

Aging & Disability Resource Center of Sauk County



*Enhance Your Life and
the Lives of Others!*

Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

March - April 2010

*Vol 2 Issue 2
Bi-Monthly Newsletter*

March is Nutrition Month!



Challenge yourself during March to Eat Right—From the Ground Up!

The Aging & Disability Resource Center is joining the American Dietetic Association in celebrating March as Nutrition Month.

Eating doesn't have to be frustrating if we would stop thinking about food as "good" or "bad" and instead look at foods as being more or less nutrient rich.

An older adult needs fewer calories than during the earlier part of their life, so by eating smart and selecting nutrient rich foods they can help to keep ourselves healthy, manage our weight and be able to stay physically active.

Join the Aging & Disability Resource Center's new Nutrition & Prevention Specialist, Sally Shimniok at your local Dining Center during the month of March to learn how to ...

...“Eating Right From the Ground Up!”

Sauk County Celebrates April as Family Caregiver Month !!

Did you know that ...

- ♥ More than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year?
- ♥ Approximately 60% of family caregivers are women?
- ♥ The value of the services family caregivers provide for “free” is estimated to be \$306 billion a year.?
- ♥ Family caregivers comprise 13% of the workforce?
- ♥ 1.4 million children ages 8 to 18 provide care for an adult relative?
- ♥ Stress of family caregiving for persons with dementia has been shown to impact a person's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves?

We are happy to include the Caregiver Corner (page 14) in this and future issues of AddLIFE Today! Stop in and visit the LivingWell Library for a wide array of caregiver resources; including books and videos you can check out!

The Aging & Disability Resource Center of Sauk County recognizes the contribution, dedication, and commitment of family caregivers and we celebrate April as Family Caregiver Month!



Director's Notes

Trish Vandrø, Director



Getting the Word Out... An Ounce of Prevention...

We continue to be surprised by the number of people who during a visit to the ADRC exclaim, "I never knew this place existed! I never knew all this was available!"

We have observed that most people don't contact the ADRC until they are faced with a difficult situation or a crisis occurs. I am certainly glad that people find us when times are tough however, there is so much value and peace of mind that we can offer if people know about their options before problems surface.



Help us spread the word to those you know. Do it for them as you never know when they may need to know who to call.

Why Call the ADRC?

► **To solve a problem.** The ADRC has many experienced people to help to resolve issues that arise or connect you with other services to find a solution.

► **To learn about your options.** The most important thing you can do to ensure that you have the future you desire is to know what

tools are available to you to make your vision of your future a reality. Let us assist you in exploring what you would like for your future and how to best prepare for that life. Don't allow a crisis to determine how your future will play out. Give this some thought and plan ahead so it is your and not just life that 'happens' to you.

► **To make your own plans for future possibilities.** Give your family the gift of planning for the best but being prepared for the worst. Get information on powers of attorney for health care, finances and living wills. All of these documents will give you and your loved ones peace of mind in case some of those "what if" situations arise. Once these pieces are completed, you can get on with living the future you desire without these worries.

► **To find the support you need to care for your loved ones.** Caregiving for a family member or friend is a wonderful gift to a loved one. It is also thoroughly exhausting especially without the proper support and care begin taken of the caregiver. The ADRC has programs and solutions for these situations too!

► **To find a way to make a difference in your community.** There is something for everyone who wants to invest some time in making our communities a better place to live. Volunteer, serve on a committee, help with special projects, whatever resonates with you!

These are just some of the benefits to knowing what your ADRC has to offer and how it can make a difference in your life. We're here for you so you can...

Live Well!

Trish

The Storms Have Subsided ...but Not the Devastation



The **2008 Flood Recovery Program** is now providing funds and support to help Wisconsin homeowners in the 30 counties that were declared a disaster area by the floods and storms of 2008. The funds will help repair their primary residences and provide other resources to help them on the road to recovery.

Homeowners can call 2-1-1 or 877-947-2211, or visit: www.2008floodrecovery.org for information and to register for the program.

The 30 counties include: Adams, Calumet, Columbia, Crawford, Dane, Dodge, Fond du Lac, Grant, Green, Green Lake, Iowa, Jefferson, Juneau, Kenosha, La Crosse, Manitowoc, Marquette, Milwaukee, Monroe, Ozaukee, Racine, Richland, Rock, Sauk, Sheboygan, Vernon, Walworth, Washington, Waukesha and Winnebago.

People are like Potatoes!

Some people never seem motivated to participate, but are content to watch others ... They are called "Speck Tators."

Some are always looking to cause problems and really get under your skin ... They are called "Aggie Tators."

There are those who are always saying they will, but somehow, they never get around to doing ... We call them "Hezzie Tators."



The Aging & Disability Resource Center
Home of the LivingWell Library

What's Happening at the LivingWell Library!!

March

Anyone who has spent days in bed know how uncomfortable it can be! A person's world becomes limited to one room and only the interaction that can take place there.

In the video *Essential Bedrest Skills*, you will learn how to make the experience more pleasant for you and the person confined to bed. Many topics will be covered to teach you how to: recognize and prevent pressure ulcers, move and position someone in bed, use a bedpan and make an occupied bed. Range of motion exercises will be demonstrated.

April

During the month of April, the LivingWell Library will display different assistive devices to help with your everyday tasks.

You will be amazed what is available to make life easier! And what items can be used that you already have, when used in a totally new way! Stop in a check it out!

*Come and visit the LivingWell Library
to see the many resources available to you!*



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

We've Got Your Number Or Do We ??

In the past five years I have had three different cell phone numbers, I have changed my internet provider (which means my e-mail address has changed), and, most recently, I made the decision to disconnect my "land line" ... the telephone number I have had since I moved to Baraboo 23 years ago - YIKES!!

So my question today is ... do you have your current phone number in our records??

Recently we learned that some of the emergency contacts for our home delivered meal service contained disconnected phone numbers. Potentially this could lead to an even greater emergency.

So ... please let us know when you change your address and PLEASE let us know when phone numbers change! An emergency situation could depend on it!



Give a Day. Get a Disney Day !!

"Give a Day. Get a Disney Day" is a program that celebrates and inspires volunteerism. Disney is working with HandsOn Network to connect volunteers to community need. Disney is thanking those who volunteer by giving them a free ticket good for a one day admission to a Walt Disney World or Disneyland theme park.

The ADRC has been approved to participate in this great program! How exciting is that!?!

Go to www.disneyparks.com or call Mary Jane at 355-3289 to find out more.

Need A Helping Hand ?

Need help with your Gardening? Personal Care? Housekeeping? Snow shoveling? Transportation for errands and appointments? Someone to stay with your loved one while you go out? Have we got a program for you !!

The Aging & Disability Resource Center of Sauk County (ADRC) offers the "A Helping Hand at Home" worker referral list to Sauk County residents and their families who request help for indoor chores, outdoor chores, and respite care. Criminal and caregiver background checks are conducted and references are checked at the time of application. The workers included on the "A Helping Hand at Home" list are NOT employed nor supervised by the ADRC.

When you request the list you will also receive a fact sheet covering topics such as: How to hire a worker, how to interview a worker, how to check references, how to communicate with the person you hire, and what should you do if you have any concerns.

Call Mary Jane at 355-3289 to find out more about A Helping Hand at Home!

Ride the Bus for FREE !!

We are currently looking for volunteers to serve as *The Bus* Ambassadors and as *The Bus* Companions.

The Bus Ambassadors will ride on *The Bus* (for FREE) and help the passengers know when their stop is coming up, help them determine when *The Bus* will be back again, and inform them of stores or attractions they might visit while waiting.

The Bus Companions will travel on *The Bus* (for FREE) with passengers, help get them to their destination, and back on *The Bus* again.

Neighbors helping neighbors ... on *The Bus*!
Call Mary Jane at 355-3289 to find out more.

Free Tax Preparation

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



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

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

AARP Driver Safety Classes



Thursday, May 13th
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 19th
Baraboo - St. Clare Hospital
707 14th Street
12:00 noon - 4:30 p.m.
Call the Golden Care office to register
356-1407

\$12 with proof of AARP membership
\$14 for non-members

The fee must be paid at the time of the class
Please make your check payable to
AARP Driver Safety

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

Thank you to Buzz Marshall and Bill Grosz
who volunteer their time and energy
to teach these classes !!



Put Life Back in Your Life Consider a Living Well Workshop

Are you an adult
with an ongoing health condition?

Do you live with or care for someone
with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Session One:
April 1 - May 6
1:30 pm - 4:00 pm

Session Two:
September 28 - November 2
1:30 pm - 4:00 pm

Thank you to our partner:
Dean/St. Marys Lake Delton Clinic
for providing the meeting space for this class

Call Mary Jane at 355-3289 to make your
reservation or if you have any questions.

★★ *Save the Date* ★★

Volunteer Appreciation Breakfast
Thursday, May 13, 2010

The Voyageur Inn
Reedsburg, Wisconsin



**Traveling ...
... in Sauk County**
Ashley Nedeau-Owen

Sharing a Ride

More changes are coming to the transportation programs offered by the Aging & Disability Resource Center (ADRC). Our goal is to provide the maximum level of service possible with the funding available. In the first five weeks of 2010, not including the taxi tickets we have sold, we have provided 597 one way trips. Our volunteer drivers logged more than 11,000 miles in January. The demand is great! To best serve the transportation requests we receive using the funding we have available, we are making some changes.

Effective April 1, we will be charging passengers using our escort services \$0.30 per mile. That increase is big and we know that. A trip from Baraboo to Madison, for which we charged \$20.00 in March, will cost \$30.00 starting April 1. There are ways to bring that fare down. When you call to arrange transportation, ask us about sharing a ride.

By way of comparison, Abby Vans, one of the providers of intercity transportation in Sauk County charges \$1.50 per mile after it collects it's base fee. Gunderson Lutheran Coulee Trails charges \$2.00 per mile for its service. Neither of these companies charges too high a rate. They charge so they can meet their costs. The ADRC charges the very low per mile rate only because of the state and federal grant money plus a small amount of county tax levy that we have available.

If you are a driver and have taken the time to calculate how much it costs you to drive each mile you travel, you will recognize immediately that the averages offered by AAA and the American Public Transit Association are very reasonable. In 2007 the average automobile owner's driving costs were \$0.90 per mile. If

you would like to bring that cost down, consider sharing your ride! Please call Mary Jane at 355-3289 and ask her about volunteer driving opportunities.

Sharing a ride is what the taxi services in Reedsburg, Baraboo and Sauk Prairie is all about. In order to operate a taxi in smaller urban settings, or even in rural settings, the good people who run those taxis need some financial assistance in order to keep the fares low enough to prevent scaring passengers. Shared-ride taxi financial assistance comes from grants, the same sources the ADRC receives money to operate the transportation programs. Until we are able to find some additional funding sources, we have suspended our "Get Out and Go" taxi fare subsidy program.

We will sell the remaining punch cards until they are gone. At this time, we have sold the last from Sauk Prairie Transit, the shared ride taxi serving Sauk Prairie. In the event we are able to restart this well-loved and well-used program, we will issue press releases and make announcements on the radio to let everyone know that there is additional subsidy available for these shared-ride taxi services.

Another way to share the ride and keep your transportation costs low is to let us drive **The Bus** your way. We are also changing this service just a little bit. **The Bus** is a deviated fixed-route service. We deviate off the route to pick up passengers unable to reach either the route or a bus stop. We have been deviating up to one mile to pick up passengers and then taking those passengers to their destinations along the route.

While we do have timed departures that we try



Sharing the Ride!
Make new friends
and saving money
at the same time!

to meet, we have built our schedules with the expectation that we will be deviating from the route. We recently started making deviations from the route for passenger destinations, too. Of course, we must stick as close to our schedule as we can so we may not be able to honor all deviated drop-offs. When you board **The Bus** talk to the driver. If it is possible, the driver will try to accommodate deviated stops within one mile of the route.

If you have any questions about the ADRC transportation services, please call the Transportation Line at 355-3278. We can help you with your transportation needs.



The Alzheimer's & Dementia Alliance of Wisconsin

The South Central Wisconsin Chapter of the Alzheimer's Association has become the Alzheimer's & Dementia Alliance of Wisconsin. A new name - but services, support and commitment remain the same.

The Board of Directors voted to disaffiliate from the National Alzheimer's Association. The Board felt their ties to UW-Madison's Wisconsin Alzheimer's Disease Research Center provided an opportunity to directly support cutting edge research, programs and services that support those impacted by dementia here in Wisconsin.

The Alzheimer's & Dementia Alliance of Wisconsin will continue to serve the south central Wisconsin community as they always have. There will be no staff and Board of Director changes. Office locations, phone numbers, programs and services remain the same. The new website is www.alzswisc.org. For more information about our programs and services, please to contact Carol Olson at 608-742-9055.

Sauk County Nixle Emergency Information System

Sauk County First Response Agencies in cooperation with Sauk County Emergency Management, are launching a new Community Information Service designed to deliver important and timely information to residents in our area using the latest technology.

This service, created by Nixle, LLC delivers trustworthy and important neighborhood-level public safety and community event notifications by web, e-mail, and text message.

Craig Mitnick, the founder and CEO of Nixle, said Nixle differs from current services such as Facebook, MySpace and Twitter, which provide unauthenticated platforms for connections. Nixle solves that problem by providing a single standardized service for consumers to receive immediate and credible neighborhood-level public safety and community information.

“Nixle is a first-of-its-kind tool for communities that need to provide critical information to their residents,” said Craig Mitnick. “When it comes to public safety information, you have to trust the source. Residents of Sauk County can rest easy that the local messages they receive are authentic.”

Residents of Sauk County can now take advantage of Nixle! This is a secure site and you will not receive spam nor will your email address be sold. There are 4 different types of information you can receive. You will always receive Alerts, which are life safety situations. Residents have the choice of receiving the following; Advisories will make you aware of possible safety issues in an area, Traffic will relay problem areas around the County, and Community will include basic information related to activities in your area.

Nixle is simple, trusted and available at no cost. Sauk County Residents must be registered to receive this information. Sign up at www.co.sauk.wi.us or www.nixle.com



For Your Benefit:

News from your
Benefit Specialists



Deb Harvey

Kelly Dietsch



Life Line/LinkUp Telephone Assistance Program Now Has Cellphone Option

There is a new way to receive assistance from the LifeLine/LinkUp program. The LifeLine/LinkUp program is a telephone assistance program that provides eligible Wisconsin residents with affordable basic phone service. LifeLine makes telephone service more affordable by reducing the monthly charge for one land based telephone line for eligible households to no more than \$15 per month. LinkUp pays for most of the installation charges associated with one telephone line. LinkUp helps households without telephone service to get it and those with service to keep it when they move.

Now, in addition to this land based telephone benefit, there is also a way to receive telephone benefits in cell phone form.

This program is called "Safelink" and is administered by a cell phone company, Tracfone. Safelink provides eligible Wisconsin residents with a free tracfone and 60 free cell phone minutes per month.

If you are eligible for LifeLine/LinkUp then you are eligible for Safelink, however you cannot receive both benefits. If you select Safelink you can certainly keep your landline, you will simply pay more for the monthly landline service because LifeLine/LinkUp will no longer apply to it. There are some

advantages and disadvantages to each type of benefit and you will want to consider them when choosing.

Advantages of Safelink

- ◆ A cellphone can be used anywhere and is therefore more convenient than a land based phone line
- ◆ Unused cellphone minutes do not expire at the end of the month and rollover to the next month
- ◆ Unlike most traditional cellphone contracts, if the 60 free minutes are used before the end of the month, you do not automatically start using (and paying for) extra minutes. (However, the phone will be unusable until and unless you purchase additional minutes from Tracfone)
- ◆ The cellphone is provided free of charge
- ◆ If you decide to cancel your cellphone service or you lose eligibility for Safelink, the phone does not have to be returned
- ◆ If you make no more than 60 minutes of calls per month, your monthly phone bill will be \$0 as compared to the \$15 for a land line under LifeLine/Link Up (if you choose not to keep your landline after electing Safelink)

Disadvantages of Safelink

- ◆ If you choose Safelink and choose to retain your landline, your monthly landline bill will likely increase
- ◆ If the cell phone is your only telephone, 60 minutes is not a particularly large amount of time for a month, particularly if there are multiple people in your household
- ◆ If the 60 minutes are used up before the end of the month, you either have no cell phone service for rest of month (and, if you gave up your landline when electing Safelink, no phone service at all for the rest of the month) or you have to buy additional minutes.

As far as features are concerned, in addition to 60 free minutes of calls per month, Safelink provides:

- ◆ Caller ID
- ◆ Call waiting
- ◆ Voicemail
- ◆ Text messaging (a cost applies to both sent and received messages)

To be eligible for LifeLine/LinkUp or Safelink, you have to participate in one of the following programs:

- ◆ Badgercare
- ◆ FoodShare
- ◆ Wisconsin Home Energy Assistance Program (WHEAP)
- ◆ Medical Assistance
- ◆ Supplemental Security Income
- ◆ Homestead Tax Credit
- ◆ WisconsinWorks

For Safelink only, if you do not participate in one of the above programs but have a total household income at or below \$1,218 (for a single person), \$1,639 (for a married couple).

If you are already enrolled in one of the above programs (or have received a homestead tax credit) then you are automatically eligible for LifeLine/Link Up and Safelink.

You can apply for LifeLine/Link Up by calling your local telephone service provider and asking to apply for Lifeline/Link Up.

You can enroll in Safelink by contacting Tracfone at 1-800-977-3768 or by enrolling online at: www.safelinkwireless.com

If you need help applying for LifeLine/LinkUp or Safelink or if you have already applied for either program and your application has been rejected and you are either participating in the above programs or (for Safelink) your income is below the \$1,218 or \$1,639 limits, you should contact your friendly neighborhood benefit specialist for assistance.

Benefit Specialist Schedule March - April 2010

DEB HARVEY

Plain American Legion Hall	March 3 11:30 to 12:30	April 7 11:30 to 12:30
Plain Library	March 3 2:00 to 3:00	April 7 2:00 to 3:00
Spring Green Senior Center	March 24 10:30 to 11:30	April 14 10:30 to 11:30
Spring Green Library	March 24 1:00 to 2:00	April 14 1:00 to 2:00
Sauk/Prairie Community Cntr	March 25 10:00 to 11:30	April 8 10:00 to 11:30
Merrimac Village Hall	March 25 8:30 to 9:30	April 8 8:30 to 9:30

KELLY DIETSCH

Bluffview	March 2 7:30 to 8:30	April 6 7:30 to 8:30
Loganville Village Hall	March 2 9:30 to 10:30	April 6 9:30 to 10:30
Lime Ridge Senior Center	March 2 11:00 to 12:30	April 6 11:00 to 12:00
La Valle Central Park Apartments	March 2 1:00 to 2:00	April 6 1:00 to 2:00
Reedsburg Willow Heights	March 9 9:00 to 12:00	April 13 9:00 to 12:00
Reedsburg Park Street Apts.	March 9 1:00 to 2:00	No visit
Baraboo Highpointe Commons	March 10 12:00 to 1:00	No visit
North Freedom Village Hall	March 16 12:00 to 1:00	No visit
Reedsburg Willow Heights	March 23 1:00 to 4:00	April 27 1:00 to 4:00

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



Disability Benefit Specialist

Natalie Wilmot

One of the aspects of my job as a Disability Benefit Specialist is working with 18 - 59 year olds by assisting them with applications for benefits. The process of application, re-consideration and appeal can be time consuming and often overwhelming as it involves collection and organization of large amounts of personal, medical, financial and employment data.

As more and more people become accustomed to doing their business online, social security has responded to this trend by making frequently performed tasks available online. Among other things, the applications for Supplemental Security Income and Social Security Disability benefits can now be handled in this manner. I can assist in the process.

Consumers are the most important component of this process and can help me in several ways. As I always say, "Help me, help you."

Here are some tasks that consumers can do prior to application appointments to make the process go more smoothly:

- ◆ Visit clinics and doctors to sign releases to the ADRC or Disability Benefit Specialist so that critical information is in hand at the appointment. A consumer may also collect pertinent information and bring it to their appointment.
- ◆ Reflect on one's personal daily activities and how a disability and/or financial hardship affects living on a day to day basis. Be sure to think specifically and write down examples if you are able.
- ◆ Go over personal financial and tax documents, including wage earning statements and bring documentation of earned and unearned income and assets to

appointment.

- ◆ Take time to think about your personal work history and look up telephone numbers and addresses of past and current employers. Work history is a large component of the application and a written work history and resume are valuable information.
- ◆ Go to the Social Security Administration website at www.ssa.gov and familiarize yourself with options and requirements. This may assist you in understanding the process.
- ◆ If there is confusion about dates, locations, and contact information, ask a friend or family member to assist in helping recall and/or collect it.

The above are suggestions meant to help save time for the consumer in the process of applying for benefits. These tasks will need to be completed at some point and doing them ahead of time is a positive way to be a proactive participant in the application for social security benefits.

NAMI Wisconsin 2010 Annual Conference

Taking the Journey Together: The Art of Living with Serious Mental Illness

Members, families and consumers are encouraged to be part of this informational conference.

April 30 - May 1, 2010
Radisson Hotel & Conference Center
Green Bay, Wisconsin

Hosted by:
NAMI Brown County and NAMI Wisconsin

QUESTIONS?
Call the NAMI Wisconsin office at
608-268-6000 or 800-236-2988.

Before You Start ...

The limits that Social Security puts on wages is totally different between the [SSI](#) and [SSDI](#) programs. Before going into the rules, there are important points to be aware of that apply to both programs.

Consider a “Dry Run”. Before attempting any regular scheduled employment, make sure you can physically and emotionally handle a regular schedule. A person who has not had a regular schedule in awhile may find themselves quickly overwhelmed with the stress and physical demands. Start with a volunteer project or anything that involves regular hours and see how that works before jumping into employment.

Keep Careful Records of Income and Hours Worked. Once you start working, keep all paycheck stubs and records of your hours worked. Make sure you know not only gross wages but net wages, hours worked and the time period your wages were earned.

Keep Receipts and Records of any Additional Expenses you occur due to Working with a Disability. Social Security allows you to deduct expenses occurred from working with a disability. This may include special transportation, any extra devices you may need to work and even some medical expenses.

Do research if you are contemplating working. I can help you through the rules of working and/or refer you to a Work Incentive Benefit Specialist that can assist you in the tangled rules of Social Security and working. There are lots of monetary maximums when working. Starting in January of 2010., you may earn up to \$1000 a month while receiving or applying for Social Security benefits. This number does not include deductions that we may be able to explain to you so be sure to talk to me first.

Note to self-employed persons - Social

Security considers any month that you work over 80 hours in the month as exceeding income. Also, regular business expenses are deducted from your earning to arrive at countable income.

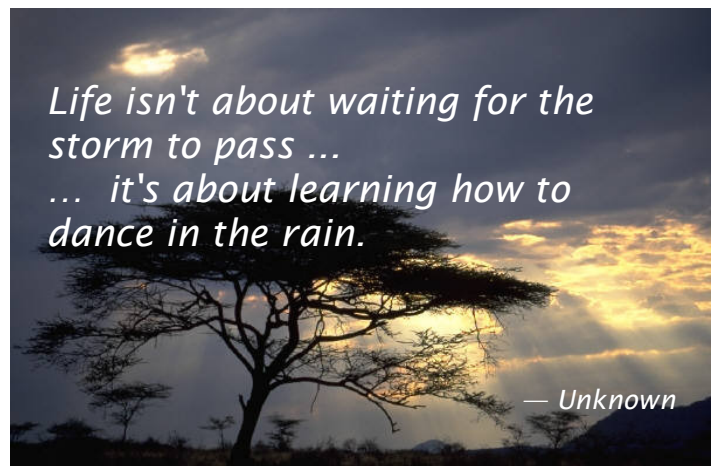
Tell Social Security of your plans to work.

It is important to inform Social Security if you are planning to go to work especially if you are already receiving disability payments. This will ensure you do not get yourself into a situation that may put you in an overpayment scenario where you have to pay Social Security back.

Some people are afraid to work as they assume it may “trigger” a disability review.

Although that may seem like a rational concern, Social Security schedules disability reviews at the time of benefit approvals and after each subsequent review. You do not need to be afraid to work and to let Social Security know.

—Natalie



GovBenefits.gov – Your Benefits Connection

In uncertain times, people turn to sources they trust for accurate, timely information. With over 1,000 Federal benefit and assistance programs, GovBenefits.gov provides valuable benefit information when you need it. GovBenefits.gov is committed to keeping citizens up to date on benefit and assistance programs.

www.GovBenefits.gov

Aging & Disability Specialists

Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Chapman

Pre-Admission Consultation (PAC)

One of the services offered by our ADRC is pre-admission consultation. When someone is considering being admitted to an assisted living facility or a nursing home the facility will send a referral for pre-admission consultation. Assisted living includes: community based residential facilities (CBRF), residential care apartment complexes (RCAC's) and adult family homes (AFH).

When someone approaches one of these facilities for possible admission, the facility is responsible for making a referral to our agency and it is assigned to an Aging & Disability Specialist (A & D Specialist). At the bottom of the form, the person is asked if they wish to be contacted by our agency. Pre-admission consultation is voluntary.

One of the goals of pre-admission consultation is to allow us to meet with individuals and give them information about the services available and their options before they make a decision. For example, would the person be able to continue living in their home with services through the Older Americans Act programs such as home delivered meals, homemaker services, dining centers, tele-assure and transportation programs. The pre-admission consultation also gives the A & D Specialist the opportunity to talk to the consumer and their family members about Family Care, which is a long term care benefit available to individuals who meet financial and

functional eligibility. The A & D Specialist will talk about specific services available through this program and the length of our current waiting list. A pre-admission consultation can help individuals and their families to plan and assure that their private funds last as long as possible. The A & D Specialist can also give the person information about when they may qualify to be placed onto the waiting list if he is financially ineligible. As of September 2011, Sauk County is scheduled to hit entitlement which means that we will no longer have a waiting list for Family Care. Anyone who qualifies both functionally and financially would be eligible for services at that time.

Another important aspect of a pre-admission consultation is for the A & D Specialists to be able to meet with individuals admitted to our local nursing homes. Under the Family Care Program, an individual will be given priority on our waiting list if he/she meets the financial and functional eligibility requirements. The individual can move from the nursing home and would be considered a nursing home relocation. The Family Care Program can provide services to the individual in their home or an assisted living. The pre-admission consultation can help to make people aware that they may have options outside of the nursing home.

As previously mentioned, the individual needs to qualify both functionally and financially for the family care benefit. The A & D Specialist determines functional eligibility by completing an assessment called the Long Term Care Functional Screen. To financially qualify, a person needs to qualify for Medicaid (MA). The asset limit for an individual is \$2000 excluding the person's home and one vehicle if the plan is for them to return home.

The asset limit is higher for a married couple. This is to allow the community spouse who is not enrolling in the Family Care program to be able to pay their bills. This is called Spousal

Impoverishment Protection. During a pre-admission consultation the A & D Specialist can also provide more information regarding this and if necessary refer the couple to Human Services for an asset assessment.

When a person is applying for Family Care through nursing home relocation, the individual does need to remain in the nursing home until their Medicaid (MA) application is approved and their enrollment date has been set for Family Care. The ongoing A & D Specialist and nurse also need time to get a service plan in place. Nursing home relocation has been extremely helpful for individuals who have been admitted to a nursing home for rehabilitation and are unable to return home without assistance.

Another benefit to receiving a pre-admission consultation is so the A & D Specialists can assist by providing referral information for individuals who are able to private pay for the services they may need. For example supportive home care which can assist an individual with cleaning, meal preparation, laundry, lawn care, grocery shopping and personal care. There are several agencies in Sauk County that a person can contract with to provide these services. Sometimes this can enable a person's private funds to last longer than if they are admitted to an assisted living.

In summary, the purpose of a pre-admission consultation is to make sure that people are informed about what their options are and how they can access the services they need. Our Aging & Disability Specialists are very happy to assist you by providing as much information as possible.



Talk with your Aging & Disability Specialist to learn about family care.

Foot Clinic Schedule

Changes at the Foot Care Clinic!!

- ◆ *There is a new service being offered at the Foot Care Clinic during the flu season! A nurse will be on sight to give the free H1N1 immunizations.. There is no appointment necessary.*
- ◆ *The phone number to schedule a foot care appointment has changed. You will now be calling the Sauk County Home Care office at 355-4313 to schedule your appointments.*
- ◆ *The cost for each foot clinic is \$23.*

Baraboo - West Square Building

Tuesdays - March 2 & 16

Tuesdays - April 6 & 20

Wednesday - April 21

LaValle - Fire Department

Wednesday - March 24

Merrimac - Village Hall

Wednesday - March 17

Plain - American Legion Hall

Thursday - April 22 & June 24

Reedsburg - Maple Ridge

Tuesday - March 9

Tuesday - April 13

Thursday - March 18

Thursday - April 15

Reedsburg - Willow Heights

Wednesday - April 14

Sauk Prairie - St John's Church

Thursdays - March 4, 11 & 25

Thursdays - April 8 & 29

Spring Green - The Meadows

Tuesday - March 23

Tuesday - May 25

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 Sauk County Home Care office to make your appointment at (608) 355-4313



Caregiver Corner

Online Resource Available to Family Caregivers ... Day or Night

There is an online resource which is able to provide a wealth of information for caregivers and professionals in the caregiving field: www.extension.org Click on Resource Areas, and then on Family Caregiving.

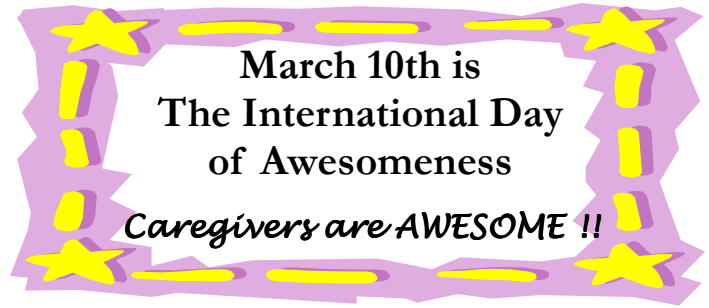
This website gives caregivers access to educational resources on a variety of topics. You can search for a specific topic or read one of many articles. These topics might include dealing with grief and loss, strategies for healthy eating, changing relationships between caregivers and care providers, finances, the challenges of caregiving in rural areas, and how to keep your loved one safe in a natural disaster. The website even has a link for you to ask an expert your question!

Caregiving is a journey. It affects different levels of your life. People don't always understand the ramifications of caring for a loved one ... and it is different for everyone.

As the high cost and shortage of trained caregivers continues to grow, it is anticipated that even more people will opt to provide personal care at home, learning new skills and adjusting their personal, family and work lives to care for family members.

Whether you are anticipating becoming a caregiver in the future, or are in the middle of your caregiving journey, the UW Extension website has information to help.

**Caregiver Questions?
Caregiver Concerns?
Call the Caregiver Hotline
355-3289
1-800-482-3710**



**March 10th is
The International Day
of Awesomeness**

Caregivers are AWESOME !!

Class for Family Caregivers Offered

Caring for a family member or friend with a long-term disease, disability or dementia has its rewards, but can also be challenging and stressful. It takes good communication and coping skills, along with timely use of local resources, to provide ongoing care for a loved one without wearing out.

A free, six-session class will be held at the West Square Building in downtown Baraboo for anyone interested in improving their caregiving skills. **“Taking Care of You: Powerful Tools for Caregivers”** is scheduled for Friday mornings from 9:30 a.m. to noon, March 19 through April 23.

Co-sponsored by Sauk County-UW Extension and the Alzheimer's & Dementia Alliance of Wisconsin, the class is designed for anyone who regularly assists a friend or loved one cope with stress; improve communication with family, doctors, and service providers; set goals; make tough decisions; access local resources; and much more. An excellent handbook on caregiving is provided to each participant.

Pre-registration is required. Please call the Sauk County UW-Extension Office at 355-3251 or email carol.olson@alzswisc.org by March 10 to sign up for this class or obtain more information.



**April 18th is
International Jugglers
Day**

*Caregivers are ...
very talented jugglers !!*

Customer Satisfaction Survey

As a way to learn more about how we are doing and to help us improve our ADRC, the State of Wisconsin has contracted with a company called Analytic Insight to conduct a customer satisfaction survey. The survey is a telephone survey which takes about ten minutes to complete.

Between the dates of January 25 and March 31 you may receive a call from a person asking you to participate in the survey. The caller will identify themselves as calling on behalf of the State of Wisconsin. The interviewers will only ask you questions about your experience with our ADRC as well as some basic demographic questions. They will NOT ask you for your Social Security number, credit card or banking information so do not give this information to anyone, even if the caller claims to be calling about this survey.

We do hope that you will participate in the survey if you are called. Your feedback is important to us! If you do not receive a call, but would like to tell us how we're doing or what we could improve, please do not hesitate to contact us!

Intro to Alzheimer's & Dementia Presentation

This is a free program that will explain dementia and its warning signs, the importance of obtaining an early diagnosis when changes in brain function are first noticed, what to do if you are concerned about yourself or someone you know, steps to take after a dementia diagnosis has been made, resources available, and more.



Getting Started:

Introduction to Alzheimer's & Dementia,

Thursday, March 25

1:00 p.m. to 2:30 p.m.

Sauk Prairie Memorial Hospital,

80 First St., Prairie du Sac

Devil's Lake Conference Room.

Pre-registration is appreciated, but not required. To register or for more information, contact Carol Olson at 742-9055 or 888-308-6251 or carol.olson@alzwiss.org.



"Tastes Like Chicken"

If you find yourself saying this after every bite you take, chances are your taste buds aren't what they used to be. As we age, it's normal for the nerves that control our sense of smell to degenerate, often resulting in a loss of taste, too. But, other causes could be the culprit of your loss of taste and smell, such as nasal and sinus issues, certain medications, cigarette smoking or neuro-degenerative diseases such as Alzheimer's or Parkinson's disease.

While it may be irritating, can a loss of taste and smell be problematic? It could be. When foods don't smell appealing or taste satisfying, it can often lead to bad eating habits and poor nutrition in seniors. It could also cause someone with high blood pressure to use too much salt or a diabetic to use too much sugar in an attempt to flavor their food, which leads to increased health problems. If you notice that your favorite foods don't seem to taste the same, have your doctor evaluate your senses of taste and smell.

This article provided to you by:

**golden
living**

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

**Sally Shimniok
Nutrition &
Prevention Specialist**



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

Sally Shimniok,
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	March 16	April 21
Lime Ridge	March 10	April 13
Merrimac	March 4	April 8
North Freedom	March 23	April 27
Plain	March 26	April 30
Reedsburg	March 2	April 6
Sauk/ Prairie	March 3	April 5
Spring Green	March 19	April 23

Hello everyone! My name is Sally Shimniok, and I am the new Nutrition & Prevention Specialist. I reside in LaValle with my husband and two children, ages ten and four. Some of you may recognize me, as I worked the past seven years as a Personal Care Worker for Sauk County Human Services.

I am very excited about meeting all of you and hope you plan on attending your local Dining Center to meet me. I will be attending every Dining Center one day each month and will help serve your tasty meal, eat with you, do blood pressure screenings, provide a fun nutrition and prevention program, fun facts, or game. To those of you that can not make

the travel out, I plan on riding with some of the home delivered meal drivers to help bring your meal and introduce myself!

March Is Nutrition Month!

This year’s theme for nutrition month is “Eat Right, Nutrition from the Ground Up”. This year’s National Nutritional Month theme focuses on back to basics - simple and economical healthy foods, food preparation and family meals at home, as well as promoting health. At each dining center we will be discussing foods that you would primarily be eating “From the Ground Up”, games, door prizes, take home crossword puzzles, and word finds.

Fruit and Vegetable Fun Facts:

1. What vegetable helps with night vision?
2. One of the oldest vegetables known to man?
3. The darker the greens on this vegetable, the more nutritious it is.
4. Considered one of the world’s healthiest vegetables.
5. This vegetable is 96% water, and is often used for swollen eyes, burns, and dermatitis.

*Answers:
1. Carrots 2. Sweet Potatoes 3. Lettuce
4. Green Beans 5. Cucumbers*

To learn more fun facts visit your Local Dining Center in March!

April is Stress Awareness Month!

What is stress? According to Webster’s Dictionary, stress is a mental, emotional, or physical tension or strain. There are two different kinds of stress – the stress that makes you feel overwhelmed, and the stress makes you feel excited. However, both positive and negative stress have the same physical effects on your body when unchecked.

This is a list of just a few ways that stress can

affect your body. Are you having any or all of these symptoms?

- ◆ Headaches
- ◆ More frequent colds or flu
- ◆ Sleep problems
- ◆ General anxiety
- ◆ Fuzzy thinking
- ◆ Feelings of frustration

Did you know that poor nutrition choices can actually increase your stress levels? Here is a list of ten nutritional tips for maintaining your healthy diet, even under stress.

- ◆ Eat breakfast
- ◆ Drink green tea
- ◆ Try sparkling juice
- ◆ Carry a protein-rich snack
- ◆ Eat healthy snacks
- ◆ Take your lunch from home
- ◆ No caffeine after 2 p.m.
- ◆ Avoid fatty, sugary, unhealthy foods
- ◆ Stock your home with healthy food
- ◆ Adopt a stress reducing technique

To learn more information regarding stress, visit your local Dining Center in April.

Café Connections

Café Connections is open from 9:30 a.m. - 2:00 p.m. Monday through Friday. The Café is a warm and inviting atmosphere where everyone can eat lunch and socialize with friends. A reservation for lunch is not required but is appreciated. To make a reservation call 963-3437.

Lunch is not the only attraction at Café Connections, we now have affordable snacks and activities!!

- | | |
|----------------------|--|
| 9:30 - 2:00 | Café Connections is open |
| 10:45 - 11:15 | Café Connections Walking Club |
| 11:30 - 12:30 | Eat at Café Connections |
| 12:30 - 2:00 | Monday-Card Bingo |
| | Wednesday-Special Activity of the Week |
| | Thursday-Wii Games |
| | Friday-Movie |

Café Connections located at:

Sauk Prairie Community Center
730 Monroe Street
Sauk City, WI 53583

I can't wait to see you there!

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



ADD LEARNING TO YOUR LIFE

A lifelong learning conference designed to explore new ideas and inspire adults 55 and over.

March 25, 2010 8:30-1:30pm
UW-Baraboo/Sauk County

Featured Key note speakers are:

Stories From the Land

Speaker: Dr. Jerry Apps

Author, Storyteller & Historian

Jerry shares stories about rural life before electricity, indoor plumbing and central heat. Stories about growing rutabagas and cucumbers, milking cows by hand, the one-room country school and farmer musicians.

Making it Wisconsin

Speaker: Dr. Ken Grant

Associate Dean of UW-Baraboo/Sauk County English Professor and Associate Dean Ken Grant will talk about some of the qualities shared by many Midwestern writers.

Participants also select two of the following workshops to attend.

- ◆ Who Needs an Estate Plan?
- ◆ Ten Secrets to Becoming a Very Cool Grandparent
- ◆ Zumba Gold Fitness
- ◆ Frolic With Felines and Dance With Dogs
- ◆ The Archaeology of Wisconsin's Prehistoric Indian Mounds
- ◆ Beginning Drawing for Seniors
- ◆ I'm Turning 65/Retiring: Now What?
- ◆ The Ku Klux Klan in Wisconsin
- ◆ The Joy of Brain Fitness
- ◆ Technology 101

Fee is \$25 each or \$40 for two people
(includes lunch)

For more information or for a registration

form please call UW-Baraboo/Sauk Cnty Continuing Education at 608-355-5220.

Cindy McVenes

Director of Continuing Education

University of Wisconsin-Baraboo/Sauk Cnty

1006 Connie Road

Baraboo, WI. 53913

608-355-5200

cindy.mcvenes@uwc.edu



Intellectual growth should commence at birth and cease only at death

—Albert Einstein

Can You Get Help to Pay for Your Medicare Premiums?

There have been some eligibility changes as of January 1st that could mean that you may now qualify for a Medicare subsidy that could save you over \$1000 per year in Part B premiums and even earn you an automatic subsidy for drug coverage premiums and co-pays as well. Medicare Savings Programs are now available for individuals with countable assets less than \$6,600 or couples with less than \$9,910.

There are all kinds of names for these programs. . ."QMB", "SLMB", "SLMB+" and others. Yet all of them have something in common. They are available for persons that have limited incomes and limited assets. They are designed to help you pay for your Medicare Part B premium (which costs most of you about \$100/month) and in some circumstances the co-payments and deductibles with Part D of Medicare.

Boy, does this seem complicated! But, its not. Basically, if your monthly income is \$1238 or less as a single or \$1639 or less as a couple and you have less than \$10,000 (\$6,600 if you are

single) in countable assets, you probably qualify for one of these programs.

Don't worry about whether your house, car, and personal property count as assets (unless you have a rare collection as an investment)! They don't. In many cases each Medicare member may set aside an additional \$1500 in savings for burial expenses and still qualify. It is also likely that the income limits will go up slightly soon. And there are special adjustments to discount earned income and to exclude the first \$20 a month of your Social Security.

So if you think your income and assets might possibly qualify you to receive this benefit, please call us at the ADRC (355-3289) and ask to speak to someone about Medicare Savings Programs.

Suppose you are not on Medicare, but you care for or know someone who is and you are concerned about whether they might qualify. Consider using the special online tool at www.access.wisconsin.gov. Or, you may call us and we will be happy to help you help them!

Medicare Savings Programs are one of the benefits that many people are least likely to apply for even though they are eligible for them. Some may say, "I didn't want to ask for help." But, it is our job to make sure that you receive the help that you deserve.



Grandma's Age??

A little girl asked her grandmother how old she was.

"39 and holding," she replied.

"Well, then, how old would you be if you let go?"

Reviewing Beneficiaries Helps Ensure That Your Wishes Are Met

Reviewing your beneficiaries can help ensure that your money is left with family members, close friends or organizations that you choose to inherit those assets. Unfortunately, stale beneficiary designations can create significant expense and heartache if left undetected; and become irrevocable once a death has occurred.

Life insurance policies require a named beneficiary. Over the years, policies can become misplaced, so it is important to take time now to locate these documents and store them in a safe place.

Retirement accounts also require the naming of a beneficiary. In the event that a prior employer still has a retirement or pension plan in place with obligations to you, it may be time to consolidate that plan with current retirement accounts. If consolidation is not feasible, make certain that your beneficiary information still reflects your wishes.

You should also review beneficiaries on other retirement accounts or annuities, such as IRA's. Each of these plans has one or more named beneficiary.

Once you have reviewed your beneficiary designations, share that information, and the location of policies, with your financial advisor, attorney and/or a close family member. Taking time now to make necessary corrections will assure that your wishes will be met.



This article provided to you by:
The Peoples Community Bank
Mazomanie ■ Arena ■ Barneveld
Plain ■ Spring Green
(800) 795-2151 (toll free)
www.SimplyGoodBanking.com

What is Your Walking Speed? Walking speed as “vital sign” adds a functional perspective to overall health status.

Walking speed (WS) is an easily measured clinical test that correlates well with functional ability, balance, and confidence. It has the potential to predict future health status and decline in performance of daily activities. Improvements in WS have been linked to changes in quality of life and improvements in walking behaviors both in the home and community.

Walking speed varies by age, gender, and body type. The range for normal WS is 4 to 4.6 feet per second. For those who's WS is below average, a further decline as low as 6 inches per second as been correlated with poorer health status and increased disability. However, improving WS by the same amount can have positive results. University of Pittsburg Medical School researchers found improvements in usual walking speed predicted “a substantial reduction in mortality” among community dwelling adults 65 and older.

Walking is complex, thus WS can be used as a functional “vital sign” screening for problems involving an individual's health status, strength and coordination, vision, hearing, endurance, cognitive status, motivation and mental health, and the environment in which one walks.

Health care providers routinely monitor blood pressure, pulse, respiration, temperature, and pain. Physical therapists, as specialists in movement and function, can use WS as a practical and informative functional sixth “vital sign” that adds a relevant functional perspective to your overall health status.



2639 New Pinery Road ~ Suite 2
Portage, WI 53901
Phone 608-742-9356
Fax 608-742-9358

626 14th Street, Suite 2
Baraboo, WI 53913
Phone 608-356-2334
Fax: 608-356-2636

www.newlifeth.com

WARNING: Be Cautious About Giving Info to Census Workers!

With the U.S. Census beginning, the Better Business Bureau (BBB) advises you to be cooperative, but cautious, so not to become a victim of fraud or identity theft. The first phase is under way as workers have begun verifying addresses. Eventually, Census workers will count every person in the United States and gather information at each address including name, age, gender, race, and other relevant data. The big question is - how do you tell the difference between a Census worker and a con artist?

BBB offers the following advice:
Census workers will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see them before answering their questions and never invite anyone you don't know into your home.

Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information, even if they claim they need it for the Census. No matter what they ask, you only need to tell them how many people live there.

While the Census Bureau might ask for basic financial information, such as a salary range, you don't have to answer anything about your financial situation. The Census Bureau will not ask for Social Security, bank account, or credit card numbers, nor will they solicit donations. Any one asking for that information is NOT with the Census Bureau.

Census workers may contact you by telephone, mail, or in person. They will not contact you by E-mail, so lookout for E-mail scams. Never click on a link or open any attachments that are *supposedly* from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit www.bbb.org <<http://www.bbb.org/>>



March

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>1</i></p> <p>Chopped Steak in Mushroom Sauce Mashed Potatoes Calif. Blend Veg. Fruit/Pud. Dessert Apple Sliced Bread</p>	<p><i>2</i></p> <p>BBQ Pork Cutlet Baked Potato Western Corn Applesauce Cookie Dinner Roll</p>	<p><i>3</i></p> <p>Liver and Onions Mashed Potatoes Peas Orange Sherbet Plum Halves Sliced Bread</p>	<p><i>4</i></p> <p>Beef Stew (includes veg.) Tossed Salad Birthday Cake Pineapple Tidbits Biscuit</p>	<p><i>5</i></p> <p>Salmon Loaf Escalloped Potatoes Winter Blend Veg. Pear/Lime Gelatin Tapioca Pudding Sliced Bread</p>
<p><i>8</i></p> <p>Ham Rolls Squash Health Slaw Pineapple Tidbits Cookie Sliced Bread</p>	<p><i>9</i></p> <p>Baked Chicken Mashed Potatoes Copper Penny Sal. Oatmeal - Raisin Cookie Fruit Salad Dinner Roll</p>	<p><i>10</i></p> <p>Meatloaf AuGratin Potatoes Mixed Vegetables Fruited Gelatin Frosted Cake Sliced Bread</p>	<p><i>11</i></p> <p>Pepper Steak Baked Potato Spinach Salad with Bacon Dressing Peach Slices Fudge Brownie Dinner Roll</p>	<p><i>12</i></p> <p>Crab Creole over Rice (incl. veg.) Tossed Salad Pecan Pie Petite Banana Sliced Bread</p>
<p><i>15</i></p> <p>Chicken Breast Mashed Potatoes Green Beans Fruited Gelatin Cinnamon Roll Sliced Bread</p>	<p><i>16</i></p> <p>Glazed Ham Sweet Potato Bake Winter Blend Veg. Pineapple Tidbits Cookie Dinner Roll</p>	<p><i>17</i></p> <p>Corned Beef Red Skin Potatoes Cabbage/Carrots Grasshopper Torte Pear Slices Irish Soda Bread</p> 	<p><i>18</i></p> <p>Baked Spaghetti (includes veg.) Italian Blend Veg. Ambrosia Dessert Apple French Bread</p>	<p><i>19</i></p> <p>Crispy Fish Fillet German Pot. Salad Peas/Pearl Onions Cantaloupe Slice Frosted Cake Sliced Bread</p>
<p><i>22</i></p> <p>Pork Steak Mashed Potatoes Red Cabbage Apple Pie Plum Halves Sliced Bread</p>	<p><i>23</i></p> <p>Salisbury Steak Mashed Potatoes Corn Fruited Gelatin Cookie Dinner Roll</p>	<p><i>24</i></p> <p>Baked Chicken Potato Salad Calif. Blend Veg. Applesauce Ice Cream Cup Sliced Bread</p>	<p><i>25</i></p> <p>Country Fried Steak Mashed Potatoes Peas & Carrots Peach Slices Frosted Cake Dinner Roll</p>	<p><i>26</i></p> <p>Seafood Newburg over Rice Summer Blend Veg. Butterfinger Torte Pineapple Tidbits Sliced Bread</p>
<p><i>29</i></p> <p>Hawaiian Meatball Red Skin Potatoes Baby Carrots Fruited Gelatin Cookie Sliced Bread</p>	<p><i>30</i></p> <p>Roast Turkey Mashed Potatoes Cream Style Corn Pumpkin Pie Pear Slices Dinner Roll</p>	<p><i>31</i></p> <p>Potatoes and Ham Casserole Mixed Vegetables Butterscotch Pud. Fruit Salad Sliced Bread</p>	 <p>May the wings of the butterfly kiss the sun... And find your shoulder to light on... To bring you luck, happiness and riches... Today, tomorrow and beyond!</p> <p style="text-align: right;">Irish Blessing</p>	



APRIL

Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p><i>1</i></p> Swiss Steak Mashed Potatoes Green Beans Birthday Cake Applesauce Dinner Roll	<p><i>2</i></p> Close for Good Friday No Dining Centers or Home Delivered Meals
<p><i>5</i></p> Glazed Ham Sweet Potato Bake Cole Slaw Hot Cross Buns Pineapple Tidbits Sliced Bread	<p><i>6</i></p> Lasagna Casserole (includes veg.) Italian Blend Veg. Cream Sicle Torte Fruit Cocktail French Bread	<p><i>7</i></p> Mushroom Pork Cutlet Mashed Potatoes Pickled Beets Applesauce Frosted Cake Sliced Bread	<p><i>8</i></p> Fruited Chicken Salad on a Bed of Shredded Lettuce Egg Custard Pie Petite Banana Wheat Dinner Roll	<p><i>9</i></p> Roast Beef Mashed Potatoes Carrots Fruited Gelatin Fudge Brownie Sliced Bread
<p><i>12</i></p> Chicken Cacciatore Baked Potato Peas and Carrots Coconut Cream Pie Pear Slices Sliced Bread	<p><i>13</i></p> Swedish Meatballs Mashed Potatoes Wax Beans Cantaloupe Slice Cookie Dinner Roll	<p><i>14</i></p> Baked Chicken Twice Bake Pot. Three Bean Salad Choc. Chip Cookie Peach Slices Sliced Bread	<p><i>15</i></p> Smoked Sausage Red Skin Potatoes Sauerkraut Applesauce Cinnamon Roll Dinner Roll	<p><i>16</i></p> Beef Stroganoff Casserole Fresh Spinach Salad w/Bacon Dress. Orange Geletin Frosted Cake Sliced Bread
<p><i>19</i></p> Beef Stew (includes veg.) Winter Blend Veg. Orange Sherbet Plum Halves Biscuit	<p><i>20</i></p> Roast Pork Loin Mashed Potatoes Baby Carrots Apple Pie Fruit Cocktail Dinner Roll	<p><i>21</i></p> Chicken Teriyaki Baked Potato Chinese Ramen Cabbage Salad Pineapple Tidbits Cookie Sliced Bread	<p><i>22</i></p> Country Fried Steak Mashed Potatoes Swiss Spinach Poppy Seed Torte Peach Slices Dinner Roll	<p><i>23</i></p> Crispy Fish Fillet Cheesy Pot. Bake Peas/Pearl Onions Cantaloupe Slice Frosted Cake Sliced Bread
<p><i>26</i></p> Ham Rolls Squash Health Slaw Applesauce Fudge Brownie Sliced Bread	<p><i>27</i></p> Baked Chicken Mashed Potatoes Copper Penny Salad Choc. Banana Torte Pear Slices Dinner Roll	<p><i>28</i></p> Meatloaf AuGratin Potatoes Calif. Blend Veg. Fruited Gelatin Cookie Sliced Bread	<p><i>29</i></p> Sweet & Sour Pork over Rice Tossed Salad Carrot Cake w/ Cr. Cheese Frosting Pineapple Tidbits Dinner Roll	<p><i>30</i></p> Salisbury Steak Mashed Potatoes Corn Peach Slices Vanilla Pudding Sliced Bread



THANK YOU !!

Thank you to Lois Strain for her donation to the AddLIFE Today!

We would like to thank Mary Newport for the donation to Caregiver support programs in memory of Robert Newport.

Thank you to Dorothy Sivam for her donation to AddLIFE Today!

Thank you to Pauline Domenosky for her donation to AddLIFE Today!

We would like to thank Thomas Ingalls for his donation to AddLIFE Today!

Thank you to Elizabeth (Betty) Fries for her donation to AddLIFE Today!

We would like to thank Phyllis Perry for her donation to AddLIFE Today!

Thank you to Audrey Sinnott for her donation to AARP Tax Preparation Program and AddLIFE Today!

We would like to thank Joyce Gasser for her donation to AARP Tax Preparation Program and AddLIFE Today!

Thank you to three anonymous donors for their donations to the AARP Tax Preparation program.

We would like to thank Don & Dorothy Huinker for their donation to the AARP Tax Preparation program.

Thank you to an anonymous donor for her donation to ADRC programs.

We would like to thank another anonymous donor for her donation to AddLIFE Today!

Thank you to Kay Prosser for her donation to the AARP Tax Preparation program.

Thank you to Lorrain Holms for her donation to AARP Tax Preparation program.

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

Thank You!!

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
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- Prevention Programs
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- The Bus**
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For newsletter questions or comments,
please contact Cathy Bintl at 355-3289 or email at cbindl@co.sauk.wi.us.

Try this ADRC Behead Brain Teaser!

Behead!!! When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.

Example: Begin -> Sour, acidic

Answer: The words are Start and Tart.

1. Wear away >> Travelled on an animal
2. Fill with joy-> >Not on time; dead
3. Each; all >> To a high degree
4. Something that happens >> To let off pressure
5. Large property with a house >> Declare; say
6. Come out from >> To combine; unite
7. Feeling; passion >> Movement
8. Same in ability; fairness >> Trait; character



- Answer**
1. Erode -> Rode
 2. Elate -> Late
 3. Every -> Very
 4. Event -> Vent
 5. Estate -> State
 6. Emerge -> Merge
 7. Emotion -> Motion
 8. Equality -> Quality

This ADRC Brainteaser was provided by:

Oak Park Place
800 Waldo St
Baraboo, WI 53913
608-355-4111



Contact: Tom Goedderz
www.oakparkplace.com