

**Winter 2023**  
**Volume 15 Issue 4**

# AddLIFE Today Newsletter!



**Aging & Disability Resource Center: 608-355-3289**  
**Veterans Service Office: 608-355-3260**

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

## TAX ASSISTANCE PROGRAMS (VITA/TCE)

To locate an open site near you and learn about work schedules and protocols, use the VITA/TCE Locator Tool or the AARP Site Locator Tool. These tools will not be available until the **middle of January**.

These locator tools are updated throughout the filing season, so please check back if you don't see a nearby site listed.

VITA/TCE: (800)906-9887

<https://irs.treasury.gov/freetaxprep/>



AARP Site Locator: (888)227-7669, [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations.html](https://www.aarp.org/money/taxes/aarp_taxaide/locations.html)

If you need additional information call:

- The United Way at "211"
- Wisconsin Department of Revenue - Customer Service Bureau at (608)266-2486

Information gathered from the State of Wisconsin, Department of Revenue



## IT'S TAX TIME

The Tax-Aide Counselors will once again be providing assistance to taxpayers for filing their tax returns. You can make appointments for either Dodgeville or Spring Green. Please call (608) 930-9835 after January 10th to make an appointment.

### Tax-Aide Tax Preparation

The volunteers can prepare many returns but cannot do returns for working farms, self-employment with over \$20,000 in expenses or depreciation, married filing separately, rental income with expenses and other more complicated returns.

After you make your appointment, you will need to pick up a packet of forms prior to the day of your appointment. The packet will contain a list of everything you will need to bring.

As in the past, you will need a Picture ID for taxpayer and spouse and Social Security Cards for you, spouse and all dependents. Medicare card is not accepted.

**Please note: The ADRC is not involved  
in scheduling or preparing taxes. We  
are only sharing the information we  
are given to keep you informed.**



# 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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# Phone Scams: Fraud Prevention

Dear Friend,

If you have a cell phone, you're probably noticed an increased in text messages from people you don't know. According to call-security from RoboKiller, Americans are receiving 18% more spam texts, also known as smishing, compared to last year. This is particularly concerning given how effective this tactic is. The Federal Trade Commission reported \$330 million in losses last year to fraudulent texts. We expect this is just a fraction of losses, given vast underreporting by fraud victims.

With smishing scams on the rise, here's what you need to know:

## How It Works

- You receive a text message claiming to be a legitimate business or government agency.
- You could be warned of an urgent issue with your bank or retail account or a shipment.
- Or the message tries to entice you with the promise of free prizes, gift cards, coupons or deals.
- You'll be instructed to click a link to learn more, pursue an offer or resolve a problem.
- You may also be asked to provide personal information—such as your banking info, credit card number or Social Security Number.

## What You Should Know

- Criminals use caller ID spoofing to make the text appear to be coming from a trusted or local source.
- Clicking a link may take you to a spoofed website that looks real but isn't, such as that of a financial institution. If you attempt to log in, the criminals can steal your username and password.
- Other links might install harmful malware on your phone that steals your personal or financial information without you realizing it.
- Beyond suspicious or mysterious links, warning signs of fraudulent texts include urgency, misspellings, sales pitches and misleading or incomplete information.
- Remember that government agencies almost never initiate contact by phone or text.

## What You Should Do

- Do not engage with texts from unknown numbers or others that appear suspicious, even if the message says you can "text STOP" to avoid more messages. (This confirms your number is active, which will lead to more scam texts.)
- Avoid clicking on links from texts; rather, type the web address into your browser directly, use your app if that's an option, or call the "sender" using a verified phone number.
- Never share sensitive personal or financial information by text.
- Report texting scam attempts to your wireless service provider by forwarding them to 7726 (or "SPAM").
- Filter out junk texts by updating your phone's messaging app settings, using call-blocking services through your wireless carrier, or installing call-blocking apps.

Knowledge gives you power over scams. The AARP Fraud Watch Network equips you with reliable, up-to-date insights and connects you to our free fraud helpline so you can better protect yourself and your loved ones. We also advocate at the state, federal and local levels to enact policy changes that protect consumers and enforce laws.

Sincerely,

Kathy Stokes

AARP Fraud Watch Network





## FROM THE DIRECTOR'S DESK AT THE ADRC



Susan Blodgett

# *Let Your Voice be Heard!*

To be a strong and supportive Aging & Disability Resource Center, we need your help! The ADRC receives funding from the Older Americans Act to provide many of our services such as congregate and home delivered meals, caregiver supports such as respite care, classes like 'Stepping On' and 'Powerful Tools for Caregivers', and efforts to make Sauk County Dementia Friendly. The Older Americans Act requires us to prepare an 'Aging Plan' every three years to plan for services needed for residents over age 60. This plan is due to our funder in the Fall of 2024. Before then, the ADRC needs to hear what services you need from the ADRC. Your comments help us determine the best way to spend funds in Sauk County during the next plan cycle: 2025-2027. We need to know:

- What are the top things that need to improve to help older adults in our community as they age?
- Are there any services or events you have heard of in the other communities that you think would be helpful to older adults in our county?
- When you think of the ADRC, what is the first thing that comes to mind?

Will you help us get started in our information gathering? You can help in two ways. First, on the next page, you will find a simple survey that you can cut out, complete, put a stamp on and mail it back to the ADRC. Second, invite us to your next event! If you belong to a community service organization, church group, book club, social gathering – please contact us! We would love to talk with your group about the things you see as needs for older adults in Sauk County. Make sure you take this opportunity to let your voice be heard. We look forward to learning your thoughts. Thank you!

-Susan Blodgett





**The ADRC is looking for your thoughts and ideas that will help us improve programs and services for the residents of Sauk County as they age. Answers will help us develop our next 3-Year Aging Plan (2025-2027).**

**PLEASE RETURN TO THE ADRC BY FEBRUARY 1ST, 2024**

1) What are the top **four** things that need to improve to help older adults in our community as they age? Please check **FOUR**:

- |  |   |
|--|---|
| <input type="checkbox"/> Transportation options                            | <input type="checkbox"/> Dementia/Alzheimer's support                 |
| <input type="checkbox"/> Access to healthy food                            | <input type="checkbox"/> Access for people with disabilities          |
| <input type="checkbox"/> In-home care support                              | <input type="checkbox"/> Advocacy for issues affecting older adults   |
| <input type="checkbox"/> Help with social isolation & loneliness           | <input type="checkbox"/> Fair access to resources for minority groups |
| <input type="checkbox"/> Help understanding Medicare and drug plan choices | <input type="checkbox"/> Opportunities for socialization              |
| <input type="checkbox"/> Ways to get and stay fit and healthy              | <input type="checkbox"/> Other_____                                   |
| <input type="checkbox"/> Help with home repairs and upkeep                 | _____   |
| <input type="checkbox"/> Affordable housing options                        | <input type="checkbox"/> Other_____                                   |
| <input type="checkbox"/> Support for family caregivers                     | _____   |
| <input type="checkbox"/> Mental health supports and services               |   |

2) Are there services or events you have heard of in other communities that would be helpful or beneficial to older adults in Sauk County?

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3) What is the ADRC doing well and should continue to do?

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4) When you think about the ADRC, what is the first thing that comes to mind?

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*If you are interested in sharing more of your ideas about supporting older adults in Sauk County or would like to participate in a focus group, please leave your contact information below and a staff member will contact you.*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail (if desired): \_\_\_\_\_

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**Place  
Stamp  
Here**

**Aging & Disability Resource Center  
Attn: Susan Blodgett  
505 Broadway St  
Baraboo, WI 53913**

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# The Volunteer Buzz

Volunteer Coordinator

Keri Luther



**THE HOLIDAYS ARE UPON US! AND WHAT A GREAT TIME TO GIVE THE GIFT OF VOLUNTEERING AND HELPING YOUR NEIGHBORS ACROSS SAUK COUNTY. WE HERE AT THE ADRC ARE ALWAYS LOOKING FOR VOLUNTEERS.**

## Volunteer Opportunities

- Volunteer Escort Drivers: Provide transportation for Sauk County residents that are age 60 or older and/or disabled to medical appointments. You choose what days and times you want to be available.
- Meals on Wheels Drivers: Deliver meals from local dining centers in Baraboo, Reedsburg, Lake Delton and Sauk City to home bound adults. Volunteers can deliver once a week, twice a month or even as a fill-in.
- Dining Center Helper: Reedsburg needs help with packaging meals for our Home Delivered Meals Program.
- Staff Support: Fill-in with assisting with a variety of office duties to aid the ADRC in providing information and phone coverage.

Both the Volunteer Escort Drivers and Meals on Wheels Drivers have the option to receive some mileage reimbursement.

Volunteers make an immeasurable difference in people's lives and often serve with the intention of helping others.

Did you know that volunteering can benefit your health as well? Improves physical and mental health. Volunteering reduced stress and increases positive, relaxed feelings by releasing dopamine. By spending time in services to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases the risk of many physical and mental health problems, such as heart disease, stroke, depression, anxiety, and general illness.

Volunteers provide a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful. Older volunteers experience greater increase in life satisfaction and self-esteem.

**Give me a call and we can discuss how YOU can help those around you this holiday season and all year long.**

**608-355-3289 or [keri.luther@saukcountywi.gov](mailto:keri.luther@saukcountywi.gov)**

**Or apply online: [www.co.sauk.wi.us/adrc/volunteer-opportunities](http://www.co.sauk.wi.us/adrc/volunteer-opportunities)**

**Thank you & Happy Holidays!**

# 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

### Medicaid Planning for Funeral and Burial Expenses

By the GWAAR Legal Services Team (for reprint)

Maintaining Medicaid benefits while saving money for funeral and burial expenses is not easy. If you have too many assets, you could lose your Medicaid eligibility. Fortunately, there are ways to plan for these expenses while meeting the Medicaid eligibility asset requirements. General information regarding your options is provided below:

**Life insurance Funded Burial Contract (LIFBC):** As its name indicates, an LIFBC is a burial contract that is funded by your life insurance proceeds. This option allows you to contract for funeral burial expenses and guarantee payments with your life insurance policy. An irrevocable LIFBC will not affect your Medicaid eligibility.

#### To obtain an LIFBC:

- Make an appointment with a Pre-Planning Advisor at the funeral home of your choice. Be sure to tell them you are on Medicaid now or expect to be on Medicare in the future.
- Create a statement of specific goods and services that outlines the services/items purchased.
- Purchase a life insurance policy through the funeral home.
- Irrevocably assign the proceeds of your life insurance policy to the funeral home.

There is no set limit on the monetary value of a LIFBC; however, the LIFBC must be for a “reasonable” amount. The average funeral costs between \$6,000 and \$12,000, depending on whether cremation and/or a casket are chosen, and the type of services held.

**Irrevocable Burial Trusts:** This type of trust allows a Medicaid beneficiary to deposit up to \$4,500 into an irrevocable trust account to pay for their funeral and burial expenses. A married beneficiary may set aside an additional \$4,500 in a separate irrevocable burial trust for their spouse.

- Note that if a trust is designated as “irrevocable” and contains \$4,500 or less, it will not count as an available asset for Medicaid eligibility purposes. However, once you put money into an irrevocable trust, you no longer have access to the funds.
- You should designate any interest or profits from the trust as “irrevocable,” too. If you do not make this designation, trust profits or interest will count as available assets for Medicaid purposes.
- Be sure to outline the details of the trust in writing.
- Irrevocable burial trusts reduce the amount that someone can have exempt in their burial fund, dollar-for-dollar (up to \$1,500).

**Burial Spaces:** This option allows a Medicaid beneficiary to purchase a burial space without affecting their Medicaid eligibility. A burial space is an exempt asset, regardless of its value. To purchase a burial space, contact the funeral provider or cemetery of your choice. Burial spaces can be purchased upfront or through an LIFBC (see above).

The following are exempt for Medicaid asset eligibility determinations:

- burial spaces, burial plots, crypts, urns, niches and other traditional repositories for human remains;
- necessary and reasonable burial space markers, including headstones and plaques, and
- arrangements for opening and closing the gravesite.



Note that the exemption applies to a contract to purchase a burial space when the contract creates a present right to the space. However, if the space is paid for in installments, the space is not an exempt asset until the balance is paid in full.

Each person may have more than one type of space when reasonable. For example, a burial plot and a mausoleum would not be exempted for the same person.

**Burial Funds:** These funds are designated for an individual's burial expenses. Individuals can have up to \$1,500 in a burial fund, and the fund will not count as an available asset. The funds can be used for an individual and their spouse's burial, cremation and other burial-related expenses.

Medicaid members and their spouses may each have one burial fund.

- Note that if the money designated as a burial fund is used for any other purpose, the fund will lose its exempt status and will be counted as an available asset.
- Burial funds must be kept in a financial instrument, like a bank account or trust. If you keep cash in your home for burial expenses, you will not receive the benefit of the burial fund exemption.
- The amount of burial funds that can be exempt is reduced—dollar-for-dollar—by amounts held in LIFBCs and irrevocable burial trusts.
- Any person wishing to exclude burial funds must be willing to provide in writing the fund's location, type, amount of funds and account number.

Interested individuals may want to consult an experienced Medicaid planning attorney before making funeral and burial arrangements. To obtain contact information for attorneys in this field, call the State Bar of Wisconsin Lawyer Information and Referral Service (LRIS) at (800) 362-9082, or visit the National Academy of Elder Law Attorneys (NAELA) at [www.naela.org](http://www.naela.org) to find a lawyer near you.

## Department of Health and Human Services Selects the First Drugs for Medicare Drug Price Negotiation

By the GWAAR Legal Services Team (for reprint)

The Inflation Reduction Act (IRA) changed the longstanding policy against Medicare negotiation of prescription drug prices. Now, Medicare can negotiate prescription drug prices directly with manufacturers. The first set of drugs have been selected, with many more to come each year. These drugs are listed below:

Drug Name	Commonly Treated Conditions	Total Number of Medicare Part D Enrollees Taking the Drug in CY2022 <sup>a</sup>		
		LIS	Non-LIS	Total
Eliquis	Prevention and treatment of blood clots	1,013,000	2,492,000	3,505,000
Jardiance	Diabetes; Heart failure	562,000	759,000	1,321,000
Xarelto	Prevention and treatment of blood clots; Reduction of risk for patients with coronary or peripheral artery disease	370,000	941,000	1,311,000
Januvia	Diabetes	426,000	459,000	885,000
Farxiga	Diabetes; Heart failure; Chronic kidney disease	280,000	359,000	639,000
Entresto	Heart failure	203,000	318,000	521,000
Enbrel	Rheumatoid arthritis; Psoriasis; Psoriatic arthritis	26,000	21,000	47,000
Imbruvica	Blood cancers	4,000	18,000	22,000
Stelara	Psoriasis; Psoriatic arthritis; Crohn's disease; Ulcerative colitis	10,000	10,000	20,000
Fiasp; Fiasp FlexTouch; Fiasp PenFill; NovoLog; NovoLog FlexPen; NovoLog PenFill	Diabetes	431,000	332,000	763,000



## **Elder Benefit Specialist Remote Site Visits**

See Mindy or Pam in your community!

### **SPRING GREEN LIBRARY**



### **PLAIN LIBRARY**



### **SAUK PRAIRIE COMMUNITY CENTER**



### **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.

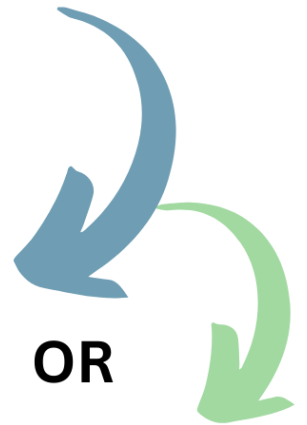
Pre-registration is required: (608)355-3289





# We want to hear from you!

What's important to you?  
Let's hear it!



OR

<https://bit.ly/409FaSl>

The City of Reedsburg is working to make sure our community is age friendly for all our citizens.

SURVEY IS AVAILABLE  
FOR RESIDENTS 45 OR  
OLDER AND OPEN FROM  
DEC 1, 2023 - JAN 31, 2024

## DID YOU KNOW?!

- BY 2030, 1 OF EVERY 5 PEOPLE IN THE U.S. WILL BE 65 OR OLDER.
- BY 2034, THE NUMBER OF ADULTS OLDER THAN 65 WILL BE GREATER THAN THE NUMBER OF CHILDREN UNDER 18.



# Are YOU a Caregiver?



## All About Aging!

Marina Wittmann  
Aging Program Coordinator



Have you heard the famous quote from Former First Lady of the United States, Rosalynn Carter? She famously said, “There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers”. Wow – that’s sure a lot to unpack in one sentence! As our population continues to age, this sentence will only become truer.

So, what do you think of when you hear the word caregiver? Maybe you think of someone who is hired to provide in-home care as part of their job. But do you think about the daughter who stops by each day after work to check on her parents, throw in a load of laundry and load the medication box for the following week? What about the nephew who takes off work to take his aunt to her dialysis appointments? How about the wife who’s now responsible for managing the checkbook, taking care of the snow removal and lawn care because her husband is no longer able to handle the tasks he once did? According to Wisconsin AARP, there are nearly 600,000 family caregivers in Wisconsin who provide \$9.2 billion of UNPAID care for their loved ones each year. On a national level, it’s estimated that there are 53 million Americans who provide unpaid care to someone who is aging, ill, or disabled (according to the Rosalynn Carter Institute for Caregivers). Those numbers are staggering, but the data probably isn’t capturing individuals who don’t consider themselves caregivers.

There are thousands of people who play critical roles in maintaining independence for someone they love, but they may not realize they are family caregivers. Are you one of them? Let’s find out!

Are you a son, daughter, relative, friend, or neighbor who:

- Arranges medical appointments and provides transportation?
- Prepares meals or assists with grocery shopping?
- Helps with cleaning or laundry?
- Checks in regularly to make sure your loved one is ok?
- Generally worries about their loved one’s well-being?

Are you a spouse who:

- Has take on duties such as cooking, bill paying, or chore upkeep that used to be done by your spouse?
- Must accompany your spouse to places they used to go alone?
- Assists with activities of daily living like bathing, dressing, or grooming?
- Feels unable to leave your spouse alone?

If you answered “yes” to any of these, you are a family caregiver. It is easy to downplay what you do as just doing things for people you love. Yes, that is absolutely true-you do those things because you care for that person and their well-being. You provide assistance to that person who without that, might not be able to live in their own home. The “little things” you do for your loved one are the BIG THINGS that allow them to maintain their independence.

continued...



It is important to recognize and identify family caregivers because it opens the door to resources and support that can complement care already being provided.

The ADRC has supports for family caregivers such as respite funding, support groups, memory café's, online learning tools, educational workshops, caregiver lending library, Dementia Care Specialist program, and more! Maybe you don't need these services right now, but as Former First Lady said, "There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers".

*Sincerely,  
Marina*

Please reach out to inquire about caregiver support services. ADRC (608)355-3289.

The ADRC wrapped up another successful Stepping On workshop at the Sauk Prairie Community Center in Sauk City. We want to thank the following guest experts who made this workshop successful: Duane Darling from Sauk Prairie Healthcare, Chasity Willis from the DHS, Lieutenant David Griffin from Sauk Prairie Police Department, and Pharmacist Matt from Eannelli Pharmacy. We also want to thank Mitch and all the staff at the Sauk Prairie Community Center for allowing us to hold our workshop there! Finally, thanks to all the participants who took the workshop with us. **We are recruiting for our next workshop in Plain. Call Marina at the ADRC (608)355-3289 to add your name to the list!**

**Stepping  
On**

© Clemson, Swann & Mahoney, 2022



The 5th Annual Caregiver Boot Camp was held in Spring Green on November 11. We want to thank the Spring Green Library for providing the space and helping us advertise! We also want to thank Jody Krainer from the Wisconsin Alzheimer's Institute for her excellent presentation on Caregiver Burnout. Interested in our next Boot Camp - call Marina at the ADRC (608)355-3289.



*Thank You*

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

Mack & Kathy Brandel for Home Delivered Meals-In memory of

Margaret Guadaramma

Anonymous for Transportation Program-In memory of Bill Wermuth

Richard & Nancy Peidelstein for Transportation Program

Louise Saccomanno

Your donations are greatly appreciated!





**Meg Allen,**  
**Nutrition Coordinator**



**Torill**  
**Sauk City**



**Pat**  
**Lake  
Delton**



**Barb**  
**Reedsburg  
Country Club**



**Rick**  
**Frozen Route  
Driver**



**Julianne**  
**Reedsburg**



**Jill**  
**Baraboo**

# Nutrition News!

I am amazed that 2023 is already coming to an end and a new year is on the way. This has been a very busy year for the Nutrition Program, and we have much to be thankful for.

In January we signed a contract for our hot meals with a new caterer, Mazo Catering. Proprietor and Chef Chris Kettner has been in the business over 40 years, and he brought his savvy and skill to our program. His menus include familiar favorites like roast beef and new treats like chicken salad sandwiches on a croissant and even liver and onions! He prepares many dishes from scratch which allows him to better control sodium and choose higher quality meats and vegetables. His meals have truly helped to revitalize our program following the catering challenges we faced during the COVID-19 pandemic.

The soup and salad bar at the Reedsburg Country Club continues to shine. We are delighted to report that the site ranks 22nd in the State of Wisconsin for highest participation! The facility is beautiful. The dining room has wall to wall windows filling the room with natural light and views of the grounds. The soup is homemade, and the salad bar includes a variety of delicious fresh veggies as well as protein options, fresh fruit and more. Most of all, the volunteers at the site create a warm and welcoming environment for newcomers and regulars alike. No wonder it's a hit!

While the nutrition program is about food for sure, it's also about people. The staff and volunteers who run the program are an amazing team. We faced some personnel challenges this year and, every time, staff and volunteers went above and beyond to make sure our diners received their meals - whether it meant covering a dining site, helping package meals, driving a home delivered meal route, picking up the groceries for breakfast bags, or whatever needed to be done. We had some fun along the way too! There were birthday parties, a Mardi Gras celebration, and even a cookout to celebrate the 50th anniversary of Nutrition Program. Staff and volunteers care deeply about the people they serve, and the program would not be possible without all of them.

To our guests/diners: we are so grateful to spend time with YOU. You are the key to creating community at the dining sites, to making everyone who comes for a meal feel welcome and included. Having endured the COVID-19 pandemic, the value of staying socially active and connected is more than a statistic from a study. You have lived the experience of isolation, and you are committed to rebuilding community and engaging with your neighbors.

Looking to 2024 we would like to encourage folks who may not have tried a meal at a dining site to stop by. Winter can be a time to hole up and stay home. A little hibernation feels pretty good when a winter storm is howling. But there will also be days of bright sunshine and clear roads. Might be nice to go out for lunch with friends at a new place. We look forward to seeing you!



# ADRC Dining Sites

Suggested Contribution:

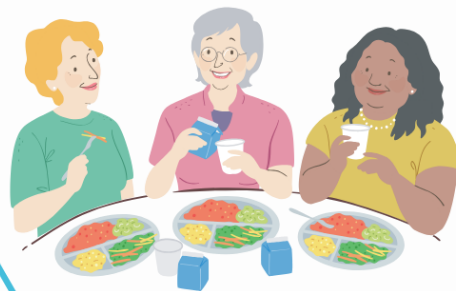
\$4/meal for dining sites and Meals on Wheels, \$6.50/meal at Reedsburg Country Club

Find monthly menus on our website or call the ADRC office for a hard copy:  
<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: Monday thru Thursday  
11:30am, Call Jill for reservations (608)963-3436

**LD**

## Lake Delton Dining Site

Frank Fischer Center, 20 Wisc Dells Pkwy S  
In-Person Dining: Monday thru 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: Mondays, 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; Wednesdays & Thursdays  
11:30am - 1:30pm | No Reservation Needed

**MORE**

**THAN**

**A**

**MEAL**



# Respiratory Viruses



COVID, Flu, and RSV are all respiratory viruses. While they may only cause mild symptoms in some, for others, they can be serious and even deadly. Older adults, infants, and those with weaker immune systems are some of the groups that are at a higher risk for severe illness when it comes to respiratory viruses.

## *How are respiratory viruses spread?*

These viruses are spread through the air when an infected person breathes, coughs, sings, sneezes, or speaks. They can also be spread through direct contact with an infected person (shaking hands, kissing, etc), or by touching contaminated surfaces.



## *How can you prevent yourself from getting sick?*



Wash your hands often, for at least 20 seconds.



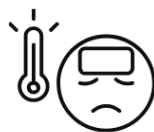
Avoid touching your eyes, mouth, and nose.



Disinfect door knobs, countertops, light switches, and other objects and surfaces regularly.



Stay up to date on your immunizations.



Avoid close contact with sick people.

Visit <https://www.vaccines.gov/>  
or call 1-800-232-0233  
to find a vaccine location near you.

For more information about respiratory viruses, visit  
<https://www.cdc.gov/respiratory-viruses/index.html> or  
<https://www.dhs.wisconsin.gov/publications/p03082.pdf>



**PUBLIC HEALTH  
SAUK COUNTY**  
Together we thrive





# Winter Safety Tips



Snow and ice can make for a beautiful view, but they also increase your risk of falling. Here are some steps you can take to help you have a safe winter!

## *When walking on snow or ice, walk like a penguin!*

- Shuffle your feet and take short steps
- Point your feet out slightly
- Bend your knees slightly
- Walk flat-footed, not “heel, toe, heel, toe”



Take small steps,  
and take your time.



Use handrails when  
available, or even a  
walking stick.



Wear lightweight  
boots with good  
support and non-  
slip, rubber soles.



If you don't *need* to  
go anywhere, stay  
inside!

## References:

- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/winter-weather-are-falls-and-slips-avoidable>
- <https://www.hennepinhealthcare.org/blog/walk-like-a-penguin/>



PUBLIC HEALTH  
SAUK COUNTY

Together we thrive



**Troy**  
Transportation  
Coordinator

# ADRC Transportation

**608-355-3289**

**Look who's getting you there!**



**Chantel**  
Transportation  
Assistant



**Mary**



**Tom**



**Gordy**



**Brian**



**Doug**

## December FUN BUS

- 7-Old World Christmas Market- Elkhart Lake \$7
- 14-Holiday Fantasy Light- Olin Park
- 19-Portage Movie Theater \$5 (Tuesday)

## January

- 4-WI Veterans Museum, Madison 10am
- 11-Milton House Underground Railroad Station  
Adult\$10, Sr\$8, Veterans free
- 18-Channel 3000
- 25-National Historic Cheese Center, Monroe \$5

## February

- 1-Mitchell Domes Train Show, Milwaukee \$9
- 8-Lincoln Tallman Museum, Janesville-Adult\$15/Sr\$14
- 15-Olbrich Gardens Orchid Show, \$8/members free
- 20-Sun Prairie Movie Theater \$7/members \$6 (Tuesday)
- 29-Madison Museum of Contemporary Art

## March

- 7- WRDB Radio Station Tour, Reedsburg
- 14-Deke Slayton/Bicycle Museums  
Sparta-Adult\$5/Sr\$4
- 19-Portage Movie Theater, \$5 (Tuesday)
- 28-National Mustard Museum, Middleton

## December SHOPPING BUS

- 6-Baraboo Walmart & Surrounding areas
- 13-Madison West
- 20-Lake Delton Walmart & Surrounding areas
- 27-Madison East

## January

- 3-Baraboo Walmart & Surrounding areas
- 10-Madison West
- 17-Lake Delton Walmart & Surrounding areas
- 24-Madison East
- 31-Baraboo Walmart & Surrounding areas

## February

- 7-Madison West
- 14-Lake Delton Walmart & Surrounding areas
- 21-Madison East
- 28-Baraboo Walmart & Surrounding areas

### How to Reserve A Fun-Day Trip:

To allow everyone a fair opportunity to travel with us, we will not accept reservations until 3 weeks before the trip date. Example: trip is 9/28/23, reservations can start 9/7/23.  
Last reservations taken on Monday the week of the trip.

You must call the ADRC reservation number (608)355-4888 to make reservations. Please do not call the main Transportation line to make a reservation. Leave a message with name, phone number, city of residence, trip name/date and if you are in a wheelchair. We will contact you 1-2 days before the trip with time of pickup.

\*Trips are subject to change or cancellation with little notice.\*



# BE PREPARED



full tank of gas



ice scraper / snow brush



sand/shovel



jumper cables



flashlight



first aid kit

don't forget your medications



cellphone charger



boots, gloves  
blankets, warm clothes



water/snacks

Because you never know when you will encounter winter weather or emergency road closures

# FOR WINTER DRIVING

- **Safety First** – Avoid driving when roads are treacherous!
- **Clear it Before You Go**
  - Remove ice and snow from windows, lights and mirrors
- **Go Slow in Ice and Snow**
  - Relax and take it easy
- **Stay Focused**
  - Distractions can wait
- **You Cruise, You Lose**
  - Avoid cruise control in winter conditions
- **Keep Your Distance**
  - Stay 200 feet behind snowplows
  - Stop safely



Call 511 or visit [511wi.gov](http://511wi.gov) for real-time traveler information, including winter road conditions



# DRIVE SAFELY



# Dementia Care Specialist

*Serving Individuals, Families & the Community*

Dementia  
Friendly  
Sauk  
County

# ILSP Program

*Independent Living Support Pilot Program*

As a Dementia Care Specialist, we have a card to give out to families and caregivers that states, “The person I am with has dementia. Your patience and understanding is appreciated. Thank You!!”. This alerts those around the individual with dementia to the fact that they may observe responses, actions and behaviors that seem odd. The card can be helpful with a wide array of those encountered, such as restaurant waitstaff, store clerks, fellow spectators at a sporting event or church attendees to name a few examples.

The card is a very helpful tool, but the need for it highlights a larger issue. Many in our society are unprepared to recognize and respond appropriately to the needs of someone with dementia. In rare, worst-case scenarios, someone can mistake behaviors and responses as intentional and become frustrated or angry. But even most people, who are well intentioned and caring, are often unprepared or unaware of how to respond to someone with dementia. Handing a card to someone is helpful, but it does not make them skilled in dealing with this challenge.

These responses serve to increase the feelings of stigma and embarrassment that are often associated with dementia. Withdrawal from familiar social activities and subsequent isolation are unfortunately frequent responses to these perceptions. One bad encounter can cause significant stress and negatively impact willingness to continue to engage.



The Dementia Care Specialist program attempts alleviate this on several fronts. Since someone with dementia is less and less able to adapt, those around them must change their approaches to maximize success and minimize issues. The DCS can support and advise caregivers on approaches beyond the card that can help make outings and encounters with others more successful.

continued...

Equally important, Dementia Care Specialists are charged with making their counties more dementia friendly. This is largely accomplished through training and educating law enforcement, EMS, businesses and any community entities or organizations. The Dementia Care Specialist is actively contacting entities and offering education, but any community member can contact the DCS and request training.

If you own a business or are a member of an organization, simply call the ADRC and ask for the Dementia Care Specialist to discuss setting up education. Speak with business owners you know or the president of the local club and encourage them to contact the ADRC.

The more individuals and organizations we reach in Sauk County the less stigma those with dementia and their caregivers will encounter. Our goal is to have a person with dementia be able to go into any business, church, agency or event and feel supported, respected and secure.



## **ILSP PROGRAM UPDATE**

The ADRC continues to take applications for the Independent Living Support Pilot. This program can provide up to \$7200 for Sauk County residents with less than \$3645 per month in income with the goal of maintaining independence and assisting people to remain in their current living situation. It can pay for caregiving, housekeeping, yardwork, equipment, technology and some renovations when they can be linked to a physical need and increased independence. Those who are in a facility or a managed long term care program **are not eligible** as they are receiving services covered by the pilot already. As a first time, untested program, the pilot has experienced some delays due to administrative issues and adaptation of criteria for covered services.

The ADRC is working through these changes and attempting to minimize any delays or issues.

Please contact the ADRC at 608-355-3289 and ask for the Independent Living Specialists with questions or to schedule an initial appointment.



*Kurt  
Goeckermann*



*Brenda  
Carey-Schick*



# Information & Assistant Specialists

Providing Information about Resources  
in Sauk County



Jim  
Pritzkow



Julie  
Mayer



Rachel  
Heinzman



Hannah  
Halverson



Kari  
Edwards



Kim  
Fiske

**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, 3-4pm

**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  
Second & Fourth Wednesday of each month

**Frank Fischer Senior Center**

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

**Ho Chunk National Tribal Aging Unit**

E8863 Winneshiek Dr, Wis Dells  
2nd Monday of the month, 11:30am-12:30pm

**St. Vincent DePaul Resource Center**

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

Our Information & Assistant Specialists  
are available Monday thru Friday from  
8am-4:30pm at the West Square Building in  
Baraboo  
505 Broadway Suite 234  
Or simply give us a call and ask to speak  
with them.





## Winter Safety Tips for Older Adults

**Baby, It's Cold Outside!** When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

### Condition and Warning Signs

#### Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

#### Warning Signs

- Cold skin that is pale or ashy
- Feeling very tired, confused and sleepy
- Feeling weak
- Problems walking
- Slowed breathing or heart rate

**Note:** Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

#### Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

#### Warning Signs

- Skin that's white or ashy or grayish-yellow
- Skin feels hard or waxy
- Numbness

### Precautions to Take

- **Stay indoors** (or don't stay outside for very long).
- **Keep indoor temperature at 65 degrees or warmer.**
- **Stay dry** because wet clothing chills your body more quickly.
- **Dress Smart** – protect your lungs from cold air.
  - Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
  - Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

**Call 911 if you think you or someone else is experiencing hypothermia.**

- **Cover up!** All parts of your body should be covered when you go out in the cold.
- **If skin turns red or dark or starts hurting, get inside right away.**

#### If frostbite has happened:

- Run the affected area under warm (not hot) water.

**Call for medical help if you think you or someone else has frostbite.**

continued...

## Condition and Warning Signs

### Injury while shoveling snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm.

Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

### Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.



### Fires and carbon monoxide poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

#### Warning Signs

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness

**If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.**

## Precautions to Take

- **Ask your healthcare provider whether shoveling or other work in the snow is safe for you.**



- **Make sure steps and walkways are clear** before you walk. Be especially careful if you see wet pavements that could be iced over.
- **Clear away snow and salt your walkways** at home, or hire someone to do it.
- **Wear boots with non-skid soles** – this will prevent you from slipping.
- **If you use a cane** replace the rubber tip before it is worn smooth.
- **Consider an ice pick-like attachment** that fits onto the end of the cane for additional traction.
- **Call an inspector to have your chimneys** and flues inspected – preferred annually.
- **Open a window** (when using a kerosene stove) – just a crack will do.
- **Place smoke detectors and battery-operated carbon monoxide detectors** in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- **Make sure space heaters are at least 3 feet away** from anything that might catch fire, such as curtains, bedding and furniture.
- **Never try to heat your home using a gas stove, charcoal grill, or other stove not made for home heating.**

**If there is a fire, don't try to put it out. Leave the house and call 911.**

continued...



## Condition and Warning Signs

### Accidents while driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.



## Precautions to Take

- **“Winterize” your car before the bad weather hits!**  
This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- **Remember your cell phone when you drive in bad weather,** and always let someone know where you are going and when you should be expected back.
- **Avoid driving on icy roads,** and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- **Stock your car** with basic emergency supplies such as:
  - First aid kit
  - Blankets
  - Extra warm clothes
  - Booster cables
  - Windshield scraper
  - Shovel
  - Rock salt or a bag of sand or cat litter (in case your wheels get stuck)
  - Water and dried food or canned food (with can opener!)
  - Flashlight
  - Map (if traveling in new areas)





Quinn Hause

# Disability Benefit Specialist



Holly Schafer

## FoodShare monthly amounts may've changed starting with October 2023 benefits

The federal government recently announced changes to the monthly income limits (see chart 1) for FoodShare based on the increase in the cost of living. These limits affect the amount of benefits FoodShare members get each month.

These changes will take affect for October benefits and will remain in place through September 30, 2024. If you or your household will have a change in the amount of FoodShare benefits you get, you will get an **About Your Benefits** letter in September telling you your new monthly benefit amount.

- The minimum monthly FoodShare amount for one or two people remains at \$23.
- The maximum amounts increased for households of all sizes.

Deductions for shelter and heating also increased. If your housing costs have increased, you can report that change to us as it could affect your benefits.

The FoodShare monthly income limit changes do not affect any health care benefits. The federal poverty levels (see chart 2) used to determine eligibility for BadgerCare Plus and certain categories of Medicaid were updated on February 1, 2023, and are effective through January 31, 2024.

Chart 1

Monthly Income Limit Chart-Effective October 1, 2023, through September 30, 2024:

Household size	*200% FPL Gross Income Limit	130% FPL Gross Income Limit Reporting Limit	Maximum Allotment
1	\$2,430	\$1,580	\$291
2	\$3,288	\$2,137	\$535
3	\$4,144	\$2,694	\$766
4	\$5,000	\$3,250	\$973
5	\$5,858	\$3,807	\$1,155
6	\$6,714	\$4,364	\$1,386
7	\$7,570	\$4,921	\$1,532
8	\$8,428	\$5,478	\$1,751
9	\$9,286	\$6,035	\$1,970
10	\$10,144	\$6,592	\$2,189
For each additional person add:	\$858	\$557	\$219

\* See if your family's gross monthly income is at or below 200% of the federal poverty level (FPL). If it is, your family passes the Gross Income Test. You'll earn certain credits to be subtracted from your gross income. Learn more about credits and how we calculate your benefits in the [ForwardHealth Enrollment and Benefits Handbook, P-00079](#).

continued...

**Chart 2**  
**Badger Care Plus Federal Poverty Levels Effective February 1, 2023**

Family Size	100% FPL	120% FPL	133% FPL	135% FPL	150% FPL	185% FPL	200% FPL	250% FPL	300% FPL
1	\$1,215.00	\$1,458.00	\$1,615.95	\$1,640.25	\$1,822.50	\$2,247.75	\$2,430.00	\$3,037.50	\$3,645.00
2	\$1,643.33	\$1,972.00	\$2,185.63	\$2,218.50	\$2,465.00	\$3,040.16	\$3,286.66	\$4,108.33	\$4,929.99
3	\$2,071.67	\$2,486.00	\$2,755.32	\$2,796.75	\$3,107.51	\$3,832.59	\$4,143.34	\$5,179.18	\$6,215.01
4	\$2,500.00	\$3,000.00	\$3,325.00	\$3,375.00	\$3,750.00	\$4,625.00	\$5,000.00	\$6,250.00	\$7,500.00
5	\$2,928.33	\$3,514.00	\$3,894.68	\$3,953.25	\$4,392.50	\$5,417.41	\$5,856.66	\$7,320.83	\$8,784.99
6	\$3,356.67	\$4,028.00	\$4,464.37	\$4,531.50	\$5,035.01	\$6,209.84	\$6,713.34	\$8,391.68	\$10,070.01
7	\$3,785.00	\$4,542.00	\$5,034.05	\$5,109.75	\$5,677.50	\$7,002.25	\$7,570.00	\$9,462.50	\$11,355.00
8	\$4,213.33	\$5,056.00	\$5,603.73	\$5,688.00	\$6,320.00	\$7,794.66	\$8,426.66	\$10,533.33	\$12,639.99
9	\$4,641.67	\$5,570.00	\$6,173.42	\$6,266.25	\$6,962.51	\$8,587.09	\$9,283.34	\$11,604.18	\$13,925.01
10	\$5,070.00	\$6,084.00	\$6,743.10	\$6,844.50	\$7,605.00	\$9,379.50	\$10,140.00	\$12,675.00	\$15,210.00
For each extra person, add	\$428.33	\$514.00	\$569.68	\$578.25	\$642.50	\$792.41	\$856.66	\$1,070.83	\$1,284.99

These amounts are based on federal guidelines, which may change each year.

### As of September 17, 2023, unused FoodShare and Pandemic EBT Program benefits may expire after 274 days

Starting September 17, unused FoodShare and Pandemic EBT (P-EBT) program benefits may expire if you have not used your EBT card to purchase food in the past 274 days (approximately nine months). Currently, you are allowed 365 days (or one year) of not using your benefits before benefits expire.

This policy change is based on federal rules for unused food benefits, and it applies to both FoodShare and P-EBT benefits. The process of removing food benefits that have gone unused from member accounts after a set amount of time is known as expungement. You can keep your benefits by regularly using your EBT card (either your Wisconsin QUEST or Wisconsin P-EBT card) to buy food. There is no minimum amount that you must spend to keep your benefits from expiring. Benefits that have been on an EBT card for less than 274 days will not expire as part of this process.

EBT cards can be used to buy food at most grocery stores, convenience stores, and some farmer's markets. You can still use the benefits on your card even if you are no longer eligible for the food program that provided them.

In July, if you are a person with benefits at risk of expiring in September because of the policy change, you will be sent a letter telling you this. It will include your current account balance, what to do to not lose your benefits, and options for assistance. If you are in a household that has a cell phone number on file with the Wisconsin Department of Health Services (DHS), you will also get a text message alert.

DHS has also added information about why benefits expire and how to prevent it from happening to the letters sent to households after 60 days of EBT card inactivity and about two months before they are scheduled to lose benefits.

Starting on September 17, DHS is making the following changes:

1. The letter sent after 60 days of EBT card inactivity will now be sent each time a household's benefits reaches that point, not just once per lifetime.
2. Letters that used to be sent at 300 days of EBT card inactivity will now be sent after 210 days. This change ensures that households will still be notified two months before their benefits are at risk of expiring.
3. DHS will be posting expiring benefit alerts in **ACCESS** and on the **MyACCESS** app at these same time intervals of 60 and 210 days.



# Recipe for 2

from the kitchen of  
**Maplewood Sauk Prairie**

## Beef Taco Salad

1 cup Leaf lettuce, chopped  
1# Ground beef, browned  
1 tsp. Taco seasoning  
¼ cup Red onion  
¼ cup Black olives  
¼ cup Tomatoes, diced  
¼ cup Shredded cheese  
1 cup Tortilla chips- crushed

Brown ground beef, drain, then add taco seasoning. Place lettuce on the bottom of a plate. Top with beef, follow with ingredients in order listed. (You can adjust the amount of ingredients according to your taste.)  
Serve with sour cream, salsa and /or ranch dressing.

*Serve and Enjoy.*



# Travel with BASCO

(Baraboo Area Senior Citizen Organization)

**FEB. 24-MARCH 3, 2024 New Orleans**  
**\$1265 per person/double room**  
**Guided Tour of New Orleans**  
**Admission to the National WWII Museum**  
**Guided Tour of Louisiana Plantation**  
**Admission to Mardi Gras World**  
**Mississippi Riverboat Cruise**  
**Historic French Quarter**

**\$100 deposit to sign up.**

**All sign ups and reservations are made at the BASCO office.**

**BASCO accepts checks, cash or credit cards. There is a 4% convenience fee on all credit card charges.**

**Need more information: (608)356-8464 or [booseniors@gmail.com](mailto:booseniors@gmail.com)**



# Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

**Tuesdays & Thursdays, 10-11:30am**  
**January 11, 2024- March 7, 2024**

Extension Office, West Sq. Bldg.,  
505 Broadway St., Baraboo, WI

**Register**

**In-person at Extension Sauk Co., 3rd Floor**  
**West Sq. Bldg.**

Online at <https://forms.gle/5F5JkGuZAhrcbsKY6>

Benefits of Strength Training:

**Reduced risk for chronic diseases:**

Diabetes

Osteoporosis

High Blood Pressure

Arthritis Heart

Disease

Some Cancers

**Increased:**

Strength

Muscle Mass

**8-Week Class**  
**Starting the week of**  
**January 11, 2024**



Extension  
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements



# VETERANS MESSENGER

Dear Friends,

We have been through a lot of changes in 2023. First, we moved from the second floor to the first floor of the West Square Building. This new space has given us the opportunity to have offices to serve you better as well as engage in additional support with our community partners. You can find us in room 102.



Second, I wanted to introduce new staff members they are Veteran Advocates and here to serve you! Let me introduce them:

## **Mark Ard, Assistant County Veterans Service Officer, started in May of 2023**

- Born and raised in Necedah, WI Mark spent his summers camping at the Double KD Ranch with his family. Mark graduated from Necedah Area School in 1998 and joined the U.S. Marines a year later. Mark achieved the rank of Sergeant of Marines and was deployed to Fallujah, Iraq in support of Operation Phantom Fury in 2004. Mark completed two full tours of active duty and went on to college where he has earned degrees from UW Green Bay and UW Milwaukee. Mark has spent over ten years working in the Veteran community in varying capacities including Wisconsin Department of Workforce Development, Office of Veteran Services, the Center for Veterans Issues, and most recently as Executive Director for Feast of Crispian's Shakespeare with Veterans. Mark is an avid reader who enjoys fishing, camping, playing guitar, spending time with family, and making new contacts with his amateur radio.

## **Jane Anioinse, Veterans Office Support, Started in June of 2023**

- Jane was born and raised in the Philippines in the heart of a bustling household. Her educational journey unfolded within the nurturing environment of a Catholic school, where she honed her values and faith. Graduating with a bachelor's degree in Tourism, Jane embarked on a new chapter by relocating to WI in 2009. It was in WI where she met her husband, George, and together, they have been blessed with two beautiful children. Jane's heart finds solace in the beauty of nature, the art of cooking, and baking. Her unwavering faith in God drives her to do good things for others. She draws inspiration from her father, a Marine veteran in the Philippines, and considers it a profound honor to work for veterans, ensuring they receive the respect and support they rightfully deserve.

## **Next time we will tell you about:**

Becky Held & Kristi Redd, both Benefits Specialist.

I am proud of the team that has been put together to serve Sauk County Veterans, Families and Military Community. As we make changes to operations look on our web page at <https://www.co.sauk.wi.us/veteransserviceoffice> and LIKE us and FOLLOW us on Facebook at [www.facebook.com/SaukVets](https://www.facebook.com/SaukVets) or Instagram at [www.instagram.com/saukvets/](https://www.instagram.com/saukvets/) for updates and events!

With the holiday season coming please look at volunteering at a food pantry in your community. Serve Locally, Give Locally!!



In Your Service,  
Tony

## "Monthly & Upcoming Events with Save the Dates"

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.

### Monthly Events:



**Women Veteran's Coffee-** New location to be announced.

There is a Veterans Coffee get together that meets **weekly on Thursdays** from 8-10 a.m. at the Legion Hall in **Lavalle**. 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.

### Other upcoming events:

**The Wisconsin Veterans Museum** is dedicated to the people of Wisconsin who served in the armed forces and honors and affirms the role of all veterans in shaping Wisconsin military history and that of the nation. The Wisconsin Veterans Museum is an educational activity of the Wisconsin Department of Veterans Affairs, see link below:

<https://wisvetsmuseum.com/>

We would like to share with you the information to restore the **Baraboo Veterans Memorial**. The new Memorial Section and Recreation is a great way to Honor all Veterans in our community. If you have any questions, please send them to:

- Friends of the Baraboo Veterans Honor Roll  
P.O. Box37  
Baraboo, WI 53913

☆☆☆☆☆☆☆☆☆☆ *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.

The Veterans Care Trust fund is in a new chapter of assisting veterans and their families and a new governing board was established to help with assisting veterans and increase community awareness for our veterans and families.

### VETERANS SERVICE STAFF:

Tony Tyczynski- County Veterans Service Officer

Becky Held- Benefit Specialist

Mark Ard- Assistance County Veterans Service Officer

Kristi Redd- Benefit Specialist

Sandy Deich- Veterans Program Manager

Jane Aionesei- Veterans Receptionist



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





Written by a Member of the Sauk County Chiefs Association



## Winter Weather Safety

Colder weather brings snow and ice to our area, so it is important to remember a few safety tips for the winter season.

### Tips for Motorists:

- **Clean your windows before driving.** State law requires that windows are kept reasonably clean at all times. This includes the removal of ice, snow or other debris that may interfere with the ability to look out the vehicle.
- **Reduce speeds.** Law requires that regardless of the posted speed limit, drivers have a duty to drive their vehicle in a manner that allows them to maintain control in a wide variety of situations to include weather. Drivers should also leave enough distance between other vehicles to safely stop when sudden braking is necessary.
- **Safety plan.** Have a safety plan in place in case you are stranded and have an emergency kit in your vehicle. Remember your cell phone and always let someone know where you are going if you must drive in bad weather. Consider having blankets, extra warm clothing, flashlight, sand/salt and a shovel available as well.
- **Equipment.** Make sure your vehicle has tires with enough tread, good windshield wipers, full tank of windshield washer fluid and a string battery.

### Tips for Residents:

- **Snow and ice removal.** Owners or lessees of property are more than likely required by ordinance to remove snow and/or ice from sidewalks within a period of time, typically 24 hours from the completion of the snowfall. Snow and ice cannot be placed into the roadway unless ordinance allows.
- Follow winter parking restrictions so the street department can keep our roadways clear.



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.



# Sauk County Hazardous Waste Disposal 2023 Voucher Program Updates

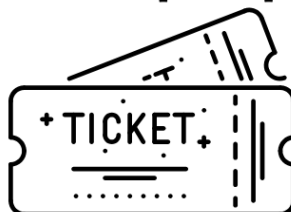
Sauk County and Dane County are working together to provide Sauk County residents the opportunity to dispose of their household hazardous waste at the Dane County Clean Sweep facility through a voucher program. Sauk County residents who would like to participate in this program should come to the Sauk County Land Resources and Environment Department, located in the West Square Building at 505 Broadway Street, Ste 248, Baraboo, to complete a voucher form to utilize the Dane County Clean Sweep facility to dispose of their household hazardous waste. Please be sure to bring all materials or complete an inventory of materials when applying for the voucher program. All materials for disposal through the voucher program need to be approved by LRE staff. Once participants receive the approved voucher from Sauk County, they are then able to attend the Dane County Clean Sweep facility. Participants with the Sauk County voucher are required to pay a \$15.00 fee upon arrival at the Dane County Clean Sweep instead of the \$75.00 fee for out-of-county participants.

Sauk County residents are limited to one voucher per household per year and must use their voucher within 30 days of approval by the Sauk County Land Resources and Environment Department. This voucher program is for household hazardous wastes only. Any businesses, including agricultural businesses, will be classified as very small quantity generators (VSQGs) and will need to contact Dane County Clean Sweep to register and set up an appointment. For any VSQGs there is a per pound charge.

Latex paint and motor oil are not accepted with this voucher program. Latex paint is non-hazardous, but it must be solidified before throwing away. It's easy to dry out. If you have a small amount, simply remove the lid and allow it to dry outside. Mix larger amounts with cat litter or a paint drying product sold at hardware stores. Never dispose of liquid paint in your trash.

To prepare for your Dane County Clean Sweep facility visit, please make sure to package any materials in boxes or rigid totes to keep products upright and prevent spills, keep materials in their original containers, and do not mix materials or co-mingle your waste in plastic bags.

For more information regarding the Sauk County voucher program or the Sauk Clean Sweep Program, please contact the Land Resources and Environment Department at (608) 355-3245 or [conservation@saukcountywi.gov](mailto:conservation@saukcountywi.gov). You can also visit <https://www.co.sauk.wi.us/landconservation> for a more complete list of accepted items and alternative disposal options.





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

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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:

- ☐ AddLIFE Today! Publishing
- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
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- ☐ Home Delivered Meals Program
- ☐ Information & Assistance Program
- ☐ Powerful Tools for Caregivers
- ☐ 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](http://www.co.sauk.wi.us/adrc/donations)



love,  
peace,  
and joy

HAPPY  
HOLIDAYS!

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

CHANGE SERVICE REQUESTED

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

## WINTER WORD SEARCH

BLIZZARD  
CHRISTMAS  
EGG NOG  
ELF  
FIREPLACE  
FROST  
GATHERINGS  
GLOVES  
HOLIDAYS  
ICE FISHING

NEW YEAR  
ORNAMENTS  
PRESENTS  
REINDEER  
SANTA  
SNOWFLAKE  
SNOWMAN  
SLEIGH  
STOCKINGS  
WINTER