

# Aging & Disability Resource Center of Sauk County



## Add **LIFE** Today!

Laughter  
Independence  
Friends &  
Energy

### September-October 2009

Vol 1 Issue 5  
Bi-Monthly Newsletter

Pack your bags and joins us on an adventure at the LivingWell Expo!!!



This year's theme is:

### *“Every Day is a Journey!!”*

If you have traveled to the LivingWell Expo, you know it's a great day with much to explore!

LivingWell Expo  
October 29, 2009  
9:00—2:00 pm  
Baraboo High School

The ADRC has planned a full itinerary for you! As

you are traveling around you will be able to see the sights in the exhibit hall. While on your sightseeing expedition you will encounter a number of health screenings which you may choose to take advantage of.

Journey into the Wellness Room where you will encounter the Home Health United staff who will again help you discover all they have. They will again provide you with an opportunity to receive your flu shot.

This year you may take your “passport to a healthier you” and learn to avoid or control diabetes.

For those who are interested UW Madison's The Center for Patient Partnerships will be at the LivingWell Expo to help answer your questions on how to maneuver through the jungle of your health care.

Please see page 23 for more information about The Center for Patient Partnerships.

**You may request an appointment to discuss your healthcare concerns with a member of The Center for Patient Partnerships on the pre-registration form.**

With such a busy day you will need your nourishment! Join us for a build-your-own breakfast and for lunch you will be able to select which “country” you would like to dine in.

**Please return the enclosed pre-registration form to guarantee your choice of meal.**

And don't forget the opportunity to take home a “souvenir”. By pre-registering you will be entered for all of the door prizes! When you pre-register by October 26, you will be included in an additional drawing for a \$100 gift card. And those who pre-register will be permitted to enter the LivingWell Expo 30 minutes early!!!

We are always looking for wonderful volunteers to help make everything run smoothly.

If you would like to help at the LivingWell Expo, give Mary Jane a call at 355-3289.

**The LivingWell Expo is FREE! Pre-registration is being requested to assist the ADRC in planning your itinerary as you travel on this exciting day!**

**As a thank you for your pre-registration, you will be entered in a special drawing AND those who pre-registered will be permitted to enter the LivingWell Expo 30 minutes early at 8:30 am.**

**Pre-registration forms are enclosed in this issue of AddLIFE Today.**



## Director's Notes

Trish Vandrez, Director



It is that time in the life of the organizations which make up the 'Aging Network' for developing the 3-year Plan that will focus the efforts of these agencies in a concerted, collaborative way. This Plan interconnects and integrates the services of the national, state and local agencies around a set of priorities. These priorities are set by the Administration on Aging (national) and handed down to the State Units on Aging. The State is required to submit a plan describing the progress that will be made by the entire state network of agencies around these priorities. In order to do this, the Department of Health Services (state) in turn passes these priorities down to its partners at the local county level. Through this process, all the partners in the Aging Network are working for progress in the same service areas.

This is not to say that there is any change in the services that the agencies already operate. In fact, these Plan priorities, goals and objectives focus additional attention on some of those services while expecting that all the other services continue to operate. The Plan is simply intended to ensure that the entire Network is moving in the same direction at the same time to achieve the best possible results for the people we serve. YOU!

The federal priority areas for the 2010-2012 Sauk County Aging Unit Plan are:

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

In addition to these priority areas, the local agency has the discretion to identify and set

goals and objectives in other areas that are of local significance.

The development of the Plan for Sauk County is underway. The ADRC staff, Advisory and Oversight Committees are working to identify goals and objectives in the priority areas that the ADRC will work to achieve in the next three years.

Once these ideas are generated the next step in the process is where you, our constituents, come in. The philosophy of the Network is expressed by some guiding principles one of which is that "Seniors are Really in Charge". It is extremely important that the voices of older people are heard on these topics and that your input and opinions are used to shape the direction of the ADRC so that it is an agency that truly serves the needs and supports the quality of life you desire.

There are several ways that you can provide your input and help us develop the Plan for the next three years in Sauk County.

1. Be informed! Give some thought to these service areas and talk to your friends and neighbors about them if they don't directly affect you. Find out what is already available in each of these areas and decide what you wish was available.
2. Attend a public hearing. See what ideas are in the Plan, hear what others are saying and share your views.
3. Talk to or write to your Committee representative or ADRC staff about your desires.

This is an important time for our agency. There are some important factors about our future to consider.

- A. More older people are living longer and can continue to lead healthier, more active lives with the proper support;
- B. The famous 'Baby Boomers' are coming into retirement age and will begin to participate in the aging network services in

different ways and have different desires and needs than their parent's generation does;

- C. The financial pressures our country is under have a direct impact on the kinds of assistance people need. It also can effect the funding available to provide these services. Funding for these services must be a priority at the federal, state and local levels of government if the Aging Network is to support the needs of this growing population.

So, our effectiveness and success partially depend upon **YOU!** Be an active part of the process. Let your voice be heard on behalf of

yourself and the quality of life of your neighbors. Once again, I ponder on Margaret Mead's wise words: ***"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has."***

Be part of the change and Live Well!

*Trish*

*Our eyes are placed in front because it is more important to look ahead than to look back.*

### **How to Contact Your ADRC Committee Member**

<b>ADRC Committee Member &amp; Area Represented</b>		<b>Address</b>	<b>Phone</b>
<b>Steve Bach</b>	Baraboo	1010 Tillberry Dr, Baraboo	356-4124
<b>Tommy Lee Bychinski</b>	Reedsburg	1820 Tivoli Lane, Reedsburg	495-1820
<b>Art Carlson</b>	Spring Green	517 N. Worcester St, .Spring Green	588-2216
<b>Bob Cassity</b>	North Freedom/Baraboo	E8936 Terrytown Rd., Baraboo	522-4874
<b>Betty Durst</b>	Lime Ridge/LaValle	E3688 Rabuck Rd., LaValle	985-7651
<b>Theron Hill</b>	North Freedom/ Sauk Prairie	S7559 US Hwy 12, North Freedom	643-8627
<b>Marcy Huffaker</b>	Baraboo	533 Second Ave. Baraboo	356-0206
<b>Phyllis Johnson</b>	Reedsburg	1300 19th St. #117, Reedsburg	524-0721
<b>Darwin Nelson</b>	Merrimac/Sauk Prairie	E12513 Inspiration Dr., Merrimac	643-4766
<b>Janet Pearson</b>	Baraboo	S3146A Hope Rd, Baraboo	355-0477
<b>Sandy Roemer-Rutter</b>	Baraboo	551 Quarry St. Baraboo	356-6600
<b>Ralph Soeldner</b>	Plain	770 Westbrook Dr., Plain	546-5961



## **Volunteer Vantage Point**

Mary Jane Percy  
Volunteer Coordinator

### **The Sauk County Health Care Center Is Moving ... and they need our help!!**

Moving day is always a little hectic but this one will be one for the record books!

The “old” Health Care Center will be closing it’s doors in late October with the opening of the “new” Health Care Center. This transition - from the old building to the new building - also creates the opportunity to practice what would be done in an emergency evacuation, without the added stress of an actual emergency.

Would you be willing and/or able to direct patients and their families as they transition to a new room in the new building? Put on fresh sheets after beds are moved into the new building? Help residents get settled in their new surroundings? Follow directions from emergency management staff?

Please call me at 355-3289 and let me know!!

### **Can you Help your Neighbor? Please?**

Your neighbors need your help! We truly need more help in the kitchens of our Sauk Prairie and Baraboo dining centers, especially as our “snow birds” prepare to fly the coop! And, due in part to a high volume of medical situations, we are in dire need of home delivered meal drivers!

Can you help your neighbor? Please? One day a week? Please call me at 355-3289. Thanks!

### **You’d Like Help with What !?!**

In the past year, our “population” at the ADRC has expanded dramatically, and the requests we receive for volunteer help has expanded as well. Recently we have had requests for volunteers to help with babysitting grandchildren, moving boxes to a storage unit, repairing a leaky faucet, moving to a new apartment, reading mail and writing out checks, and leaf raking, to name a few!

Some of these projects are referred to our Helping Hand at Home program (not volunteer based) and our Home Safe & Sound project, but I’m wondering ... Are any of you willing to add your name to a list of volunteers who are able to (as we used to say in the circus) “make themselves generally useful”? And yes ... I did just say circus ...

Clearly the possibilities are endless!! And, as always, any and every volunteer request is YOUR decision based on your availability and comfort level :) Please give me a call at 355-3289 and let’s talk about the possibilities!

### **The falling leaves sure are pretty ... when someone else is raking !!**

Each year we receive two types of calls regarding leaves. Calls from people who ask for a volunteer to help get the raking done ... and calls from those who would like to volunteer to do the raking. If you would like to be on the receiving list (watching the raking) - please give me a call. If you would like to be on the giving list (doing the raking) - please give me a call at 355-3289. I will help to get you connected!

### **I never thought I’d see this ...**

On the cover of AARP Magazine - Bruce Springsteen!! He turned 60!! AND ... through AARP Magazine ... you can win tickets to one of his concerts!! Fabulous!!

## Fearless Caregiver Conference

Tuesday, October 6th

9:30 a.m. - 2:30 pm

Wintergreen Conference Center  
Wisconsin Dells

- Become a Fearless Caregiver
- Access Valuable Resources
- Get Family Members to Help You
- Talk to Healthcare Professionals

Special Keynote Speaker:

Gary Edward Barg

Editor-in-Chief: Today's Caregiver Magazine

Editor-in-Chief: caregiver.com

Author: The Fearless Caregiver

To Register:

Call or email Sarah Cowen

608-224-6300 or sarah.cowen@gwaar.org

Free for Caregivers !!

## Living Well With Chronic Conditions

Are sick and tired of being sick and tired ?!?

Living Well With Chronic Conditions (LWWCC) is designed to improve the self-management skills of people living with one or more chronic health issues. This class gives participants the confidence and skills needed to manage the challenges of living with a chronic health condition.

We recently had two LWWCC classes graduate ... with honors!! Wow!! Thank you to **Mike Lew** and **Tom White** for volunteering their time and energy to facilitate these groups. Thank you also to our partners: **Oak Park Place in Baraboo** and **Reedsburg Area Medical Center** for providing the beautiful rooms where our classes were held. We appreciate your willingness to host and help promote our groups!

Here's what a few of our participants had to say:

"The focus of the group offered hope, something vitally important to those dealing with continual change." M.S.

"Living with a chronic illness is not a death sentence. It does, however, burden the cart load we all carry in life." G.M.

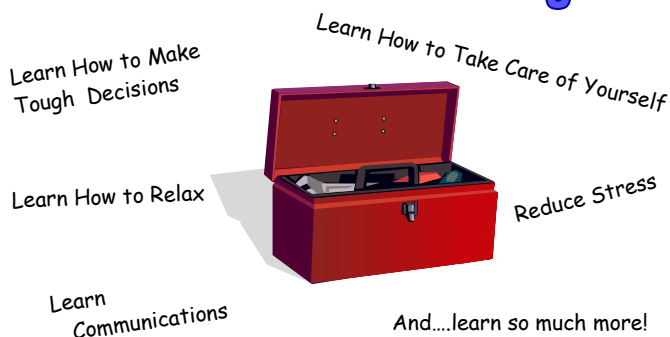
"I got a lot out of this course - I recommend it." S.V.A.

"The problem is how do you get people to participate in this free and valuable program?" A.P.

For more information,  
and to find a class scheduled near you  
please call Mary Jane at 355-3289.

Learn to Live WELL  
with your chronic condition!

## Powerful Tools for Caregivers



Tuesdays

September 29 - November 3, 2009

9:30 am - 12:00 Noon

Central Wisconsin Community Action Council  
1000 Highway 13, Wisconsin Dells

"Powerful Tools for Caregivers" is a class designed to help family caregivers take care of themselves while caring for a relative or friend.

To Register for this FREE workshop:  
Sauk County UW Extension at 355-3251  
Adams County UW Extension at 339-4237  
**by September 18**



## Mobility Management

Ashley Nedeau-Owen

I hope you've had a chance to see *The Bus* going by and that you've taken the time to get on board and use *The Bus*. If you haven't yet taken *The Bus*, use the coupon in the AddLIFE Today for two rides on us! Try it out and see how it works, FREE!

There are many reasons to ride transit in all of its many forms, including airplanes, trains, buses, monorail, rapid transit, hovercraft and ferry. One of the reasons is reduce the amount of climate altering gases we release when we choose to drive in our own personal automobile. The science is, and all of the recordings and observations being done world-wide are, conclusive. We are moving more rapidly than we had once thought toward a hot planet. That means that many people will face water and food shortages, and more severe weather as arable lands become too dry and hot to grow the food we've long been accustomed to. Some of the most optimistic scientists feel we have time to slow the heating if we begin radically altering our behavior.

I am an optimist. As an optimist thinking seriously about the future of this place, Sauk County, and all that I love here, I am hoping that we can radically alter one of our behaviors for all of our long term benefit. The latest data available tells us that, on average, a vehicle on the road in Sauk County has one person inside. *The Bus* is a way to increase that number. If we could get the number to two we would, for example, reduce the number of vehicles on the road by almost half. The coupon in this issue is one way of boosting the average number of persons per vehicle.

Our federal legislators have identified a method of reducing our emissions that has proven to be very popular. The programs

acronym is CARS and is commonly referred to as Cash for Clunkers. Money is available for people to trade in a vehicle with low fuel efficiency and get a vehicle with higher fuel efficiency. This program has really helped reduce the surplus of unsold automobiles. It has also improved the average fuel efficiency, but not by very much. Without going into the calculations, the CARS program is doing nothing to reduce the number of vehicles on the road and reducing the number of vehicles is the only way to realize the reduction in emissions that our most optimistic scientists assure us we need.

I'd like to see the CARS program allow the \$4,500 to go toward alternative transit once a person turned in his or her clunker. Someone in Madison, for instance, would get nearly two years of transit passes on Madison's Metro and be able to do their shopping, get to and from work, go to concerts and church and see friends. One hundred people in Sauk County, using their \$4,500 for transit could equip *The Bus* with a fleet of six new vehicles and provide the funding to run all of those buses for two full years in return for up to 4,500 one way trips on *The Bus*.

It is past time for us to all think more creatively about how we get around. Ride sharing, bus riding, volunteer and driver escort services, *The Bus*, shared-ride taxi and proprietary taxi services are all available to all of us right now in Sauk County. If you are a driver think differently about how you use your vehicle. Most of us don't think twice about waiting to see a doctor or waiting in line at a grocery store. Few of us complain about waiting in line to belly up to an all-you-can-eat buffet line. Most of us, however, complain about waiting for a ride. I imagine we might all be surprised about what the waiting in taking *The Bus* is really like. Clip the coupon, try *The Bus* and maybe bring a book or a willingness to have a conversation. Take *The Bus* on us!

Look Who IS Driving  
*The Bus!*

When you ride *The Bus*  
you are in in great, safe hands!

Please clip and then use this  
coupon anytime during the  
month of September!



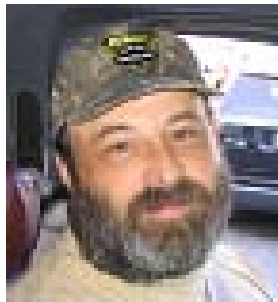
Roger Arbuckle



Lynn Davis



Gary Fish



Rick Marthaler



Tom Meyer



Peggy O'Neil



Nela Stacy



Bill Tobias

Trip punch

Trip punch

*This certificate entitles the bearer*

To two (2) free trips on *The Bus*

Valid for transportation only - No change given— Not valid after September 30, 2009

Authorized by

**Trish Vandre**

**AddLEE<sup>SM</sup>**

**Laughter Independence & Friends & Energy**

**\$4.00**

**Gift Certificate**

**Aging & Disability Resource Center**  
505 Broadway  
Baraboo, WI 53913  
608-355-3289 or 800-482-3710  
Transportation Line  
608-355-3278 or 800-830-3533



*For Your Benefit:*

News from your  
Benefit Specialists



Deb Harvey

Kelly Dietsch

## **Top Ten Things to Know if You're Interested in a Reverse Mortgage**

Reverse mortgages are becoming popular. HUD's Federal Housing Administration (FHA) created one of the first. The Home Equity Conversion Mortgage (HECM) is FHA's reverse mortgage program which enables you to withdraw some of the equity in your home. The HECM is a safe plan that can give older Americans greater financial security. Many seniors use it to supplement social security, meet unexpected expenses, make home improvements and more. You can receive free information about reverse mortgages by calling AARP at (800) 209-8085. Since your home is probably your largest single investment, it's smart to know more about reverse mortgages, and decide if one is right for you!

### **1. What is a reverse mortgage?**

A reverse mortgage is a special type of home loan that lets you convert a portion of the equity in your home into cash. The equity that built up over years of mortgage payments can be paid to you. Unlike a home equity loan or second mortgage, no repayment is required until the borrower(s) no longer use the home as their principal residence. FHA's HECM provides these benefits. You can also use a HECM to purchase a primary residence if you are able to use cash to pay the difference between the HECM proceeds and the sales price plus closing costs for the property.

### **2. Can I qualify for FHA's HECM reverse mortgage?**

To be eligible, the FHA requires that you be a homeowner 62 years of age or older, own your home outright, or have a low mortgage balance

that can be paid off at closing with proceeds from the reverse loan, and you must live in the home. You are required to receive consumer information from an approved counselor prior to obtaining the loan. You can contact the Housing Counseling Clearinghouse on (800) 569-4287 for the name and telephone number of a HUD-approved counseling agency and a list of FHA-approved lenders within your area.

### **3. Can I apply if I didn't buy my present house with FHA mortgage insurance?**

Yes. It doesn't matter if you didn't buy it with an FHA-insured mortgage. Your new FHA HECM will be FHA-insured.

### **4. What types of homes are eligible?**

To be eligible, your home must be a single family home or a 1-4 unit home with one unit occupied by the borrower. HUD-approved condominiums and manufactured homes that meet FHA requirements are also eligible.

### **5. What's the difference between a reverse mortgage and a bank home equity loan?**

With a second mortgage, or a home equity line of credit, you must have sufficient income versus debt ratio to qualify for the loan, and you are required to make monthly mortgage payments. The reverse mortgage is different in that it pays you, and is available regardless of your current income. The amount you can borrow depends on your age, current interest rate, and appraised value of your home or FHA's mortgage limits for your area, whichever is less. Generally, the more valuable your home is, the older you are, the lower the interest, the more you can borrow.

### **6. Can the lender take my home away if I outlive the loan?**

No. You do not need to repay the loan as long as you or one of the borrowers continues to live in the house and keeps the taxes and insurance current.

### **7. Will I still have an estate that I can leave to my heirs?**

When you sell your home, you or your estate will repay the cash you received from the reverse mortgage plus interest and other fees, to the lender. The remaining equity in your home, if any, belongs to your heirs.

**8. How much money can I get from my home?**

The amount you can borrow depends on your age, current interest rate, and appraised value of your home or FHA's mortgage limits for your area, whichever is less. Generally, the more valuable your home is, the older you are, the lower the interest, the more you can borrow. You can use an online calculator like the one on the AARP website to get an idea of what you may be able to borrow.

**9. Should I use an estate planning service to find a reverse mortgage?**

FHA does NOT recommend using any service that charges a fee for referring a borrower to an FHA lender. FHA provides information free, and HUD-approved housing counseling agencies are available for free or at very low cost, to provide information, counseling, and a free referral to a list of FHA-approved lenders. Search online or call (800) 569-4287, for the name and location of a HUD-approved housing counseling agency near you.

**10. How do I receive my payments?**

You have five options:

- ◆ Tenure - equal monthly payments as long as at least one borrower lives and continues to occupy the property as a principal residence.
- ◆ Term - equal monthly payments for a fixed period of months selected.
- ◆ Line of Credit - unscheduled payments or installments, at times and in amounts of your choosing until the line of credit is exhausted.
- ◆ Modified Tenure - combination of line of credit with monthly payments for as long as you remain in the home.
- ◆ Modified Term - combination of line of credit plus monthly payments for a fixed period of months selected by the borrower.

**Benefit Specialist Schedule  
September-October 2009**

**DEB HARVEY**

Plain American Legion Hall	September 9 11:30 to 12:30	October 7 11:30 to 12:30
Plain Library	September 9 2:00 to 3:00	October 7 2:00 to 3:00
Spring Green Senior Center	September 16 10:30 to 11:30	October 14 10:30 to 11:30
Spring Green Library	September 16 1:00 to 2:00	October 14 1:00 to 2:00
Sauk/Prairie Community Cntr	September 17 10:00 to 11:30	October 8 10:00 to 11:30
Merrimac Village Hall	September 17 8:30 to 9:30	October 8 8:30 to 9:30

**KELLY DIETSCH**

Bluffview	September 1 7:30 to 8:30	October 6 7:30 to 8:30
Loganville Village Hall	September 1 9:30 to 10:30	October 6 9:30 to 10:30
Lime Ridge Senior Center	September 1 11:00 to 12:30	October 6 11:00 to 12:00
La Valle Central Park Apartments	September 1 1:00 to 2:00	October 6 1:00 to 2:00
Reedsburg Willow Heights	September 8 9:00 to 12:00	October 13 9:00 to 12:00
Reedsburg Park Street Apts.	September 8 1:00 to 2:00	No visit
Baraboo Highpointe Commons	September 9 12:00 to 1:30	No visit
North Freedom Village Hall	September 15 12:00 to 1:00	No visit
Reedsburg Willow Heights	September 22 1:00 to 4:00	October 27 1:00 to 4:00 pm

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

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

Presented by Deb Harvey and Kelly Dietsch  
ADRC Elderly Benefit Specialists

**Wednesday, October 21, 2009  
6:30 p.m.**

**West Square Building  
505 Broadway, Baraboo**

This workshop is for people considering retirement, turning 65, or reaching full retirement age. Things have changed and you need to be aware of the changes. Everyone is eligible for Medicare at age 65 even though they haven’t reached the full retirement age.

If you are not notified by Social Security of your eligibility for Medicare and miss your open enrollment period, you may be subject to a penalty. Our session focuses on the questions confronting new retirees and those who are continuing to work, even though they are age 65 or at full retirement age.

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

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



*A friend is someone who knows the song  
in your heart and can sing it back to  
you when you have forgotten the words.*

*- unknown*



## **Disability Benefit Specialist**

Natalie Wilmot

Hello everyone! I am hoping that you are still enjoying your summer and getting out and doing anything you desire! I have been busy here at the ADRC and wanted to take a moment to review some recent happenings and changes.

### **BadgerCare Plus Core Plan for Childless Adults**

The BadgerCare Plus Core Plan is a limited plan that covers basic health care services, including primary and preventive care, as well as generic drugs. Located at the ADRC is our “Living Well Library”. Here you can find information on how to apply for this program and a vast amount of other beneficial information and resources. To apply for BadgerCare Plus Core you can complete the application online by going to the website [access.wi.gov](http://access.wi.gov) or by phone at 1-800-291-2002. **\*\*Important Note\*\*** There are no paper applications for this program, to apply you **MUST** do so by phone or via the internet.

### **Q & A**

As the Disability Benefit Specialist I get asked many questions, so I thought a great segment would be a question and answer portion. I will answer basic questions as it relates to the Disability Benefit Specialist (DBS) program.

**Question:** How do I apply for Social Security Disability Benefits?

**Answer:** There are 3 ways to apply for disability benefits:

1. Go online to [www.ssa.gov](http://www.ssa.gov) and follow the online instructions to apply.
2. Contact your local Social Security Office in Portage by calling 608-742-8817 to schedule a telephone interview.
3. Schedule an “in person” interview with the

local Social Security Field Office by calling 608-742-8817.

**\*\*Quick Hint\*\*** The “in person” interview usually takes longer to be scheduled and completed. I always recommend utilizing the online application or telephone interview.

Feel free to contact the ADRC if you have other questions or concerns related to Social Security Disability Benefits.

**Question:** My doctor says I am disabled, so I should automatically get Social Security Disability, right?

**Answer:** That is incorrect. Even if your doctor states you are disabled, the Social Security Administration has strict guidelines and definitions for what constitutes a disabling condition.

**Question:** How long does the Disability Application process take?

**Answer:** This varies depending on the disabling condition(s), the number of medical records that the Social Security Administration has to collect based on the information provided by the consumer, the caseload of disability examiners in Madison (these are the individuals who make the disability determination), the need of a consultative exam for more medical information. With that said...I usually can not give an exact date on when an application will be processed. It seems that the average time frame for an “initial” decision on a claim is between 90 – 120 days. There are many factors that can either increase or decrease this amount of time. Being well prepared for your interview is a great way to make the application process quick and efficient!

**My Friendly Reminder**

If I send you documents to complete PRIOR to your scheduled appointment, PLEASE complete this paperwork in its entirety. This is your claim, I am here as your advocate, but you are your own expert on YOU, so completing that HELPS ME, HELP YOU!

If you are unable to make your scheduled appointment, please try to contact our office at 355-3289 and let us know if you need to cancel and reschedule. By doing this you allow for that time slot to open up and another person to be seen. I am very understanding and realize emergencies come up, but by working together we can make this process a good experience!

**What Has Natalie Been Doing This Month??**

OK, I haven't been asked this question, but I think it's very important for you to know things that I have been doing and learning about. Besides being in the office meeting with consumers and working on benefits counseling, I spend time meeting with other Disability Benefit Specialists in our region, constantly updating and learning about program changes with Medicare, Medicaid, Housing, Veterans Benefits, Social Security and the list goes on. We feel that in order to provide you with the best services we must always be informed and educated as programs are constantly changing.

I attended the 2009 Wisconsin Conference on Homelessness in July. This was a wonderful experience and an issue that is a growing concern, especially in the face of today's economy. This conference was arranged by the Wisconsin Department of Commerce, Division of Housing and Community Development and Bureau of Supportive Housing. What I took away from this conference was the impact of homelessness in our communities and how we, as an ADRC, recognize this issue and how we are looking forward to being a part of the solution.

\*\*\*\*\*

Finally, thank you to the consumers who have shared how much they appreciate this program! I love to hear about your experience and every little impact that is made, it makes me realize just how valuable this program is to our agency and most of all to you!

## Aging & Disability Specialists

Here to Help you!



Lisa  
Karau



Quinn  
Hause



Abigail  
Chapman

### Equipment for an Independent Future

Do you know what AT means? AT stands for Assistive Technology, any product or piece of equipment used to help with daily living activities. People of all ages and/or people with disabilities can benefit from assistive technology: common products that have been altered to help assist a person with their daily needs. You may have already made or are using an AT device in your home. Some examples are clap on lights, cordless phones, or ramps into the home.

When thinking about if an AT device may be helpful for you there are some things to consider. First, what task am I having difficulty accomplishing? Next, what is the cause of that difficulty? Then, has it been progressively getting worse or remained stable? Another thing to consider is, what is it I want help with? Next, is there a task I want to be able to accomplish? An example is Joan, who is 80 years old, and is having trouble seeing the numbers on the TV remote control. When Joan wants to watch television she calls her husband to put the right channel on. Joan feels frustrated that she can't just watch television when she wants to independently. She knows she is having difficulty seeing the remote clearly because her eyes are getting worse. Joan knows and has talked with her husband about

how her vision has been getting worse. Joan knows she want to be independent with watching television. What is the next step for Joan? She can contact the ADRC who will refer her to Assistive Technology resources though out the state. For Joan this could be as simple as providing her with the information of a company that sells Assistive Technology products. From there Joan can purchase an oversized remote control. This could then allow Joan to have the independence to see the remote control clearly.

Another example would be with Tim who is 41 years old and has a physical disability. Due to his disability he is not able to use his hands. Tim wants to be able to access a computer for his own personal use. Tim calls the ADRC and speaks to one of the Aging and Disability Specialists. The Aging and Disability Specialist could refer Tim to the Independent Living Resource Center, for persons with disabilities in Western Wisconsin. The Independent Living Resource Center has staff members who are trained to provide assessments of an individual with a disability and their technology needs. The staff can recommend which kinds of technology could best suit Tim, and then direct him in locating and applying for financial assistance for that technology. The final goal is connecting Tim with Assistive Technology so he can access a computer.

The Independent Living Resource Center and UW Stout collaborated in making an Assistive Technology Kit available to the local ADRC. This Assistive Technology Kit has a variety of examples of assistive devices for daily living activities: for instance items that can help with dressing, eating, meal prep, writing, hearing, and hygiene. You are able to come into the ADRC and see some of these different assistive devices. Our goal is for more people to be aware of Assistive Technology. We can also help to refer you to where to go to purchase Assistive Technology items.



**Free Medication Take Back Day**  
**October 24**

***Sauk Prairie Hospital hosts collection site to safely dispose of old medications***

Sauk Prairie Memorial Hospital & Clinics' pharmacy staff is organizing a FREE Medication Take Back Day on Saturday, October 24 from 9 am to noon. A drive-thru medication drop off site will be at the hospital's main entrance on Prairie Avenue in Prairie du Sac, where staff will collect and safely dispose of any old, unneeded or expired vitamins, herbals, over-the-counter and prescription medications. Please keep the pills in the original labeled prescription bottles and scratch off your name. Sharps containers will also be available upon request for used needles/lancets. For the safety of volunteers, chemotherapy medications will not be collected. This program is sponsored by SPMH Foundation as part of its *From the Heart* series. Special thanks to the Sauk City and Prairie du Sac Utilities, and SPMHC volunteers.



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

We would like to thank Chandler Palmer, Helen Dorner, Virgil Klemm and two anonymous donors, who contributed to the cost of AddLIFE Today. Your donations are sincerely appreciated.

**Foot Clinic Schedule**

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

Baraboo - West Square Building

Tuesdays - September 1 & 15

Tuesdays - October 6 & 20

Wednesday - October 21

LaValle - Fire Department

Wednesday - September 23

Wednesday - November 25

Merrimac - Village Hall

Wednesday - September 16

Wednesday - November 18

Plain - American Legion Hall

Thursday - October 22

Reedsburg - Maple Ridge

Tuesday - September 8

Thursday - September 17

Tuesday - October 13

Thursday - October 15

Reedsburg - Willow Heights

Wednesday - October 14

Sauk Prairie - St John's Church

Thursdays - September 3, 10 & 24

Thursdays - October 1, 8

Spring Green - The Meadows

Tuesday - September 22

Tuesday - November 24

***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.



## *What's Playing at the Living Well Library*

### SEPTEMBER

#### **Caregiver Wellness**

Caregiving can be a very meaningful life experience. It can also present difficult challenges that leave caregivers feeling exhausted and isolated. In this program, we will examine factors that contribute to caregiver stress, and offer practical solutions for reducing stress and cultivating life-long wellness.

### OCTOBER

#### **Infection Control**

Germs are harmful microorganisms that can cause infection and disease. The goal of infection control is to limit the spread of germs to care providers and care recipients.

Creating and maintaining healthy conditions is vital when caring for any person in the home. This video teaches home care providers basic principles and procedures of infection control necessary to reduce germs and create a safe, healthy environment.

## **Statewide Self-Determination Conference**

Family Care is expanding throughout Wisconsin. Self-Directed Supports (SDS) is an exciting part of Family Care. In SDS people have control of their own lives and choose their own services. You can do it too. Do you want to know more? Then you will want to:

### **Save the Date!**

The second Self-Determination Wisconsin Conference is being planned for October 12-14, 2009 at the Hyatt Regency in Downtown Milwaukee. Join us as we share our experiences, gain greater knowledge and work together to make Self-Directed Supports work in Wisconsin. *Lets learn together!*

Individuals with disabilities, their family and friends, service providers, MCO, Partnership, ADRC and IRIS Staff are encouraged to attend.

**Registration will be open in August, 2009**

**Check our website at: [www.Wi-BPDD.org](http://www.Wi-BPDD.org) for up to date information.**

Contact: Fil Clissa

Phone: 608-266-5395

Email: [fil.clissa@wisconsin.gov](mailto:fil.clissa@wisconsin.gov)

InControl Wisconsin Conference  
Freedom, Support and an Everyday Life  
Second Statewide Conference on  
Self-Determination  
201 W. Washington Ave., Suite 110

## **Grandparents Day is September 13, 2009**

Grandparents Day was the brainchild of Marian McQuade of West Virginia., who hoped that such an observance might persuade grandchildren to tap the wisdom and heritage of their grandparents. President Jimmy Carter signed the first presidential proclamation in 1978 — and one has been issued each year since — designating the first Sunday after Labor Day as National Grandparents Day. The first official observance was Sept. 9, 1979.





## Alzheimer's Association Sauk County Memory Walk!

Join friends, colleagues and family members at the Sauk County Memory Walk.

Saturday September 26

9:00 a.m. to noon

Upper Ochsner Park in Baraboo

This event raises awareness and needed funds for Alzheimer's and dementia care, support programs and research.

Enjoy entertainment, food, face painting, team photos, door prizes, an optional 2-mile walk along the paved and scenic Baraboo Riverwalk, and a commemorative program honoring caregivers and those challenged by memory loss or dementia. Participate as an individual or join or start a team. There's no fee, but contributions and team fundraising are encouraged. Local artist Nancy Peidelstein created this year's commemorative painting for the Memory Walk. State Senator Dale Schultz is this year's Honorary Chairperson for the event, and will lead-off the Walk with Alzheimer's Association Director Paul Rusk.

Alzheimer's disease affects nearly 5.3 million Americans, and as the baby boom generation ages, more people are at risk, increasing the demand for support services and research. "Participating in Memory Walk not only raises funds, it's also fun, good exercise, and increases awareness about this growing disease," says Carol Olson, Outreach Specialist with the Alzheimer's Association. "We invite people of all ages to join us in the fight against Alzheimer's and to commemorate and support those who live with it daily."

Registration for the event is available online at [www.alz.org/scwisc](http://www.alz.org/scwisc) or at the start of the event. Contact Carol Olson at 742-9055 or 963-2688 or [carol.olson@alz.org](mailto:carol.olson@alz.org) to request a brochure or more information.

## Maintaining Good Diet and Nutrition

Vitamins and minerals are nutrients found naturally in food, and are needed to stay healthy. Even if you eat a good variety of foods, a person over 50 might need certain supplements. Discuss nutrition needs with a doctor or registered dietitian. He or she might suggest getting the following amounts from food and, if needed, supplements:

**Vitamin B12** - 2.4 mcg (micrograms) of B12 each day. Some foods, such as cereals, are fortified with this vitamin. But, up to one-third of older people can no longer absorb natural vitamin B12 from their food. They need this vitamin to keep their blood and nerves healthy.

**Calcium** - 1200 mg (milligrams), but not more than 2500 mg a day. As you age, you need more of this and vitamin D to keep bones strong and to keep the bone you have. Bone loss can lead to fractures, mainly of the hip, spine, or wrist, in both older women and men.

**Vitamin D** - 400 IU (international units) for people age 51 to 70 and 600 IU for those over 70, but not more than 2000 IU each day.

**Iron** - extra iron for women past menopause who are using hormone replacement therapy (men and other postmenopausal women need 8 mg of iron). Iron helps keep red blood cells healthy.

**Vitamin B6** - 1.7 mg for men and 1.5 mg for women. This vitamin is needed for forming red blood cells and to keep you healthy.

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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	September 10	October 8
Lime Ridge	September 24	October 7
Merrimac	September 15	October 13
North Freedom	September 22	October 20
Plain	September 25	October 27
Reedsburg	September 14	October 12
Sauk/ Prairie	September 11	October 23
Spring Green	September 18	October 30

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

- September = Active Aging
- October = Disaster Preparedness
- November = Alzheimer’s Disease
- December = Holiday Celebration

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

Hello Everyone!

If you attend the Sauk-Prairie senior dining center (soon to be Café Connections) there are no reservations required. Although, you

can make a reservation for lunch at the Sauk-Prairie destination if you’d like.

Plus, Café Connections (future of the Sauk-Prairie senior dining center) will have a café / bistro atmosphere, and hours will be from 9:30 a.m. - 2:00 p.m.

Please call Kevin Monroe at (608) 643-6900, or Mary Jane at 1-800-482-3710 if you’re interested in becoming a volunteer for Café Connections (Sauk-Prairie Community Center, 730 Monroe St., Monroe Street Room).

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

Thank you for your cooperation!

**Should You Drink More Water?**

Have you ever wondered if you’re drinking enough water? Many people will argue that they consume plenty of fluids by drinking coffee, or soda pop. Some people also wonder if they should purchase bottled water?

Everyone has probably heard that we should drink eight, eight-ounces of water a day. Though, do we? What should we do if we have a cup of coffee? What if we don’t drink coffee, and have one diet soda pop a day?

An easy way to measure if you’re consuming enough fluids is to check your urine when you go to the bathroom. If your urine is golden in color, you’re probably dehydrated. If you urinate often (higher in volume), and your urine is more clear– then you’re probably hydrated.

Should you purchase bottled water? This is a personal preference. Personally, I carry around a 32-ounce Nalgene bottle, and fill it all day long with tap water. Why? The Nalgene bottle is made with lexan plastic. This is the same type of plastic that is used on the windshields of X-14 Jets. Meaning, this plastic

is very durable, and does not allow impurities from the plastic to breakdown and bleed, or diffuse into my water. Plus, by re-using my Nalgene bottle, it is more environmentally friendly.

When you're hydrated you will also have more energy. If you have more energy during the day, you will hopefully consume less caffeinated beverages. If you consume less caffeine - you will most likely sleep better at night. The list goes on!

So, if you're still wondering if you should drink more water, please take this challenge. Drink eight, eight-ounces of water a day, and *only water*, for one-week. Then give me a call, or visit one of the eight dining centers when I'm there, to share with me how you feel!

**Active Aging Week  
(September 21 - 27)  
&  
National Falls Prevention Day  
(September 22)**

I would like to invite everyone to your local Senior Dining Centers for the month of September! We're going to have fun activities to motivate you to start moving, if you're not exercising already!

September 22nd is also National Falls Prevention Day. Did you know that if a person falls today there is a 300% chance they will fall again within the same year? It's true! Come to your Senior Dining Center and learn techniques to help reduce falls.

The following are just a few things we will be going over to reduce falls when Kevin visits your dining center:

- Checking with your health care provider about your medications
- Home /Environmental safety
- Ankle Strategy
- Hip & Shoulder strategy
- Chair Exercises (everyone will receive a handout)

So, please join us and bring a friend. If you have any questions before attending your local senior dining center - please give Kevin a phone call.

**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

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

**Continuing Education**

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

**TECHNOLOGY 101:**

**Everything you always wanted to know about technology but were afraid to ask**

Instructor: Dean Voeks

Dean has spent 40+ years in the industry. He was also there for the birth of the internet industry. Participants in this session will receive an overview of cell phones, digital cameras, IPODS, computers, and the most useful of these technologies. It is designed for the technically challenged. This session will not be going into the science of how things work. It is designed to make you aware of what practical applications exist that may work to simplify your day to day activities.

Tuesday, September 29 6:00-8:00 pm  
 A-154 Aural M. Umhoefer Building  
 Fee \$20

**DAY TRIP TO CHICAGO FIELD MUSEUM**

Join UW-Baraboo/Sauk County Archeology instructor George Christiansen and Continuing Education Director Cindy McVenes on a day trip to the Chicago Field Museum. Spend the day exploring exhibits. You will take a charter bus. (Pick ups in Reedsburg and at the Baraboo campus) Participants need to pay the bus fee to reserve a seat. Admission will be paid individually at the Museum. There are several admission options ranging from \$12 to \$26 per person depending on which exhibits you are interested in. Check out the website for more details on admission fees and exhibits. <http://www.fieldmuseum.org/>

Reservation deadline is September 18.  
 Wednesday, October 21 7am to 10pm  
 Motorcoach Bus Fee \$35  
 Reserve your spot as soon as possible.

**Where Do I Start With My Computer?**

Instructor: Terri Nee-Holtz

Participants learn to use of the Windows screen: desktop, taskbar, menu bars, icons, etc. They will also learn to set mouse and screen preferences, minimizing, maximizing, sizing, and restoring windows. Learn to open and close window options, scroll through windows, switch between multiple windows, review items on the taskbar, set time/date and discuss proper shutdown procedures.

When you register, please indicate whether you use Windows or Vista so the computer can be set up to your needs.

Wednesday, September 9 6-9 pm  
 Computer Lab, Aural M. Umhoefer Bldg  
 Class Fee: \$35

**For any questions about the computer classes or the day trip contact:**

**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**



**Mark Your Calendar**

The ADRC office will be closed on:

September 7	Labor Day
November 26 & 27	Thanksgiving
December 24 & 25	Christmas

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.



## FLU UPDATE

The flu season is quickly approaching and with the arrival of the Swine flu this year we feel it necessary to review the basics so everyone

is prepared and knowledgeable about what to expect. The current strain of Swine flu that arrived this April is new and most Americans have little or no previous exposure to it, therefore have no immunity against it. Those who have been primarily affected are children and women. Those who have been less affected are the elderly, as they may have some immunity based upon previous outbreaks of Swine flu in 1976 and earlier. There are currently trials underway for a vaccine for the Swine flu and is projected to come out in mid-October. Those who will be targeted to receive the vaccine this fall are: all people aged 6 months to 24 years, pregnant women, people who care for infants less than 6 months of age (as they cannot receive the vaccine themselves), healthcare providers and those with chronic health problems less than 64 years of age. As more vaccine becomes available other population groups will be offered the vaccine. It is anticipated that because this is a new strain most persons will need two doses of the vaccine given 4 weeks apart to provide sufficient immunity.

Regarding the seasonal flu, the vaccine will come out in September and those who should receive that vaccine are all persons aged 50 and older, all persons 6 months of age and older with chronic health problems, residents of long-term care facilities, pregnant women, and all persons 6 months to 18 years of age. With the seasonal flu those who are primarily affected are the young and the old. So it is important that the elderly continue to get the seasonal flu vaccine even though they are not targeted to get the Swine flu vaccine this fall.

Additionally, the pneumococcal vaccine is

recommended to prevent a serious complication of the flu which is pneumonia. The elderly, the very young, those with chronic health problems and smokers should receive this vaccine. Most people only receive one dose of pneumonia vaccine in their lifetime unless they received it before the age of 65. In that case a booster may be needed. Please check with your doctor to see if you have had the pneumonia vaccine and if you will require a booster dose. You can receive the pneumonia and flu vaccine at the same time.

General precautions for both the Swine and seasonal flu are the same: cover your cough, wash hands frequently, avoid touching your eyes, nose and mouth and avoid contact with those who are sick. Another consideration if you do get the flu is the usage of anti-virals to decrease the severity. These are medications that your doctor can prescribe within the first 1-2 days after onset of symptoms and can greatly reduce the symptoms associated with the flu. These medications can be used for both the Seasonal and Swine flu.

Please call the Sauk County Public Health Department with questions at 608-355-3290.

### **OPEN TABLE COMMUNITY MEAL**

**You, your family, and friends are invited  
to a Free Monthly Community Dinner**

**ALWAYS the 4th Sunday of the month,  
4:00 - 6:00 pm**

**ALWAYS at St John Lutheran Church,  
307 6th St, Reedsburg**

**The meal is ALWAYS free.**

**We are seeking sponsors for the meals,  
as you are able**

**Call the church at 524-4516**

**ANYONE can come;  
ANYONE can help**



## Top Six Myths about Transportation Services in Sauk County

**MYTH:** *The Bus* has replaced services that people need.

**FACT:** *The Bus* is an additional service offered by the ADRC. Transportation services that have been available in the past are still available by calling the Transportation Line.

Example: if a passenger needs additional assistance that is not available on *The Bus*, every attempt will be made to arrange for a volunteer or staff escort to serve that passenger on their trip from start to finish. The destination may be a medical appointment, shopping trip, or other personal business.

**MYTH:** If I can't get to a bus stop, I can't use *The Bus*.

**FACT:** If you live within one mile of the designated bus route (two-thirds of Sauk County residents do!), then you need only call the Transportation Line and they will arrange for *The Bus* to pick you up at home. When you are ready to return home, *The Bus* will deliver you to your door. In this instance, your destination will need to be one of *The Bus* stops as *The Bus* may only deviate from its route to or from a passenger's home.

**MYTH:** *The Bus* will take me to any destination I choose.

**FACT:** The intent of *The Bus* is to move passengers from city to city in Sauk County. Once passengers arrive in their destination city they may get off *The Bus* at any scheduled bus stop. If a passenger needs to move around the city to multiple destinations the local taxi service

should be used.

**MYTH:** *The Bus* only serves Baraboo, Lake Delton, Sauk Prairie and Reedsburg.

**FACT:** *The Bus* is in phase 1 of its implementation. Future phases will be launched as the County is able to purchase additional buses. Future phases plan to include daily service between Baraboo, Lake Delton, Sauk Prairie and Reedsburg as well as service between Plain, Reedsburg, Sauk Prairie and Spring Green.

**MYTH:** *The Bus* is only for older adults or people with disabilities.

**FACT:** No! *The Bus* is for Everyone! Children are encouraged to be accompanied by an adult. Passengers with children requiring safety seats must supply those seats when boarding *The Bus*.

**MYTH:** Tuesday Travels have been eliminated.

**FACT:** Until there are more vehicles in the county's fleet, Tuesday Travels have been suspended. It is our intent to continue to assist passengers in avoiding the kind of isolation that breeds an unhealthy life. When these services return, we intend to keep the best of what Tuesday Travels offered. The service will be better than ever even if it is a bit different. Stay Tuned!

If you have any additional questions, concerns, complaints or special circumstances about anything related to transportation, please call the Transportation Line (608) 355-3278 or (800) 830-3533. We welcome your call!



## September 2009

### Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pepper Steak Baked Potato Summer Blend Veg. P-nut Butter Cookie Peach Slices Dinner Roll	2 Chopped Steak in Mushroom Sauce Mashed Potatoes Corn Fruited Gelatin Rasp. Sherbet Sliced Bread	3 Baked Spaghetti (includes veg.) Tossed Salad Birthday Cake Pear Slices French Bread	4 Roast Pork Loin Mashed Potatoes Carrots Applesauce Cinnamon Roll Sliced Bread
7 <b>Labor Day</b>  No Home Delivered Meals Dining Centers Closed	8 Chicken Teriyaki Red Skin Potatoes Seven Layer Salad Tropical Fruit Salad Sugar Cookie Dinner Roll	9 Pork Steak Mashed Potatoes Red Cabbage Taffy Apple Dessert Plum Halves Sliced Bread	10 Ham Rolls Squash Health Slaw Watermelon Slice Vanilla Pudding Dinner Roll	11 Swiss Steak Mashed Potatoes Peas and Carrots Egg Custard Pie Petite Banana Sliced Bread
14 Liver and Onions Escaloped Potatoes Calif. Blend Veg. Peach Slices Fudge Brownie Sliced Bread	15 Baked Chicken Mashed Potatoes Copper Penny Salad Molasses Cookie Plum Halves Dinner Roll	16 Beef Stew (includes veg.) Corn Fruited Gelatin Frosted Cake Biscuit	15 Crispy Fish Fillet Cheesy Pot. Bake Peas/Pearl Onions Carrot Cake w/ Cr. Cheese Frosting Orange Dinner Roll	18 Bratwurst on a Bun German Pot. Salad Tossed Salad Pineapple Tidbits Ice Cream Cup
21 BBQ Pork Cutlet Baked Potato Western Corn Pear Slices Cookie Sliced Bread	22 Salisbury Steak Mashed Potatoes Mixed Vegetables Apple Pie Fruit Cocktail Dinner Roll	23 Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Frosted Cake Sliced Bread	24 Beef Stroganoff (includes veg.) Calif. Blend Veg. Butterfinger Torte Applesauce Dinner Roll	25 Boneless Chicken Breast Mashed Potatoes Baby Carrots Tropical Fruit Salad Fudge Brownie Sliced Bread
28 Country Fried Steak Mashed Potatoes Green Beans Pecan Pie Peach Slices Sliced Bread	29 Meatloaf Au Gratin Potatoes Peas and Carrots Mand. Orange Gel. Ice Cream Cup Dinner Roll	30 Baked Chicken Twice Baked Style Mashed Potatoes Fresh Spinach Salad w/Bacon Dressing Ambrosia Dessert Apple Sliced Bread	<i>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.</i>	

## October 2009

### Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="color: green; font-style: italic;">Don't judge each day by the harvest you reap but by the seeds that you plant.</p>			<p>1 Glazed Ham Sweet Potato Bake Cole Slaw Birthday Cake Applesauce Dinner</p>	<p>2 Chicken Cacciatore Red Skin Potatoes Mixed Italian Salad Vanilla Pudding Watermelon Slice Sliced Bread</p>
<p>5 Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Cantaloupe Slice Cinnamon Roll Sliced Bread</p>	<p>6 Lasagna Casserole (includes veg.) Italian Blend Veg. Key Lime Pie Pear Slices French Bread</p>	<p>7 Chicken Chow Mein over Rice Tossed Salad Mand. Orange Gel. Frosted Cake Sliced Bread</p>	<p>8 Pot Roast Red Skin Potatoes Baby Carrots Coconut Cream Pie Plum Halves Dinner Roll</p>	<p>9 Smoked Sausage Baked Potato Summer Blend Veg. Applesauce Fudge Brownie Sliced Bread</p>
<p>12 Chopped Steak in Mushroom Sauce Mashed Potatoes Calif. Blend Veg. Choc. Chip Cookie Peach Slices Sliced Bread</p>	<p>13 Chili Casserole (includes veg.) Peas/Pearl Onions Cantaloupe Slice Orange Sherbet Cornbread</p>	<p>14 Baked Chicken Mashed Potatoes Pickled Beet Salad Pear Slices Cinnamon Roll Sliced Bread</p>	<p>15 BBQ Pork Cutlet Baked Potato Western Corn Pumpkin Pie Applesauce Dinner Roll</p>	<p>16 Crispy Fish Fillet German Potato Salad Winter Blend Veg. Pear/Lime Gelatin Cookie Sliced Bread</p>
<p>19 Escalloped Potatoes and Ham Casserole Mixed Vegetables Carrot Cake with Cr. Cheese Frosting Plum Halves Sliced Bread</p>	<p>20 Hawaiian Meatballs Red Skin Potatoes Chinese Ramen Salad Tropical Fruit Salad Vanilla Pudding Dinner Roll</p>	<p>21 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Cookie Sliced Bread</p>	<p>22 Meatloaf Au Gratin Potatoes Calif. Blend Veg. Pecan Pie Peach Slices Dinner Roll</p>	<p>23 Beef Frank on a Bun Oven Roasted Potato Corn Ice Cream Cup Petite Banana</p>
<p>26 Boneless Chicken Breast Mashed Potatoes Summer Blend Veg. Pineapple Tidbits Frosted Cake Sliced Bread</p>	<p>27 Ham Rolls Squash Health Slaw Fruited Gelatin Ice Cream Cup Dinner Roll</p>	<p>28 Baked Chicken Twice Baked Style Mashed Potatoes Copper Penny Salad Choc. Banana Torte Pear Slices Sliced Bread</p>	<p>29 Join us today at the LivingWell Expo!  No Home Delivered Meals Dining Centers Closed</p>	<p>30 Swiss Steak Mashed Potatoes Swiss Spinach Ambrosia Dessert Plum Halves Sliced Bread</p>



## The Center for Patient Partnership Will Be At the LivingWell Expo!!

More than ten years ago, Martha Gaines learned lessons that would change her life. She learned that her health insurance wouldn't necessarily cover a life-saving treatment for Stage IV ovarian cancer. She learned that even at her lowest points, she needed to be captain of her health care team. She learned that compassion, delivered in many forms, was one thing that sustained her hope.

She also learned that her life depended on advocacy. And now Martha is being an advocate for others as she has started The Center for Patient Partnerships at the University of Wisconsin - Madison. The Center for Patient Partnerships is honored to walk with you on your journey—whether you are a student searching out a distinct kind of learning, or whether you are a patient, looking for an advocate during tough times.

Their mission is straightforward. They educate future service professionals—doctors, lawyers, social workers, psychologists, pharmacists, nurses, and policy-makers about what it's like to truly advocate for a client facing serious illness. Their principles guide them to assist clients as they:

- articulate values and needs;
- think strategically about tough decisions;
- gather appropriate information;
- communicate effectively in a complex health care financing and delivery system;
- understand options, resources and rights;
- build capacity as self-advocates; and reveal for themselves a healing path, even at the end of life.

Not surprisingly, demand for their advocacy services grows each day. Their services are free, and they are supported almost entirely by private donations.

Source: [www.patientpartnerships.org](http://www.patientpartnerships.org)

**If you would like to discuss your personal situation with a staff member, please pre-register for an appointment at the LivingWell Expo, October 29 at the Baraboo High School.**

## 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:

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

## Try this ADRC Word Puzzle

A man left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home there were two masked men waiting for him. Who were they?

**Answer:** The catcher and the umpire

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