

A quarterly newsmagazine for adults with disabilities,
older adults, and their families.

Contact: ADRC at 355-3289 or 800-482-3710,
Veterans Service Office at 355-3260

IT'S MEDICARE OPEN ENROLLMENT SEASON! TIME TO CHECK YOUR DRUG PLAN!

The ADRC will be holding Medicare Part-D clinics to help you find your best drug plan. Call the ADRC on or after October 1st to reserve your spot. Every year, drug plans can change! Premiums may increase, coverage may be different, and new plans may be available! For most people, the annual open enrollment season is the **ONLY TIME** to change drug plans. It is important to **CHECK YOUR DRUG PLAN EVERY YEAR**, even if your medications have not changed. **THESE CLINICS ARE FREE** and will be offered in Baraboo, Prairie du Sac, Reedsburg, and Spring Green. **PLEASE CALL THE ADRC AT 608-355-3289 TO RESERVE YOUR SPOT.**

**THE ADRC OFFICE WILL BE CLOSED
ON SEPTEMBER 2ND & NOVEMBER
28-29TH.**

The ADRC would like to thank the following individuals for their generous donations!

- Patricia Ann Bullard for the Home Delivered Meals Program and Transportation Program
- Ben Malin for the Transportation Program
- Betty & Chris Mittlesteadt for the Home Delivered Meals Program
- Family of Bill Dunse, in Memory of Bill for the Dining Center Program
- Jules and Ella Beghin for the AARP Tax Prep Program
- Robert & Barbara Lucile Brice, in Memory of Joy McHenry, for the Transportation Program
- Betty Telvick for the Volunteer Escort Driver Program
- Anonymous for the Transportation Program
- In honor of Pam Fuchs, Elder Benefit Specialist, and Attorney Amanda Grady, from the Valley of Our Lady Monastery

FROM THE DIRECTOR'S DESK
Susan Blodgett, ADRC Director

Save the Date! Regional Veterans Conference/Resource Fair, Tuesday, November 19th, 2019, 9:00 am – 2:00 pm, Alliant Energy Center, 1919 Alliant Energy Center Way, Madison, WI.

The Sauk County ADRC is thrilled to be a part of this upcoming FREE event. The Regional Veterans Conference will feature booths from a number of organizations, including representation from ADRCs and Veterans Service Offices for thirteen counties, speakers, a free lunch, and much more!

The Sauk County ADRC will offer bus transportation to those who are 60 or older and/or disabled and would like to attend.

Keep an eye on our Facebook page and website for more details to come!

<https://www.facebook.com/adrcsauk>
<https://www.co.sauk.wi.us/adrc>

**FOR YOUR BENEFIT...YOUR ELDER
BENEFIT SPECIALISTS**
**Mindy Shrader & Pam Fuchs, Elder
Benefit Specialists**

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

**Mindy-Coming to You, Walk-in
Appointments:**

- Plain Library, 1:00-3:00 pm
 - September 4th
 - October 9th
 - November 6th
- Spring Green Library, 1:00-3:00 pm
 - September 25th
 - October 23rd

**Pam-Coming to You, Walk-in
Appointments:**

- Sauk Prairie Community Center, 9:00-10:30 am
 - September 12th
 - October 10th
 - November 14th
- Merrimac Village Hall, 10:00-11:00 am
 - October 9th

**Welcome to Medicare: Presented by
Mindy Shrader & Pam Fuchs**

- This workshop is for people turning 65 or becoming newly eligible for Medicare. It discusses Medicare and additional options available to those signing up for Medicare it is designed to help you make

informed decisions regarding your Medicare Health Insurance.

- Next Workshop:
 - September 17th
 - 4:30 pm
 - Room B30
 - West Square Building
 - 505 Broadway St, Baraboo, WI 53913

MEDICARE COVERAGE OF VACCINES

By the GWAAR Legal Services Team

You may have seen recent stories in the news about an increase in cases of diseases like the measles or hepatitis A, both of which can be prevented by vaccines. Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing.

Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines, including the vaccine for shingles. The only exceptions are the vaccines for flu, pneumonia, and hepatitis B, which are covered by Part B. Please note that SeniorCare does not cover any vaccines.

The amount you pay for your vaccine will vary depending on where you get vaccinated. Check your Medicare prescription drug plan's documents for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan's approved coinsurance or copay for the vaccination. If you get a vaccine at your doctor's office, ask the doctor to call your plan to find out if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for the vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be

refunded for any amount you pay the provider above your plan's approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill upfront and then request a refund from your plan.

- Vaccine Type: Influenza (Flu)
 - Medicare Coverage: Part B
 - Coverage Rules: Medicare pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
- Vaccine Type: Pneumonia
 - Medicare Coverage: Part B
 - Coverage Rules: Medicare pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.

- Vaccine Type: Hepatitis B
 - Medicare Coverage: Part B
 - Coverage Rules: Series of three shots, paid for by Medicare for high or medium risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection.
- Vaccine Type: Shingles
 - Medicare Coverage: All Medicare prescription drug plans must cover
 - Coverage rules: One shot paid for (and recommended) after age 60. Patients must check with plan to find out specific rules for administration and payment.

POST-OPERATIVE DEPRESSION

By the GWAAR Legal Services Team

Depression after surgery is common, but it's rarely talked about. Doctors spend time prepping someone for surgery in terms of practical needs (like what to eat, wear, and how to manage pain), but there's not enough focus on emotional needs. Some

studies show that depression and anxiety can make it slower and harder to heal after the surgery. Therefore, it's helpful for people and their family members to understand why it happens and what can be done about it.

Surgery is an invasion of a person's body, which can be traumatizing, whether they realize it or not. Depression can be caused by a number of things, including pain and discomfort, a lack of mobility, an increased dependency on others, and financial stress. For patients who have had an organ or body part removed, a feeling of loss can also play a role.

It can be difficult to tell the difference between post-operative depression and normal feelings of sadness that come with a recovery. Some symptoms are the same, such as fatigue and irritability, but post-operative depression lasts longer than two weeks. If left untreated, it can actually go on for months. Surprisingly, feelings of hopelessness can persist even when a patient had a successful surgery and is on their way to a full recovery. And, it doesn't matter how small or large the operation is. The following is a list of

possible symptoms a person with post-operative depression may feel:

- Fatigue
- Difficulty making decisions
- Eating much more or less than usual
- Sleeping much more or less than usual
- Feeling a loss of interest in regular activities
- Feelings of anxiety, stress, irritability, or aggression
- Fidgeting or restlessness
- Feelings of despair or hopelessness with no cause
- Thoughts of harming oneself or others

The following is a list of possible signs of what you may notice in a person with post-operative depression:

- Weight change
- Withdrawal from others
- Irritability
- Changes in self-care/appearance
- Personality changes
- Tearfulness
- Indecisiveness/confusion
- Disorganization
- Forgetfulness
- Self-criticism

People with a history of mental illness are at the highest risk for developing depression after surgery. No one knows the exact cause of post-operative depression, but some triggers may be:

- Reactions to anesthesia, antibiotics, or certain painkillers;
- Pain and discomfort while recovering;
- Physical, mental, and emotional stresses caused by the disorder and/or surgery;
- And facing the possibility of death.

Having a strong support system is key to recovery. Other things you can do to combat the condition include spending time outdoors (sunlight is a natural mood enhancer), getting enough sleep, maintaining a healthy diet, spending time with loved ones, and finding ways to pass the time, like listening to music, reading, or playing games, while you recover from your procedure. When your body (and brain) is ready, you can slowly get back into your usual routine.

CAREGIVER CONNECTIONS & PREVENTION POINTERS

Marina Wittmann, Aging Program Coordinator

PROVIDING PURPOSEFUL ACTIVITIES

By Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

When your loved one is no longer able to do the hobbies or activities he or she once enjoyed, it can be hard to know how to spend meaningful time with them. The person may no longer be able to complete puzzles, play bridge, build a birdhouse, or tend a garden. He or she may spend much of their time staring off pacing, or dozing. How can a caregiver provide meaning and purpose in their loved ones' life?

For example, a retired farmer may no longer drive tractor, but may enjoy visiting the implement lot, or looking at farming magazines. Think about the tools that he once used. Let the person hold and "use" a wrench, pliers, twine, etc. and talk about all the work that needed to be done on the farm. There may even be a favorite cap, overalls, or work gloves that may refresh the person's memory and bring a smile to their face. And getting their hands in fresh soil may spark memories about years

of drought or flooding or simply connect them to the earth.

What about a plumber? Try giving him different sections of PVC pipes and connectors. For the housewife who raised a family, give her some canning jars with lids and screw tops or baby clothes and diapers to fold and sort. The person who was always building things may enjoy a box of different kinds of wood blocks to feel, sand, or even smell.

A once avid card player might enjoy playing a simple card game or feel honored to be an “advisor” so a newer player. Or perhaps simply holding the cards in her hands can bring back even some vague memories. A past gardener could help plant seeds or use gardening tools to dig in the soil. Looking at a variety of seed packets and helping choose what will be planted can give him a sense of control and productivity.

Be creative and try a variety of things. Remember, the goal is to help the person feel important and productive and to give their life purpose and meaning. Connecting the person with past memories and meaningful activities will give the person feelings

of accomplishment, value, and purpose.

The Alzheimer’s Association suggests that successful activities should focus on past interests and skills, recall a person’s work related past, stimulate all 5 senses and be an adult in nature. If possible, find ways for the person to “help” with household duties and their personal cares. Keep in mind that the process is more important than the final product.

When you find activities that help your loved one feel good, both of you will enjoy your time together much more.

NEW! GRANDPARENT & RELATIVE CAREGIVER CIRCLE

3rd Tuesday of the month at 6:00 pm at the Tin Roof Dairy (119 3rd Ave in Baraboo) starting in September.

Enjoy a dish of ice cream (provided by the ADRC) and find support in other grandparents & relative caregivers.

STEPPING ON FALL 2019 WORKSHOP

Stepping On is a 7 week, evidence-based workshop that is proven to reduce falls and improve confidence in avoiding fall hazards.

- 7 sessions, starting on Wednesday, September 25th
- 1:30-3:30 pm

- Sauk Prairie Community Center, 730 Monroe St, Sauk City

Contact Marina Wittmann to register, 608-355-3289, space is limited so call today!

POWERFUL TOOLS FOR CAREGIVERS FALL 2019 WORKSHOP:

Powerful Tools for Caregivers is a 6 week, evidence-based workshop that gives caregivers the confidence to better care for their loved ones-and themselves.

- 6 consecutive Thursdays, Starting on October 17th
- 2:00-3:30 pm
- Oak Park Place, 800 Waldo St, Baraboo

Contact Marina Wittmann to register, 608-355-3289, space is limited so call today!

CAREGIVER SUPPORT GROUPS

General Family Caregiver Groups

- Oak Park Place in Baraboo, 4th Tuesday of the month at 6:00 pm
 - Mary Brewer, 355-4111
- First Congregational Church in Baraboo, 2nd Monday of the month at 2:00 pm
 - Mary Larson, 254-7002

- Baraboo VA Clinic (1670 South Blvd, Suite 101), 4th Monday of the month at 1:30 pm
 - Caregiver of enrolled veteran or enrolled veteran who is a caregiver
 - Meghann Schmitt, 356-1901 ext. 13059

Parkinson's Specific Support Groups

- First Congregational Church in Baraboo, 3rd Monday of the month at 2:00 pm
 - Sylvia Kriegl, 356-7096
- Wellspring in Prairie du Sac, 3rd Monday of the month at 3:00 pm
 - Deb Fanta, 592-7860

Dementia Specific Groups

- Reedsburg Senior Life Center, 3rd Wednesday of each month at Noon
 - Janet Wiegel, 742-9055
- Maplewood in Sauk City, 4th Tuesday of the month at 3:00 pm
 - Theresa Grimes, 643-3383
- Spring Green Library, 4th Monday of the Month at 1:00 pm
 - Janet Wiegel, 742-9055

Relatives as Parents Program

- Tin Roof Dairy (119 3rd Ave, Baraboo), 3rd Tuesday of the month at 6:00 pm
 - Mel Reber, 355-3289

Powerful Tools for Caregivers

- A 6-week, evidence-based workshop that teaches caregivers how to take care of themselves while caring for a loved one
 - Marina Wittmann, 355-3289

Contact Marina Wittmann at the ADRC for more information regarding caregiver services in Sauk County. (608) 355-3289, marina.wittmann@saukcountywi.gov

VETERAN'S MESSENGER

VOICE OF THE MESSENGER

Tony Tyczynski, Veterans Service Officer

Dear Friends,

As most of you are aware, we are in the early stages of many changes to both veteran's health care & benefits at the federal level. As I am writing this in late July, so far things are going fairly well. However, do not let your guard down, especially with the changes to VA health care,

specifically the Care in the Community Program. A friendly reminder, make sure before you go see a non-VA provider that you have gone through the VA Medical Center to get authorized. Regarding Urgent Care, even though you do not need prior authorization from the VA to visit CERTAIN private urgent care clinics, you must ensure that the urgent care clinic you want to go to, is in the approved network.

Additionally, you have to take responsibility for making sure that clinic bills the VA, and NOT anyone else. If you end up with a bill, go to the clinic immediately and remind them they should have billed the VA.

I recently learned that there are some circumstances where veterans with temporary 100% VA disability ratings can qualify for the State of Wisconsin Department of Revenue Property Tax Credit for certain disabled veterans. If you had a temporary 100% in the last 4 years or if you are currently a permanent 100% and have not claimed this credit yet, please call our office to see if you qualify.

In Your Service,

Tony

THANK YOU!

We want to thank the following for their recent donations to the Veterans Care Trust Fund: Vincent Brunner; Robert O'Brien; Hausmann-Johnson Insurance; Rolling Thunder WI Chapter 5; Frankie's Bar; VFW Post 1916; VFW Post 987.

These tax-deductible donations are used to help needy veterans of Sauk County.

VHA CAREGIVER SUPPORT PROGRAM STATUS UPDATE

As part of the recently approved Mission Act, VA will be expanding access to the Program of Comprehensive Assistance for Family Caregivers (PCAFC) (the paid stipend program). Currently, the PCAFC is only eligible to Veterans with a serious injury incurred while on active duty on or after September 11, 2001. This remains the case for now.

- The Mission Act requires VA to implement an information technology system that fully supports the PCAFC and allows for data assessment and comprehensive monitoring of the Program. VA is actively pursuing an IT solution. The timeline for completion and the subsequent certification is

in development. VA will provide updates on the MISSION act Website.

<https://missionact.va.gov/>

- Once the IT system is successfully implemented, the expansion of the PCAFC will occur in two phases, beginning with eligible Veterans who incurred or aggravated a serious injury in the line of duty on or before May 7, 1975.
- About two years later, VA expects to roll out a second phase of PCAFC expansion and increased eligibility that will include veterans who meet the criteria and who served after May 7, 1975 and before September 11, 2001.
- Although the PCAFC is currently limited to caregivers of Post-9/11 Veterans, the majority of VA services available to caregivers are open to caregivers of Veterans of all eras.

This other program they are eligible for is called the Program of General Caregiver Support (PGCS).

- Services all caregivers (depending on their individual circumstances) are eligible for as participants in the PGCS,

may include VHA online and phone support groups; connection to VHA Home Health Aid, VHA Respite, or other existing VHA resources; referrals to community-based caregiver grants, caregiver classes and in person support groups in their local community, as well as Dementia Care Specialists who will work with our Veterans to maximize available resources in their local community.

- Caregivers and Veterans can learn about the full range of available support by visiting www.caregiver.va.gov or by calling the Madison VA Social Work Dept. at 608-280-7085

BADGER HONOR FLIGHT FUNDRAISER

September 5, 6, & 7th, 2019- A John Denver Tribute-Ted Vigil held at The Palace Theater

There will be a fundraiser for the Badger Honor Flight on September 5th, 6th, and 7th. A John Denver tribute band will be playing these days and \$1 from each ticket sold will be donated to the Badger Honor Flight. Use code "honor15" and 15% of the sale will also be donated back to the Badger Honor Flight.

Contact Group Sales at (608) 253-9000 or groupsdept@dellspalace.com

UPCOMING EVENTS

For current upcoming events or for more information on the following upcoming events that are for veterans/to support veterans, please see our website.

- The Dells Judo Club (4 years-adult) held on Tuesday & Friday from 6-8 pm at the Delton Sportsman's Club (off Hwy P), E6902 Berry Rd, Wisconsin Dells, WI 53965. The first month is free for veterans, per our Facebook video on December 14, 2018. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. <https://www.facebook.com/WisconsinDellsJudoDojo/>
- Every Friday the American Heroes Café inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 am – noon.
- The American Legion Post 172 has a walleye feed on the 3rd Saturday of each month in the months of September-November and January-April.

The feed is held from 4:00-7:30 pm at 106 E Walnut in North Freedom, WI. Questions can be directed to Anthony Gartner at (757) 437-2616.

CONNECT WITH SAUK CVSO!

Stay up to date with important veteran related items and events:

- Website:
www.co.sauk.wi.us/veteransserviceoffice
- Facebook: Sauk County Veterans Service Office
- General E-mail for our office:
vetservice@saukcountywi.gov

AGING & DISABILITY SPECIALISTS: HELPING YOU PUT THE PIECES TOGETHER!

Jim Pritzkow, Julie Mayer, Rachel Heinzman, Hannah Halverson, Megan Fecht, & Kari Edwards

For Your Convenience, the ADRC has four satellite offices and extended hours in Baraboo.

The Baraboo office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 pm on the following Tuesdays: September 17, October 15, and November 12. As always, after hours appointments are available upon request and availability.

The Lake Delton office is in the Frank Fisher Senior Center at 20 Wisconsin Dells Parkway South and is open every Tuesday from 11:00 am to 1:00 pm. No appointments are needed.

The Reedsburg office is in the Reedsburg Human Services Building at 425 6th St and is open every Wednesday from 8:00 am to 12:00 pm. No appointments are needed.

The Sauk Prairie satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 pm to 4:00 pm. No appointments are needed. This satellite office will be closed September 18 & 25.

The Spring Green satellite office is at the Spring Green Community Library at 230 E Monroe St. The office will be open every other Thursday from 10:00 am to 12:00 pm. The next days are: September 5, September 19, October 3, October 17, October 31, and November 14. This satellite office will be closed November 28.

If you would like further information, call the ADRC at 355-3289 or 800-482-3710. Some dates subject to change.

FOOD INSECURITY IN THE UNITED STATES

By the GWAAR Legal Services Team

Feeding America has released its annual report detailing senior hunger in America. The State of Senior Hunger in America series documents food insecurity among seniors age 60 and older. It documents that 5.5 million seniors struggle to access enough food. This is about 1 in 12 seniors. Wisconsin's rate of seniors who experience food insecurity is 4.8%. This percentage is below the national average but higher than Minnesota's 2.8% rate.

Economic conditions continue to cause millions of seniors to be food insecure. Being food insecure means not having enough nutritious food to live a healthy life-style. The high number of food insecure seniors continues to exist despite an improving economy. The stubbornly high number of food insecure seniors imposes a major health care challenge. Food insecurity has negative effects for individuals of every age. For seniors, these effects can be particularly difficult because of the health and economic, and nutritional challenges of aging.

The study highlighted the following:

- Nationally, 7.7% of seniors are food insecure.
- Seniors are more likely to experience food insecurity if they are a racial/ethnic minority; divorced, separated or never married; living with grandchildren; disabled; or female. These findings are consistent with prior reports.
- Food insecure seniors are more likely to experience chronic health conditions. For instance, food insecure seniors are 78% more likely to be depressed or 55% more likely to experience asthma when compared to most seniors.
- The number of food insecure seniors increased by 45% when compared to 2001.

However, SNAP could have a far greater impact in reducing senior hunger. Only 2 in 5 eligible seniors participate in SNAP. Several factors contribute to the low participation rate. Many seniors face barriers related to mobility, technology, and stigma. Moreover, many seniors do not participate because of widespread myths about how the program works and who qualifies for it. The full report may be accessed at the following website:

<https://www.feedingamerica.org/research/senior-hunger-research/senior>

There are no asset limits to be eligible for SNAP/FoodShare. The 2019 income limit for an individual is \$2,024/month and for a couple is \$2,744/month. An individual can receive up to \$192/month while a couple can receive up to \$353/month depending on income and expenses. Contact the ADRC at (608) 355-3289 and request to speak to an intake specialist for more information on other resources such as food pantries.

ADRC TRANSPORTATION

TAXI SUBSIDY PROGRAM

This is just a reminder that the Taxi Punch Card program is now handled by our receptionist, Sandy at 608-355-3289. If you have any questions about the Taxi Punch Cards, please call Sandy or visit the ADRC office during regular business hours.

VOLUNTEER DRIVER ESCORT RIDES

The Volunteer Escort Driver Program is designed to provide low cost transportation to adults with disabilities as well as those over age 60, that have limited or no transportation available. To schedule a ride, or for additional information,

please call the Transportation Line at 608-355-3278. Volunteer Drivers are always needed – if you are interested in becoming a Volunteer Driver Escort, please contact Brianna Wipperfurth at 608-355-3289.

FUN BUS TRIPS

Fun Bus trips offer an opportunity for socialization and adventure! For \$5.00, our driver will pick you up at a pre-arranged location for the day's trip. To allow everyone a fair opportunity to travel with us, we will only accept a reservation 3 weeks before the trip day. All reservations will be made on a first-come, first-serve basis. To make a reservation, please call the Reservation Line at 608-355-4888, and let us know what trip you are interested in. We will contact you generally 1-2 days prior to the trip to confirm your pick up time.

SHOPPING BUS TRIPS

The Shopping Bus runs each Thursday for a round trip cost of \$3.00. The bus transports shoppers to one of three weekly destinations including Baraboo/Lake Delton, Madison West Towne, and Madison East Towne. Shoppers can request to be taken to other stores and restaurants within a five-mile radius of the central stop. Please call at least 48 hours in advance to reserve a spot on the

Shopping Bus, first come first served. You may reserve seating for up to 4 total passengers. Please call our Reservation Line at 608-355-4888, and let us know what trip you are interested in. We will contact you generally one day prior to the trip to confirm your pick up time.

**MEDICAL TRANSPORTATION LINE:
608-355-3278 OR 800-830-3533**

**FUN-DAY TRIP RESERVATION LINE:
608-355-4888**

FUN BUS TRIPS

September

- 3 – NO BUS, Labor Day
- 5 – Quilt Expo, Thursday, \$10 Admission
- 9 – Dr. Evermore's Art in the Park, Monday, Donations Accepted at Park
- 17 – Gays Mills Apple Orchards & Pie Depot
- 24 – Channel 27
- 37 – Merrimac Ferry & Slacks Jelly Farm, Friday

October

- 1 – Oakwood Fruit Farm
- 8 – Indian Agency House, Portage, \$6.00 admission fee, free to Veterans
- 15 – Wildcat Mountain, Cashton

- 22 – Spellman Monument, Sauk City (First 10 people calling only)
- 29 – Pecks Market

November

- 5 – Epic, 2:00 tour
- 12 – Portage Movie Theatre
- 19 – Veterans Resource Fair, Madison
- 26 – NO BUS, Thanksgiving

December

- 3 – Governor's Mansion Christmas Tour
- 10 – Old World Christmas Market, Elkhart Lake
- 17 – Christmas Lights Tour (PM)
- 24 – NO BUS, Christmas Eve
- 31 – NO BUS, New Years Eve

SHOPPING BUS TRIPS

September

- 5 – Madison West Side
- 12 – Baraboo/Lake Delton
- 19 – Madison East Side
- 26 – Baraboo/Lake Delton

October

- 3 – Madison West Side
- 10 – Baraboo/Lake Delton
- 17 – Madison East Side
- 24 – Baraboo/ Lake Delton

- 31 – Madison West Side

November

- 7 – Baraboo/Lake Delton
- 14 – Madison East Side
- 21 – Baraboo/Lake Delton
- 28 – NO BUS

December

- 5 – Madison West Side
- 12 – Baraboo/Lake Delton
- 19 – Madison East Side
- 26 – NO BUS

SAUK COUNTY TRIAD VEHICLE WINTERIZATION SAFETY CHECKS

Sauk County Sheriff Chip Meister, in conjunction with Sauk County Police Chiefs and the Sauk County TRIAD Program, would like to announce the 19th annual “Vehicle Safety Check”.

TRIAD is a cooperative effort between Seniors, Police Departments, and Sheriff’s Departments in the community to work together to reduce victimization of senior citizens. Sauk County TRIAD has teamed up with various sponsors, which include Glacier Valley Ford-Mercury, Hartje Farm, Home and Tire, Hovland’s BP=Amoco, McFarlanes, Koenecke Ford, and George’s Auto Body, to conduct FREE winterization checks for senior

citizens throughout Sauk County. These local businesses have volunteered their services and expertise in checking vehicles to make sure they are properly prepared for winter driving.

FREE for Senior Citizens!

Service includes: checking of fluids, hoses, belts, lights, and equipment on the vehicle and is provided FREE of charge. No appointments are necessary and refreshments will be provided.

Baraboo

- Friday, September 27,
9:00 am-noon
- Sauk County Law Enforcement Center (with Glacier Valley Ford-Mercury) 1300 Lange Ct, Baraboo

Spring Green

- Friday, October 4,
9:00 am-noon
- Spring Green Township Hall (with George’s Auto Body) Located one mile West of Spring Green on Kennedy Road

Reedsburg

- Friday, October 11,
9:00 am-noon

- Koenecke Ford, S2745 Twin Pine Road, Reedsburg

Sauk City

- Friday, October 18, 9:00 am-noon
- McFarlanes, 780 Carolina St, Sauk City

Lake Delton

- Friday, October 25, 9:00 am-noon
- Delton Fire Department (with Hovland's) 45 Miller Drive, Lake Delton

La Valle

- Friday, November 1, 9:00 am-noon
- Hartje Farm, Home & Tire Center, Located on STH 33 just North of La Valle

If you have any questions, please contact: Sheriff Chip Meister or Shelly Backeberg-Sauk County Sheriff's Dept. at 355-3212; Detective Sgt. Jeff Shimon-Baraboo Police Dept. at 355-2720; Sgt. Andy Kurek-Spring Green Police Dept. at 588-2125; Officer Troy Spencer-Lake Delton Police Dept. at 254-7571; Officer Jeff Beck-Sauk Prairie Police Dept. at 643-2427; Sgt. Andrew Foesch-Reedsburg Police Dept. at 524-2376 and Chief Jim

Astle- Town of La Valle Police Dept. at 985-7695.

Sheriff Chip Meister, Sauk County Sheriff's Department

The TRIAD Clinics will also be Drug Take Back Sites!

Accepted Items: Prescription (controlled & non-controlled), over-the-counter medications, ointments, patches, non-aerosol sprays, inhalers, creams, vials, and pet medications.

DO NOT BRING: Illegal drugs, needles/sharps, or aerosol cans, Bio-hazardous materials (anything containing bodily liquid or blood) Mercury thermometers or personal care products (shampoo, soaps, lotions, sunscreens, etc.) Household hazardous waste (paint, pesticides, oil, gas, and no acids)

THE VOLUNTEER BUZZ

Brianna Wipperfurth, Volunteer Coordinator

The ADRC is in GREAT NEED of Home Delivered Meal Drivers in Reedsburg and Baraboo. Home Delivered Meal Drivers pick up meals at their local dining center and deliver them to home-bound adults in their community who are 60 or older and/or disabled. Drivers can have a regular schedule or be on call to fill in

as needed. The ADRC is always looking for Volunteer Escort Drivers, Home Delivered Meal Drivers, Office Support, Dining Center Helpers, and more! No matter what the talents or gifts volunteers share – from expertise in a certain field to the ability to make others feel assured, cared for, and safe – volunteer experiences help us sustain a culture of connectedness in Sauk County!

WHAT IS DEMENTIA?

Gina Laack, CSW

Dementia Care Specialist, ADRC of Eagle Country

According to the Alzheimer's Association, Dementia is a general broad umbrella term that describes a decline in mental ability severe enough to interfere with a person's daily life and activities. Dementia is commonly mistaken as just "memory loss" however it is much more complex and can affect many different areas of the brain including judgement, rational, reasoning, abstract thinking, communication, language, organizational skills, mobility, hearing, vision, balance, and more. There are many different conditions that can cause dementia. Alzheimer's disease which is a progressive disease of the brain is the most common cause of dementia.

One of the most common early symptoms of Alzheimer's disease is having trouble with short-term memory. This can cause difficulty remembering newly learned information such as appointments or recent conversations. As the disease progresses, issues with communication, planning, judgement, mood, behavior, and confusion about time and place can occur. Although Alzheimer's disease is the most common, there are believed to be over 100 different types of dementia which include conditions such as vascular dementia, lewy body dementia, and frontotemporal dementia. Dementia including Alzheimer's disease results because of damage that has occurred or is occurring within the brain. This type of damage is what causes an individual to have difficulty with communication, planning, judgement, mood, behaviors, etc. it is important to know that the individual living with dementia cannot change their behavior so they must be met and provided with compassion, support, and understanding. If you would like more information on dementia or to learn about the support and resources available in your community, contact your local Aging & Disability Resource Center

and as to be connected to the Dementia Care Specialist.

ADRC of Eagle Country – Serving Crawford, Juneau, Richland, and Sauk Counties, (800) 482-3710

COP'S CORNER

The Cop's Corner has been written by a Member of the Sauk County Chief's Association

HOME SECURITY IN WARM MONTHS

Well the dog days of summer sure has us running the AC. Having a significant swing in temps it almost felt like we went from the heater to the AC and kept the house closed up. If you are like me, you are hoping the fall brings moderate temps so we can open the windows and let Mother Nature in!

In letting the fresh air in, we also want to be certain to not let the bad guys in. Law enforcement in the area has seen an increase in burglaries and thefts where the suspects are so brazen they walk into homes in the middle of the day. A simple check of the doors and windows to make sure they are secure, even if they are open a bit, can be the difference.

In the modern era, we can't be as trusting as we once were and go for a walk or a run to the store and not lock up our homes. This presents an

opportunity for us to be victims and we can help to prevent that by taking just a moment and making sure we lock stuff up.

My mom always said locks are there to keep the honest people honest. I think if we heed that advice and we make sure to lock our homes and vehicles, we will all enjoy the cooler fall days just a bit more.

Mark Schauf, Baraboo Chief of Police

NUTRITION NEWS

WHAT IS YOUR HOLIDAY MADE OF?

By GWAAR

Around the holidays eating healthy tends to take a backseat to good meals and good times with friends and family. But the nutrition community would like people to focus on the good and not so much on the bad. With that said, it's time to discuss all the good things that are in our holiday meals. For example, let's look at the obligatory Holiday Ham. Being meat, it of course is high in protein. But ham contains almost twice as much mono-unsaturated fat as it does saturated, and it's a good source of B Vitamins.

Can't keep your fork out of the pumpkin pie? Well you're helping yourself to heaping portions of

dietary fiber, Vitamin A and potassium. If mashed potatoes are more your style, you're consuming a good amount of potassium, which is great for the heart, and you're helping absorb minerals like calcium and iron because of the Vitamin C in potatoes. Not to mention the calcium you're receiving from the milk mixed in to make them smooth and creamy.

If your family is more the Hors d'oeuvre type, shrimp cocktail provides protein that's low in fat. Cheese and crackers are good for calcium, B Vitamins, possibly fiber, and phosphorus, which is an essential component in cell membranes. Olives are filled with healthy fats, and also contain some iron and Vitamin A. Even the traditional fruit cake has its merits-all those fruits and nuts provide fiber and loads of vitamins and minerals.

THANK YOU!!!

Our Sauk Prairie Dining Site was recently able to purchase a popcorn machine, Blu-ray player, and movies to enjoy during their Friday after-lunch movies, thanks to a generous donation made to the ADRC in Memory of Bill Dunse!

MENUS

Menus for October & November will

be available at the dining centers & will be given to the home delivered meal clients upon their finalization. If you do not regularly attend the dining center & would like a menu mailed to you, please call the ADRC at 355-3289 to request one.

DINING CENTER SCHEDULE

Please call your local dining center by 12:00 noon to make a meal reservation for the next day.

Baraboo

- Highpointe Commons, 1141 12th St, Baraboo
- Phone: 963-3436
- Lunch served at 11:00 am

Reedsburg

- Boys and Girls Club, 300 Vine St, Reedsburg
- Phone: 963-3438
- Lunch Served at 11:30 am

Sauk/Prairie

- Sauk Prairie Community Center, 730 Monroe St, Sauk City
- Phone: 963-3437
- Lunch served at 12:00 noon

Lake Delton

- Frank Fischer Senior Center, 20 Wisconsin Dells Pwky S, Lake Delton
- Phone: 393-7214
- Lunch served between 11:30 am – 12:30 pm
- No reservations needed

Plain: My Meal, My Way

- Schnitzelbank Restaurant, 1170 Main St, Plain
- Breakfast served Thursdays & Fridays, 9:00 am-11:00 am
- No reservations needed

Home Delivered Meals

- Remember, you are to call and cancel your meal 24 hours in advance. We know this isn't always possible, but would like to avoid wasting food when possible.

SEPTEMBER 2019 MENU

- 2-Happy Labor Day!
- 3-Roast Pork Loin w/Plum Sauce, Au Gratin Potatoes, Capri Blend Vegetables, Dinner Roll, Pudding Parfait
- 4-Corned Beef, Boiled Potatoes & Carrots, Dinner Roll, Poke Cake
- 5-Oven Fried Chicken, Mashed Potatoes & Gravy, 3 Bean Salad, Melon

- 6-Hamburger on Bun, Baked Beans, Chilled Peaches, Cookie
- 9-Bratwurst & Sauerkraut, Sweet Potato Fries, Seasoned Peas, Fruit Salad
- 10-Glazed Meatloaf, Scalloped Potatoes, Fresh Baked Squash, Pie
- 11-Honey BBQ Chicken, Macaroni Salad, Broccoli, Brownie a 'la mode
- 12-Macaroni & Cheese, Ring Bologna, Italian Vegetables, Watermelon Slice
- 13-Baked Glazed Ham, Baked Potato Casserole, Chef Cut Spring Veggies, Applesauce Jell-o Salad
- 16-Roast Beef, Mashed Potatoes and Gravy, Capri Blend Vegetables, Chilled Fruit Cup
- 17-Lemon Pepper Chicken, Garden Rice, Dinner Roll, Sicilian Blend Vegetables, Banana Pudding
- 18-Baked Fish, Buttered Noodles, Spinach & Scalloped Corn, Frosted Cake
- 19-Cheeseburger on a Bun, Pea Salad, Watermelon Slice, Chips
- 20-Cheese Ravioli & Marinara, Garlic Bread, Baked Zucchini, Jell-o with Fruit

- 23-BBQ Chicken, Bowties, Glazed Carrots, Brownie
- 24-Roast Beef Sandwich, Baked Potato Wedges, Coleslaw, Peach Cobbler
- 25-Scalloped Potatoes w/Ham, Seasoned Broccoli, Buttered Corn, Ice Cream
- 26- Chicken Drumsticks, Calico Rice, Chef Cut Spring Vegetables, Cookie
- 27-Hamburger on a Bun, French Fries, Pickled Beets, County Blend Vegetables, Cinnamon Apples
- 30-Sloppy Joe, Macaroni Salad, Broccoli & Cauliflower, Cookie

NOTE: Meals are subject to change on occasion. Site meals include coffee and milk. Home Delivered Meals include milk.

To cancel a meal or make a Dining Site reservation, please call:

- Sauk Prairie: 963-3437
- Baraboo: 963-3436
- Reedsburg: 963-3438
- Lake Delton: 373-7214
- La Valle: 355-3289
- Frozen: 355-3289

THE BASCO BEAT

A peak into the happenings of the

Baraboo Area Senior Citizen's Organization.

AGING MASTERY PROGRAM

The Aging Mastery Program offers 10 classes, held over five weeks, with materials, speakers, discussions, goal setting, and prizes, providing skills and tools to improve your life.

Location: Big Top Room, Oak Park Place, 800 Waldo St., Baraboo.

Thursdays from October 3-October 31, from 8:30 am-noon. Cost is \$25.00. Class curriculum includes: Navigating Longer Lives: the Basis of Aging Mastery, Exercise & You, Sleep, Healthy Eating & Hydration, Financial Fitness, Advance Planning, Medication Management, Community Engagement, Falls Prevention, & Healthy Relationships. Call 608-356-8464 to register.

MIND OVER MATTER

New evidence-based program for women helps to improve incontinence without medication and surgery, but through dietary changes, and exercise. Proven 70% effective! October 15, October 29, & November 12, 9:00 am-11:00 am. Baraboo Senior Center, 124 2nd St, Room 21. Cost is \$10.00. Call 608-356-8464 to register.

SIP & SWIPE CAFÉ

The Baraboo Senior Center is offering Sip & Swipe Cafes, providing FREE lessons on tablet computers through the Baraboo High School. A coach will arrange times and locations. Tablets can be checked out. Call the Center at 608-356-8464 for more information.

SAUK COUNTY FOOT CLINIC SCHEDULE

- NEW! Oak Park Place (Reserved for Oak Park Place Residents)
 - Wednesdays-Sept 18 & Nov 20
- Baraboo-West Square Building
 - Tuesdays-Sept 3 & 17, Oct 1 & 15, Nov 5 & 9
 - Wednesday-Oct 16
- Lake Delton-Frank Fischer Center
 - Wednesdays-Sept 4, Oct 2, Nov 6
- La Valle-Fire Department
 - Wednesdays-Sept 25, Nov 27
- Plain-Kraemer Library
 - Wednesday-Oct 23
- Reedsburg-Maple Ridge
 - Tuesdays-Sept 10, Oct 8, Nov 12
 - Thursday-Oct 17
- Reedsburg-Senior Life Center
 - Wednesdays-Sept 11, Nov 13

- Reedsburg-Willow Heights
 - Wednesday-Oct 9
- Sauk Prairie-St. John's Church
 - Thursdays-Sept 5 & 12, Oct 3 & 10, Nov 7 & 14
- Spring Green-Christ Lutheran Church
 - Tuesdays-Sept 24, Nov 26

At the foot clinic appointment you will receive a foot soak, nails trimmed, callouses filed, and your feet inspected by Sauk County Health Department aides and nursing staff. Please call the Health Department at 355-4338. The cost for the foot clinic visit is \$30.00.

CREATING A PEACEFUL AND ENJOYABLE HOLIDAY

Alzheimer's & Dementia Alliance of Wisconsin

It is the season for families and friends to celebrate and come together to share life stories, laughter and memories. It can be a time of excitement as well as high expectations. For people with dementia and their families, the holidays can be overwhelming, frustrating, and sad. The holidays may cause a change in their daily structure and routine or a remembrance of what they have lost

over the past years. Making changes to regular holiday traditions to better support your loved one will provide for a more enjoyable and peaceful holiday for all:

- Plan ahead and be realistic about expectations. Talk with family and friends about what you feel you can prepare for the holidays and what you cannot.
- Ask for people to help out and share in the responsibilities. Perhaps this year dinner will be pot-luck style or maybe catered.
- Consider altering the time and size of the holiday gathering. The time of day or the audio and visual stimulation from large gatherings may cause confusion.
- Share what changes you have observed and remind them they need to be patient, give the person time to process what is being said, and not correct or interrupt when he/she is talking.
- Provide a quiet room for the person with dementia. Give them a place to relax, nap, and re-energize the brain if they become stressed or anxious.

For more tips join Dementia Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin, on Tuesday, October 22 from 5:30-7:00 pm at Oak Park Place, 800 Waldo St, in Baraboo for "Making Holidays Meaningful". Janet will share ways to keep cheer in the holidays and savor them too.

This program is supported by funds raised through ADAW's annual Alzheimer's Walk. Step forward and give hope to individuals and families impacted by dementia in your community by joining the Sauk County Alzheimer's walk on Saturday, September 28 at Mary Rountree Evans Park in Baraboo. Visit www.alzwwisc.org for details.

DISABILITY BENEFIT SPECIALISTS

Holly Schafer & Quinn Hause

WHAT EVERY YOUNG PERSON SHOULD KNOW ABOUT SOCIAL SECURITY DISABILITY BENEFITS

By the Social Security Administration

Disability can affect anyone at any time. That is a reality. The chances you will become disabled are probably for greater than you realize. According to government statistics, one in four 20-year-old Americans will likely become disabled before reaching age 67.

How prepared are young Americans for that possibility? The New York State Society of Certified Public Accountants believes that most people are not prepared. “While some people have the financial resources to fund a disability on their own,” the group stresses in its online publication *The CPA Journal*, “most need disability income insurance to cover the risk.”

The Society of Actuaries (SOA) agrees. In *Disability Insurance: A Missing Piece in the Financial Security Puzzle*, the SOA concludes that most people seriously misjudge:

- Their risk of becoming disabled;
- Their financial capacity to weather a disabling illness or injury; and
- The ability of Social Security disability benefits to fully address their needs.

This raises the question: Exactly how much help can you expect from Social Security if you become disabled? Social Security is insurance coverage workers earn and can count on if a disabling condition forces them to stop working. Social Security disability payments are modest and allow people with severe disabilities

to attend to their basic needs and pay for life-sustaining medications. If you qualify, you can receive a monthly disability benefit from Social Security for as long as your disability prevents you from working. Many young people spend a great deal of time working to succeed in their jobs and careers. Few think about building a safety net to catch them if they become disabled. Now is always the best time to prepare for future challenges. And knowledge is our first line of defense.

Social Security disability insurance is coverage that workers earn. Social Security disability insurance is a social insurance program under which workers earn coverage for benefits, by working and paying Social Security taxes on their earnings. The program provides benefits to disabled workers and to their dependents. For those who can no longer work due to a disability, our disability program is there to replace some of their lost income.

The Social Security Act defines disability very strictly. Eligibility rules for Social Security’s disability program differ from those of private plans or other government agencies. Social Security doesn’t provide temporary or partial disability

benefits, like workers' compensation or veterans' benefits do.

To receive disability benefits, a person must meet the definition of disability under the Social Security Act (Act). A person is disabled under the Act if they can't work due to a severe medical condition that has lasted, or is expected to last, at least one year or result in death. The person's medical condition(s) must prevent them from doing work that they did in the past, and it must prevent them from adjusting to other work.

Because the Act defines disability so strictly, Social Security disability beneficiaries are among the most severely impaired in the country. In fact, Social Security disability beneficiaries are more than three times as likely to die in a year as other people the same age. Among those who start receiving disability benefits at the age of 55, 1-in-6 men and 1-in-8 women die within five years of the onset of their disabilities.

Disability is unpredictable and can happen to anyone at any age. Disability is something many Americans, especially younger people, think can only affect the lives of other people. Tragically, thousands

of young people are seriously injured or killed, often as the result of traumatic events. Many serious medical conditions, such as cancer or mental illness, can affect the young as well as the elderly. The sobering fact for 20-year-olds is that more than 1-in-4 of them becomes disabled before reaching retirement age. As a result, they may need to rely on the Social Security disability benefits for income support. Our disability benefits provide a critical source of financial support to people when they need it most.

Social Security disability payments are modest. At the beginning of 2019, Social Security paid an average monthly disability benefit of about \$1,234 to all disabled workers. That is barely enough to keep a beneficiary above the 2018 poverty level (\$12,140 annually). For many beneficiaries, their monthly disability payment represents most of their income. Even these modest payments can make a huge difference in the lives of people who can no longer work. They allow people to meet their basic needs and the needs of their families.

The number of people qualifying for Social Security disability benefits has increased. For almost 60 years, Social

Security disability has helped increasing numbers of workers and their families lost income. Several factors have contributed to this increase, which the Social Security Trustees and our actuaries have projected for decades. For example, baby boomers have reached their most disability-prone years and more women have joined the workforce in the past few decades, working consistently enough to qualify for benefits if they become disabled. Despite the increase, the 9 million or so people getting Social Security disability benefits represent just a small subset of Americans living with disabilities.

Social Security works aggressively to prevent, detect, and prosecute fraud. Social Security, along with the Office of the Inspector General. Identifies and aggressively prosecutes those who commit fraud. Our zero tolerance approach has resulted in a fraud incidence rate that is a fraction of one percent. One of our most effective measures to guard against is the Cooperative Disability Investigations program. Under the program, we investigate suspicious disability claims early, before making a decision to award benefits. In effect, we proactively stop fraud

before it happens. In fiscal year 2018, with the help of state and local law enforcement, the program reported nearly \$188.5 million in projected savings to the disability programs. This resulted in a return on investment of \$17 for each \$1 spent. Eradicating fraud is a team effort. We need people who suspect something to say something. If you suspect fraud, please visit the Office of the Inspector General and select Report Fraud, Waste, or Abuse or call 1-800-269-0271.

Social Security helps people work without losing benefits. Often, people would like to re-enter the workforce but are afraid they might lose disability benefits if they try to get a job. If you are age 18 through 64 and receive Social Security disability benefits, you can participate in Social Security's Ticket to Work program. The Ticket to Work program allows you to receive free employment support services and take advantage of work incentives that make it easier to work and still receive benefits such as health care. In some instances, you can receive cash benefits from Social Security, and you are protected if you have to stop working due to your disability. Learn about our Ticket to

Work program or call 1-866-968-7842 or 1866-833-2967 (TTY).

As always, the ADRC is here to help answer questions and/or assist with your Social Security Benefits.

SAVE THE DATE: TUES NOVEMBER 19TH, 2019 | 9 AM- 2 PM

Regional Veterans
Conference/Resource Fair

Alliant Energy Center, 1919 Alliant
Energy Center Way, Madison, WI

Who Should Attend: Veterans, their
families, and friends.

- Resources for veterans and their families
- Special Guest Speakers presenting on key topics related to veteran benefits and services

Participating Counties: Dane, Rock,
Jefferson, Dodge, Columbia, Green,
Grant, Iowa, Lafayette, Sauk,
Richland, Juneau, and Crawford

SAVE THE DATE: NOVEMBER 2019

Sauk County UW Madison Division of
Extension will be offering a FREE
educational event tailored for anyone
60 years and beyond! This program
will be held in Baraboo and take place
this fall! Keep an eye out for details
or join our mailing list by visiting

<https://sauk.extension.wisc.edu> or
calling 608-355-3250.

GOLDENCARE

Social Security: You have questions,
we have answers!

With Rebecca Hammer, Focused Tax
Solutions-Tax Advisor

St. Clare Hospital, Ringling Rooms

Wednesday, September 11, 2019
1:00 pm and 3:30 pm

Please call for Reservation
(608) 356-1407

Sponsored by: St. Clare Hospital's
GoldenCare and St. Clare Health Care
Foundation, Refreshments will be
provided.

**ORAL HEALTH &
DEMENTIA/ALZHEIMER'S DISEASE**

By Highlife Oral Health Alliance

Alzheimer's touches so many families
now. We are living longer, but not
always as we could have hoped.

Oral health may seem an insignificant
issue when one is worried about such
a devastating diagnosis. While not yet
conclusive there are some indicators
that seem to point to inflammation
(infection) in the body as a possible
contributor to the process. Gum
disease is one form of inflammation
that may go undiagnosed for years if

one does not seek routine dental/oral care.

If you or your loved one is in the early stages of the diagnosis, tell your dental team. Your dental hygienist can help you with resolving as much inflammation as possible, if you do also have gum disease. This may involve several visits at first, and possibly more frequent routine visits to manage your particular situation.

Switching to an electric toothbrush and possibly including an oral irrigator in your daily mouth care can help reduce the effects of gum disease. Again, ask your dental hygienist how to maximize the benefits for you.

You may have old fillings that need attention, or teeth that are not likely to last very long. Now is the time for a very frank discussion with your dentist about these issues.

Even though you are not a “kid” anymore, new research supports the use of fluoride varnish in the adult population. The stronger you can make your enamel and any exposed root surfaces now, the better your chances of avoiding cavities during this journey.

A very simple, but extremely effective, way for you to start

reducing the impact of the normal bacterial population in your mouth is through products with xylitol. The Spry product line includes toothpaste, chewing gum, mints, candies, moisturizing sprays, and gels. Xylitol is a naturally occurring sweetener, found in all fruits and vegetables, and we make some every day in our liver. By introducing the xylitol into your mouth, and using it consistently the bacterial films (plaque) in the mouth are reduced to the point of being insignificant.

Six to seven “servings” a day of the xylitol is the key. A routine of brushing with the Spry toothpaste and having a mint or candy after each meal and you can easily reach the goal. A word of caution, our body processes the xylitol like fiber not like sugar. This makes it safe for diabetics, but it can be smart to slowly add the xylitol over the course of a four to five days.

Prevention now can save much distress later. Those of us who have had the privilege to serve the same families for years (or decades) can attest to the difficulty dementia patients can have with what used to be routine dental treatment. Eventually, any dental treatment may

require sedation, which can be very disruptive to the dementia patient.

DISCLAIMERS

For AddLIFE Today! questions or comments, please contact Brianna Wipperfurth at 355-3289 or email at brianna.wipperfurth@saukcountywi.gov

If you know of someone who would enjoy receiving the AddLIFE Today Newsmagazine, let us know! Do you have a friend or family member who cannot read AddLIFE Today! Because of poor eyesight? AddLIFE Today! Is also available on cassette tape. For more information, please call the ADRC at (608) 355-3289 or (800) 482-3710.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going to be on vacation, are moving, or if you would like to be removed from this mailing list. AddLIFE Today! Is also available on the county website at www.co.sauk.wi.us/adrc

Would you prefer to receive an electronic copy of future issues? Please email the editor at Brianna.wipperfurth@saukcountywi.gov and we will email you the latest issue of AddLIFE Today!. Thank you for helping us reduce postage costs

as well as the amount of paper generated!

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DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center to continue its mission and dedication of service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____

In Honor of _____

I want my donation to go towards the following program(s):

- ☐ AARP Tax Preparation Program
- ☐ AddLIFE Today! Publishing
- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
- ☐ Elder Benefit Specialist Program
- ☐ Helping Hands at Home Program
- ☐ Home Delivered Meals Program
- ☐ Information & Assistance Program
- ☐ Powerful Tools for Caregivers
- ☐ Stepping On
- ☐ Shopping/Grocery/Fun-Day Bus Programs
- ☐ Tele-Assure Program
- ☐ Turning 65/ Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Programs

Kindly make your checks payable to:
'ADRC'

505 Broadway St, Room 102
Baraboo, WI 53913