

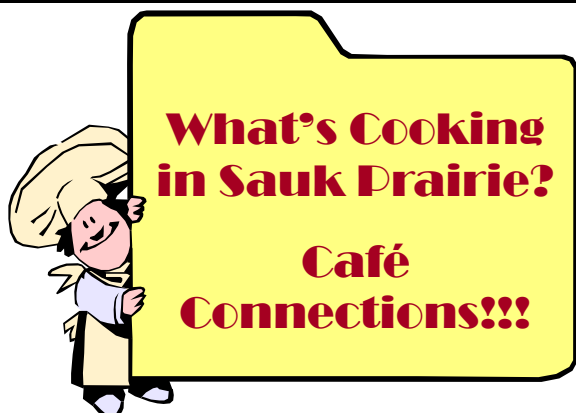


Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

November-December 2009

Vol 1 Issue 6
Bi-Monthly Newsletter



Why would a dining center change?
What is Café Connections?

Believe it or not, the senior dining center concept is 30-years old! Our Aging & Disability Resource Center was selected by the State to make a change; to try something new and to not just “put lipstick on a dinosaur.” Our Café Connections is one of three dining centers in Wisconsin for this pilot study.

So, we sent out a survey to everyone in the Sauk Prairie area in Add LIFE Today! about two-years ago (yes, this has been a long process of planning). The survey revealed that people like to have a sit down meal, programs, eat with different ages (not just seniors), and be able to just “drop-in” for a meal. After compiling the surveys, the quest for an update to the dining center began.

The name Café Connections was chosen because it is a café connecting you to other people and your community! There are programs, cards, computers, snacks, a lounge to visit, a Wii Gaming System, and a daily lunch special that is still supported by the

Older American’s Act. The daily lunch special at Café Connections is still at the same time (11:30 - 12:00 p.m.), still the same menu, and if you’re 60+ years of age the daily lunch special is still yours by donation. Everyone else the daily lunch special cost is \$6.50. Walk-ins are always welcome for all ages!

Café Connections is open from 9:30 a.m. - 2:00 p.m. Snacks and beverages, like granola bars, biscotti, fruit, string cheese, yogurt, popcorn, coffee, flavored coffee, and smoothies are available anytime at Café Connections. The ADRC is a non-profit organization so all snack and beverage prices will be sold at cost.

Where is Café Connections?

Sauk-Prairie Community Education Center
(Monroe Street Room)

When is Café Connections open?

9:30 -2:00 p.m.

What is happening at Café Connections?

Lounge, snacks, programs, cards, puzzles, guest speakers, Wii Gaming, etc.

When is the Daily Lunch Special?

11:30 - 12:00 p.m.

(Walk-ins are welcome)

Who Works at Café Connections?

Our wonderful volunteers!!!

Ask Kevin Monroe, or Mary Jane Percy how you can help to make this a success!

“The more you give, the more you receive!”

**Join us the week of November 9
to celebrate the
Grand Opening of Café Connections!!**



Director's Notes

Trish Vandrez, Director



Looking into the Future!

Well, I certainly don't have a crystal ball however, I do have some exciting ideas about what our future holds in the next three (3) years.

Last issue I told you about the planning process that is required for the ADRC and the areas on which the Administration on Aging (federal agency) has asked us to focus attention in the coming years.

These areas are:

- ◆ Emergency Preparedness
- ◆ Transportation Coordination
- ◆ Family Caregiver Support Services.

Some hard work and thoughtful planning has but done by the ADRC staff, the ADRC Advisory Committee and County Board Supervisors to arrive at goals and objectives to be accomplished in the next three (3) years in these priority areas. Here is a summary of those goals.

EMERGENCY PREPAREDNESS:

- ▶ Development and maintenance of a Registry for all those who have special needs or desire special considerations during a disaster or emergency situation;
- ▶ Coordination of the Registry with local responders for use in an emergency/disaster situation;
- ▶ Staff training and practice exercises for how the ADRC will respond in an emergency/disaster situation.

TRANSPORTATION COORDINATION:

- ▶ All ADRC event fliers and brochures will include information on how to use the intercity bus route to meet the consumer's transportation needs to attend or participate in the activity. [For example, a dialog box entitled "*How to Get There*" and the connecting route information.]
- ▶ Consumers living in Baraboo, Lake Delton, Reedsburg and Sauk Prairie will have access to intercity bus route service via **The Bus** every weekday;
- ▶ Consumers will have access to bus route service to Madison every weekday via collaboration with **The Bus** and Dane County based transportation services;
- ▶ The Transportation Coordination Committee will conduct an assessment of unmet needs among the human service populations served by Sauk County transportation programs;
- ▶ Consumers living in the western part of Sauk County will have access to intercity bus route service via **The Bus** at least two (2) times per week.

FAMILY CAREGIVER SUPPORT ACTIVITIES

- ▶ Caregiver Coalition will be convened to build knowledge base of all services available and identify gaps in services;
- ▶ Caregiving/Volunteer Coordinator will provide training opportunities to ADRC staff regarding the unique needs of caregivers and to care management unit staff regarding the unique needs of caregivers;
- ▶ A marketing campaign will be undertaken to make family caregiving a well-recognized role in the community;
- ▶ A Caregiver Hotline will be established

- ▶ A family caregiver column will be established and appear in each issue of AddLIFE Today!
- ▶ A Keynote Speaker and Caregiver Wellness Room will be featured at the 2010 LivingWell Expo;
- ▶ A Caregiver Mentor program will be developed connecting family caregivers with qualified mentors who may be or have been current caregivers;
- ▶ Grant opportunities to expand, develop or sustain caregiver services will be sought.

ADVOCACY

- ▶ Candidate will be identified to attend the Senior Statesmanship Program in 2010
- ▶ The ADRC and the Senior Statesman graduate will hold an event to begin to

build grassroots advocacy movement to provide input to local, state or federal entities.

VOLUNTEERISM

- ▶ A plan will be developed for recruitment and retention of volunteers in the “baby boomer” demographic in order to sustain the programs and services provided by the ADRC.

If any of these goals strike a chord with you, please call me to discover how you can be part of the *FUTURE* in Sauk County and

Live Well!

-Trish



*Blessed is the season
which engages the whole world
in a conspiracy of love.*

-- *Hamilton Wright Mabie*



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

Winter Weather Affects Your Home Delivered Meals And ... possibly ... Your Driver



During the winter months there are days when our volunteer drivers for home delivered meals must brave the elements to get your lunch to your door!

There is a possibility that there will be days, during the winter months, when the meals will arrive to the dining centers a little later than usual; and the local roads may also be a little more difficult to navigate. On those days your meal may be delivered a little later than usual ... and your patience will truly be appreciated!

Last winter the weather was so severe that meals were actually cancelled on more than one occasion. Please understand that this decision is a very difficult one to make ... and it is made with safety in mind!

I'm sure that you will agree that your driver's safety is very important. More than one of our drivers was injured last winter after falling on ice while delivering meals. Please remember to make the necessary arrangements to have your sidewalks and/or driveway cleared of ice and snow.

If the driver feels that your walkway is unsafe your meal will not be delivered. Another very difficult decision to make!

Thank you for your patience and understanding on the difficult days ... it makes your driver's challenging day a lot brighter :)

How Many Hats Do YOU Wear?

I love busy people! Our volunteers are an amazing group of busy people who lead busy lives and wear many hats. They are great ... but ... we don't have enough of them!

We currently have a very REAL need for more help at our dining centers. We need your help at the dining center and with our Home Delivered Meals! Your neighbors need your help!

If you have one day per month, one day per week, or would be willing to be trained as a substitute PLEASE call me.

Will you please consider wearing one more hat?
The **volunteer** hat!



6th Annual Baraboo Area Christmas Dinner

On Friday, December 25, 2009 the 6th annual Baraboo Area Christmas Dinner will be held at the First United Methodist Church, 505 Broadway, Baraboo.

This dinner is an opportunity for people to gather for a hot, home-cooked dinner with all the trimmings ... including the most valuable trimming of all - other people to share the meal with!

Dinner will be served at 12:00 noon and ALL ARE WELCOME! There is no cost for this meal ... please come and join us. Please call the church office at 356-3991 no later than December 18 to make your reservation.

Would you like to help? We'd love to have you!
Please call Mary Jane at 356-3158.



**Caregiving:
Believe in Yourself
Protect Your Health
Reach Out for Help**

A difficult and sometimes awkward thing to do is ask for help when you're a caregiver. You don't want to bother family and friends, you feel you are the only one who knows how to care for your loved one, or you're fearful that your loved one won't allow anyone but you to help them.

Caregivers who avoid asking for help and end up trying to do everything by themselves are more likely to suffer from caregiver stress, exhaustion, physical ailments, and depression

However, you may find that once you take the step and ask someone for help, it's much easier than you expected. Many times, family members and friends are willing, but don't know if they should offer to help, and just don't know how to help.

Caregivers need a temporary break, or respite, from their caregiving duties which can be exhausting. The physical, emotional, and financial responsibilities a caregiver has can be overwhelming without respite. The stress of continuous caregiving can result in decreased health, one or more chronic conditions, depression, and even a higher mortality rate than that found in non-caregivers.

Respite has been shown to help sustain caregiver health and wellbeing, avoid or delay out-of-home placements of loved ones, and reduce the likelihood of abuse and neglect.

Please contact us here at the Aging & Disability Resource Center for more information about caregiver resources that are available.

Let us help you to be the best caregiver you can be!



Caregiver Resources

Add these to your Caregiver Toolkit !

AARP

www.aarp.org/families/caregiving

Administration on Aging:

National Family Caregiver Support Program

www.aoa.gov

AGIS

Assist Guide Information Services f

or Caregivers

www.agis.com

Caregiving.com

www.caregiving.com

Eldercare Online

www.ec-online.net

Family Caregiver Alliance

www.caregiver.org

League of Experienced Family Caregivers

www.familycaregivers.uwm.edu

National Alliance for Caregiving

www.caregiving.org

National Family Caregivers Association
(NFCA)

www.thefamilcaregiver.org

Today's Caregiver

www.caregiver.com

The Well Spouse Foundation

www.wellspouse.org

Wisconsin Family Caregiver Support Program

www.wisconsinicaregiver.org

Family Caregiver Support Network

1-866-843-9810

Don't have a computer? Come to the LivingWell Library to check into these resources!



Mobility Management

Ashley Nedeau-Owen

The Bus is running in Sauk County. There have been articles in the last two issues of AddLIFE Today! and I will undoubtedly write more about transit and the bus in the future.

Transit, especially rural transit is a new thing. Well, not really. Several of our readers grew up with easy access to many forms of transit right here in Sauk County – trains, buses, airplanes and the ferry. The widespread adoption of personal vehicles coupled with both more and improved roadways have made personal vehicles so predominant as to make train and bus almost obsolete. One year ago, Jefferson Lines stopped it's intercity service that had been serving Sauk County with stops in Lone Rock and Spring Green. Air service in Sauk County has always been for the wealthier few. But now Sauk County has an intercity bus service for everyone to use!

There are many real and tangible benefits to intercity bus service. For starters, it is the safest mode of transportation after school buses. Simply put, *The Bus* saves lives. Secondly, intercity bus is less expensive than using personal vehicles. The American Public Transit Association and AAA both agree that it costs, on average, \$0.95 per mile to operate an automobile. We know, too, that automobiles average 1.1 people per trip or about \$0.86 per passenger mile to operate. Doing a comparable look at *The Bus* with costs of approximately \$2.00 a mile for each bus, we've transported 469 people at an average cost of only \$0.60 per mile. And that cursory view doesn't look at our receiving fares. If you'd like a thorough and recent exploration of the differences between the costs of personal vehicles compared to the costs of transit, the very best study is available for free on the

internet at <http://www.vtapi.org/tranben.pdf>. Safer and less expensive alone is cause to celebrate having *The Bus*.

To really make *The Bus* work in Sauk County, though, we need more passengers. What we have learned in the first three months is that, on average, we transport more than three times as many people between Sauk City and Baraboo than we do between Reedsburg and Baraboo. That has prompted us to make a change. Starting on October 12 we changed our Monday runs so that *The Bus* connects Sauk City and Baraboo instead of Reedsburg and Baraboo. Our service still connects Baraboo, Lake Delton and Reedsburg on Wednesdays and Fridays. Now *The Bus* connects Sauk City, Prairie du Sac, Bluffview and Baraboo on Mondays, Tuesdays and Thursdays.

We are still looking to expand the service so that all of these communities will be served by the bus five days each week. We will continue to seek funding opportunities and partnership possibilities to make five day a week service a reality. We are not there yet, but we will continue to work hard and are confident that one day soon, we will offer the service we have been planning. We are also planning to expand the service to Spring Green and Plain and Loganville as soon as we are able.



DRIVE SAFELY
THIS WINTER!!

Roundabouts: Why, What & How

Have you had the opportunity to enter a roundabout? Once there, did it seem as though all you could do was continue going around? Has a roundabout made a once familiar intersection look as though you were in another state or even in another country? If so, you are not alone.

Roundabouts are being used more and more frequently all around the globe. We have new ones in Sauk County and we will see more. Roundabouts are safer than other intersections. All of the data collected from crashes at intersections show that fewer crashes occur in roundabouts. This is the primary reason for more roundabouts as more than 40,000 people die every year in the US in vehicle crashes.

Roundabouts also allow for more traffic since vehicles do not stop in roundabouts and this constant flow of traffic reduces congestion. Recent estimates on vehicle congestion in the U.S. show that more than \$67 billion dollars in productivity was lost in the 75 largest cities in the U.S. in 2000. A 2006 study showed that in rural areas and small town, congestion can cost the average driver as much as \$200 a day in extra fuel and lost productivity time.

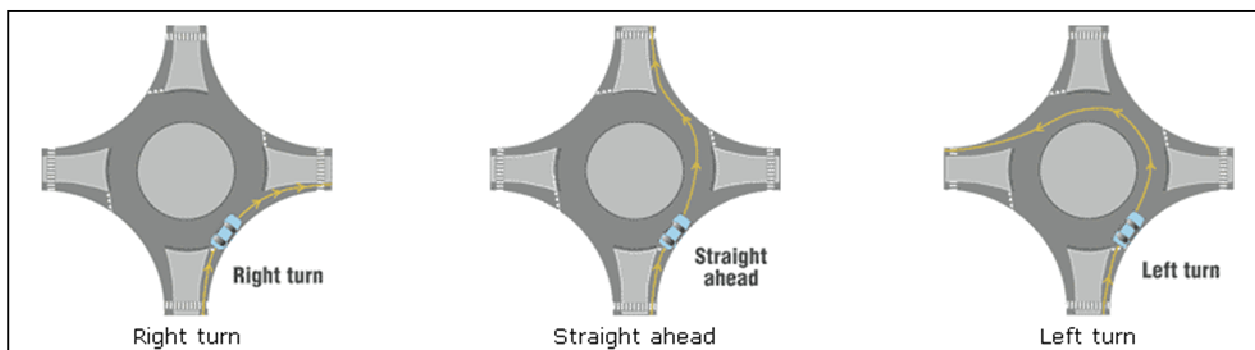
A roundabout is like four on-ramps in close quarters that people use at low speeds. Cars in the roundabout have to watch for vehicles merging into the roundabout. Cars moving in have to watch for vehicles already there. Roundabouts can have as many as six opportunities to change direction – stay on the same road or turn onto another road or even

reverse direction on the road you are traveling.

To use a roundabout, slow down as you approach. Plan your path. If you are going straight ahead and the roundabout is at a former crossroad, you will exit the roundabout at the second opportunity. Look ahead, through the roundabout for oncoming traffic, look to the left for approaching traffic and look right to see if anyone is coming. Then look into the roundabout especially to the left as you enter, watching for other vehicles. Remember that no one stops in roundabouts. Proceed into the roundabout without stopping, merge into traffic and exit onto the roadway you need. Travel no faster than you can while still watching three directions and still being able to read the signs posted on the right side of the roundabout. For practice, enter a roundabout and make a couple of circles before exiting on your roadway. Use them to gain a sense of familiarity.

If you have access to a computer, the Wisconsin DOT has brochures, movies and other helpful information to make roundabouts part of your comfortable driving experience. Please look at the following web site for more information: <http://www.dot.wisconsin.gov/safety/motorist/roaddesign/roundabout.htm>

Source:<http://www.dot.wisconsin.gov/safety/motorist/roaddesign/roundabout.htm>





For Your Benefit:

News from your
Benefit Specialists



Deb Harvey

Kelly Dietsch

Fall Mailings from Social Security and Medicare

Some of you may be getting notices from Social Security and/or Medicare about your enrollment in Medicare Part D or your receipt of extra help with your Medicare Part D prescription drug costs through the low income subsidy program. These mailings begin in the fall in anticipation of the new Medicare Part D plan year which begins January 1, 2010. Enrollment for the new year begins November 15, 2009 and ends December 31, 2009.

In September 2009, Medicare and Social Security mailed notices on **gray** paper to people who will no longer automatically qualify for extra help with Medicare Part D prescription drugs through the low-income subsidy program. This notice explained why the assistance was no longer automatic. An application for the low-income subsidy was included with this notice and Medicare beneficiaries who received this gray notice should complete the enclosed application and return it to Social Security to determine if they are still eligible for extra help with their Medicare Part D prescription drugs. Beneficiaries who received this notice and who do not reapply for extra help will not receive assistance with their prescription drug costs in January of 2010.

In October 2009, Medicare mailed notices on **orange** paper to Medicare beneficiaries who will continue to receive extra help through the low-income subsidy but who will have a change in their level of co-payment for Medicare Part D prescription drugs.

In November 2009, Medicare will mail notices on **blue** paper to Medicare beneficiaries who receive extra help through the low-income subsidy and who were assigned to their current low-cost plan by Medicare. This notice will notify them that they will be reassigned to a different low-cost plan for 2010. Beneficiaries who receive these notices can do nothing and receive coverage through the low-cost plan Medicare picked for them for 2010 or they can do their own plan search on Medicare.gov and select their own low-cost plan for 2010.

In November 2009, Medicare will mail notices on **tan** paper to Medicare beneficiaries who receive extra help through the low-income subsidy and who selected their own plan in 2009. This notice will notify them that if they keep their current low-cost plan for 2010, they will have to pay a portion of the premium in 2010. Beneficiaries who receive the **tan** notices can do nothing and stay in that plan for 2010 but they will be responsible for paying a portion of the premium. Beneficiaries can also do their own plan search on Medicare.gov and select a low-cost plan to fit their needs for 2010 that will not require them to pay a portion of the premium.

If you receive a notice and have questions, you can call 1-800-Medicare, your local Social Security office, or your Elderly Benefit Specialist.



Thanksgiving
Blessings
§



Holiday
Greetings

From the ADRC

Medicare Part D Annual Enrollment Period

The annual enrollment period for Medicare Part D and for Medicare Advantage Plans begins November 15 and ends December 31. Plans can begin marketing as of October 15. We suggest that people in Part D and/or Medicare Advantage plans read their mail very carefully this month, to see what changes will be made in their plans for the next year and what these plans will cost them. It is also wise to run a check on the Medicare site Planfinder to see if there may be a less expensive plan or one that offers better coverage for the prescriptions you take.

The ADRC and the Benefit Specialists will continue to offer information and assistance with Medicare Part D issues and the annual enrollment this year. Please mail or drop off to our office a printout from your pharmacy of your current prescriptions. Remember to include your phone number. We need this information before we see you so we have all the Medicare information printed off and available to discuss with you. This allows us to help more people and should mean shorter wait times for those who come to see us.

Do not wait until December to start your search for a better plan. Enrollments made or changed in the latter part of December seem to be more vulnerable to errors and problems. For this reason you will need to get your information to us before December 18. It is in your best interest to compare plans every year. Most people will see a savings in their prescription coverage every year when they compare all the plans.



Benefit Specialist Schedule November-December 2009

DEB HARVEY

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

KELLY DIETSCH

Bluffview	November 5 7:30 to 8:30	December 1 7:30 to 8:30
Loganville Village Hall	November 5 9:30 to 10:30	December 1 9:30 to 10:30
Lime Ridge Senior Center	November 5 11:00 to 12:30	December 1 11:00 to 12:00
La Valle Central Park Apartments	November 5 1:00 to 2:00	December 1 1:00 to 2:00
Reedsburg Willow Heights	November 10 9:00 to 12:00	December 8 9:00 to 12:00
Reedsburg Park Street Apts.	November 10 1:00 to 2:00	No visit
Baraboo Highpointe Commons	November 11 12:00 to 1:00	No visit
North Freedom Village Hall	November 17 12:00 to 1:00	No visit
Reedsburg Willow Heights	November 24 1:00 to 4:00	December 22 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

Core Plan – Health Care For Adults With No Dependent Children

On October 9, 2009, the BadgerCare Plus Core Plan enrollment process was suspended. Wisconsin Department of Health Services (DHS) will no longer be enrolling new members in the Core Plan as of October 9, 2009 because the total number of applications they received was greater than the number of slots available. A waitlist was developed and people on that waitlist will be able to enroll in the Core Plan as space becomes available.

After that deadline, DHS will still accept applications for the FoodShare and Family Planning Waiver programs and we encourage you to apply for these programs.

If you did not apply for the Core Plan before October 9, 2009 and wish to enroll as space becomes available, go to ACCESS.wi.gov or call the Enrollment Services Center at 1-800-291-2002. They will ask you to answer some questions to see if you may be eligible for the Core Plan before putting you on the waitlist.

You will not be asked to pay the \$60 application fee until you are able to enroll in the Core Plan.

If your name is added to the Core Plan waitlist, DHS will let you know when there is an opening and tell you what you have to do to get signed up. While you are on the waitlist, you should let the Enrollment Center know if you have any changes in your contact information such as address and phone number so they can reach you when there is an opening in the program. If your name is added to the waitlist, please contact the Enrollment Services Center if you:

- ◆ Become disabled
- ◆ Turn age 65
- ◆ Move out of Wisconsin
- ◆ Become eligible for Medicare or Medicaid
- ◆ Obtain health insurance
- ◆ Start a job that offers health insurance
- ◆ Have a related child under age 19 move into your home

If one of these things changes, you may be eligible for another health care plan that does not have a waitlist.

For people who applied for the BadgerCare Plus Core Plan on or before October 9, 2009:

- ◆ If you submitted an application and paid your fee before 5:00 p.m. on October 9, 2009, your application will be processed and you will be enrolled if you meet the program rules.
- ◆ If you submitted your application before 5:00 p.m. on October 9, 2009, but you have not yet paid your fee, you must pay it within 30 days from the date you applied. If your fee is not paid on time, your application will expire and you will have to add your name to the waitlist.

For more information about the BadgerCare Plus Core Plan or to find a list of free or low cost clinics, visit: www.badgercareplus.org

My Doctor Says I'm Disabled, Why Doesn't Social Security Find Me Disabled?

For purposes of Social Security, an impairment must meet certain criteria. The impairment must be severe enough that it keeps the disabled person from working, and earning above a certain amount, for at least twelve months.

The disability itself is not the issue. Whether it's heart disease, respiratory problems, cancer,

etc., the main issue for the disability program will always be this: what is the functional outcome of a medical impairment with regard to a claimant's ability to work?

Medical records must indicate the presence of impairment(s) either physical or mental in nature. Every impairment has its own approval criteria, or qualifications. Social Security has a book devoted to this purpose. *So, for example, if you had congestive heart failure (CHF), the disability examiner reviewing your case would check the manual and your medical evidence to see if your condition met the listed requirements for CHF.*

However, not every condition is listed in the manual. Fibromyalgia, for example, is not in the book. Nor is irritable bowel syndrome, or carpal tunnel syndrome, or a variety of other problems.

If your condition does not meet (or equal) the requirements of a listing, you can get what is called a medical/vocational allowance. This is how most people get approved for social security disability. They look at the work you did in the past, referred to as "past work". Then they look at your medical records and prepare a Residual Functional Capacity (RFC) assessment which indicates your *exertional limits*. That is, are you capable of only sedentary work, light work, or medium work?

After Social Security decides what your limits are, they assess whether or not you can return to your past work...based on your RFC limitations.

If your RFC says you are only capable of light work, and all your past work was at the medium exertion level (examples of medium level jobs---jobs that require being able to lift 50 lbs occasionally and 25 lbs frequently---are heavy equipment operator, tractor trailer truck driver, plumber, etc.), then it is pretty obvious--you can't reasonably be expected to return to your past work.

The next step in the process is "other work". That is, if social security finds that you cannot do your past work, the DDS examiner will investigate other forms of work that you might be able to switch to. "Other work" has to be work which you are capable of doing. And, often, it has to be work to which your skills are transferrable.

So, if you used to do a mechanic type job that was medium exertion, but now, because of your medical condition, the examiner concludes you can only do light work, the examiner might try to find (*in a huge volume which lists thousands of jobs, including many that do not exist in your area*) an "other work" job to send you to, such as a mechanic job that involves less lifting and is classified as light exertion.

As you can see, the social security administration defines disability in a fairly strict sense, and only in the context of total disability. Unlike workman's comp (which allows for permanent partial disability) or Veterans Disability Benefits (which allow for a percentage-basis rating, e.g. 30% disability), to receive SSI or Social Security Disability, a claimant must be considered completely, and unequivocally, disabled.

How can my doctor help? Statements from a claimant's treating physician can carry great weight on an Initial Social Security disability or SSI disability claim, or subsequent appeal. But, such statements must be detailed as well as substantial. Short, cursory statements (example: "My patient is 100% disabled and unable to work") are usually of no benefit. Ideally, a statement from a doctor should be detailed. A doctor should not simply state that a person is disabled, but, rather, why a person is disabled. Statements written in this manner can greatly improve a claimant's chances of being awarded continuing and past due Social Security Disability or SSI benefits.

Aging & Disability Specialists

Here to Help you!



Lisa
Karau



Quinn
Hause



Abigail
Chapman

A New Face In Town



With a change in the seasons comes a change in the Aging and Disability Resource Center. Jim Pritzkow has accepted the position as the Lead Aging & Disability Specialist. Jim started his employment with Sauk County on September 25, 2009.

Jim was previously employed at the Marquette County Aging and Disability Resource Center in Montello, WI. He started his employment with Marquette County in April of 1998 in the Child Protection Unit. In 2001, Jim “graduated” into the Long Term Care Unit. There, he worked with the Community Options Program and Adult Protective Services. In May of 2007, he transferred to the Aging and Disability Center as the Options Counselor and Social Worker.

Jim graduated in 1995 with a Bachelor’s degree in Social Work from the University of Wisconsin-Oshkosh. He is also a Certified Information and Referral Specialist through the National Alliance of Information and Referral Systems.

Jim currently resides in Wisconsin Dells with his wife and three children. His interests include baseball, golf, and exploring all the restaurants in town. Jim is also an avid gemstone collector and makes jewelry in his spare time.

So, when in Baraboo, please stop by and say “Hi!”. Jim would be happy to talk to you about options that are available in the Sauk County area.

A Guide To Supportive Home Care

What is Supportive Home Care or SHC?

Supportive Home Care or SHC is an array of services designed to help the consumer maintain their home. Services are provided through a Supportive Home Care Agency that provides paid workers to come into the home of the consumer to complete services or tasks. Services may include but are not limited to: laundry services, cooking and meal preparation, house cleaning, lawn care and snow removal, companion services, running of errands and respite services. With these services in place, a consumer can remain in their own home and either prolong or avoid an unwanted move to an assisted living arrangement or nursing home.

What is the Difference

Between SHC and Personal Care?

SHC provides services that are done around the consumer’s environment and do not include services like bathing and grooming. Personal Care is “hands-on” care that is directly administered to the consumer’s body. Personal Care includes such services as bathing, grooming, personal hygiene and skilled nursing care. Personal Care is generally more expensive per hour than SHC. Agencies may offer both SHC and Personal Care, only SHC or only Personal Care. It is important to understand what type of services you need so you contact the right agencies.

What Criteria is Needed to Receive SHC?

There is no formal criteria that a consumer needs to meet to receive SHC if the consumer is privately paying for the services. Services can be purchased as much as the consumer wants or needs and that they can pay for. If funds other than private are needed such as

Medicare or Medicaid, then the consumer must meet certain criteria. This criteria can include physician's orders, income/asset levels and consumer's need. If needing funds other than private pay, it is best to speak with a staff member of your local Aging and Disability Resource Center.

How Do I Access SHC?

Supportive Home Care can be accessed several different ways. First, a physician may order that a patient receive SHC after a hospital discharge. In most cases, Medicare will pay the cost and approve a very limited amount of visits or hours. Another way for a consumer to receive SHC is to pay privately for the services. Almost all SHC agencies will accept private pay for their services. Usually, services are billed by the hour and the type of service being performed. Rates can vary from around \$20.00/hour to \$35.00/hour depending on the agency and type of service. Mileage may also affect the rate and is an important question to ask. Another way for a consumer to get SHC is to have it funded through a program called Family Care. In order for a consumer to enroll in Family Care, an assessment needs to be completed. If found eligible, the consumer will be placed on a waiting list. When the consumer's wait is over and enrolled in Family Care, the consumer can receive funding for SHC. To have an assessment for Family Care, please contact your local Aging and Disability Resource Center.

How Do I Pick The Right SHC Agency For Me?

When shopping for SHC services, it is important to contact all of the agencies in your area. There are large differences in the hourly rates and the quality of the services provided. It is also a good idea to talk with other consumers who are receiving SHC. References from friends are a great indicator of how well an agency provides SHC. Another important factor to consider is to make sure all the SHC workers are bonded and insured through the agency. This will help protect you should a problem arise. It is important to understand that some agencies will cross county lines to provide services. Call the Aging & Disability Specialists in our office for a list of all the SHC agencies in Sauk County area.

Foot Clinic Schedule

Please note: September 1st, the cost for each foot clinic will increase to \$23.

Baraboo - West Square Building

Tuesdays - November 3 & 17

Tuesdays - December 1 & 15

Wednesday - December 16

LaValle - Fire Department

Wednesday - November 25

Wednesday - January 27

Merrimac - Village Hall

Wednesday - November 18

Wednesday - January 20

Plain - American Legion Hall

Thursday - December 23

Reedsburg - Maple Ridge

Tuesday - November 10

Thursday - November 19

Tuesday - December 8

Thursday - December 17

Reedsburg - Willow Heights

Wednesday - December 9

Sauk Prairie - St John's Church

Thursdays—November 5 & 12

Thursdays - December 3 & 10

Spring Green - The Meadows

Tuesday - November 24

Tuesday - January 26

Please note:

The cost for each foot clinic is \$23.

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.



The Aging & Disability Resource Center
Home of the LivingWell Library
TTD/TTY available in our LivingWell Library

***What's Playing at the
Living Well Library!!***
November

As the weather cools, we begin to find ways to keep our homes warm. But in doing this we need to remember to take precautions to avoid fires. People 65 and older are twice as likely to die in a home fire than the general population. Come into the LivingWell Library during the month of November to watch "Fire Safety". This video will educate you about fire safety, smoke alarms, electrical and appliance safety and how to create an escape plan if a fire should happen.

December

Enjoy the sounds of the Holidays as you explore the LivingWell Library.

The LivingWell Library is a filled with useful information. It is filled with brochures and packets of information on housing options, diseases and health related issues, caregiver information, Medicare benefits, energy assistance, FoodShare and so much more!!! We even have the local newspapers for you to read!! Don't forget the computer and the magnifying reader are always available for your use. The TTY/TDD phone is accessible for those who are deaf and hard-of-hearing.

The coffee pot is always steaming and we are always happy to see you!!!

New Low Vision Support Group!!



Do you have low vision?
Would you like to meet with others
experiencing similar problems?

A new Low Vision Support Group has begun in Prairie Du Sac. They meet the third Wednesday of each month at 1:00 p.m. at

Pine Glen Senior Apartments
930 Prairie St
Prairie Du Sac, WI

The choice of meeting topics will be determined by those participating. Speakers, discussions, social activities and more—all have been beneficial to members, family and friends who attend.

Other Low Vision Support Groups in the area meet monthly in Baraboo, Reedsburg and Portage.

Everyone is welcome!!!

To learn more contact
Janet Pearson at 355-0477

Stay warm this winter!!

If you are in need of assistance with your heating bills contact the Aging & Disability Specialists to see if you are eligible for assistance!!

Call 355-3289 or 800-482-3710



Changes in Medicare May Save Your Money!!

By Mike Lew
Medicare Savings Advocate

Effective January 1, 2010, there are some changes in Medicare that could save you the money that you are currently paying for Medicare premiums. You may even be eligible to have your deductibles and co-pay fees paid.

These changes are not connected with the current discussions of changes to Health Insurance Reform. They have already been made law with the passage of the Medicare Improvements for Patients and Providers Act (MIPPA) passed earlier this year.

One major effect of this legislation is that Medicare recipients with modest incomes may be eligible for a waiver of the Medicare premium or even the co-insurance/ deductibles. In the past, some recipients were ineligible because of saved assets such as bank accounts or equity assets. The new law will now allow the ownership of greater assets as long as the income is low enough to make the person eligible.

For example, in the past the recipient could not have in excess of \$4,000 (\$6,000/couple) and remain eligible. Under the new provisions, while the exact amount is not yet known, it will likely exceed \$10,000 (\$20,000/couple). This should substantially increase the number of persons who would be eligible for these benefits. It could include you or someone you know!

If you think that you may be eligible or would like to hear more information, please contact me at the Aging & Disability Resource Center at 608-355-3289 or 800-482-3710. I will be working with this program over the next year and am anxious to help you screen this program and apply for the benefits if they appear to be available to you. Please feel free to refer a friend, relative or neighbor.

The Holiday Blues

Crisp air, bells ringing, snow falling, goodies baking. It must be holiday time! The holiday is full of happiness and for visiting with loved ones. True for some people, but for others - especially older adults -the holiday season can bring sadness and even depression. Many times the feelings of lost independence or loneliness are heightened by the holidays. The "holiday blues" may go away with time, but if a person cannot function in their daily life, this may be depression, requiring professional care.

Here are some warning signs:

- ◆ Persistent sadness
- ◆ Withdrawal from regular social activities
- ◆ Slowed thinking or response
- ◆ Lack of energy or interest in things that were once enjoyable
- ◆ Excessive worry about finances or health
- ◆ Frequent tearfulness
- ◆ Feelings of worthlessness or helplessness
- ◆ Weight changes
- ◆ Pacing and fidgeting
- ◆ The inability to sleep or excessive sleeping
- ◆ Inability to concentrate
- ◆ Staring off into space (or at the TV) for prolonged periods of time.

The good news is that depression is treatable and that older adults improve significantly with treatment. If your loved one is depressed, they should see a medical professional.

A good way to avoid the "Holiday Blues" is to go easy on yourself and your loved ones this season. Don't push to keep the holidays "just like they've always been," even when things have changed in your lives. Take comfort in past memories, continue to build new ones, and relax and enjoy the time you can with family and friends.

This article provided to you by:



Golden LivingCenter-Wisconsin Dells
300 Race St,
Wisconsin Dells, WI 53965
608-254-2574

**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	No Visit	December 10
Lime Ridge	No Visit	December 17
Merrimac	No Visit	December 8
North Freedom	No Visit	December 1
Plain	No Visit	December 3
Reedsburg	No Visit	December 14
Sauk/ Prairie	Café Connections	December 4
Spring Green	No Visit	December 11

**Upcoming Nutrition & Prevention
Specialist Presentation Topics at the
Dining Centers**

- November = Café Connections
- December = Hand Washing
& Holiday Celebration
- January = Healthy Snacks
- February = Healthy Heart

Your Dining Center?

Have you been to your dining center? If you have not, why? I know many people come up to me and say, “I’m not sure what I’m doing from day-to-day so it is difficult to sign-up the day before.” Well, you can always call and make a reservation, right? Don’t most people

do that when dining out?

I know so many people that are able to get out but just sit at home. Come and visit and say hello to our dining center managers. Our managers are: JoAnn Anderson in Baraboo, Bernice Mueller and Jane Prouty in Lime Ridge, Linda Benish in Merrimac, Brenda Schwarz in North Freedom, Irene Frank in Plain, Sandy Greenwood in Reedsburg, Deana Herzer in Sauk Prairie, and Bob Charley in Spring Green. You can have lunch and stay for cards, puzzles, jokes, and good company! I also visit the dining centers once a month and give a presentation on a nutrition or health topic (check the Nutrition & Prevention Specialist schedule). I would like to meet you when I’m there!!

Flu Season



Wash your hands, wash your hands, wash your hands! Are you tired of people telling you to wash your hands? Well, getting your rest, eating “5 a day” of fruits and vegetables,

keeping your stress low (being nice to everyone helps), using one Kleenex at a time and throwing it away, and exercising will help bolster your immune system to reduce the risk of getting sick too! However, listen to your body and relax, and do not exercise if you’re not feeling well (yes, there is actually a time I will tell a person not to exercise). Also, if you read my column last issue on drinking water, it is very important to stay hydrated! Do you know how many people I stop and ask, “How much water have you had today?” And, they look at me like a “deer in lights!” This is not funny stuff! But if you want a laugh ask me about the old man, the little boy, and a donkey the next time I’m at your dining center.

Please take care of yourselves this winter, stay healthy, and yes, wash your hands!

Eat Better & Move More

Eat Better & Move More is an introductory six-week group program that will teach you how to safely incorporate better nutrition and more exercise so you will have a better quality of life! For example, do you know how much calcium you should have in a day, or how many grams of calcium is in your food by reading a nutrition facts label? You will learn this, and much more in this program!

Where: Café Connections
(Sauk-Prairie Community Center, Monroe St. Room)

When: January 11 - February 17, 2010
(Mondays & Wednesdays)

Time: 10:00 - 10:30 a.m.

Cost: Free - pre-registration is necessary
Please bring a friend!!

Contact: Kevin Monroe,
Nutrition & Prevention Specialist
(608) 643-6900

Weather Policy Home-delivered Meal Participants

Be Winter-wise! Be Prepared!

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

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

Whenever the weather looks threatening this winter, be sure to listen to your radio before leaving home. A decision to close a dining center will be made by 8:00 a.m. The following radio stations will report the dining center closings:

Reedsburg	WRDB 1400 AM
Baraboo	WRPQ 740 AM
Richland Center	WRCO 450 AM WRCO 109.9FM

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

—another way to **AddLIFE™**

UW-Baraboo/Sauk County invites you to attend two free campus lectures in November.

Sustainable Farming in Today's World

Liz Doornik, Jon-De Farm
Thursday, November 5 at 12:30 p.m.
Lecture Hall A-4 - Umhoefer Building
UW-Baraboo/Sauk County

Learn about current farming practices and technologies, how they relate to the care of our environment and the process of producing safe affordable food. Doornik will discuss the WI Green Tier Program for environmental excellence and how it has challenged Jon-De to be a better manager and utilize technologies/systems for the benefit of family, employees, animals and environment.

◆◆◆
**Health Concerns
and the Standard American Diet**

Tom L. Neal, Chemistry Professor, UW-BSC
Tuesday, November 17 at 7 p.m.
Lecture Hall A-4 - Umhoefer Building
UW-Baraboo/Sauk County

Dietary habits of the average American have changed radically over the past 50 years. The consequences of an ever-expanding obesity epidemic and increased risk of diabetes, heart attack, stroke and cancer. The diseases of the standard American diet threaten to overwhelm the United States healthcare system. Professor Neal will discuss simple nutritional basics that will increase the likelihood of weight loss, decrease risk of disease and increase our chance at longevity.

◆◆◆
Cindy McVenes
Director of Continuing Education
UW-Baraboo/Sauk County
1006 Connie Road - Baraboo, WI. 53913
608-355-5234 (tel) 608-355-5290 (fax)
cindy.mcvenes@uwc.edu
www.baraboo.uwc.edu

The Gift of Happiness

© By Anonymous

Christmas is the time for giving,
Giving thoughtful gifts,
The kinds that make children
smile—

The ones on their wish lists.

But, dear Santa, I just want one gift



this year,
And it's the gift of
happiness,
Because you see,
Unlike toys and
jewelry,
Happiness can last a
lifetime.

So, instead of a list of wishes
That goes for miles and miles long,
This year, I want something more;
Something you can't just buy at a
store.

Yes, it's the gift of happiness,
A gift that makes one blessed;
For it is such a powerful gift—
That is so remarkably priceless.



Mark Your Calendar

The ADRC will be closed on:

November 26 & 27	Thanksgiving
December 24 & 25	Christmas
January 1	New Year's Day

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



If you or someone you know needs help but you don't know where to start, contact the Aging & Disability Resource Center (ADRC) of Southwest Wisconsin.

We'll talk to you about the different kinds of help available for older people and people with disabilities and link you to the support and services that you decide are right for you.

What do you need? We'll help you find it.

- ◆ Transportation/Rides
- ◆ Nutrition Programs
- ◆ Help understanding and accessing care options
- ◆ Help for people caring for an older or disabled person
- ◆ Help with benefit programs & legal assistance
- ◆ Help for young people with disabilities who are transitioning to adult services
- ◆ Health, wellness, and prevention programs
- ◆ Help with housing issues or finding housing

Start here!

The ADRC offers free, confidential information and assistance to support:

- ◆ People age 60 and older;
- ◆ People with physical or developmental disabilities;
- ◆ People with mental health or substance abuse problems.

We're also here to help and support the families and caregivers of older people and people with disabilities.

Call to talk with a friendly professional:

**Toll-free —
(877) 794-2372**

Or, contact us at our Sauk County Office:

505 Broadway
Baraboo, WI 53913

Phone: (608) 355-3289



Other offices located in:

- Iowa County - Dodgeville
- Green County - Monroe
- Grant County - Lancaster
- Juneau County - Mauston
- Lafayette County -
Darlington
- Richland County -
Richland Center
- Crawford County -
Prairie du Chien



November 2009

Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Mushroom Pork Cutlet Mashed Potatoes Pickled Beet Salad Cream Sicle Torte Apple Sliced Bread	3 Chicken, Broccoli & Rice Casserole Spinach Salad with Hot Bacon Dressing Mand. Orange Gel. Frosted Cake Dinner Roll	4 Pepper Steak Au Gratin Potatoes Mixed Vegetables Peach Slices Cinnamon Roll Sliced Bread	5 Roast Pork Loin Mashed Potatoes Baby Carrots Birthday Cake Applesauce Dinner Roll	6 Salmon Loaf Escalloped Potatoes Calif. Blend Veg. Orange Sherbet Pineapple Tidbits Sliced Bread
9 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Peas & Carrots Butterscotch Pud. Plum Halves Sliced Bread	10 Baked Chicken Potato Salad Winter Blend Veg. Fruited Gelatin Cookie Dinner Roll	11 Salisbury Steak Mashed Potatoes Green Beans Pecan Pie Pear Slices Sliced Bread	12 Chicken & Broccoli Alfredo Casserole Summer Blend Veg. Pineapple Tidbits Fudge Brownie Dinner Roll	13 Glazed Ham Sweet Pot. Bake Cole Slaw Applesauce Frosted Cake Sliced Bread
16 Beef Stroganoff (includes veg.) Calif. Blend Veg. Coconut Cream Pie Peach Slices Sliced Bread	17 Swiss Steak Mashed Potatoes Green Beans Pear Slices Cookie Dinner Rolls	18 Chicken Breast Mashed Potatoes Carrots Taffy Apple Salad Fruit Cocktail Sliced Bread	19 Meatloaf Cheesy Potato Bake Corn Fruited Gelatin Frosted Cake Dinner Roll	20 Pork Steak Mashed Potatoes Mixed Vegetables Applesauce Ice Cream Cup Sliced Bread
23 Baked Chicken Twice Baked Pot. Copper Penny Sal. Spice Cake Pear Slices Sliced Bread	24 Hawaiian Meatballs Red Skin Potatoes Tossed Salad Pineapple Tidbits Fudge Brownie Dinner Roll	25 Roast Turkey Mashed Potatoes Escalloped Corn Pumpkin Pie Cranberry Gelatin Sliced Bread	26 27 <div style="text-align: center;">  Closed to Observe the Thanksgiving Holiday Dining Centers Closed and No Home Delivery Meals </div>	
30 Country Fried Steak Mashed Potatoes Carrots Peach Slices Cookie Sliced Bread	<div style="text-align: center;"> <p><i>Be thankful for each new challenge, because it will build your strength and character. —Author Unknown</i></p>  </div>			



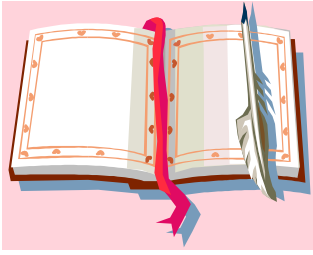
December 2009



Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Spaghetti (includes veg.) Italian Blend Veg. Choc. Chip Cookie Fruit Cocktail French Bread	2 Pork Steak Mashed Potatoes Red Cabbage Applesauce Ice Cream Cup Sliced Bread	3 Chicken Cacciatore Red Skin Potatoes Peas & Carrots Birthday Cake Pear Slices Dinner Rolls	4 Smoked Sausage German Pot. Salad Calif. Blend Veg. Pear/Lime Gelatin Vanilla Pudding Sliced Bread
	7 Swedish Meatballs Mashed Potatoes Summer Blend Veg. Oatmeal-Raisin Cookie Peach Slices Sliced Bread	8 Ham Rolls Squash Health Slaw Pineapple Tidbits Fudge Brownie Dinner Rolls	9 Liver and Onions Escalloped Potatoes Tossed Salad Orange Sherbet Apple Sliced Bread	10 Chili Casserole (includes veg.) Corn Mandarin Orange Gelatin Cinnamon Roll Cornbread
14 Beef Stew (includes veg.) Winter Blend Veg. Coconut Cream Pie Applesauce Biscuit	15 Baked Chicken Twice Bk Style Pot. Three Bean Salad Taffy Apple Dessert Pineapple Tidbits Dinner Rolls	16 Escalloped Potatoes and Ham Casserole Spinach Salad with Hot Bacon Dressing Peach Slices Frosted Cake Sliced Bread	17 Swiss Steak Mashed Potatoes Carrots Key Lime Pie Plum Halves Dinner Rolls	18 Crispy Fish Fillet Cheesy Potato Bake Peas/Pearl Onions Pear/Lime Gelatin Vanilla Pudding Sliced Bread
21 Roast Pork Loin Mashed Potatoes Wax Beans Carrot Cake w/Cr. Cheese Frosting Applesauce Sliced Bread	22 Meatloaf Au Gratin Potatoes Winter Blend Veg. Pear Slices Cookie Dinner Roll	23 Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Cranberry Gel. Sliced Bread	24 Closed for Christmas Eve  <i>No Home Delivered Meals or Dining Centers</i>	25 <i>Merry Christmas to you!!</i>  <i>Dining Centers Closed and No Home Delivered Meals</i>
28 Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Ice Cream Cup Sliced Bread	29 Lasagna Casserole (includes veg.) Italian Blend Veg. Butterfinger Torte Orange French Bread	30 Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Cookie Sliced Bread	31 Salisbury Steak Mashed Potatoes Peas and Carrots Apple Pie Fruit Cocktail Dinner Rolls	





Unselfish and noble actions are the most radiant pages in the biography of souls.

~David Thomas

We would like to thank Theron & Barbara Struble, who made a donation to AddLIFE Today!, the Home Delivered Lunch and *The Bus* programs in memory of Mable Struble.



We would like to thank June Dills who made a donation to the AARP Tax Preparation Program.



We would like to thank Cecil McCready and Irene DeVoe who made a donation to the AARP Tax Preparation Program and the Information & Assistance Programs in memory of Rosina McCready.



We would like to thank Sheila Klicko for her donation to the AddLIFE Today!



Your donations have made a difference! People will benefit because of your kindness.

Thank You!



Love the giver more than the gift.

-- Brigham Young

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or

In Honor of _____

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

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

Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913



PERMIT NO. 65
BARABOO, WI
U.S. POSTAGE PAID

Aging & Disability Resource Center
of SW Wisconsin
Sauk County Satellite
505 Broadway
Baraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED
X

If you know of someone who would enjoy receiving this newsletter? Let us know! Do you have a family member or friend who cannot read the AddLIFE Today! because of poor eyesight? This newsletter is also available on cassette tape. For more information, please call the ADRC office at (608) 355-3289 or (800) 482-3710.

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

The AddLIFE Today! Newsletter is also available on the website! Website: www.co.sauk.wi.us/dept/coa/

Would you prefer to receive an electronic copy of future newsletters? Please e-mail the editor at cbindl@co.sauk.wi.us. We will notify you via email when the latest newsletter has been posted online on the county website at www.co.sauk.wi.us. This will help us reduce postage costs as

Statements or expressions of opinion here are those of the authors and not necessarily those of the Aging & Disability Resource Center of SW Wisconsin. In no event will the authors, the editors, the reviewers or the publishers be liable for any damages resulting from use of this material. The publication of any information provided by an AddLIFE Today! Partner is not to be construed as an endorsement of the product or service offered unless the article specifically states that there is such endorsement or approval.

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

Try this ADRC Brain Teaser!

A man is on a game show. He is presented with two doors. Behind one door is 2 million dollars, and behind the other is a donkey. He must choose the correct door to win the prize. There are also two men in front of the doors, and they know which door leads to the millions. One wears a black hat, the other wears a white hat. The host explains that one of the men is a liar, and will always lie, and the other man will always tell the truth - but you don't know which is which.

You can ask only one of the men only one question. What is the question, and which man do you ask to ensure you win the money?

Answer: You ask either man "If I asked the other guy which door has the money, what would he say?", then choose the opposite door. Work it out: If you ask the question to the liar, he will lie about the 'correct' answer, so you must choose the opposite door. If you ask the truth teller, he will tell the truth about the lie, so you can choose the opposite door as well.

This ADRC Brainteaser was provided by:

Add LIFE™ to your Years

Laughter
Independence
Friends
Energy

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