



ADRC: 608-355-3289

Veterans Service Office: 608-355-3260

Summer 2023
Volume 15 Issue 2

AddLIFE Today!



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



Farmer's Market



Each summer, the ADRC helps distribute the Senior Farmer's Market Nutrition checks. These checks are provided to seniors by the USDA to encourage them to shop at local farmer's markets and to eat more fresh fruits and vegetables. Eligible individuals receive \$35.00 in checks which are spent just like cash at approved farmer's markets and farm stands.

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

If you are unable to come to the distribution date, you may send a proxy (a person you give permission to pick up the checks for you). The proxy must have a signed note from you and may pick up checks for no more than 4 people. The proxy will be filling out the application for you so make sure they know your date of birth, address, phone number, and that you qualify for the checks. After all the distribution dates have passed, and if there are any checks remaining, checks will be distributed from the ADRC office.

SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

2023 Income Eligibility Table

Effective: June 1, 2023, Based on 185% of the US Dept. of 2023 Health and Human Services Poverty Guidelines.

Use total gross income – before taxes and deductions - of ALL household members.

Household Size	Yearly	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068

To qualify, you must be a resident of Sauk County, over the age of 60 (or age 55 if you are Native American), and meet the income guidelines.

Distribution Dates

Spring Green

Spring Green Library
230 E Monroe St
Monday, June 19th
1:00-3:00PM

Wisconsin Dells

Frank Fischer Senior Center
20 Wisconsin Dells Pkwy
Tuesday, June 20th
1:00-3:00PM

Sauk Prairie

Sauk Prairie Community Center
730 Monroe St
Wednesday, June 21st
9:00-11:00AM

Baraboo

Baraboo High School Commons
1201 Draper St
Thursday, June 22nd
8:30-11:30AM

Reedsburg

Reedsburg City Hall
134 S Locust St
Friday, June 23rd
9:00-11:30AM

ADRC Services Quick Guide



Information & Assistance

ADRC I&A Social Workers are available to discuss your unique situation and provide free options counseling. Do you want to stay in your home? Need help with cleaning, personal cares or transportation? Interested in Meals on Wheels? We are here to answer questions you have!



Find Nourishment & Socialization

Join us at our dining sites for lunch! Or if you are over 60 and homebound due to illness, disability or isolation, you may be eligible for Meals on Wheels.



We'll Get You There

The ADRC sells discounted taxi tickets to individuals age 60 and older and those with disabilities. We also transport clients to out-of-town medical appointments. Check out our Fun-Day and Shopping Busses for social excursions!



Benefits for YOU!

ADRC's Elder and Disability Benefit Specialists help with determining benefits or helping appeal denials. Have questions about Medicare, Medicaid, SSI, SSDI, Social Security, Senior Care, Food Share? Your benefit specialists are here to help!



A Healthy Life

Take one of our Evidence-Based workshops - Stepping On for falls prevention and Powerful Tools for Caregivers.



For Family Caregivers

The ADRC offers funding for respite, support group info, and access to our Dementia Care Specialist who works with families who have a loved one living with dementia.

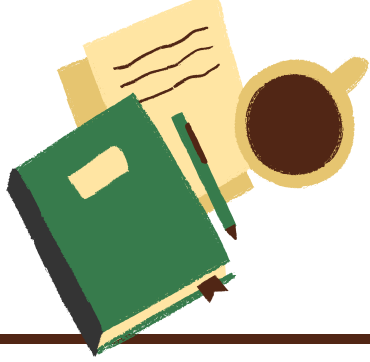


Build Yourself & Your Community

Want to find a new purpose or passion? Volunteer for us!
We are always looking for new faces to join our volunteer team.

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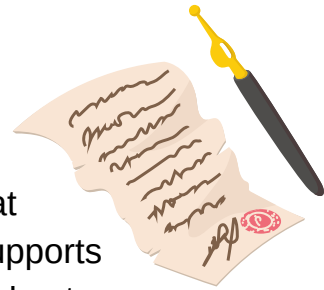
From the Director's Desk

Susan Blodgett



American Rescue Plan Act: Independent Living Supports Pilot

DHS works to strengthen the ability of Wisconsin residents to live independently for as long as they are able. The Wisconsin Department of Health Services (DHS) is using American Rescue Plan Act (ARPA) funding to create a new pilot program that will take place in select areas of the state. The pilot, called the Independent Living Supports Pilot program will offer short-term, flexible, and limited services and supports for people at risk of entering Medicaid long-term care.



Enrollment for eligible participants will not open until July of 2023.

Benefits and services

The pilot program will help improve people's ability to stay in their own homes, potentially easing the increased burden on Wisconsin's long-term care system as our population ages. This pilot will provide invaluable insight about how people seek information about services and supports. It will also help us understand potential barriers in accessing those services.

Examples of one-time or periodic services

- Specialized medical equipment and supplies
- Assistive technology
- Home and vehicle modifications
- Emergent home clean-up
- Moving services
- Caregiving training and education
- Individual training and education
- Respite (in-home or in a facility)
- Non-medical and medical transportation
- Other (based on support and service needs of customer)

Examples of continuing services

- Personal care
- Care management
- Supportive home care
- Personal emergency response system
- Meals (for people under age 60)
- Internet/Wi-Fi services
- Financial management and legal assistance
- Other (based on support and service needs of customer)

article continued



Eligibility

To be eligible for this pilot, program participants must:

- Be a Wisconsin resident and a U.S. citizen or eligible immigrant (8 U.S.C. 1621(a))
- Live in pilot ADRC or Tribal ADRC agency service area (Sauk County being one of the pilot counties)
- Be over age 18
- Not be currently enrolled in Medicaid long-term care programs or living in a licensed or certified residential facility
- Earn less than 300% of the federal poverty level with no deductible or consideration of spousal income
- Have at least one eligible functional need
- Have a qualifying diagnosis (may be a long-term disability) if under age 55

Timeline

- DHS has selected local aging and disability resource centers (ADRCs) to operate the pilot program in limited areas. The selected ADRCs will be announced on this webpage in the near future. These agencies will help people enroll in the pilot program and find providers in their communities starting in July of 2023

Participants in communities where the pilot is offered will be able to enroll between July 2023 and March 2024. They can participate in the pilot for one year.

Starting in July of 2023, each selected ADRC will:

- Find eligible participants
- Help them enroll in the pilot
- Helping participants transition to other services when pilot ends

Funding

The Independent Living Supports Pilot thanks for federal funding from the American Rescue Plan Act. Learn more, and sign up to receive updates about this funding in Wisconsin.

<https://www.dhs.wisconsin.gov/hcbs-ilsp.htm>




**WISCONSIN DEPARTMENT
of HEALTH SERVICES**

”

BIG NEWS!!!!

**ADRC HAS MOVED TO
THE 2ND FLOOR
SUITE 234**



**JOIN BASCO IN 2023 at the
Fireside Theater**

Call 608-356-8464 for Information

BASCO 2023 CALENDAR EVENTS

SEPTEMBER 17-25, 2023 Albuquerque/Santa Fe

\$1070 per person/double room

Guided tour of Santa Fe

Visit New Mexico Veterans Memorial

Guided Tour of Acoma Pueblo

Sandia Peak Transport

Old Town Albuquerque

A decorative border composed of a series of pink roses with green leaves, arranged in a slightly wavy line around the central text.

THE ADRG WOULD LIKE TO THANK THE FOLLOWING INDIVIDUALS FOR THEIR GENEROUS DONATION:

Bill Helm for DBS In Memory Of Linda Spectrum
Howard/Karen Diehl for Transportation program
Duane Anderson
Anonymous
Steven/Helen Niles for AddLIFE Today
Martin Krueger for Powerful Tools
Kevin Enge Farms LLC
Theodore/Joann Masters In Memory Of Ted Masters

**YOUR DONATIONS ARE GREATLY
APPRECIATED!!**

Staying OK

Tips for Supporting Your Social Connections and Emotional Wellness

Published by: engAGED, Eldercare Locator,
and USAging

The ebbs and flows of the COVID-19 pandemic have been hard for many of us. The pandemic changed the way we interact with others, often resulting in feelings of disconnection or isolation. The good news is that there are many ways we can stay connected and engaged with others—which can help us all stay encouraged and cope when times are tough.

All About Aging!

Marina Wittmann
Aging Program Coordinator



What Is Social Engagement?

Being socially engaged simply means connecting with others! There are many ways to stay socially engaged, including volunteering or working, taking art or wellness classes, and participating in social activities such as group meals, book clubs and more. All of these activities can take place in person, over the phone, on platforms like Zoom and Facebook or on public access television. Engaging with others in ways that feel safe can help you maintain connections with your community.

Social Engagement Tips and Tools

The COVID-19 pandemic led many of us to change our routines and cut back on in-person interactions. Following the tips below can help us engage our minds and bodies—and stay connected to our communities.

Maintain social connections

Connect with family and friends near and far over the telephone, through social media, on porch visits and walks, or through letter writing and emails. Share book, meal or television recommendations, reminisce about past experiences or plan fun activities for the future. Finding regular times to stay in touch with a friend can turn into events that you both can look forward to.

Stay Physically and Mentally Active

Reach out to neighbors and friends to plan group walking dates or participate in fitness classes to establish regular ways to connect with others. Activities like drawing, journaling, writing a poem or short story, painting and knitting allow for creative expression and are another great conversation starter with friends and family. Inviting neighbors and friends over for games such as cards, puzzles or checkers are other ways to stay connected with others—on your porch, backyard or inside your home! Invite others to join you in visiting museums or attending cultural events virtually or in person.

Build Purpose and Contribute to Your Community

Contributing your time and skills to support others through volunteering can benefit both communities and volunteers. Research shows that volunteering for as little as two hours each week can lead to improved mental, emotional and physical health, and helps us feel engaged and purpose-driven. You can volunteer by delivering meals or providing transportation to other older adults safely. Other volunteer opportunities include mentoring, serving on local boards or participating in a friendly caller program.

article continued

Build Intergenerational Connections

Connect with younger adults or children to share your experiences and perspectives with other generations and build your community. Volunteering at schools or with youth organizations, mentoring college students, or offering cooking, music or other lessons are a few examples of community building activities you may find interesting and fulfilling.

Find Social Engagement Opportunities Near You

Local organizations such as Area Agencies on Aging (AAAs) and Title VI Native American Aging Programs offer a variety of social engagement opportunities in communities across the country. Contact the Eldercare Locator, a federally funded public service for older adults, caregivers and others, to get connected to AAAs and tribal aging programs or other organizations that offer engagement opportunities in your community. You can reach the Eldercare Locator at (800) 677-1116, Monday through Friday from 9:00 am to 8:00 pm ET or online at eldercare.acl.gov.

Staying socially engaged is related to better physical, emotional and mental health and well-being. For older adults, social engagement and strong social connections can likely decrease risk of disability¹ and depression² and even increase a person's lifespan.³ Being socially engaged also enables you to share your knowledge, skills, experience and wisdom with others.

If you're looking for ways to stay connected to others, read on to discover tips and resources to support your social and emotional well-being!

1 <https://pubmed.ncbi.nlm.nih.gov/21300745/>

2 <https://pubmed.ncbi.nlm.nih.gov/34912487/>

3 <https://pubmed.ncbi.nlm.nih.gov/20668659/>

thank you

The ADRC just wrapped up a Stepping On workshop at Maple Ridge in Reedsburg. We want to pass along big THANK YOU for the following guest experts who helped us make this workshop successful: Craig Johnson (Physical Therapist) from RAMC, Chasity Willis (Vision Expert) from the DHS, Captain Brad Thompson (Community Safety) from Reedsburg EMS, and Matt Proebstle (Pharmacist) from RAMC. We also want to thank Sheila at Maple Ridge for allowing us to hold our workshop there!

Stepping On Participants WANTED

Take our Stepping On class to learn about ways you can prevent falls. Call Marina at the ADRC (608)355-3289 to add your name to the list. We will bring workshops to communities with interested participants!

SteppingOn
© Clemson, Swann & Mahoney, 2022

For Your Benefit... Your Elder Benefit Specialists



Mindy Shrader
Serving the Western Part
of Sauk County

Pam Fuchs
Serving the Eastern Part
of Sauk County



Special Enrollment Details for Members Whose Medicaid Coverage Is Ending

Medicaid Members: Are you an older adult or an adult with a disability?

Since March 2020, Medicaid has been keeping everyone enrolled. Normal enrollment rules will start again soon. When that happens, you will get a letter from the Wisconsin Department of Health Services asking you to update your information and complete a renewal. Your health insurance could end if you no longer meet the rules for Medicaid.

If your Medicaid benefits end, you may be able to get Medicare if you:



- Are age 65 or older
- Have a qualifying disability
- Have been getting disability benefits for two years

Special Enrollment Timing

After Medicaid ends, you have six months to enroll in Medicare. To get started, call Social Security at 800-772-1213 (TTY 800-325-0778) or visit ssa.gov/medicare/sign-up.

If you already have Medicare and your Medicaid benefits end, you will have a limited time to change your Medicare plan:

- Three months for a Medicare Advantage health plan (Part C)
- Three months for a Medicare Part D drug plan
- Two months for Medicare Supplemental Insurance (Medigap), during which you cannot be denied coverage based on your health

Are you worried about Medicare late enrollment fees? You won't have late enrollment fees if you enroll in Medicare within six months after your Medicaid ends. You may have late enrollment fees in the future if you miss this enrollment opportunity or go without drug coverage.

Free, expert help is available. If you have questions about Medicare, including how to pay for it, a benefits counselor can help. Contact the State Health Insurance Assistance Program (SHIP) by calling:

- Wisconsin's Medigap Helpline: 800-242-1060
- Disability Rights Wisconsin Part D Helpline: 800-926-4862
- Your local Aging and Disability Resource Center (ADRC) 608-355-3260

Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

Spring Green Library

1:00-3:00pm

June 21

July 5

August 2

Plain Library

1:00-3:00pm

June 28

July 19

August 16

Sauk Prairie Community Center

1:30-3:30pm

June 8

July 27

August 24

I'm Turning 65/Retiring - Now What?

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those continuing to work. Workshop may be canceled if Covid numbers rise.

Pre-registration is required: (608)355-3289.

4:30pm Rm:B24

Tues, June 20th

West Square Bldg

505 Broadway

Baraboo, WI 53913

4:30pm Community Rm

Tues, August 22nd

Reedsburg Public Library

Reedsburg, WI 53959

Scam Alerts—Medicaid Renewal and FoodShare By the GWAAR Legal Services Team

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via two text messages. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS does not send text messages with this type of language and does not charge a recertification fee.

The United States Department of Agriculture (USDA) has learned that criminals are using phony text messages that say a recipients SNAP EBT Card (FoodShare Quest card) has been locked. The text message provides a phone number to call for help. This is known as a phishing scam and is a type of fraud. If you do not know if a request for information is real, contact your local Income Maintenance agency.



Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team



As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears.

Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp. For more information visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know> & <https://www.cdc.gov/cancer/dcps/research/articles/older-adults-protect-skin-sun.htm>

AI Automates Insurance Claim Denials

By the GWAAR Legal Services Team

A recent [article](#) by Pro Publica illustrates yet another way that computerized algorithms are having a growing impact on healthcare payment decisions. The article investigates Cigna's use of an automated system to deny hundreds of thousands of insurance claims without individualized medical review.

Cigna's claim processing system, known as "PXDX" or "prescription-to-diagnosis", uses a list of procedures that are considered "approved" for certain diagnosis codes. Claims for procedures that are not considered approved for a particular diagnosis code are automatically rejected and sent to doctors in bulk. A doctor employed by the company then electronically signs off on the entire set of denied claims without ever reviewing individual patient records. According to one doctor interviewed for the article, the system allows Cigna medical reviewers to deny 50 claims at a time in a matter of seconds. Cigna records showed that certain doctors rejected between 30,000 and 60,000 claims per month using the automated system.

Both Medicare and Medicaid have systems in place to reject claims that are not coded properly but, unlike Cigna's system, those determinations are not based on inherent assumptions about the medical necessity of particular tests or procedures. While proponents of systems like Cigna's PXDX program assert that automated claim processing ultimately saves money for consumers by reducing administrative costs that would otherwise result from individual review of inappropriate claims, critics worry that it removes medical judgment from the claim determination process and may run afoul of state insurance laws requiring objective medical review of each case.

2024 Medicare Advantage and Part D Final Rule

By the GWAAR Legal Services Team

In early April, the Centers for Medicare and Medicaid Services (CMS) issued a final rule affecting, among other concerns, prior authorization requirements for Medicare Advantage plans, marketing practices for Medicare plans and sales agents, and the Limited Income Newly Eligible Transition (LINET) prescription drug program.

When it comes to prior authorization requirements, Advantage plans have historically been allowed to create their own internal coverage criteria to make medical necessity determinations. The new rule specifies that plans must comply with traditional Medicare regulations and local and national coverage determinations (LCDs and NCDs) when making prior authorization decisions. When there are no established regulations or coverage determinations, plans will be allowed to create internal coverage criteria based on widely accepted treatment guidelines and clinical literature. The final rule requires plans to provide a 90-day transition period when a person switches Advantage plans during which the new plan cannot impose prior authorization requirements. The rule also clarifies the definition of a “course of treatment” and requires approved prior authorization requests to be valid for as long as “medically reasonable and necessary to avoid disruptions in care.”

The new marketing rules prohibit ads that fail to mention a specific plan name, as well as ads that employ Medicare logos or confusing language that misrepresents the plan. The marketing rules also require agents to inform customers of the total number of Advantage plans available through any company the agent represents while at the same time extending to twelve months the time period during which agents are allowed to recontact customers about plan options and allowing agents to recontact a customer within 48 hours when necessary to avoid missing the end of an enrollment period or when the customer faces transportation or other access challenges.

The most significant impact of the final rule may be that it converts the LINET program from a demonstration project into a permanent feature of Medicare prescription drug coverage. The rule also expands Low Income Subsidy (LIS) benefits by eliminating the distinction between full-subsidy and partial-subsidy eligibility categories. Beginning January 1, 2024, every beneficiary with income below 150% of Federal Poverty Level will be eligible for full-subsidy benefits. That change is expected to impact some 300,000 low income Medicare beneficiaries.



Help your community be ready when a disaster strikes. Most fires and storms are unexpected, but you can get trained to help in an emergency. Learn more about how you can help, visit [redcross.org/volunteer](https://www.redcross.org/volunteer)



The Volunteer Buzz

Volunteer Coordinator
Keri Luther



On May 10th, volunteers of the Sauk County Aging and Disability Resource Center (ADRC), were recognized at a Volunteer Appreciation Breakfast at the Baraboo Arts Banquet & Convention Center, catered by Broadway Diner and special guest speaker Travis Hilliard. So far this year, the ADRC volunteers donated over 3,186 hours of their time and talents, valued at \$88,793.82. (Value based on Independent Sector's 2023 value of volunteer hour, \$27.87/hour). The ADRC appreciates and applauds the tremendous contribution of time and energy by this wonderful group of volunteers, committed to serving their communities & neighbors.

We here at the ADRC could not possibly say thank you enough times to adequately express how grateful we are for every one of our volunteers and all they do.

Thank you to area businesses for the donations:

Kwik Trip, Culvers, Oak Dale Credit Union, Baraboo Candy Company, Driftless Glen, Dental Associates, Log Cabin, Moments Hospice, The Grainery, Teel Plastics, Community First Bank, Baraboo Area Senior Citizen Organization (BASCO), Baraboo State Bank, and WCCU Credit Union and Ho-Chunk Gaming Baraboo.

Current Volunteer Opportunities:

- **Volunteer Escort Drivers:** Provide transportation to Sauk County residents that are age 60 or over and/or disabled, who are unable to drive, do not have family or friends available to drive them, or have no means of transportation to medical appointments and other trips of necessity.
- **Meals on Wheels Drivers:** Baraboo, Reedsburg, Lake Delton/WI Dells, and Sauk City/Prairie Du Sac. Deliver meals from local dining center to home bound adults in your community who are 60 or older and/or disabled. Volunteers can drive once a week, twice a month or even as a fill-in.
- **Dinning Center Helper:** Assist in setting up the dining room, serving meals, cleaning up, etc. at your local dining center, as well as helping package meals for Meals on Wheels delivery.
- **Staff Support:** Assist with a variety of office duties to aid the ADRC in providing information. Provide telephone coverage when ADRC is unable to do so.

Both the Volunteer Driver Escorts and Meals on Wheels Drivers have the option to receive mileage reimbursement.

We would love to have you join our Amazing ADRC Volunteer Team!!

To find out more about Volunteering, contact our Volunteer Coordinator, Keri Luther at the ADRC (608)355-3289 or Email: keri.luther@saukcountywi.gov. You can also go to our website and apply online: www.co.sauk.wi.us/adrc/volunteer-opportunities.

VOLUNTEER APPRECIATION BREAKFAST

Thank You



Hours Volunteered in 2022

ADRC Program	Total Hours	Value of Hours
Volunteer Escort Drivers	7,219	\$194,644.46
Dining Center	1,399.50	\$37,730.52
Meals on Wheels	2,846	\$76,728.16
Staff Support	221	\$5,958.16
Mc Part D	99.50	\$2,682.52
Turning 65	9.75	\$262.86
Stepping On	18	\$485.38
TOTAL	11,812.75	\$318,491.96

Value of Volunteer Hour based on Independent Sector's 2022 Value: \$306.96/hour

staff support



Meals on
Wheels



ESCORT DRIVERS



Volunteers

Dinning center
Helper





Meg Allen
Nutrition Coordinator

Nutrition NEWS!

Celebrating Fellowship, Food & Fun - Wisconsin's Elder Nutrition Program Turns 50!

In 1973 Congress appropriated funds for a nationwide Elderly Nutrition Program. With this funding Wisconsin's State Unit on Aging launched the first pilot nutrition programs in four counties. As funding increased, the program was expanded to more and more counties. Over the next five years the program grew to include every county in the state. Sauk County received its first funding for a nutrition program in 1978.

Since the beginning the intent of the Elder Nutrition Program was for local dining sites to serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections, promote health and well-being, and help sustain and preserve autonomy and independence.

The phrase "more than a meal" is the heart of the program.

The Elder Nutrition Program is now more important than ever. Up to half of adults aged 65 and older are at risk of malnutrition, and in many communities older adults can lack access to the high-quality nutritious food they need to remain healthy and independent.

Times have changed since the early days in the 1970s and 1980s and so have the expectations and needs of the today's older adults. Beginning in 2013 there has been a state-wide effort to update and revitalize services. Programs are experimenting with restaurant partnerships, breakfast options, salad bars, local food producer partnerships, and menus that reflect local culture. The movement is toward offering more options, more choice.

Our program here in Sauk County has joined that effort. In 2017 the program received a Revitalization Grant from the State to start a restaurant partnership site serving breakfast at Schnitzelbank in Plain. Currently we have seen a tremendous response to our restaurant partnership with the Reedsburg Country Club where we offer a soup and salad bar lunch. Since re-opening for in-person dining on May 2, 2022, 394 people have enjoyed 2,946 meals there!

Even as we work to bring new ideas and innovation to the nutrition program, the purpose remains unchanged – to reduce hunger, food insecurity and malnutrition; to foster socialization, and community connection; and to promote the health and well-being of older individuals by providing access to nutrition and health promotion activities and services.

article continued



Torill
Sauk City



Pat
Lake Delton



Barb, Volunteer
Reedsburg Country
Club



Rick
Frozen Route Driver



Julianne
Reedsburg

We proudly recognize this milestone anniversary of the Elder Nutrition Program in Wisconsin and its profound impact on the health and well-being of older adults statewide. Join us in celebrating the older adults we serve and the volunteers who make the program possible. Together we look forward to another 50 years and more!

2023 Aging Advocacy Day

Rita Mead, member of the ADRC Nutrition Advisory Council, represented Sauk County at Aging Advocacy Day at the Capital in Madison on May 9, 2023. Aging Advocacy Day is a day to join the Wisconsin Aging Advocacy Network (WAAN) to "tell your story" and help educate state legislatures about issues impacting Wisconsin's aging population. Rita was there to advocate for the Senior Nutrition Program, specifically Home Delivered Meals.

The request by WAAN for the Nutrition Program is to protect vulnerable older adults by increasing the state contribution to Home Delivered Meal Services from the current level of \$396,000 to \$5.95 million. The program's accessibility is currently under threat statewide due to stagnant funding (no increase in funding since program implementation in the mid-80s), a growing aging population accompanied by unprecedented levels of demand and increased expenses driven by inflation and a lack of resources.

Thank you, Rita for representing Sauk County and advocating for increased funding for the Home Delivered Meal Program throughout the State of Wisconsin! To learn more and how to advocate for older adults, go to www.gwaar.org and click on Advocacy.



ADRC Dining Sites

Suggested Contribution:

\$4/meal for dining sites and Meals on Wheels, \$5.50/meal at Reedsburg Country Club

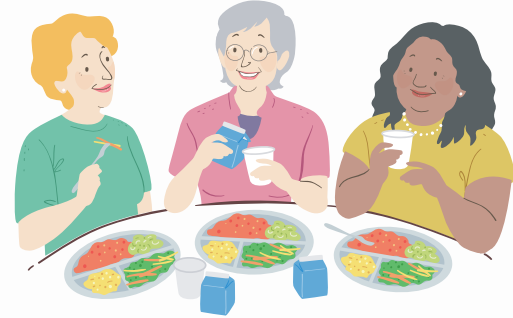
Find monthly menus on our website or call the ADRC office:

<https://www.co.sauk.wi.us/adrc/nutrition-and-dining-centers> | (608)355-3289

MOW

Meals on Wheels

Available for qualified individuals who are homebound and have nutritional need. Call the ADRC office to inquire: (608)355-3289



B

Baraboo Dining Site

Highpoint Commons, 1141 12th Street, Baraboo
In-Person Dining: Tuesdays and Thursdays
11:30am, Call for reservations (608)963-3436

LD

Lake Delton Dining Site

Frank Fischer Center, 20 Wisc Dells Pkwy S
In-Person Dining: Monday - Friday
11:30am, Call Pat for reservations (608)393-7214

SP

Sauk/Prairie Dining Site

Sauk Prairie Community Center, 730 Monroe St, Sauk City
In-Person Dining: Tuesdays & Thursdays
Noon, Call Torill for reservations (608)963-3437

R

Reedsburg Dining Site

Cornerstone Church, S3111 Ableman Rd, Reedsburg
Carry Outs Available
Call Julianne for Carry Out availability (608)963-3438

RCC

My Meal, My Way Soup & Salad

Reedsburg Country Club, 3003 E Main St, Reedsburg
In-Person Dining; Mondays & Wednesdays
11:30am - 1:30pm, No Reservation Required

MORE

THAN

A

MEAL

COOKING SAFELY

Many of us enjoy frozen meal products. While tasty, they must be cooked properly to kill the bacteria that causes Salmonella. For instance, frozen stuffed breaded chicken products often appear to be fully cooked. Despite their appearance, these products need to be cooked to an internal temperature of 165°F (74°C) to ensure that they are safe to eat.

Many product labels warn against using microwaves to prepare these types of foods and provide cooking instructions solely for ovens. Microwaves cannot fully kill Salmonella and other bacteria that can make you ill. Therefore, using an oven and a food thermometer helps to make sure food is properly cooked. To prevent Salmonella and other food borne pathogens make sure you follow cooking instructions on any product you have to cook.



SAFE MINIMUM COOKING TEMPERATURE CHART FOR Meat, Poultry, Eggs, and More

Use a food thermometer to check if food has reached an internal temperature hot enough to kill germs that can cause food poisoning, like norovirus, salmonella, E. coli, and staph. For every step of food preparation, follow these key guidelines:

CLEAN

 Wash hands and surfaces frequently.

SEPARATE

 Keep raw meat away from other foods.

COOK

 Cook food to the right temperature.

CHILL

 Refrigerate food quickly.

Minimum Internal Temperature

165°F	All poultry, including chicken, turkey, duck, and goose (breasts, whole bird, thighs, legs, wings, ground meat, giblets, stuffing)
	Wild game animals
	Precooked ham (to reheat)
	Leftovers and casseroles
160°F	Ground meat and meat mixtures (beef, turkey, veal, lamb)
	Egg dishes (frittata, quiche, omelet, etc.)
145°F	Fresh beef, veal, lamb (steaks, roasts, chops) Rest for 3 minutes before testing
	Fresh pork and ham Rest for 3 minutes before testing
	Fish with fins 145°F or until the flesh is opaque and splits easily with a fork
135°F	Fruits and vegetables cooked for hot holding (such as for buffets)
70-135°F	DANGER ZONE: Bacteria grow most quickly between these temperatures.

Eggs
Cook until both the yolk and the white are firm

Shrimp, lobster, crabs, and scallops
Cook until flesh is pearly/white and opaque

Clams, oysters, mussels
Cook until the shells open

HOW to COOK RECIPES

Sources: www.fsis.usda.gov | www.warren.cce.cornell.edu



Shopping Bus

The **Shopping Bus** will be going to Baraboo Walmart, Lake Delton Walmart, West Towne and East Towne Malls in Madison, as well as various shops close by. If you need assistance with shopping, an escort will be required to accompany you in the store. Drivers cannot assist with shopping. The cost is **\$3.00 per round trip**. Escorts ride for free. Seating is limited. To make a reservation, please call our **ADRC Transportation Reservation Line at (608)355-4888**. Trips are subject to cancellation or change with little notice.

Fun Day Bus

The **Fun Day Bus** runs every week and offers an opportunity for socialization and adventure. For a **round trip fee of \$5.00** per outing, our driver will pick you up at a pre-arranged location for a trip or tour for the day. **Passengers are responsible for any attraction fees that the destination may charge as well as their lunch.** Part of the experience includes a stop for a group meal at an affordable location. Our wide variety of excursions are designed by our drivers to be fun, affordable and educational. The trips provide a lively social environment during the ride and throughout the day. Find the Fun Day Bus schedule and reservation information on the next page!

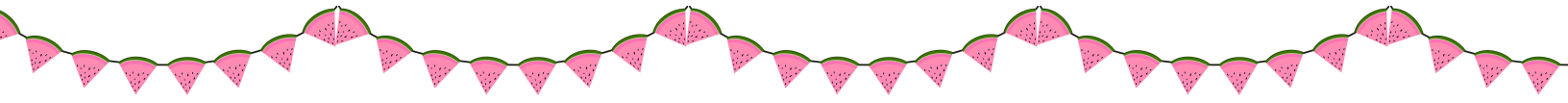
Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments and grocery/drug store trips. This service is available to Sauk County residents age 60 and over, and adults with disabilities who are unable to transport themselves. The cost to the passenger is \$0.35 per mile starting from and ending at the volunteer driver's home. **To schedule transportation, call the Transportation Office at (608)355-3278 at least 48 business hours prior to your scheduled appointment.**

Taxi Subsidy Program

The Taxi Subsidy program offers half-price taxi tickets for rides through taxi services in Baraboo (\$15.00), West Baraboo (\$7.50), Reedsburg (\$17.50) and Sauk Prairie (\$15.00). This service is available to Sauk County residents age 60 and over, and adults with disabilities who are unable to transport themselves. Taxi Tickets are good for 10 one-way rides within the city limits. **To get information or request an application, call the ADRC Receptionist at (608)355-3289.**

To allow everyone a fair opportunity to travel with us, we will not accept reservations until 2 weeks before the trip. We also request you make your reservation no later than 48 hours before the trip. To make a reservation, please call our ADRC Transportation Reservation Line at (608)355-4888 and leave a voicemail with your name, phone number, city of residence, if you use a wheelchair or not, and the trip you would like to attend. We will contact you 1-2 days prior to the trip to confirm a pickup time. Trips are subject to cancellation or change with little notice.



Fun BUS

June

7-Henry Villas Zoo

14-Badger Munition/Delany's Surplus

July

5-Wisconsin Capitol

12-Dane County Farmers Market

18-Portage Theater (\$5) (Tuesday)

26-Olbrich Botanical Gardens

(\$6/\$8 butterfly exhibit/members free)



August

2-Baraboo Fire Department

9-Epic

16-Sassy Cow Creamery (\$8)

23-Wisconsin State Fair (Sr \$13/Adult \$18)

29-Sun Prairie Theater/ Tuesday \$7

SHOPPING BUS

June

1-Madison West

8-Lake Delton Walmart & Surrounding areas

15-Madison East

22-Baraboo Walmart & Surrounding areas

29- Madison West

July

6-Lake Delton Walmart & Surrounding areas

13-Madison East

20-Baraboo Walmart & Surrounding areas

27- Madison West

August

3-Lake Delton Walmart & Surrounding areas

10-Madison East

17-Baraboo Walmart & Surrounding areas

24-Madison West

31-Lake Delton & Surrounding areas

Bus Rules

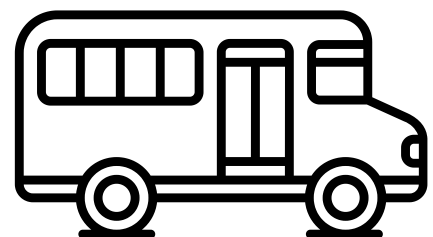
*Seatbelts must be worn

*Passengers must stay seated while the bus is in motion

*No eating or drinking on the bus

*Cover coughs and sneezes

*Monitor your health-if you aren't feeling well, please stay home



Uncertainty makes for anxiety. This can be observed across all aspects of life. When the economy is uncertain investors get nervous and markets are volatile. When a family moves, children are anxious about a new school and making new friends. The same holds true for health care and specifically the challenges faced by those who are experiencing uncertainty related to memory and cognition.

Suspected changes in brain function are very naturally a source of anxiety for any person or family. A dementia diagnosis is extremely difficult, but the clarity it provides can be beneficial in planning and discussion that can moderate uncertainty. The period of wondering and speculation prior to a potential diagnosis can be a time of significant anxiety.

Memory screening is a tool that can sometimes ease that anxiety. A memory screen is a short, simple test that can be administered to identify, or at times eliminate, concerns about cognitive changes. Memory screens can be administered by your physician but are also a service offered by ADRC Dementia Care Specialists in every Wisconsin county.

A memory screen is not used to diagnose dementia. Dementia Care Specialists are not medical professionals, they do not diagnose. A memory screen can, however, identify cognitive issues that may merit follow up by a physician or specialist. Alternatively, it can provide some reassurance if issues are not identified. Not all changes in cognition indicate dementia. The multiple forms of dementia are diseases. There are normal changes in brain function during aging that are in no way identified with dementia.

A memory screen can be administered in the home, at the ADRC or at memory screen events. Results are the tested persons alone to share as they desire. Confidentiality is diligently respected. The Dementia Care Specialist is available afterwards to discuss options and approaches, both practical and emotional. If an issue is identified the Dementia Care Specialist will encourage follow-up. With your permission only, the results can be sent to your physician for review.

Please contact the ADRC to reach the Dementia Care Specialist and discuss the potential for memory screening or any other related issues and questions.



Kurt

MEMORY SCREENING

FREE MEMORY SCREENINGS

Wisconsin Dells, WI

June 8th, 2023

10:00AM-12:00PM

Kilbourn Public Library

620 Elm Street

Wisconsin Dells WI 53965

WHY SHOULD I GET A MEMORY SCREENING?

Screening for dementia, much like screening for other diseases or chronic conditions, is a good way to detect the changes that can be signs of the onset of disease or other changes in cognition. Early detection is important. Stay in control of your own life!



A Memory Screen is a wellness tool that helps identify possible changes in memory and cognition; it creates a baseline to track changes in memory over time.

**The event is free and open to all
residents of Columbia and Sauk County.**

**Registration is required. To register, call the number
below according to what county you live in.**



**Sauk County Residents
Please Call:
608-355-3289**



**Columbia County Residents
Please Call:
608-742-9233**

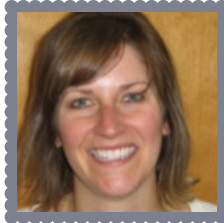
Information & Assistant Specialists



**Jim
Pritzkow**



**Julie
Mayer**



**Rachel
Heinzman**



**Hannah
Halverson**



**Kari
Edwards**



**Kim
Fiske**

**Helping you put the
pieces together!**



Tips to Protect Your Privacy and Stay Safe on Social Media

By the GWAAR Legal Services Team

These days, there are so many different websites and applications that people use to connect with their family and friends or to share news and ideas with their communities and beyond. Each one of these websites or applications have different safety and privacy considerations along with settings that individuals can use to help ensure that their personal information remains safe.

Facebook

Facebook is, perhaps, the most popular of all social media websites. It is also one of the most robust sites with many different features. For example, on Facebook you can join groups, find local events, or buy or sell items on Facebook Marketplace. If you post on Facebook, the post may be limited to only your “friends,” or you may be posting publicly in a group or on your page. If you post something and it has a globe icon next to it, this means that the post is visible to anyone, even if they are not your friend on Facebook. You will want to make sure that, by default, this is set to friends only. On Facebook, you can go into the settings and run a privacy checkup to change this. You may also change your settings to limit what people who are not your friend are able to see on your page. A common scam on Facebook is for someone to pretend to be someone else and then send you a friend request. For example, a scammer might steal one of your friend’s profile pictures and then create a new account with that person’s name. Then, they will send a friend request to all of that person’s friends. So, if you get a friend request from someone but you thought you were already “friends” with that person, double check before accepting the friend request.

Facebook also has a marketplace feature where people can buy and sell items. If you are buying something on Facebook marketplace, never give out your phone number or other personal information. You will also want to meet the seller in a public location. Many police departments have areas in their parking lots for just this purpose. These same guidelines apply if you are selling an item as well. If you are selling an item, a common scam is for someone to message you as if they are interested and ask for your phone number to call. Then, they will ask you to share a Google voice verification code.



article continued

Do not provide this number to the scammer! Instead, report the account to Facebook as a scam. For more information on this particular scam, visit

<https://consumer.ftc.gov/consumer-alerts/2021/10/google-voice-scam-how-verification-code-scam-works-and-how-avoid-it>

Instagram/Twitter/TikTok

Instagram is owned by Meta, the same company that owns Facebook. Instagram is a platform for sharing pictures and short videos. When you create an Instagram account, you may want to set the account to private. If your account is not set to private, anyone can “follow” you and view the content you post. If you leave your account public, you will want to be careful not to share any personal information in your posts. Similar to Facebook, people may create fake Instagram accounts to trick you into falling for a scam.

For more information on what to watch out for on Instagram, visit:

<https://help.instagram.com/514187739359208>.

Twitter and TikTok are two very different kinds of social media platforms, but they are similar to Instagram in one regard. Like Instagram, on Twitter and TikTok you may have your profile public where anyone can follow you without having to approve those requests, or you can set your profile to private so that you must approve any requests to “follow” or see any content that you post. It's recommended that, unless you're a public figure or are trying to get famous, that you set your profiles to private.

Snapchat

Snapchat is an app where users can share photos or short videos directly with friends or a group of friends. These photos or videos will typically disappear after viewing. A common misconception is that this is a safer way to share content since the content disappears after viewing. However, this does not mean this content will go away forever. Someone may take a screen shot of a photo or record a video with another device. So, you will want to be careful about what you share on Snapchat.

Snapchat users can also create “stories” which is one or multiple photos and/or videos viewable for a 24-hour period. By default, only 'friends' you've added on Snapchat can contact you directly or view these stories. Another common misconception about Snapchat is, if you post a photo or video to the “Snap Map” these are viewable to any Snapchat user, even if you haven't added them as a “friend.” For more information on Snapchat safety, visit: <https://help.snapchat.com/hc/en-us/articles/7012304746644-How-to-Stay-Safe-on-Snapchat>.

Nextdoor

Nextdoor is a social networking site that is localized to only the user's own neighborhood and surrounding areas. It requires users to verify their location via phone, geolocation, or by mailing a code to the user's address. This means that, in theory, all the users that are connected with one another live in the same neighborhood. However, as scammers always seem to do, they have found ways to get around Nextdoor's verification system. So, even though it's relatively safe to engage with your own neighbors on the platform, you still want to remain vigilant.



article continued

Nextdoor also has a marketplace feature where neighbors can buy, sell, trade, or give away items. The same safety precautions for buying and selling online apply to any such transaction on Nextdoor. You will want to meet the person in a public location near security cameras if at all possible and you will want to stay vigilant for scams. For more information on protecting your privacy and safety on Nextdoor visit: https://help.nextdoor.com/s/article/privacy-and-safety-on-nextdoor?language=en_US.

These posts are visible to the entire world regardless of the subreddit you are in. For example, if you are in the Madison, Wisconsin subreddit, it's not just Madison residents or group members who can see those posts. Reddit users typically remain anonymous, and you will never want to put your personal information in any Reddit post. Subreddits are monitored by moderators or "mods" who will typically remove a post that contains personal information, such as a phone number, but once your information is out on the internet, it's too late. People may have already copied or taken a screenshot of your personal information. It's best to just not do it in the first place.

Dos and Don'ts

Finally, some dos and don'ts that apply to most or all of these platforms.

- Do review the privacy settings in the app or website.
- Don't create a username containing identifying information, such as names, birthdays etc. For example, "ParkersGranny1952" is not a good username because it reveals the year the person was born and the name of one of their grandkids. A good username would be something like "Loves2Fish77889" or "BakewithGma9496" as long as those numbers don't mean anything like digits of a phone number or zip code.
- Do change your passwords for social media websites frequently.
- Don't give out your phone number to a stranger and don't ever give anyone a verification code that you get via text, email, or voice call.



Walk-Ins Available in YOUR Community! Come see our I&A's at:

Baraboo Dining Center

Highpoint Commons, 1141 12th St
Last Tuesday of each month, 11am-1pm

Sauk Prairie Community Center, Dining Center

730 Monroe St, Sauk City
First Tuesday of each month, 11am-1pm

Ho-Chunk House of Wellness

S2845 White Eagle Rd, Baraboo
First Thursday of each month, 2-4pm

Reedsburg ADRC Office

Human Services Building, 425 6th St, Reedsburg
Every Wednesday, 8am-12pm

Good Neighbor Clinic

95 Lincoln Ave, Prairie du Sac; 1-4pm
First & Forth Wednesday of each month

Frank Fischer Senior Center

20 Wisconsin Dells Parkway, Wisc Dells
Third Monday of each month, 11:30am-12:30pm

NEW OUTREACH LOCATION!



St. Vincent DePaul Resource Center

1906 North St, Prairie du Sac
First Wednesday of the month, 8:30am-11:30am

Disability Benefit Specialists



Quinn Hause



Holly Schafer



Social Security Cards Are Safer at Home

Scams to steal your personal information are at an all-time high. It's important to continue to safeguard personal documents such as your Social Security card.

A Social Security card is not an identification document. In many situations, you only need to know your Social Security number (SSN). Your physical card is not necessary for most business needs. In 49 states and the District of Columbia, a Social Security card isn't required to request a Real ID. Only Pennsylvania requires it.

Please be careful about sharing your number when asked for it. You should always ask why your number is needed, how it will be used, and what will happen if you refuse. Also, you shouldn't carry documents that display your number.

Do you need evidence for work? There are several documents you can use instead of your card. Other acceptable evidence includes the following:

- Birth Certificate.
- Permanent Resident Card or Alien Registration Receipt.
- Employment Authorization Document.
- Form I-94 or Form I-94A.



You do not need to show your physical card to apply for certain benefits. You can simply provide your SSN for benefits like:

- Housing.
- Health insurance.
- Food assistance.

You should also know your physical card is not required as evidence for the Department of Motor Vehicles or Driver License (REAL ID). The only state that requires a physical card is Pennsylvania. For all other states, other acceptable evidence includes:

- W-2 forms.
- Form SSA-1099.
- Non-SSA-1099 forms.
- Pay stubs.

article continued

Keeping your card at home reduces the risk of loss or theft – and helps you keep your information safe.

Access Your New Social Security Statement Online

We have exciting news to share: we've redesigned your Social Security Statement (Statement) to make it easier to find the information you need.

Who gets a Statement?

A Statement is available to any adult worker who does not receive benefits. Your unique Statement gives estimates of future Social Security benefits that you and your family may receive each month along with a basic overview of the Social Security program. It also provides a record of your earnings history and other valuable information. Your future benefits are based on your earnings record, so it's important to tell us when you see an error, so you can get it corrected and ensure you get all the benefits you earned. Your Statement explains how to report an error.

What's New in the Statement?

The redesigned Statement is streamlined and written in plain language to make it easy to read, use, and understand. We've divided the information into sections, like different types of benefits, so you can easily find what you need. The new Statement provides a bar chart with your personalized retirement benefit estimates for up to nine different ages, depending on when you may want your benefits to start. This key information can help you make educated decisions about your financial future.

Fact sheets tailored to your age group and earnings situation accompany your online Statement. The fact sheets can help you better understand Social Security programs, benefits, and how they fit your situation. For example, for younger workers, we provide more information about how you can save for your future; for older workers, we explain how benefits may be taxed and how to avoid a Medicare penalty. We include links in the fact sheets for easier reference and additional information.

Our Social Security Statement web page has samples of the Statement, as well as copies of the new fact sheets (in English and Spanish). Please share these resources with your friends and family.

Get Your Personalized Statement Online Today

The best way to access your new Statement at any time is by using your personal my Social Security account. If you don't have an account, be sure to create one today. Your account also lets you access other services online, such as requesting a replacement Social Security card and getting a letter proving you do not receive Social Security benefits.

Get started by signing in to or creating your my Social Security account today!

For a quick look at the redesigned Statement, visit our Social Security Statement web page and select "Sample Statement." You'll be able to open a sample PDF which you can download, save, or print.

To see your own, personalized Statement PDF, create or log in to your personal my Social Security account. There, you can print, save, or download your own Statement PDF to check your earnings record and personalized benefit estimates.

<https://www.ssa.gov/myaccount>



Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails

If you receive a suspicious call

- HANG UP
- DO NOT GIVE MONEY OR PERSONAL INFORMATION
- REPORT THE SCAM AT **OIG.SSA.GOV**



Securing today
and tomorrow

SSA.gov

HAPPY
Independence
DAY

**ADRC WILL
BE CLOSED
JULY 4TH**

**SCAM
ALERT**



Beware of online discounted US Postage Stamps for sale!

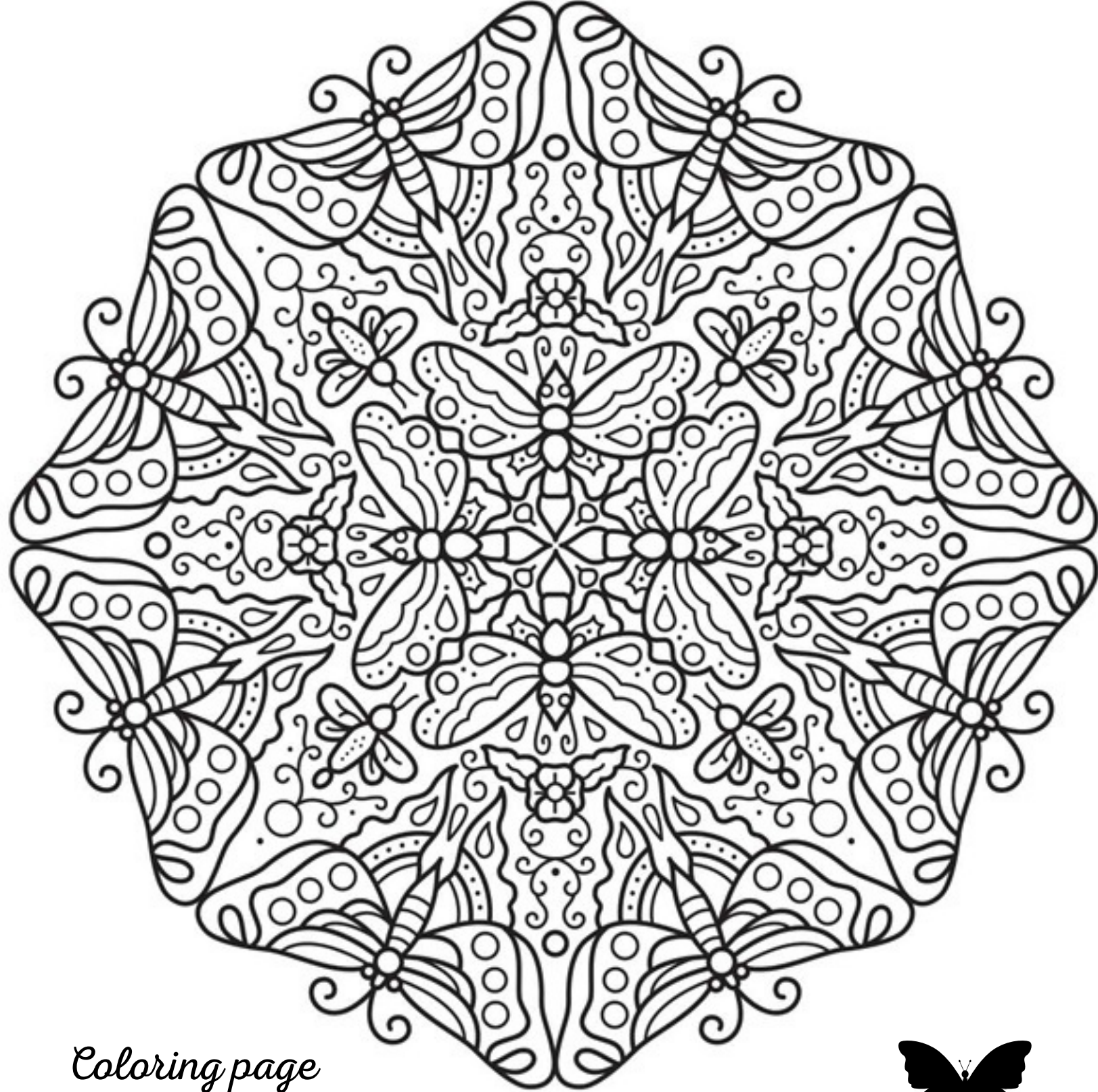
I like to think of myself as a trusting person. I don't always lock the car when I park, nor do I always lock the front door when I leave to go out. I know it's best to be careful, but I don't want to think of myself suspicious or be overly fearful. Also, I love to get a bargain. At the same time, I know that my parents were right when they said, "If something seems too good to be true, it isn't." Here's what recently happened.

A few weeks ago, I made an online purchase of some US postage stamps. These forever stamps were offered at 40% off the face value. The ad said their company purchased the stamps to be used for a catalogue mailing, but the mailing was canceled. Now, the company had no use for all the postage stamps, and they were simply trying to unload the stamps and recover some of their earlier cost. The ad clearly showed that the company was a member of the Better Business Bureau, and other trustworthy organizations. A deal like this was too good to pass up, so I ordered some stamps. They arrived as promised. The US flag forever stamps were neatly rolled in a cellophane sleeve and marked with a UPC bar code. The packaging looked exactly like the coils of stamps you would buy from the post office. But I wondered. "Are these really authentic US postage stamps?"

I showed them to the people at the post office, and they said they weren't sure, but stamps sold online at a big discount are virtually guaranteed to be counterfeit. So, for a confirmation one way or the other I sent the stamps to the US Postal Inspection Service. A week later I received a letter confirming that the stamps were counterfeit. Also, the letter said the inspection service "considers the intentional avoidance of proper postage to be a serious matter." They added that only very rarely are authentic forever postage stamps ever sold at less than face value, and these discounts would be very small. Any huge discount price for stamps is a clear and loud signal that the stamps are fake. The endorsement by the Better Business Bureau was also likely faked by a dishonest computer person who used the image from another web site. I tried to contact the seller, but my emails were never answered. Yep, as my parents said, "If something seems too good to be true, it isn't."

I will blame the whole experience on my trusting nature and thirst for a good deal. This is a combination that can easily go bad. On the upside, I now (almost always) lock my car and house doors, and quickly skip the offers that are too good to be true. I advise you to do the same.

Submitted by an ADRC Volunteer



*Coloring page
provided by:*



Meadows 
Assisted Living & Memory Care
477 Rainbow Road - Spring Green



The Pines
Senior Living

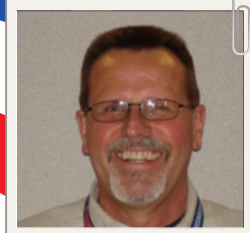
1050 Prairie Street - Prairie du Sac



Meadow Ridge
Senior Living

1700 Jefferson Street - Baraboo

VETERANS MESSENGER



Tony Tyczynski

Veterans Service Officer

Dear Friends,

Recently, we have had an increase in veterans and their families inquiring about outside private entities that are offering a quicker, easier route to getting a benefit that is officially called a non-service connected pension with aid & attendance. This benefit is for war-time veterans or surviving spouses of war-time veterans. It is a benefit that our office is capable of helping those in need apply for, and we do not charge anything for this assistance. There is no such thing as a fast track or quicker, easier way of applying. You should always be leery of these types of offers and definitely contact us if these folks contact you. They usually charge a substantial fee and are often out to get access to any assets you might have.

The VA has been sending out mailings and reaching out to veterans by phone regarding the new presumptives associated with the PACT Act. It is important if you have any questions or any of these conditions to contact us as soon as possible. All claims for these presumptives that were diagnosed prior to August 10, 2022 that are filed before August 9, 2023 will be given an effective date of August 11, 2022.



Our office will be relocating to the first floor of the West Square Building towards the end of May so by the time you get this we should have moved. Our new location will be where the ADRC has been located in the past.

Please try to **minimize walk-ins**. If nobody answers when you call, please leave a voice message, and give us 3-4 business days to return your call. Leave as comprehensive of a message as possible so we can prioritize these calls appropriately. Remember to call us to make an appointment or email us with questions you might have that can easily be answered this way.

Our email is

vetservice@saukcountywi.gov



In Your Service,

Tony

Rental Assistance Program (VRAP) Veterans

The following information is being shared from the State www.vrapwi.com The Veterans Rental Assistance Program (VRAP) provides rental assistance for veterans who are struggling because of their limited or fixed incomes that have not kept pace with record increases in energy and housing costs. The VRAP also places a high priority on providing the much-needed assistance necessary to result in long-term housing/economic stability for those who are being served.

article continued

A. In order to qualify for a VRAP benefit you must meet the requirements listed below and provide the necessary documentation for both the Wisconsin Home Energy Assistance Program (WHEAP) and VRAP.

1. Complete a simple WHEAP application for energy assistance. This can be done using one of the following methods:

- Contact us online by visiting heat.help
- By telephone calling 833-WIS-VRAP (833-947-8727)
- By appointment at one of our healthy, COVID-sensitive service centers by calling 833-WIS-VRAP (833-947-8727) or visiting esiwi.com/book-an-appointment

2. For VRAP, you must have a gross income at or below 80% of your county's medium income. Sauk County's is \$3,838 for a household size of 1 and goes up from there. Call VRAP for more details.

3. Complete VRAP pre-application for rental assistance online or by telephone.

4. Provide proof of all household income for the prior month. For example, if you're applying in December, you will need to provide proof of gross income for November. Proof of income could be in the form of check stubs, social security award letters, unemployment printouts, etc. Our VRAP staff team are available for more information or to assist you in obtaining documentation.

5. If requested by VRAP staff team, provide a copy of your lease and/or proof of rental payments.

B. Participation for VRAP benefits will only result in a rental assistance payment paid directly to your landlord if and when all requirements have been met and documentation has been provided.

C. After completion of your VRAP pre-application at vrapiwi.com, you will receive an email with detailed instructions and the necessary VRAP income attestation form that certifies your gross income period. Upon accessing the vrapiwi.com website an access code will be provided within the email. You will then be able to upload the required documentation to complete your application.

D. When completing the WHEAP application recipients may also be eligible for utility/energy payment assistance through the Wisconsin Home Energy Assistance Program. Keep Wisconsin Warm/Cool Fund, Low Income Household Weatherization Assistance Program that may also include assistance with your furnace, or other available charitable resources based on 2022-2023 New Energy Assistance Income Guidelines

Contact VRAP for more information. 833-WIS-VRAP (833-947-8727) or email us at support@vrapiwi.com.

One of our dedicated VRAP services team members will shortly respond to your inquiry.

Upcoming Events

Please check with these organizations before attending any 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 or check with the organizations.

Women Veteran's Coffee - Tin Roof Dairy & Spirit Lake Coffee Roasters, 119 Third St, Baraboo, WI - First Wednesday of the month at 1:30 p.m.

There is a Veterans Coffee get together that meets **weekly on Thursdays** from 8-10 a.m. at the Legion Hall in Lavallo. The hall is located at 116 W Main St, LaValle.

The Reedsburg Thurber-Greenwood VFW Post 1916 breakfast will be served **every second Sunday** from 8:00 A.M-12:00 P.M. Please stop by and enjoy breakfast if you can. Menu items include: Made to order omelets, scrambled eggs, breakfast sausage, hash browns, homemade buttermilk pancakes, biscuits and gravy, applesauce, bagels with cream cheese, toast, and drinks of your choosing. Pricing: \$10 per person; Children under 10 are \$1 for each year of age.

The Dells Judo Club (4 years - adult) Held on Tuesday & Friday from 6-8 p.m. at the Delton Sportsman's Club (off Hwy P), E9602 Berry Rd, Wisconsin Dells, WI 53965. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc.



Thank You



The Veterans Care Trust Fund Trustees want to thank all those that have recently donated. Because of your generous tax-deductible donations, they have been able to help needy veterans of Sauk County in various ways. They have helped veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

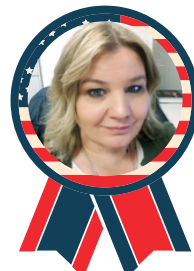
SAUK COUNTY VETERANS SERVICE STAFF:



Pamela Russo
Programs
Coordinator

Dear Sauk County Veterans,
Thank you for allowing me to work with all of you for the last 15 ½ years in the Veterans Office. My last day here was May 5, 2023. I have enjoyed helping you and thank you for your service and sacrifices so that I may enjoy the freedoms I do. Stay safe & healthy.

Pamela Russo, Programs Coordinator



Sandy Deich
Veterans Benefit
Specialist



Becky Held
Benefit
Specialist

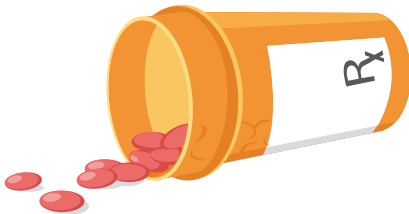
Cop's Corner

Written by a Member of the Sauk County Chiefs Association

Medication Safety Tips

According to the American Academy of Pediatrics, about 50,000 children under the age of 5 go to the emergency department each year for poisoning after getting ahold of medicine. Teenagers can also be pressured into taking prescription medications, which can have deadly results. Medications need to be secured and out of the reach of children. These tips can help protect the children you love.

- Safe Storage- out of reach and sight.
- Store all medications in a cupboard or high shelf, well out of a child's sight. In about half of over-the-counter medication poisonings, the child climbed onto a chair, toy or other object to reach the medication.
- Keep medicines in their original containers, with child-safety caps.
 - o If there are controlled substances (like prescription pain medications or ADHD medicine) consider using a locked box for extra safety.
- Keep track of how many pills are in the bottle and write the start date on the label. This way, if a spill occurs, you'll know if any are missing.
- When giving your child or grandchild medicine, lean over a counter or table. This helps contain any accidental spills.
- Any medication can be dangerous, so treat all products with the same respect. We worry about opioids, but some blood pressure and diabetes medications can be fatal to a toddler who swallows only one pill.
- If a medication spills, vacuum or sweep the area as an extra precaution to ensure nothing is missed.
- Medication Disposal- safe disposal of medicines help ensure that they don't get into the hands of others. Locate a pharmacy, poison control center, public safety building, drug take back program or doctor's office that accepts unused medications.
 - Know basic first aid and keep the American Association of Poison Control Center (1-800-222-1222) stored in your phone.



Patrick Cummings, Chief of Police
Reedsburg Police Department







988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.



REDUCE, REUSE, RECYCLE



-  **PLAN:** Calculate how much paint you might need for a project before you purchase your paint. Determine the number of coats of paint you will need to apply. Check out online resources for paint calculators to help you calculate how much paint you will need for a project.
-  **USE IT:** Leftover latex paint can last years if it is stored properly. Save extra paint for touch ups in the future by keeping it at room temperature in an airtight container (place in a new airtight container or place plastic wrap over the opening, place lid tightly on can, and store upside down).
-  **RETURN:** for any unopened cans of stock colors (not custom tinted paint), check with your retailer to see if you can return the paint for a refund.
-  **SHARE:** See if any friends or neighbors can use left over paint or try to use up leftover paint for craft projects.

Oil based paints and stains should be disposed of at hazardous waste collection sites such as Sauk County Clean Sweep. For more information on Clean Sweep and Alternative Disposal Options, please visit the website listed below or contact (608) 355-3245



www.co.sauk.wi.us/landconservation/clean-sweep-alternatives

HOW TO DISPOSE OF LATEX PAINT



Latex paint is water based and not a hazardous waste material. It can be disposed of in your trash, however, it must be **completely solidified** before throwing it away.

How to dry latex paint:

You can simply open the lid and let the remaining paint dry in the can. Another option is to pour the paint out into a box lined with a piece of plastic and let the paint sit to dry. To speed up the process or for larger amounts of paint, you can mix in kitty litter, sawdust, or a paint-dry product purchased from a hardware store. Once you mix in the hardener/paint dry product, let the paint sit until completely dry. Once completely SOLID, put in trash to dispose of.



What to do with the empty can:

Empty metal cans that are free of rust and have been rinsed free of any paint can be placed in the recycling bin. Remove the lid to show that the can is clean and empty when placing it in the recycling. Please note that metal cans that are rusty, plastic containers, or cans that are not clean cannot be recycled and should be disposed of with your regular trash.

For AddLIFE Today! questions or comments,
please contact Yvette Ledezma at
(608) 355-3289 or email at
yvette.ledezma@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
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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

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postage costs as well as the amount of paper
generated!

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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 _____

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- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
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- ☐ Stepping On
- ☐ Shopping/Grocery/Fun-Day Bus
- ☐ Tele-Assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Programs

Kindly make checks payable to:

'ADRC'

505 Broadway St, Room 102
Baraboo, WI 53913

We also accept credit cards! Call
the ADRC to inquire (608)355-3289
or donate directly here:
www.co.sauk.wi.us/adrc/donations



Aging & Disability Resource Center
505 Broadway St
Baraboo, WI 53913

CHANGE SERVICE REQUESTED

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



summer word search



- AUGUST
- BARBECUE
- BEACH
- BOATS
- CAMPING
- COTTAGE
- FIREWORKS
- FRUIT
- GRILLING
- ICE CREAM
- JULY
- JUNE
- PICNIC
- POOL
- POPSICLE
- SAND
- SANDALS
- SUMMER
- SUNSHINE
- VACATION

