



Enhance  
Your Life  
and  
the Lives  
of  
Others!

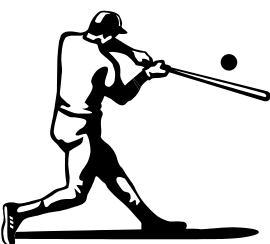
Add **LIFE** Today!

Laughter  
Independence  
Friends &  
Energy

October-November 2010

Vol 2 Issue 5  
Bi-Monthly Newsletter

*Put the LivingWell Expo on your schedule !*

**Step Up To The Plate**  
 LivingWell Expo  
 October 28, 2010  
 9:00—2:00 pm  
 Baraboo High School



*What A Day!*

- **Over 60 Informative exhibitors**
- **Keynote speaker, Monica Sommerfeldt Lewis**  
**presenting “How To Make Your Home Aging Friendly”**
- **Healthcare Reform Education**
- **“Caregiver’s Coaches Corner”**
- **The Wellness “Locker Room”**
- **Lots of Health Screenings**
- **Flu Shots and Tetanus Immunizations**
- **Hearing Tests & Hearing Aid Cleaning**
- **Healthy Breakfast and Lunch**



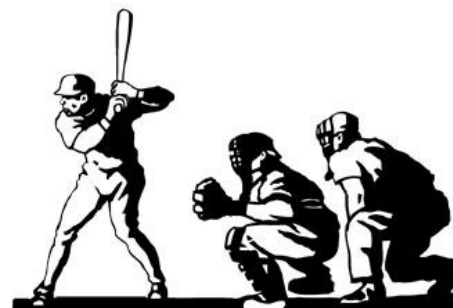
**TAKE CARE OF HOME PLATE THERMOMETER EXCHANGE !**

Bring in your mercury thermometers and exchange it for a FREE digital thermometer at the Sauk County Public Health booth!

Mercury can be an environmental hazard, and Sauk County is trying to remove as much as possible from people homes.

We are always looking for wonderful volunteers to help. If you would like to volunteer,

Call  
Mary Jane  
at 355-3289





## Director's Notes

Trish Vandrø, Director



### **Times are Tough: Solutions for our Communities are in our Communities... YOU & ME!**

We hear a lot these days about the difficult times we are in; economic difficulties, chronic health conditions reaching epidemic rates, and lots of other issues coming at us all through the nightly news. But these are the REALLY big issues. How about issues and needs closer to home?

Recently, I held a town hall meeting with some members of the Reedsburg community. It was an opportunity for people to communicate their frustrations and for me to hear the needs in the community. It is very important to identify the things that are missing in our communities. What I've learned is that simply finding fault, recapitulating the wrongs or complaining about situations will not bring a solution.

When any group gets together to talk about things they care about the problems usually do come to the surface. It is what happens **NEXT** that really holds the **POWER!** It is a prime opportunity to really look for solutions, new resources, new opportunities.

So how can these tough times turn around? How can the difficulties, problems and concerns be solved? Whose responsibility is it?

It seems simplistic, but it really does come down to each of us making a difference, making things better in some way everyday. It is like dropping a pebble in the proverbial pool. Everything one of us does has an impact on

the lives of all of us.

**“Time, talent, and treasure”  
are the raw materials!**

Each of us has time and talent to share with our communities. Whatever you enjoy or whatever knowledge and skills you are gifted with can be used to make a difference. You can make any resource you have count to make the world around you better every day. If you do you will be doing your part to make solutions. Some of us even have treasure to share with our communities.

**Don't know where to start?**

What matters to you? What issues are important to you? What gets you 'fired up' as they say? This is where to start!

Call an agency or organization that has something to do with what is important to you. Let them know you want to help. They will be excited to talk to you about it! They may even refer you on to another person. If you don't feel comfortable calling someone out of the blue, call me or Mary Jane at the ADRC! [355-3289 or 1-800-482-3710] We will help you identify your skills and how they can be brought to bear on the issues important to you.

Back to Reedsburg: Among other things in that discussion we did talk about each person being an active part of making their community healthy and able to meet the needs of the people in it. They are mobilizing, have a natural leader and are going to make great things happen, I just know it!

I can't overstate the opportunity for real change and improvement when people who care about an issue or a community get together, talk it over and find solutions together.

**Be engaged in your community!  
Be part of the solution!**



## Pierce's Customers Save Money - While Donating to the ADRC

For those who shop at Pierce's Marketplace in the Baraboo area, did you know you can save money by joining the Pierce's Market Club? Not only will you save money automatically on the groceries you purchase, getting the Market Club card is free and easy to apply for! Ask your cashier for an application the next time you're in the store.

The Pierce's Community Foundation is dedicated to giving back to your community, but they need your help—they need you to tell them the ADRC is a worthwhile organization. When you fill-out an application, please write **Charity #1124** to let Pierce's know every time you make a purchase you're designating the ADRC to receive a donation from Pierce's.

Thank you for your kind consideration!

### Another Way to Be Part of the Solution in Your Community: Sign up for Nixle Messages

From a recent press release:

***Community Notification Website,  
Social Networking Site Assist in Arrest***  
(REEDSBURG, WI) *A release on the community notification website, [www.Nixle.com](http://www.Nixle.com), assisted in the arrest of subject wanted on a bench warrant in Reedsburg.*

*While officers were using more conventional means of locating the subject, a Nixle message and a posting on the Reedsburg Police Department's facebook page were also employed. The Nixle message was sent to the cell phones and computers of residents who have signed up for the free service. One of those residents was working at the Pamida Store and received the message on her cell phone. This employee noticed the subject near her store and notified police. The subject was taken into custody*

*without incident and transported to the Sauk County Jail. "I hope that this convinces more people to sign up for Nixle notifications," said Reedsburg Police Chief Tim Becker. "This is a free service that is obviously very useful, you really can't under-estimate how powerful these internet based notification and social networking sites are."*

Nixle is America's new community information service! It is certainly used by law enforcement, as in this example, but it is also used in times of emergency or disasters. These are all great reasons for members of the community to be in the know by registering to receive alerts from the Nixle system via cell phones and email.

#### To Register for Nixle messages:

- Go to [www.nixle.com](http://www.nixle.com)
- Click "Register Now"
- Create an account by choosing a User Name and Password
- Enter an e-mail address and cell phone number where you would receive messages
- Enter your address, without a directional prefix like this:
  - \* W2213 Ledgeview Rd., Plain, WI as 2213 Ledgeview Road, Plain, WI
- If your address is not recognized, enter the closest nearby intersection like this:
  - \* Cty Rd D & Seeley Creek Rd, Loganville, WI, or
  - \* Wis136 & Cornfield Dr, Baraboo, WI, or
  - \* "Cty Road Pf & Schwanke Dr, Plain, WI"
- Verify the location on the map. The name of the town/zip code do not matter if the location on the map is accurate.
- Click "Sign Me Up"

Register and be part of the solutions with your neighbors. Think of it as neighborhood watch for the 21st Century! You can help make Sauk County a safer, better informed community by joining the Nixle community.



## **Volunteer Vantage Point**

Mary Jane Percy  
Volunteer Coordinator

### **Let Us Give Thanks !**

“Feeling gratitude and not expressing it is like wrapping a present and not giving it”

~ William Arthur Ward

Today I have the privilege of being able to express my gratitude to our wonderful volunteer team. We couldn't do what we do without you! You truly are all a blessing in my life and in the lives of your neighbors. Thank you from the bottom of a very grateful heart !!

Thanksgiving has always been my favorite holiday. In my world it's always been a joyful family get together, with much less stress or pressure than other holidays. It's all about being thankful and expressing your gratitude.

Each Thanksgiving my mom's family would gather at our house for the day. When I was younger my meal consisted of white meat turkey, corn and a roll ... and it would really bother me if one food was touching another! These days my plate is full with rutabagas, sweet potatoes, garlic mashed potatoes, scalloped corn, oh ... and a little turkey.

As I get older I find a little more room on my plate to try something new each year. (I'm still not a fan of the cranberry sauce ... but there's always next year.)

I am thankful for all of you who have made the decision to add the ADRC to your Volunteer "Plate". Please let me know if you can find a little more room on YOUR plate to try something new ... you could be pleasantly surprised.

Happy Thanksgiving to you all!

## **Abundant Volunteer Opportunities !**

... aka ...

### **Your Neighbors Need Your Help!**

We currently have an immediate need for volunteers in the following communities: (our snow birds are preparing to fly the coop!)

#### **Baraboo**

Home Delivered Meal Driver  
Home Delivered Meal Substitute Driver  
Dining Center Staff  
Volunteer Escort Driver

#### **Lake Delton/Wisconsin Dells**

Volunteer Escort Driver

#### **Merrimac**

Dining Center Staff  
Home Delivered Meal Substitute Driver  
Volunteer Escort Driver

#### **Reedsburg**

Home Delivered Meal Driver  
Home Delivered Meal Substitute Driver  
Dining Center Staff  
Volunteer Escort Driver

#### **Sauk Prairie**

Café Connection Activities  
Volunteer Escort Driver  
Dining Center Staff  
Home Delivered Meal Substitute Driver

This time of year we also receive a number of requests from people who are looking for volunteers to help with yard work and, in just a little while, with shoveling.

Clearly the possibilities are endless! Please know that any and every volunteer request is YOUR decision based on your availability and comfort level. Please give me a call at 355-3289 and let's talk about the possibilities

We're all given 168 hours each week. Do you have a little extra time to help your neighbor?

## AARP Driver Safety Classes

The AARP Driver Safety Program (formerly known as the 55 Alive 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](http://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 two classes to choose from!

**Friday, October 15**  
**Reedsburg Area Medical Center**  
2000 N Dewey Avenue, Reedsburg  
8:00 AM - 12:30 PM

**Friday, November 12**  
**Baraboo West Square Building**  
505 Broadway, Baraboo  
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



## SHARE The Season With Affordable Holiday Meals

With a 25-year tradition of helping families save 30-50% on groceries, SHARE Food Buying Club is here to make sure every family can enjoy complete holiday meals. Our **SHARE The Season** campaign offers Thanksgiving and Christmas Dinner Packages with all the fixings to cook a meal for six, including a large assortment of seasonal fresh fruits and vegetables. Plus SHARE offers savings on other food assortments and individual items.

Everyone is welcome to join SHARE's holiday campaign. Purchase and pick up your family's dinner package at a SHARE location near you, or make a donation and SHARE will distribute dinner packages to deserving families. Groups and organizations can also purchase packages for their community outreach programs.

**\$25 each—Same great price as last year!**

### *Thanksgiving Dinner*

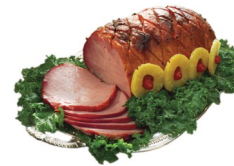


12 to 14-lb. Turkey • Potatoes •  
Stuffing Mix • Cranberry  
Sauce • 8" Pumpkin Pie • Fresh

Produce Assortment With • Celery • Acorn  
Squash • Apples • Oranges • Plus Additional  
Seasonal Produce

**Shop online after October 13 or call toll-free  
800-548-2124 to order now. Order deadline is  
November 2.**

### *Christmas Dinner*



6-lb. Boneless Honey Ham •  
Canned Pineapple • Corn  
Soufflé • 8" Apple Pie • Fresh Produce  
Assortment With • Potatoes • Broccoli •  
Carrots • Apples • Oranges • Plus Additional  
Seasonal Produce

**Shop online after November 10 or call toll-free  
800-548-2124 to order now. Order deadline is  
November 30.**

[www.sharewi.org](http://www.sharewi.org)

*Stretch your food dollars all year long with SHARE.*



## *Getting You There!*



Ashley Nedeau-Owen

Sylvia Kriegl

### **We're All In This Together.**

Did you know that the federal Medicaid program offers transportation benefits to individuals seeking medical care? If you didn't know about this benefit, you are not alone.

I recently learned that as of November 2009 Sauk County was home to 8,496 people identified as Mandatory Participants in Non-Emergency Medicaid Funded Transportation. That number took me by surprise as we provide transportation to fewer than 100 Medicaid members.

**NOTE:** Medicaid and Medicare are different programs. Many of our readers receive Medicare benefits. Non-emergency transportation benefits do not exist under Medicare.

The difference between the number of people eligible for the Medicaid benefit and the actual number using the benefit surprised me. As I thought about it, I realized that the bigger issue is an education issue. Not only do many Medicaid members eligible for transportation benefits not know about those benefits, most have no idea that transportation is a benefit for which they are eligible under any circumstance or even how to ask about it.

We have been acculturated to understand that transportation is something that we are responsible for. Each of us needs to get a license at 16, get a car and maintain it and get ourselves where we need to go. Few of us take time to think about the many public dollars that subsidize that automobile and each of the

many trips we take in our own automobiles. Tax dollars from property and fuel to a myriad excise taxes and user fees pay for the roads and bridges and the maintenance of the roads and bridges that we use. All of our transportation is supported or subsidized in some way. Yet the acculturating is so thorough that the majority of us, when either our age or our health impacts our ability to drive, feel embarrassed when we have to ask others for help getting where we need to go.

Our need for transportation does not diminish as we age. Our need to get places does not diminish when our ability to drive diminishes. We still need to get groceries and see Aunt Bess. Our need to have a doctor poke and prod us to determine whether we need some or different medicines is still there and the doctor is still unwilling to come to us.

Did you know that you can come to the ADRC for help getting wherever you need to go? Even more, did you know that we will come to you, to pick you up, to take you to the doctor? We will. If you or someone you know is one of the 8,396 Medicaid members in Sauk County that maybe don't know there is a transportation benefit, call the **Transportation Line, 355-3278 or 800-830-3533**, and ask us. We will answer your questions and help you make arrangements to get you where you need to go.

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### **Do you need a ride to the Living Well Expo?**

If you do, please call the ADRC Transportation Line at 355-3278.

We are keeping a list of people needing transportation.

We will make travel arrangements and be in touch with everyone on the list!

**Aging & Disability Resource Center Transportation Line:  
608-355-3278 or 800-830-3533**

## Protect. Prevent. Prevail this Winter.

### Get the Flu Vaccination--not the Flu!

Protect yourself by getting your flu vaccination early, before flu season ramps up. Medicare covers the flu vaccine.

Medicare clients can:

- Get the flu vaccine at no cost. There is no coinsurance or copayment applied to this Medicare benefit, and people on Medicare will not have to meet their deductible.
- The flu vaccine can prevent the flu; it does not give people the flu. Getting a flu vaccine is the best thing you can do to keep from getting sick. This year's flu vaccine will protect you from three different types of flu virus, including the H1N1 virus. Additionally, by protecting yourself, you are protecting those you care about from getting the flu from you.
- Adults age 65 years and older, and people

who are under 65 who have chronic illness should get a flu vaccine.

Helpful tips to follow during flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- Stay home if you are sick until at least 24 hours after you no longer have a fever without the use of a fever-reducing medicine.

*Prepared by the U.S. Dept of Health & Human Services.*

## HOUSEHOLD HAZARDOUS WASTE CLEAN SWEEP

Town of Franklin Garage, 550 Main Street, Plain  
Saturday, October 2 - 8:30 a.m.-Noon

### Free disposal of:

- Latex, lead-based, and oil-based paint
- Pharmaceuticals (no IVs or needles)
- Waste motor oil
- Batteries (watch, calculator, etc.)
- Light bulbs/fluorescent tubes
- Unused or unwanted pesticides including herbicides, insecticides, fungicides, rodenticides, wood preservatives
- Home products: oven cleaners, spot removers drain cleaners
- Other products: solvents, animal health products, teat wash, degreasers, wood finishes, paint additives, hydraulic fluid, pool chemicals, strippers, photographic chemicals



### What is not acceptable:

- Asbestos
- Tires
- Demolition materials
- Appliances and electronics
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste, IVs, needles
- Compressed gas cylinders
- Recyclables, yard and household waste
- Batteries (automotive, alkaline, rechargeable)

### **For more information:**

**Land Conservation**  
505 Broadway, Suite 232  
Baraboo WI 53913  
(608) 355-3245  
ppohle@co.sauk.wi.us or visit the  
website at www.co.sauk.wi.us



*For Your Benefit:*

News from your  
Benefit Specialists



Deb Harvey

Kelly Dietsch

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## New Credit Card Rules in Effect

New rules which went into effect on August 22, 2010 in a series of regulations that implement the Credit Card Accountability, Responsibility, and Disclosure Act (the Credit Card Act).

Per information from a website created by the Federal Reserve Board, the key changes credit card consumers should expect from credit card companies include:

**Reasonable penalty fees:** Under the old rules, a late payment fee could be as high as \$39, and would be due whether the late payment was a \$20 minimum payment or a \$100 minimum payment. Under the new rules, a credit card company cannot charge a late payment fee that is greater than the minimum payment due and imposes a limit of \$25. The fee limit does have exceptions: a credit card company can charge a fee exceeding \$25 if the consumer has had a late payment in the past 6 months and in that case the fee may be as high as \$35; a credit card company is allowed to charge a fee in excess of \$25 if they can show the Federal Reserve Board the costs it incurs, as a result of late payment, justify a higher fee.

**Additional fee protections:** A credit card company can not charge inactivity fees if a consumer does not use the credit card, although they may close the account for inactivity. The new rules impose a one fee per infraction limit. A credit card company can not charge more than one fee for a single event or transaction that violates a cardholder agreement. For example, a consumer cannot be charged more than one fee for a single late payment.

**Explanation and re-evaluation of rate increases:** If a credit card company increases a consumer's interest rate/Annual Percentage Rate (APR), it must tell the consumer why and can only impose the interest rate increase after a 45 day cooling off period. This 45 day period gives the consumer time to resolve the billing issue, and if the consumer is unable to resolve the billing issue, the consumer can use the 45 day period to pay off the balance or transfer the balance to a card with a lower interest rate.

Before August 22, 2010, a credit card company could increase a card's APR with no obligation to re-evaluate the rate increase. Under the new rules, if a company increases an APR, it must re-evaluate the rate every six months. If a consumer has not missed any payments during that period, the card company is required to roll back the rate, unless it can give the Federal Reserve Board a good reason for keeping it. If appropriate, it must reduce the rate within 45 days after completing the evaluation.

**Interest rate hikes still permitted:** The new rules do not mean anyone should be complacent about staying current with their credit card bills as the protections are limited. The ceiling on penalty fees is limited to one misstep. If a consumer makes more than one late payment in a six-month period, the credit card company can charge up to \$35.

The new rules do not address interest rate hikes that credit card companies may impose upon consumers who violate the terms of their credit card agreements. So a consumer who spends more than his credit card limit by \$15 may only face a \$15 fee, but that consumer could still face a penalty hike on his interest rate, which would apply to any future purchases.

Since February of 2010, credit card companies are prohibited from raising interest rate charges on an existing balance unless the account is 60 days past due, but after a consumer's payment

is 60 days late, the interest rate could skyrocket. The law says penalty fees must be "reasonable and proportional," but places no limit on penalty interest rates. If a consumer is experiencing financial difficulty and becomes 60 days past due on an account, the credit card company has the right to impose any size of interest rate increase/penalty it deemed reasonable and proportional.

Once a high rate of interest is imposed it can be difficult to obtain the pre-penalty level as the credit card company is required to lower the rate to the pre-penalty level if a consumer makes on-time payments for the first six months the penalty rate is in effect. But a big increase in the interest rate obviously can make this task difficult, if not impossible. Most credit card companies include the right to impose interest rate penalties in their credit card agreements.

To avoid costly oversights, consumers are advised to take advantage of free e-mail reminders provided by many credit card companies. Of course, consumers should do everything possible to make monthly payments on-time remains.

The Federal Reserve Board has a website for consumers related to credit cards which is located at <http://www.federalreserve.gov/creditcard/>. If you are over age 60 and feel your rights under the Credit Card Act are being violated, contact your local elderly benefits specialist at the ADRC.

**“I’m Turning 65/Retiring:  
Now What?”  
Know Your Options!**

Presented by Deb Harvey and Kelly Dietsch  
ADRC Elderly Benefit Specialists

**Wednesday, October 20, 2010  
6:00 p.m.**

**West Square Building  
505 Broadway, Baraboo**

This workshop is for people considering retirement, turning 65, or reaching full retirement age. Things have changed and you need to be aware of the changes.

**Benefit Specialist Schedule  
October—November 2010**

**DEB HARVEY**

Plain Library	October 13 1:00 to 3:00	November 10 2:00 to 3:00
Spring Green Senior Center	October 20 10:30 to 11:30	November 17 10:30 to 11:30
Spring Green Library	October 20 1:00 to 2:00	November 17 1:00 to 2:00
Sauk/Prairie Community Center	October 21 10:00 to 11:30	November 18 10:00 to 11:30
Merrimac Village Hall	October 21 8:30 to 9:30	November 18 8:30 to 9:30

**KELLY DIETSCH**

Bluffview	October 5 7:30 to 8:30	November 2 7:30 to 8:30
Loganville Village Hall	October 5 9:30 to 10:30	November 2 9:30 to 10:30
Lime Ridge Senior Center	October 5 11:00 to 12:30	November 2 11:00 to 12:00
La Valle Public Library	October 5 1:00 to 2:00	November 2 1:00 to 2:00
Reedsburg Willow Heights	October 12 9:00 to 12:00	November 9 9:00 to 12:00
Reedsburg Park Street Apts.	No Visit	November 9 1:00 to 2:00
Reedsburg Howard Wynn	October 12 2:30 to 3:30	No Visit
Reedsburg Willow Heights	October 26 1:00 to 4:00	November 23 1:00 to 4:00

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



# Disability Benefit Specialist

Natalie Wilmot

## Adult Siblings of Individuals with Disabilities

### Growing up with a Sibling with a Disability

Sibling relationships are often the longest-lasting relationships that children form. Like all siblings, they may or may not develop close emotional relationships depending on individual differences and circumstances.

Regardless, a child’s reaction to a sibling with a disability will have a lasting effect on siblings’ self-esteem and emotional development.



### What Concerns Adult Siblings?

Because science and self-determination have so successfully contributed to the lengthened lifespan of people with disabilities, many questions arise for siblings about what

the future will hold.

- ◆ Who will assist the sibling with a disability when parents are no longer able to do so?
- ◆ Where will the brother or the sister with a disability live?
- ◆ How can typically developing siblings find their way through a maze of services that continually change?

When parents involve siblings in the practical everyday planning issues and in the futures planning process for the sibling with a disability, siblings have higher confidence levels and feel more prepared to face future challenges in their adult relationships with their brother or sister. Get involved and be

prepared. While families might face complicated and challenging issues, siblings who have a brother or a sister with a disability often have well-developed coping skills and often are highly proficient in finding new and innovative service options.

### Planning for the Future.

Ideally, planning for the future has been a process in which all family members have been involved. Planning ensures that families are prepared to handle adult transitions and are aware when and how services are provided. Adult transitions may include: the transition from school services to adult services; moving out of the family home; aging issues, including health and health care; marriage and children; and grief issues, such as the loss of a parent.

To ensure preparedness, many families draft a “letter of intent”. While not a legal document, this letter can include information about family members and their preferences for the future as well as information on medical histories and behavioral strategies. The letter can serve as a “roadmap” to developing legal and financial arrangements.

A letter of intent might include:

- ◆ Family history (traditions and stories)
- ◆ Support network (friends and neighbors)
- ◆ Medical history (doctors and medications)
- ◆ Personal histories (capabilities and interests)
- ◆ History of activities (education, jobs, social and volunteer)
- ◆ A list of what works (behavioral strategies and motivators)
- ◆ Service options in your state (housing and independence)
- ◆ Financial planning (estate and legal plans)

### National and Local Resources Sib

**Leadership Network (SLN):** This project aims to provide siblings of individuals with disabilities the information, support and tools

to advocate with their brothers and sisters and to promote the issues important to them and their entire families.

<http://sibleadership.blogspot.com>



**Sibling Support Program:** This program is designed to support siblings of people with disabilities across the lifespan. The website provides information about statewide Sibshop support groups, workshops, national listservs, and general information about the needs and concerns of siblings.

[www.siblingsupport.org](http://www.siblingsupport.org)

**SibNet Listserv** - for adult siblings: SibNet is the internet's first listserv for adult brothers and sisters of people with special health, developmental, and emotional needs. [www.siblingsupport.org/connect/the-sibnet-listserv](http://www.siblingsupport.org/connect/the-sibnet-listserv)

*From: Vanderbilt Kennedy Center  
For Excellence in Development Disabilities*

## 2011 Wisconsin Transition Conference

*For parents and people working with and supporting youth with disabilities as they transition from high school to adult life.*

The 2011 Wisconsin Transition Conference will be held at the Kalahari Resort and Waterpark, Wisconsin Dells, WI

**Pre-Conference:** Wednesday, February 16

**Conference:** Thursday, February 17 &  
Friday, February 18

Register for the 8th Annual Wisconsin Transition Conference at [www.wsti.org](http://www.wsti.org)

## New Hotline for Homeless Veterans:

### 1-877-4AID VET

Helps Veterans Find  
Food, Shelter and Assistance

VA's National Call Center for Homeless Veterans launched a telephone hotline to provide support and resources to homeless Veterans in March 2010.

Well-trained expert responders staff the **1-877-4AID VET** hotline 24 hours a day, seven days a week. Family members, workers at community agencies, and non-VA providers also may call the hotline to find out about the many programs and services available to assist homeless Veterans.

"It is unacceptable for a single Veteran to spend the night on the streets of America," said Secretary of Veterans Affairs, Eric K. Shinseki. "The hotline will provide homeless Veterans with caring, timely assistance, and coordinated access to VA and community services."

VA recognizes that homeless Veterans are in need of food and shelter, clothing, financial assistance and treatment for medical conditions. Many also require access to permanent housing, Veterans benefits, and vocational resources.

In addition, assistance is available for homeless Veterans who may have substance abuse, depression, posttraumatic stress disorder, and other mental health issues.

The National Call Center for Homeless Veterans is part of a series of initiatives to help homeless Veterans. In 2009, VA launched a campaign to eliminate homelessness among Veterans within five years. VA supports this initiative with approximately 4,000 agreements with community partners to help homeless Veterans. In 2009, more than 92,000 homeless Veterans were served by VA's specialized homeless programs.

*For additional information about VA's efforts to help homeless Veterans, go to [www1.va.gov/homeless](http://www1.va.gov/homeless).*

## Aging & Disability Specialists

*Here to Help you!*



Jim  
Pritzkow



Lisa  
Karau



Quinn  
Hause



Abigail  
Musselman

### **“Ombudsman”**

#### *What does it mean for you?*

You may have seen this word Ombudsman" (om-budz-man) posted on a flyer in a hospital, an assisted living facility, or in our LivingWell Library. It is a Scandinavian word that means an advocate or helper. An Ombudsman is an individual who protects and promotes the rights of long term care consumers, working with consumers and their families. The Ombudsman program began in 1971 and is funded on the federal level by the Department of Health and Human Services Administration on Aging. In addition to paid staff, Sauk County is fortunate enough to also have community volunteer Ombudsmen.

The Ombudsman Program works with people 18 years and older who are living in nursing homes, Community Based Residential Facilities (CBRF's), and Residential Care Apartment Complexes (RCAC's), as well as people who are served by the IRIS and Family Care/ Partnership programs. There are dedicated and skilled Ombudsmen that serve residents in all of Wisconsin's 72 counties. These services are available at no charge, and if an individual chooses can be kept confidential.

There are many different services an Ombudsman offers. Some of the services included are:

- Complaint investigation regarding long term care services

- Resolving and mediating issues regarding long-term care services
- Providing information and education on resident rights, restraints, and abuse reporting and prevention
- Working with members of Family Care, IRIS or Partnership
- Assisting with choosing a nursing home or an assisted living facility
- Working with enforcement agencies

The Ombudsman program assists residents of nursing homes and advocates on their behalf. The Ombudsman visit nursing homes and speak with residents. The Ombudsman will report to the State about problems in facilities they visit.

The Ombudsman can be an important resource to residents, their families and friends. The Ombudsman can provide information about how nursing homes are organized and regulated, highlight the nursing home's strengths and weaknesses and can work to resolve problems such as poor care, dietary needs and financial issues. Sometimes consumers' problems can be dealt with very effectively by the Ombudsman who mediates between the resident and the nursing home staff. However, the consumer may still want to file a complaint with the regulatory agency which has the power to enforce federal guidelines on nursing homes. The Ombudsman can work with you to determine how problems in nursing homes may best be handled. Some of the most frequent concerns the Ombudsman helps with are about substandard care, complaints about access to providers or services of choice, providers not treating consumers with dignity and respect, inappropriate discharge of a resident from a facility, as well as how to make a choice in long term care service providers.

Here are some examples how an Ombudsman can help:

*“My mother lives in a nursing home but has been having some behavioral issues. I worry she may be asked to leave. What should I do?”*

The first thing to know is that she can not be forced to move from the nursing home without a 30 day notice. The nursing home must also help her discharge to what is considered a safe and permanent housing. The Ombudsman may be able to help the nursing home with problem solving the behavioral issues that are being seen with your mother. Also, if your mother and/or the family are served with a notice of involuntary discharge you should contact the Ombudsman program for help. Their support can assist in making sure her rights are not violated.

*“I am involved with the Family Care/Partnership program. My social worker informed me that I have to change my Home Health Agency? I don’t want to change to a new Home Health Agency because I like the one I have. What can the Ombudsman do to help?”*

If you feel comfortable you should file a grievance/complaint with your social worker. You may also contact the Ombudsman program for help with this process. The Ombudsman can help investigate complaints, resolve, and/or try to mediate the issue. They also can represent you in a hearing or grievance case.

If you have further questions speak to an Aging and Disability Specialist about the Ombudsman program. Anyone is able to contact the Ombudsman with questions, including community members, residents, individuals enrolled in Long Term Care programs, family members, and staff at facilities and/or community agencies.

Ombudsman phone number for  
Disability Rights of Wisconsin (DRW)  
for people 18-59 and enrolled in Family Care,  
Partnership, or IRIS  
**1-800-928-8778**

Ombudsman phone number for  
Wisconsin Board on Aging and Long Term Care  
for people 60 years and older  
**1-800-815-0015**

## Foot Clinic Schedule

To schedule a foot care appointment call the Sauk County Home Care office at 355-4313.

The cost for each foot clinic is \$23.

### Baraboo - West Square Building

Tuesdays - October 5 & 19

Tuesdays - November 2 & 16

Wednesday - October 20

### LaValle - Fire Department

Wednesday - November 24

Wednesday - January 26

### Merrimac - Village Hall

Wednesday - November 17

Wednesday - January 19

### Plain - American Legion Hall

Thursday - October 28

Thursday - December 23

### Reedsburg - Maple Ridge

Tuesdays - October 12 & November 9

Thursdays - October 21 & November 18

### Reedsburg - Willow Heights

Wednesday - October 13

### Sauk Prairie - St John’s Church

Thursdays - October 7 & 14

Thursdays - November 4 & 11

### Spring Green - The Meadows

Tuesday - November 23

Tuesday - January 25

At each foot clinic appointment you will receive a foot soak, nails are trimmed, callouses filed, and your feet are inspected by Sauk County Public Health home health aides and nursing staff.

**Please call the Sauk County Home Care office to schedule your foot care appointment at (608) 355-4313**



## Caregiver Corner

### **Caregiving: Believe in Yourself Protect Your Health Reach Out for Help**

A difficult and sometimes awkward thing to do when you're a caregiver is ask for help. You don't want to bother family and friends, you feel you are the only one who knows how to care for your loved one, or you're fearful that your loved one won't allow anyone but you to help them.

Caregivers who avoid asking for help and end up trying to do everything by themselves are more likely to suffer from caregiver stress, exhaustion, physical ailments, and depression.

You may find once you take the step and ask for help, it's much easier than you expected. Many times, family members and friends are willing, but don't know if they should offer to help, and just don't know how to help.

Caregivers need a temporary break, or respite, from their caregiving duties which can be exhausting. The physical, emotional, and financial responsibilities a caregiver has can be overwhelming without respite. The stress of continuous caregiving can result in decreased health, one or more chronic conditions, depression, and even a higher mortality rate than that found in non-caregivers.

Respite has been shown to help sustain caregiver health and well-being, avoid or delay out-of-home placements of loved ones, and reduce the likelihood of abuse and neglect.

Please contact us here at the ADRC for more information about caregiver resources that are available. Let us help you to be the best caregiver you can be !!

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

### October

### **Wheelchair Safety for You and Your Loved One**

How do you help someone in and out of a wheelchair without hurting yourself or the person you are trying to help? This 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.

### November

### **Fire Safety**

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

### **Remember:**

**Once the month is over, these videos (and many more) are available to be checked out of the LivingWell Library**



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

## At this year's LivingWell Expo



### make sure you stop at the Caregiver's Coaches Corner ...

Yoga, Massage, Quick & Easy Snacks,  
Wheelchair Transfer Training ...  
And so much more !

## Check Out These Websites !!

### Wheelchair Related Information

[www.wheelchairuser.net](http://www.wheelchairuser.net)

Approximately 500,000 people in America have mobility problems severe enough to require either part-time or full-time use of a wheelchair. Information is available regarding wheelchairs, aids and accessories, ramps and lifts, vans.

You will also find articles regarding wheelchair exercises, wheelchair sports, and wheelchair safety. Whether sitting or standing, every individual can be a vital member of the community, given the resources and encouragement needed to succeed.

### Fire Safety

[www.firesafety.gov](http://www.firesafety.gov)

Important information to think about ... and things you should consider ...

DO YOU: Have a smoke alarm? Have an escape plan? Practice Fire Safety? Have fire sprinklers?

DO YOU: Know what to do after a fire? Know the warning signs of carbon monoxide poisoning? Know if you're at risk of a fire?

And much more!

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

## Pain and You

Pain is a common complaint among older Americans. But often, it is inadequately treated and reduces quality of life. Pain can affect people's ability to perform daily activities, as well as their appetite, sleep, and mood.

In older Americans, pain usually is caused by more than one issue, which may include diseases such as arthritis and cancer, or a physical injury from surgery or falls, among other reasons.

Pain may be acute or chronic. Acute pain comes on suddenly, such as from illness or injury, and usually goes away as the body recovers. If left untreated, however, acute pain may lead to chronic pain. Chronic pain persists and may worsen over time. It may not always be present, but it can last for months or years.

Although many older Americans take pain for granted, there are therapies that can help manage or relieve it. In addition to medications, options can include rehabilitative therapy designed for older patients. You can receive therapy at skilled nursing facilities - many on either an inpatient or an outpatient basis, outpatient clinics, and through home services.

Appropriate care plans should be determined for each individual patient. Commonly, these plans include prescription medications, heat applications, and strengthening exercises, as well as treatments such as electrical stimulation and ultrasound. Increasingly, therapists have been looking at complimentary and alternative medicine - for example, aromatherapy, relaxation exercises, and tai chi.

Patients who receive rehabilitative care can experience less pain, better mobility, improved joint flexibility and faster recoveries, which can give them an enhanced quality of life.

This article provided to you by:

Golden LivingCenter -Wisconsin Dells

300 Race St,

Wisconsin Dells, WI 53965

608-254-2574

**golden  
living**

**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	October 5	November 2
Lime Ridge	October 12	November 9
Merrimac	October 19	November 16
Reedsburg	October 7	November 4
Sauk/ Prairie	October 21	November 15
Spring Green	October 14	November 11

**Vitamin D**

**What is Vitamin D?**

Vitamin D is a fat-soluble vitamin that is formed when the skin is exposed to the sun’s ultraviolet rays. Vitamin D is also found in food and dietary supplements.

**Chief functions of Vitamin D:**

- The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus
- It also aids in calcium absorption from intestines and deposition of calcium in bones and teeth
- Prevents excessive urinary loss of calcium and phosphorus
- Stimulates maturation of cells and proper formation of skeleton
- Helps maintain bones in ears for hearing

**Sources of Vitamin D:**

The main source of vitamin D is exposure to the sun. 10-15 minutes sun exposure a day is recommend to help prevent deficiencies. Due to the risk of skin cancer, many people are not getting enough sun exposure. Dietary sources of vitamin D are: fortified milk, fortified juices, cheese, cream, butter and margarine, oysters, salmon, tuna, fortified cereal, liver, cod-liver oil, and eggs.

Vitamin D supplements are available to help prevent deficiency. Please consult your doctor before doing so.



**Recommended Vitamin D intake**

Birth to 50 years	5 mcg
51-70 years	10 mcg
71+years	15 mcg
Pregnancy	5 mcg
Lactating	5 mcg

**Groups at highest risk for deficiency:**

- Older adults are at greater risk of vitamin D deficiency due to the ability to produce vitamin D with age. Older adults have been found to have 30% of the levels of vitamin D compared to young adults.
- Dark-skinned children
- Infants who are breastfed for a prolonged time with no supplement
- Children with inadequate intake of fortified vitamin D milk
- Females who had multiple pregnancies and have breastfed with little exposure to the sun
- Women with low calcium intake

**Diseases and Conditions associated with low Vitamin D levels:**

- Osteoporosis
- Multiple Sclerosis
- Diabetes
- Cardiovascular events
- Athletic performance
- Incontinence
- Cognitive impairment
- Muscle function and falls
- Rheumatoid arthritis
- Cancer
- Hypertension
- Infection
- Chronic pain
- Depression
- Overall mortality
- Aging
- Obesity
- Inflammatory bowel disease



Café Connections

**Have you visited Café Connections yet?**

If no, why? Café Connections is located at 730 Monroe Street in Sauk City. We are open Monday through Friday 9:30 am - 2:00 pm.

**What is Café Connections?**

Café Connections is a place to eat lunch, buy affordable snacks, and participate in social activities.

**What food is served at Café Connections?**

We have our daily special (the menu is in ADDLife Today!). We serve bottled water, coffee (regular, decaf, and flavored), granola bars, string cheese, ice cream, popcorn, and more.

**How much does it cost?**

If you are 60 or older, you are encouraged to make a donation for your lunch. A suggested donation is \$3.00 a meal, but pay what you can afford. All donations are completely confidential. If you are under the age of 60, we ask that you kindly pay full price of \$7.50 a meal. Snacks vary in price from \$0.25 to \$0.70.

**Do I need a reservation?**

Reservations are not required but are appreciated. To make a reservation please call 1-608-963-3437 at least one day before you plan on joining us for lunch.

**What is new at Café Connections?**

We are honored to present the Landscape Photography of Kurt Eakle. He has displayed beautiful photographs of local landscape. Come to Café Connections to check it out.

**Café Connections Activity Calendar**

- 9:30 Café Connections Opens
- 10:30 Café Connections Walking Club
- 11:30 Lunch is served
- 1:00 Monday - Card Bingo
- Tuesday - Euchre
- Wednesday - Wii games
- Thursday - Wii games
- Friday - Movie
- 2:00 Café Connections Closes

If you would like to suggest an activity for Café Connections please call Sally Shimniok at 1-608-643-6900.



**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](http://feilscatering.com)

**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 Café Connections**

730 Monroe Street  
Sauk City, Wisconsin  
Phone 963-3437



**Spring Green Dining Center**

117 South Washington  
Spring Green, Wisconsin  
Phone 588-7800

—another way to **AddLIFE™**

### Discover The Arts In Milwaukee

Tour the Grohmann Museum with over 700 paintings and sculptures. Lunch at Bucca Di Beppo. Conclude the day with the award winning musical *Main Traveled Roads* at Milwaukee Chamber Theatre. This play weaves tales of reverie and romance in early Wisconsin. Be introduced to Nina the Dutch girl, Ed the creamery man, as well as Delia and Otis who learn it is never too late for an old maid and an old goat to fall in love.

Wednesday, October 27, 2010  
Depart Reedsburg at 6:00 am  
Depart Baraboo at 6:30 am

Return to Baraboo at approximately 6:00 pm  
Fee: \$89 (includes motor coach, admission to Grohmann Museum and Milwaukee Chamber Theatre and lunch )

Register at 355-5220

### DIGITAL PICTURES:

#### Downloading From Camera to Computer

Instructor: Terri Nee-Holtz

Move your digital pictures from camera to computer for safe storage and/or backup. Learn to organize your pictures so you can share them with others in documents, emails or print. Prerequisite: Basic computer skills. Knowledge of file management helpful.

Tuesday, October 12,  
6:00-9:00 pm

Computer Lab, Aural Umhoefer Building

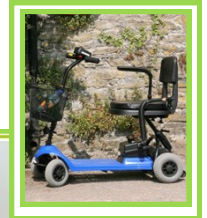
Fee \$39

Register at 355-5220

*Cindy McVenes*  
Director of Continuing Education  
University of Wisconsin-Baraboo/Sauk Cnty  
1006 Connie Road  
Baraboo, WI. 53913  
608-355-5234

## Save the Date For the Assistive Technology Expo!

This year's AT Expo will be held  
**Thursday, October 21**  
**10:00 am to 3:00 pm**  
on the Engineering Campus  
UW-Madison



Exhibitors will showcase products and services ranging from communication devices to recreation equipment and everything in between – AT can make a difference in how we live.

The Expo will have a variety of speakers on the topic of new and emerging rehabilitation technology for veterans with disabilities including adaptations for driving; using RFID tags that assist people who are blind or visually impaired with navigation inside buildings; and new developments in prosthetics.

Additional information can be found on the Assistive Technology Resource Center (ATRC) website at:

<http://atresourcecenter.org/event.html>.



### Mark Your Calendar !

Join us at the LivingWell Expo on October 28

The ADRC will be closed on:

November 25 & 26	Thanksgiving
December 24 & 27	Christmas
December 31	New Year's Day

Please note: 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.



**FREE**

## **Medication Take Back Day**

Saturday, October 30, 2010

9 am – Noon

**Sauk Prairie Memorial Hospital's  
Main Entrance on Prairie Avenue,  
Prairie du Sac**

A drive-thru medication drop off site will be set up where staff will collect and safely dispose of any old, unneeded or expired vitamins, herbals, over-the-counter and prescription medications.

Sharps containers will also be available upon request for used needles/lancets. Please keep your pills in the original labeled prescription bottles and scratch off your name.

Sponsored by the SPMH Foundation as part of its *From the Heart* series.

Special thanks to the  
Sauk City and Prairie du Sac Utilities,  
Sauk Prairie Police Department and  
SPMHC volunteers.

*Please protect  
our environment and  
our drinking water  
by disposing  
of your  
medications  
properly*



## **Watch Out - Health Scams!**

Health scams and marketing of unproven cures have been around for many years. The problem is serious. Untested remedies may be harmful and get in the way of medicines prescribed by your doctor. And, sometimes, using these products keeps people from getting the medical treatment they need.

Look for red flags in ads or promotional material that:

- promise a quick or painless cure
- claim the product is made from a special, secret or ancient formula
- offer products and services only by mail or from one company
- use statements or unproven case histories from so-called satisfied patients
- claim to be a cure for a wide range of ailments
- claim to cure a disease (such as arthritis or Alzheimer's disease) that hasn't been cured by medical science
- promise a no-risk, money-back guarantee
- offer an additional "free" gift or a larger amount of the product as a "special promotion"
- require advance payment and claim there is a limited supply of the product

Two Federal government agencies work to protect you from health scams. The Federal Trade Commission can help you spot fraud. The Food and Drug Administration protects the public by assuring the safety of prescription drugs, biological products, medical devices, food, cosmetics and radiation-emitting products. If you have questions about a product, talk to your doctor. Getting the facts about health care products before you buy can help protect you from health scams.

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015



## Hospital Discharge Planning

Hospital discharge planning is defined by Medicare as a process used to decide what a patient needs for a smooth move from one level of care to another. Medicare requires that the hospital discharge plan be safe and adequate.

The Patient Protection and Affordability Care Act H.R. 3590 was signed by President Barack Obama in March 2010. Section 2717 describes a process to monitor hospital readmissions and improve patient safety. Section 3025 describes financial incentives to encourage hospitals to reduce readmissions. House H.R. 3962 section 1151 adjusts payments to hospitals to reduce potentially preventable readmissions.

The legislation will result in hospitals putting more emphasis on discharge planning. Discharge from a hospital does not mean the patient has fully recovered. Discharge from a hospital means an M.D. has decided that the patient has reached a stable condition and does not need to be hospitalized anymore. Hospital discharge planners will need to make sure patients are receiving more appropriate follow up care.

Families will have to be sure there are no inaccurate assumptions with the hospital discharge plan. Be clear about what the family will be required to do for the patient when they arrive home. If an agency is coming in to help the patient, make sure the workers are in place. If discharge is to a nursing home be sure the location is close enough to accommodate family visits.

This partnership article is provided by:

HOME CARE PATH  
608-432-4286  
seniorcare@homecarepath.com  
www.homecarepath.com



## Begin Again and Create Your Dream Career!

Do any of the following apply to you?



**MADISON**  
AREA | TECHNICAL  
**COLLEGE**

- Seeking opportunities to use your lifelong experience and enhance your life options
- Interested in starting your own business
- Seeking new employment options
- Age 50 +

Please take a few minutes to fill out the **Encore Careers Project Survey** and help Madison College develop employment and career services to meet your needs!

The survey is accessible online or on paper.

**Online at:**

- <http://www.matcmadison.edu/encore>

**OR on paper at:**

- Aging & Disability Resource Center of Sauk County Office
- Your local library
- Job Center-522 South Boulevard, Baraboo
- Central Wisconsin Community Action Council (CWCAC)-1000 Hwy 13, Wisconsin Dells
- Madison Area Technical College—  
Reedsburg and Portage Campuses

For more information about the survey or the Encore Careers Project, please contact:

### Madison College Reedsburg

Katherine Clisch  
608-524-7836  
kclisch@matcmadison.edu  
300 Alexander Avenue  
Reedsburg, WI 53959

### Madison College Portage

Veronica Clark  
608-745-3167  
vrclark@matcmadison.edu  
330 W. Collins Street  
Portage, WI 53901



# October 2010

## Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Q. What do you call a witch who lives at the beach?</b></p> <p style="text-align: right;"><b>A. A sand-witch</b></p>				<p><b>1</b></p> <p>Chicken Breast Mashed Potatoes Baby Carrots Petite Banana Ice Cream Cup * Sliced Bread</p>
<p><b>4</b></p> <p>Pork Steak Jaegerschnitzel Sauce Mashed Potatoes Red Cabbage Apple Pie Plum Halves * Sliced Bread</p>	<p><b>5</b></p> <p>Baked Spaghetti (includes veg.) Italian Blend Veg. Fruited Gelatin Frosted Cake * French Bread</p>	<p><b>6</b></p> <p>Swedish Meatballs Mashed Potatoes Peas and Carrots Ambrosia Dessert Pear Slices * Sliced Bread</p>	<p><b>7</b></p> <p>Smoked Sausage Red Skin Potatoes Spinach Salad with Hot Bacon Dressing Birthday Cake Apple * Dinner Roll</p>	<p><b>8</b></p> <p>Crispy Fish Fillet Cheesy Pot. Bake Summer Blend Veg. Applesauce Cinnamon Roll * Sliced Bread</p>
<p><b>11</b></p> <p>Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Tapioca Pudding * Sliced Bread</p>	<p><b>12</b></p> <p>Baked Chicken Mashed Potatoes Copper Penny Salad Oatmeal-Raisin Cookie Fruit Cocktail * Dinner Roll</p>	<p><b>13</b></p> <p>Pepper Steak Baked Potatoes Seven Layer Salad Peach Slices Frosted Cake * Sliced Bread</p>	<p><b>14</b></p> <p>Chicken Tetrizzini (includes veg.) Carrots Mandarin Orange Gelatin Petite Banana * Dinner Roll</p>	<p><b>15</b></p> <p>Bratwurst on a Bun German Pot. Salad Corn Raspberry Sherbet Plum Halves *</p>
<p><b>18</b></p> <p>Swiss Steak Mashed Potatoes Swiss Spinach Pear Slices Cookie * Sliced Bread</p>	<p><b>19</b></p> <p>Beef Stew (includes veg.) Winter Blend Veg. Pecan Pie Apricot Halves * Biscuit</p>	<p><b>20</b></p> <p>Ham Rolls Squash Tossed Salad Pineapple Tidbits Fudge Brownie * Sliced Bread</p>	<p><b>21</b></p> <p>Escalloped Potatoes and Ham Casserole Peas and Carrots Ice Cream Cup Peach Slices * Dinner Roll</p>	<p><b>22</b></p> <p>Pork Steak Mashed Potatoes Green Beans Spice Cake Applesauce * Sliced Bread</p>
<p><b>25</b></p> <p>Chicken Teriyaki Red Skin Potatoes Chinese Ramen Sal. Molasses Cookie Watermelon Slice * Sliced Bread</p>	<p><b>26</b></p> <p>Roast Pork Loin Mashed Potatoes Mixed Vegetables Baked Apples Plum Halves * Dinner Roll</p>	<p><b>27</b></p> <p>Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Cantaloupe Slice Cookie * Sliced Bread</p>	<p><b>28</b></p> <p style="text-align: center;"><i>Join us at the LivingWell Expo</i></p> <p style="text-align: center;">Dining Centers Closed and No Home Delivered Meals</p>	<p><b>29</b></p> <p>Roast Turkey Mashed Potatoes Creamed Corn Pumpkin Pie Pear Slices * Sliced Bread</p>

# November 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Hawaiian Meatballs Baked Potato Carrots Fruited Gelatin Ice Cream Cup * Sliced Bread</p>	<p><b>2</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Summer Blend Veg. Coconut Cream Pie Peach Slices * Dinner Roll</p>	<p><b>3</b> Chili Casserole (includes veg.) Corn Cantaloupe Slice Cookie * Cornbread</p>	<p><b>4</b> Pot Roast Red Skin Potatoes Peas/Pearl Onions Birtthday Cake Pear Slices * Dinner Roll</p>	<p><b>5</b> Chicken Cacciatore Au Gratin Potatoes Italian Salad Pineapple Tidbits Fudge Brownie * Sliced Bread</p>
<p><b>8</b> Salisbury Steak Mashed Potatoes Green Beans Pecan Pie Pear Slices * Sliced Bread</p>	<p><b>9</b> Lasagna Casserole (includes veg.) Calif. Blend Veg. Fruited Gelatin Frosted Cake * French Bread</p>	<p><b>10</b> Baked Chicken Mashed Potatoes Tossed Salad Oatmeal-Raisin Cookie Pineapple Tidbits * Sliced Bread</p>	<p><b>11</b> Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Cookie * Dinner Roll</p>	<p><b>12</b> Liver and Onions Potatoes Romanoff Winter Blend Veg. Orange Sherbet Apple * Sliced Bread</p>
<p><b>15</b> Chicken Breast Mashed Potatoes Baby Carrots Pineapple Tidbits Cinnamon Roll * Sliced Bread</p>	<p><b>16</b> Meatloaf Cheesy Potato Bake Mixed Vegetables Egg Custard Pie Fruit Cocktail * Dinner Roll</p>	<p><b>17</b> Mushroom Pork Cutlet Mashed Potatoes Pickled Beet Salad Applesauce Cookie * Sliced Bread</p>	<p><b>18</b> Crispy Fish Fillet German Pot. Salad Peas &amp; Carrots Key Lime Pie Pineapple Tidbits * Dinner Roll</p>	<p><b>19</b> Swedish Meatballs Mashed Potatoes Wax Beans Fruited Gelatin Frosted Cake * Sliced Bread</p>
<p><b>22</b> Beef Stew (includes veg.) Fresh Spinach Salad w/Hot Bacon Dress. Butterscotch Pud. Plum Halves * Biscuit</p>	<p><b>23</b> Ham Rolls Squash Health Slaw Peach Slices Cookie * Dinner Roll</p>	<p><b>24</b> Roast Turkey Mashed Potatoes Escalloped Corn Pumpkin Pie Cranberry Gelatin * Sliced Bread</p>	<p><b>25</b> <i>Happy Thanksgiving</i> Dining Centers Closed and No Home Delivered Meals</p> 	<p><b>26</b> Closed to observe Thanksgiving Dining Centers Closed and No Home Delivered Meals</p> 
<p><b>29</b> Country Fried Steak Mashed Potatoes Red Cabbage Pear Slices Cookie * Sliced Bread</p>	<p><b>30</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Banana Cake Applesauce * Dinner Roll</p>	 <p style="text-align: center;"><b><i>Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace.</i></b></p> <p style="text-align: right;">Kent Nerburn</p>		



Thank you to Virgil Klemm for his donation to the publishing of *AddLIFE Today!*



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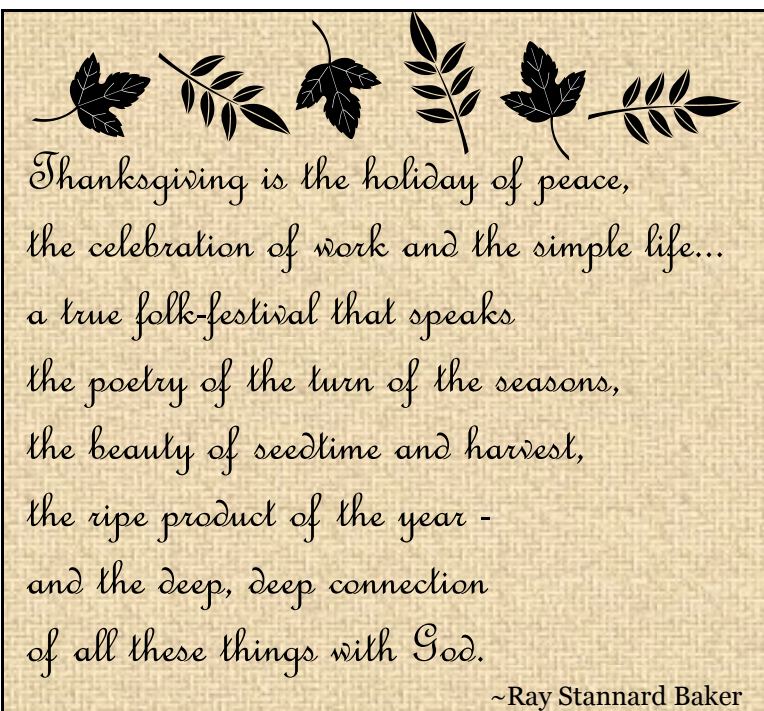
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We would like to thank Luetta Lehman for donation to the home delivered lunch program and to the publishing of *AddLIFE Today!*

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

Thank You!



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### Try this ADRC Brain Teaser!



An Arab sheik is old and must will his fortune to one of his two sons. He makes a proposition. His two sons will ride their camels in a race,

and whichever camel crosses the finish line LAST will win the fortune for its owner.

During the race, the two brothers wander aimlessly for days, neither willing to cross the finish line. In desperation, they ask a wise man for advice. He tells them something; then the brothers leap onto the camels and charge toward the finish line.

**What did the wise man say??**

**Answer:** The rules of the race were that the owner of the camel that crosses the finish line last wins the fortune. The wise man simply told them to switch camels.

This ADRC Brainteaser was provided by:

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