

Want to help your local farmers?



Senior Farmer's Market Nutrition Program

Each summer the USDA provides funds to be given to seniors of moderate and lower income in order to encourage visits to local farmer's markets. Any fresh produce items may be purchased as they are in season. This is a great program for those who wish to can, freeze, or preserve as well as those who just enjoy fresh fruits and vegetables. Get details from the Aging & Disability Resource Center.



**Did you know...
you've paid taxes
for many years to be sure
these programs are available
to you now?**

The Older American's Act and the State of Wisconsin provide funding for the Wisconsin Elderly Aging & Disability Resource Center Specialist (ADRC) Program. Everyone over 60 years old is eligible for the ADRC services.

Your ADRC Specialist is an advocate working on your behalf to be sure that you have access to all the programs and benefits for which you are eligible and to protect your legal rights. If you are incorrectly denied benefits or have your benefits reduced improperly, your ADRC Specialist may represent you in an appeal to restore your rights.

Your ADRC Specialist will help you assess your situation and decide what options you have to solve the financial difficulties you may be experiencing.

This may mean accessing benefits which seem unrelated to the problem in order to "loosen the money" to take care of other needs not covered by any program.

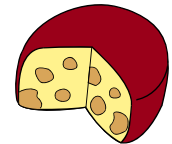
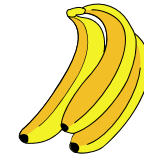
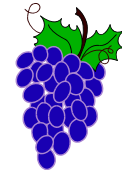
Your ADRC Specialist is here to provide information and help you make the most of the decisions you make for yourself. She will also Make monthly visits to sites around the county.... Maybe even in your community.

**Call 1-800-482-3710 to find out
when you can meet your Aging & Disability
Specialist**

Revised (09/08)



Be on the QUEST for proper nutrition



*A summary of programs
to promote your good health
through good nutrition.*

**AGING & DISABILITY RESOURCE
CENTER OF SAUK COUNTY
(ADRC)**

**ADRC Specialist
505 Broadway, Baraboo WI 53913
(608) 355-3289 or 1-800-482-3710**

Could your grocery budget use a boost?



Do you need to eat according to a special diet but it doesn't fit your budget?



You could be eligible for up to \$149 (individual) or \$274 (couple) per month through FoodShare Wisconsin.

This program is as easy to use as a credit card, and you are free to shop wherever you like, choosing the food items you wish. Your benefits will be automatically deposited in your account. You use a QUEST card at the store to spend your FoodShare benefits.

If you have moderate income, especially if you have high medical expenses, you may be eligible.

Call (608)355-4200 to request an application. Once you have returned this application, you will be contacted by your worker to schedule an application interview.

Be sure to ask for the lists of information to bring with you to this interview. You must take all the information which applies to your situation with you to this appointment.



Sauk County Senior Nutrition Sites



At 8 communities in Sauk County, seniors are gathering together daily for lunch and socializing. They are served delicious catered meals, visit with friends, or maybe even play cards. All this for the cost of a donation if you are able! (Home-delivered meals are also available for those who are homebound.) Contact the Aging & Disability Resource Center for details and a copy of this month's menu.

Great food, great friends, and a great deal!



Commodity Food Pantry

Your community has an outlet for the over-abundance of food produced in the United States. This pantry is open for all who have lower to moderate income. In some cases, this program is part of the national plan to keep up demand for this food and therefore the prices paid to the growers are stabilized.

Use your local food pantry as needed and help keep yourself and our economy healthy!

Baraboo: 355-2386 Lake Delton: 254-8353
Reedsburg: 524-6272 or 524-2191 (leave message)
Sauk Prairie: 643-6627
Spring Green: 588-2442 or 924-2142

Everyone's welcome to SHARE

SHARE is a community building program and food buying co-op that rewards 2 hours of volunteer service each month (to an organization or person) with the right to purchase food at greatly discounted prices. This program is operated by volunteers and uses no public funding.

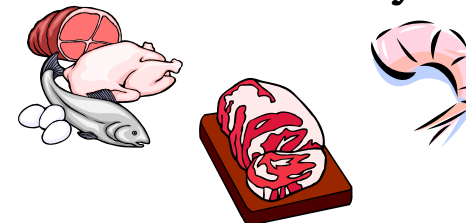
Participants are allowed to select their monthly order from a new variety of foods from T-bones to tomatoes! Special packages are available with an assortment of items or you may select the specific items you will use. Such packages contain approximately \$35 worth of food for \$18 fee.

Contact your SHARE host site for more information on the program or about available volunteer opportunities.

Baraboo 356-8977
Spring Green (evenings & weekends) 588-2401



Did you know there's no need to skimp on "the good stuff" due to money?



Senior Farmer's Market Nutrition Program



A great program for you
and your local farmers!

Each summer the USDA provides Senior Farmer's Market Nutrition coupons to seniors of moderate and lower income to encourage visits to local farmer's markets and you to eat more fresh fruits and vegetables. The coupons may be used to purchase fresh produce while they are in season at your local farmer's markets and farm stands.

This is a great program for those who wish to can, freeze, or preserve as well as those who just enjoy fresh fruits and vegetables.

For more information contact the Aging & Disability Resource Center at 355-3289 or 800-482-3710.

*Did you know . . .
You've paid taxes for many years to be
sure these programs are available to you
now? So you've actually "prepaid".*

Do you have questions? Contact your Aging & Disability Resource Center Specialist

What do they do?

Your ADRC Specialist is an advocate working on your behalf to be sure that you have access to all the programs and benefits for which you are eligible. They are able to help you navigate through the system. Your ADRC Specialist will help you assess your situation and decide what options you have to solve the difficulties you may be experiencing.

Your ADRC Specialist is here to provide information and help you make the most of the decisions you make for yourself.



**Call 355-3289 or 1-800-482-3710
to talk with your
Aging & Disability Specialist**

Revised (01/09)



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**A summary of programs
to promote your good health
through good nutrition.**



**AGING & DISABILITY
RESOURCE CENTER
OF SAUK COUNTY
505 Broadway, Baraboo WI 53913
(608) 355-3289 or 1-800-482-3710**

Could your grocery budget use a boost?

Do you need a special diet but it doesn't fit your budget?

You could be eligible for up to \$176 (individual) or \$323 (couple) per month through FoodShare Wisconsin.

This program is as easy to use as a credit card, and you are free to shop wherever you like, choosing the food items you wish. Your benefits will be automatically deposited in your account. You use a QUEST card at the store to spend your FoodShare benefits.

If you have moderate income, especially if you have high medical expenses, you may be eligible.

Call (608)355-4200 to request an application. Once you have returned the application, you will be contacted by a worker to schedule an interview.

Be sure to ask for the list of information to bring with you to this interview. You must take all the information which applies this appointment.



Sauk County Senior Dining Centers



At 8 Sauk County communities, seniors are gathering daily for lunch and socializing. You enjoy delicious meals, visit with friends, and may even play a game of cards. The cost is a donation, if you are able! (Home-delivered meals are available for those homebound.)

Contact the ADRC for more details.

**Great food, great friends,
and a great deal!**

Commodity Food Pantry

Your community has an outlet for the over-abundance of food produced. In some cases, this program is part of the national plan to keep up demand and prices paid to growers are stabilized. This pantry is open for all who have lower to moderate income.

Help keep yourself and our economy healthy! Use your local food pantry!

Baraboo: 355-3251

Lake Delton: 254-8353

Reedsburg: 24-3665 or 524-2191

Sauk Prairie: 644-0504

Spring Green: 588-2442

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Participants are allowed to select their monthly order from a new variety of foods from T-bones to tomatoes! Special packages are available with an assortment of items or you may select the specific items you will use. Such packages contain approximately \$35 worth of food for \$18 fee.

Contact your SHARE host site for more information on the program or about available volunteer opportunities.

Baraboo - 356-8977

Spring Green - 588-2401