help you out.

Here are schedules for **The Bus**. To use these schedules, start by looking in the column identifying a location close to where you want to go. Next, look in the column closest to where you will start. Find times that will get you where you're going so that you will be there on time and still have time enough to return home. Please know that you will be waiting, most likely before an appointment and after an appointment when you take the bus. We encourage you to use the local shared-ride taxi in the community you travel to. As always, if you have any questions, do not hesitate to call us! 1-800-830-353 or 608-355-3278.



Tuesday—Thursday

Pierce's Baraboo	UW/Baraboo		St. Clare Baraboo		West Square Baraboo		Sysco Flambeau		WalMart Baraboo		Bluffview North		Bluffview South		Milwaukee Valve		Sentry Prairie		Sauk Prairie Hospital		Piggly Wiggly Sauk City	
	Sauk County	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	Flambeau	Flambeau	Lake Delton	Lake Delton	North	South	Valve	Prairie	Hospital	Sauk City	Hospital	Sauk City				
6:00 AM									6:08 AM		6:23 AM	6:25 AM	6:40 AM						6:45 AM		6:50 AM	
7:15 AM	7:06 AM	6:51 AM	6:45 AM	6:38 AM	6:33 AM	6:25 AM	6:38 AM	6:33 AM	6:33 AM	6:25 AM	6:22 AM							6:15 AM			6:10 AM	
9:00 AM	9:10 AM	9:20 AM	9:30 AM		9:50 AM	10:00 AM		9:50 AM	9:50 AM	10:00 AM								10:15 AM	10:30 AM		10:45 AM	
10:30 AM	10:25 AM	10:15 AM	10:05 AM		9:55 AM	9:40 AM		9:55 AM	9:55 AM	9:40 AM								9:20 AM	9:15 AM		9:00 AM	
11:30 AM	11:40 AM	11:50 AM	12:00 PM		12:20 PM	12:35 PM		12:20 PM	12:20 PM	12:35 PM								1:05 PM	1:15 PM		1:40 PM	
2:10 PM	1:55 PM	1:45 PM	1:35 PM		1:20 PM	1:05 PM		1:20 PM	1:20 PM	1:05 PM								12:45 PM			12:30 PM	
2:30 PM	2:40 PM	2:50 PM		3:05 PM	3:10 PM	3:25 PM		3:10 PM	3:10 PM	3:25 PM								3:40 PM	3:50 PM		4:05 PM	
	4:30 PM	4:20 PM	4:10 PM		3:55 PM	3:40 AM		3:55 PM	3:55 PM	3:40 AM								3:20 PM	3:15 PM		3:05 PM	
4:40 PM			4:45 PM		4:50 PM	4:58 PM		4:50 PM	4:50 PM	4:58 PM								5:07 PM			5:12 PM	
5:30 PM					5:22 PM	5:17 PM		5:22 PM	5:22 PM	5:17 PM								4:50 PM	4:45 PM		4:30 PM	

Monday - Wednesday - Friday

MATC Reedsburg	DHS Reedsburg		RMC Reedsburg		Land's End Reedsburg		Viking Village Reedsburg		WalMart Lake Delton		Deer Run Lake Delton		Pierce's Baraboo		UW/BooSauk Baraboo		St. Clare Baraboo		West Square Baraboo		Wal Mart Baraboo	
	Reedsburg	Reedsburg	Reedsburg	Reedsburg	Reedsburg	Reedsburg	Reedsburg	Reedsburg	Lake Delton	Lake Delton	Lake Delton	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	Baraboo	
6:45 AM									7:05 AM									7:35 AM	7:45 AM		7:55 AM	
7:50 AM	7:45 AM	7:35 AM	7:25 AM		7:05 AM			7:05 AM	7:05 AM			6:45 AM										
							9:25 AM					8:45 AM										
							9:25 AM					9:55 AM										
1:15 PM		1:05 PM			12:50 PM	12:15 PM		12:50 PM	12:30 PM	12:15 PM	11:50 AM							11:20 AM	11:05 AM		10:50 AM	
11:05 AM		11:15 AM			11:30 AM	12:10 PM		11:30 AM	11:55 AM	12:10 PM	12:35 PM							1:00 PM	1:10 PM		1:20 PM	
3:50 PM					3:20 PM			3:20 PM										2:25 PM			2:10 PM	
4:30 PM	4:40 PM	4:45 PM	4:50 PM		5:10 PM			5:10 PM	5:10 PM		5:35 PM											
5:35 PM					5:15 PM			5:15 PM	5:15 PM									4:45 PM	4:40 PM		4:30 PM	



For Your Benefit:

News from your
Benefit Specialists



Deb Harvey

Kelly Dietsch

Received a Letter From Social Service Coordinators, Inc.?

You might have received a letter in the mail from a company called “Social Service Coordinators, Inc.” asking you to let them be your “authorized representative” for the purpose of applying for the Medicare Savings Program or the Medicare Part D Low Income Subsidy on your behalf.

What is the Medicare Savings Program?

The Medicare Savings Program is a government program that pays for some or all of the premiums, deductible and co-pays that you have to pay under Medicare. There are two types of Medicare Savings Programs: SLMB and QMB. If you qualify for SLMB then your Medicare Part B premiums will be paid for each month. [A savings of \$96.40 per month for 2009.] (You will be responsible for paying the annual Medicare deductible and 20% co-pays for Medicare covered services). If you qualify for QMB then your Medicare Part B premiums will be paid for each month and your annual deductible and 20% Medicare covered service co-pays will also be paid for each month that you are eligible.

What is the Medicare Part D Low Income Subsidy program?

If you are eligible for either type of Medicare Savings Program, you are also automatically qualified for another government program that pays for most of your prescription drug costs: the Medicare Part D Low Income Subsidy or sometimes called the “Extra Help” program.

If you are enrolled in a Medicare Part D prescription drug plan, the Low Income

Subsidy will pay some, or all, of your Medicare Part D prescription drug plan premium each month and you will have no annual deductible and pay only very small co-payments for your drugs each month.

Who is eligible for the Medicare Savings Program and the Medicare Part D Low Income Subsidy?

Medicare Savings Programs and the Low Income Subsidy are only available to people who have income and assets below a certain amount. Some people who don’t qualify for either QMB or SLMB can still qualify for the Medicare Part D Low Income Subsidy. Even if you think you have relatively high income and/or assets, since only certain income and certain assets count for eligibility for Medicare Savings Programs and the Low Income Subsidy, you should contact your local benefit specialist to find out if you are eligible for either program.

Who are “Social Service Coordinators”?

Social Service Coordinators (SSC) are private companies hired by Medicare Advantage Plan companies (private companies who contract with Medicare to provide Medicare benefits) to track down enrollees who are already in an Advantage Plan and who are not enrolled in the Medicare Savings Program or the Part D Low Income Subsidy and who may be eligible to enroll in either. In other words, your Advantage Plan company has hired Social Service Coordinators to find current members of the Advantage Plan (members like you) who are potentially eligible for these programs and to get your permission to investigate whether you are eligible and, if you are, apply for the benefit on your behalf.

Why does Social Service Coordinators and my Advantage Plan want to help me enroll in these plans?

In a word: profit. Social Service Coordinators gets paid by the Advantage Plan in which you

are enrolled in to find you and, after securing your consent, enroll you in a Medicare Savings Program or the Low Income Subsidy Program, or both. The reason the Advantage Plan is interested in paying money to SSC to enroll the Advantage Plan's existing customers into a Medicare Savings Program and/or the Low Income Subsidy is because they receive more money from the government for those members enrolled in either program. In other words, if you are in an Advantage Plan, Medicare pays the Advantage Plan a certain amount of money to provide you with your Medicare benefits. If you are in an Advantage Plan and you are also in a Medicare Savings Program and/or Low Income Subsidy Part D Plan, Medicare increases the amount of money it pays the Advantage Plan.

The Medicare Savings Program and the Medicare Part D Low Income Subsidy sound like they could help me a lot. Do I have to apply for them through Social Service Coordinators?

No! You are under no obligation to authorize SSC to investigate your eligibility or enroll in anything on your behalf. Your eligibility for, and ability to enroll in, either program exist completely outside of SSC. If you are interested in whether or not you are eligible (and you should be!), you can contact your local benefit specialist who can determine if you are eligible and help you apply. You are also free to have SSC do it on your behalf if you wish and there should be absolutely no charge associated with their doing so or any other kind of obligation on your part.

Save the Date!

The next: "Turning 65/Retiring. Now what?"
is scheduled for:
October 21, 2009 at 6:30 pm
at the Baraboo West Square Building

Benefit Specialist Schedule July - August 2009		
DEB HARVEY		
Plain American Legion Hall	July 8 11:30 to 12:30	August 5 11:30 to 12:30
Plain Library	July 8 2:00 to 3:00	August 5 2:00 to 3:00
Spring Green Senior Center	July 15 10:30 to 11:30	August 12 10:30 to 11:30
Spring Green Library	July 15 1:00 to 2:00	August 12 1:00 to 2:00
Sauk/Prairie Community Cntr	July 9 10:00 to 11:30	August 6 10:00 to 11:30
Merrimac Village Hall	July 9 8:30 to 9:30	August 6 8:30 to 9:30
KELLY DIETSCH		
Bluffview	July 7 7:30 to 8:30	August 4 7:30 to 8:30
Loganville Village Hall	July 7 9:30 to 10:30	August 4 9:30 to 10:30
Lime Ridge Senior Center	July 7 11:00 to 12:30	August 4 11:00 to 12:00
La Valle Central Park Apartments	July 7 1:00 to 2:00	August 4 1:00 to 2:00
Reedsburg Willow Heights	July 14 9:00 to 12:00	August 11 9:00 to 12:00
Reedsburg Park Street Apts.	July 14 1:00 to 2:00	No visit
Baraboo Highpointe Commons	July 8 12:00 to 1:30	No visit
North Freedom Village Hall	July 21 12:00 to 1:00	No visit
Reedsburg Willow Heights	July 28th 1:00 to 4:00	August 25 1:00 to 4:00 pm
<p>Call (608) 355-3289 or (800) 482-3710 To confirm site visits or to schedule office appointments.</p>		



Disability Benefit Specialist

Natalie Wilmot

BADGERCARE+

Core Plan—Health Care For Adults with No Dependent Children Enroll.

Important Note: The Department will begin accepting applications for the Core Plan starting June 15, 2009. The earliest enrollment date will be July 15, 2009.

The BadgerCare Plus Core Plan will be a limited plan that covers basic health care services, including primary and preventative care as well as generic drugs.

You will be able to enroll in the BadgerCare Plus Core Plan, if you:

- ◆ Are a Wisconsin resident
- ◆ Are a U.S. citizen or legal immigrant;
- ◆ Are age 19 through 64;
- ◆ Do not have children or do not have dependent children, under age 19 living with you;
- ◆ Are not pregnant;
- ◆ Have family income at or below 200% of the federal poverty level guidelines (\$1,805 for a single person and \$2,428.33 for a married couple*)
- ◆ Do not have private health insurance coverage when you request Core Plan coverage or in the 12 months before that date;
- ◆ Cannot sign up for insurance from an employer during month of application or next three months;
- ◆ Did not have access to insurance from an employer in the 12 months before you

request Core Plan coverage; and

- ◆ Are not getting BadgerCare Plus, Medicaid or Medicare.

*For current guidelines go to badgercareplus.org/fpl.htm.

To enroll in the BadgerCare Plus Core Plan, you will be asked to complete these steps:

1. There is no paper applications. Complete the request online at access.wi.gov or by phone at 1-800-291-2002.
2. Take a short survey about your health,
3. Select an HMO,
4. Pay a \$60 non-refundable application fee per application*, and
5. Mail or fax proof of your income and other information you provided.

If you are able to enroll, the date your coverage begins will be either the 1st or 15th of the next month, whichever is the earliest. Enrollment in this plan cannot be backdated.

You will be able to request BadgerCare Plus Core Plan online or by phone. You will not be able to apply at the local county or tribal agency.

*Unmarried individuals will each have their own application; married couples should apply on the same application.

If you have any questions about enrollment call 1-800-291-2002



State of Wisconsin
Department of Health Services

Save The Date!!!!
2009 LivingWell Expo
October 29, 2009
at Baraboo High School

A little boy wrote this letter to his grandmother:

Dear Grandmother,

I'm sorry I forgot your birthday last week. It would serve me right if you forgot mine next Tuesday.

With love,
Mike



You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

**Thank-You for Your Kind Donations
Toward AddLIFE Today**

We would like to thank Chandler Palmer, Helen Dorner and two anonymous donors, who contributed to the cost of publishing AddLIFE Today..

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



AARP Driver Safety Classes

Same Great Class ... Great New Format !!
(ONE Day of class instead of TWO!)

If you have never taken this course, or if it has been more than three years since your last class, NOW IS THE TIME! "Tune Up" your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.

Thursday, August 13th
Bank of Prairie du Sac
555 Park Avenue
8:00 a.m. - 12:30 p.m.

Thursday, October 8th
Baraboo - West Square Building
505 Broadway
8:00 a.m. - 12:30 p.m.

\$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

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

Aging & Disability Specialists

Here to Help you!



Milissa
Hintz

Lisa
Karau

Quinn
Hause

Abigail
Chapman

Camps And More Camps And Tours Down The Road!!



As summer fast approaches, we are all thinking about vacation options to allow us to get out and enjoy the nice weather. There are many vacation options available to individuals with disabilities as well. A local agency based out of Reedsburg, Able Trek Tours, has been arranging trips for individuals with disabilities for 17 years. Able Trek serves individuals who require assistance to travel including: individuals with developmental disabilities, the elderly, individuals with physical disabilities including individuals using wheelchairs and the mentally ill. The typical staff to traveler ratio is 1:3 or 1:4. Able Trek has trips all the way from one day trips to the Broadway Dinner Theater in Wisconsin Dells to a nine day trip to Hawaii. Various pick up locations are available throughout southern Wisconsin. A copy of Able Trek's 2009-2010 Vacation Packages booklet can be obtained by contacting their Reedsburg office at 524-3021 or their 1-800-205-6713 number. Their website is www.abletrektours.com.

Able Trek is also looking for volunteers to

assist travelers. In exchange for providing assistance and supervision to travelers, the volunteers go on the vacation for free. If interested, please contact Able Trek Tours at the previously listed phone numbers.

There are also summer camps available to individuals with disabilities in Wisconsin. Badger Camp has been providing camping opportunities to individuals with disabilities since 1966. Badger camp is located ten miles south of Prairie du Chien. Badger Camp has 20 miles of hiking trails, a petting farm, swimming pool, paved paths and a nature center as some of its attractions. Badger Camp serves individuals who have epilepsy, down syndrome, autism, use wheelchairs, wear braces, are visually or hearing impaired or have cerebral palsy. This summer, Badger Camp has eight week long sessions available to adults with disabilities as well as one week long session serving young adults between the ages of 14 - 25. Lastly, they do have one week long session for children with disabilities between 3 and 13 years old. The camp office is located at 11815 Munz Lane, Prairie du Chien, WI 53821 and the phone number is 608-988-4558. The camp office is open from June 1 through August 20. The Wisconsin Badger Camp main office address is PO Box 723, Platteville, WI 53818 and the phone number is 608-348-9689. The main office is open year round.

Another summer camp available to individuals with disabilities in Wisconsin is United Methodist Pine Lake Camp. Pine Lake is located on 400 acres of forest and includes a 40 acre lake at W 8301 Cty. M, Westfield, WI 53964 and the camp can be reached at 1-800-648-9630. The United Methodist Camp Office is located at 750 Windsor St., PO Box 620, Sun Prairie, WI 53590-0620. United Methodist Camp organization also has Byron Center and Whispering Pines Camp's located in Wisconsin. Byron Center is located at W6545 Hwy F, Brownsville, WI 53006. The phone number is

1-800-821-5143. Whispering Pines is located at 11050 Whispering Pines Road, Frederic, WI 54837. This summer there are five sessions scheduled at Pine Lake Camp and one session scheduled at Byron Center. Campers participate in a wide variety of activities including: swimming, boating campfires, games, fishing and hiking.

For a summer camping opportunity closer to home, there is Camp Wawbeek located at N9888 Hwy 13, Wisconsin Dells, WI 53965. Their summer telephone number is 608-254-2502. Camp Wawbeek offers three 6 day sessions for adults with disabilities during the summer and one 2 week kids/teen session and one 6 day social group for young adults with cognitive delays. Camp Wawbeek serves individuals with a variety of disabilities including: cerebral palsy, multiple sclerosis, muscular dystrophy, spina bifida and other physical disabilities.

Also available is the Easter Seals Respite Camp. This camp serves individuals with both cognitive and physical disabilities. The camp is located at W15283 Wawbeek Road, Wisconsin Dells, WI 53965 and the camp phone number is 608-254-2502. Easter Seals Respite Camp offers ten 6 day camp sessions during the summer and 11 weekend sessions from September to May. Each week or weekend has a designated theme. The staff provide assistance with all personal cares including transfers from their wheelchair.



Foot Clinic Schedule

Baraboo - West Square Building

Tuesdays - July 7 & 21
 Tuesdays - August 4 & 18
 Wednesday - August 19

LaValle - Fire Department

Wednesday - July 22
 Wednesday - September 23

Merrimac - Village Hall

Wednesday - July 15
 Wednesday - September 16

Plain - American Legion Hall

Thursday - August 27

Reedsburg - Maple Ridge

Tuesday - July 14
 Thursday - July 16
 Tuesday - August 11
 Thursday - August 20

Reedsburg - Willow Heights

Wednesday - August 12

Sauk Prairie - St John's Church

Thursdays - July 2, 9 & 23
 Thursdays - August 6 & 13

Spring Green - The Meadows

Tuesday - July 28
 Tuesday - September 22

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.



What's Playing at the Living Well Library

JULY

Gardening and Arthritis

Gardening can be difficult for those diagnosed with arthritis.

Picking the right tool for the job” can easily be applied to gardening. Learn how modified tools and techniques can reduce stress on joints, thus making gardening easier and more enjoyable.

AUGUST

Food Safety for Seniors

Good food, like good friends, is one of life's great joys.

But when it's handled improperly, food can make you ill. Millions of Americans get sick from unsafe food each year, and in some cases, older adults are much more likely to suffer severe effects.

This 14-minute video is designed to:

- ◆ Explain why seniors may be more susceptible to foodborne illness
- ◆ Learn four simple steps to handling food safely at home
- ◆ Provide tips on how to “eat out” safely.

Wisconsin - In Search of Volunteers

A statewide volunteer program, in which trained people advocate for residents of nursing homes in Sauk County and other counties in Wisconsin, is making a difference in the lives of our elders.

The Wisconsin Board on Aging and Long Term Care is always looking for adults willing to serve as volunteer ombudsmen in each of the county's long term care centers.

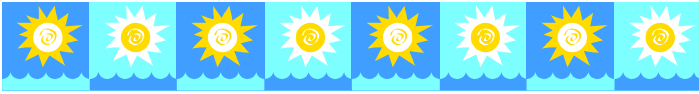
Julia Pierstorff, Volunteer Coordinator for the Board on Aging and Long Term Care, said a volunteer makes unannounced visits to the facilities for two to three hours once a week to get acquainted with the home, its residents and their families, and to meet with the administration to share feedback.

Volunteer Ombudsman, Pierstorff said, are the “eyes and ears” of regional ombudsman who work for the Board on Aging and Long Term Care. It's all about advocacy for the residents,” she said. “It could be something as simple as, “Gee, I don't like liver” or “My food comes to the table cold” or something like that. The residents complaints might not seem like much to us, but for the resident, this is their home.

The volunteer ombudsman program began 15 years ago in Dane, Rock, Monroe and Milwaukee counties expanding to thirty-one counties by the end of 2009. Volunteers must be 25 years of age, undergo a criminal background check and take a seven hour training session prior to becoming a volunteer ombudsman.

Anyone interested in learning more about becoming a volunteer ombudsman may call Julia Pierstorff at (608) 246-7004





Seniors and the Summer Sun

While seniors must be especially careful in the sun because their skin is more sensitive, everyone should be careful and learn to avoid the myths and observe the safety tips.

Sun Myth #1: Seniors need constant sun to supply vitamin D.

Seniors only need about 15 minutes or less of sun exposure two to three times a week on their faces and hands for their bodies to produce an adequate supply of Vitamin D. Vitamin D can also be found in foods and in multivitamins. Seniors should always wear sunscreen, a hat and light clothing that cover their skin when they are in the sun.

Sun Myth #2: Seniors only need to apply sunscreen once a day.

Sunscreen needs time to work. Seniors should apply it about an hour before going out into the sun and reapply about every two hours. They should reapply more frequently if they are swimming. They should use a broad spectrum sunscreen that blocks both UVA and UVB rays. UVA rays cause tanning and wrinkling while UVB rays cause sunburn, aging, wrinkling and skin cancer. Use sunscreen with a Sun Protection Factor of at least 15. Use SPF 30 or higher if you have a history of skin cancer or have fair skin. The risk for cancer increases as you get older. Seniors should especially pay attention to moles and other skin abnormalities.

Sun Myth #3: Seniors only need sunscreen at the pool or beach.

Seniors should wear sunscreen everywhere if they go outside longer than 15 minutes. Seniors need to exercise but to avoid too much sun they can walk in malls, casinos, or museums.

Sun Myth #4: The sun isn't a problem on cloudy days.

The sun doesn't feel as hot when it's cloudy but the UVA and UVB rays that tan and burn your skin are still shining down and being absorbed. Seniors' skin is more sensitive. The sun's rays are more intense in the summer so even on a cloudy day seniors should still wear sunscreen and sun protection.

Sun Myth #5: There's nothing seniors can do if they get sunburn.

The bad news is that's partially true. The CDC recommends aspirin, acetaminophen or ibuprofen to relieve pain, headache and fever. When seniors are exposed to too much sun they're at severe risk for dehydration. They should drink six to eight glasses of water a day and eat fresh fruits and vegetables. They can also take a cool bath and use an aloe cream to moisturize skin.

Sun Myth #6: Sunburn is the only sun problem seniors should worry about.

The sun can also hurt your eyes. The UV rays can cause cataracts, macular degeneration and skin cancer around the eyes. Seniors should always wear sunglasses. Choose brown, gray or green lenses and the darker and larger the lens the better. Seniors should choose glasses that wrap around their eyes and block a high percentage of UV rays.

***Reprinted from HealthNewsDigest.com



**Kevin Monroe
Nutrition &
Prevention Specialist**



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

Kevin Monroe,
Nutrition & Prevention Specialist
Contact Information:
(608) 643-6900
Sauk Prairie Community Center
730 Monroe Street
Sauk City, WI 53583

**Nutrition & Prevention Specialist
Dining Center Schedule**

Baraboo	July 9	August 13
Lime Ridge	July 23	August 5
Merrimac	July 7	August 11
North Freedom	July 15	August 20
Plain	July 21	August 18
Reedsburg	July 6	August 24
Sauk/ Prairie	July 17	August 14
Spring Green	July 24	August 21

Upcoming Topics at the Dining Centers

- July = Summer Food Safety
- August = Smell & Taste
- September = Active Aging
- October = Disaster Preparedness

**Volunteers Needed At
Café Connections in Sauk-Prairie**

Hello Everyone!

If you attend the Sauk-Prairie Dining Center (soon to be Café Connections) there is no reservations required the day before. Though, you can make a reservation for lunch at the Sauk-Prairie destination if you'd like.

Plus, Café Connections will have a café /bistro atmosphere, and hours will be from 9:30 a.m. - 2:00 p.m.

Please call Kevin Monroe at (608) 643-6900, or Mary Jane at 1-800-482-3710 if you're interested in becoming a volunteer for Café Connections (Sauk-Prairie Community Center).

Look for the grand opening of Café Connections in the Sauk Prairie Star, and/or the Sauk Prairie Eagle!

Thank you for your cooperation!



Eat Better & Move More

Eat Better & Move More is an introductory twelve-week group program that educates older active adults, and adults with disabilities on how to eat more fruits and vegetables and improve, or incorporate exercise into their life.

If you're interested in signing-up for the next twelve-week group session of "Eat Better & Move More" at the Sauk Prairie Community Center, please contact Kevin Monroe.

When: Starting Monday, August 17th, 2009

Where: Sauk-Prairie Community Center

Time: 10:00 - 10:30 a.m. (Mondays & Wednesdays)



Wii Are Fit

Wii Are Fit is a six-week introductory class combining innovative exercise using the Wii Gaming System, and basic functional exercises to increase strength, and balance.

If you're interested in signing-up for the next six-week session of Wii Are Fit at the Sauk Prairie Community Center, please contact Kevin Monroe.

When: Starting Thursday, August 27, 2009

Where: Sauk-Prairie Community Center

Time: 10:00 - 10:30 a.m. (Thursdays)

Memory Walk

Kick-off Breakfast Planned

If you are interested in becoming an Alzheimer's Association Memory Walk Team Captain or just want to learn more about the upcoming Sauk County Memory Walk on Saturday, September 26, 2009 at Ochsner Park and Riverwalk, please come to a complimentary Team Captain Breakfast!

In 2008, over 2,000 people walked as part of the Association's seven Memory Walk events. Because the incidence of Alzheimer's disease continues to increase, they need to add even more Memory Walk participants this year. "Participating in Memory Walk not only raises funds, it also raises awareness about this growing disease," says Carol Olson, Outreach Specialist for the Alzheimer's Association. "People of all ages are invited to become Champions in their community by coming to the walk and joining in the fight against Alzheimer's."

The Sauk County Team Captain Breakfast is on Tuesday, July 28, 8:30 a.m., at St. Clare Hospital, Ringling Room. At the breakfast, you will receive detailed information about Memory Walk, and those who choose to become Team Captains will receive brochures and posters for team members.

Did you know that anyone can register for Memory Walk online? Go to www.alz.org/scwisc and click on the Memory Walk link. You can design a Personal Donation Page, and if you're a Team Captain, a web page for your team. You are then ready to send emails to friends and family members to ask them to join your team or to make a contribution. Our research shows that people who use the online system raise more dollars, so please give it a try!

Please make your Team Captain Breakfast reservation by contacting Carol Olson, Outreach Specialist, at 608.742.9055 or carol.olson@alz.org.

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

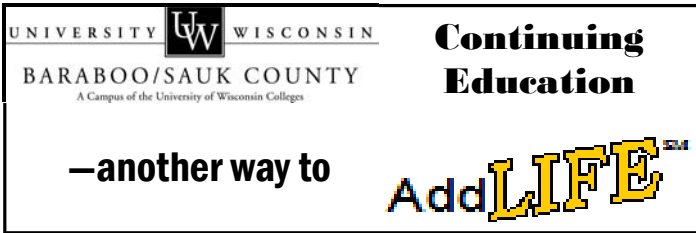
Reedsburg Willow Heights
800 Third Street
Reedsburg, Wisconsin
Phone 963-3438

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



Summer greetings from the UW-Baraboo/Sauk County Campus

Our Continuing Education events and activities schedule is coming together with some great fall programs.

Here is a sample of events:

In September a new class for anyone wanting to better understand the latest technology gadgets available

Tuesday September 29, 6-8 pm

Technology 101: Everything you always wanted to know about technology

but were afraid to ask. cell phones, IPODS, computer applications and more.



A couple trips we have planned for this fall include:



Wednesday, October 7 charter bus trip to Dubuque for a fall colors dinner cruise on a Mississippi river boat

October day trip to Chicago's Field Museum (specific date TBD)

Our Continuing Education fall brochure will be available in early August.

Call our office 608-355-5220 for more details and to register.

Enjoy your summer!!

Cindy McVenes
Director of Continuing Education
608-355-5220

AHA Heart Walk

The American Heart Association Heart Walk is to be held in Baraboo on October 24.



Heart attack and stroke are responsible for 34.4% of the deaths in Sauk County. The mission of the American Heart Association (AHA) is to build healthier lives, free of cardiovascular diseases and stroke in communities throughout Wisconsin. To that end, AHA's 2009 Heart Walk will be held on Saturday, October 24 at 9:30 a.m. at Baraboo High School with a scheduled 1 and 3-mile walk to be held outside on the track, weather permitting. The walk, for people of all ages -- individuals, families, friends, businesses and civic groups, will be held inside in the event of inclement weather. There is no registration fee for teams or individuals and walkers are encouraged to collect pledges prior to the walk and then turn in their funds at the event.

New this year, in conjunction with the walk, is a planned community event- A Healthy Living and Heart Health Fair. This Health Fair is for all ages and will be held in the gymnasium at the Baraboo High School during and after the Heart Walk. It is sponsored by St. Clare Hospital and Health Care Services and is open to everyone, even those who are not walking in the Heart Walk.

Please contact Lori Rudolph, the Chronic Disease Coordinator at 608-355-1736 for detailed information .

In all you do, remember to



Silver & Gold



The St. Clare Center is proud to announce their new older adult substance abuse outpatient program for adults 55 and older called Silver & Gold. The Silver & Gold program provides a variety of alcohol and drug services including an

assessment, alcohol and drug education, therapy groups, family group, one-to-one counseling and continuing support for living a healthy active adult life.

“We tailor our program to meet the needs of each individual, placing special emphasis on ensuring that the pace and structure of the program is geared specially for older adults,” says St. Clare Center Director, Judy Hannaford. “We give special attention to issues such as grief, loss, depression, major life transitions and the aging process. Treatment plans and length-of-stay are based on each person’s individual needs.”

What should you do if you suspect someone is abusing alcohol or medication? Get immediate assistance. Please call 1-800-433-2688 and ask to speak to a St. Clare Silver & Gold staff member. And remember, there is hope.

Mark Your Calendar



Our office will be closed on:

July 3	Independence Day
September 7	Labor Day
November 26 & 27	Thanksgiving

Please note that the dining centers and home delivered meals do not operate when our office is closed. Office hours are Monday through Friday, 8:00 a.m. - 4:30 p.m.



How To Plant Your Garden For Your Garden of Daily Living -

Plant three rows of **PEAS**:

1. **Peace** of mind
2. **Peace** of heart
3. **Peace** of soul

Plant four rows of **SQUASH**:

1. **Squash** gossip
2. **Squash** indifference
3. **Squash** grumbling
4. **Squash** selfishness

Plant four rows of **LETTUCE**:

1. **Lettuce** be faithful
2. **Lettuce** be kind
3. **Lettuce** be patient
4. **Lettuce** really love one another

No Garden is complete without **TURNIPS**:

1. **Turnip** for meetings
2. **Turnip** for service
3. **Turnip** to help one another

To conclude our garden we must have **THYME**:

1. **Thyme** for each other
2. **Thyme** for family
3. **Thyme** for friends

Water freely with **PATIENCE** and cultivate with **LOVE**.

There is much fruit in your garden because you reap what you sow!

Preventing and Recognizing Dehydration

Dehydration is a serious condition for older adults. Because our sense of thirst reduces as we age, dehydration is a frequent cause of hospitalization for people over the age of 65. For cases of mild dehydration, simply drinking fluids more frequently, in smaller amounts is sufficient. For moderate to severe cases, intravenous fluids and hospitalization may be necessary. If left untreated, dehydration can lead to seizures, brain damage or even death.

Some signs and symptoms of dehydration include persistent fatigue, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, rapid breathing, increased heart rate, sunken eyes, dry or sticky mouth, skin that lacks its normal elasticity and decreased urine output.

To avoid dehydration this summer, be aware of how much water you are drinking-try to drink 8 - 8 oz. glasses per day (sipping slowly throughout the day is best). Remember that caffeinated beverages such as coffee or colas will actually dehydrate you more and should not be counted as part of your fluid intake. Also, to aid in hydration, consider the following high water-content foods when planning meals and snacks: Apples-84% water, Asparagus 91%, Blueberries 85%, Broccoli 91%, Cantaloupe 90% , Cauliflower 93% , Grapefruit 91%, Oranges 87%, Peaches 84%, and Tomatoes 94%.

This article provided to you by:
Golden LivingCenter-Wisconsin Dells
300 Race St.
Wisconsin Dells, WI 53965
608-254-2574

golden
living

Experience Works Speaks

Experience Works is a 40 year old, national, nonprofit organization that offers training and employment opportunities for seniors. They help employers tap into a stable, essential, and high - value component of the workforce - mature workers.

I am happy to report there are three of us working here at the Aging and Disability Resource Center through Experience Works.

I am Bev Fox and I answer the phone, do data entry, menus for the Add Life Newsletter, calendars for the benefit specialists and several other duties.

Linda Rowe joined us a few months ago and now Bonnie Nelson has just joined us. In this department there is plenty for all of us to do. I think I can speak for the others when I say, "We love it here."

We get a chance to meet many of you which enriches our lives by giving us a chance to expand our borders and meet new people.

This program is open to any and all who meet the age and income requirements. We have brochures on the program at the ADRC in Baraboo. You can either come in and pick one up or call and we can send you one.

To find out more about Experience Works call 608-789-5623. There are job training openings all over the state so chances are there would be a job near you.

"Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the



mountain ahead that wears you out — it's the grain of sand in your shoe."

—Robert Service



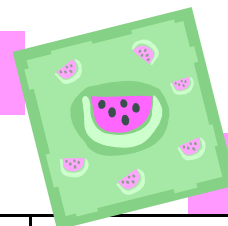
July 2009

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: blue; font-style: italic;"> <i>I believe in America because we have great dreams - and because we have the opportunity to make those dreams come true.</i> ~Wendell L. Wilkie </p>		<p>1 Pork Cutlet in Mushroom Sauce Mashed Potatoes Pickled Beet Salad Pear Slices Cookie Sliced Bread</p>	<p>2 Chopped Steak in Burg./Mush. Sauce Mashed Potatoes Mixed Vegetables Birthday Cake Peach Slices Dinner Roll</p>	<p>3 Independence Day Dining Centers Closed & No Home Delivered Meals</p>
<p>6 Chicken Teriyaki Baked Potato Calif. Blend Veg. Sugar Cookie Pineapple Tidbits Sliced Bread</p>	<p>7 Baked Spaghetti (includes veg.) Italian Blend Veg. Straw. Ice Cream Watermelon French Bread</p>	<p>8 Country Fried Steak Mashed Potatoes Carrots Peach Slices Fudge Brownie Sliced Bread</p>	<p>9 Liver and Onions Escalloped Potatoes Peas/Pearl Onions Ambrosia Dessert Plum Halves Dinner Roll</p>	<p>10 Crispy Fish Fillet Cheesy Potato Bake Summer Blend Veg. Petite Banana Frosted Cake Sliced Bread</p>
<p>13 Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Cookie Sliced Bread</p>	<p>14 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Orange Sherbet Watermelon Dinner Roll</p>	<p>15 Meatloaf Au Gratin Potatoes Winter Blend Veg. Fruited Gelatin Cinnamon Roll Sliced Bread</p>	<p>16 Smoked Sausage Red Skin Potatoes Mixed Vegetables Pecan Pie Applesauce Dinner Roll</p>	<p>17 Pepper Steak Baked Potato Corn Pear Slices Frosted Cake Sliced Bread</p>
<p>20 Chicken Breast Mashed Potatoes Baby Carrots Alexander Torte Trop. Fruit Salad Sliced Bread</p>	<p>21 Beef Stew (includes vegetables) Brussels Sprouts Mand. Orange Gel. Cookie Biscuit</p>	<p>22 Ham Rolls Squash Health Slaw Applesauce Vanilla Pudding Sliced Bread</p>	<p>23 BBQ Pork Cutlet Baked Potato Western Corn Oatmeal-Raisin Cookie Watermelon Dinner Roll</p>	<p>24 Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Plum Halves Sliced Bread</p>
<p>27 Escalloped Potatoes and Ham Casserole Peas & Carrots Fruited Gelatin Cookie Sliced Bread</p>	<p>28 Roast Pork Loin Mashed Potatoes Pickled Beet Salad Applesauce Ice Cream Cup Dinner Roll</p>	<p>29 Baked Chicken Mashed Potatoes Three Bean Salad Fruit & Pud. Dessert Apple Sliced Bread</p>	<p>30 Macaroni & Cheese Tossed Salad Summer Blend Veg. Pineapple Tidbits Fudge Brownie Dinner Roll</p>	<p>31 Swedish Meatballs Mashed Potatoes Carrots Coconut Cream Pie Fruit Cocktail Sliced Bread</p>

August 2009

Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Swiss Steak Mashed Potatoes Swiss Spinach Cantaloupe Slice Chocolate Pudding Sliced Bread</p>	<p>4 Chicken, Broccoli & Rice Casserole Mixed Vegetables Butterfinger Torte Trop. Fruit Salad Dinner Roll</p>	<p>5 Pork Steak Mashed Potatoes Red Cabbage Applesauce Cookie Sliced Bread</p>	<p>6 Boneless Chicken Cacciatore Baked Potato Mixed Italian Salad Birthday Cake Petite Banana Dinner Roll</p>	<p>7 Salmon Loaf Escalloped Potatoes Calif. Blend Veg. Mand. Orange Gel. Tapioca Pudding Sliced Bread</p>
<p>10 Hawaiian Meatballs Red Skin Potatoes Chinese Ramen Sal. Sugar Cookie Pineapple Tidbits Sliced Bread</p>	<p>11 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pear Slices Frosted Cake Dinner Roll</p>	<p>12 Ham Rolls Squash Fresh Spinach with Hot Bacon Dressing Fruited Gelatin Cookie Sliced Bread</p>	<p>13 Roast Beef Mashed Potatoes Carrots Poppy Seed Torte Peach Slices Dinner Roll</p>	<p>14 Fruited Chicken Salad on a Bed of Shredded Lettuce Cantaloupe Slice Orange Sherbet Hard Roll</p>
<p>17 Chicken Breast Mashed Potatoes Green Beans Apple Pie Watermelon Slice Sliced Bread</p>	<p>18 Lasagna Casserole (includes veg.) Italian Blend Veg. Tropical Fruit Salad Fudge Brownie French Bread</p>	<p>19 Country Fried Steak Mashed Potatoes Peas & Carrots Carrot Cake w/ Cr. Cheese Frosting Pineapple Tidbits Sliced Bread</p>	<p>20 BBQ Pork Cutlet Baked Potato Summer Blend Veg. Applesauce Cinnamon Roll Dinner Roll</p>	<p>21 Swedish Meatballs Mashed Potatoes Baby Carrots Choc. Chip Cookie Plum Halves Sliced Bread</p>
<p>24 Meatloaf Au Gratin Potatoes Calif. Blend Veg. Choc. Banana Torte Pear Slices Sliced Bread</p>	<p>25 Glazed Ham Sweet Potato Bake Cole Slaw Fruited Gelatin Ice Cream Cup Dinner Roll</p>	<p>26 Baked Chicken American Pot. Salad Mixed Vegetables Ambrosia Dessert Honeydew Melon Sliced Bread</p>	<p>27 Chef Salad w/ Fresh Spinach, Ham, Cheese, Veggies Salad Dressing Cantaloupe Slice Cookie Dinner Roll</p>	<p>28 Salisbury Steak Mashed Potatoes Corn Butterscotch Pud. Fruit Cocktail Sliced Bread</p>
<p>31 Roast Turkey Mashed Potatoes Peas/Pearl Onions Pumpkin Pie Pineapple Tidbits Sliced Bread</p>	<p><i>In summer, the song sings itself.</i></p>			



Want to Have A Positive Impact On Your Life And Your Community?

**“Dare to reach out your hand into the darkness,
to pull another hand into the light”**

Norman B. Rice

Growing up in a small community, a virtue of daily life centered around being ‘at elbow’s reach’ for neighbors, friends, and family. The definition of ‘elbow’s reach’ depended on what we had to give and what was needed; sometimes that meant baling hay with our neighbors when their son went into the Army, or taking home-canned goods over to my aunt when she couldn’t work, sometimes that meant receiving hand-me-down jeans from my cousins and one of my friends, or when grandma listened to a sad tale and comforted me with hard-as-rock cookies. I believe that it’s not always the grand gestures, but the “what I can do, right now” gestures that make the difference in our lives and those around us.

While the virtues of close-knit communities continue with those who believe in its purpose and hope on its benefits, there are obstacles. With the increase of folks moving into or from our communities it is sometimes difficult to reach out to those unknown. In this time, it is possible for some of us not to know who our next door neighbors are; their names, their family, their dreams, or their needs. It is possible for some of our neighbors not to know who we are; our names, our family, our dreams, or our needs.

Do you want to make a positive difference in your life and in the lives of those around you? Reach out your hand, in any way that is from your heart; not on a compulsion or to be noticed but in a way that reflects who you are and in a way that forces you to belt out with laughter. Smile and say ‘hi’ to those you don’t yet know, frequently call friends and family, hold the door for a child, ask to bend an ear when you need to talk, gladly give of your time and talents by volunteering for something you enjoy [writing letters, telling jokes, tutoring, baking, crafts, etc], gladly receive of others’ time and talents—remember their outstretched hands. The positive impacts are in the multitude and begin when you “dare to reach out your hand into the darkness, to pull another hand into the light.”

Donation Designation Form

I want to help the Aging & Disability Resource Center of Southwest Wisconsin - Sauk County Satellite to continue it’s mission and dedication of service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____ or

In Honor of _____

I want my donation to go to the following program(s):

- AARP Tax Preparation Program
- AddLIFE Today Publishing
- Care for the Caregiver Program
- Caregiver Support Programs
- Dining Center Program
- Disability Benefit Specialist Program
- Eat Better, Move More Program
- Elderly Benefit Specialist Program
- Foot Care Clinics
- Helping Hand at Home Program
- Home Delivered Lunch Program
- Home: Safe & Sound Program
- Homemaker Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
- Living with Grief Teleconference
- LivingWell Expo
- Outreach Programs
- Prevention Programs
- Promoting Health Programs
- Tele-assure Program
- The Bus
- Transportation Programs
- Turning 65/Retirement Workshops
- Volunteer Programs

Kindly make your check payable to:
“ADRC”
505 Broadway, Room 102
Baraboo, Wisconsin 53913



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Aging & Disability Resource Center of Sauk County
Home of the LivingWell Library
505 Broadway ♦ Baraboo, Wisconsin 53913
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