

Add **LIFE**SM Today!

March - April 2009

**Laughter
Independence
Friends &
Energy**

*Enhance Your Life and
the Lives of Others!*



Who's In Your Circle?

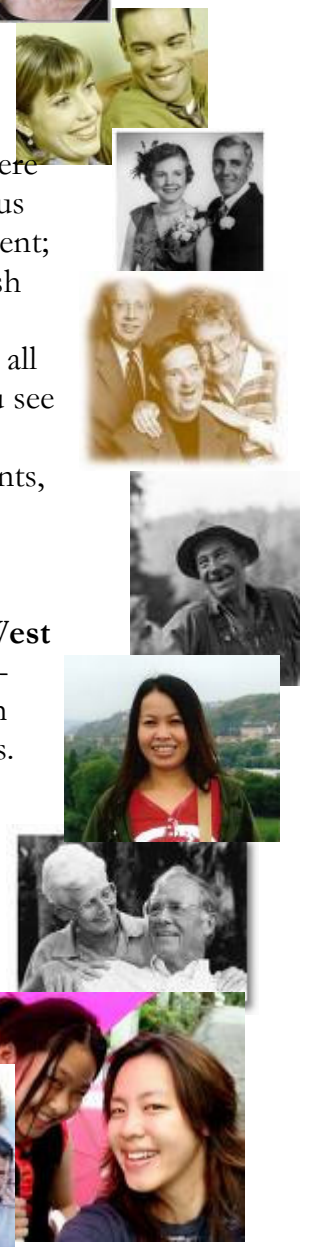
Isn't it remarkable to realize that we are individually cut from a unique fabric? No two of us are identical! Some of us were born here while others have moved here to be with us; some of us work here while others commute to different areas for employment; some of us prefer gardening while others prefer getting their fresh produce from the farmer's market.

Take a few moments and think of all the folks you know, all the folks in your "circle" Look at the folks in this circle - do you see a resemblance of your Uncle Louis in any of the pictures? How about your parents or your best friend? Our thoughts, ideas, wants, and needs are different from theirs and our choices about our quality of life are likely to be different from theirs, too. Choices about our end-of-life care are a choice only we can make.

Join us on **Wednesday, April 29, 2009 at Noon** at the **West Square Building**, 505 Broadway, Baraboo, to watch the live-via-satellite program, *Diversity and End-of-Life Care*. This program will help us to understand how our differences affect our choices.

Choosing what's right for us may not necessarily be right for any of the folks in our circle, but that's the beauty of it all. There are no right or wrong choices when we are able to make them for ourselves.

There is no cost to attend. There are 3 Continuing Education Credits available. For more information, please call Lee at (608) 355-3289.





Director's Notes

Trish Vandrz, Director



Times are Hard, But We Have Each Other!

We are all hearing about the difficult economic times our country is experiencing. There is plenty of evidence of the times right here in Sauk County. I want to encourage you that, no matter how difficult the circumstances may be, each of us is part of the answer to our community's woes. Many of you remember other times in our history when citizens had to "tighten their belts" and depend upon neighbor-helping-neighbor. After all, communities are people not towns and cities. When times are difficult, many opportunities arise to remind us to get "back to basics" and take care of the essentials for ourselves and our neighbors.

Consider what you might do to lighten the load for a friend, family member, or neighbor who is struggling. We each have time, talents or treasure to share.

If it is time you have, then consider offering to give some time to another to do chores or assist them in some way. If it is talents you have to share, consider using them in a creative way. Perhaps planting more than your own garden plot and giving the produce away or contact a local church youth group to lead them in a community project like a vegetable garden to benefit the local food pantry. Perhaps you are blessed with financial means and can make funds available to provide services that you feel are important. Consider purchasing a gift card for a community organization that is helping people meet their basic needs. Even if you are facing difficult challenges yourself, your spirits will be lifted by being a blessing in the life of someone else.

Remember to take joy in the small things and Live Well!

Trish

We are pleased that more people than ever are contacting the ADRC! If you call and are connected with the voice mailbox of your ADRC staff member, please leave a message so they may return your call as soon as possible. If you need to see someone in particular, please ask for an appointment to be scheduled so you have our full attention during your time with us! Thank You!

We expect to welcome a new team member in the position of Benefit Specialist soon. Watch for details!

The Value of a Friend

It has been said that "there is nothing stronger than the heart of a volunteer." Our volunteers make it possible for some of your neighbors to remain at home longer. They brighten our day simply with a kind smile and reassuring word. Many volunteers get us out into the world with a safe ride. And certainly, our volunteers help maintain our well-being by bringing us a nutritious lunch. As the ambassadors for quality information and services, we know the value of our friends.

In 2008, our volunteers helped their communities for a total of 25,557 hours—humbling. When our "bean counter" converts those hours to dollars, the value of the hours is \$361,246! In other words, if one volunteer was to help day and night, without rest, he or she would volunteer for 2.92 years, straight! As public servants, we know the value of our friends.

We believe that there is nothing stonger than the heart of a volunteer as we have the distinct pleasure of being in the "cat-bird seat" when it comes to seeing the powerful influences of volunteering, both in the volunteer and the recipient. Yes, even as caring partners, we know the value of our friends.

National Healthcare Decisions Day!

April 16, 2009 is National Healthcare Decisions Day. Your decisions matter when it comes to future healthcare options. Please call Clare Gaston at St. Clare Hospital and Health Services at 355-1702 to schedule a time to meet with a social worker that day to obtain free information. You may complete an advance directive or obtain a form to document your healthcare decisions. This will allow you to thoughtfully consider your preferences and make them known.

Donor Awareness

April is Donor Awareness month. St. Clare Hospital and Health Services, together with the Parish Nurses they sponsor, welcome you to attend a presentation by Lori Hagene from RTI to learn more about organ and tissue donation. Ms. Hagene will be speaking at Our Savior Lutheran Church on Sunday, April 26 at 10:45 a.m. Everyone in the community is welcome to attend. Our Savior Lutheran Church is located at 1120 Draper St., across from Baraboo High School.

Please call Lori Rudolph, the Parish Nurse Coordinator at St. Clare's at 355-1736 with any questions about the presentation.

Looking for a Part-time Job?

If you are - apply now to be a census taker! Work up to 40 hours per week in a temporary, part-time job with the 2010 Census.

This opportunity offers you:

- ◆ good pay,
- ◆ flexible hours,
- ◆ mileage reimbursement,
- ◆ the chance to serve your community

If you are interested call the U.S. Census Bureau at 1-866-861-2010 Or visit their website-www.2010censusjobs.gov

DTV - The Date Has Changed!

Television stations nationwide must begin broadcasting in a digital format by June 12, 2009. This date was originally set for February 17. Some television stations will make the switch prior to June 12.

Digital television, known as DTV, is a type of broadcasting technology that provides clearer pictures and sound, and more programming choices than ever before.

Just because the date has changed doesn't mean you have to wait to start enjoying all the benefits of DTV - it's available now!

If you watch free broadcast television using an antenna on a TV set that has an analog tuner – and don't subscribe to cable, satellite or other pay TV service – you will be affected by the transition.

To help you make a smooth transition, you can upgrade to DTV by taking one of three steps:

- ◆ Purchase a DTV converter box.
 - ◆ Purchase a digital TV set
 - ◆ Subscribe to cable, satellite or other pay TV service

Source: <http://www.dtvanswers.com>

Thank-You for Your Kind Donations Toward Our Newsletter

We would like to thank Helen Doener, Berdyne Thompson, Joyce Gasser, June Dills and two anonymous donors, who contributed to the cost of publishing this newsletter. Your donations are sincerely appreciated.

Thank you for your kind generosity!

ABCs of Alzheimer's And Dementia

A two-part educational series is being offered to families of persons diagnosed with Alzheimer's disease or related dementia.

The "ABCs of Alzheimer's and Dementia" series is designed to enhance participant's understanding about the disease, discuss how it affects those who suffer from it, and teach caregivers how to effectively deal with it day-to-day.

The series will take place on
Tuesdays, April 14 and 21
6:00 p.m. - 8:15 p.m.
at the Oak Park Place
800 Waldo St., Baraboo.

The first session will feature Craig Atwood, PhD, from the Wisconsin Comprehensive Memory Program who will present a medical overview of Alzheimer's and other dementias.

The series is free
but donations are appreciated.
Advance registration requested.

Call the Alzheimer's Association
608-232-3400 or 800-272-900
to register or for more information.



Mark Your Calendar

Our office will be closed on:

April 10	Easter Friday
May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day

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

Living Well With Chronic Conditions & Health Care Question & Answer

Thursday, April 30
1:30 p.m.

St. Clare Hospital, Ringling Conference Room
Lower Level

Learn about Living Well With Chronic Conditions

presented by program coordinator Mike Lew.

Meet Kansas DuBray, MD

hospitalist at St. Clare Hospital.
Learn what a hospitalist is during
a question and answer session.

Piano entertainment and refreshments.

Admission is free.

Please call St. Clare GoldenCare
at 608-356-1407 for reservations.



LivingWell With Chronic Conditions

A self-management workshop to help you learn how to manage your symptoms so that you can get the most out of your life.

Tuesdays

April 7 - May 12
1:30 p.m. - 4:00 p.m.

Dean/St. Marys Lake Delton Clinic
530 Wisconsin Dells Pkwy

Please call Mary Jane at the
Aging & Disability Resource Center
to register for this class
355-3289 or 800-482-3710



Volunteer Vantage Point

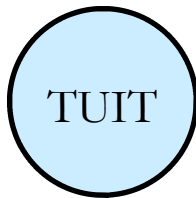
Mary Jane Percy
Volunteer Coordinator

National Procrastination Week

Yes, there is actually a week called “National Procrastination Week” and this year it is March 2nd through the 8th. An entire week dedicated to procrastinating? I think not ... how about a week dedicated to NOT procrastinating?

My mother-in-law had a round refrigerator magnet that had the word “TUIT” on it. One day I asked her what it meant and she said ... “Well, it’s a round tuit, of course!” How often have we said “When I get around to it.” when facing a big project or trying something new?

During National Procrastination Week, I challenge each of you to get a “round tuit” and try something new. What about volunteering? How about picking up a neighbor and taking them to your local dining center for lunch? Why not help with home delivered meals one day a week? What about helping your neighbors get to their medical appointments? Are you interested in helping with Café Connections (see Kevin’s article on page 16)?



Give me a call and get a “round tuit” ... you’ll be glad you did!

Save the Date !!
Volunteer Appreciation Breakfast
Thursday, May 14th
8:00 a.m.
Voyageur Inn, Reedsburg

Free Tax Preparation



Appointments are still available for free income tax preparation services offered by AARP Tax Aid volunteers.

Tax counselors provide tax preparation assistance with most Federal and State tax returns in Baraboo on Thursdays, Reedsburg on Fridays, and Prairie du Sac on selected Tuesdays.

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.

AARP Driver Safety Classes

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

Wednesday, April 8th
Reedsburg Area Medical Center
2000 N Dewey Avenue
8:30 a.m. - 1:00 p.m.
Call the ADRC to register
355-3289 or 800-482-3710

Thursday, May 7th
Spring Green Community Library
230 E Monroe Street
8:00 a.m. - 12:30 p.m.
Call M & I Bank to register
588-2526

Monday, May 11th
Baraboo - St. Clare Hospital
707 14th Street
12:00 noon - 4:30 p.m.
Call the Golden Care office to register
356-1407



Mobility Management

Ashley Nedeau-Owen

If you have taken advantage of the Volunteer Escort service the ADRC provides, you may have been asked to share the ride. We are trying to provide more rides to more people with no more staff and approximately the same number of volunteer drivers. Whenever possible we will be providing services through Share the Ride.

To provide those additional services, we are matching passengers traveling to similar destinations at similar times with one driver. Ride sharing means having to wait a little before or after your appointment. Our passengers who are also veterans are very familiar with ride sharing. They find ways to pass the time together. Please be prepared to wait a little bit by bringing a book or some handwork.

Ride sharing means you share the fare when you ride share so you have company for the trip and save money!

If you are still driving, please consider ride sharing. Ask friends and family and neighbors, too, if anyone needs a ride in the direction that you are heading. If you discover that you enjoy the company and would like to provide a ride sharing experience as an ADRC volunteer,

call Mary Jane Percy at 355-0389. We are always on the lookout for more volunteer drivers.

If you agree to be a volunteer driver for the ADRC, we can reimburse you for your miles traveled. If you are out long enough, we'll even reimburse the cost of a meal.

We are doing our best to provide a ride to all who need one and Share the Ride is one way we can.

AARP will be holding a CarFit “train the trainer” seminar in Madison on May 8. CarFit is a chance to help older adults get fitted to their automobile. As we age, our bodies change and sometimes we need to make adjustments to our cars. For more information please check out www.carfit.org. A willing volunteer could provide a great service to the older drivers in Sauk County.

Are you concerned about the future of the transportation services available in Sauk County? Would you like to see some other transportation services offered? Are you concerned about the Highway 12 bypass project? Do you have a great idea about how we can make Sauk County easier to get around in even when we don't have access to a personal automobile?

Share your thoughts at www.saukplan.org today!

Local Taxi Service News

The cost of a Reedsburg Taxi Ticket has gone up to \$12.00. D-Cab will not be able to honor the \$10.00 tickets after March 31. If you still have a \$10.00 Reedsburg Taxi Ticket, please take some trips in Reedsburg and use them up.

The cost of the Sauk Prairie Taxi Coupons has also increased to \$10.00. These coupons are good for 10 rides. The Sauk Prairie Taxi Service will still honor the \$1.75 coupon with an addition charge of 25¢ - there is no expiration date.

The Prairie du Sac village board held a public hearing on the proposed taxi fare rate increase. Sauk County's Mobility Manager encouraged the village board to keep the rate for seniors and disabled passengers the same. The board discussed the rates and, as most of the riders are seniors or disabled, it was determined that the rate increase needed to happen to cover operating costs.

Tuesday Travels

Welcome Mall Shoppers! This next series of trips is designed to satisfy the most mall hungry traveler. Also included is a trip to Dodgeville's Folklore Village. This promises to be a fun trip. If you join us you'll get to see some of Mary Kay Baum's photographs. Mary Kay was diagnosed with early onset Alzheimer's at age 57. She uses her camera to correlate the health of the planet and her own personal health. If she is able to be there on April 21, you might have a chance to visit with her and ask about images and healing.

Tuesday Travels Policy

Reservations will be accepted after
March 4, 2009 at 9:00 a.m.

You may sign up for your favorite three trips.

You may sign up yourself and one other
person.

The cost for each trip is \$5.00.

We time stamp all incoming calls,
even calls left on our voice mail system.

We will get your message
and we will record your call.

We hope that you will have fun and take one of these opportunities to get out and about.

March 10	West Towne
March 17	East Towne
March 24	West Towne
March 31	East Towne
April 7	West Towne
April 14	East Towne
April 21	Folklore Village
April 28	West Towne
May 5	East Towne



One of Mary Kay Baum's favorite photographs.

**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 of each week.

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

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!

***For reservations call our
Transportation Line
355-3278 or 800-830-3533***



For Your Benefit: News from your Benefit Specialists

Deb Harvey

New Medicare Oxygen Rules Should Not Impact Beneficiaries

The New Year has brought many new changes. One change that should not be affecting you in 2009 is the new rule governing Medicare coverage of oxygen equipment. Beginning January 1, 2009, Medicare will pay Medicare suppliers for 36 months of oxygen rental payments. The rental payments cover supplies, equipment and accessories. Medicare pays 80% and the beneficiary pays 20%. After 36 months, the supplier still owns the equipment, but the beneficiary is entitled to use it as long and as often as medically necessary without additional rental payments for up to 5 years. Previously, beneficiaries owned the equipment after the rental period.

If the equipment requires supplies such as gaseous or liquid oxygen, Medicare will continue to pay the supplier for those supplies after the 36 months as long as the beneficiary needs it, up to 5 years. The supplier is also required to maintain and repair the equipment after the end of the 36 month rental period for up to 5 years. The beneficiary cannot be charged for the maintenance.

Remember, these rules only apply to Medicare suppliers. Beneficiaries who choose to get their equipment from a non-Medicare certified provider may have other payment arrangements. Some Medicare beneficiaries may still be receiving information indicating that the beneficiary will own the equipment after 36 months. These notices are incorrect. To learn more about Medicare oxygen rules and Medicare suppliers, visit www.Medicare.gov or call 1-800-Medicare.

Consumers Should be Wary of New Taxpayer Scam

The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) reports another new scam for this tax season. The scam consists of an e-mail claiming to be from the IRS. The e-mail claims the recipient is being audited. The e-mail then directs people to an online form that looks identical to the IRS web site and asks people to enter their name, address, phone number and Social Security number on the online form, which delivers personal information to scammers. The web site is not the official IRS web site. DATCP's advice for this new scam is similar to all other scams: Never give out your Social Security Number or other personal information to someone asking for it. DATCP officials said the IRS will never contact you asking for your personal information, because they already have it. There's a similar scam e-mail circulating in cyberspace asking for personal information while indicating people have a stimulus check waiting for them.

Source: www.channel3000.com

“I’m Turning 65/Retiring: Now What?” Know Your Options!

Presented by Deb Harvey
ADRC Elderly Benefit Specialist

**Tuesday, April 14, 2009
6:00 p.m.**

**Room 213 of the West Square Building
505 Broadway, Baraboo**

This workshop is for people considering retirement, turning 65 or reaching full retirement age. Things have changed and you need to be aware of the changes. Everyone is eligible for Medicare at age 65 even though they haven't reached the full retirement age. If you are not notified by Social Security of your

eligibility for Medicare and miss your open enrollment period, you may be subject to a penalty. Our session will focus on the important questions confronting new retirees and those who are continuing to work, even though they are age 65 or at full retirement age.

Subjects for discussion include Social Security, SSI, Medicare, Medicare Supplement Insurance, Prescription Drug coverage (Part D), Homestead Tax Credit, and COBRA.



Preparation for retirement can be complicated and overwhelming, but the decisions made ahead of time will affect your comfort level and financial status in the future. This workshop is designed to provide information necessary to make an informed retirement plan.

VA Establishes ALS as Presumptive Compensable Illness

Veterans with amyotrophic lateral sclerosis (ALS), also called Lou Gehrig's disease, may receive needed support for themselves and their families. The Department of Veterans Affairs (VA) announced that ALS will become a presumptively compensable illness for all veterans with 90 days or more of continuously active service in the military.

"Veterans are developing ALS in rates higher than the general population, and it was appropriate to take action," Secretary of Veterans Affairs Dr. James B. Peake said.

The report, titled *Amyotrophic Lateral Sclerosis in Veterans: Review of the Scientific Literature*, analyzed numerous studies and concluded that "there is limited and suggestive evidence of an association between military service and later development of ALS."

"ALS is a disease that progresses rapidly, once it is diagnosed," the Secretary explained.

"There simply isn't time to develop the evidence needed to support compensation claims before many veterans become seriously ill. My decision will make those claims much easier to process, and for them and their families to receive the compensation they have earned through their service to our nation."

The new interim final regulation applies to all applications for benefits received by VA on or after September 23, 2008, or that are pending before VA, the United States Court of Appeals for Veterans Claims, or the United States Court of Appeals for the Federal Circuit on that date.

VA will work to identify and contact veterans with ALS, including those whose claims for ALS were previously denied, through direct mailings and other outreach programs. **If you are a surviving spouse or know of one and the vet died of ALS, see your Sauk County Veterans Service Office at 355-3260.**

Benefit Specialist Schedule March - April 2009

DEB HARVEY

Plain American Legion Hall	March 4 11:30 to 12:30	April 8 11:30 to 12:30
Plain Library	March 4 2:00 to 3:00	April 8 2:00 to 3:00
Spring Green Senior Center	March 11 10:30 to 11:30	April 15 10:30 to 11:30
Spring Green Library	March 11 1:00 to 2:00	April 15 1:00 to 2:00
Sauk/Prairie Community Cntr	March 12 10:00 to 11:30	April 9 10:00 to 11:30
Merrimac Village Hall	March 12 8:30 to 9:30	April 9 8:30 to 9:30

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



Disability Benefit Specialist

Natalie Wilmot

Disability Rights Wisconsin Launches Family Care Ombudsman

Do you need help understanding your Family Care or Partnership services or benefits? • Are you confused about your rights under Family Care or Partnership? • Are you satisfied with your care plan or services? • Are you receiving services that meet your needs and support your outcomes? • Do you have questions regarding your cost share?

Disability Rights Wisconsin's **Family Care Ombudsman Program** is available. It provides assistance regarding eligibility, services or other Family Care and Family Care Partnership concerns. The Wisconsin Board on Aging and Long Term Care (BOALTC) will continue to provide its ombudsman services to Family Care and Partnership enrollees.

Disability Rights Wisconsin (DRW) joins BOALTC in providing state-funded ombudsman services to Family Care enrollees and potential enrollees. DRW provides services to people with disabilities age 18-59.

**An Ombudsman is an advocate. If you are applying for or receiving Family Care or Family Care Partnership, you are eligible for DRW's Ombudsman services. The Ombudsman can assist you whether you are living in your own home, a supported apartment or another residential setting. If you are applying for or enrolled in the Family Care or Partnership Programs and have a question, call the Helpline at the end of this article.

The **Family Care Ombudsman Program** offers many services, including:

- Investigating complaints

- Resolving and mediating issues
- Providing information and education on consumer rights
- Assisting in negotiating care plans
- Appealing denials of services or changes in services that you don't agree with
- Working with enforcement and regulatory agencies a job?

If you are age 18-59, are applying for or are enrolled in Family Care or Family Care Partnership and have a question, contact the Family Care Ombudsman Program at the Disability Rights Wisconsin office in Madison at 608-267-0214 or 800-928-8778*

TTY for all offices: 888-758-6049

*For people with disabilities and their families.

Disability Rights Wisconsin provides reasonable accommodations upon request. Language translation services are available.

NEW ForwardHealth Cards Issued

The Department of Health Services completed its fifth and final phase of replacing all FORWARD cards with new ForwardHealth cards. If you have not received your new replacement card please contact the Recipient Hotline at 1-800-362-3002.

Problems with State SSI Supplement System

If you are experiencing problems with receiving your State SSI Supplemental Payment, you are not alone. The State of Wisconsin's SSI State Supplement delivery system has been experiencing some problems. If you have not received your State SSI check contact 1-800-362-3002, they will be able to assist you.

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

**Continuing
Education**

—another way to **AddLIFESM**

Spring Greetings from UW-Baraboo/Sauk County!

We have some exciting opportunities coming up this spring including our first Add Learning to Your Life Conference in April. Be sure to check out the flyer tucked into your newsletter. If you would like to see a full listing of our classes and trips, call 608-355-5220 to request a brochure or visit us on line www.baraboo.uwc.edu

Hope to see you on campus this spring.
 -Cindy McVenes

Switzerland for a Day: Trip to New Glarus Area

Wednesday, May 6, 2009
 8:00 a.m.-4:00 p.m.

Visitors are drawn to the New Glarus area to enjoy the atmosphere that thrives here and nowhere else outside of Switzerland. Our day will start with a stop at the Roth Kase Cheese Factory in Monroe to tour and to learn about, taste and purchase European-style cheeses. Next will be the Minhas Craft Brewery to learn about and sample the world class handcrafted beers and soda and receive a special gift pack. We will enjoy a lunch featuring a cheese fondue appetizer, Swiss entrée (your choice of Kaesechuechli, Wienerschnitzel or Swiss steak), and Swiss entertainment topped off by a homemade Swiss pastry. After lunch, we'll be taken on a guided tour of the New Glarus area followed by free time to visit the quaint village shops of New Glarus. Don't forget to visit the New Glarus Bakery (featured on the Food Network)!

Total Fee of \$55 includes: round trip

transportation on a motorcoach, factory tours, Minhas Craft Brewery gift pack, lunch and entertainment.

Register by April 3, 2009
 Call Cindy McVenes at 355-5220

Nordic Walking Seminar

Saturday, April 25, 2009
 9:00 a.m. -11:00 a.m.
 Fee \$19



Instructor: Nancy Frank
 Gymnasium, John and Murrel Lange Center

If you walk for exercise, would you like to learn how you can

- ♦ burn 70% more calories and not feel like it?
- ♦ utilize muscles that you don't usually use in walking?
- ♦ give your body an aerobic workout without all the sweat?

Learn about Nordic Walking – the fastest growing form of wellness walking. Guest speaker, Nancy Frank, from public television's *Outdoor Wisconsin*, will present an educational and entertaining seminar on Nordic Walking -- the fun, full-body conditioning exercise of walking with poles.

Learn techniques to strengthen and condition your body, build healthier heart and lungs, reduce pain and injury causing stress to knees, hips and feet, while enjoying a fun, convenient, fresh-air total body exercise!

Nancy will step out with an entertaining look at the basic anatomy of walking and transition into Nordic Walking. She will explain and demonstrate the techniques used in this multi-beneficial activity that is storming the wellness world. Demo poles will be available for participants to experience Nordic Walking. Participants should wear comfortable clothes and walking shoes.

Walk smarter, not harder, and get more results!

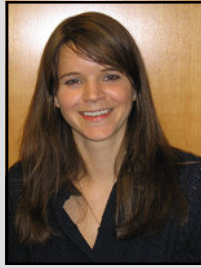
Aging & Disability Specialists



Milissa

Lisa

Quinn



Hello, I hope everyone is doing well! My name is Abigail Chapman. I am the newest member of the ADRC team. My position is with the Aging and Disability Specialist. I am really excited to be here in Baraboo.

Before I came here to the ADRC I was working in Milwaukee at the *211 Information and Referral Line*. This is a free information and referral line for health, human and community services. I provided this service over the phone so I am really excited to be meeting with people at the ADRC. I attended college at UW-Milwaukee and received my degree in Social Work. Following graduation I moved to Madison where I am living currently.

Right now I am really looking forward to spring because I love seeing the flowers come in. I enjoy biking, running, and pretty much any activity that gets me moving outside. This includes running 5K fun runs with my family. I am very fortunate to have a loving and supportive family.

Well, thank you for taking the time to get to know me. I hope to also get to know many of you when you call and visit the ADRC.

- Abigail

Considering Assisted Living or a Nursing Home?

What you should know . . .

By Milissa Hintz

Whether you would like information about how you can remain in your home or move to an assisted living or nursing home facility, the ADRC can help you plan service and support to keep you safe and comfortable.

Knowing what to look for in a facility and calculating what you can afford to pay - for how long - isn't easy. Being confident that you or a loved one will be well cared for can be a leap of faith.

Pre-Admission Consultation: Resource Center staff are knowledgeable in knowing what housing options and programs are available to help you get the care you need. Resource Centers are operated by counties, and are not associated with any businesses or service providers. You can be sure you receive the information and advice you need to make the best choice for you. The Aging and Disability Specialists are available to meet with you in your own home, at the Resource Center, or at another location that is convenient for you and your family. There is no charge for pre-admission consultation or any other Resource Center service. People who need help paying for long term care services and support should contact us to learn about options. It is important to know about eligibility requirements for government funded long-term care programs if you are considering a move into a nursing home or assisted living facility. As you consider your options, ask:

- How long will my personal funds last?
- Are there ways I can make my money last longer?
- What will happen if (or when) I run out of money?
- What financial aid is available and how do I become eligible?

- Will I be able to stay in the facility I am considering if my payment source changes?

To seek advice call your Resource Center today.

References obtained from the Wisconsin Department of Health Services Bureau of Aging and Disability Resources: Aging and Disability Resource Centers.

Home Rehab Help

“We help people get a new roof over their heads, a new furnace to keep them warm and safe, or a ramp so they can get in and out the door.” That’s how Movin' Out board president Jean MacCubbin describes the non-profit housing agency’s rehab program.

People who own their own home and have at least one family member (adult or child) with a permanent disability may be eligible for a grant from Movin' Out, Inc. The funds can be used to fix up the home to make it safer, sounder, and more accessible. The program targets low-income households. Funding is available as a forgivable loan: no repayment is required if the family remains in their home for five years.

The funds can be used for a wide range of rehab projects and are available to qualified households in 18 counties in south central Wisconsin. “We provide funds a family needs to fix up their home. The family chooses the contractor and we work with the family and the contractor until the job is complete,” said Movin' Out executive director, Howard Mandeville.

This program is funded by the Federal Home Loan Bank of Chicago through Movin' Out's partner bank, Bank Mutual. A Movin' Out housing counselor determines the family's eligibility, arranges a home inspection, helps the home owner develop a rehab plan, identifies other potential funding, if needed, and advises the home owner on working with a contractor.

More information is available online at www.movin-out.org or by phone at 608/251-4446, extension 7.

Foot Clinic Schedule

Baraboo - West Square Building

Tuesdays - March 3 & 17

Tuesdays - April 7 & 21

Wednesday - April 15

LaValle - Fire Department

Wednesday - March 25

Wednesday - May 27

Merrimac - Village Hall

Wednesday - March 18

Wednesday - May 20

Plain - American Legion Hall

Thursday - April 23

Reedsburg - Maple Ridge

Tuesday - March 10

Thursday - March 19

Tuesday - April 14

Thursday - April 16

Reedsburg - Willow Heights

Wednesday - April 8

Sauk Prairie - St John's Church

Thursdays - March 5, 12 & 26

Thursdays - April 2 & 30

Spring Green - The Meadows

Tuesday - March 24

Tuesday - May 26

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.



Retire On Line—It's So Easy!

Social Security offers an online retirement application that you can complete in as little as 15 minutes. It's so easy! Better yet, you can apply from the comfort of your home or office at a time most convenient for you. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative.

In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed.

Not ready to retire yet? It's never too early to start planning. Use the Retirement Estimator to obtain immediate and personalized estimates of your future retirement benefit.

For more information go to:
<http://www.socialsecurity.gov/planners/about.htm>

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March

“Personal Care”

In this program, we examine why personal care is important and how to provide it safely and considerately.

All of us develop our own routines for bathing, brushing teeth and caring for our bodies early in life. Allowing someone else to provide care may be stressful. It is important to provide personal care in a way that honors an individual's preferences and dignity.

April

“Communication: Aphasia”

Aphasia is a major adult language disorder that impairs one's ability to speak and comprehend what is said by others. Most often, aphasia is the result of a stroke.

The loss of communication is a devastating event that affects both the person with aphasia and family members. Frustration, isolation, depression, and loss of self esteem often accompany aphasia. Family involvement and understanding is a crucial part of aphasia treatment.



Severe Weather—Are You Prepared?

Everyone should be prepared for severe weather that could affect their area. To keep yourself safe - develop a disaster plan.

You could be anywhere when disaster strikes—at work, at school, or in the car. How will you contact family? Disaster may force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity, or telephones—were cut off?

After the summer of 2009, we realize how important being prepared is! Ask yourself -

- ◆ Do I have a list of emergency telephone numbers?
- ◆ Do I have smoke detectors and fire extinguishers in my house?
- ◆ Have I checked my home for possible hazards like items that could move, fall, break, or catch fire?
- ◆ Do I know basic CPR and first aid?
- ◆ Do I have and know how to use a fire extinguisher?
- ◆ Do I have enough supplies in my home to meet my needs for at least three days?
- ◆ Have I assembled a disaster supply kit with items you may need in case of an evacuation.?

(A Disaster Supply Kit should include: A 3-day supply of water (one gallon per person per day) and food that won't spoil; one change of clothing and footwear per person; one blanket or sleeping bag per person; a first aid kit -

including prescription medicines; emergency tools - including a battery-powered Weather Radio and a portable radio, flashlight, and plenty of extra batteries; an extra set of car keys and a credit card or cash; special items for infant, elderly, or disabled family members.)

If you would like a copy of the Sauk County “Prepare Now” brochure and “Special Needs Registry” Application, contact the Aging & Disability Resource Center at 355-3289 or 800-482-3710.



Purchase A Weather Radio!

Sauk County Emergency Management will be offering weather radios for sale at a reduced price.

The National Weather Service continuously broadcasts warnings and forecasts that can be received by weather radios. The radios will also automatically alert you when a weather watch or warning is issued for your area.

If you are interested in purchasing a weather radio, please contact your local city/village/township government to help them determine the local level of interest and how many radios they will need.

Watch for further information as we near Severe Weather week in April. Sauk County Emergency Management will offer these radios to your local level of government for distribution. Payment details will follow shortly.

For more information contact your local city/village/township government.

**Kevin Monroe
Nutrition &
Prevention Specialist**



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

Kevin Monroe Contact Information

(608) 643-6900
Sauk Prairie Community Center
730 Monroe Street
Sauk City, WI 53583

**Nutrition & Prevention Specialist
Dining Center Schedule**

Baraboo	March 12	April 10
Lime Ridge	March 19	April 9
Merrimac	March 10	April 7
North Freedom	March 18	April 15
Plain	March 13	April 17
Reedsburg	March 16	April 13
Sauk/ Prairie	March 27	April 21
Spring Green	March 25	April 22

Upcoming Topics at the Dining Centers

- March = National Nutrition Month
- April = Diabetes
- May = Cholesterol & Hypertension
- June = Dairy Month

March is National Nutrition Month

I would like to invite you to your local Dining Center! The Aging & Disability Resource Center (ADRC) is celebrating “March is National Nutrition Month”!

When I visit your dining center door prizes will be given, blood pressure screenings done, and a presentation on this year’s National Nutrition Month theme, “Eat Right”.

Make your reservation today! However if you

plan to attend the Sauk-Prairie Dining Center, there is no reservation required the day before.

**Something Special Coming
to Sauk Prairie...**

Sauk Prairie has been chosen as a pilot location for Café Connections, the statewide modernization of senior dining centers. Café Connection is a café/bistro atmosphere with extended hours, snacks and light menu items, and great programming! The ADRC recently received a grant from the Sauk-Prairie Memorial Foundation to move us toward this goal. Café Connections will have a Wii Gaming System which will be available for use during Café Connection’s hours. There will also be an innovative twelve-week exercise program using the Wii System. Watch for more Café Connection details!

Please call Kevin Monroe at (608) 643-6900, if you are interested in becoming a Café Connections volunteer! Thank you for your

Lower Back Pain Prevention

Do you or someone you know have lower back pain? According to the American Chiropractic Association, “Americans spend 50 billion dollars each year on back pain, and is the second most common visit to the doctor’s office.”

What are some ways you can prevent back pain? Lifting objects properly, and bending at the knees will help. Reducing your stress can greatly reduce lower back pain too. The following are a few ideas to help you reduce stress:

- Read a book
- Listen to your favorite music
- Call someone that will cheer you up
- Give what you want to receive
- Get a massage
- Exercise
- Stretch

Some exercises, such as standing from sitting,

walking, the “cat & cobra,” and abdominal exercises will give you more mobility and stabilization for your back. These exercises will also allow your body to properly warm-up, circulating blood to the working muscles. After warmed-up, muscles are more pliable, allowing you a better stretch, which will enhance your flexibility. If you would like exercise ideas refer to: www.aarpfitness.com or call Kevin.

Keep in mind that trying new things, such as exercising and stretching may cause you stress. After the newness has diminished you will be glad you decided to make the change because you will be feeling better. If this is not motivation enough to start exercising and stretching - think about the money you spend on back pain each year.

*Please consult your physician, or healthcare provider before starting a new exercise program.

“Eat Better & Move More”

“Eat Better & Move More” just completed it’s first class of the year! It was very well received by those who participated in this twelve week program. Participants were surprised at the value of the thirty minute/twice a week class. This class was free to participate thanks to a grant from Golden LivingCenter in Wisconsin Dells for our prevention programs.

Surprisingly, when recruiting people for the “Eat Better & Move More” class some chose not to participate, because they said, “I know how to eat better, I just don’t do it.” However, I asked people after completing the class if they knew, before the class started, how many grams of calcium they should have each day, how to calculate the grams of calcium in foods, or the types of foods they can eat if they’re lactose intolerant? They said, “No, but we do now!”

Some comments were: “Now I can turn my neck easier when I drive my car!” “This class got me to exercise more, because it was fun!” and “I am now more aware of healthier choices, and portion sizes.”

The next “Eat Better & Move More” program begins soon! Call Kevin Monroe to register today!

When: Starting Monday, April 27th, 2009

Where: Sauk-Prairie Community Center

Time: 8:15 - 8:45 a.m. (Mondays & Wednesdays)

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



March 2009

Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Salisbury Steak Mashed Potatoes Mixed Vegetables Apple Pie Plum Halves Wheat Bread</p>	<p>3</p> <p>Glazed Ham Sweet Potato Bake Cole Slaw Pear Slices Molasses Cookie Rye Roll</p>	<p>4</p> <p>Chicken, Broccoli and Rice Casserole Pickled Beet Salad Butterscotch Pudding Apple Wheat Bread</p>	<p>5</p> <p>Pork Cutlet in Mushroom Sauce Mashed Potatoes Summer Blend Veg. Birthday Cake Peach Slices Dinner Roll</p>	<p>6</p> <p>Crab Newburg over Rice (includes veg) Tossed Salad Mand. Orange Gel. Sugar Cookie Wheat Bread</p>
<p>9</p> <p>Roast Pork Loin Mashed Potatoes Baby Carrots Applesauce Chocolate Pudding Wheat Bread</p>	<p>10</p> <p>Beef Stew (includes veg) Winter Blend Veg Coconut Cream Pie Fruit Cocktail Biscuit</p>	<p>11</p> <p>Baked Chicken Twice Baked Pot. Three Bean Salad Peach Slices Choc. Chip Cookie Wheat Bread</p>	<p>12</p> <p>Escalloped Potatoes and Ham Corn Ambrosia Salad Petite Banana Dinner Roll</p>	<p>13</p> <p>Salmon Loaf Baked Potato Peas and Carrots Fresh Fruit Salad Frosted Cake Wheat Bread</p>
<p>16</p> <p>Swedish Meatballs Mashed Potatoes Calif. Blend Veg. Pear Slices Cinnamon Roll Wheat Bread</p>	<p>17</p> <p><i>St. Patrick's Day</i> Corned Beef Red Skin Potatoes Cabbage & Carrots Grasshopper Torte Plum Halves Rye Roll</p>	<p>18</p> <p>Meatloaf Au Gratin Potatoes Summer Blend Veg. Fruited Gelatin Ice Cream Cup Wheat Bread</p>	<p>19</p> <p>Chicken and Broccoli Alfredo Carrots Pineapple Tidbits Fudge Brownie Dinner Roll</p>	<p>20</p> <p>Crispy Fish Fillet German Pot. Salad Winter Blend Veg. Key Lime Pie Plum Halves Wheat Bread</p>
<p>23</p> <p>Swiss Steak Mashed Potatoes Swiss Spinach Peach Slices Frosted Cake Wheat Bread</p>	<p>24</p> <p>Ham Rolls Squash Health Slaw Molasses Cookie Pineapple Tidbits Dinner Roll</p>	<p>25</p> <p>Roast Turkey Mashed Potatoes Cream Style Corn Pumpkin Pie Apple Wheat Bread</p>	<p>26</p> <p>BBQ Pork Cutlet Baked Potato Green Beans Applesauce Sugar Cookie Rye Roll</p>	<p>27</p> <p>Macaroni & Cheese Tossed Salad Winter Blend Veg. Cantaloupe Slice Ice Cream Cup Wheat Bread</p>
<p>30</p> <p>Liver and Onions Escalloped Potatoes Peas & Pearl Onions Alexander Torte Plum Halves Wheat Bread</p>	<p>31</p> <p>Baked Chicken American Pot. Salad Carrots Peach Slices Tapioca Pudding Dinner Roll</p>	<div style="text-align: center;">  <p style="text-align: center;">Like the warmth of the sun, And the light of the day, May the luck of the Irish shine bright on your way</p> <p style="text-align: right;">—Irish Blessing</p> </div>		



April 2009

Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The only real failure in life is the failure to try</i></p>		<p>1 Pork Steak Mashed Potatoes Red Cabbage Hot Cross Buns Applesauce Wheat Bread</p>	<p>2 Salisbury Steak Mashed Potatoes Wax Beans Birthday Cake Petite Banana Rye Roll</p>	<p>3 Crab Creole over Rice (includes veg) Tossed Salad Cantaloupe Slice Cookie Wheat Bread</p>
		<p>6 Boneless Chicken Breast Mashed Potatoes Carrots Choc. Banana Torte Pear Slices Wheat Bread</p>	<p>7 Pepper Steak Cheesy Potato Bake Winter Blend Veg. Fruited Gelatin Frosted Cake Dinner Roll</p>	<p>8 Swedish Meatballs Mashed Potatoes Summer Blend Veg. Fruit & Pudding Apple Wheat Bread</p>
<p>13 Swiss Steak Mashed Potatoes Mixed Vegetables Peach Slices Cookie Wheat Bread</p>	<p>14 Lasagna Casserole (includes veg) Peas and Carrots Egg Custard Pie Applesauce French Bread</p>	<p>15 Baked Chicken Mashed Potatoes Copper Penny Salad Oatmeal-Raisin Cookie Plum Halves Wheat Bread</p>	<p>16 Smoked Sausage Red Skin Potatoes Sauerkraut Cantaloupe Slice Ice Cream Cup Rye Roll</p>	<p>17 Fruited Chicken Salad on a bed of Lettuce Mandarin Orange Gelatin Chocolate Pudding Croissant</p>
<p>20 Sweet and Sour Pork over Rice Chinese Ramen Cabbage Salad Orange Sherbet Pear Slices Wheat Bread</p>	<p>21 Country Fried Steak Mashed Potatoes Swiss Spinach Carrot Cake with Cr. Cheese Frosting Fruit Cocktail Dinner Roll</p>	<p>22 Boneless Chicken Teriyaki Baked Potato Baby Carrots Pineapple Tidbits Frosted Cake Wheat Bread</p>	<p>23 Chili Casserole (includes veg) Tossed Salad Fresh Fruit Salad Cookie Cornbread</p>	<p>24 Hawaiian Meatballs Red Skin Potatoes Calif. Blend Veg. Butterfinger Torte Petite Banana Wheat Bread</p>
<p>27 Ham Rolls Squash Health Slaw Applesauce Cinnamon Roll Wheat Bread</p>	<p>28 Baked Chicken Twice Baked Pot. Three Bean Salad Poppy Seed Torte Pear Slices Dinner Roll</p>	<p>29 Meatloaf Au Gratin Potatoes Mixed Vegetables Peach Slices Butterscotch Pudding Wheat Bread</p>	<p>30 Boneless Chicken Breast Mashed Potatoes Carrots Coconut Cream Pie Pineapple Tidbits Dinner Roll</p>	



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
TTD/TTY available in our LivingWell Library
Website: <http://www.co.sauk.wi.us/dept/coa/>

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If you know of someone who would enjoy receiving AddLIFE Today, 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 to be removed from this mailing list.

AddLIFE Today! is also available on the web!

Would you prefer to receive an electronic copy of AddLIFE Today instead of being mailed one? If so please e-mail us at cbindl@co.sauk.wi.us. When they are available, we will notify you by 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 used!

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
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