

# Aging & Disability Resource Center of Sauk County



AgeStrong! LiveLong!

## Add **LIFE** Today!

Laughter  
Independence  
Friends &  
Energy

May - June - July 2010

Vol 2 Issue 3  
Bi-Monthly Magazine



### Age Strong! Live Long!

May is Older Americans Month - a time to honor the legacies and ongoing contributions of older Americans.

This year's Older Americans Month theme - **Age Strong! Live Long!** - recognizes the diversity and vitality of today's older Americans. They have lived through wars and hard times, and periods of unprecedented prosperity. They pioneered new technologies and medicines, and spearheaded a cultural revolution that won equal rights for minorities, women, and the disabled.

These achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past!

Older Americans are living longer and are more active than ever before. With the aging baby boomer generation, America's senior population is expected to number 1.5 million by 2030.

While keeping the growing population of seniors healthy and active will increase the demand for services. What is remarkable is the extent which older Americans are supporting each other. As seniors become better educated and more financially secure, they are spending more time making contributions in their

communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service to seniors - embodying and modeling the drive to **Age Strong! Live Long!** They volunteer at dining centers, deliver meals to homebound seniors, act as escorts providing transportation for older adults, help with home repair, shopping and errands, and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans - not just senior citizens and their caregivers - to do their part to enhance the quality of life for older generations.

Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more.

Contact the ADRC at 355-3289 or 800-482-3710 to find out what you can do to strengthen services for older Americans, this month and all year round.



## Director's Notes

Trish Vandrez, Director



### So, How's That Bus Going, Anyway?

We at the ADRC get this question quite a bit. Because *The Bus* is a new and innovative way to provide transportation services for our communities, people are curious about it. Here are some of the Frequently Asked Questions and Answers.

**I don't see anybody on *The Bus*. Are people riding it?** *YES! And more and more people are discovering how it can work for them everyday! In July 2009 when we launched *The Bus* we averaged 24 passengers per week. In the four weeks prior to this printing, we averaged 52 passengers per week! That is more than 10 people per day and growing!*

**What do people use *The Bus* for?** *We continue to be amazed at how creative people are with their use of *The Bus*! There are many great examples but here are a few:*

- ▶ *A whole apartment community in Sauk Prairie have organized group trips and lots of individual trips! Together they have learned how to get out and about using *The Bus*.*
- ▶ *Ladies from Baraboo are going on outings together to have lunch and shop at the St. Vincent de Paul store in Sauk Prairie.*
- ▶ *People are scheduling their medical and other personal business appointments to coincide with *The Bus* schedule.*
- ▶ *A couple from Reedsburg go on a weekly outing for entertainment and shopping together.*
- ▶ *A gentleman from Baraboo goes to Reedsburg to visit his sister.*

*People with challenges that others might consider serious enough to keep them from using **The Bus** are proving us wrong everyday. Hooray for them and their commitment to independence!*

**What do people do while they wait for the next bus to come?** *Often passengers will bring along a book, magazine, needlework or some other things to do to spend this time. Some passengers arrange to wait at a nearby restaurant or snack bar where they spend their time "watching people". Sometimes they even run into someone they know and haven't seen in a long time for an impromptu visit!*

**How do I figure it out and what if I can't get to a bus stop?** *We are only a phone call away and will be happy to walk through the schedule with you so you have the best possible experience. If you live within a mile of *The Bus* route, we may be able to pick you up in your neighborhood or even at your door! Just call and we'll help you make your plans!*

### Re-Authorization of the Older Americans Act

Since 1965, the Older Americans Act (OAA) has gained recognition as a unique and highly regarded federal law that has stimulated the development of a comprehensive and coordinated service system. This system has contributed greatly to enhancing the lives of older individuals, family caregivers, and persons with disabilities.

The Older Americans Act provides services such as: senior dining centers & home-delivered lunches, benefit specialist/legal services, family caregiver programs, transportation, adult day care, homemaker &

outdoor chore services, medication management, prevention and health promotion programs, volunteer opportunities, and even more! All these are services which promote independence and a meaningful life of contribution to our communities for older people and people with disabilities.

Next year the Older Americans Act will be up for reauthorization and the Administration on Aging (AOA) is interested in hearing as much as possible from citizens and professionals connected to the aging network concerning the Act. The AOA wants to know what you think should be preserved, what should be added and what should be eliminated.

On the national level there are discussions concerning the minimum age to access services, whether there should be an income test to use the services, and other suggestions that may change the way people can participate in the services provided by the Act. These kinds of discussions have taken place in the past during reauthorization processes and citizens and advocates have played a large part in creating the final product. This means that your voice really is heard and Congress responds!

The ADRC will be hosting a Sauk County OAA Reauthorization Event this summer to hear what you have to say about this important federal law and the services it provides. Watch for details on the radio and in your local newspapers so you may attend and let your voice be heard!

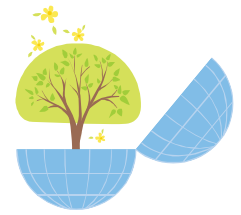
*Enjoy the beauty of summer in Sauk County  
and Live Well!*

*Trish*

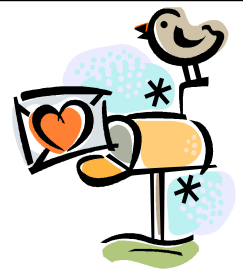
## Clean Sweep in June!

Do you have hazardous wastes lurking in the dusty corners of your garage, shed, or basement? Sauk County residents with unused chemicals, oil-based paint, waste oil, or medications can dispose of them in a safe and environmentally sound manner at the Household Hazardous Clean Sweep Program at the Sauk County Landfill, E8795B Evergreen Lane (between Baraboo and Reedsburg off Hwy. 33) on Saturday, June 12, from 10:00 am - 3:00 pm. The program is being offered through the Land Conservation Department and funded by Sauk County and a state grant. There will be no charge for disposal at the event. Chemicals from agricultural and Very Small Quantity Generators (VSQGs) operations will be accepted by appointment only!

For more information regarding the Sauk County Clean Sweep Program, contact the Land Conservation Department at 355-3245 or [ppohle@co.sauk.wi.us](mailto:ppohle@co.sauk.wi.us).



To our *AddLIFE Today!*  
Volunteers who helped  
unwrap syringes for the H1N1  
vaccine clinics. Especially Bev  
and Judy who did a large  
portion of this task.



*“We wholeheartedly thank you  
for all your time and effort.  
We truly appreciate all that  
everyone of you did to help our  
H1N1 effort.”*

*Thanks,  
The Sauk County Public Health  
Nurses*



## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator

### Thank You Tax-Aides!

To the AARP Tax-Aides who have served all of you with free tax preparation ... THANK YOU, THANK YOU, THANK YOU!

The AARP Tax-Aide program has approximately 34,600 volunteer counselors in 6,500 locations across the United States. This year Sauk County has had the privilege and benefit of working with 6 of those volunteer counselors, and 5 volunteer greeters.

Thank you to our partners - the Reedsburg Library, Sauk Prairie's St. Vincent de Paul Resource Center and Sauk County - for providing the space necessary for our counselors to be able to provide this valuable service.

These tireless volunteers worked a total of more than 1,200 hours and assisted 681 Sauk County Taxpayers with their tax returns! (And that doesn't take into consideration the tax returns that required more than one visit!) That's an increase of 17% over last year !!

That's a lot of number crunching ... aren't we fortunate to have a service like this available?? For free?? Wow! And aren't we fortunate to have people who are willing to volunteer their time and energy to make this happen for all of you??

To **Bob, Carl, Elena, Harley, Irv, John, Joyce, Judy, Kent, Margaret, and Nancy ... Thank you Tax-Aide Volunteers**, from the bottom of a very grateful heart, for another amazing year of service to the citizens of Sauk County.



### 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 will 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.

Thank you to our partners:  
Dean/St. Marys Lake Delton Clinic  
Pine Glen Senior Apartments  
Prairie Clinic  
Reedsburg Area Medical Center  
for providing the meeting space for these classes.

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

### Volunteers Needed for The Care Mobile

The Sauk County Health Department will be hosting the Care Mobile (free dental services for children) from July 26 - August 12. Volunteers are needed to escort children and their parents between the hospital waiting area and the Care Mobile located in the parking lot.

Does this sound like the opportunity for you??

Call Mary Jane at 355-3289  
for more information.

Have you made your reservation  
for the Volunteer Breakfast?  
355-3289 or 800-482-3710

Thursday, May 13  
Voyageur Inn - Reedsburg

## AARP Driver Safety Classes

Thursday, May 13

Spring Green Community Library  
230 E Monroe Street 8:00 am - 12:30 pm  
Call M & I Bank to register 588-2526

Wednesday, May 19

Baraboo - St. Clare Hospital  
707 14th Street 12:00 noon - 4:30 pm  
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!!

## Spring Yard Clean Up Who Wants Some Help?

We have a group of adult volunteers who want  
to help get your yards ready for spring and  
summer. As part of their annual conference,  
they are offering volunteer hours! How great  
is that !! Who wants some help?

Wednesday, May 26, 11:00 am - 4:00 pm  
Wisconsin Association of  
School Business Officials

Call Mary Jane at 355-3289  
to get on the schedule!

## Would You Believe ... 1,089 Years!

When I total all of the years that all of our  
volunteers have given to all of our programs (and  
I've got the paperwork to back this up) it totals  
1,089 years! You all continue to WOW me!!  
Those names in **bold** letters have moved up to a  
new category ... congratulations!! And THANK  
YOU!!

### 25+ Years!!

Katherine Hausner

### 20+ Years

Walt Darling, Marjorie Faber, **Edna Hineman**,  
Charles Moritz, Eldert Roewer, Audrey Wendt

### 15+ Years

Cletus Alt, Dorothy Alt, **Ruth Derrickson**,  
Donna Druckrey, Betty Hineman, Jean Kinsman,  
Virginia Johnston, Char Rose, Lonita Schulze,  
Lorraine Williams, Fannie Wisinger

### 10+ Years

Buddy Bethke, Virginia Bethke, Marsha Davis,  
Don Fearing, **Nola Fearing**, James King,  
John Kinsman, Donna Fae Kruse, Jim Kuehn,  
**Marion Licht**, Marveline Miller, Bernice Mueller,  
Wayne Pertzborn, Jim Quandt, Caroline Siberz,  
Elaine Smelcer, **Donna & Ralph Soeldner**,  
Ellen Young

### 5+ Years

Carl Alexander, **Gladys Anliker**,  
Mary Baumgarten, Art Behnke, John Bernien,  
**Theresa Carr, Michelle Commings**,  
Duane & Nancy Erdman, Ruth Falk,  
Bev Feierabend, Roger Friede, Keni Gillingham,  
Ruth Haase, Peg Holloway, Lorraine Holm,  
Elizabeth Irwin, **Ellen Jerrett**, Phyllis Johnson,  
**Claire Joyner**, Myron Mead, **Barb Opperman**,  
**Lavern & Verdi Peper**, Mary Prem, Jane Prouty,  
Mickey Rau, **Jeri & James Retzlaff**, Anna Rock,  
Nancy Roesler, Stanley Schrank, Dorothy Sivam,  
Betty Wolfrath, **Laurie Zimprich**

PS - I admit to being human ... so ...  
if I've got the wrong information  
PLEASE let me know!



## Mobility Management

Ashley Nedeau-Owen

Thank you for using public transit! I recently read an article about public transit that included a great forward by Utah’s newest (serving since 1993) Senator, Robert Bennett Bennett states,

“Even if you live out in the country, you use public transportation when you drive to the city. ‘No I don’t,’ you reply. ‘I drive all the way into the city. I don’t change from my car to the bus or a train.’ That may be true, but you still use transit to help you get around. How? If it weren’t for public transportation, there would be thousands more cars on the road. You would spend hours more on the road driving in or out of the city, because congestion would be far worse than it already is. So even if you don’t ride public transit, you still use it, and it is still working for you.”

That is as true in Sauk County as it is in Utah or anywhere else in the United States. Sauk County is fortunate to have five public transit services. The Merrimac ferry, is one of the few free transit services available anywhere in the U.S. The shared-ride taxis in Sauk Prairie, Baraboo and Lake Delton and **The Bus** are working for you right now.

I encourage you to spend some time this month getting acquainted with the public transportation choices available to you in Sauk County. This month is perfect as the weather is beautiful and between the trees greening and flowers blooming, May is a great time to get out and about.

Here are a couple of suggestions for short day trips:

**Shopping and lunch in Prairie du Sac:** Start

your week off by catching **The Bus** at

Pierce’s in Baraboo Monday morning at 8:50 am. Ask the driver to stop at St. Vincent de Paul in Prairie du Sac. You’ll arrive there about 10:10 am. When you’ve finished shopping, call 644-9616 for the Sauk Prairie Transit and go to the Eagle Inn for lunch. After lunch walk a block to the library or visit some of the shops or the museum on Water Street. **The Bus** leaves Sentry, just across the street from the Eagle Inn, heading for Baraboo at 2:35 pm.

**Circus Tuesday in Baraboo:** Catch **The Bus** at Piggly Wiggly in Sauk City at 9:00 am. Get off at the West Square Building, the driver calls out the stops so you won’t miss it. Before you get off, tell the driver you would like **The Bus** to pick you up at Circus World at 2:30 pm. Walk across the square to Circus Clown Museum and Hall of Fame. Get a piece of chocolate or some ice cream at Gem City Candy or have lunch at any of the eight cafés and restaurants around the square. Then telephone 356-8300 and take Baraboo Taxi to Circus World Museum. Finish your tour about 2:15 pm and **The Bus** will be ready to take you back to Sauk City.

**Wednesday matinee at Desert Star Cinema:** Hop on **The Bus** at Viking Village in Reedsburg at 11:30 am. Tell the driver you are going to the movies. The driver will let the next driver know you’re there. **The Bus** will take you to Desert Star Cinema and you will have plenty of time to get a tub of popcorn and find a seat for the 12:30 pm matinee. When the movie is over, **The Bus** will be ready to take you back to Viking Village at approximately 3:20 pm.

**The Bus** is for everyone. All you need to do is step aboard. If you would like to learn more before taking **The Bus**, call us at 355-3278. We can help you plan a trip.



## Thank you for using public transportation!

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When you call the transportation line, more often than not, you will talk to Sylvia. Sylvia has been answering the transportation line for more than a year and is very knowledgeable about all things transportation in Sauk County.

Sylvia is also very knowledgeable about Sauk County. Really! When you call in with questions about transportation, you might also learn about some of the sights on your route or learn about a family connection that you didn't know. Call 355-3278 or 800-830-3533 with your questions.



When you call the transportation line, you may get our voice mail. Please leave us a message. We respond to all of our messages. Sylvia spends the bulk of every day on the telephone and she is most likely the person you will talk to. She can help you plan your bus trip and make arrangements for you if you are requesting the use of our Volunteer Escort Service. Call 355-3278 or 800-830-3533 to learn more.

We provide door through door service for individuals age 60 and older or persons with disabilities using our Volunteer Escort Service. We prioritize these trips, medical first, then nutrition and lastly for employment either paid or volunteer. We charge \$0.30/mile for this service.

Call us today at 355-3278 or 800-830-3533 .

## Attention Seniors!

### Unemployed & Looking for Work?

Experience Works, Inc. currently has job training opportunities available for persons 55 or older. Participants earn minimum wage while updating their job skills. Wages are paid by a grant from the U.S. Department of Labor.

**Who Is Eligible:** Unemployed people age 55 with eligible incomes and a desire to work.

### Community Service/Training

**Assignments:** Participants will train in a public service/training assignment and be paid a **minimum hourly wage of \$7.25**. Training assignments are generally **18 hours per week**. Participants provide valuable public service and have the opportunity to learn new skills. Examples of training assignments are: custodial/maintenance, customer service, retail sales, health care, food service, library, education and computer.

**Job Search Help:** Experience Works, Inc. assists in the development of job search skills including: resume' writing, cover letter composition, and interviewing skills.

**Training:** Experience Works, Inc. cooperates with local Job Centers, technical colleges and employers in order to develop training and education programs custom-designed to match participant's needs. Typically, training is offered by technical colleges but other sources of training may be used. Participants are paid minimum wage while attending training and Experience Works, Inc. may cover all training costs.

For more information please contact:

Experience Works, Inc.  
Senior Community Service Employment  
800 Wisconsin Avenue  
P.O. Box 275  
Boscobel, Wisconsin 53805  
Phone: (608)375-2315



*For Your Benefit:*

News from your  
Benefit Specialists



Deb Harvey

Kelly Dietsch

## **Callers Claiming to Work for SSA Prompt Warning to Keep Personal Information Safe**

The Wisconsin Department of Agriculture, Trade, and Consumer Protection is notifying consumers about an unusually high number of complaints to the Social Security Administration (SSA) from Wisconsin residents about "phishing" phone calls.

According to the SSA, Wisconsin residents have been reporting phone calls from people claiming to work for the SSA. The caller asks for private information, such as the person's social security number, in order to "re-issue a Medicare card" or some other similar excuse.

"The Social Security Administration does not need to ask you for your social security number" explains Janet Jenkins, Administrator of the Division of Trade and Consumer Protection's Wisconsin Office of Privacy Protection. "Alarms should go off in your mind anytime someone contacts you out of the blue and asks for personal or financial information. Governmental agencies and legitimate businesses simply don't do that" Jenkins stated.

Do not trust what your caller ID says, either. It can be made to give whatever name and number the caller wants to display. The SSA reminds consumers that except for employers and financial institutions that need your social security number for tax reporting purposes, you are not required to give out your social security number. Before giving any confidential information, first verify that the organization or business that is calling is

legitimate. That can be done by looking them up in the phone book or online, and call the business to verify any requests.

If you suspect "phishing" is taking place or if you inadvertently gave out confidential information, contact the WI Office of Privacy Protection at 1(800) 422-7128.

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## **New Medicare Website Section for Caregivers**

Medicare has created a new section of their website devoted to caregivers called "Ask Medicare." According to Medicare, the purpose of launching Ask Medicare is to:

- acknowledge and support the people who take care of their disabled or elderly family members or friends;
- help caregivers find the information they need to take care of their loved ones
- people need accessible, credible information to make informed health care decisions;
- build relationship with caregivers by providing them with information and assistance that they need to both help the person that they care for and themselves;
- make it easy for family caregivers to find out about programs, services and benefits they can access for their loved ones and themselves;
- link to a variety of support tools developed by the Administration on Aging and other organizations;

To satisfy these goals, the site contains four key content areas:

- 1) Help with Billing** (how to file a Medicare claim, how to read a Medicare Summary Notice, how to file a Medicare appeal);
- 2) Navigating Medicare** (introductions to the basics of Medicare, how to enroll in Medicare, how to compare health and drug

plans);

**3) Care Options** (comparisons for hospitals and nursing homes, search for Medicare enrolled providers);

**4) Getting Help** (links to local support and caregiving resources).

The site also includes features such as a caregiver's resource guide and personal stories from caregivers in the community.

<http://www.medicare.gov/caregivers/>

Check it out!

### Recommendation & Request

To provide efficient and prompt service, we would like to encourage you to call the Aging & Disability Resource Center of Sauk County at 355-3289 or 800-482-3710 to make an appointment before coming to the Baraboo office to see Deb or Kelly. This will prevent you from having to wait if we are unavailable and it will help us to assist you in a more confidential, respectful and timely manner.

Check out the Benefit Specialist schedule to the right as no appointments are necessary when you visit with us on these dates and times. This is a first come first serve basis.

Add **LIFE**™ to your Years

**L**aughter

**I**ndependence

**F**riends

**E**nergy

## Benefit Specialist Schedule May - June - July 2010

### DEB HARVEY

|                               |                          |                           |                           |
|-------------------------------|--------------------------|---------------------------|---------------------------|
| Plain American Legion Hall    | May 5<br>11:30 to 12:30  | June 9<br>11:30 to 12:30  | No Visit                  |
| Plain Library                 | May 5<br>2:00 to 3:00    | June 9<br>2:00 to 3:00    | July 14<br>2:00 to 3:00   |
| Spring Green Senior Center    | May 12<br>10:30 to 11:30 | June 16<br>10:30 to 11:30 | July 21<br>10:30 to 11:30 |
| Spring Green Library          | May 12<br>1:00 to 2:00   | June 16<br>1:00 to 2:00   | July 21<br>1:00 to 2:00   |
| Sauk/Prairie Community Center | May 6<br>10:00 to 11:30  | June 10<br>10:00 to 11:30 | July 22<br>10:00 to 11:30 |
| Merrimac Village Hall         | May 6<br>8:30 to 9:30    | June 10<br>8:30 to 9:30   | July 22<br>8:30 to 9:30   |

### KELLY DIETSCH

|                             |                         |                          |                          |
|-----------------------------|-------------------------|--------------------------|--------------------------|
| Bluffview                   | May 4<br>7:30-8:30      | June 1<br>7:30-8:30      | July 6<br>7:30-8:30      |
| Loganville Village Hall     | May 4<br>9:30-10:30     | June 1<br>9:30-10:30     | July 6<br>9:30- 10:30    |
| Lime Ridge Senior Center    | May 4<br>11:00 to 12:00 | June 1<br>11:00 to 12:00 | July 6<br>11:00 to 12:00 |
| La Valle Public Library     | May 4<br>1:00 to 2:00   | June 1<br>1:00 to 2:00   | July 6<br>1:00 to 2:00   |
| Reedsburg Willow Heights    | May 11<br>9:00 to 12:00 | June 8<br>9:00 to 12:00  | July 13<br>9:00 to 12:00 |
| Reedsburg Park Street Apts. | May 11<br>1:00 to 2:00  | No Visit                 | July 13<br>1:00 to 2:00  |
| North Freedom Village Hall  | May 19<br>12:00 to 1:00 | No Visit                 | No Visit                 |
| Reedsburg Willow Heights    | May 25<br>1:00 to 4:00  | June 22<br>1:00 to 4:00  | July 27<br>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

## Healthcare Options

With healthcare in the fore front of many newscasts and newspaper articles, I would like to talk about some options for healthcare you may not be aware of.

One of the programs in Wisconsin is the BadgerCare Plus Core Plan. This plan is for adults with no dependent children. Currently this program has a long waiting list so a new program known as The BadgerCare Core Plus Basic Plan is on the horizon as a limited healthcare plan. Only individuals who are on the BadgerCare Core Plan Waitlist can enroll in the Basic Plan. The earliest coverage can begin is May 1, 2010, pending legislative approval. If this plan is approved, all members must pay a premium of \$130 per person, per month for coverage in the Basic Plan. This will allow you to have month to month healthcare coverage while leaving you on the wait list for the BadgerCare Plus Core Plan which is a less expensive option. For more information on BadgerCare programs you can call 1-800-362-3002 or visit [www.dhs.wisconsin.gov](http://www.dhs.wisconsin.gov)

Another healthcare option unique to Wisconsin residents is HIRSP, Health Insurance Risk Sharing Plan which offers health insurance to Wisconsin residents who either are unable to find adequate health insurance coverage in the private market due to their medical conditions or who have lost their employer-sponsored group health insurance. Applicants are required to meet HIRSP eligibility criteria to qualify. HIRSP covers major medical and prescription drug expenses, subject to pre-existing condition limitations. HIRSP offers a variety of health insurance plans, including two plans that

qualify you to open a health savings account (HAS) and a Plan designed for policyholders enrolled in Medicare. This empowers you to choose the plan that best fits your health insurance needs.

Enrollment in HIRSP is not dependent upon your income or assets. However, if your total annual household income is less than \$33,000, you may qualify for reductions in premiums, deductibles and drug out-of-pocket costs under the conditions defined in this outline. For more information on HIRSP call (800) 828-4777 or visit [www.hirsp.org](http://www.hirsp.org)

There are several Medicaid programs for Elderly, Blind and Disabled persons. Medicaid provides healthcare services to people who are elderly, blind, disabled or at least age 65. Disability and blindness determinations are made by the Disability Determination Bureau in the Department of Health Services. Some of the Medicaid programs include:

- ◆ Medicaid Standard Plan
- ◆ Medicaid Purchase Plan (MAPP)
- ◆ Long Term Care
- ◆ Emergency Services
- ◆ Tuberculosis Services
- ◆ Medicare Savings Plans

Each of the above programs has different rules and guidelines. If you would like more information you may call Member Services at (800) 362-3002, Sauk County Human Services at 608-355-4200 or go online at [www.dhs.wisconsin.gov/em](http://www.dhs.wisconsin.gov/em)

Another important Medicaid program is the Wisconsin Well Woman Medicaid program. Well Woman Medicaid is a standard healthcare plan. Enrollment is limited to women who need treatment for breast or cervical cancer and are enrolled in one of the following programs at the time of diagnosis:

- ◆ Wisconsin Well Woman Program
- ◆ BadgerCare Plus Benchmark Program

- ◆ BadgerCare Plus Core Plan
- ◆ Family Planning Waiver

For more information on this program, contact Recipient Services at (800) 362-3002, the Sauk County Health Department at 355-3290 or visit [www.dhs.wisconsin.gov/womenshealth/wwwp](http://www.dhs.wisconsin.gov/womenshealth/wwwp)

I hope this information is helpful in your search to receive adequate healthcare. My services are available to Sauk County resident's ages 18 through 59 years with physical disabilities, developmental disabilities, mental illness and substance abuse disorders.

\*\*\*\*\*

## **May is Mental Health Awareness Month!**

Are you feeling stressed out?

### **Top 10 Things to Do**

1. Connect With Others
2. Stay Positive
3. Get Physically Active
4. Help Others
5. Get Enough Rest
6. Create Joy and Satisfaction
7. Eat Well
8. Take Care of Your Spirit
9. Deal Better With Hard Times
10. Seek Professional Help If You Need It

*DID YOU KNOW???*

*The research suggests that people who feel connected are happier and healthier—and may even live longer.*

## **Senior Farmer's Market Coupons!**

Each summer the ADRC along with the UW-Extension helps distribute the Senior Farmer's Market Nutrition coupons that the USDA provides to seniors of moderate and lower income to encourage visits to local farmer's markets and to eat more fresh fruits and vegetables. Eligible households receive \$25.00 in coupons that are spent just like cash at approved farmers markets and farm stands

To qualify, you must be a resident of Sauk County over the age of 60 (or Native Americans over the age of 55). The annual income has not been set at this time but will most likely be slightly higher than last year requirement of or less than \$20,036 for an individual, or \$26,955 for a couple.

We will have a limited number of coupons and they will be given out on a first come first serve basis. We encourage you to sign up for the Senior Farmer's Market Coupons at the location that is the most convenient for you.

### **Baraboo West Square Building - Room B24**

Wednesday, June 16 - 8:30 am - 11:30 am

### **Sauk Prairie Community Center**

Friday, June 18 - 9:00 am - 12:00 noon

### **Reedsburg City Hall**

Thursday, June 24 - 1:00 pm - 3:30 pm

### **Spring Green Senior Center**

Tuesday, June 22 - 9:00 am - 11:00 am

### **Wisconsin Dells Tribal Aging Unit**

E8863 Winneshiek Dr, Wisconsin Dells  
Wednesday, June 23 - 11:30 am—12:30 pm

### **Baraboo West Square Building –Room B30**

Tuesday, June 29 - 1:00 pm - 4:00 pm

Please call the ADRC office at (608) 355-3289 with any other questions you may have.



## Aging & Disability Specialists

Here to Help you!



Jim  
Pritzkow



Lisa  
Karau



Quinn  
Hause



Abigail  
Chapman

## Summer Camps / Vacations



It is that time of the year again. Spring is here and plans are being made for the summer. For many people with disabilities, summer camp is an exciting yearly event. Campers can range in age from 3 years old to elderly. Most camps can meet the daily needs of the campers attending and provide recreational and social activities. Campers build and maintain friendships through fellowship and outdoor activities. They enhance their personal skills with independence and self confidence. All while enjoying beautiful Wisconsin natural resources. All summer camps have skilled staff that are trained in working with people with disabilities.

Many camps offer different sessions based on age and interest so that each camper can get the most out their camping experience. All facilities are handicapped accessible and special diets can be accommodated. Further, there is staff trained to administer medication and perform personal cares campers may need.

While summer camp is a great time for the campers, it also provides much needed rest for the full-time caregivers. For many of the campers, parents or relatives provide all of the

care. This is the one time of the year that they get a break from the daily caregiving routine and have piece of mind that their loved one is properly cared for.

For many of the campers, the cost of the camp can be a big factor in attending. Many campers are on a fixed income and cannot afford the camp fees. Fees can range from \$800- \$1200 depending on the camp, personal care needs the camper has and how many days they stay for. Many campers save the entire year by putting money aside each month and making cuts in other parts of their life just for the one-week of camp. Many camps do offer “camperships” or scholarships for people who cannot afford it and have no other funding source. Also, campers may be enrolled in programs that will fund the camps as part of their care plan.

While summer camps are for many people, some persons with disabilities or the elderly may choose to go on vacation instead of camp. These vacation packages include transportation, admission fees, lodging, some meals and staff to meet the needs of the travelers. Travelers must be medically stable and have good social behavior. Many vacation companies offer payment plans to make these vacations financially feasible for travelers. Costs vary on the type and length of the vacation. Many of the vacations are themed and can be anywhere from a day trip to weeks at a time.

If you are interested in either the summer camps or the vacations, please contact the Aging and Disability Resource Center at 608-355-3289. We would be happy to send you information and brochures. Or, if you are in the area, stop in. We have many brochures on the different summer camps and vacations in our LivingWell Library. If funding is an issue, we may be able to find a funding source for you.

## Mom Or Dad's Vision Has Changed! How Can I Help?

Older adults with eye disease may experience low vision, meaning vision cannot be corrected through medication, surgery or corrective lenses. Low vision disrupts daily activities and may lead to confusion and isolation.

How can you help? Be a careful listener, have patience, and be encouraging. Hold off making assumptions about capabilities. Have conversations to discuss difficulties and explore solutions. Relearning new ways of doing familiar activities is hard work!

Using input from Mom or Dad, help create organized spaces and maintain them. Remove clutter on stairways and in walkways. Be sure that handrails are secure. Increase contrast and lighting. Remove throw rugs without non-slip backings. For safety checklists: AFB's Senior Site ([www.afb.org/seniorsitehome.asp](http://www.afb.org/seniorsitehome.asp)) and Vision Aware ([www.visionaware.com](http://www.visionaware.com)).

Learn about resources. Low vision groups offer positive support, tips, and information. Take questions to your Aging and Disability Resource Center. Any person with low vision or family member can contact vision rehabilitation providers. Vision rehabilitation often starts with a low vision evaluation to help Mom or Dad better understand how to use remaining vision, how to alter lighting and contrast, and what optical devices may be of benefit. In-home vision rehabilitation works with Mom or Dad to try solutions to problematic daily activities that might include learning new techniques, incorporating adaptive devices, and making environmental changes. Other vision rehabilitation services include training in safe travel or assistive technology. Most services from partnership agencies are offered at no cost.

This partnership article is provided by:  
WI Council of the Blind and Visually Impaired  
800-783-5213; [www.wcblind.org](http://www.wcblind.org)  
Office for the Blind and Visually Impaired  
888-879-0017; <http://dhs.wisconsin.gov/blind/>

## 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 - May 4 & 18

Tuesdays - June 1 & 15

Tuesdays - July 6 & 20

Wednesday - June 16

### LaValle - Fire Department

Wednesdays - May 26 & July 28

### Merrimac - Village Hall

Wednesdays - May 19 & July 21

### Plain - American Legion Hall

Thursdays - June 24 & August 26

### Reedsburg - Maple Ridge

Tuesdays - May 11, June 8 & July 13

Thursdays - May 20, June 17 & July 15

### Reedsburg - Willow Heights

Wednesday - June 9

### Sauk Prairie - St John's Church

Thursdays - May 6, 13 & 27

Thursdays - June 3 & 10

Thursday - July 1, 8 & 22

### Spring Green - The Meadows

Tuesday - May 25

Tuesday - July 27

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

### A Caregiver's Bill of Rights

By Jo Horne, [www.caregiver.com](http://www.caregiver.com)

I have the right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonable can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

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

### May Gardening and Arthritis

Gardening can be difficult for those diagnosed with arthritis. In this video, several experts discuss how gardening is a great activity for maintaining physical activity and helps improve nutrition - two viable strategies for addressing arthritis.

### June Caregiver Wellness

Caregiving can be a very meaningful life experience. In this program, various factors will be examined that contribute to caregiver stress, and offer practical solutions for reducing stress and cultivating life-long wellness.

### July How to Help Someone Who Uses A Wheelchair Without Hurting Yourself

How do you help someone in and out of a wheelchair without hurting yourself or the person you are trying to help? This informative video will teach you how! You will learn techniques used by physical and occupational therapists that will save you time and frustration, while preventing injury.



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

## Check Out These Websites !!

### Family Caregiving 101

“Family Caregiving ...  
... It’s not all up to you.”  
[www.familycaregiving101.org](http://www.familycaregiving101.org)

Research has shown that millions of Americans have taken on the role of caregiver without acknowledging the effect it has on their lives, and without realizing there is relief out there for them.

This site is designed to provide you - the caregiver - with the tools, skills and information you need to protect your own physical and mental health while you provide high quality care for your loved one. It is also a place for you - the caregiver - to return again and again as new levels of caregiving are reached.

### Caring Bridge

“Connecting Family and Friends  
When Health Matters Most”  
[www.caringbridge.org](http://www.caringbridge.org)

CaringBridge is a nonprofit organization providing free websites that connect family and friends during a serious health event, care and recovery.

A CaringBridge website is personal, private and available 24/7. It helps ease the burden of keeping family and friends informed. The websites are easy to create and use. Authors add health updates and photos to share their story while visitors leave messages of love and support in the guestbook.

Each day, over half-a-million people connect through CaringBridge ... you could too !!

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

## Exercise is Vital for Seniors

In a nation obsessed with youth, fitness is equated with taut skin and a toned, well-muscled physique. Yet even the oldest and frailest adults, such as elderly residents of nursing homes, can gain significant health benefits---physically and mentally from exercise. According to the National Institute on Aging (NIA), recent studies involving sedentary nursing home residents in their 80's and 90's have demonstrated the overwhelmingly positive results of regular exercise.

Those findings are even more compelling in light of additional research that has shown older adults can harm their health far more by NOT exercising. Elderly patients often avoid doing the very things that could improve their health due to concerns over perceived fragility. The first step toward breaking the cycle of inactivity is usually to overcome this resistance.

By starting slowly and building up gradually, those who have become physically frail from inactivity can more than double their strength in a short period of time. In addition, regular exercise can help prevent or delay the effects of many diseases associated with aging, such as diabetes, heart disease and stroke.

On a more personal level, elderly people who exercise regularly feel better overall, have more energy and are often able to become more independent. For those who have had to rely on others for basic activities of daily living like dressing or bathing, simply gaining the strength to again perform some or all of these tasks can help restore dignity and confidence.

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This article provided to you by:

Golden Living Center-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”***

Contact Information:

(608) 643-6900  
Sauk Prairie Community Center  
730 Monroe Street  
Sauk City, WI 53583

**Nutrition & Prevention Specialist  
Dining Center Schedule**

|               |        |         |         |
|---------------|--------|---------|---------|
| Baraboo       | May 14 | June 8  | July 13 |
| Lime Ridge    | May 18 | June 10 | July 20 |
| Merrimac      | May 4  | June 17 | July 22 |
| North Freedom | May 25 | June 24 | July 29 |
| Plain         | May 27 | June 22 | July 26 |
| Reedsburg     | May 11 | June 4  | July 8  |
| Sauk/ Prairie | May 3  | June 2  | July 6  |
| Spring Green  | May 20 | June 15 | July 15 |



**Food Safety**

Learning about food safety is so important to our health. Did you know there is an average of 73 million cases of food borne disease that occur each year? The majority of these cases are mild and cause symptoms for only a day or two, but most of these cases are preventable. The following information will help keep you and/or your family safe when preparing your food.

**Keeping Your Foods Safe**

The following are the most common factors that help reduce food borne illness.

1. Keep clean
2. Separate raw foods from cooked
3. Cook thoroughly
4. Keep foods at a safe temperature
5. Using safe water and uncontaminated equipment

**Actions that Can Contaminate Food**

1. Touching your hair
2. Wiping or touching your nose
3. Rubbing your ear
4. Touching a pimple or infected wound
5. Wearing dirty clothes
6. Coughing or sneezing in your hand
7. Scratching your scalp

**Handwashing**

Handwashing is the most important part of personal hygiene, and extremely important to do when preparing food, yet most of us are not properly washing our hands.



Are you washing your hands correctly?

To wash your hands the correct way, follow these steps. The whole process should take 20 seconds.

1. Wet hands and arms, use water as hot as you can stand
2. Apply soap to a good lather
3. Scrub hands and arms thoroughly for 10-15 seconds
4. Rinse hands thoroughly with running water
5. Dry hands and arms with a single use towel

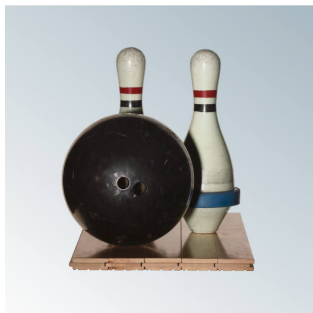
Hand antiseptics and sanitizers are only to be used after washing your hands. They should

not be used in place of washing your hands. Wait for hand antiseptics to dry before touching food.

### What's Happening at Café Connections?

Are you wanting to try something new, meet new people, or just wanting to get out of the house? Stop in at the Café Connections.

In celebration of May, Older American Month, we are organizing a special Wii bowling team for all who are interested. At the end of the month we will be holding a Wii Bowling Tournament !!



Just stop in at Café Connections between 9:30 am and 2:00 pm Monday through Friday. If you have any questions, or would like to sign up for the bowling team, call Sally at 643-6900.

Need transportation to the Café? Try *The Bus!*

### Café Connections Activity Calendar

- 9:30 Café Connections Opens
- 10:30 Café Connections Walking Club
- 11:30 Lunch is Served
- 12:30 Mondays-Card Bingo  
Tuesdays-Euchre  
Wednesdays-Special Activity of the week  
Thursdays-Wii activity  
Fridays-Movies
- 2:30 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. And have the Wii going from 9:30 am - 2:00 pm daily for your enjoyment.

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

### Nutrition Facts!

Do you receive Home Delivered Meals or attend one of our Dining Centers? The following website has the nutritional facts for the meals that you receive:

[www.feilscatering.com](http://www.feilscatering.com)

### Baraboo Dining Center

Highpointe Commons  
1141 12th Street  
Baraboo, Wisconsin  
Phone 963-3436

### Lime Ridge Dining Center

Tuesday-Thursday  
Lime Ridge Senior Center  
308 West Maple Avenue  
Lime Ridge, Wisconsin  
Phone 986-2424

### Merrimac Dining Center

Tuesday-Thursday  
Merrimac Village Hall  
100 Cook Street  
Merrimac, Wisconsin  
Phone 963-2286

### North Freedom Dining Center

North Freedom Village Hall  
103 North Maple  
North Freedom, Wisconsin  
Phone 522-4550

### Plain Dining Center

American Legion Hall  
American Legion Road  
Plain, Wisconsin  
Phone 546-4001

### Reedsburg Dining Center

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

### Sauk/Prairie Dining Center

730 Monroe Street  
Sauk City, Wisconsin  
Phone 963-3437

### Spring Green Dining Center

117 South Washington  
Spring Green, Wisconsin  
Phone 588-7800

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

**Continuing Education**

—another way to **AddLIFE™**

## Beginner Computer Classes

Where Do I Start With My Computer?

Instructor: Terri Nee-Holtz

Learn to make use of the various Windows applications and troubleshoot problems. Learn about printing options and efficiently organize your files. Learn to use the mouse button to take advantage of shortcuts and learn how to keep your computer running efficiently.

Tuesday, May 18, 9:00 - 11:00 am

Computer Lab, Umhoefer Bldg

Fee: \$20

◇ ◇ ◇

Intro to Microsoft Word

Instructor: Terri Nee-Holtz

Class participants will learn to create a document, enter text, insert a picture, set margins, insert bullet points, cut and paste within the document, as well as save and print documents.

Thursday, May 20, 9:00 - 11:00 am

Computer Lab, Umhoefer Bldg

Fee: \$20

Contact Cindy McVenes, Director of Continuing Education, UW-Baraboo/Sauk County at 608-355-5234 to for questions and to register.

### Mark Your Calendar



The ADRC will be closed on:

|                  |             |
|------------------|-------------|
| Memorial Day     | May 31      |
| Independence Day | July 5      |
| Labor Day        | September 6 |

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.

## Great Gardening Opportunity

Do you wish for the opportunity to grow fresh vegetables in your garden? However, you cannot garden because of poor soil or lack of land? Country Bumpkin Farm Market is offering complimentary 400 sq. ft. garden plots for the 2010 gardening season from May thru October.

Don't know too much about gardening? No Problem!!! The folks at Country Bumpkin can help you get situated with guidance and advice. Country Bumpkin uses both sustainable and organic practices, although not certified, and you may utilize either production method.

No Transportation? No problem! *The Bus* passes by 7 times every Wednesday and Friday. Call 355-3278 to plan your schedule.

Country Bumpkin asks all garden plot participants to donate the excess produce that is grown beyond your own personal needs to a charity of your choice, or you can also donate to the charitable organization that County Bumpkin gives to. Country Bumpkin's intent with this project is to provide interested gardeners with an opportunity to grow and nourish their plants and souls with fellow gardeners in a community environment.

The benefits of participating are the opportunities to socialize, to work the soil, and to see and enjoy the fruits of your labor. Along with this, you will have the satisfaction of donating fresh produce to the disadvantaged in our communities. The goodwill and community awareness of locally grown and fresh produce will enrich all of our lives.

For information about their program please contact Cindy or Charlie Rhinehart at 254-2311 or 432-2100. Or you can stop by Country Bumpkin Farm Market, located at E9745 County Road P in Wisconsin Dells, just one mile west of the Lake Delton Walmart, to fill out an application and have your questions answered!



*A Mother...*

*When you're a child  
she walks before you,  
To set an example.  
When you're a teenager  
she walks behind you  
To be there should you need her.  
When you're an adult  
she walks beside you  
So that as two friends  
you can enjoy life together.*

Author Unknown



**Project Recovery**

**Project Recovery** is a community-based program designed to provide outreach services and crisis counseling to residents within the 30 counties including in the disaster declaration from the floods, high winds, and tornados of June 2008.

Outreach workers are currently in your area and are available to discuss how to connect you to resources that you may be eligible to receive as a direct outcome of the 2008 federal declared disaster.

If you or someone you know is experiencing difficulties resulting from the 2008 floods and tornados, there is help available.

To contact **Project Recovery** for confidential services, please call the toll free number:

**1-866-422-3742**

***"A father is a guy who has  
snapshots in his wallet  
where his money used to be."***

-- Unknown



**CHOOSING A HOMECARE AGENCY THAT'S BEST FOR YOU!**

If the time has come for you or a loved one to consider in-home assistance, you may want to consider the following points as you "shop around" to ensure you and your loved ones are protected and receive the best care possible.

**Consider your care needs so that the right caregiver match can be made:**

- Do you or your loved one need:
  - ~ companionship or hands-on care?
  - ~ assistance with cooking and light housework?
  - ~ skilled medical care for things like blood pressure/blood sugar testing, medication administration, wound care?
  - ~ transportation to appointments or social events?
  - ~ specialized care for end-of-life care, memory impairment, or mobility issues?

**Interview the agency and consider asking the following questions:**

- What levels of care are available? Are you licensed for medical or only non-medical care?
- Are your caregivers supervised by a RN and/or Social Worker?
- Is an in-home assessment conducted before services begin?
- What are your hourly/daily rates? Are there a minimum of hours I have to commit to?
- Can I interview the caregiver(s) before I commit to using your agency?
- Do you conduct criminal background/reference checks on caregivers?
- Are employees licensed, bonded and insured?

Most important - don't hesitate to express your needs and give feedback so you can make the agency and caregiver match that's best for you!

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015



## May 2010 Sauk County Dining Center Menu

| Monday                                                                                                                 | Tuesday                                                                                                                               | Wednesday                                                                                                                                  | Thursday                                                                                                                                               | Friday                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Roast Turkey<br>Mashed Potatoes<br>Baby Carrots<br>Cranberry Gelatin<br>Cookie *<br>Sliced Bread           | <b>4</b><br>Hawaiian Meatballs<br>Red Skin Potatoes<br>Summer Blend Veg.<br>Coconut Cream Pie<br>Tropical Fruit Sal. *<br>Dinner Roll | <b>5</b><br>Pork Steak in<br>Jagerschnitzel Sauce<br>Mashed Potatoes<br>Pickled Beet Salad<br>Applesauce<br>Rice Pudding *<br>Sliced Bread | <b>6</b><br>Chicken Breast<br>Mashed Potatoes<br>Green Bean Cass.<br>Birthday Cake<br>Pineapple Tidbits *<br>Dinner Roll                               | <b>7</b><br>Baked Spaghetti<br>(includes veg.)<br>Mixed Italian Salad<br>Cantaloupe Slice<br>Fudge Brownie *<br>French Bread |
| <b>10</b><br>Swiss Steak<br>Mashed Potatoes<br>Peas and Carrots<br>Cream Sicle Torte<br>Plum Halves *<br>Sliced Bread  | <b>11</b><br>Glazed Ham<br>Sweet Potato Bake<br>Cole Slaw<br>Pear Slices<br>Sugar Cookie *<br>Dinner Roll                             | <b>12</b><br>Baked Chicken<br>Mashed Potatoes<br>Tossed Salad<br>Orange Sherbet<br>Fruit Cocktail *<br>Sliced Bread                        | <b>13</b><br>Chili Casserole<br>(includes veg.)<br>Corn<br>Petite Banana<br>Frosted Cake *<br>Cornbread                                                | <b>14</b><br>Smoked Sausage<br>Red Skin Potatoes<br>Mixed Vegetables<br>Choc. Chip Cookie<br>Apple *<br>Sliced Bread         |
| <b>17</b><br>Boneless Chicken<br>Breast<br>Mashed Potatoes<br>Carrots<br>Pineapple Tidbits<br>Cookie *<br>Sliced Bread | <b>18</b><br>Escalloped Potatoes<br>and Ham Casserole<br>Calif. Blend Veg.<br>Egg Custard Pie<br>Orange *<br>Dinner Roll              | <b>19</b><br>Pepper Steak<br>Au Gratin Potatoes<br>Peas/Pearl Onions<br>Peach Slices<br>Cinnamon Roll *<br>Sliced Bread                    | <b>20</b><br>Chicken, Broccoli<br>and Rice Casserole<br>Spinach Salad with<br>Hot Bacon Dressing<br>Ambrosia Dessert<br>Petite Banana *<br>Dinner Roll | <b>21</b><br>Swedish Meatballs<br>Mashed Potatoes<br>Green Beans<br>Fruited Gelatin<br>Tapioca Pudding *<br>Sliced Bread     |
| <b>24</b><br>Meatloaf<br>Cheesy Potato Bake<br>Winter Blend Veg.<br>Fruit & Pudding<br>Apple *<br>Sliced Bread         | <b>25</b><br>Baked Chicken<br>Twice Bk Potato<br>Copper Penny Salad<br>Butterfinger Torte<br>Pear Slices *<br>Dinner Roll             | <b>26</b><br>Ham Rolls<br>Squash<br>Health Slaw<br>Applesauce<br>Cookie *<br>Sliced Bread                                                  | <b>27</b><br>Beef Stroganoff<br>(includes veg.)<br>Tossed Salad<br>Carrot Cake w/ Cr.<br>Cheese Frosting<br>Peach Slices *<br>Dinner Roll              | <b>28</b><br>Bratwurst on a Bun<br>German Pot. Salad<br>Peas & Carrots<br>Pineapple Tidbits<br>Ice Cream Cup *               |

Happy Mother's Day

**31**  
 Closed in honor of  
 Memorial Day  
 No Dining Centers  
 or Home Delivered  
 Meals



*My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.*

*—George Washington*



## June 2010 Sauk County Dining Center Menu

| Monday                                                                                                                     | Tuesday                                                                                                                                | Wednesday                                                                                                             | Thursday                                                                                                                                                | Friday                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|                                           | <b>1</b><br>Country Fried Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Apple Pie<br>Pear Slices *<br>Dinner Roll                    | <b>2</b><br>Chicken Teriyaki<br>Baked Potato<br>Baby Carrots<br>Fruited Gelatin<br>Vanilla Pudding *<br>Sliced Bread  | <b>3</b><br>Salisbury Steak<br>Mashed Potatoes<br>Wax Beans<br>Birthday Cake<br>Peach Slices *<br>Dinner Roll                                           | <b>4</b><br>Crispy Fish Fillet<br>Red Skin Potatoes<br>Summer Blend Veg.<br>Orange Sherbet<br>Petite Banana *<br>Sliced Bread |
| <b>7</b><br>Baked Chicken<br>Twice Baked Potato<br>Three Bean Salad<br>Pineapple Tidbits<br>Frosted Cake *<br>Sliced Bread | <b>8</b><br>Beef Stew<br>(includes veg.)<br>Winter Blend Veg.<br>Poppy Seed Torte<br>Watermelon Slice<br>Biscuit                       | <b>9</b><br>Roast Beef<br>Mashed Potatoes<br>Peas and Carrots<br>Fruited Gelatin<br>Cookie *<br>Sliced Bread          | <b>10</b><br>Chicken & Broccoli<br>Alfredo Casserole<br>Spinach Salad with<br>Hot Bacon Dressing<br>Fudge Brownie<br>Pineapple Tidbits *<br>Dinner Roll | <b>11</b><br>BBQ Pork Cutlet<br>Baked Potato<br>Western Corn<br>Peach Slices<br>Tapioca Pudding *<br>Sliced Bread             |
| <b>14</b><br>Roast Pork Loin<br>Mashed Potatoes<br>Mixed Vegetables<br>Applesauce<br>Molasses Cookie *<br>Sliced Bread     | <b>15</b><br>Glazed Ham<br>Au Gratin Potatoes<br>Calif. Blend Veg.<br>Raspberry Sherbet<br>Pineapple Tidbits *<br>Dinner Roll          | <b>16</b><br>Swedish Meatballs<br>Mashed Potatoes<br>Wax Beans<br>Fruited Gelatin<br>Cinnamon Roll *<br>Sliced Bread  | <b>17</b><br>Pepper Steak<br>Cheesy Potato Bake<br>Winter Blend Veg.<br>Choc. Chip Cookie<br>Peach Slices *<br>Biscuit                                  | <b>18</b><br>Chicken Breast<br>Mashed Potatoes<br>Baby Carrots<br>Fruit Cocktail<br>Ice Cream Cup *<br>Sliced Bread           |
| <b>21</b><br>Pork Steak<br>Mashed Potatoes<br>Red Cabbage<br>Fruit & Pudding<br>Watermelon Slice *<br>Sliced Bread         | <b>22</b><br>Chopped Steak in<br>Mushroom Sauce<br>Mashed Potatoes<br>Green Beans<br>Fruited Gelatin<br>Fudge Brownie *<br>Dinner Roll | <b>23</b><br>Escalloped Potatoes<br>and Ham Casserole<br>Tossed Salad<br>Pumpkin Pie<br>Pear Slices *<br>Sliced Bread | <b>24</b><br>Chicken Tetrizzini<br>(incl. veg.)<br>Calif. Blend Veg.<br>Mand. Orange Gel.<br>Ice Cream Cup *<br>Dinner Roll                             | <b>25</b><br>Sloppy Joe on a Bun<br>Cheesy Potato Bake<br>Peas and Carrots<br>Peanut Butter Cookie<br>Plum Halves *           |
| <b>28</b><br>Roast Turkey<br>Mashed Potatoes<br>Summer Blend Veg.<br>Peach Slices<br>Frosted Cake *<br>Sliced Bread        | <b>29</b><br>Liver and Onions<br>Au Gratin Potatoes<br>Peas/Pearl Onions<br>Butterfinger Torte<br>Applesauce *<br>Dinner Roll          | <b>30</b><br>Baked Chicken<br>Mashed Potatoes<br>Pickled Beet Salad<br>Pear Slices<br>Cookie *<br>Sliced Bread        | <p><i>Dad,<br/>you're someone to look up<br/>to no matter how tall I've<br/>grown.</i></p> <p><i>~Author Unknown</i></p>                                |                                                                                                                               |

Happy Father's Day

## Sauk County Dining Center Menu

| Monday                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                           | Wednesday                                                                                                                                 | Thursday                                                                                                                                    | Friday                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|  <p><i>Oh! say, does that star-spangled banner yet wave,<br/>O'er the land of the free and the home of the brave.</i></p> <p>~Francis Scott Key,<br/><i>The Star-Spangled Banner</i></p> |                                                                                                                                   |                                                                                                                                           | <p><b>1</b><br/>Pork Cutlet in Mushroom Sauce<br/>Mashed Potatoes<br/>Carrots<br/>Birthday Cake<br/>Applesauce *<br/>Dinner Roll</p>        | <p><b>2</b><br/>Beef Frank on a Bun<br/>German Potato Salad<br/>Tossed Salad<br/>Mand Orange Gelatin<br/>Cookie *</p>                   |
| <p><b>5</b><br/>Closed to observe Independence Day<br/>No Dining Centers or Home Delivered Meals</p>                                                                                                                                                                      | <p><b>6</b><br/>Glazed Ham<br/>Sweet Potato Bake<br/>Cole Slaw<br/>Pear Slices<br/>Frosted Cake *<br/>Dinner Roll</p>             | <p><b>7</b><br/>Meatloaf<br/>Au Gratin Potatoes<br/>Winter Blend Veg.<br/>Egg Custard Pie<br/>Plum Halves *<br/>Sliced Bread</p>          | <p><b>8</b><br/>Boneless Chicken Breast<br/>Mashed Potatoes<br/>Carrots<br/>Pineapple Tidbits<br/>Ice Cream Cup *<br/>Dinner Roll</p>       | <p><b>9</b><br/>Salmon Loaf<br/>Escalloped Potatoes<br/>Calif. Blend Veg.<br/>Choc. Banana Torte<br/>Plum Halves *<br/>Sliced Bread</p> |
| <p><b>12</b><br/>Hawaiian Meatballs<br/>Red Skin Potatoes<br/>Chinese Ramen Salad<br/>Fruit Cocktail<br/>Cinnamon Roll *<br/>Sliced Bread</p>                                                                                                                             | <p><b>13</b><br/>Lasagna Casserole (incl. veg.)<br/>Italian Blend Veg.<br/>Alexander Torte<br/>Pear Slices *<br/>French Bread</p> | <p><b>14</b><br/>Baked Chicken<br/>American Pot. Sal<br/>Mixed Vegetables<br/>Mand. Orange Gel.<br/>Cookie *<br/>Sliced Bread</p>         | <p><b>15</b><br/>Escalloped Potatoes and Ham Casserole<br/>Tossed Salad<br/>Pecan Pie<br/>Watermelon Slice *<br/>Dinner Roll</p>            | <p><b>16</b><br/>Roast Turkey<br/>Mashed Potatoes<br/>Green Bean Cass.<br/>Cantaloupe Slice<br/>Frosted Cake *<br/>Sliced Bread</p>     |
| <p><b>19</b><br/>Pork Steak<br/>Mashed Potatoes<br/>Pickled Beet Salad<br/>Baked Apples<br/>Plum Halves *<br/>Sliced Bread</p>                                                                                                                                            | <p><b>20</b><br/>Chicken Cacciatore<br/>Baked Potato<br/>Carrots<br/>Fruited Gelatin<br/>Fudge Brownie *<br/>Dinner Roll</p>      | <p><b>21</b><br/>Swiss Steak<br/>Mashed Potatoes<br/>Calif. Blend Veg.<br/>Key Lime Pie<br/>Pineapple Tidbits *<br/>Sliced Bread</p>      | <p><b>22</b><br/>Chef Salad w/Ham, Cheese, Spinach, Veggies, and Salad Dressing<br/>Cantaloupe Slice<br/>Cookie *<br/>Wheat Dinner Roll</p> | <p><b>23</b><br/>Swedish Meatballs<br/>Mashed Potatoes<br/>Wax Beans<br/>Spice Cake<br/>Pear Slices *<br/>Sliced Bread</p>              |
| <p><b>26</b><br/>Smoked Sausage<br/>Red Skin Potatoes<br/>Peas &amp; Carrots<br/>Peanut Butter Cookie<br/>Watermelon Slice *<br/>Sliced Bread</p>                                                                                                                         | <p><b>27</b><br/>Ham Rolls<br/>Squash<br/>Health Slaw<br/>Applesauce<br/>Vanilla Pudding *<br/>Dinner Roll</p>                    | <p><b>28</b><br/>Baked Chicken<br/>Twice Bk Style Pot.<br/>Three Bean Salad<br/>Coconut Cream Pie<br/>Peach Slices *<br/>Sliced Bread</p> | <p><b>29</b><br/>Pepper Steak<br/>Cheesy Potato Bake<br/>Winter Blend Veg.<br/>Fruited Gelatin<br/>Cookie *<br/>Dinner Roll</p>             | <p><b>30</b><br/>Chicken Chow Mein over Rice<br/>Tossed Salad<br/>Ambrosia Dessert<br/>Honeydew Melon *<br/>Sliced Bread</p>            |

Happy 4th of July



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Thank you to Helen and Clarence Glover for their donation to *AddLIFE Today!*



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