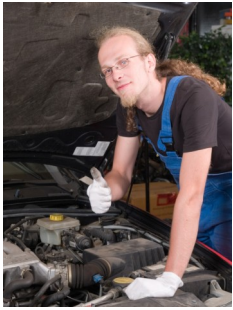


Aging & Disability Resource Center of Sauk County



*Enhance
Your Life
and
the Lives
of Others!*

Add LIFE Today!

**Laughter
Independence
Friends &
Energy**

August / September 2010

*Vol 2 Issue 4
Bi-Monthly Magazine*

Sauk County TRIAD Vehicle Winterization Safety Checks FREE for Senior Citizens

Sauk County Sheriff Randy Stammen, along with Sauk County Police Chiefs and the Sauk County **TRIAD** Program would like to announce the 10th Annual "Vehicle Safety Check" occurring in Sauk County. **TRIAD** is a cooperative effort between Seniors, Police Departments and Sheriff's Departments in the community to work together to reduce victimization of senior citizens. Sauk County **TRIAD** has teamed up with various sponsors, which include Glacier Valley Ford-Mercury, Hartje Farm, Home & Tire, Hovlands BP-Amoco, Ballweg Ford, Douglas American Car Care and George's Auto Body to conduct **FREE** winterization checks for senior citizens in Sauk County. These local businesses have volunteered their services and expertise in checking vehicles to make sure they are properly prepared for winter driving. This service includes the checking of fluids, hoses, belts, lights and equipment on their vehicles and is provided **FREE** of charge. No appointments are necessary and refreshments will be provided.

BARABOO - Friday, September 24

9:00 AM - 12:00 Noon

Sauk County Law Enforcement Center
(with Glacier Valley Ford-Mercury)

SPRING GREEN - Friday, October 1

9:00 AM - 12:00 Noon

South Precinct with George's Auto Body
(1 mile West of Spring Green on Kennedy
Road at the Spring Green Township Hall)

LAKE DELTON - Friday, October 8

9:00 AM - 12:00 Noon

Held at the Lake Delton Fire Department
with Hovland's

REEDSBURG - Saturday, October 16

9:00 AM - 12:00 Noon

Douglas American Car Care
(850 Viking Dr Reedsburg)

SAUK CITY - Friday, October 22

9:00 AM - 12:00 Noon

Ballweg Ford
(837 Phillips Boulevard)

LAVALLE - Friday, October 29

9:00 AM - 12:00 Noon

Hartje Farm, Home & Tire Center
(Located on STH 33 just north of LaValle)

If you have any questions regarding the TRIAD "Vehicle Safety Check", please contact: Chief Deputy Chip Meister, Sgt. Aaron Kirby and Deputy Shelly Backeberg of the Sauk County Sheriff's Dept at 355-3212, Officer Peggy Porter of the Reedsburg Police Dept at 524-2376, Al Zipsie of AARP at 356-3785. Officer Jeff Shimon of the Baraboo Police Dept at 355-2720, Officer Bruce Henn of the Sauk Prairie Police Dept at 643-2427, Officer Fred Steinhorst of the Lake Delton Police Dept at 254-7571 and Officer Mike Havlik of the Spring Green Police Dept at 588-2125.



Director's Notes

Trish Vandrez, Director



ADRC Advisory Committee on a Quest for Age-Friendly Communities

In May, the ADRC Advisory Committee began this quest with an assessment of communities around Sauk County and their age-friendliness. This quest will continue over the coming months and years to accomplish the greatest level of age-friendliness possible in Sauk County communities. Everyone in Sauk County is encouraged to participate in this process. It takes us all to maintain quality communities!

What is Age-friendliness?

Because active aging is a lifelong process, an age-friendly community is not just “elderly-friendly”. Barrier-free buildings and streets enhance the mobility and independence of people with disabilities, young as well as old.

Age-friendly communities optimize opportunities for health, participation, and security in order to enhance quality of life as people grow older. City policies, services, settings, and structures support active aging by:

- Recognizing that older people have a wide range of capacities and resources;
- Anticipating and flexibly responding to needs and preferences related to aging;
- Respecting the decisions and lifestyles of older adults;
- Protecting the most vulnerable; and
- Promoting the inclusion in and contributions of older adults in all

aspects of community life.

A total of eight topic areas give a comprehensive picture of a city’s age-friendliness. The topics cover the features of a city’s structures, environment, services and policies that reflect the factors contributing to active aging. These topics have been identified in research with older people on the characteristics of elderly-friendly communities.

The first three topic areas are 1) outdoor spaces and buildings, 2) transportation, and 3) housing.

Another three topic areas reflect different aspects of the culture and social environment that affects participation and mental wellbeing. Respect and social inclusion (4) deals with the attitudes, behavior and messages of people and of the community as a whole towards older people. Social participation (5) refers to the engagement of older people in recreation, socialization, and cultural, educational and spiritual activities.

Civic participation and employment (6) address opportunities for citizenship, paid work and unpaid work.

The last two topic areas, 7) communication and information and 8) community support and health services, involve both social environments and health and social service factors.

Is Your Community Age-Friendly?

This is not a pass - fail test. These eight aspects of community life overlap and interact. They exist in our communities in varying degrees. The greater attention and care given to nurturing age-friendliness in each of these areas, the more barrier-free, inclusive and age-friendly your community

will be. It is a journey more than a destination.

How Can I Participate?

- ▶ **Be informed!** Seek out information and participate in public meetings discussing the age-friendliness of your community. Watch for details!
- ▶ **Be a community spotter!** If you see something that is just great in your community or something that could use improvement, give a call or mail a note to your ADRC Advisory Committee members or me. We'll include it in our activities as a fine example or a need to be addressed.
- ▶ **Be an advocate!** Let your local decision-makers know that you want to live in an age-friendly community.

*Live Well,
Trish*

ADRC Advisory Committee Members & Area Represented		Phone
Art Carlson	Spring Green	588-2216
Betty Durst	Lime Ridge/ LaValle	985-7651
Theron Hill	North Freedom/ Sauk Prairie	643-8627
Phyllis Johnson	Reedsburg	524-0721
Peter Murray	Rock Springs/ Baraboo	524-0978
Darwin Nelson	Merrimac/ Sauk Prairie	643-4766
Janet Pearson	Baraboo	355-0477
Ralph Soeldner	Plain	546-5961

September - Falls Prevention Month!

Very often falls occur while performing simple everyday tasks. There are several **key risk factors** behind the frequency of falls:

Osteoporosis: Lower bone density puts older adults at risk for falls and related injuries.

Lack of exercise: Poor muscle tone and strength, loss of bone mass and flexibility increase both the risk for falls and the severity of a fall-related injury.

Poor vision: Cataracts and glaucoma alter depth perception, visual acuity, peripheral vision and susceptibility to glare.

Medications: Common side effects like reduced alertness, deteriorating balance and drops in standing blood pressure increase the risk of falling.

Environmental hazards: Tripping over objects, poor lighting, loose rugs, unstable furniture and lack of or poorly located grab bars often cause falls.

Reduce the risks:

1. Combat osteoporosis with sufficient dietary calcium, vitamin D and prescribed medications and regular weight-bearing exercises.
2. Increase muscle and bone strength AND improve balance and flexibility by exercising.
3. Learn safe ways to perform daily activities like reaching and bending, and ensure proper balance when standing up from a chair or bed.
4. Learn *how* to fall to reduce injury and how to recover from a fall.
5. Wear proper fitting, supportive, non-slip shoes.
6. Track vision changes by having regular ophthalmologist checkups.
7. Improve visibility by keeping glasses clean.
8. Know medication side effects and interactions.
9. By identifying and correcting risk factors and improving balance and fitness, older adults can retain or regain their confidence in moving through their world safely.

This partnership article is provided by:

BrightStar
507 Linn Street, Unit B
Baraboo, WI 53913
608.355.5015





Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

Volunteering Not Only Has Rewards ... It Has Benefits Too !!

People volunteer for many reasons, sometimes personal, but always for a reason. For many it's a way of giving back. Others volunteer as a way to meet people, learn new skills, build a connection, and gain insight into an organization. Volunteering can provide an opportunity to sample a new career, share skills and talents developed in the paid workplace, or just to have some fun!

The top reasons to volunteer include saving resources, promoting personal growth and self esteem, strengthening your community, having an opportunity to give back, encouraging civic responsibility and making a difference.

Volunteering has more benefits than that! A recent survey released by UnitedHealthcare and VolunteerMatch identifies some of the key health benefits of volunteering. This survey of more than 4,500 American adults found that 68% of those who volunteered in the past year report that volunteering has made them feel physically healthier.

Many volunteers agree volunteering has made them feel physically healthier and also improved their sense of well-being, lowered stress levels, and helped manage chronic illness. Volunteering also corresponds with higher levels of life satisfaction - including a greater sense of meaning and purpose and higher levels of optimism.

In 2008, 61.8 million Americans (26.4%) contributed 8 billion hours of volunteer service, with an economic impact of approximately \$162 billion. Of those 61.8 million volunteers, 1.4 million were Wisconsin residents (31.9%) who contributed 145.2 million hours of service, with an economic impact of approximately \$2.9 billion.

On May 13, the tireless team of volunteers of the Aging & Disability Resource Center (ADRC) of Sauk County was recognized at their annual Volunteer Appreciation Breakfast. The ADRC appreciates and applauds the tremendous contribution of time and energy by this wonderful group of volunteers committed to serving their neighbors in Sauk County.

There are nearly 300 volunteers who participate in the ADRC's volunteer programs, ranging in age from 5 to 95. These volunteers serve their neighbors as escort drivers for medical transportation, dining center staff, provide labor for home improvement projects, and are computer mentors. They deliver meals to people in their homes, assemble our *AddLIFE Today!* mailings, prepare taxes and help coordinate and lead special events.

Each year the ADRC recognizes the economic impact of the donation of time from this dedicated volunteer team. In the year 2009, based on 25,997 volunteer hours, the dollar amount of the in-kind contribution of time of the ADRC volunteers was \$375,407.51. At the May 18th County Board meeting, Chair Marty Krueger was presented a "check" in that amount by Art Carlson, the ADRC Committee Chair.

Want to join this amazing group? Please call me at the Aging & Disability Resource Center of Sauk County at 608-355-3289 or 800-482-3710. I'd love to tell you more about our opportunities!

AARP Driver Safety Classes

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older - helping millions of drivers remain safe on today's roads.

Test your Driving IQ at www.aarp.org. There's 10 questions and if you miss one or more the AARP Driver Safety Course could help you become a safer driver!

There are three classes to choose from!

Thursday, August 12
Bank of Prairie du Sac
555 Park Avenue
8:00 AM. - 12:30 PM

Friday, October 15
Reedsburg Area Medical Center
2000 N Dewey Avenue
8:00 AM - 2:30 PM

Friday, November 12
Baraboo West Square Building
505 Broadway
8:00 AM - 12:30 PM

Call Mary Jane to register
355-3289 or 800-482-3710

\$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 Bill Grosz
for volunteering his time and energy
to teach these classes

The Wisconsin Motorists Handbook is no longer
available through this class

Please contact the
Wisconsin Department of Motor Vehicles
to obtain this excellent resource guide

A Correction ... 1,090 Years!

(That's Volunteer Years)

Due to an error in my volunteer records (which has now been corrected), I neglected to "promote" **Donna Fae Kruse** to the next level of years of service. Donna Fae has, in fact, been a vibrant part of our volunteer team for **15 years !!**

Currently, Donna Fae provides transportation to people with medical appointments and has helped with our home delivered meal program. Thank you for all your help over the years Donna Fae, and please accept my apology :)

A Letter From Kent Lamkins to the Tax-Aide Volunteers

"Thanks to all of you for your participation in this year's tax aide program and for caring. Because of your willingness to work extra days, and with the support of the counselors from Richland and Marquette Counties, we were able to service about 100 more taxpayers in Sauk County or 17% more than in 2009. Great Job! You did that with some pretty good quality too. Our rejection rate was only 4.3%, well below the average for Wisconsin of 6.7%. In reality, it was probably lower than 4.3% because many of the rejections were related to the stimulus payments.

I also want to recognize the great support that we receive from the Aging and Disability Resource Center for all of their coordination and scheduling.

Last, we can really use more counselors in Sauk, so if you have a friend that might be interested in participating in 2011, please pass their name and contact information along to me."

If you're interested in joining the Tax-Aide Team (either as a preparer or a greeter) please call me (Mary Jane) and I will connect you with Kent. Training is provided!



Getting You There!



Ashley Nedeau-Owen

Sylvia Kriegel

“We Can Help You Get There!”

You have heard that before and many times it has been a true statement. If you happen to be one of the more than 20,000 people in Sauk County that do not drive, the statement “We can help you get there,” has a promise that sometimes delivers something unexpected. Yes, more than 20,000 people in Sauk County rely on others for their transportation when walking or bicycling the 1,817 miles of roads in the county doesn’t meet their current need.

The ADRC of Sauk County offers a mix of transportation services and supports a Transportation Line – 800-830-3533 toll free or 608-355-3278 locally – staffed by county employees who can answer a very wide range of transportation questions. The ADRC offers volunteer escort service, staff escort service, **The Bus** and direct links with more than 24 additional transportation providers. Our transportation services are supported by grants. We are able to provide transportation for medical, nutrition and work related needs.

Sauk County has provided a volunteer escort service for nearly 40 years. This is our primary service. We have about 50 volunteer drivers. We dispatch our volunteers, all of whom drive their own vehicles, on trips within the county and to places as far away as Milwaukee, Green Bay and LaCrosse. With only a few exceptions, we provide trips when we have support for our drivers by telephone and during the ADRC’s regular business hours. The exceptions are for dialysis and specific medical trips, including

Veteran’s trips, when a procedure or clinic is only available at times requiring a driver and passenger to be on the road when our office is closed. We charge \$0.30/mile for the volunteer escort service when the passenger is a Veteran or age 60 or older or is an individual with a disability. We do accept Medical Assistance and third party billing when prior arrangement has been made. This is a door through door service and all of our volunteer drivers will wait for you at your destination.

Our staff escort service is door though door and operates like our volunteer escort service but extends the service to individuals who use assistive devices like large walkers, wheelchairs and scooters or who need to travel with service animals, large oxygen tanks or other necessary medical equipment. We charge qualifying individuals \$0.30/mile for this service and we make this service available at our fully audited cost per mile (\$2.75) to other individuals or for qualifying individuals who need transportation for purposes that our grants do not support.

The Bus is public transit. Anyone can ride. **The Bus** can be boarded at specific stops, anywhere along the route or at a location within one mile of the route (a deviated stop) for passengers unable to reach either a bus stop or the route. **The Bus** is fully accessible. For a deviated stop, call by 4:30 PM on the business day prior to your trip and we will pick you up. Requests for deviated stops on the same day as the call cannot be guaranteed.

Maybe **The Bus** or our escort services do not meet your transportation need. We may still be able to help when you call by referring you to a service provider who does. We have helped people make connections between Bluffview and Chicago. We also work with the staff at the Department of Transportation and

**SAUK COUNTY TRANSPORTATION LINE
355-3278 OR 800-830-3533**

we know that they have been working to get a bus connection between Sauk County and Madison. Look for a Jefferson Lines bus on Highway 12.

One of the best ways we have of improving our services is learning about transportation needs that are not being met. We know that we can't help everyone. Our ability to help you increases the more we know about what transportation needs you have. You can help us get you there.

3000!

Sometime soon, late September approximately, *The Bus* will serve its 3000th passenger. We are counting the riders and will be on *The Bus* the day passenger 3000 rides to give that person a special reward! Your continued patronage will not go unnoticed – it will be celebrated!

Thank you for riding *The Bus* today!



On June 29 we celebrated

June Buhl,
rider #2300.



On July 3 we
celebrated

Andy Henderson, rider #2350.

What's Medicare Compliant Annuity?

A Medicaid compliant annuity is a single Premium Immediate Annuity (SPIA) purchased on or after February 8, 2006, that meets the guidelines described in the Deficit Reduction Act of 2005 (DRA). Because the income from this type of annuity is not considered a countable resource, purchasing a Medicaid compliant annuity may help an individual or a couple, who would otherwise have too many resources, to qualify for Medicaid.

Generally, in order to qualify for Medicaid, you must meet your state's impoverishment rules. Also, if you transfer assets for less than their fair market value, such as through gifts, you may be disqualified from receiving Medicaid benefits for a period of time. However, according to federal law, the purchase of a Medicaid compliant annuity by the applicant or the applicant's spouse is not deemed a transfer that creates a disqualification period under Medicaid, nor is the income from such an annuity considered a countable resource.

The Medicaid compliant annuity may be an individual retirement annuity, or it may be purchased with cash or with proceeds from certain retirement assets, such as an IRA. Also, it must be a non-assignable and irrevocable, actuarially sound, provide for benefit payments in equal amounts with no deferred or balloon payments, and name the state Medicaid program as the primary beneficiary (with some exceptions). An annuity is actuarially sound if the original cost of the annuity will be paid within a term equal to or less than the actuarial life expectancy of the annuity owner.

Although federal law permits the use of Medicaid compliant annuities, some states have taken the position that the purchase of such an annuity is a transfer for less than fair market value resulting in a disqualification period. States differ in their application of annuity rules, so check with an attorney experienced with Medicaid planning before buying a Medicaid compliant annuity.

Article prepared by Forefield In c. 2010

This partnership article is provided by:

Sonsalla Tax and Insurance Services
206 Broadway Blvd PO Box 500
Baraboo, WI 53913
608-356-0553



For Your Benefit:

News from your
Benefit Specialists



Deb Harvey

Kelly Dietsch

Donut Mind If I Do!

Earlier this year, President Obama signed into law The Patient Protection and Affordable Care Act which made broad changes to the way health insurance will be provided in the United States. Many of the provisions in the law relate to Medicare Part D prescription drug coverage. The vast majority of these changes will be implemented between 2011 and 2020. However, one specific provision relating to a rebate check for those enrolled in a Part D plan who enter the "donut hole" will provide some relief as early as last month.

The Centers for Medicare and Medicaid Services (CMS) will issue \$250 rebate checks to Part D beneficiaries who have already entered their donut hole this year, this began on June 15, 2010. Then approximately every six weeks for the rest of the year additional rebate checks will be sent to those Part D beneficiaries who reach their donut hole. Each beneficiary will receive only one rebate check after entering the donut hole. Beneficiaries do not have to do anything to receive the rebate check. Reports of scam artists calling Medicare beneficiaries claiming that they must sign up or provide confidential information in order to receive their rebate check are already circulating. There are no forms to complete and no personal information to provide. There is no action of any kind required on your part. If anyone calls you about the rebate check and what you must do in order to qualify, hang up.

Low income Part D beneficiaries who receive the "extra help" benefit will not be eligible for a rebate check because these individuals do not have a donut hole.

By the year 2020, there will no longer be a donut hole for Medicare Part D. The \$250 rebate checks are a temporary relief measure provided to beneficiaries while the other provisions of the law are implemented.

In 2011, Part D beneficiaries who enter the donut hole will receive a 50% discount on the cost of brand name medications. Then each year after, the out of pocket costs to participants will get lower and lower until eventually each beneficiary will pay approximately 25% for the cost of their medications until they reach the catastrophic coverage level. As is the case now, once the beneficiary reaches the catastrophic coverage level s/he pays just 5% for their medications for the rest of the year. Low income beneficiaries who qualify for the extra help benefit will continue to pay even less for their medications. Individuals with approximately \$1,350 or less of income per month and fewer than \$12,510 in countable assets may qualify for extra help. For couples the income limit is approximately \$1,850 per month and countable assets cannot exceed \$25,010.

If you are interested in applying for the extra help benefit you can apply through the Social Security Administration using either a paper application or on-line at www.socialsecurity.gov or contact your Elderly Benefit Specialist.

Medicare and the New Health Law— What it Means for You!

Medicare beneficiaries across the country should begin to receiving copies of a brochure "Medicare and the New Health - Law - What it Means for You." This mailing from CMS outlines the key provisions of the Affordable Care Act for people with Medicare as well as members of their families.

Because Medicare is a trusted resource for beneficiaries and their family members the mailing encourages you or your family members to log on to www.medicare.gov or

call 1-800– MEDICARE to get your questions about Medicare or the Affordable Care Act answered and reminds you to be on the alert for possible scams.

If you have any questions about the information contained in the brochure feel free to contact your Elderly Benefit Specialist who can assist you in finding the answer. As Health Care reform rolls out there will be a lot of information disseminated and issues will arise and some may be confusing, inaccurate or fraudulent, but you can rely upon the information and assistance provided by your Elderly Benefit Specialists as they receive ongoing education and updates as health care reform is implemented and will share the most timely and accurate information available.

What Is Experience Works?

Experience Works is a training program to help people 55 and older returning to the work place. Participants are placed in jobs according to their capabilities and interests.

It's an opportunity to meet new people, earn some extra income, and feel useful. At ADRC, we have Linda Rowe, Cheryl Slinde, and Shirley Thielitz who do many duties including answer the phones, data entry, greeting people and special projects. This program offers classes and experience they would not have been able to receive without going back to school. The main idea is to give them the experience they need to get a full or part-time job. Some participants just need a refresher course to get started in finding a job. They get help with resumes, cover letters, mock interviews and much more. Currently they are receiving one on one computer training which will cover everything from spread sheets to word processing and windows. In closing, Experience Works gives you a chance to learn new skills plus you get paid while doing it. For more information please contact:

Experience Works, Inc.
800 Wisconsin Ave. , P.O. 275
Boscobel, Wisconsin 53805
Phone (608) 375-2315

Benefit Specialist Schedule August - September 2010

DEB HARVEY

Plain Library	August 11 1:00 to 3:00	September 8 1:00 to 3:00
Spring Green Senior Center	August 18 10:30 to 11:30	September 15 10:30 to 11:30
Spring Green Library	August 18 1:00 to 2:00	September 15 1:00 to 2:00
Sauk/Prairie Community Center	August 19 10:00 to 11:30	September 16 10:00 to 11:30
Merrimac Village Hall	August 19 8:30 to 9:30	September 16 8:30 to 9:30

KELLY DIETSCH

Bluffview	August 3 7:30 to 8:30	September 7 7:30 to 8:30
Loganville Village Hall	August 3 9:30 to 10:30	September 7 9:30 to 10:30
Lime Ridge Senior Center	August 3 11:00 to 12:30	September 7 11:00 to 12:00
La Valle Public Library	August 3 1:00 to 2:00	September 7 1:00 to 2:00
Reedsburg Willow Hghts	August 10 9:00 to 12:00	September 14 9:00 to 12:00
Reedsburg Park St. Apts.	No Visit	September 14 1:00 to 2:00
Reedsburg Willow Hghts	August 24 1:00 to 4:00	September 28 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

Tips For Travelers With Disabilities

Each year, thousands of persons with disabilities travel the world by planes, trains, automobiles, cruise ships, and even bicycles. With the proper planning and attitude, travel can be rewarding and adventurous.

Each person with a disability has special needs. Individual countries have their own standards of accessibility for disabled travelers. Some countries have nondiscrimination laws that help to protect travelers with disabilities, while other countries have no such laws. Preparing before you go can often prevent difficulties and ensure that your planned destination will be accessible, safe and enjoyable.

Before You Go

Choosing Your

Destination: Some countries make every effort to provide accessibility for all travelers, including those with disabilities, while other countries do not have the resources to do so, or do not consider it to be necessary. Before you travel, research your planned stops and ask detailed questions about services provided. Also, be prepared for a certain amount of culture shock. Some cultures are not very accepting or open about their citizens with disabilities.



Once you have decided on a destination, you may also consider local transportation needs to and from the airport, luggage assistance and whether assistance will be needed to leave the airport terminal. Some suggestions for finding resources are: contact the airport management office; work with a travel agent who specializes

in travel for persons with disabilities; search the internet, or check with various travel guides.

Health Care

Another aspect to consider is the level of health care available at your planned stops.

Your Doctor: Talk to your physician about the activities you have planned and your general physical condition, immunizations that may be needed, and medications, whether prescription or over the counter, you may need.

Medication: If you take prescription medication, make sure you have enough to last the entire trip, including extra medicine in case you are delayed. Pack your medication in your carry-on bag. Delays can occur, and checked baggage occasionally becomes misdirected or lost. Always carry your prescriptions in their labeled containers as many countries have strict narco-trafficking laws and might be suspicious of pills in unlabeled bottles. Bring your prescription information and the names of their generic equivalents with you just in case. Double-check before leaving home that your medication in your hand luggage.

Health Insurance: Make sure you have adequate health insurance coverage while abroad. Your policy may not cover such things as medical evacuations. Ask what coverage your plan provides and how you can reach your insurance company during times of emergency. U.S. Medicare and Medicaid programs do not provide payment for medical services outside the United States. Many travel agencies and private companies offer insurance plans that will cover health care expenses incurred overseas, including emergency services.

Services and Equipment

Service Dogs: Travelers should be aware that some countries have restrictions on service dogs traveling through or arriving in their countries. If you intend to travel with a

service dog, be sure to check on possible restrictions with the embassy or consulate of each country you will visit. If service dogs are permitted, learn about quarantine or vaccination requirements.

Find out what documents are needed, including international health certificates, rabies inoculation certificates and if the documents need to be translated. Talk with your vet about how to travel with your dog and how travel will affect the dog. You may also want to ensure hotels will accommodate your service dog and there will be an adequate area for the dog to relieve itself.

Equipment: If you require a wheelchair, scooter or other equipment, consider having a maintenance check done to ensure everything is in working order before you leave. You may want to research the availability of wheelchair and medical equipment providers in the areas you plan to visit before you depart.

Airline and Hotel Travel Arrangements:

When making your travel arrangements, you should think through air travel plans, considering flight lengths and plane transfers.



In the United States, the Air Carrier Access Act prohibits airlines from discriminating on the basis of disability. This law affects issues such as denial of service to persons with disabilities, seating, accessible features in terminals and aboard aircraft, requirements regarding attendants, medical certificates, and transport, storage and liability of mobility and medical equipment (wheelchairs, scooters and other assistive devices). Unfortunately, the Americans with Disabilities Act does not follow you when you leave the United States.

When making your reservations, inform your travel agent or the carrier of the following:

- Assistance that will be needed while flying

and at the airport;

- Type of disability and equipment used for mobility, such as crutches or a wheelchair;
- Request for a manual or electric wheelchair to be stored and brought to the airplane door/gate upon arrival;
- Special diet requirements.

These airline suggestions might be adapted when making your hotel reservations. Make sure foreign hotels will be able to accommodate you and your needs as well.

In all cases, ask your needs and requests be documented as part of the reservation and take down the name of the agent. If there is a problem, you will have a clear record of what you requested. In the event it is necessary to take your complaint to a customer relations office you will have documentation.

It is to every traveler's advantage to know the policies of the airline before arriving at the airport. Arrive extra early to allow time for any last-minute problems to be resolved.

Once You Have Arrived

Carry with you your written itinerary and directions of where you will be going. These can be shown to people who might be able to help you if you are lost. This will make it much easier when trying to get help from someone. Another tool that some have found useful is a point-and-conversation guide.

Your journey can be a most rewarding experience. There is a wealth of literature available both on the Internet and in books with information and advice for disabled travelers. Take the time to search the web and your local bookstore. By taking the time to research and educate yourself about travel opportunities and considerations for persons with disabilities, you can enjoy your adventure and have memories to last a lifetime.

Reprinted: U.S. Department of State Publication 10941

Aging & Disability Specialists

Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Chapman

Family Care And The Waiting List...

The Aging and Disability Resource Center (ADRC) of Southwest WI - Sauk County opened in July 2008. This was an exciting time for Sauk County as we began implementing managed long term care services under Family Care in September 2008. Family Care is a program that provides a full range of long-term care services to individuals who qualify both financially and functionally. Long-term care is any service or support that a person may need if he/she is disabled or elderly and requires assistance throughout the day to complete anything from bathing, to getting dressed, making meals, or paying the full cost of assisted living. We thought this would be a good time to explain what we have been able to accomplish in the past two years regarding the waitlist. The waiting list we are referring to had 160 consumers who had been waiting for services under the former Community Options Program (COP)/Waiver system for long term care services. Initially, the State had allocated funds for these waiting list consumers to be served within a 24 month transition period but this was changed by the State to a 36 month transition period. The goal is by the end of the 36th month, which will be September 2011, there will be no waiting lists and all individuals on our waitlist will be receiving services.

During these last two years the Aging and

Disability (A&D) Specialists have worked with the existing waiting list consumers to verify that they are still financially and functionally eligible for Family Care. If so, the A&D Specialists have been able to enroll the consumer into Family Care.

During this same time, the A&D specialists have continued to meet with new consumers and their families to assess them both financially and functionally for Family Care. These new consumers are placed at the bottom of our current waitlist. By September 2011 Sauk County will be at entitlement which means there will no longer be waiting lists for Family Care and if the consumer is still financially and functionally eligible for Family Care in September 2011 he/she will be able to get the services necessary to remain as independent as possible.

What other ways can ADRC help?

Though there has been a lot of discussion about Family Care and waitlists, we are also available to discuss other programs the ADRC has to offer as well as other community resources available. Whatever your needs are, we are here to help you understand your options so please call the ADRC to speak to one of the A&D specialists.





10 Things Science Says Will Make You Happy

1. Savor Everyday Moments - stop and smell the roses, pleasure is in the small moments.
2. Avoid Comparisons - run your own race, comparing yourself to others can damage self-esteem.
3. Put Money Low on the List - studies show the more you look for happiness in material things, the more fleeting happiness actually is.
4. Have Meaningful Goals - those with goals and aspirations fare much better than those without; engage in things that are enjoyable and meaningful.
5. Take Initiative at Work - giving more at work gives you more satisfaction and makes work more rewarding.
6. Make Friends, Treasure Family - close and meaningful relationships create more meaningful lives
7. Smile Even When You Don't Feel Like It - people who focus on the positive see possibilities, opportunities and success.
8. Say Thank You Like You Mean It - those who do gratitude journals tend to be healthier, more optimistic and more likely to achieve their goals.
9. Get Out and Exercise - Increases energy and has been shown to be as effective at decreasing depression as anti-depressants.
10. Give It Away, Give It Away Now! - helping a friend, donating your time or money, or celebrating others' success can actually improve your health!

Here's to your happiness!

Adapted from YES! Magazine Winter 2009

Foot Clinic Schedule

Changes at the Foot Care Clinic!!

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 - August 3 & 17

Tuesdays - September 7 & 21

Wednesday - August 18

LaValle - Fire Department

Wednesday - September 22

Wednesday - November 24

Merrimac - Village Hall

Wednesday - September 15

Wednesday - November 17

Plain - American Legion Hall

Thursday - August 26

Thursday - October 28

Reedsburg - Maple Ridge

Tuesdays - August 10 & September 14

Thursdays - August 19 & September 16

Reedsburg - Willow Heights

Wednesday - August 11

Sauk Prairie - St John's Church

Thursdays - August 5 & 12

Thursdays - September 2, 9, & 23

Spring Green - The Meadows

Tuesday - September 28

Tuesday - November 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 Sauk County Home Care office to schedule your foot care appointment at (608) 355-4313.



Caregiver Corner

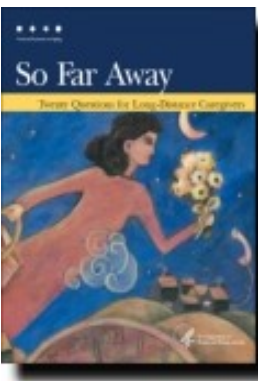
Over The River and Through The Woods ...

If you are a long-distance caregiver, a trip “home” offers an opportunity to spend time with loved ones and take stock of how well they are doing on their own.

Some of the things you may want to check on while in the house:

- ◆ Is there a good variety of food in the refrigerator?
- ◆ Are the expiration dates current on the perishables?
- ◆ Are the medications being utilized and up to date?
- ◆ Is there an emergency medical kit in easy reach of the occupants?
- ◆ Are there any safety hazards in the bathroom (are rails needed, are mats slippery?)
- ◆ Are bills being paid or are they piled up unpaid in a corner?
- ◆ If they have a pet, is there plenty of fresh water and food available?

Caregiver.com



For more information:

“So Far Away:
20 Questions For
Long-distance Caregivers”

A publication of the
National Institute on
Aging/National Institutes
of Health

What’s Playing at the Living Well Library!!

August

Protect Your Vision: The Dilated Eye Exam

for people with diabetes

August is Eye Health and Safety Month

For people with diabetes, the only way to find out if the disease has caused any damage to the eyes is with a dilated retinal eye exam. It is recommended this exam be done every year. Diabetic eye disease may cause changes in your eye which could require immediate treatment to save your vision. This DVD will help answer any questions and guide you through the exam step by step.

September Fall Prevention

September is Fall Prevention Awareness Month

One out of three people over the age of 65 fall each year. This video teaches how to reduce the risk of falls to yourself and the person you are caring for, while encouraging independence. Learn about medical conditions that contribute to falls, and how to make the home a safe environment.



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

Check Out These Websites !!

National Eye Institute

www.nei.nih.gov

As part of the federal government's National Institutes of Health (NIH), the National Eye Institute's mission is to "conduct and support research, training, health information dissemination and other programs with respect to blinding eye diseases, visual disorders, mechanisms of visual function, preservation of sight, and the special health problems and requirements of the blind."

The National Eye Institute (NEI) was established by Congress in 1968 to protect and prolong the vision of the American people. NEI research leads to sight-saving treatments, reduces visual impairment and blindness and improves the quality of life for people of all ages.

Fall Prevention Center Of Excellence

"Stopping Falls One Step At A Time"

www.stopfalls.org

Are you concerned about a family member or friend falling? Do you want to know more about common problems that contribute to falls, and learn about simple steps to prevent them.

Successful fall prevention involves the three main strategies of: balance training and physical activity; medical management; and environmental/home modifications.

Stopfalls.org can help you with ideas that can help prevent serious injuries due to falls in the home and the community.

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

Hot Weather Poses Health Risks

As summer heat builds in many parts of Wisconsin, Sauk County Emergency Management and Public Health urge everyone to be aware of the dangers associated with extreme heat and take protective measures.

Sustained temperatures in excess of 90° pose a risk of heat-related illness and death, especially when humidity levels exceed 35%. The risk is highest for older adults and individuals with chronic illnesses, or for individuals taking medications that inhibit perspiration and the body's cooling process.

General symptoms of heat exhaustion include fainting, rash, fatigue and nausea. Skin may become clammy and moist or hot and dry. The onset of heat stroke can be rapid and may progress to life-threatening illness within minutes. If heat-related symptoms appear, immediate actions should be taken to reduce body temperature.

The following actions are recommended when temperatures are above 90°:

- Drink more fluids to avoid dehydration. Rapid weight loss may be a sign of dehydration.
- Spend the hottest part of the day in a cool, preferably air-conditioned place.
- Do not plan strenuous activities during the warmest part of the day.
- Use fans to increase ventilation unless temperatures exceed 90° (at which point fans become ineffective in reducing heat-related illness)
- Take a cool shower, bath or sponge bath to reduce body temperatures. In addition, wet clothing has a cooling effect.
- Make frequent checks on the status of elderly or ill relatives or neighbors and move them to an air-conditioned environment during the hottest part of the day.

For more information on heat-related health concerns, visit <http://dhs.wisconsin.gov/health/injuryprevention/WeatherRelated/Heat.htm>

**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	August 12	September 7
Lime Ridge	August 19	September 14
Merrimac	August 26	September 23
Reedsburg	August 10	September 3
Sauk/Prairie	August 23	September 24
Spring Green	August 17	September 21

With warm weather approaching we need to think about keeping our bodies hydrated. With adequate hydration, the body has the right amount of fluids and electrolytes for proper functioning. When a person is dehydrated, the body becomes starved for oxygen and other nutrients and waste products can't be removed. Lack of fluid can be dangerous and even fatal.

What is dehydration?

Dehydration is a lack of fluid in the body. It may be caused by poor fluid intake or from losing too many fluids through normal body processes. Fluid is critical to most body functions. It is important for carrying oxygen and energy to the body and carrying away waste products.

What other things affect hydration status?

Dehydration can result because of the

environment. For example, on a humid day we perspire more, resulting in fluid loss. Laxatives and medications may result in fluid loss. Persons with a fever also need more fluids.

What are some signs and symptoms of dehydration?

- Constipation
- Increased heart rate
- Low blood pressure
- Nausea
- Dry or sticky mouth
- Dry skin
- Low or no urine output
- Not processing tears
- Sunken eyes
- Lethargic or comatose
- Weakness



What can be done to help prevent dehydration?

- Drink fluids during and between meals
- Increase fluid intake at meals and snacktime
- Keep fluids nearby to drink throughout the day
- Remind children and older adults to drink
- Watch for signs of poor intake of food and fluids
- Drink a full glass of liquids with medications
- When exercising, choose cooler times of the day, for example, early morning or in the evening

How much fluid does a person need every day?

Remember when you were told that everyone needs eight 8 ounce glasses of water a day? Actually, fluid needs are based on a person's body size and medical history. A registered dietitian can help you figure out how much you need. Milk, juice, coffee, tea, and water all count as sources of fluids. Foods that have a good source of liquids are: fruits, vegetables, soups and gelatin. In general, unless you are drinking very large volumes of liquids, it is better to drink too much than too little.



Activity Calendar

- 9:30 Café Connections opens
10:30 Café Connections Walking Club
11:30 Lunch is served
1:00 Mondays-Card Bingo
Tuesdays-Euchre
Wednesdays-Wii games
Thursdays-Wii games
Fridays-Movie
2:00 Café Connections closes

Café Connections is a great place to come visit, eat, or participate in an activity. We serve very affordable snacks, regular, decaf, or flavored coffee. Wii games and fitness activities are available from 9:30 AM - 2:00 PM daily for your enjoyment.

Is there an activity that you enjoy and would like to participate in? Or a favorite movie? Please call Sally with any ideas or suggestions.

Do you receive Home Delivered Meals or attend one of our Dining Centers?

The following website has the Nutritional facts of the meals that you receive: feilscatering.com.



Sally and Sauk Prairie Café Connections would like to thank

familyVideo

for
donating the movies
for our
weekly viewing pleasure!



Sauk County Dining Centers

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

Reedsburg Dining Center

Reedsburg Willow Heights
800 Third Street
Reedsburg, Wisconsin
Phone 963-3438

Sauk/Prairie Dining Center

730 Monroe Street
Sauk City, Wisconsin
Phone 963-3437

Spring Green Dining Center

117 South Washington
Spring Green, Wisconsin
Phone 588-7800

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

Continuing Education

—another way to **AddLIFE™**

Check out the next computer class at
 UW-Baraboo-Sauk County !!

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

Instructor: Terri Nee-Holtz

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

Wednesday, September 15,
 2:00 PM - 4:30 PM

Computer Lab, Aural Umhoefer Classroom
 Building, UW-Baraboo Sauk County

Fee: \$29

To register call 608-355-5220

Reedsburg Senior Group

Reedsburg senior citizens meet at 12:00 Noon the second and fourth Wednesday of each month. All seniors are invited to attend. This is a great opportunity to socialize and/or play cards. The meeting is at the Senior Recreation Center on the corner of Locust Street and Vine Street in Reedsburg.

For more information call
 Verdi and LaVern Peper at 727-2653.



We Need your Help!!

Last January there were changes that made more seniors eligible for the Medicare Savings Plan (MSP). This program provides the Medicare beneficiary a way to have their Part B premium waived if their income and assets are under a certain level. Eligible beneficiaries do not pay the premium, instead it is added to the Social Security Benefit check resulting in a savings of between \$95 and \$110 per month.

This information was in *AddLIFE Today!* and many of you contacted the ADRC to learn about this benefit. Mike Lew was able to personally discuss this with over 100 people and about 40% were eligible and now have an increase in their income. In addition, the ADRC was able to provide information about other benefits they may be eligible for.

We know we have not reached all of the possible recipients in Sauk County. Many people are living on very limited incomes and/or Social Security that could be eligible. We would like to enlist your help in finding these people. Think about others in your life. . . parents, family members, friends and neighbors that receive Medicare. Married couples receiving Medicare may both be eligible. Eligibility is based upon income and assets.

If you know someone who may be eligible, please have them call the Aging and Disability Resource Center at (608) 355-3289 and ask about the Medicare Savings Plans. The ADRC will take the name and phone number. Mike Lew, the ADRC's Medicare Savings Advocate, will call them privately at home. If it appears they may be eligible they may come in to our office or we will make a home visit.

Completing the application is both private and easy and could result in an additional \$1200 per year.

You could be doing a great service by helping us reach these people.

Save the Date for the LivingWell Expo!



Location: Baraboo High School

Date: Thursday, October 28

Time: 9:00 AM - 2:00 PM

This year's theme is:

Stepping Up To The Plate

Friends are
chocolate
chips
in the cookie
of life!



Is There A Difference Between Alzheimer's Disease And Dementia?

Dementia is loss of mental function in two or more areas such as language, memory, visual and spatial abilities or judgment severe enough to interfere with daily life. Dementia itself is not a disease but a broader set of symptoms that accompany certain diseases or physical conditions. Well-known diseases that are considered dementia include Alzheimer's disease, multi-infarct dementia, Parkinson's disease, Huntington's disease, Creutzfeldt-Jakob disease and Lewy bodies dementia.

Other physical conditions may cause or mimic dementia, such as depression, brain tumors, head injuries, nutritional deficiencies, hydrocephalus, infections, drug reactions and thyroid problems. Individuals experiencing dementia-like symptoms should undergo diagnostic testing as soon as possible. An early and accurate diagnosis helps to identify

reversible conditions. In addition, it gives individuals a greater chance of benefiting from existing treatments and allows them and their families more time to plan for the future.

Alzheimer's disease is the most common form of dementia, affecting as many as four million Americans. It is a degenerative disease that attacks the brain, beginning gradually and progressing at a variable rate. Alzheimer's disease results in impaired memory, thinking and behavior. Scientists are still not certain what causes the disease, but is believed that age and family history are identifiable risk factors for the disease.

For information on Alzheimer's care, call Millie Machkovech, Alzheimer's Care Director at Golden LivingCenter-Wisconsin Dells at 254-2574. For more information on dementia and/or Alzheimer's visit www.alzwisc.org.

golden
living

This article provided to you by:
Golden LivingCenter-Wisconsin Dells
300 Race St, Wisconsin Dells, WI 53965
608-254-2574

Give Your Food Budget And Your Community A Boost!

Would you walk past a \$20 bill lying on the ground? Being eligible for FoodShare Wisconsin but not taking advantage of it is a lot like walking past \$20 or more month after month after month!



Many individuals and families are struggling to make ends meet these days. If you could use help boosting your food budget, if you have to choose between buying food and paying for your medications, utilities and other bills, it's worth finding out if you may be eligible for FoodShare Wisconsin benefits.

It's easier than ever before to apply! Call Second Harvest Foodbank of Southern Wisconsin's FoodShare Helpline toll-free at 1-877-366-3635. You will speak to a friendly volunteer who will ask you some questions and let you know if you may be eligible for FoodShare benefits. If it looks like you might be eligible, the volunteer will give you some convenient places and times to meet with a trained Second Harvest FoodShare outreach specialist who will help you fill out the application for free. So your application is processed more quickly, the specialist can also help you copy and send in all the required documentation.

And there is something else great about receiving FoodShare: everyone in your community wins. You put more healthy, nutritious food of your own choice on your table while your kids and friends worry less about whether you have enough to eat. Even the local economy where your FoodShare dollars are spent benefits! The U.S. Department of Agriculture estimates that for every \$5 spent in FoodShare benefits, \$9.20 circulates through local businesses and to our farmers. Don't miss out on this benefit that

puts our tax dollars to work for our community while putting food on your table.

Call Second Harvest Foodbank's FoodShare Helpline at 1-877-366-3635 today! If you don't reach someone immediately, please leave a message and Second Harvest staff will return your call within one business day.

In all you do, remember to

AddLIFE™

**Laughter
Independence
Friends &
Energy**

NAMI South Central to Hold Meeting in Baraboo

The National Alliance on Mental Illness (NAMI) South Central invites you to the September affiliate meeting.

DATE: Thursday, September 9

TIME: 6:30 PM - 7:30 PM

LOCATION: St. Paul's Lutheran Church
727 8th Street, Baraboo, WI

The purpose of the meeting is to increase the presence and influence of NAMI South Central, which includes Sauk and Columbia Counties. We want people who are interested in supporting mental health issues and in developing and growing the NAMI South Central Affiliate. Our goal is to advocate for, educate, and support those living with mental illnesses.

All mental health consumers, family members, friends, significant others and providers are invited to attend.

For more information please contact NAMI South Central at 608-768-5375

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.



August 2010

Sauk County Dining Center Menu

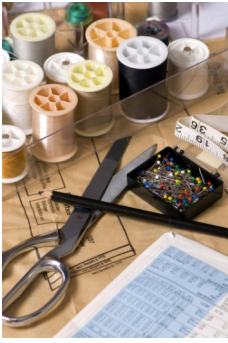
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Pork Cutlet in Jaegerschnitzel Sauce Mashed Potatoes Red Cabbage Apple Pie Fruit Cocktail * Sliced Bread</p>	<p>3</p> <p>Chicken Teriyaki Baked Potato Chinese Ramen Salad Sugar Cookie Watermelon Slice Dinner Roll</p>	<p>4</p> <p>Salisbury Steak Mashed Potatoes Peas and Carrots Fruited Gelatin Cinnamon Roll * Sliced Bread</p>	<p>5</p> <p>Baked Spaghetti (includes veg.) Calif. Blend Veg. Birthday Cake Peach Slices * French Bread</p>	<p>6</p> <p>Fruited Chicken Salad on a bed of Lettuce Cantaloupe Slice Fudge Brownie * Sliced Bread</p>
<p>9</p> <p>Glazed Ham Sweet Potato Bake Cole Slaw Fruit & Pudding Applesauce * Sliced Bread</p>	<p>10</p> <p>Chopped Steak in Mushroom Sauce Mashed Potatoes Swiss Spinach Pear Slices Frosted Cake * Dinner Roll</p>	<p>11</p> <p>Baked Chicken Mashed Potatoes Copper Penny Salad Dream Sicle Torte Plum Halves * Sliced Bread</p>	<p>12</p> <p>Crispy Fish Fillet Potato Salad Winter Blend Veg. Oatmeal-Raisin Cookie Petite Banana * Dinner Roll</p>	<p>13</p> <p>Hawaiian Meatballs Red Skin Potatoes Tossed Salad Ambrosia Dessert Apple * Sliced Bread</p>
<p>16</p> <p>Chicken Breast Mashed Potatoes Baby Carrots Pineapple Tidbits Cookie * Sliced Bread</p>	<p>17</p> <p>Pepper Steak Au Gratin Potatoes Summer Blend Veg. Coconut Cream Pie Watermelon Slice * Dinner Roll</p>	<p>18</p> <p>Pork Steak Mashed Potatoes Pickled Beet Salad Applesauce Frosted Cake * Sliced Bread</p>	<p>19</p> <p>Chili Casserole (includes veg.) Peas/Pearl Onions Ice Cream Cup Peach Slices * Cornbread</p>	<p>20</p> <p>Roast Turkey Mashed Potatoes Creamed Corn Pumpkin Pie Plum Halves * Sliced Bread</p>
<p>23</p> <p>Meatloaf Cheesy Potato Bake Mixed Vegetables Fruited Gelatin Cookie * Sliced Bread</p>	<p>24</p> <p>Swiss Steak Mashed Potatoes Green Beans Butterfinger Torte Applesauce * Dinner Roll</p>	<p>25</p> <p>Chicken & Broccoli Alfredo Casserole Spinach Salad with Hot Bacon Dressing Peach Slices Ice Cream Cup * Sliced Bread</p>	<p>26</p> <p>Ham Rolls Squash Health Slaw Petite Banana Cookie * Dinner Roll</p>	<p>27</p> <p>Swedish Meatballs Mashed Potatoes Seven Layer Salad Carrot Cake with Cr. Cheese Frosting Honeydew Melon * Sliced Bread</p>
<p>30</p> <p>Roast Pork Loin Mashed Potatoes Carrots Applesauce Fudge Brownie * Sliced Bread</p>	<p>31</p> <p>Baked Chicken Twice Baked Potato Three Bean Salad Alexander Torte Pineapple Tidbits * Dinner Roll</p>	<p><i>Hope is the only bee that makes honey without flowers</i></p> 		

September 2010

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">Share your knowledge. It's a way to achieve immortality.</p>		<p>1</p> <p>Lasagna Casserole (includes veg.) Italian Salad Fruited Gelatin Ice Cream Cup * French Bread</p>	<p>2</p> <p>Country Fried Steak Mashed Potatoes Peas and Carrots Birthday Cake Watermelon Slice * Dinner Roll</p>	<p>3</p> <p>Chicken Cacciatore Baked Potato Summer Blend Veg. Raspberry Sherbet Petite Banana * Sliced Bread</p>
<p>6</p>  <p style="text-align: center;">Closed No Dining Centers Or Home Delivered Meals</p>	<p>7</p> <p>Pork Cutlet in Mushroom Sauce Mashed Potatoes Red Cabbage Applesauce Cookie * Dinner Roll</p>	<p>8</p> <p>Hawaiian Meatballs Red Skin Potatoes Copper Penny Salad Pineapple Upside -down Cake Plum Halves * Sliced Bread</p>	<p>9</p> <p>Beef Stew (includes veg.) Winter Blend Veg. Fruited Gelatin Cinnamon Roll * Biscuit</p>	<p>10</p> <p>Salmon Loaf Escalloped Potatoes Mixed Vegetables Lemon Cream Torte Pineapple Tidbits * Sliced Bread</p>
<p>13</p> <p>Salisbury Steak Mashed Potatoes Carrots Peach Slices Cookie * Sliced Bread</p>	<p>14</p> <p>Sweet & Sour Pork over Rice Tossed Salad Mandarin Orange Gelatin Fudge Brownie * Dinner Roll</p>	<p>15</p> <p>Baked Chicken Mashed Potatoes Pickled Beet Salad Spice Cake Pear Slices * Sliced Bread</p>	<p>16</p> <p>Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Ice Cream Cup * Dinner Roll</p>	<p>17</p> <p>Sloppy Joe on a Bun German Pot. Salad Calif. Blend Veg. Pecan Pie Watermelon Slice *</p>
<p>20</p> <p>Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Cookie * Sliced Bread</p>	<p>21</p> <p>Meatloaf Au Gratin Potatoes Baby Carrots Poppy Seed Torte Peach Slices * Dinner Roll</p>	<p>22</p> <p>Chicken and a Biscuit Casserole Spinach Salad with Hot Bacon Dressing Pineapple Tidbits Frosted Cake *</p>	<p>23</p> <p>BBQ Pork Cutlet Baked Potato Western Corn Egg Custard Pie Applesauce * Dinner Roll</p>	<p>24</p> <p>Macaroni & Cheese Tossed Salad Calif. Blend Veg. Cantaloupe Slice Fudge Brownie * Sliced Bread</p>
<p>27</p> <p>Ham Rolls Squash Health Slaw Pear Slices Frosted Cake * Sliced Bread</p>	<p>28</p> <p>Baked Chicken Twice Baked Potato Three Bean Salad Coconut Cream Pie Plum Halves * Dinner Roll</p>	<p>29</p> <p>Seafood Newburg over Rice (incl veg.) Peas and Carrots Mandarin Orange Gelatin Cookie * Sliced Bread</p>	<p>30</p> <p>Swiss Steak Mashed Potatoes Green Beans Chocolate Banana Torte Peach Slices * Dinner Roll</p>	





Hem your blessings
with thankfulness
so they don't unravel.

We would like to thank Patty Anderson for her donation to *AddLIFE Today!*

Thank you to Genevieve Bennett and Cynthia Bennett Rhinehart for the donation to the Dining Center Program and the Foot Care Clinics in memory of Edwin Leski.

We would like to thank James & Loretta King for their donation to *AddLIFE Today!*

Thank you to an anonymous donor for the donation to *AddLIFE Today!* and the Elderly Benefit Specialist Program.

We would like to thank Chandler Palmer for his donation to *AddLIFE Today!*

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

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

Thank You!

Mark Your Calendar



The ADRC will be closed on:

September 6	Labor Day
November 25	Thanksgiving
December 24	Christmas Eve
December 27	Christmas Holiday

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.

Donation Designation Form

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

Please designate this donation:

Donor from _____

In Memory of _____ or

In Honor of _____

My donation for 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
- Helping Hand at Home Program
- Home Delivered Lunch Program
- Home: Safe & Sound Program
- Homemaker Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
- Living with Grief Teleconference
- LivingWell Expo
- Outreach Programs
- Prevention Programs
- Promoting Health Programs
- Tele-assure Program
- The Bus**
- Transportation Programs
- Turning 65/Retirement Workshops
- Volunteer Programs

Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913



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

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

CHANGE SERVICE REQUESTED
X

If you know of someone who would enjoy receiving *AddLIFE Today!*? Let us know! Do you have a family member or friend who cannot read *AddLIFE Today!* because of poor eyesight? *AddLIFE Today!* 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 issues, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

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

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

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

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

Try this "I before E except after C" Word Search!

CONCEIT	RECEIPT	WEIGHT
NIECE	REIGN	RECEIVE
EIGHT	BRIEF	WEIRD
CONCEIVE	BELIEVE	CEILING
SLEIGH	ACHIEVE	DECEIVE
WEIGH	GRIEVE	PIECE
EITHER	PERCEIVE	RETRIEVE
NEIGHBOR YIELD		

Z C U H C J C F T L K Y D J H G E D O A K D W D E
I D E A E C E I N B O V H T Y J R R T M W W K S B
M N M H A L E V E I L E B A P I X P P U W A R V F
T P V N E I G H B O R J O H E L I E R Z S G G H K
C V W Z P U X R H O D O O W E E R L V U R M S B Q
Q V N E G E L Y C F W N U I C C E C E I P E P V W
R E H T I E Q K N E E B S E E T L I E F E I R B C
O E C K X G M X V V I C R I T I A V I C Y C C X Q
D S I K Z A H I E E I L V J Q E E K U B C U E D A
L G F G Y D E I U I U E I D D C Z T T P V A C D X
E E T W N C H Q W R O F R N P N W S Y N J Q K V O
I H P H N C V P X T N K D H G O S S L E I G H H J
Y T J O A Q I P A E E N U T D C M U J H J H A A J
L H C C L W B K Y R D I U D Y U T H G I E W T P H
F B W F D E I G H T O H U V X W G L E V I E C E R

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