

Aging & Disability Resource Center of Sauk County



Add LIFE Today!

**Laughter
Independence
Friends &
Energy**

January - February 2010

*Vol 2 Issue 1
Bi-Monthly Newsletter*



Free Tax Preparation!

Sauk County residents will again benefit from the free income tax preparation service offered by AARP Tax-Aide volunteers.

These volunteer counselors are trained and certified in cooperation with the American Association of Retired Persons (AARP) and the Internal Revenue Service.

Tax counselors will be available by appointment in Baraboo, Reedsburg, and Sauk Prairie beginning in February.

There will also be days scheduled for the preparation of Homestead Tax Credit claims.

Counselors provide tax preparation assistance with most Federal and State tax returns.

Returns that involve depreciation such as businesses, farms, and rental properties cannot be prepared by the AARP Tax-Aid volunteers. Also, they cannot prepare returns for married couples who wish to file separate returns.

For income tax preparation please make sure you have all of the following paperwork with you at the time of your appointment:

- ◆ A copy of the prior year's tax return
- ◆ W-2 (Wages) and 1099 Forms (interest, dividends and pension income)

- ◆ If there was a sale of stock or transfer or redemption of mutual funds, you must have the original cost and date of purchase

- ◆ Other papers showing income or expenses including:

- Broker's year end summary statements
- Health insurance premiums
- Long Term Care insurance premiums
- Economic Recovery Payment*
- Closing Statement for First Time Homebuyer Credit*
- Automobile Sales Invoice for New Vehicle Sales Tax Deduction*
- Supporting Receipts for credit for Energy Efficiency Home Improvements*
- College Expenses* - tuition and books
- (* = new for this tax year)

- ◆ Copy of your 2010 property tax bill, whether paid or unpaid

- ◆ If renting or leasing, please bring the rent certificate from your landlord if you are eligible to file a Homestead Credit claim

To schedule your appointment for this free service at any of the three locations, call the Aging & Disability Resource Center of Sauk County office at 608-355-3289 or 800-482-3710.

Thank you to the Reedsburg Public Library, the St. Vincent de Paul Resource Center, and Sauk County for providing the locations for this free service.

Thank you also to our volunteer Tax-Aide team! Without their commitment and dedication this service would not be available to you!



Director's Notes

Trish Vandrez, Director



Happy New Year and Welcome to 2010!

It is hard for me to believe that another year has passed. The new year brings us each new opportunities and new challenges. I wish you much success on whatever goals you set for yourself for 2010 during this season of renewal and rededication.

What will You Do When an Emergency Arises?

Seems like an odd question but an emergency or disaster can occur at any time. It really is an issue of when and not if an emergency or disaster will occur. These situations are unpredictable and sometimes require quick decisions to keep one's self safe or reduce the effects of the situation. The only real safe-guard any of us has is a good plan. These plans should be made with all of your personal needs and desires taken into consideration. There are many resources available to help with this planning.

ADRC of Sauk County Leading the Way...Again!

Beginning early this year, Sauk County residents (through the ADRC) will be able to participate in testing **a new system** for assisting older adults, people with disabilities and the caregivers of those with special needs. The system uses a readiness toolkit completed by an individual with special needs and their family members or caregivers. The toolkit contains checklists and hints to assist people to be "ready" when an emergency or disaster occurs. This readiness is the difference

between panic and a calmer and safer experience.

What Should Be Included in an Individual's Plan?

One component of your plan may be to subscribe to the **Special Needs Registry**. The Registry is used in times of emergency or disaster by the ADRC and other emergency operations personnel to advise them of and best respond to the needs of individuals who may be effected by an emergency. Subscribing to the Registry is voluntary and is open to anyone who needs special consideration during emergency situations.

For example, during the response to the 2008 flooding and its aftermath, the ADRC was able to see if anyone on the Registry was in immediate peril. Had any registrant lived in a severely effected area, the ADRC may have alerted the Emergency Operations Center for contact, assistance or evacuation. However, simply participating in the Registry in no way guarantees priority response during an emergency. In 2008, the ADRC did call those registered during the recovery efforts to see if they needed assistance or resources to cope with any residual damage from the flooding.

Participation in the Registry does not relieve you of the responsibility for being prepared for sheltering in your home until help can arrive. **Sheltering at home** means making care arrangements and storing necessary supplies as part of your personal emergency plan.

If one needs the assistance of a caregiver, then it is essential that planning occur with a neighbor, friend, family member or agency for someone to come to your home temporarily during an emergency until you may be relocated to a shelter. Simply talking this over with them, considering the length of each shift for caregivers and how many caregivers

are necessary, letting them know what your needs would be in an emergency situation and discussing “what if” scenarios are part of the planning necessary.

The second component to sheltering at home is equally important: **necessary supplies**. These supplies include drinking water, shelf-stable food that requires no preparation and medical supplies and/or medications needed to last a few days before moving to a shelter or having services like electricity or water restored to you at home.

Other considerations like sheltering for pets and having a “Go Bag” packed and ready for the possibility of leaving your home and going to a shelter are also essential components of your plan and the readiness toolkit walks through these plans and preparations.

The readiness toolkit will be available through the ADRC and a variety of other community partners. In addition, many more tips, checklists and detailed information about these topics will all be part of **‘Prepare Now’** presentations to come. Be on the lookout for a schedule of these presentations and plan to attend.

Emergencies and disasters may happen but you can be ready and be well while you wait for help to arrive. Smart planning leads to peace of mind.

Be Smart, Be peaceful & Live Well!

Trish



Avoid Internet Fraud

Protect Your Debit/Credit Card Numbers

A recent report showed that more than 92% of people in North America have access to the internet. Surfing, going online and making online purchases are now common. The internet opens a whole new world for us, but with this new world comes the need to be aware of risks especially in sharing financial information online.

- Check out the company before giving your credit or debit card number online. Does it have a working phone number? Is the address a physical address or is it just a PO Box?
- Make sure you are purchasing merchandise from a reputable source. You may want to do an internet search and see what others are saying about this company.
- Be sure the site is secure and reputable. Sometimes a tiny icon of a padlock appears to symbolize a higher level of security. This icon is not a guarantee of a secure site, but might provide you some assurance.
- Increasingly, internet offers are for FREE items. Be careful when this freebie requires your credit card information. This request for financial information for what was to be a free offer can be a sign that something is wrong.
- Check the Better Business Bureau in that company’s area to see how the organization rates before making the purchase.
- Be cautious when dealing with individuals/companies from outside your own country.

The safest way to purchase items via the internet is by credit card because you can often dispute the charges if something is wrong.

Be sure to keep a list of all your credit cards and account information along with the card issuer’s contact information. If anything looks suspicious or you lose your credit card(s) you should contact the card issuer immediately.

Safe surfing to you!

This partnership article provided by:



555 Park Avenue * Prairie du Sac, WI 53578

www.bankpds.com

608.643.3393



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

We Couldn't Have Done It Without YOU!

Thank you to all who helped with our 11th LivingWell Expo! This event would not be possible without the efforts of YOU - our amazing volunteers! Would you believe ... we had a group of 52 volunteers who contributed a total of 118 hours - WOW !! Thank you from the bottom of a very grateful heart !!

More than 700 people attended this year's event, and a fun-filled day it was! I've said it before ... and I'll say it again ... we couldn't do what we do without YOU! Thank you again for making this year's Living Well Expo a success :)

Powerful Tools for Caregivers



Fridays, March 19th - April 23rd
9:00 a.m. - 11:30 a.m.
Sauk County West Square Building
505 Broadway, Baraboo

“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

AARP Driver Safety Class

The AARP Driver Safety Program (formerly known as 55 Alive) is the nation's first and largest refresher course for drivers age 50 and older. This class has helped millions of drivers remain safe on today's roads.

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

Thursday, May 13
Spring Green Community Library
230 E. Monroe Street
8:00 a.m. - 12:30 p.m.
Call M & I Bank to register
588-2526

Wednesday, May 19
Baraboo - St. Clare Hospital
707 14th Street
12:00 noon - 4:30 p.m.
Call St. Clare's Golden Care office to register
356-1407

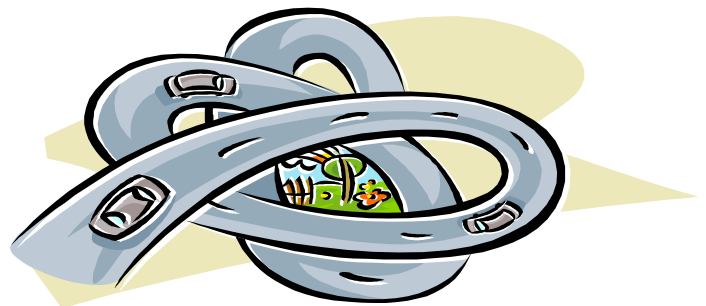
\$12.00 with proof of AARP membership
\$14.00 for non-members

The fee must be paid at the time of the class.

Please make your check payable to:
AARP Driver Safety

No \$\$... No Certificate of Completion

If you pre-pay on-line please print out and bring your receipt with you.





Caregiver Corner

Care for the Caregiver

Do you make the time to
“Care for the Caregiver”??

Do you take the time to take care of YOU??

“Care for the Caregiver” is a program offered through the ADRC that is made possible through the National Family Caregiver Support Program. It is our hope that you, as a caregiver, will participate in this program so that you can continue to have the strength and patience to meet the needs of your loved one without “burning out”.

The program provides reimbursement to a family caregiver for costs associated with arranging for another person or service to provide care in your absence.

Here are a few ideas of what the funds available for “Care for the Caregiver” can be used for: hire a home care agency or individual to be with your loved one in your home while you are away; hire a companion who can take your loved one on an excursion so that you can have some time alone in your home; or enroll your loved one in an adult day center for a break for you both.

If you participated in this program in 2009, you will need to fill out a new application for the new year!

Please call Mary Jane at the ADRC office at 355-3289 or 800-482-3710 for an application and more information.

So, I'll ask you again.

Do you make the time to
“Care for the Caregiver”??

Do you take the time to take care of YOU??



New Year's Resolutions !?!?

Are you a Resolution Maker??
and ... here's the real question ...
Are you a Resolution Keeper??

Top 10 Resolutions For Kids

1. Good hygiene
2. Eat healthier
3. Responsible computer use
4. **Volunteering**
5. Clean bedroom
6. Better manners
7. Better in school
8. Be nicer
9. Proper exercise
10. Limit TV time

Top 10 Resolutions For Adults

1. Spend more time with loved ones
2. Exercise more
3. Lose weight
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. **Volunteering**
10. Get organized

Why is volunteering #4 when we're younger and #9 when we're grown up?? A simple reason could be time ... or ... the fact that we don't have enough of it!

If you have a few extra hours in your month (or in your week, or in your day) I would LOVE to talk with you! As you think about making your New Year's resolutions, we hope that you will consider volunteering with us at the ADRC - we'll help you be a Resolution Keeper!



Mobility Management

Ashley Nedeau-Owen

Leave the Driving to Us!

Winter driving can be difficult and nerve-wracking. If you'd rather not be driving this winter, let the volunteers and professionals at the Aging & Disability Resource Center drive you. The least expensive way to travel in Sauk County is by taking the bus. While the schedule may not be as convenient as driving your own car, the cost savings to you can certainly ease the inconvenience of waiting a little while to catch a bus.

A quick review of our services might help ease your winter driving fears as there are many ways you can leave the driving to us. Did you know that one of our staff drivers is a former Greyhound Bus driver? Next time you see Tommy behind the wheel of the bus, ask him about long distance intercity bus service. Now for our services:

The Bus – intercity, deviated fixed route service connecting Baraboo, Lake Delton and Reedsburg every Wednesday and Friday (except on holidays or in very inclement weather) and connecting Baraboo, Prairie du Sac and Sauk City every Monday, Tuesday and Thursday. Imagine that you live in Sauk City, maybe on Madison St near the fire station. You need to get your vision checked and maybe new glasses and you've got to do some shopping. On Monday, catch the bus at the Community Center at 9:05 AM. Ride the bus to Wal-Mart in Baraboo arriving a little before 10:00. Meet your optometrist, pick out glasses and do your shopping. Grab a sandwich at Subway and catch the bus at 12:20 PM heading back to Sauk City.

Staff Escort Service – a door though door service for persons using assistive devices that cannot be accommodated in a volunteer's

vehicle. All rides offered are subject to vehicle availability based upon service priorities. Call the transportation line at 355-3278 as soon as you know your appointment date. Let's say you live just south of Valton and your doctor practices medicine in LaCrosse. Let us know more than two days before your appointment and we'll send a driver who will pick you up at your door, take you to your doctor, even in LaCrosse, wait for you there and then bring you home again.

Volunteer Escort Service – a door through door service provided by volunteers coordinated by the ADRC. This service is very similar to the Staff Escort service but the volunteers drive their own vehicles. Well, most do. Some volunteers use ADRC vehicles and have been trained to operate the accessible vans. This increases the opportunities you have to get a ride when you need by leaving the driving to us.

Did you know ... when you leave the driving to us you help those who cannot do their own driving at all. Making full use of federal and state funding sources means that use of our services by the many eligible to use the services, ensures that few for whom our services are the only option, continue to receive the service they need. Briefly, use by the many secures use for the few.

Did you know ... when you leave the driving to us, you save money for yourself. With current fuel and maintenance costs, any vehicle other than a Prius or an Insight costs more to operate on a trip between Reedsburg and Baraboo or between Sauk City and Baraboo than taking The Bus. Persons age 60 and older as well as students and persons with disabilities can ride the bus for only \$1.00. Everyone else can ride the bus too and for only \$2.00 per trip. If you happen to be driving one of the many Yukons made in Janesville, you are spending almost \$6.00 on fuel for a round trip between Sauk City and Baraboo. That is half again as

much as it costs to ride the bus.

Form some new habits this winter, habits that will stay with you and that will help others as well. Leave the driving to us!

Deciphering the Alphabet Taxi Soup

If you have a taxi punch card for **Baraboo Taxi** (the shared-ride service in Baraboo), please use it at **Baraboo Taxi**. It will be honored until at least March 31. We will sell punch cards for **Baraboo Taxi** through early March.

If you have a taxi punch card for **D Cab** in Reedsburg, please use it at **D Cab**. Dale will continue to honor the punch cards that are in circulation. Dale hopes to continue providing cab service in Reedsburg well into 2010 if not longer. Your continued patronage will help him a great deal.

A Taxi was awarded the contract for providing shared-ride cab service in Reedsburg beginning January 1, 2010. At press time, Doug, proprietor of **A Taxi** is planning on honoring **D Cab** punch cards. We will sell punch cards for 10 trips using **A Taxi** after January 4. Details are still being worked out.

Every five years municipalities with fiscal authority for shared-ride taxis issue Requests for Proposals (RFP) to taxi providers. This competitive process assures passengers low fares and good service. Proposals are scored with the highest scoring proposals winning the contracts. **Sauk Prairie Transit** did not go through the RFP process this year. There are no changes in Sauk Prairie.

Baraboo will be issuing another RFP in January and a new contract will be awarded sometime in March, 2010.

The ADRC will do our best to subsidize shared-ride taxi service for qualifying individuals. Please call Ashley on the transportation line (355-3278 or 800-830-3533) if you have questions.

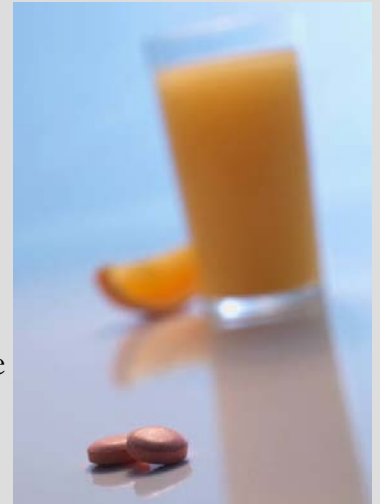
Drink Your Juice, But Not With Some Medications

If you take medication to control your blood pressure or your cholesterol, your doctor may have warned you about drinking grapefruit juice. Turns out that grapefruit juice isn't the only beverage that may negatively affect the way some medications work.

Scientists recently studied the effects that apple and orange juices have on medication. They found that these common beverages

can not only inhibit the effectiveness of some drugs, they can also boost the effectiveness of others, putting users at risk of getting either too little or too much of their needed medications. Medicines that were affected by the juices included some cancer drugs, antibiotics and beta-blockers.

Many drugs work best when taken under specific conditions. If you're concerned that what you eat and drink may impact the effectiveness of your medication, talk to your doctor or pharmacist. You should make sure you understand how any new drugs you've been prescribed should be taken before beginning your regimen.



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For Your Benefit:

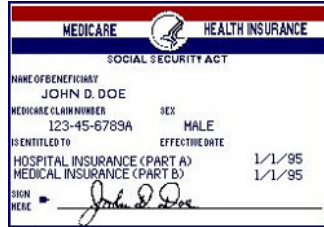
News from your
Benefit Specialists



Deb Harvey

Kelly Dietsch

What Medicare Doesn't Cover



Although Medicare coverage provides basic protection against health care costs, Parts A and B won't cover all your medical expenses. There are many medical related expenses that Medicare does not cover. In fact, there are specific areas that are not covered and it is important to know what these are before any costs are billed with the expectation that Medicare will cover the bills.

As a reminder, Medicare will not cover services that are not 'medically reasonable or necessary' for the diagnosis or treatment of illness or injury or to improve the functioning of a malformed body part. For example, Medicare will not cover the rental of a special hospital bed to be used by the patient in their home unless it was a reasonable and necessary part of the patient's treatment.

The following is a list of common items and services that are excluded from coverage, along with exceptions to the exclusions. This list does not represent all coverage exclusions.

Custodial Care

Custodial care serves to assist an individual in the activities of daily living, such as assistance in walking, getting in and out of bed, bathing, dressing, feeding, etc. Custodial care is essentially personal care that does not require the continuing attention of trained medical or paramedical personnel. In determining whether a person is receiving custodial care,

the intermediary or carrier considers the level of care and medical supervision required and furnished. Remember that even if a patient's stay in a hospital or SNF is determined to be custodial, some individual services may still be covered under Part B if they are reasonable and necessary.

Personal Comfort Items and Services

These are items or services that do not contribute meaningfully to the treatment of an illness or injury or the functioning of a malformed body part. Charges for special items requested by the patient such as radio, TV, telephone, an air conditioner, and beauty/barber services are excluded from coverage. The patient may be charged for such a service if they requested it with knowledge that they will be charged. To avoid a misunderstanding, the provider should inform the individual upon request for such an item that there is a specified charge.

However, basic personal services (ie. barber/beautician services such as shampoo/ haircut) *which patients need and cannot perform for themselves* may be viewed as ordinary patient care when furnished by a long-term care institution and therefore may be covered under Medicare.

Prescription Drugs That Don't Require Administration by a Physician

Medicare A and B generally don't cover outpatient prescription drugs; most of those are covered by Part D. Part B covers a limited set of drugs, such as injectible and infusible drugs that are not usually self-administered and that are furnished and administered as part of a physician's service. If the injection is usually self-administered, or is not furnished and administered as part of a physician service, it may not be covered by Part B.

A drug is furnished as part of a physician's service if the drug is furnished by the physician and administered either by the

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physician or by the physician's staff under the physician's supervision. These drugs are covered under Part B if they are injectible or intravenous drugs considered by the Part B carrier as not usually self-administered.

Routine Physical Check-Ups

A routine physical checkup will not be covered by Medicare if the examination is performed without relationship to treatment or diagnosis for a specific illness, symptom, complaint, or injury, or if the examination is required by third parties such as insurance companies, business establishments, or government agencies.

Eyeglasses/Contact Lenses/Eye Examinations

In most cases, eyeglasses or contact lenses, as well as eye examinations for the purpose of prescribing, fitting, or changing eyeglasses or contact lenses are excluded from Medicare coverage. However, Medicare covers glasses or contact lenses for patients who have had cataract surgery and an intraocular lens implant. Medicare will cover these items for cataract patients even if the patient had surgery before Medicare benefits began. Payment may be made for lenses for both eyes even if cataract surgery involved only one eye. Medicare will cover one pair of glasses or contact lenses following cataract surgery, and will cover standard frames.

Medicare does not provide coverage for the purpose of prescribing, fitting, or changing glasses or contacts when your prescription changes. However, this exclusion does not apply to 1) physician services performed in conjunction with an eye disease (ie. glaucoma or cataracts); 2) post-surgical prosthetic lenses which are used during convalescence from eye surgery in which the lens of the eye was removed; or 3) permanent prosthetic lenses required by an individual lacking the natural

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**Benefit Specialist Schedule
January - February 2010**

DEB HARVEY

Plain American Legion Hall	January No visit	February 10 11:30 to 12:30
Plain Library	January No visit	February 10 2:00 to 3:00
Spring Green Senior Center	January No visit	February 17 10:30 to 11:30
Spring Green Library	January No visit	February 17 1:00 to 2:00
Sauk/Prairie Community Cntr	January No visit	February 4 & 18 10:00 to 11:30
Merrimac Village Hall	January No visit	February 4 8:30 to 9:30

KELLY DIETSCH

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

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

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lens of the eye.

Hearing Aids/Examinations for Hearing Aids

Hearing aids or examination for the purpose of prescribing, fitting, or changing hearing aids are excluded from coverage. However, certain devices that produce a perception of sound by replacing the functions of the middle ear, cochlea, or auditory nerve are payable by Medicare as prosthetics. These devices are indicated only when hearing aids are medically inappropriate or cannot be used. Cochlear implants and auditory brainstem implants are examples of prosthetics that Medicare will cover.

Immunizations

Vaccinations are excluded from Medicare coverage unless they are 1) directly related to treatment of an injury or direct exposure to a disease or condition, such as anti-rabies treatment, a tetanus shot, botulin antitoxin, or immune globulin, or 2) they are specifically covered by statute. Statutorily, the Medicare Part B program covers the pneumococcal pneumonia vaccine, the Hepatitis B vaccine if furnished to a Medicare beneficiary who is at high or intermediate risk of contracting hepatitis B, and Influenza virus vaccine (including the H1N1 vaccine for 2009). Preventative immunization against smallpox, polio, diphtheria, etc. is not covered.

Orthopedic Shoes And Other Supportive Devices For The Foot

Orthopedic shoes and shoe supports are generally not covered, but the exclusion does not apply to such a shoe or support if it is an integral part of a leg brace and its expense is included as part of the cost of the brace. This exclusion also does not apply to therapeutic shoes furnished to diabetics.

Cosmetic Surgery

Cosmetic surgery and expenses incurred in

connection with cosmetic surgery is not covered. This includes any surgical procedure directed at improving appearance, except when required for the prompt repair of an accidental injury or for the improvement of the functioning of a malformed body part. For example, this exclusion does not apply to surgery in connection with treatment of severe burns, surgery to repair the face following a serious car accident, or surgery for therapeutic purposes which coincidentally also serves some cosmetic purpose.

Dental Services

Generally, items and services in connection with care, treatment, filling, removal, or replacement of teeth or structures directly supporting the teeth are not covered. However, payment may be made for certain services of a dentist. When an excluded service is the primary procedure involved, that service is not covered (ie. extraction of an impacted tooth). If an otherwise non-covered procedure or service is performed by a dentist as incident to and as an integral part of a covered procedure or service performed by the dentist, the *total service* performed by the dentist on such an occasion is covered.

For example, the reconstruction of a ridge performed primarily to prepare the mouth for dentures is a non-covered procedure. However, when the reconstruction of a ridge is performed as a result of, and at the same time as, the surgical removal of a tumor (for other than dental purposes), the totality of surgical procedures is a covered service.

Whether such services as the administration of anesthesia, diagnostic x-rays, and other related procedures are covered depends upon whether the primary procedure being performed by the dentist is covered. Medicare makes payment for a covered dental procedure no matter where the service is performed. The hospitalization or non-hospitalization of a

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patient has no direct bearing on the coverage or exclusion of a given dental procedure.

Routine Foot Care

Treatments for subluxations (partial dislocations or displacements) of joint surfaces, tendons, ligaments, or muscles of the foot are not covered if the treatment is undertaken for the sole purpose of correcting a dislocated structure in the foot. However, medical or surgical treatment of partial dislocation of the ankle joint is covered.

Reasonable and necessary medical or surgical services, diagnosis, or treatment for medical conditions that have resulted from or are associated with partial displacement of structures is covered. For example, if a patient has osteoarthritis that has resulted in a partial displacement of joints in the foot and the primary treatment is for the osteoarthritis, coverage is provided.

Generally excluded from coverage under Part A and B are also treatment or correction of flat foot, routine foot care such as removing corns or callouses, nail trimming, and other hygienic and preventative maintenance care that is performed in the absence of localized illness, injury or symptoms involving the foot. In some cases, services that are considered routine may be covered if they are performed as a necessary and integral part of otherwise covered services (i.e. treatment of an infection of the foot).

Also, certain foot care procedures that otherwise are considered routine (see above examples) may be covered when certain systemic conditions result in circulatory problems or diminished sensation in the foot. Common systemic conditions include Diabetes, Multiple Sclerosis, and chronic Thrombophlebitis.

Chiropractic Services

Coverage of chiropractic service is specifically

limited to treatment by means of manual manipulation, i.e., by use of the hands. Additionally, manual devices may be used by chiropractors in performing manual manipulation of the spine, but no additional payment is available by Medicare for use of a manual device by a chiropractor.

No other diagnostic or therapeutic service furnished by a chiropractor or under the chiropractor's order is covered. This means that, for example, if a chiropractor orders, takes, or interprets an x-ray, the x-ray can be used for claims processing purposes, but Medicare does not cover the x-ray. This prohibition does not affect the coverage of x-rays or other diagnostic tests furnished by other practitioners under Medicare. For example, an x-ray taken for the purpose of determining or demonstrating the existence of a misalignment of the spine is a diagnostic x-ray test covered by Medicare if ordered, taken, and interpreted by a physician who is an M.D. or D.O.

Non-Coverage and the ABN

Remember, providers are not required to issue an ABN (Advanced Beneficiary Notice) when the item or service is specifically excluded from coverage, such as the items and services listed in this article. Medicare presumes beneficiaries know or can reasonably be expected to know these items or services are excluded from coverage. A provider may choose to notify the beneficiary, but it is not required to do so in this instance. ABNs are required under Original Medicare when a provider has a genuine reason to expect Medicare will deny coverage for an item or service for a statutorily listed reason. This commonly occurs when the provider believes an item or service will be denied because it is not medically reasonable and necessary.



Disability Benefit Specialist

Natalie Wilmot

It's a SAD (Seasonal Affective Disorder) Time of Year!



Less daylight during the fall and winter causes depression in some people. A family member or friend may be experiencing some of the symptoms of seasonal affective disorder (SAD). Some other factors contributing to SAD may include genetics and age. We know that neurochemicals are involved in the regulation of our mood and functioning.

Melatonin is a hormone that our brains produce during the hours of darkness. It is involved with regulation of sleep, body temperature and release of hormones. As with any hormone, the amount produced is important.

People with SAD produce too much melatonin. This disrupts our internal body clock leading to depressive symptoms. If you have had episodes of depression that clearly have an onset in fall or winter followed by remission of symptoms in the spring or summer, you may have SAD.

Symptoms of winter-onset seasonal affective disorder include:

- Depressed mood
- Irritability
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal

- Oversleeping (feeling like you want to hibernate)
- Loss of interest in activities you normally enjoy
- Appetite changes, especially a craving for foods high in carbohydrates such as pastas, rice, bread and cereal
- Weight gain
- Difficulty concentrating and processing information

Medications or light therapy (phototherapy) can be used to treat SAD. Speak with your health care provider if you think you may have SAD.

Treatment is available!



Age 18 Disability Redeterminations

What is an Age 18 Disability Redetermination?

- An Age-18 redetermination is required for all adults who were receiving Supplemental Security Income (SSI) benefits as a child. This is a determination that reviews whether the individual meets the disability determination criteria as an adult. (Child criteria is different than the adult criteria).
- Approximately 6 months prior to a beneficiary's 18th birthday, the Social Security Administration (SSA) sends a notice indicating that his or her childhood SSI benefits will cease at age 18 and that he or she must file an adult application at the local SSA office.
- Approximately 1/3 of all childhood SSI recipients will be found not to meet the adult disability criteria. (2006 Social Security Advisory Board)

- Childhood SSI recipients with mental and behavioral impairments, other than mental retardation, are the least likely to be approved for adult SSI.

What is an Age 18 Appeal?

- The appeal procedure in Age 18 Redetermination cases differs from the standard SSA appeal procedures in that SSA provides recipients with the opportunity to have a face to face disability “hearing” at the Reconsideration stage. The hearing officer is a hearing officer from the Disability Determination Bureau, not an Administrative Law Judge (ALJ). Otherwise, the same 60 day appeal deadlines apply.
- A special Request for Reconsideration form is used in cases where the SSI benefits are ended. This form can be found online but has to be returned to the local SSA office.
- The field office will send an Adult Disability Report Appeal Form to be completed and returned to the local office.
- Recipients who would like to continue to receive their benefits pending the outcome of their appeal must request this within 10 days of receipt of the initial denial notice. On some occasions a good cause exemption can be filed if you miss the 10 day deadline, but this request must be approved by the local office.
- A request to continue to receive benefits must be made at both the Reconsideration and ALJ levels.
- If the recipient elects to receive continuing benefits throughout his or her appeal and the decision to terminate is upheld, the SSA will assess an overpayment of all benefits paid from the date the disability ended. The recipient would then have an opportunity to request a waiver of the overpayment. Claimants will typically be found not be at fault in causing the overpayment if they had a good

faith belief that their disability continued.

Section 301 of the Social Security Amendments of 1980, states benefits may continue for adults between the ages of 18 - 23 if the following criteria are met:

- The individual is participating in a special education program pursuant to an individualized education plan (IEP) or participating in a vocational rehabilitation program that utilizes an individualized plan for employment; and
- Completion or continuation of the program will “increase the likelihood that the individual will not have to return to the disability roll” 20 CFR 404.328.

Under Section 301, benefits will continue until the beneficiary:

1. Completes the program; or
2. Participation in the program stops; or
3. SSA decides that continued participation in the program will not increase the likelihood of permanent removal from the disability benefit rolls.



Mark Your Calendar

The ADRC will be closed on:

January 1	New Year’s Day
April 2	Good Friday
May 31	Memorial 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.

Aging & Disability Specialists

Here to Help you!



Jim Pritzkow



Lisa Karau



Quinn Hause



Abigail Chapman

Assistive Technology- Tools for an independent future



In previous articles we have discussed Assistive Technology (AT), but you still may be wondering what assistive technology is and how it is used. Well, assistive technology allows people with disabilities to live and work as independently as possible. Assistive technology is any product or piece of equipment that is used to maintain and improve the functional capabilities of people with disabilities. These items might be commercially made or modified to serve an individual's needs. These items may be as simple as using a loop-style drawer handle to open a drawer or as complex as a sip-and-puff switch that helps an individual operate a computer.

The Aging and Disability Resource Center (ADRC) has an AT kit in our LivingWell Library with over 90 items of assistive devices for individuals to look at and decide if it would help him/her live or work more independently. Some of the items in our AT kit can make it easier for a person to dress, eat, make meals, hear, see,



write, or help with hygiene tasks. Our AT kit includes weighted forks, a lighted magnifying glass, adaptive playing cards, a photo phone, and a swivel seat cushion as



well as many other items. Please stop in to the ADRC office and ask to see our AT kit if you are interested in viewing any of these items.



The role of the Aging and Disability Resource Center is to introduce and demonstrate assistive technology with consumers and their caregivers. The ADRC will then refer consumers and/or their caregivers to assistive technology resource centers known as Independent Living Centers (ILC). ILC's provide technical assistance related to assistive technology for consumers, the community, and family members. Assistive technology services include evaluation, funding, design, customization, modification, maintenance, repair, training and technical assistance. People of all ages and disabilities can benefit from these services which will help him/her with the assistive technology he/she wants to use at home, in school or at work.



The Aging and Disability Resource Center also has an AT binder that includes photos showing different styles of ramps, door handles, lighting, telephones, driving and transportation aids, medication dispensing, as well as lifting and transfer aids. These photos may help you see how other AT items work and can benefit you or a loved one remain as independent as possible. Stop in to see our AT kit and learn more about these items today.



People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.

--Norman Vincent Peale



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

What's Playing at the LivingWell Library!!

Janaury Video of the Month

Winter brings increased home fire dangers! Stop in the ADRC office and watch the Caregiving Series video *Fire Safety*. This video teaches the causes of fires, how to prevent them from starting and how to respond appropriately if a fire does start. People 65 and older are twice as likely to die in a home fire than the general population, adults 85 and older are 4 1/2 times more likely. So stop in to the LivingWell Library to watch *Fire Safety* and learn how to help prevent this from happening to your or your loved ones.

February Video of the Month

Communication is vital to our sense of well-being. With hearing loss, people may feel isolated, frustrated and angry. Hearing loss is a common problem that people may experience as they get older. The Healing Arts video entitled *How to Communicate with Someone Who Has Hearing Loss* will teach you how to communicate effectively with someone who has hearing loss. You will learn the person with hearing loss is not the only one suffering as family and friends often feel frustrated and angry. This video will be playing all through the day, so stop in and learn how to improve how we communicate with someone with hearing loss.

Foot Clinic Schedule

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

Baraboo - West Square Building

Tuesdays - January 5 & 19

Tuesdays - February 2 & 16

Wednesday - February 17

LaValle - Fire Department

Wednesday - January 27

Wednesday - March 24

Merrimac - Village Hall

Wednesday - January 20

Wednesday - March 17

Plain - American Legion Hall

Thursday - February 25

Reedsburg - Maple Ridge

Tuesday - January 12

Thursday - January 21

Tuesday - February 18

Thursday - December 17

Reedsburg - Willow Heights

Wednesday - February 10

Sauk Prairie - St John's Church

Thursdays—January 7, 14 & 28

Thursdays - February 4 & 11

Spring Green - The Meadows

Tuesday - January 26

Tuesday - March 23

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.

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

seat (safety) belt, and eat healthy small meals throughout the day (every four hours) to name just a few. I know change may be difficult, but I read somewhere once that to be successful a person needs to be willing to change, and make themselves uncomfortable. So as we're going into the New Year surround yourselves with positive people that support your healthy habits, and I wish all of you only the best!

--Kevin Monroe

“It is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.” - Winston Churchill



Thank You Everyone

I would like to thank my wonderful team - the Aging & Disability Resources Center! Many people may not realize how much they really do in a morning before most people wake up and pour their first cup of coffee. I can tell you first-hand that my team is genuine, caring, and relentless in doing almost whatever it takes to provide excellent services to an entire county.

I will miss working with my outstanding team, and I will miss all of you; the people we serve! However, many of you will still see me since I will still be in the area. I will still be focusing on prevention, except now I will be doing this privately. I am pursuing our in-home personal fitness training and functional fitness equipment sales business (Monroe Real Training LLC) full-time!

Please take care of yourselves, and continue to focus on prevention. If there is one thing I can assure you that will improve your quality of life... that is prevention! Remember to make time to exercise, reduce your stress, tell jokes, give compliments, be positive, wear your



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 months of winter weather! 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 for these instances and be sure to listen to the local radio stations for closure information. 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. that day. The following radio stations will report the dining center closings:

Reedsburg - WRDB 1400 AM

Baraboo - WRPQ 740 AM

Richland Center - WRCO 1450 AM or
WRCO 1009.9FM



So Who Will Fill Kevin's Shoes!?!

As I'm sure you will all agree, Kevin leaves big shoes to fill! Kevin has done a wonderful job teaching all of us the importance of eating healthy, exercising and of prevention. In short, he's encouraged us all to live a healthy and happy life.

But just because Kevin is continuing on this journey of teaching new people about being healthy, it doesn't mean no one will be there for you!!!! The Aging & Disability Resource Center is very excited to have a new Nutrition and Prevention Specialist starting in January.

Who?!?

Sally Shiminiok, that's who!!!

The next AddLIFE Today! will have more information about Sally and her schedule. So if you see someone new at the Dining Centers, introduce yourself as it might be Sally!

***Everything you want is out there
waiting for you to ask.
Everything you want also wants you.
But you have to take action to get it.***

- Jack Canfield

In all you do, remember to

AddLIFESM

**Laughter
Independence
Friends &
Energy**

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



Continuing Education

—another way to **AddLIFE™**

UW Baraboo/Sauk County Continuing Education office is offering a basic computer class for seniors.

Where Do I Start With My Computer?

Instructor: Terri Nee-Holtz

Learn to use the Windows screen, setting mouse and screen preferences plus operating various windows. Learn to open/close window options, scroll through windows, switch between multiple windows, review taskbar items, set time/date and discuss proper shutdown procedures.

Tuesday, January 19, 8:30-11:30am
Computer Lab, Aural Umhoefer Building
Class Fee: \$35

ADD LEARNING TO YOUR LIFE

A lifelong learning conference designed to explore new ideas and inspire adults 55 and over. Keynote speakers and breakout session options will include topics as:

- ◆ The Ku Klux Klan in Wisconsin in the 1920s
- ◆ Technology 101: Everything you wanted to know about technology (cell phones, digital cameras and computers) but afraid to ask
- ◆ Who needs an Estate Plan?
- ◆ Wisconsin's Prehistoric Mounds
- ◆ What makes a writer a Wisconsin writer?
- ◆ 10 Secrets to Becoming a Cool Grandparent

Mark your calendars for
Thursday, March 25, 2010!
Registration includes lunch

\$25 per individual or \$45 per couple

For more information or to get on the mailing list for a registration form call UW-Baraboo/Sauk County Continuing Education office at 608-355-5220.

Turn Small Changes into Big Savings at Energy Fair!

Sauk County residents looking to save some cold cash this winter can learn how to turn small changes into big savings during the **Sauk County Home Energy Savings Fair** on Saturday, January 30.

The free event features presentations, exhibits, and a panel discussion on simple ways to conserve both energy and money, and will run from 8:30 a.m. to 12:30 p.m. at the Sauk County West Square Building, 505 Broadway, Baraboo. Sustain Sauk County will sponsor this event.

“Everyone is pinching pennies these days,” observed David Wernecke, one of the day’s organizers, “but few people realize that with just a small investment in your house, you can out-perform the rate of return of most Wall Street gamblers and reduce the pain of future energy costs too.”

Easy steps such as adding insulation, sealing air leaks, and using a programmable thermostat can save hundreds of dollars every year, said Wernecke, and the goal of the Fair is to connect homeowners, renters, and landlords with energy and home comfort professionals.

“We’ll have a wealth of expertise and knowledge in the room, including people who have already made some improvements and can speak first-hand about their results,” he added.

As a bonus, local start-up Green Plan-It is offering a free home energy audit—valued at \$200 - to the first 40 people that register for and attend the event. Additional home energy audits and other energy savings prizes will also be awarded at a drawing at the end of the Fair.

Free child care will be available on-site; please call to reserve space.



To register or for information, contact Sauk County Land Conservation office at 355-3245.

“Wasting Youth Upon the Young”

Remembering things within the past
Some are sad
Some are glad
But all are worth recalling, as from our mind
we're hauling
These treasures out to share

There are our days of younger years
When we never felt a fear

For youth can fill you full of courage
There nary a problem to discourage

But once we grow a slight bit older
We seem to become a little less bolder

Although we haven't the passion of youth
One yearns to find the glimmer of truth

Reaching into our golden age
We become quite savy and sage

Experience has taught us our lessons well
Onto the young our lessons we tell

Hoping that what we've weathered in tears
Can help the young to ease their years

But it's still the same age old story
They must create their own life glories

Our mistakes will never teach them
We cannot even seem to reach them

If only they would heed us one day
Instead of making mistakes their own way

As we all know one must get burned
Experience has taught us the lessons we've
learned

So with wasted breath and heavy heart
Send them out in the world to learn their own
part!

By: Bob Charley
The Spring Green Dining Center Manager

“Stand up Straight!”

Improving posture can decrease pain and improve quality of life.

A flexed posture is when the head is held forward on the trunk, also called kyphosis. The degree of flexed posture is related to severity of back pain, depression, decreased muscle strength and declines in motor performance such as walking speed.

One method for measuring forward posture is the head-to-wall distance. Ideally, you should be able to stand in a natural position with your back to a wall with the head, buttocks, and heels touching the wall, and the knees straight. A head-to-wall distance of 3 inches or greater is considered “severe.”

Larger head-to-wall distances are associated with weakness of back muscles (back extensors) that hold the trunk upright when standing. A 2007 study in *Osteoporosis International* on postmenopausal women with osteoporosis found that strong back extensors are vital to maintaining back mobility and quality of life. Improving strength of the back extensors can also decrease vertebral fracture incidence flexed posture.

A back extensor strengthening program can be performed at home in only 3-5 minutes per day. Prior to starting a program, a physical therapy examination should be performed on all body regions such as the shoulders and hips which often have tightness and weakness. Your physical therapist will also instruct you in correct performance of a program tailored to meet your specific needs based on the examination.

This article provided to you by:



NEW LIFE PHYSICAL THERAPY
AND SPORTS MEDICINE

626 14th Street - Baraboo, WI 53913
(608) 356-2334 (phone) / (608) 356-2636 (fax)

Why shovel your sidewalks?



Snow and ice create a hazardous situation for everyone but especially for seniors and people with disabilities. Shoveling and using salt, sand or other substances with ice melting properties will help reduce the potential for slip and fall incidents, which can and do cause serious injuries.

Safe snow shoveling requires proper preparation, the right tools, good technique and knowledge.

Preparation

- Talk to your doctor about this activity and your health status before winter season arrives.
- Think twice if you:
 - have had a heart attack or have other forms of heart disease
 - have high blood pressure or high cholesterol levels
 - are a smoker
 - lead a sedentary lifestyle
- Consider hiring a student or using a volunteer service if you are a senior.
- Shovel at least 1-2 hours after eating and avoid caffeine and nicotine.
- Warm up first (walk or march in place for several minutes before beginning).
- Start slow and continue at a slow pace (Suggestion: shovel for 5-7 minutes and rest 2-3 minutes).
- Drink lots of water to prevent dehydration.
- Shovel early and often:
 - new snow is lighter than heavily packed/partially melted snow
 - take frequent breaks

Tools

Shovel:

- sturdy yet lightweight is best (a small plastic blade is better than a large metal blade)
- an ergonomically correct model (curved handle) will help prevent injury and fatigue

- spray the blade with a silicone-based lubricant (snow does not stick and slides off)

Clothing:

- wear multiple layers and cover as much skin as possible
- wear a hat and scarf (make sure neither block your vision)
- wear mittens (tend to be warmer than gloves)
- wear boots with non-skid/no-slip rubber soles

Technique

- ◆ Always try to push snow rather than lifting it.
- ◆ Protect your back by lifting properly and safely:
 - stand with feet at hip width for balance
 - hold the shovel close to your body
 - space hands apart to increase leverage
 - bend from your knees not your back
 - tighten your stomach muscles while lifting
 - avoid twisting while lifting
 - walk to dump snow rather than throwing it
- When snow is deep, shovel small amounts (1-2 inches at a time) at a time.
- If the ground is icy or slippery, spread salt, sand or kitty litter to create better foot traction.

Knowledge

- Shoveling snow is strenuous activity that is very stressful on the heart.
- Exhaustion makes you more susceptible to frostbite, injury and hypothermia.
- Stop shoveling and call 911 if you have:
 - discomfort or heaviness in the chest, arms or neck
 - unusual or prolonged shortness of breath
 - a dizzy or faint feeling
 - excessive sweating or nausea and vomiting

Source: torontoems.ca/main-site/careers/safety-tips/show-shovelling



January 2010

Sauk County Dining Center Menu

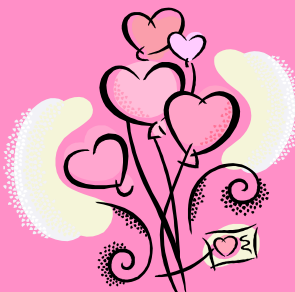
Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The aging process has you firmly in its grasp if you never get the urge to throw a snowball.</i></p> 				<p>1</p> <p>Closed for the Holiday Happy New Year!</p> <p>Dining Centers Closed and No Home Delivered Meals</p>
<p>4</p> <p>Hawaiian Meatballs Red Skin Potatoes Peas & Carrots Ambrosia Dessert Plum Halves Sliced Bread</p>	<p>5</p> <p>Pork Cutlet in Mushroom Sauce Mashed Potatoes Pickled Beets Applesauce Sugar Cookie Dinner Roll</p>	<p>6</p> <p>Pepper Steak Escaloped Potatoes Summer Blend Veg. Mand. Orange Gel. Ice Cream Cup Sliced Bread</p>	<p>7</p> <p>Beef Stroganoff (includes veg.) Carrots Birthday Cake Fruit Cocktail Dinner Roll</p>	<p>8</p> <p>Boneless Chicken Breast Mashed Potatoes Green Bean Cass. Butterfinger Torte Pear Slices Sliced Bread</p>
<p>11</p> <p>Chopped Steak in Burg/Mush Sauce Mashed Potatoes Calif. Blend Veg. Peach Slices Cookie Sliced Bread</p>	<p>12</p> <p>Ham Rolls Squash Health Slaw Raspberry Sherbet Apple Dinner Roll</p>	<p>13</p> <p>Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Frosted Cake Sliced Bread</p>	<p>14</p> <p>Crispy Fish Fillet German Pot. Salad Winter Blend Veg. Key Lime Pie Plum Halves Dinner Roll</p>	<p>15</p> <p>BBQ Pork Cutlet Cheesy Pot. Bake Tossed Salad Applesauce Ice Cream Cup Sliced Bread</p>
<p>18</p> <p>Escaloped Potatoes and Ham Casserole Mixed Vegetables Apple Pie Fruit Cocktail Sliced Bread</p>	<p>19</p> <p>Swiss Steak Mashed Potatoes Wax Beans Fruited Gelatin Orange Dinner Roll</p>	<p>20</p> <p>Chicken Teriyaki Baked Potato Ramen Cab. Salad Coconut Cream Pie Pineapple Tidbits Sliced Bread</p>	<p>21</p> <p>Pork Steak Mashed Potatoes Carrots Applesauce Fudge Brownie Dinner Roll</p>	<p>22</p> <p>Chicken and a Biscuit (incl. veg.) Spinach Salad with Hot Bacon Dress. Pecan Pie Pear Slices</p>
<p>25</p> <p>Glazed Ham Sweet Pot. Bake Cole Slaw Peach Slices Cookie Sliced Bread</p>	<p>26</p> <p>Pot Roast Red Skin Potatoes Baby Carrots Fruited Gelatin Plum Halves Dinner Roll</p>	<p>27</p> <p>Baked Chicken Twice Bk Style Pot. Three Bean Salad Oatmeal Raisin Cookie Fruit Cocktail Sliced Bread</p>	<p>28</p> <p>Beef Stew (includes veg.) Winter Blend Veg. Petite Banana Cinnamon Roll Biscuit</p>	<p>29</p> <p>Country Fried Steak Mashed Potatoes Corn Spice Cake Pineapple Tidbits Sliced Bread</p>



February 2010 Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Swedish Meatballs Mashed Potatoes Peas and Carrots Pear Slices Butterscotch Pud. Sliced Bread</p>	<p>2 Meatloaf Au Gratin Potatoes Calif. Blend Veg. Choc. Chip Cookie Peach Slices Dinner Roll</p>	<p>3 Chicken, Broccoli & Rice Casserole Summer Blend Veg. Mand. Orange Gel. Ice Cream Cup Sliced Bread</p>	<p>4 Roast Pork Loin Mashed Potatoes Red Cabbage Birthday Cake Applesauce Dinner Roll</p>	<p>5 Smoked Sausage Baked Potato Sauerkraut Fresh Fruit Salad Fudge Brownie Sliced Bread</p>
<p>8 Baked Spaghetti (includes veg.) Tossed Salad Choc. Banana Torte Fruit Cocktail Sliced Bread</p>	<p>9 Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Frosted Cake Dinner Roll</p>	<p>10 Ham Rolls Squash Health Slaw Applesauce Cookie Sliced Bread</p>	<p>11 Chicken & Broccoli Alfredo Casserole Peas/Pearl Onions Ambrosia Dessert Ice Cream Cup Dinner Roll</p>	<p>12 Salisbury Steak Mashed Potatoes Carrots Fruited Gelatin Cinnamon Roll Sliced Bread</p>
<p>15 Pork Steak Mashed Potatoes Pickled Beets Baked Apples Plum Halves Sliced Bread</p>	<p>16 Chili Casserole (includes veg.) Peas and Carrots Peach Slices Cookie Cornbread</p>	<p>17 Crispy Fish Fillet Cheesy Pot. Bake Calif. Blend Veg. Egg Custard Pie Pineapple Tidbits Sliced Bread</p>	<p>18 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Vanilla Pudding Dinner Roll</p>	<p>19 Spinach Lasagna (includes veg.) Italian Blend Veg. Sugar Cookie Plum Halves French Bread</p>
<p>22 Swiss Steak Mashed Potatoes Summer Blend Veg. Applesauce Frosted Cake Sliced Bread</p>	<p>23 Glazed Ham Sweet Pot. Bake Cole Slaw Molasses Cookie Pineapple Tidbits Dinner Roll</p>	<p>24 Baked Chicken Twice Bk Style Pot. Three Bean Salad Fruited Gelatin Cinnamon Roll Sliced Bread</p>	<p>25 Bratwurst on a Bun German Pot. Salad Corn Apple Pie Pear Slices</p>	<p>26 Macaroni & Cheese Tossed Salad Mixed Vegetables Cantaloupe Slice Ice Cream Cup Sliced Bread</p>



*Some people come into our lives and quickly go;
Some stay for a while, leave footprints on our hearts,
and we are never, ever the same.*

- Flavia Weedn



We would like to thank Florence Behm who made a donation to AddLife Today!



We would like to thank Orphy Franke who made a donation to the Home Delivered Meal program and the Living Well with Chronic Conditions program.



We would like to thank Florence Behm who made a donation to AddLife Today!



We would like to thank Donald & Dorothy Huinker who made a donation to AddLife Today!



We would like to thank Thomas Ingalls who made a donation to AddLife Today!

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

To know when to be generous and when to be firm -- this is wisdom.



- Elbert Hubbard

Donation Designation Form

I want to help the Aging & Disability Resource Center of Southwest Wisconsin - Sauk County Satellite to continue its 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"

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Baraboo, Wisconsin 53913



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CHANGE SERVICE REQUESTED
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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

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

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SNOWBALLS

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