

# Add **LIFE**<sup>SM</sup> Today!

**Laughter**  
**Independence**  
**Friends &**  
**Energy**

May - June 2009

*Enhance Your Life and  
the Lives of Others!*

## ***Intercity Bus Service is Coming to Sauk County!***



The ADRC is happy to announce ***The Bus***, a deviated – fixed route service that will link Reedsburg, Lake Delton, Baraboo, West Baraboo, Prairie du Sac and Sauk City. The fares will be \$2.00 per one way trip but only \$1.00 if you are age 60 or older, are a passenger with a disability or are a student. ***The Bus*** is available for everyone to use.

### **What does this mean for you?**

***The Bus*** will give up to ten opportunities for passengers to get onboard and travel both within the municipalities served and between municipalities. A list of the fixed bus stops appears on page 7.

Let's say you want to go grocery shopping. Using the ADRC's services in the past has meant calling in on a Monday to reserve space on either the Wednesday or Thursday shopping trip. Using ***The Bus*** will give you the chance to get groceries on Monday, Wednesday or Friday if you live in Baraboo, Lake Delton or Reedsburg.

Beginning May 26, ***The Bus*** will be able to take you to your destinations in Reedsburg,

Lake Delton and Baraboo on Monday, Wednesday and Friday. In Sauk City and Prairie du Sac, ***The Bus*** will be available to take you to your destinations on Tuesday or Thursday. In the coming months, Sauk County will be receiving two more buses and all cities will be served everyday!

Let's learn some new terms that will help understand how ***The Bus*** works. **Deviated fixed-route** means a route with regularly posted stops that will change its course to pick-up or drop-off passengers when those passengers are unable to get to a bus stop. The term "fixed" refers to the posted stops in our schedule. The times listed are the times the bus will leave those stops. ***The Bus*** will only deviate as many times as can be accommodated and still meet the departure times of the fixed stops so ***The Bus*** will be consistent and dependable for all passengers.

Let's consider an example of how the deviated route works:

Imagine that you are Raphael, living at Maple Ridge Apartments in Reedsburg. You don't have a car and you use a walker to go short distances. You know ***The Bus*** will take you grocery shopping but wonder how to use it. Simply call 355-3278 and ask for help. The person who answers the Transportation Line will tell you which routes work best to take you shopping. She'll tell you when you need to be ready to go shopping and to get home.



## Director's Notes

Trish Vandr, Director



*Hello Everyone!*

*May is Older Americans Month, a great time to bring attention to the issues that affect older adults and to highlight community-wide opportunities to help older adults improve their quality of life. This year's theme is "Living Today For a Better Tomorrow". There are programs, services and activities in your community to help you live today for a better tomorrow. I have inserted information about a few of your local opportunities throughout this article. The article was provided by the Administration on Aging to help us observe May 2009 as Older Americans Month.*

*Live Well!  
Trish*



By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of

physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

*Learn how to manage or control your chronic condition.*

*Register for "Living Well with Chronic Conditions".*

*Classes are forming now!*

*Call 355-3289 or 1-800-482-3710*

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

*Have lunch at your local dining center and chat with Kevin Monroe, your Nutrition & Prevention Specialist, about the kinds of changes you can make your lifestyle a healthier lifestyle!*

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable

cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

### *Wanna Quit?*

*Call the Quit-Line 1-800-784-8669  
for a program near you!*

While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders.

*Participate in the community activities near you. You will be welcome! And if you're not careful, you might even have fun! Find out about your local Senior Center or Organization too.*

Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

*There are lots of new volunteer opportunities with the ADRC. Call Mary Jane to find out how you can help out!*

The U.S. Administration on Aging and its National Aging Services Network support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing

homes through streamlined access to health and long term care options and provide home and community-based systems of services that include the support for family caregivers.

### *Life is a Journey!*

*Begin planning for the future now! Talk over your plans with an Aging & Disability Specialist. Don't wait until there's a crisis! Decide how you want to live and know the long term care options available in case changes need to be made down the road.*

Americans of all ages and backgrounds can celebrate Older Americans Month. Volunteer for activities in your area; speak to your ADRC Advisory Committee member to promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life.

Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy. By working together, we can improve the health and well being of our Nation's older adults and pave the way for better health as we age.

**In all you do, remember to**

**AddLIFE<sup>SM</sup>**

**Laughter  
Independence  
Friends &  
Energy**

## Social Security's Economic Stimulus One-Time Payments Information

President Obama recently signed the American Recovery and Reinvestment Act of 2009. To receive your stimulus payment there is **no action required on your part.**

### Frequently Asked Questions

**Q:** Who will receive a one-time economic stimulus payment from Social Security?

**A:** Nearly 55 million Social Security and SSI beneficiaries will receive one-time payments of \$250 each.

**Q:** When can I expect to receive my payment?

**A:** All eligible Social Security and SSI beneficiaries by late May 2009, expect to receive your payment by no later than the first week of June 2009.

**Q:** How will I receive my one-time payment?

**A:** We will deliver your payment in the same way we currently deliver your Social Security or SSI benefit. Either by direct deposit, mailed check or direct express card.

**Q:** Can an individual receive more than one payment?

**A:** No, individuals may receive only one \$250 one-time payment regardless of how many types of benefits they receive.

**Q:** Are beneficiaries from other federal programs eligible for this one-time payment?

**A:** Yes, individuals receiving benefits from the U.S. Department of Veterans Affairs or Railroad Retirement Board may be eligible for these one-time payments.

### OTHER IMPORTANT FACTS:

Minor children receiving SSI are eligible for the payment. However, minor children (19 if still in high school) receiving Social Security benefits are not. Adult children receiving disability benefits on a parent's record are eligible.

Married couples who are both receiving benefits will each receive a payment.

The payment will not count as income for taxes or benefit eligibility purposes, and it will not count as a resource for 9 months after receipt.

Recipients who have an overpayment will not receive \$250 but instead will have their overpayment reduced by \$250.



### Pierce's Customers Save Money—While Pierce's Makes a Donation to the ADRC

For those of you that shop at Pierce's Marketplace/IGA in the Baraboo area, did you know that you can save money by joining the Pierce's Market Club? Not only will you save money automatically on the groceries you purchase, getting the Market Club card is free and easy to apply for! Ask your cashier for an application the next time you're in the store.

The Pierce's Community Foundation is dedicated to giving back to your community, but they need your help—they need you to tell them that the ADRC is a worthwhile organization. When you fill-out an application for your card, please write Charity #1124 to let Pierce's know that every time you make a purchase you're designating the ADRC to receive Pierce's donation. Thank you for your kind consideration!

### Thank-You for Your Kind Donations Toward Our Newsletter

We would like to thank the two anonymous donors who contributed to the cost of publishing this newsletter.

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



## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator

### Thank you Tax-Aides !

To the AARP Tax-Aides who have served all of you with free tax preparation ... THANK YOU, THANK YOU, THANK YOU!

The AARP Tax-Aide program has 32,000 volunteer counselors in 8,500 sites across the United States. This year Sauk County has had the privilege and benefit of working with **8** of those counselors.

Thank you to our partners - the Reedsburg Library, Sauk Prairie's St. Vincent de Paul Resource Center and Sauk County - for providing the space necessary for our counselors to be able to provide this valuable service.

These tireless volunteers worked a total of more than 640 hours and prepared close to 700 tax returns! (And that's the tax returns we had reservations for ... not to mention those returns that required more than one visit ... or the "walk-in" traffic that I know was not turned away!)

That's a lot of numbers crunching ... aren't we fortunate to have a service like this available?? For free?? Wow! And aren't we fortunate to have people who are willing to volunteer their time and energy to make this happen for all of you??

To Carl, Nancy, George, Harley, Irv, Joyce, John, and Kent ... **Thank you Tax-Aide Volunteers**, from the bottom of a very grateful heart, for another amazing year of service to the citizens of Sauk County.

## 18 Reasons to Volunteer Your Time

We know that volunteering a portion of our time is something we should do. There are reminders all around us that our help is needed. Other people will significantly benefit from any time we contribute. But that is not the only reason to volunteer.

Have you thought about the benefits you will get from volunteering? If you consider the many benefits you will receive, you will be asking yourself why you aren't more involved with helping a cause. Consider these 18 reasons to volunteer some of your time:

1. To make new friends
2. To build personal and professional contacts
3. To Build your self-esteem/confidence
4. To develop new job skills
5. To make a difference in the world
6. To increase personal satisfaction
7. To add experience to your resume
8. To develop people skills
9. To develop communication skills
10. To do something as a family
11. To explore career possibilities
12. To feel needed and appreciated
13. To share yours skills with others
14. To be challenged
15. To do something different
16. To earn academic credit
17. To improve your health
18. To have fun!

You will get more out of your volunteer experience than you put into it. Don't hesitate to identify and donate some of your time to a worthy volunteer opportunity. You will be glad you did.

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## Mobility Management

Ashley Nedeau-Owen

*Continued from Page 1*

Even though Maple Ridge is not a scheduled stop and Raphael cannot easily get to a scheduled stop, he can still use **The Bus**. **The Bus** will deviate up to one mile on its route to both pick Raphael up and to bring him home again.

Have a medical appointment coming up? Simply schedule your medical appointment at a time you know **The Bus** will get you there and back again. Mid-morning and early afternoons are the best times to schedule medical appointments.

If you have questions, call the Transportation Line. We will be happy to help you. The toll free number is 800-830-3533. Locally the number is 355-3278. We hope the bus will increase your opportunities to get out and about. We also hope that you'll find it easy to use and easy on your pocketbook!



**Gary Fish**

**Ken Bloss**

**Bill Tobias**

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

## Exciting New Changes

Service changes are coming to the transportation program at Sauk County's Aging and Disability Resource Center. The cover article describes our upcoming deviated-fixed route bus service. For more information about the route service, please call the Transportation Line at 355-3278 or 800-830-3533. **The Bus** will be the primary means of providing transportation service within Sauk County. This service will begin by serving three days per week offering connections within and between Reedsburg, Lake Delton and Baraboo and twice weekly offering connections within and between Sauk City, Prairie du Sac, Bluffview and Baraboo. Eventually it will offer daily service in all of Sauk County.

We will continue our volunteer escort driver program however, the emphasis will shift to serving passengers with destinations outside the county or those passengers who have special limitations for whom **The Bus** is not practical. Much of the service our volunteer escort drivers have provided within the county will now be provided by **The Bus**. If you are planning a medical trip within the county, you will soon be able to take **The Bus** to get there and back home again.

The Wednesday and Thursday grocery routes will end once **The Bus** service begins. **The Bus** means more opportunities for shopping for all of our regular grocery shoppers as well as more opportunities for transportation for all who live along the routes. Please note that we will continue our grocery runs right up until the week before we start **The Bus** service.

We will also be temporarily suspending our Tuesday Travels. We are awaiting additional buses through the Department of Transportation. We do not know a date when we will be able to resume that service. We do know that it not be earlier than mid-2010.



***The Bus***  
**STOPS  
HERE**

**Baraboo**

Wal-Mart  
West Square Building  
St. Clare Hospital Campus  
UW Baraboo/Sauk County  
Pierces

**Reedsburg**

Viking Village  
Lands End (unconfirmed)  
Reedsburg Area Medical Center Campus  
Dept of Human Services Bldg  
MATC (unconfirmed)

**Lake Delton**

Wal-Mart (unconfirmed)  
Deer Run Estates (unconfirmed)

**Sauk Prairie**

Bluffview North-Citgo convenience store  
Bluffview South-Delaney's  
Community Center  
Piggly Wiggly/Industrial Park South  
Sauk Prairie Hospital campus  
Ace Hardware (unconfirmed)  
Sentry  
Milwaukee Valve/Industrial Park North

Remember, ***The Bus*** will make a deviated stop to pick up or deliver a passenger within one mile of the designated routes.

***The Bus*** schedules will be available at the designated stops or at the ADRC after May 18.

**Boo Social Group  
For  
Adults With Disabilities!**

There is a grass roots social club forming in Sauk County. The goal is to meet the third Friday of the month. Activities will vary based on what the group would like to do!!

Come and bring a friend!!

For more information  
please contact Corrine  
at 608-356-2155

**April's Fun Activity**

**What:** Pottery Fun

**Where:** 517 Broadway  
Wisconsin Dells

**Time:** 7:00 p.m. until 9:00 p.m.

**When:** April 17

**Cost:** \$2.00 paint, brush and firing

**Item cost:** Less than \$10.00

*Parents, staff, coaches, etc., come join in the fun!*

**See you all there!**

**RSVP: 608-356-2155 ASAP**



One day, a grandpa and his grandson go golfing. The young one is really good and the old one is just giving him tips. They are on hole 8 and there is a tree in the way and the grandpa says, "When I was your age, I would hit the ball right over that tree."

So, the grandson hits the ball and it bumps against the tree and lands not to far from where it started.

"Of course," added the grandpa, "when I was your age, the tree was only 3 feet tall."



## For Your Benefit: News from your Benefit Specialists

Deb Harvey

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### Welcome Our New Elderly Benefit Specialist, Kelly Dietsch!

Hello everyone, my name is Kelly Dietsch and I am the newest member of the ADRC team. As the Elderly Benefit Specialist, I will be working within the Northern part of Sauk County providing information, assistance, and representation to residents 60 and over. I will be based out of the West Square Building in Baraboo, but will also have office hours in Reedsburg. I will travel regularly to the smaller towns to be able to meet with people.

Before coming on board with the ADRC, I worked at Hope House, the local domestic violence and sexual assault agency in the area. For three years, I worked there as the legal advocate helping women and men through the criminal and civil process. That experience allowed me to become knowledgeable in the resources and benefits available to the residents of Sauk County.

After graduating from Adams-Friendship High School, I went to college at the University of Iowa in Iowa City. The time I spent there allowed me to work with several different populations and agencies, including an Alzheimer care facility, senior center, food bank and an agency that provided vocational rehabilitation skills to the disabled. In 2005, I

graduated with my undergraduate degree in Social Work and Women's Studies. To the dismay of friends who are Badger fans I am still a Hawkeye fan.

I currently reside in Baraboo. I enjoy reading, crocheting, going to the movies and hanging out with my cat, Silas. I am excited for the upcoming summer activities, picnicking at Devil's Lake with my friends, attending concert on the square, perusing the farmers market and not shoveling snow.

If you or someone you know could utilize my help as an Elderly Benefit Specialist please look at the calendar that is published in *AddLIFE Today* to find out my whereabouts or call the ADRC to set up an appointment.

### Computer Glitch Causes Headaches for Folks in Medicare Savings Programs (MSPs)

You may have heard on the news recently that a computer glitch resulted in the loss of Medicare benefits for thousands of beneficiaries here in Wisconsin. You may have also heard that the problem has now been resolved, but perhaps you are left wondering—how did this happen? And how does this affect me?

The first important point to keep in mind is that this particular problem only affected individuals who were enrolled in a Medicare Savings Program, or MSP. It did not affect all Medicare beneficiaries. The Medicare Savings Programs (QMB, SLMB, and SLMB+) allow the State to pay certain Medicare costs on behalf of qualifying individuals. These costs may include the Part A and B premium, deductibles, and co-pay and coinsurance amounts. Eligibility for these programs can depend on meeting certain income and asset levels through an application process. Others are automatically eligible for an MSP because they have a special Medicaid status. The

computer glitch affected this second group of people—those individuals who were automatically eligible for a Medicare Savings Program because of a special Medicaid status.

The problem began earlier this year when the computer system responsible for maintaining Wisconsin's Medicaid system wrongfully terminated the individuals who were automatically eligible for the MSPs. This meant that the state was no longer paying the Medicare costs, including the Part B premium. Many individuals received a notice from Social Security that told them that they owed past-due Part B premiums because they lost eligibility for the MSPs and the State was no longer paying the premiums. Social Security said it would take the past-due premiums from the individual's next Social Security check.

Since many remained automatically eligible for MSPs, the State has re-entered their eligibility into the computer system. The State also will go back and pay the costs it should have paid under the MSPs. Unfortunately, it took some time to correct the problem, and individuals are likely to see a reduced Social Security check at the beginning of April. The good news is that Social Security will also send another check to reimburse the individual for the amounts that were incorrectly withheld from the previous check.

Some of the people who were not automatically eligible for an MSP may have been rightfully terminated for other reasons; for example, these individuals may no longer meet the income and asset limits. These people will not be automatically reinstated into an MSP.

If you have questions because you recently received a notice from Social Security that indicates your eligibility for a Medicare Savings Program (MSP) has ended, you may wish to contact your Elderly Benefit Specialist at (608) 355-3289.

## Benefit Specialist Schedule May - June 2009

### DEB HARVEY

Plain American Legion Hall	May 13 11:30 to 12:30	June 10 11:30 to 12:30
Plain Library	May 13 2:00 to 3:00	June 10 2:00 to 3:00
Spring Green Senior Center	May 20 10:30 to 11:30	June 17 0:30 to 11:30
Spring Green Library	May 20 1:00 to 2:00	June 17 1:00 to 2:00
Sauk/Prairie Community Cntr	May 21 10:00 to 11:30	June 11 10:00 to 11:30
Merrimac Village Hall	May 21 8:30 to 9:30	June 11 8:30 to 9:30

### KELLY DIETSCH

Bluffview	May 5 7:30 to 8:30	June 2 7:30 to 8:30
Loganville Village Hall	May 5 9:30 to 10:30	June 2 9:30 to 10:30
Lime Ridge Senior Center	May 5 11:00 to 12:30	June 2 11:00 to 12:00
La Valle Central Park Apartments	May 5 1:00 to 2:00	June 2 1:00 to 2:00
Reedsburg Willow Heights	May 15 9:00 to 12:00	June 9 9:00 to 12:00
Reedsburg Park Street Apts.	May 15 1:00 to 2:00	No visit
North Freedom Village Hall	May 19 12:00 to 1:00	No visit
Reedsburg Willow Heights	May 26 1:00 to 4:00	June 23 1:00 to 4:00

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



## Disability Benefit Specialist

Natalie Wilmot

### SSI Telephone Wage Reporting

Supplemental Security Income (SSI) recipients, deemors, and representative payees can now report monthly wages to the Social Security Administration (SSA) via an automated system using the telephone. During the first six (6) days of a month, SSI recipients are able to report to SSA their work earnings from the prior month by calling a special 800 number, 866-772-0953. A reporter can choose which of the six days to call, but will not be able to report wages using the special 800 number after the sixth day of the month.

To use the 800 number, the caller must provide information to authenticate their identity and/or the identity of the person whose wages are being reported. The individual placing the call must be able to clearly state first and last name information, understand requests for information given by the automated system, and either speak or use the telephone key-pad to enter date of birth and social security number information. A receipt will be automatically generated to the reporter once the report is made.

There are certain exclusions, such as the earner who has more than one employer, or when Impairment Related Work Expenses (IRWE) or a Plan for Achieving Self Support apply to the month. SSI recipients or their representative payees should first contact their local SSA office to see if phone reporting is possible and to obtain further information.

Recipients, deemors, and representative payees who would rather not report wages

by telephone can use traditional reporting methods such as mailing or bringing pay stubs into their local Social Security office.

### FRIENDLY REMINDER!

Help me to help you! If information is sent to you regarding a claim or application, please have this completed before our appointment.

This helps make the most of our appointment. Sometimes a friend, family member or another support person can help you if you need assistance.

But always feel free to contact my office if you have any questions about the documents you receive! Together we can work to make the application process timely and efficient!

### ★ **SAVE THE DATE** ★

#### **2009 Mental Health Consumer Conference**

**Sponsored by Grassroots Empowerment  
Project and funded in part by Federal  
Mental Health Block Grant**

*“United We Stand ...  
Creating Our Future in Mental Health”*

Keynote by

**Dr. Daniel Fisher:**

Noted Consumer, Psychiatrist and Advocate

**A conference BY and FOR Consumers of  
Mental Health Services to Create a New  
and Inclusive Statewide Consumer  
Network for ALL**

***Note: New Date !!!!***

**June 29- 30, 2009**

**Chula Vista Resort- WI Dells**

*Scholarships will be available*

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

**Continuing  
Education**

—another way to **AddLIFE<sup>SM</sup>**

The UW-Baraboo/Sauk County is offering computer classes for the beginner computer user.

### Introduction to Microsoft Word

Class participants will learn to create a document, enter text, insert a picture, set margins, insert bullet points, cut and paste within the document, as well as save and print documents.

Wednesday, May 20, 2009

9:00 - 11:00 a.m.

Computer Lab A-116

Umhoefer Building

UW-Baraboo/ Sauk County campus

Cost is \$20.

Please call Continuing Education  
at (608) 355-5220 to register.

### Applying Microsoft Word

This class is designed for those who have taken the introduction to word class or have a little experience using Microsoft word. Participants will create a newsletter and learn techniques such as creating columns, inserting pictures, creating tables, inserting headers and footers, setting tabs and adding a border.

Friday, May 22, 2009

9:00-11:00 a.m.

A-116 Computer Lab

Umhoefer Building

UW-Baraboo/Sauk County.

Cost is \$20.

Please call Continuing Education  
at (608) 355-5220 to register.



## Senior Farmer's Market Coupons! It's Another BOUNTIFUL Season



The Aging & Disability Resource Center and the UW Extension are again working to bring you the Senior Farmer's Market Nutrition Program.

This program offers qualified older adults a special opportunity to purchase fresh fruits, vegetables, and herbs from the various farmer's markets throughout Sauk County. Eligible households receive \$25.00 in coupons that are spent just like cash at approved farmers markets and farm stands.

To qualify, you must be a resident of Sauk County over the age of 60 (or Native Americans over the age of 55). The annual income has not been set at this time but will most likely be slightly higher than last year requirement of or less than \$19240 for an individual, or \$25,900 for a couple.

We will have a limited number of coupons and they will be given out on a first come first serve basis. We encourage you to sign up for the Senior Farmer's Market Coupons at the location that is the most convenient for you.

### Baraboo West Square Building - Room B24

Wednesday, June 17

8:30 a.m. - 11:30 a.m.

### Sauk Prairie Community Center

Friday, June 19

9 a.m. - 12:00 noon

### Reedsburg City Hall

Thursday, June 25

1:00 p.m. - 3:30 p.m.

### Plain - Kraemer Community Library

Tuesday, June 23

9 a.m. - 11:00 p.m.

### Wisconsin Dells Tribal Aging Unit

E8863 Winneshiek Dr, Wisconsin Dells

Wednesday, June 24

12:00 noon - 1:00 p.m.

### Baraboo West Square Building - Room B30

Tuesday, June 30

1:00 p.m. - 4:00 p.m.

Please call the ADRC office at (608) 355-3289  
with any other questions you may have.

## Aging & Disability Specialists

Here to Help you!



Milissa  
Hintz

Lisa  
Karau

Quinn  
Hause

Abigail  
Chapman

### Help Keep the Alzheimer's Family Caregiver Support Program

Do you want the Alzheimer's Family Support Program to be maintained? Write to your state senator, representative and Governor Doyle and tell them.

Governor Doyle's proposed budget eliminates the Alzheimer's Family Caregiver Support Program (AFCSP) which so many families in Wisconsin rely on to keep their loved ones at home. AFCSP was created in 1985 in response to the stress and service needs of families caring for someone with irreversible dementia or Alzheimer's disease. To be eligible for this program a person must have a diagnosis of Alzheimer's disease or a related disorder and be financially eligible. AFCSP is available in every county throughout the state. Funds are made available in each county to assist individuals to purchase services and goods related to the care of someone with Alzheimer's disease. The maximum allocation of \$4,000 per year per person/family is allowed. Services are based on availability of funds, person's needs and outcomes and cost-effectiveness of services. All other insurance coverage must be utilized first. Allowable services are those which are necessary to maintain a person with Alzheimer's disease in the community. Typical services may include supportive home care, respite care, home

meals, long term care, transportation services as well as nutritional supplements, security systems, specialized clothing, home delivered meals and chair lifts. Each county decides what services are covered by this program but these are some of the services that can be home delivered meals, personal emergency response systems, personal care, specialized clothing, medical supplies, and education/support groups for caregivers. All items and services must be related to the person's needs due to his/her dementia diagnosis.

Services not allowed by AFCSP include acute hospital care, inpatient care or institutional care. AFCSP can not pay for major home modifications, purchasing of land, child care services, or cash payments for services.

In order to be financially eligible for AFCSP, a couple may have a joint income of \$40,000 or less. If a couple has an income over \$40,000 a cost share will apply but the couple may still be eligible. Assets such as a vehicle or home are not counted in the eligibility determination.

### What Can You Do To Help?

If you feel that the Alzheimer's Family Caregiver Support Program is a valuable program, consider sending a short and simple letter to your state senator, state representative and Governor Doyle telling them you want funding for AFCSP maintained. Tell your legislators that we need this program because it helps loved ones care for a family member with Alzheimer's Disease.

Tell your family's story. Legislators need to be made aware of the problems families face when confronting Alzheimer's Disease.

When writing to your state senator use the following address:

**PO Box 7882  
Madison, WI 53707-7882**

When writing to your state representative:  
For representatives with last names starting

with A through L use:

**PO Box 8952  
Madison, WI 53708**

For representatives with the last names starting with M through Z use:

**PO Box 8953  
Madison, WI 53708**

When writing to Governor Doyle use:

**PO Box 7863  
Madison, WI 53707**

Help people coping with Alzheimer's Disease be able to stay at home as long as possible with the help of a loved one through funds made available from the Alzheimer's Family Caregiver Support Program.

### **Mark Your Calendar**



Our office will be closed on:

May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day

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

### **Get the Most Out of Life! Living Well With Chronic Conditions**

Self-Management Workshop

Wednesdays

June 10th - July 15th  
9:00 a.m. - 11:30 a.m.

Please call Mary Jane at the Aging & Disability Resource Center for more information and to reserve your place!  
608-355-3289 or 800-482-3710

Thank you to our partner,  
**Oak Park Place**  
in Baraboo, for providing the meeting space for this workshop.

### **Foot Clinic Schedule**

Baraboo - West Square Building

Tuesdays - May 5 & 19

Tuesdays - June 2 & 16

Wednesday - June 17

LaValle - Fire Department

Wednesday - May 27

Wednesday - July 22

Merrimac - Village Hall

Wednesday - May 20

Wednesday - July 15

Plain - American Legion Hall

Thursday - June 25

Reedsburg - Maple Ridge

Tuesday - May 12

Thursday - May 21

Tuesday - June 9

Thursday - June 18

Reedsburg - Willow Heights

Wednesday - June 10

Sauk Prairie - Community Center

Thursdays - May 7 & 14

Sauk Prairie - St John's Church

Thursday - May 28

Thursdays - June 4 & 11

Spring Green - The Meadows

Tuesday - May 26

Tuesday - July 28

***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 schedule your appointment 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!)**

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 St. Clare's Golden Care office to register  
356-1407

**Thank you to the**  
**Reedsburg Area Medical Center**  
**for partnering with us and**  
**providing the space for the**  
**April 8th Driver Safety Class !!**

**Words of Wisdom**

"I just don't think of age and time in respect of years. I have too much experience of people in their seventies who are vigorous and useful and people who are thirty-five who are in lousy physical shape and can't think straight. I don't think age has that much to do with it."

--Harrison Ford

"Old age is no place for sissies."

--Bette Davis

"Nobody grows old by merely living a number of years. People grow old only by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul."

--Douglas MacArthur

Thank you to Oak Park Place  
for providing a luncheon  
to our wonderful newsletter volunteers!  
It was very much appreciated.

*Cathy Bindl*  
& the Newsletter Volunteers.



**See What's Happening at the**  
**LivingWell Library**

**MAY**

**Wheelchair Safety for You**  
**and Your Loved One**

How do you help someone in and out of a wheelchair without hurting yourself or the person you are trying to help? This video will teach you how! You will learn techniques used by physical and occupational therapists that will save you time and frustration, while preventing injury. Some of the topics covered are: wheelchair safety, how to maneuver ramps and curbs, how to transfer from the bed to wheelchair, out of a lounge chair and in and out of a vehicle, and how to protect YOUR back.

**JUNE**

**How to Measure Vital Signs**

Vital signs, which include temperature, pulse, respiration, blood pressure and pain, provide valuable information about an individual's health. This video teaches care providers the skills and techniques necessary to take and record vital signs accurately. Accuracy is very important in reporting vital signs. The doctor or nurse rely upon this information to evaluate and make decisions about a person's condition.

## Sauk County Emergency Management Encouraging Flood Preparedness

If your home or business is ever flooded, how would you pay for damage and repairs? Less than one percent of households in Wisconsin have flood insurance. Without flood insurance, you are responsible for the losses. That's why it is important for everyone to consider purchasing a flood insurance policy.

In the last two years alone, major floods have caused hundreds of millions of dollars in damages to homes, businesses, local infrastructure and agricultural assets. In 2009, we again face the probability of flooding. The water table in much of southern Wisconsin remains above normal as many fields were saturated even late into the fall. The National Weather Service cautions that heavy spring rains could result in flooding.

That's why Sauk County Emergency Management encourages residents to evaluate their homeowners' policies, assess their risks and purchase flood insurance.

Last summer, more than 41,000 households in southern Wisconsin registered for disaster assistance. While Wisconsin was fortunate to receive federal disaster aid, there is no guarantee assistance will be available for future flooding events. In fact, less than 50% of floods qualify for federal disaster assistance.

In addition, when there is a federal declaration, aid is usually in the form of a loan which must be paid back with interest. Those that qualify for grants would be eligible for up to \$30,300. The grants are not designed to cover all losses and damages.

According to the National Flood Insurance Program (NFIP), Wisconsin homeowners that had flood insurance received more than \$34 million in claims following the 2007 and 2008 flooding events. Through a flood policy, you

can cover your home's structure for up to \$250,000 and its contents for up to \$100,000. Flood insurance is available for renters and businesses.

### You can get flood insurance if:

- you live in a floodplain or high-flood-risk area.
- you live outside a floodplain, or a low-to-moderate flood-risk area, - and at lower cost – provided your home or business resides in one of the more than 500 Wisconsin communities participating in the NFIP.
- your property has been flooded before.
- You can get flood insurance from insurance agents in your area.
- You can buy flood insurance even if your mortgage broker doesn't require it.
- It is affordable. In low risk areas, policies can start as low as \$100.

Talk to your insurance agent about federal flood insurance, sewer backup, sump pump failure, and other homeowners' insurance coverage.

Time is of the essence. There is a 30-day waiting period from the time the policy is purchased to when it actually goes into effect. Consider a policy now before the next flood. For more information on flood insurance, or to find a participating agent in your area, visit [www.floodsmart.gov](http://www.floodsmart.gov) or call 1-800-427-2419.

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### Fun Fact!

#### US Mint launches the first Braille Coin

The US Mint announced production of the first Braille US coin on March 26, 2009. The coin, commemorating Louise Braille features his portrait on one side and the picture of a child reading Braille, while holding a cane is on the other side. The Braille letters BRL are depicted in the upper area of the coin.



Source: <http://www.usmint.gov>

**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	<b>May 26</b>	<b>June 11</b>
Lime Ridge	<b>May 28</b>	<b>June 18</b>
Merrimac	<b>May 12</b>	<b>June 9</b>
North Freedom	<b>May 20</b>	<b>June 10</b>
Plain	<b>May 21</b>	<b>June 17</b>
Reedsburg	<b>May 18</b>	<b>June 15</b>
Sauk/ Prairie	<b>May 15</b>	<b>June 12</b>
Spring Green	<b>May 22</b>	<b>June 19</b>

**Upcoming Topics at the Dining Centers**

- May = Cholesterol & Older American’s Month
- June = Dairy Month
- July = Summer Food Safety
- August = Senses of Smell & Taste as we age

**May is Older American’s Month**

Hello Everyone!

I would like to invite you to celebrate Older American’s Month at your community’s dining center! Come to hear a cholesterol presentation, learn some chair exercises, and

check your blood pressure! Bring a Friend!

At the Sauk-Prairie dining center (soon to be Café Connections), there is no need to make a reservation. You can make a reservation for lunch if you’d like but you are welcome to join us even if you decide at the last minute.

Café Connections, beginning this summer, will have a warm, coffeehouse / bistro atmosphere and extended hours.

The ADRC recently received a grant from the Sauk-Prairie Memorial Hospital Foundation to purchase a Wii Gaming System! It will be available for use during Café Connection’s hours, and also used in **Wii Are Fit**, a new, fun, innovative twelve-week exercise program.

Find out how you can be part of this exciting new service! Please call Kevin at 643-6900, if you are interested in volunteering at Café Connections beginning this summer.

**Eating Right for Prevention**

When I recently visited the dining centers, I handed out the up-to-date food guide pyramid. I also illustrated a timeline of “fad diets.” Guests were surprised that the very first fad diet originated in 1820, and in 1825 was the first version of a low-carbohydrate diet.

I explained to guests that if a person chooses a fad diet they may lose weight - but weight lost incorrectly can actually slow down your metabolism. Metabolism is the amount of calories we expend, or burn to sustain life, such as breathing, thinking, digestive processes, and walking to name just a few. We burn calories even in our sleep. Fad diets, or “quick fixes” can slow this down. How? If a person restricts calories to quickly, or skips meals, their body may metabolize, or breakdown muscle. When your body loses muscle instead of fat your metabolism decreases instead of increases. How do you know if this happens?

You can take body tape measurements, measure your body fat percentage (many weight scales have this today), and weigh yourself. Relying solely on the scale may not give you an accurate measure of the type of weight you lost.

So, what if you do lose two pounds on the scale, but it was a two pound muscle loss? The next time you try to lose weight it will be even more difficult. Does this sound familiar? Have you ever heard someone say, “wait until you get older - I just can’t lose weight like I used to.” The good news is that it does not have to be that way - regardless of your age (think of Jack LaLanne). If you eat a balanced diet according to the food guide pyramid you will have more energy, and proper weight loss. Remember 75% of how you look and feel is nutrition!

Implementing exercise into your daily routine will also reduce the risk of losing muscle weight. Feel free to give me a call if you have any exercise questions.

Please consult your physician, or health care provider before starting a new exercise routine.

### **Prevention Programs**

Eat Better & Move More, Tai Chi, Wii are Fit, health education presentations at the dining centers, blood pressure checks and Living Well with Chronic Conditions. These are all wonderful prevention programs the ADRC offers. Some programs are new and some will be coming soon. For example, Tai Chi will be a class coming soon, as Kevin was recently trained as a Tai Chi instructor. “Wii Are Fit” is a new, fun, innovative exercise program that Kevin developed using the Wii Gaming System.

These programs help give you more energy, avoid, manage or reduce the effects of chronic conditions as well! Please feel free to give Kevin a call if you have any questions about any of the ADRC’s Prevention Programs. If you’re interested in registering for the next twelve-week group session of “Eat Better & Move More” at the Sauk Prairie Community Center, please contact Kevin.

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

## May 2009

### Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>“May flowers always line your path and sunshine light your day. May songbirds serenade you every step along the way. May a rainbow run beside you in a sky that's always blue. And may happiness fill your heart each day your whole life through.”</p>		<p><b>1</b> Roast Pork Loin Mashed Potatoes Pickled Beet Salad Applesauce Cookie Sliced Bread</p>
<p><b>4</b> Liver and Onions Escalloped Potatoes Winter Blend Veg. Peanut Butter Torte Peach Slices Sliced Bread</p>	<p><b>5</b> Beef Stew (includes veg.) Brussel Sprouts Pineapple Tidbits Raspberry Sherbet Dinner Roll</p>	<p><b>6</b> Pork Cutlet in Mushroom Sauce Mashed Potatoes Baby Carrots Fruited Gelatin Cinnamon Roll Sliced Bread</p>	<p><b>7</b> Baked Spaghetti (includes veg.) Italian Blend Veg. Birthday Cake Peach Slices French Bread</p>	<p><b>8</b> Chicken Teriyaki Baked Potato Seven Layer Salad Pineapple Tidbits Fudge Brownie Sliced Bread</p>
<p><b>11</b> Swedish Meatballs Mashed Potatoes Calif. Blend Veg. Pecan Pie Plum Halves Sliced Bread</p>	<p><b>12</b> Baked Chicken Amer. Potato Salad Summer Blend Veg. Cantaloupe Slice Frosted Cake Dinner Roll</p>	<p><b>13</b> Chopped Steak in Burg./Mush. Sauce Mashed Potatoes Green Beans Carrot Cake w/Cr. Cheese Frosting Pear Slices Sliced Bread</p>	<p><b>14</b> Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Cookie Dinner Roll</p>	<p><b>15</b> Pepper Steak Escalloped Potatoes Peas/Pearl Onions Choc. Banana Torte Watermelon Slice Sliced Bread</p>
<p><b>18</b> Chicken Breast Mashed Potatoes Mixed Vegetables Peach Slices Vanilla Pudding Sliced Bread</p>	<p><b>19</b> Escalloped Potatoes and Ham Tossed Salad Spice Cake Apple Dinner Roll</p>	<p><b>20</b> Swiss Steak Mashed Potatoes Carrots Fruited Gelatin Cookie Sliced Bread</p>	<p><b>21</b> Bratwurst on a Bun German Pot. Salad Winter Blend Veg. Fudge Brownie Petite Banana</p>	<p><b>22</b> Chicken Tetrizzini Casserole (inc. veg.) Calif. Blend Veg. Cantaloupe Slice Frosted Cake Sliced Bread</p>
<p><b>25</b></p>  <p>Closed Memorial Day No Dining Center or Home Delivered Meals</p>	<p><b>26</b> Salisbury Steak Mashed Potatoes Peas and Carrots Apple Pie Plum Halves Dinner Roll</p>	<p><b>27</b> Baked Chicken Twice Baked Style Mashed Potatoes Copper Penny Salad Pear Slices Ice Cream Cup Sliced Bread</p>	<p><b>28</b> Crispy Fish Fillet Cheesy Potato Bake Creamy Cucumbers Oatmeal -Raisin Cookie Watermelon Slice Dinner Roll</p>	<p><b>29</b> Ham Rolls Squash Health Slaw Applesauce Vanilla Pudding Sliced Bread</p>

## June 2009 Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Chicken Cacciatore Baked Potato Fresh Spinach Salad w/Bacon Dressing Coconut Cream Pie Pineapple Tidbits Sliced Bread</p>	<p><b>2</b> Pork Steak Mashed Potatoes Red Cabbage Cantaloupe Slice Butterscotch Pudding Dinner Roll</p>	<p><b>3</b> Hawaiian Meatballs Red Skin Potatoes Chinese Ramen Cabbage Salad Ambrosia Salad Apple Sliced Bread</p>	<p><b>4</b> Lasagna Casserole (includes veg.) Italian Blend Veg. Birthday Cake Pear Slices French Bread</p>	<p><b>5</b> Beef Frank on a Bun Oven Roasted Pot. Peas and Carrots Mandarin Orange Gelatin Ice Cream Cup</p>
<p><b>8</b> Pot Roast Red Skin Potatoes Baby Carrots Cream Sicle Torte Applesauce Sliced Bread</p>	<p><b>9</b> Chicken, Broccoli and Rice Casserole Summer Blend Veg. Peach Slices Frosted Cake Dinner Roll</p>	<p><b>10</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Apple Pie Pear Slices Sliced Bread</p>	<p><b>11</b> Salmon Loaf Escalloped Potatoes Peas/Pearl Onions Fruited Gelatin Cookie Dinner Roll</p>	<p><b>12</b> BBQ Pork Cutlet Cheesy Potato Bake Western Corn Butterfinger Torte Plum Halves Sliced Bread</p>
<p><b>15</b> Baked Chicken Amer. Potato Salad Carrots Pineapple Tidbits Raspberry Sherbet Sliced Bread</p>	<p><b>16</b> Glazed Ham Sweet Potato Bake Cole Slaw Molasses Cookie Applesauce Dinner Roll</p>	<p><b>17</b> Country Fried Steak Mashed Potatoes Green Beans Fruited Gelatin Vanilla Pudding Sliced Bread</p>	<p><b>18</b> Beef Stew (includes veg.) Brussel Sprouts Egg Custard Pie Petite Banana Biscuit</p>	<p><b>19</b> Chef Salad with Fresh Spinach, Ham, Cheese, Veggies Salad Dressing Cantaloupe Slice Cookie Croissant</p>
<p><b>22</b> Meatloaf Au Gratin Potatoes Calif. Blend Veg. Chocolate Pudding Apple Sliced Bread</p>	<p><b>23</b> Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Pear Slices Dinner Roll</p>	<p><b>24</b> Swiss Steak Mashed Potatoes Corn Peach Slices Frosted Cake Sliced Bread</p>	<p><b>25</b> Chicken Teriyaki Baked Potato Pea Salad Orange Sherbet Pineapple Tidbits Dinner Roll</p>	<p><b>26</b> Swedish Meatballs Mashed Potatoes Baby Carrots Spice Cake Watermelon Slice Sliced Bread</p>
<p><b>29</b> Ham Rolls Squash Health Slaw Applesauce Cookie Sliced Bread</p>	<p><b>30</b> Baked Chicken Twice Bake Style Mashed Potatoes Copper Penny Salad Tapioca Pudding Plum Halves Dinner Roll</p>	<p style="text-align: center;"><b><i>Reflect upon your present blessings - of which every man has many - not on your past misfortunes, of which all men have some.</i></b></p> <p style="text-align: center;"><b><i>-Charles Dickens</i></b></p>		



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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/>

**CHANGE SERVICE REQUESTED** X



of Sauk County

If you know of someone who would enjoy receiving this publication, please give the ADRC a call at (608) 355-3289 or (800) 482-3710, and *AddLIFE Today* will be sent to them. Do you have a family member or friend who cannot read *AddLIFE Today* because of poor eyesight? *AddLIFE Today* is available on cassette tape and may be mailed to them. For more information, please call Cathy Bindl at 355-3289

In an attempt to reduce the increasing costs of returned newsletters, please contact the ADRC if you are going on vacation, are moving, or if you want to be removed from this mailing list.

Use technology and save our natural resources!

Would you prefer to receive an electronic copy of future issues instead of being mailed one? If so, please e-mail [cbindl@co.sauk.wi.us](mailto:cbindl@co.sauk.wi.us). When they are available, you will receive an issue via e-mail. This will help us reduce postage costs as well as the amount of paper used!

AddLIFE Today! is also available on the ADRC's website!

For questions or comments,  
please contact Cathy Bindl at 355-3289/(800)482-3710 or email at [cbindl@co.sauk.wi.us](mailto:cbindl@co.sauk.wi.us).

AddLIFE™ to your Years

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**E**nergy

### Try this ADRC Brainteaser!!

A man is the owner of a winery who recently passed away. In his will, he left 21 barrels (seven of which are filled with wine, seven of which are half full, and seven of which are empty) to his three sons. However, the wine and barrels must be split so that each son has the same number of full barrels, the same number of half-full barrels, and the same number of empty barrels. Note that there are no measuring devices handy. How can the barrels and wine be evenly divided?

**Answer:** Two half-full barrels are dumped into one of the empty barrels. Two more half-full barrels are dumped into another one of the empty barrels. This results in nine full barrels, three half-full barrels, and nine empty barrels. Each son gets three full barrels, one half-full barrel, and three empty barrels.



This Brainteaser provided by:

Aging & Disability Resource Center  
505 Broadway  
Baraboo, WI 53913  
608-355-3289 or (800) 482-3710