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**LIFE** Today!

Laughter  
Independence  
Friends &  
Energy

April / May 2015  
Vol 7/ Issue 2



# Governor Proposes Changes to

**SENIORCARE<sup>®</sup>**  
Prescription Drugs for Wisconsin Seniors

On February 3, 2015, Governor Scott Walker released his 2015-2017 state budget proposal. One of the proposed changes would require seniors with SeniorCare drug coverage to purchase a Medicare Part D plan.

Nearly 85,000 seniors are currently enrolled in SeniorCare. Unlike Medicare Part D plans that require an annual review to determine which plan best covers prescriptions for the lowest monthly premium, SeniorCare offers administrative simplicity and accepts enrollments year-round. The program requires a \$30 annual fee and offers low co-pays of \$5 for generics and \$15 for brand name prescriptions.

Enrollment in SeniorCare counts as creditable coverage for Medicare Part D. Many people enroll in SeniorCare as a cost-effective way to avoid a late enrollment penalty under Medicare Part D.

In 2015, Medicare Part D plans available in Wisconsin range from \$15.70 to \$130 per

month, with an average cost of \$59 per month. Requiring enrollment in a Medicare Part D plan would increase annual consumer out-of-pocket costs by \$708.

It is important to note that this is currently a proposal and has not taken effect. The Joint Committee on Finance is expected to hold public hearings in late March to seek consumer input on the proposed changes before the budget is finalized (*see What Can You Do?*). A similar change to SeniorCare was proposed in 2011 and rejected by the Joint Committee on Finance on a 15-1 bipartisan vote.

On page 22 is additional information on the proposed state budget changes that could impact older adults and adults with disabilities.

For more information on the 2015-2017 proposed budget changes visit: <http://docs.legis.wisconsin.gov/2015/related/proposals/ab21.pdf>

Written by the GWAAR Legal Services Team

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*In Memory  
and  
In Honor  
of All Mothers*

*May all the love  
you give  
come back to you  
a hundredfold  
on your special day!*



*Happy Mother's Day*



## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



VETERANS MESSENGER



**Dear Friends,**

As usual, there are a lot of things going on in the veteran's community. With the many changes to veterans' health care system all the way down to new staff in your veterans service office, it is as important now as ever for us as veterans to pay close attention to what the Federal and State government legislators are doing, in regards to your benefits. Now that the wars in Iraq and Afghanistan are winding down, the tendency of our elected representatives will be to stop paying as much attention to our military and veterans. It is our responsibility to be diligent and not allow this to happen. The resources required to care for our veterans and their families will increase steadily at least over the next decade. Our veterans will continue to come to terms with all the residual effects of their military duty, as well as using the other benefits that they have earned. We continue to be honored to be here to serve you all and look forward to assisting you throughout the year.

Be sure to stay up to date with important veteran related items and events on our Sauk County website <https://www.co.sauk.wi.us/veteransserviceoffice>. Our website also has links to our Facebook and Twitter pages.

**In Your Service,  
Tony**

## Application for VFW Honor Roll

The Reedsburg VFW Post 1916, 200 Veterans Drive, P.O. Box 51, Reedsburg, WI 53959 will be upgrading the Honor Roll on the front of their building this spring. All of the names presently on the Honor Roll will be put on the new background. If you want your name or name of a family member or friend (living or deceased) placed in alphabetical order on the Honor Roll please fill out the application below. The only requirement is that the enrollee was honorably discharged or is currently serving in the United States military. Send application to above address..

### Application for VFW Honor Roll

Maximum of 29 spaces

\$15 fee is required with the application

For questions; please call Wayne Unrath (608) 347-9781

Mail to: Front Wall – VFW,  
200 Veteran's Drive, PO Box 51,  
Reedsburg, WI 53959

Last Name \_\_\_\_\_

First Name & MI \_\_\_\_\_

Service (Army, Navy, NG, etc.) \_\_\_\_\_

Where or What or Unit \_\_\_\_\_

## ***Veterans Benefit Specialists***

Veterans Office

505 Broadway \* Baraboo, WI 53913

Telephone - 608-355-3260

[www.co.sauk.wi.us](http://www.co.sauk.wi.us)



*Kathy Kent ★ Louie Birkholz ★ Pamela Russo*

### **Our Office Welcomes Louie**

Hello, my name is Louie Birkholz and I am originally from Fall River, WI. I graduated Beaver Dam High School in 1982 and shortly thereafter decided it was time to make a change and joined the Active Duty Army. Three years later I got out of the Army, and immediately missed the military way of life so much I joined the Air National Guard. Fast forward to October 2011, I pulled the pin and retired after almost 28 years of service, including 24 years active duty. My last 16 years in service, recruiting was my passion, and working with people and helping them succeed was my greatest enjoyment. Finally, I have found my dream job where I can feel the same satisfaction working as a Veterans Benefit Specialist. This is my time to pay-it-forward and assist Veterans get the benefits they have earned and deserve.

When I am not at work, spending quality time with my family is priority one! Hobbies include: teaching youth archery and hunting. Lifetime memberships in Veteran of Foreign Wars, American Legion, Disabled American Veterans, Air Force Sergeants Association and Enlisted Association of the National Guard of the United States keep me busy and well informed. I am looking forward to serving the Veterans of Sauk County.

### **Small Business Update**

The American Legion has entered into strategic partnership with StreetShares-an online small business lending platform.

StreetShares is veteran-owned and operated.

This company has made it their priority to help veteran business owners

obtain the funding they need.



Here's what StreetShares offers:

**Fast & Free Application** – apply in 10 minutes. If approved, there's no obligation to accept the terms of the loan.

**No Red Tape** - StreetShares specializes in business loans up to \$50,000. Veteran has been in business for 1 year? Not a ton of revenue? No problem.

**Your Story Matters** - It can lower the rate. Share your story on your application and the investors compete to fund you, by offering you a lower rate!

**'We've got your Back' Promotion** - No prepayment penalty. These are unsecured loans. StreetShares will also back a portion of all loans.

For more information, please go to [www.StreetShares.com](http://www.StreetShares.com)

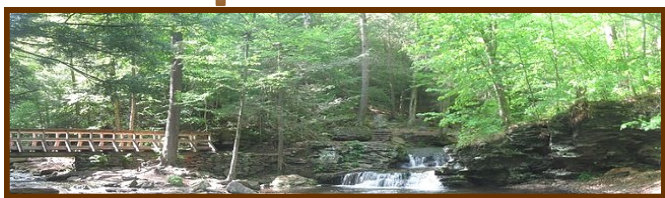


We want to thank the following for their recent donations to the Veterans Care Trust Fund: Lloyd Krueger; Lorraine Steinhorst; American Legion Post 26.

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



## Camp American Legion Special Weeks



**\*\*If you fit one of the below categories of veterans, you are not limited to your special week. You are able to attend other times throughout the summer.**

For more information please contact the camp at 715-277-2510.

### **Operation Home Front**

*Working together to eliminate Veteran  
Homelessness Week*  
Lake Tomahawk  
June 1-7, 2015

### **Vietnam Veterans Week**

Lake Tomahawk  
June 8-14, 2015

### **Women Veterans Week**

Lake Tomahawk  
June 15-19, 2015

### **Post 9/11 Veterans Week**

Lake Tomahawk  
July 20-26, 2015

### **Caregiver Respite Retreat**

*Caregivers of Post 9/11, Iraq, Afghanistan  
Veterans Week*  
Lake Tomahawk  
August 10-14, 2015

### **Camp Serenity**

*Families of the Fallen*  
Lake Tomahawk  
August 14-16, 2015

### **Vision & Hearing Loss Veterans Week**

Lake Tomahawk, WI  
August 17-23, 2015

## **New Tricare Pharmacy Co-Payments in Effect**

Tricare beneficiaries who fill their prescriptions at retail pharmacies or by mail will see most co-payments increase by \$3. The fiscal 2015 National Defense Authorization Act required Tricare to increase most pharmacy co-payments. Under the new fee structure, 30-day prescriptions at Tricare network pharmacies for generic medications will rise to \$8, from \$5, for brand names to \$20, from \$17, and for medicines not in Tricare's formulary to \$47, from \$44.

Many prescriptions available through Tricare's home delivery program also will see increases. According to Tricare, a 90-day supply of brand-name medications delivered by mail will rise to \$16, from \$13, and nonformulary items will cost \$46, up from \$43.

Mail-order generic drugs will still be available at no cost, as will all prescriptions filled at military pharmacies.

Details have yet to be released on the new program, but it essentially will force Tricare beneficiaries to use military pharmacies or mail order for prescriptions for long-term medical conditions unless they use generic brands.

Beneficiaries still will be able to fill prescriptions for name-brand drugs for acute illnesses at Tricare network retail pharmacies as well as prescriptions for generic brands, which will cost \$8 for a 30-day prescription.



(Continued from page 5)

## Operation Badger Base August 6-9, 2015

**Operation Badger Base** is an event to be held at the Alliant Energy Center and Dane County Veterans Memorial Coliseum in August 2015. It will pay tribute to and honor Veterans of all conflicts in the Wisconsin area who left their families to serve bravely and preserve everything this country stands for. The mission of OBB is to welcome home, promote healing and closure for veterans, their families, friends and community.

Check out the website  
at: [www.operationbadgerbase.com](http://www.operationbadgerbase.com)



### Veterans Get Together

There is a group of veterans that get together on Wednesday mornings in Reedsburg. From 6:00 – 8:00 a.m. on Wednesday mornings, veterans meet for coffee, breakfast, and to talk at the Reedsburg VFW post building, located at 200 Veterans Drive, Reedsburg. All veterans are welcome, and they do take any donations to cover the cost of the food. Any questions can be directed to Wayne Unrath at (608) 347-9781.

The Reedsburg VFW post also has a breakfast buffet on the second Sunday of each month from 8:00 a.m. – 12:00 p.m. This is also held at 200 Veterans Drive in Reedsburg.

If you know of any other special veteran groups that meet regularly, please let our office know at [saukcountyvets@co.sauk.wi.us](mailto:saukcountyvets@co.sauk.wi.us) and we will try to spread the word.

### Upcoming Events

Please see our website for more information about some of the following upcoming events that are for veterans/to support veterans.

Saturday, May 16, 2015: **Armed Forces Day Open House**, Fort McCoy, WI – 9:00 a.m. – 3:00 p.m. For more information, please call (608) 388-2407 or visit our website for the flyer.

Sunday, May 17, 2015: **Open House at the Wisconsin Veterans Home** at King, WI (N2665 Cty Rd QQ). 10:00 a.m. – 3:00 p.m. The Open House will feature their magnificent location, facilities, physical resources and numerous activities to entertain all ages! For more information, please see the flyer on our website or call the Home at (715) 258-5586.

Our Post Traumatic Stress Disorder (PTSD) Support Group meets the **third Tuesday of each month** from 1:00 – 2:30 p.m. in a meeting room in our office.

### Sign up for the Electronic Newsmagazine

Any veteran who would like to receive upcoming issues of *AddLIFE Today!* via e-mail, please e-mail [kkent@co.sauk.wi.us](mailto:kkent@co.sauk.wi.us) with your name and e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsmagazine.

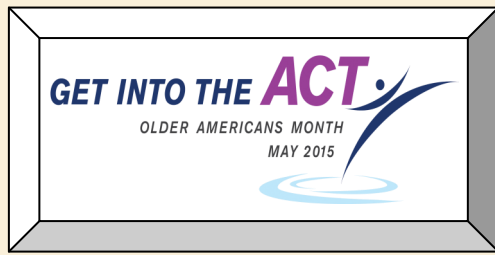


VETERANS MESSENGER



VETERANS MESS





## May is Older American's Month

### 2015 Marks 50<sup>th</sup> Anniversary of Older Americans Act

The Aging and Disability Resource Center and the Sauk County Health Department will participate this May in the national observance of Older Americans Month and the 50<sup>th</sup> anniversary of the ratification of the Older Americans Act.

The Administration on Community Living of the U.S. Department of Health and Human Services has established the 2015 Older Americans Month theme to be "Get into the Act," with a focus on promoting and engaging older adults in activity, wellness and inclusivity. The month will also be a celebration of how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

President John F. Kennedy formally proclaimed May 1963 as Senior Citizens Month, which was later renamed Older Americans Month, in honor and celebration of the contributions of older adults to their communities and nation.

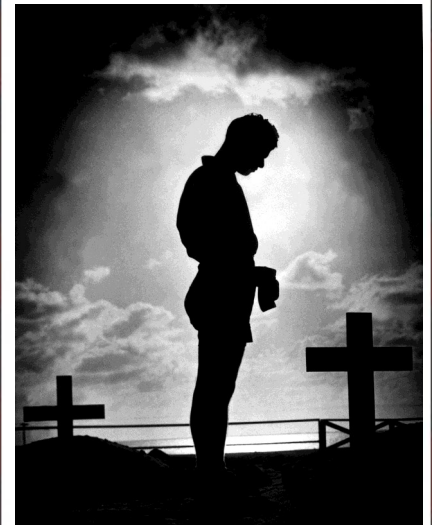
President Lyndon Johnson signed into law the Older Americans Act in July 1965 in order to meet the diverse needs of older persons in the United States, thus establishing the Administration on Aging within the Department of Health, Education and Welfare, and calling for the creation of State Units on Aging.

The Older Americans Act provides a nationwide aging services network and funding to help older adults live with dignity in the communities of their choice for as long as possible.

Watch for more information in coming weeks about the fun activities being planned throughout Sauk County by the ADRC and the Sauk County Health Department in celebration of Older Americans Month and the 50<sup>th</sup> anniversary of the Older Americans Act.



## A Day of Remembrance



*Memorial Day*  
*May 25, 2015*



### Mark Your Calendar

The ADRC will be closed:

April 3	Good Friday
May 25	Memorial Day
July 3	Fourth of July

Please note that the dining centers and home delivered meals do not operate when our office is closed.

Office hours are  
Monday through Friday, 8:00  
a.m. - 4:30 p.m.



Look  
Who's  
Getting  
You  
There!



*Julie*



*Bill*



*Dennis*



*Gary*



*Tom*

The ADRC  
Transportation  
Team

# ADRC Transportation

**Transportation Line:**  
**608-355-3278 or 800-830-3533**  
**Fun-day Trip Line:**  
**608-355-4888**



The Aging & Disability Resource Center of Sauk County offers four transportation programs to meet the transportation needs of adults age 60 and older and adults with disabilities.

- Volunteer Driver Escort Program
- Taxi Subsidy Program
- Specialized Transit Bus Service
- Fun-day Travels

## **Volunteer Driver Escort Program**

The ADRC has volunteers available to provide you with door-to-door service. Our drivers will pick you up, take you to your out-of-town medical appointment or errand and make sure you get back home safe and sound.

The fee for a trip is \$0.40 per mile. Mileage is calculated as round trip from the driver's home. Please allow 48 hours' notice.



## **Taxi Subsidy Program**

The Taxi Subsidy Program provides half-price punch cards for rides through your local taxi service.



Participants may purchase one punch card per month. Cards can be carried over from month to month. A participant may use more than one punch card per month if he or she has punches left over from a previous purchase.

It's easy to apply. Simply request an application from the ADRC Transportation, complete the form, enclose your check or money order

*(Continued on page 9)*



(Continued from page 8)

and return it to:

ADRC-Transportation  
505 Broadway  
Baraboo, WI 53913

**For more information call 608-355-3278**

### **Specialized Transit Bus Service**

The ADRC is continually monitoring the requests and needs of our Sauk County residents who use the bus for transportation excursions. The Fun Day Travels continue to be very popular and we have some exciting excursions planned for April and May.

**We have paid attention to the changes in ridership on our regular Wednesday and Friday bus shopping days in Sauk Prairie and Reedsburg and we have made a few changes to our regular transportation days:**

**Reedsburg – Friday is your transportation day!** Grocery/recreational shopping and activity day. With buses going to Baraboo Walmart, Tanger Mall, or Walmart/Kohls/JoAnn Fabrics center in Lake Delton. Morning buses will depart from locations in Reedsburg by reservations only. The cost is \$3.00 per round trip. We must have a minimum of 6 passengers before we can pick you up, so call in and make your reservations right away!



**Sauk Prairie Residents!** Due to a continual low number of riders we are not continuing a regularly scheduled Wednesday and Friday bus. If you are interested in a shopping bus to Pierce's, Walmart or Aldi's in Baraboo, please call (608) 355-3278. Each trip must meet a minimum bus capacity of 6 people, so get your friends together and give us a call to schedule your shopping trip today.

**Spring Green/Plain/Loganville and LaValle Area Residents!** If you are interested in a shopping bus to Walmart or Aldi's in Baraboo, or to another shopping

(Continued on page 10)

# **R**ules **of the Road**

## **Bus Passenger Guidelines**

- *Please call at least 2 days in advance.*
- ***Minimum capacity is 6-8 passengers per trip.***
- *The bus must meet minimum capacity or it may be cancelled.*
- *Friday buses cost \$3.00 to board and include your return fare.*
- *You must choose one location per trip.*
- *Passengers will be picked up at pre-arranged group locations. (Some exceptions may apply)*
- *Your bus driver reserves the right to deny stops other than those listed.*
- *Please use your 1/2 price taxi punch card to shop local merchants.*

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destination, please call (608) 355-3278. Each trip must meet a minimum bus capacity of 6 people so get your friends together and schedule your shopping trip today.



These day trips are designed to promote an independent lifestyle, encourage socialization and add some fun to your weekly routine. These trips are designed for adults age 60+ and adults with disabilities. The round-trip fare is \$5.00 per person, payable to the bus driver. Pick-up locations are determined based on the passenger list. Passengers are responsible for purchasing their own lunches and any additional admission fees. Majority rules when selecting a lunch location.

**For reservations, call our new Fun-day Travels number: 608-355-4888.**

You may make a reservation for yourself and one other person.



<b>Fun-day Travels</b> <b><u>April Events – Call after April 1:</u></b>	
Tuesday, April 7	Columbus Antique Mall
Tuesday, April 14	West Towne Mall
Tuesday, April 21	Maggie Mae Restaurant <i>Purchase your lunch from the menu and Maggie Mae will provide the entertainment while you eat!</i>
Tuesday, April 28	Thrift Shop Waunakee/Sauk Prairie



<b><u>May/Early June Events – Call after April 20:</u></b>	
Tuesday, May 5	Princeton Amish & Antique Mall
Tuesday, May 12 <sup>t</sup>	East Towne Mall
Tuesday, May 19	Henry Vilas Zoo
Tuesday, May 26	Goodwill Richland Center/Walmart
Tuesday, June 2	Hilldale/Target



Thank You

Thank you Gerald & Janet Ward- for their donation to the Home Delivered Meal program in honor of Violet Ward.

We would like to thank Judith Brantzeg for her donation in honor of her husband Jerry, to the AARP Tax Preparation program.

Thank you to the Len Jarvis for his donation to the AARP Tax Preparation program.

We would like to thank two anonymous donors for their donations to the publishing the *AddLIFE Today!*

Thank you to the Irene Schoelling for her donation in honor of family to the AARP Tax Preparation program.

We would like to thank Alida Valk for her donation to the AARP Tax Preparation program.

We would like to thank Paul Kropp for his donation to the AARP Tax Preparation program.

## Homework Required for *Peace of Mind!*

This bit of information is aimed at those people who for health and/or safety reasons, need some assistance, and can be heard telling friends and family, "The only way I'm leaving my home is feet first!" Fortunately there are resources out there that can help make this wish come true. But due diligence comes first, or as most people know it---homework!

You don't hire the first painter you come across to paint the inside of your home, and likewise you should not sign up with the first home care agency you come across in the phone book or on the internet. Before you start your research however, consider the scope of you or your loved one's care. Talking specifics with home care agencies will help you determine the skill level of the caregivers they employ, and in turn, your comfort level with a particular home care agency in meeting your care needs. Caregiver hiring practices including background checks, and the caregiver match process, should be discussed as the foundation upon which quality home care services is built. Guaranteed compatibility is a must!

What is the scope of services that the home care agency can provide? Do they specialize in primarily companionship and supportive homemaker such as housekeeping and meal preparation, or are their caregivers certified and therefore able to provide care at a higher skill level such as assistance with physical therapy exercises, personal cares, catheter care and medication reminders?

Ask about flexibility and availability of services. Is the answer 24 hours a day, 365 days a year, or is there less availability for weekend and overnight care? Does a member of the local home care team answer the phone 24/7 to allow for timely reporting of changes in client care needs and schedule adjustment requests?

Is the home care agency bonded and insured? The last thing you need to worry about is the liability should there be a caregiver accident during the course of providing care in your home.

Doing research at a minimum in the areas listed helps make the process of obtaining quality home care easier and will go a long way toward eliminating any unwelcome surprises.

The reward for doing your homework is ***Peace of Mind!***

This partnership article is provided by:  
BrightStar Care  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015

  
**BrightStar Care®**  
HOME CARE | MEDICAL STAFFING  
*A Higher Standard*





# The Volunteer Buzz

*Cathy Bindl*



## Is Volunteering In Your Genes?



As I was going through the volunteer files, I started noticing the number of people from the same families who volunteered at the ADRC. We had mothers and daughters volunteering, a father and daughter, a mother and son, sisters, brothers, and a couple aunts and nieces all volunteering. I thought how wonderful to be part of a family where volunteering and giving of yourself is instilled generation after generation. But I couldn't stop with that thought. I started researching it on the internet. And you know what, there is research on - 'The Kindness Gene'!

Michel Poulin, assistant professor of psychology at the University of Buffalo was the principle author of the study "The neurogenics of Niceness," using the research done at the University of Buffalo and the University of California, Irvine, which discovered that at least part of the reason some people are kind and generous is because their genes compel them to be.

The study, co-authored by Anneke Buffone

and Alison Holman, looked at the behavior of people who have versions of receptor genes for the hormones oxytocin and vasopressin, which are associated with "niceness". These two hormones are known to make us nicer people, at least in close relationships. Paulin explains that hormones work by binding to our cells through receptors that come in different forms. There are several genes that control the function of oxytocin and vasopressin receptors. The Buffone and Holman study was an attempt to connect the previous findings (that people exposed to the oxytocin and vasopressin hormones demonstrate greater sociability) to social behavior on a larger scale. The researchers wanted to learn if these chemicals encourage pro-social behaviors such as the urge to give to charity, or more willingly participate in civic endeavors like paying taxes, reporting crimes, giving blood, etc.

The 711 people studied answered questions about their attitudes about the world and to civic duty. Their DNA was then analyzed to

see what form of oxytocin and vasopressin receptors they had. The study found that the genes combined with a person's perception of the world as a more or less threatening place could predict generosity. Specifically, people who found the world threatening were less likely to help others- unless they had versions of the receptor genes that are generally associated with niceness. These "nicer" versions of the genes, allowed them to overcome feelings of the world being threatening and help others, in spite of those

fears.

Science may not have found a *Fountain of Niceness*, but it did find the genes that help contribute to it.

So know that the wonderful volunteers at the ADRC are generous, caring and civic-minded people who are that way because it just might be in their genes.

And if your genes are nudging you to volunteer, please give me a call at 355-3289 or 800-482-3710.

Source: Laboratory Equipment, University of Buffalo



**Happy National Volunteer Week**  
**April 12-18**  
**So Proud of Our Volunteers!**

### **Do you have time and talents that you are willing to share?**

If you are considering volunteering, below is the current list of areas of need for ADRC volunteers :

- The Sauk County Dining Centers are in need of people willing to be a substitute Home Delivered Meal Drivers. Please consider this opportunity to help.
- The Volunteer Driver Escorts who drive clients to medical appointments and other appointments of necessity are always in great demand. We would welcome drivers in all the Sauk County communities.

If you have any question about volunteering, don't hesitate to give me a call. I'd love to talk with you!

Contact Cathy at  
355-3289 or 800-482-3710

### ***Need a Volunteer?***

#### **Weston Community Service Recognition Program**

At Weston Schools, we believe that by participating in community service projects students' lives will be enriched as they engage in meaningful activities to help others. Community service helps develop leadership abilities, raise self-esteem, and apply skills learned in the classroom and other settings. Students, who help others either directly or indirectly, feel a sense of accomplishment. Students contributing to the community are also more likely to take active and responsible roles in civic life as adults and gain awareness of county agencies and community organizations whose purpose is to help those in need. Along with the intrinsic rewards of community service, Weston students will receive positive reinforcement through Weston's Service Recognition Program.

If you live in the Weston area (La Valle, Hillpoint or Lime Ridge) and are in need of volunteer help, please contact Julie Phillippi at 608-986-2151 ext 201 or email [phillippi@westonk12.wi.us](mailto:phillippi@westonk12.wi.us)

# For Your Benefit . . .

Deb Harvey and Mindy Shrader, The Elder Benefit Specialists



## Deb Harvey Coming to you:

Plain Green TTEC	April 8 1:00 to 3:00	May 6 1:00 to 3:00
Spring Green Senior Center	April 15 10:30 to 11:30	May 13 10:30 to 11:30
Spring Green Library	April 15 1:00 to 2:00	May 13 1:00 to 2:00
Sauk/Prairie Community Cntr	April 16 10:00 to 11:30	May 14 10:00 to 11:30
Merrimac Village Hall	April 16 8:30 - 9:30	May 14 8:30 - 9:30

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

## Mindy Shrader Coming to you:



Howard Wynne Apartment	April 6 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	April 6 2:00 to 3:00	May 5 2:00 to 3:00
Baraboo Dining Center	April 14 10:45 to 11:45	May 12 10:45 to 11:45

## Medicare Coverage of New Colon Cancer Screening Tool

*by the GWAAR Legal Services Team*

Colon cancer, also known as colorectal cancer, is the third most common cancer in the world and second leading cause of cancer-related deaths in the United States. Like most forms of cancer, early detection is correlated with a greater chance of survival. The customary testing mechanism for colon cancer is a colonoscopy. A colonoscopy must be performed at a doctor's office and involves bowel prep of 1-2 days before the procedure is performed. However, now an alternative method is on the market for screening colorectal cancer.

### What is Cologuard?

Cologuard is a home test that is able to detect the presence of colorectal cancer. It was approved by the Food and Drug Administration in August 2014. It uses DNA technology to look for abnormalities in a stool sample. Cancerous or precancerous cells

*(Continued on page 15)*



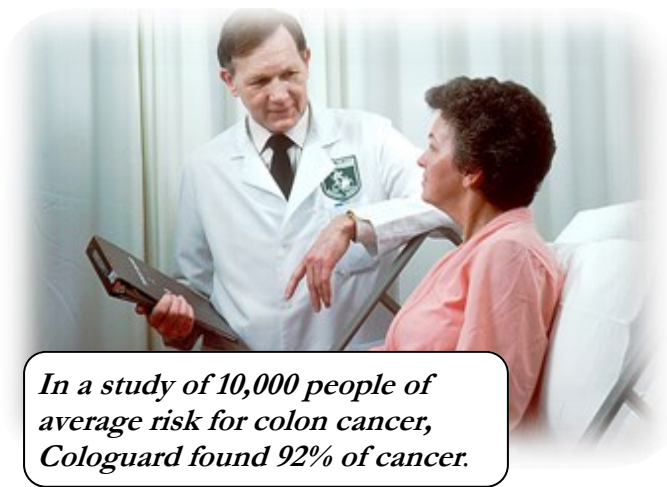
## I'm Turning 65/Retiring: Now What? Know Your Options!

Presented by Deb Harvey and Mindy Shrader

Wednesday, May 6, 2015 at 4:30 p.m.  
West Square Building, Room B30, 505  
Broadway, Baraboo

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those who are continuing to work. It is designed to help you make informed retirement decisions.





(Continued from page 14)

present in the colon will be picked up by the stool as it passes through the colon.

Once Cologuard is prescribed by a physician, a collection kit is shipped to directly to the patient who then collects a stool sample and sends it to the lab in the mailer provided in the kit. Patients are informed by their doctors of the results in approximately 2 weeks. If the results are a positive, a patient will have to undergo a colonoscopy to verify the results.

In a study of 10,000 people of average risk for colon cancer, Cologuard found 92% of cancer.

### Medicare coverage of Cologuard

Medicare Part B will cover use of this test

once every three years for beneficiaries who meet the following criteria:

- Age 50 to 85 years old
- Asymptomatic (no signs or symptoms of colorectal disease including but not limited to lower gastrointestinal pain, blood in stool, positive guaiac fecal occult blood test, or fecal immunochemical test), and
- At average risk of developing colorectal cancer (no personal history of adenomatous polyps, colorectal cancer, or inflammatory bowel disease including Crohn's disease and ulcerative colitis; no family history of colorectal cancers or adenomatous polyps, familial adenomatous polyposis, or hereditary nonpolyposis colorectal cancer).

Conversely, Medicare will **not** cover use of this test if an individual:

- Has symptoms a doctor thinks may be related to colon cancer.
- Previously had a positive colonoscopy that found polyps or cancer.
- Is determined by a doctor to be at high-risk due to a family history of colon cancer.

Cologuard must be ordered by a doctor and cannot be purchased over the counter.

### For more information, see:

[www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=277](http://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=277)



**Q. Why do we paint Easter eggs?**

*A. Because it's easier than trying to wallpaper them!*

**Q. Why did the Easter egg hide?**

*A. Because he was a little chicken*

**Q. What kind of beans grow in the Easter Bunny's garden?**

*A. Jelly beans!*

**Q. Why does Peter Cottontail hop down the bunny trail?**

*A. Because he is too young to drive!*

**Q. How does Easter end?**

*A. With the letter R!*

# Careful!

## Walking Aids May Lead to Higher Risk of Falls

*Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources' Elder Law & Advocacy Center*



Walking aids such as canes and walkers can be invaluable to people with mobility difficulties, but improper or insufficient training in their use may contribute to an increased risk of falls, according to a study conducted in Belgium.

A study published in the *Journal of Geriatric Physical Therapy* followed older adults, aged 63 to 94, in a residential care facility in Belgium. Approximately half of the study's participants used a walking aid (most used a fourwheeled walker, while some used a two-wheeled walker, or a cane). Even after accounting for falls that were contributed to by medication, previous falls, older age, or slower walking, researchers determined that those who used walking aids were nearly four times more likely to fall than those who did not.

The researchers determined that older persons whose gait has been altered may be taking smaller steps and walking more slowly, contributing to an increased risk of falling. Arms can impact the likelihood for a fall to occur.

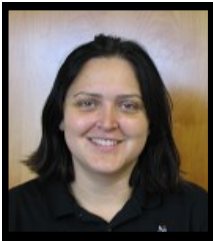
Researchers caution not to conclude from the study that walking aids themselves are problematic. Rather, they highlighted the correlation between the use of a walking aid

and an increased likelihood of falls. Therefore, researchers say it is vital that older persons who utilize a walking aid be properly trained to ensure the device is used properly and provides safer mobility practices. One problem with walking aids is that individuals who lose balance may not be able to recover as quickly, due to gripping or holding the walking aid. When balance is lost, the aid may become a hindrance, rather than a safety device.

While it may be easily taken for granted, researchers suggest that someone who uses a walking aid should receive proper training to learn how to keep their balance, maintain a safe gait, as well as ways to avoid falls. Training should include more complicated maneuvers such as opening and closing doors and navigating stairs.

The aging process requires individuals, caretakers, family members, and friends to rethink ideas that may seem simple. In order to safely use a walking aid, individuals who face mobility challenges must be able to safely incorporate the use of the device into their activities of daily living so that the device is used properly and does not accidentally cause a dangerous fall that it was designed to prevent.

**Source:** "Understanding the Relationship Between Walking Aids and Falls in Older Adults: A Prospective Cohort Study," *Journal of Geriatric Physical Therapy*, January 15, 2015. [www.reuters.com/article/2015/02/06/us-elderlyhealth-walking-aids-idUSKBN0LA21G20150206](http://www.reuters.com/article/2015/02/06/us-elderlyhealth-walking-aids-idUSKBN0LA21G20150206)



Holly Schafer

## Disability Benefit Specialist

Quinn Hause



### ***New Marketplace Special Enrollments Periods (SePs)***

*by the GWAAR Legal Services Team*

Following is a list of the special enrollment periods (SEPs) for health coverage, their deadlines, and eligibility criteria:

#### **In-Line SEP:**

Ended February 22, 2015.

#### **SEP for Consumers Facing Shared Responsibility Payment:**

This SEP is for people who find out that they must pay the penalty for not having adequate health insurance in 2014. This SEP will grant additional time to enroll if the person:

- Lives in the US.
- Is not currently enrolled in 2015 FFM coverage.
- Attests that when his or her 2014 tax return was filed, he or she paid the fee for not having health coverage in 2014, and
- Attests that he or she first became aware of, or understood the implications of, the Shared Responsibility Payment after the end of Open Enrollment (February 2015) in connection with preparing his or her 2014 taxes.

SEP begins March 15 and ends April 30.

#### **Medicaid Denial Marketplace SEP**

##### **Eligibility:**

Anyone who applied for BadgerCare Plus before February 15, but received a denial of eligibility after Marketplace open enrollment will be granted an SEP to enroll into a Marketplace plan. To qualify, an applicant must:

- Be a consumer that applied through healthcare.gov and was determined eligible for Medicaid instead of the Marketplace, who was then determined ineligible for BadgerCare Plus.
- Be a consumer who initially applied directly at the state level, but received a notice of denial in the days or weeks after the deadline for a Marketplace plan. When they contact the Marketplace, these consumers will need to indicate that they have been found ineligible for Medicaid and that they applied for coverage before February 15. Please note, like many SEPs, consumers only have 60 days after the qualifying event to apply for coverage. In this instance, the 60-day window begins on the date of their eligibility determination. The criteria for qualification are outlined in this publication.

## Social Security



## Questions and Answers

By Social Security Public Affairs Specialist

**Question:** I understand that to get Social Security disability benefits, my disability must last at least a year or be expected to result in death. But I'm disabled now. Does this mean that I must wait a year after becoming disabled before I can receive benefits?

*(Continued on page 18)*



(Continued from page 17)

**-- Answer:** No. You do not have to wait a year after becoming disabled. If you're disabled and expect to be out of work for at least a year, you should apply for disability benefits right away. It can take months to process an application for disability benefits. If we approve your application, your first Social Security disability benefit will be paid for the sixth full month after the date your disability began. For more information about Social Security disability benefits, refer to *Disability Benefits* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Question:** If I get approved, how much will I receive in Supplemental Security Income (SSI) benefits?

**-- Answer:** The amount of your SSI benefit depends, in part, on the amount of other income you have. For 2015, the basic, maximum federal SSI payment is \$733 per month for an individual and \$1,100 per month for a couple. However, some states add money to the basic payment. Other monthly income you have would begin to reduce the basic SSI payment. Other things, such as where you live and who you live with, can affect your payment amount. Learn more about SSI by reading SSI publications at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). Enter "SSI" in the search box.

**Question:** I moved in with my parents until I get back on my feet. Why did my Supplemental Security Income (SSI) payment decrease?

**-- Answer:** If you receive SSI, your living arrangements can affect your monthly payment. When you live in another person's home and do not pay your fair share of the living expenses, that is counted as "in-kind" income and can reduce your SSI payment. You must report any changes in your living arrangement to Social Security within 10 days of the change. When reporting a change in living arrangement, you need to tell us your

address, who you live with and what you contribute toward the household bills and expenses. You also need to report if you move into a private or public hospital or nursing home, an institution run by the government, jail, another person's home or a new place of your own. Report changes in your living arrangement at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday.

**Question:** How does Social Security decide if I am disabled?

**-- Answer:** For an adult to be considered disabled, Social Security must determine that you are unable to do the work you did before and that, based on your age, education, and work experience, you are unable to adjust to any other work that exists in significant numbers in the national economy. Also, your disability must last or be expected to last for at least one year or to result in death. Social Security pays for total disability only. No benefits are payable for partial disability or short-term disability (less than a year). For more information, we recommend you read our publication, *Disability Benefits*, available online at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Question:** What is the earliest age that I can receive Social Security disability benefits?

**-- Answer:** There is no minimum age as long as you meet the Social Security definition of disabled and you have sufficient work to qualify for benefits. To qualify for disability benefits, you must have worked under Social Security long enough under to earn the required number of work credits and some of the work must be recent. You can earn up to a maximum of four work credits each year. The amount of earnings required for a credit increases each year as general wage levels go up, and, currently, the amount is \$1,200. The number of work credits you need for disability benefits depends on the age you become

(Continued on page 19)

(Continued from page 18)

disabled. For example, if you are under age 24, you may qualify with as little as six credits of coverage. But people disabled at age 31 or older generally need between 20 and 40 credits to qualify, and some of the work must have been recent. For example, you may need to have worked 5 out of the past 10 years.

**Question:** What is the purpose of Supplemental Security Income, or SSI?

-- **Answer:** The purpose of SSI is to help aged, blind, and disabled people who have little income and few resources to support themselves. It provides financial assistance to meet basic needs for food, clothing, and shelter. You can receive SSI even if you have not worked and paid into Social Security. SSI is a federal income supplement program funded by general tax revenues (*not* Social Security taxes).

**Question:** My brother recently left me some money. Will this inheritance affect my SSI benefits?

-- **Answer:** We consider the money inherited from your brother as income for the month you receive it. That could make you ineligible for SSI that month, depending on the amount of the inheritance. If you keep the money into the next month, it becomes a part of your resources. You cannot have more than \$2,000 in resources and remain eligible for SSI. You should call Social Security at 1-800-772-1213 (TTY number, 1-800-325-0778) and report the inheritance. Representatives can tell you how the inheritance might affect your SSI eligibility. You can call between 7:00 a.m. and 7:00 p.m., Monday through Friday.



## CALENDAR OF EVENTS

Refreshments will be provided

### **"Oh, My Aching Joints!"**

Learn about treatment options for hip and knee pain presented by Dean & St Clare Orthopedic Surgeon, Christopher Dale, MD

Clarion Hotel Convention Center

Thursday, April 23, 5:30pm-7:00pm

For reservation-call Steady Strides at

1 (844) 201-STEP (7837)

Weekdays, 7:30am to 5pm

### **Sauk Co. Master Gardner with Phyllis Both**

Learn how to grow an Organic Garden with Questions & Answers to follow.

St. Clare Hospital, Ringling Room

Wednesday, May 6, 10:00am-12:30pm

Call **St. Clare HOSPITAL's**

**GoldenCare**

for reservation (608) 356-1407

### **AARP Driver Safety Class with Instructor Vernon Schultz**

St. Clare Hospital, Ho-Chunk Room

Thursday, May 21, 2015,

Registration at 12:00 NOON

Class 12:30pm-4:30pm

AARP Member \$15

Non-Member \$20

Call **St. Clare HOSPITAL's**

**GoldenCare**

for reservation (608) 356-1407

Sponsored by:

**St. Clare HOSPITAL's GoldenCare and  
St. Clare HOSPITAL's Health Care Foundation**



## Sauk County Earth Day

Sunday, April 26,  
11:00 a.m.-3:00 p.m.  
UW-Baraboo/Sauk County,  
1006 Connie Road, Baraboo.

An indoor family event with around 50 hands-on, fun displays for youth and adults, four mini-workshops, door prizes, and more! Free admission!

This year's theme is "water" and the slogan is  
**"Water Wonderful World!"**

Encore!! Art -- Reuse, Recycle, Rethink (recycled art competition and display) will be held at the Sauk County Earth Day event.

For more information, see <http://www.wi-scaa.org/>

During the week prior to the event, environmental stewardship projects and activities will be coordinated throughout the county to celebrate Earth Week!

For more information, call (608) 355-4839, email [ppohle@co.sauk.wi.us](mailto:ppohle@co.sauk.wi.us), or check out [saukcountyearthday.org](http://saukcountyearthday.org)



## The Hedgehogs

It was the coldest winter ever. Many animals died because of the cold.

The hedgehogs, realizing the situation, decided to group together to keep warm. This way they covered and protected themselves; but the quills of each one wounded their closest companions.

After awhile, they decided to distance themselves one from the other and they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions or disappear from the Earth.

Wisely, they decided to go back to being together. They learned to live with the little wounds caused by the close relationship with their companions in order to receive the heat that came from the others. This way they were able to survive.

The best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

-Anonymous

## FREE WEBINAR

hosted by:



Wisconsin Council of the  
Blind & Visually Impaired  
*Expanding visual horizons*

## Gardening with Vision Impairment

Presenter Barb Kreski, Director of Horticulture Therapy Services from the Chicago Botanic Garden, speaks about outdoor gardening with a focus on enjoying the gardening experience through touch and smell when the gardener has vision loss. Judith Rasmussen, Program Assistant from WCBVI, describes her personal experiences as an avid container gardener of herbs and orchids.

**Thursday, April 2, 2015 from 10:00 - 11:00 am Central Time**  
Register online at [www.wcblind.org](http://www.wcblind.org) in the 'Events' tab  
or by calling 1-800-783-5213





# Cop's Corner

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

## FAKE SWEEPSTAKES WILL MAKE YOU A VICTIM, NOT A WINNER



This winter has not only brought cold weather to our area, but also mail and telephone scammers from foreign countries attempting a new twist on targeting trusting Seniors. Scammers from Canada have sent out letters advising consumers that they are winners of a "Consumer Promotional Draw." The letter may initially sound legitimate as it states they have won after being entered into the drawing for previously shopping at stores such as Target, Wal-Mart, Macy's, Home Depot, and McDonalds. This sweepstakes is a big scam, so consumer awareness is essential.

The sweepstakes scam targets consumers like this: A letter is sent stating that you won \$250,000.00, but since you don't reside in Canada you have to pay "Non-Canadian Residential Tax, insurance, and delivery charges." There is a check attached to the letter made out to you for nearly \$5,000.00. The check is phony and has no value. The check is intended to assist you in paying for the fees and taxes of the winnings. You can deposit the check in your bank account, but you must pay the \$5,000.00 of taxes and fees immediately using a Money Gram/Western Union. By the time your bank notifies you that the check is fake or fraudulent, your money transfer of \$5,000.00 has been taken without a trace of who did it. Now you are out \$5,000.00 of your own hard earned money.

The Wisconsin Bureau of Consumer Protection requests that you notify them when you receive these fraudulent sweepstakes letters. The Bureau of Consumer Protection also offers these tips to avoid becoming a victim to these scammers:

- Throw away any offer that asks you to pay for a prize or a gift. If it is free or a gift, you should not have to pay for it. Free is free.
- Do not believe the promise of large sums of money for your cooperation.
- Guard your account information carefully.
- Resist the urge to enter foreign lotteries. It is illegal to play a foreign lottery through the mail or the telephone, and most foreign lottery solicitations are phony.
- Know who you are dealing with, and never wire money to strangers.

You can contact the Bureau of Consumer Protection toll free at [1-800-422-7128](tel:1-800-422-7128), or visit their website at [datcp.wisconsin.gov](http://datcp.wisconsin.gov). You can also contact your local law enforcement agency if you need assistance with any possible telephone or mail scam.

Thanks for making yourself aware of these scammers.

Sincerely,

Detective Shawn Posewitz  
Lake Delton Police Department

## Aging & Disability Specialists - Helping you put the pieces together!



Jim  
Pritzkow



Pam  
Burdick



Lisa  
Karau



Rachel  
Heinzman



Julie  
Mayer

### Don't Forget



An Aging and Disability Specialist will be available every Wednesday from 8:00 a.m. ~ 12:00 p.m. at the Reedsburg Human Services Building located at 425 6th St.

Feel free to stop in to discuss services available, options or ask any questions you may have. If you would like further information call the ADRC at 355-3289 or 800-482-3710.

## The State Budget and You

The Aging & Disability Professionals Association of Wisconsin (ADPAW) and the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) compiled the following list in mid-February 2015, summarizing some of the items included in the Governor's proposed 2015-2017 Wisconsin state budget that could have an impact on older adults and adults with disabilities in Wisconsin.

### **Governor's Budget 2015-2017 ADPAW & GWAAR Summary of Proposed Changes Related to Aging (& Disability) Programs**

#### **Aging and Disability Resource Centers (ADRCs)**

1. Eliminates the current structure that gives

- counties first right of refusal to operate the ADRC and opens the door for the state to contract with other entities to operate the ADRC (county, non-profit, for-profit, etc.)
2. Allows the state the flexibility to contract with single or multiple entities to operate ADRCs in regions or statewide.
3. Eliminates long-term care (LTC) districts as eligible ADRC operators (currently ADRC of the Northwoods is the only ADRC in the state organized as a LTC district).
4. Allows the state the flexibility to contract with multiple entities to provide ADRC services.
5. Eliminates ADRC governing boards and regional advisory committees.
6. Allows the state Department of Health

*(Continued on page 23)*

Acronym Key	
<b>ADPAW</b>	<b>Aging &amp; Disability Professionals Association of Wisconsin</b>
<b>ADRC</b>	<b>Aging and Disability Resource Centers</b>
<b>BADR</b>	<b>The Bureau of Aging and Disability Resources</b>
<b>DHS</b>	<b>Department of Health Services</b>
<b>GWAAR</b>	<b>Greater Wisconsin Agency on Aging Resources, Inc</b>
<b>IRIS</b>	<b>“Include, Respect, I Self-Direct” A self directed service option for Family Care enrollees</b>
<b>LTC</b>	<b>long-term care</b>
<b>MA</b>	<b>Medicaid</b>
<b>MCO</b>	<b>managed care organizations</b>
<b>NEMT</b>	<b>non-emergency medical transportation</b>
<b>OCI</b>	<b>Commissioner of Insurance</b>
<b>SeniorCare</b>	<b>Wisconsin’s prescription drug program</b>

(Continued from page 22)

Services (DHS) to contract with a resource center or a private entity for some or all of the services—anticipates bidding out the administration of the Family Care functional screen via a statewide contract.

7. Funding remains the same (no increase or decrease).

### **Family Care/IRIS**

1. Expands Family Care statewide by January 1, 2017.
2. Allows DHS the ability to choose whether managed care organizations (MCOs) include both acute and primary care along with the current long-term care. This integrated model of acute and chronic care combined with long-term care—similar to the Partnership model—could result in a “medical” model of care and loss of

individuals’ choice of health care providers.

3. Eliminates the IRIS (“Include, Respect, I Self-Direct”) program as an alternative to the Family Care program for those who wish to fully self-direct their long-term services and supports, but provides all enrollees a “self-directed services option” in Family Care within guidelines established by the department.
4. Eliminates long-term care districts as eligible MCO entities (currently 4 MCOs are LTC districts).
5. Moves some of the administrative functions and oversight of Family Care and MCOs from DHS to the Office of the Commissioner of Insurance (OCI). Regulates CMOs as insurance entities under OCI.
6. The state is not required to solicit proposals for CMO contracts under a competitive sealed proposal process.

### **SeniorCare**

1. Requires adults aged 65 and older needing prescription drug coverage to apply for, and if qualified, enroll in a Medicare Part D plan versus just automatically enrolling in SeniorCare (Wisconsin’s prescription drug program). Uses SeniorCare as a wrap-around program only.
2. Reduces state funding by over \$15 million in the biennium.

### **Long-Term Care Ombudsman Program**

Recommends providing expenditure and position authority for a lead ombudsman specialist and two ombudsman specialists to provide services and assistance to residents of long-term care facilities and consumers of home and community-based services.

### **Dementia Care Specialists**

Recommends providing funding to support the costs of dementia care specialists in selected aging and disability resource centers across the

(Continued on page 24)



(Continued from page 23)

state. (FY 17 allocation.)

### **State Office Reorganization**

Recommends merging the Division of Health Care Access and Accountability and the Division of Long-Term Care into a new Division of Medicaid Services. The Bureau of Aging and Disability Resources (BADR) resides in the Division of Long-Term Care. BADR administers Wisconsin county aging units. Moving aging services and ADRCs under a “Division of Medicaid Services” is contrary to Older Americans Act criteria that is based solely on age (age 60+) and ADRCs, which predominately (75%) serve individuals NOT financially eligible for Medicaid Services.

### **MA Personal Care Services**

Requires an *independent* assessment for all prescribed fee-for-service personal care to ensure “the right amount of care is provided at the right time and in the right settings” and to reduce fraud and abuse in the Medicaid program. The budget reflects a \$19 million savings. Advocates feel this could result in a reduction of authorized hours of service and consumers needing to get by with less care.

### **Medicaid Reform and Savings Initiatives**

#### **• Funeral and Cemetery Aid Program**

Reforms the Funeral and Cemetery Aid program by requiring individuals with life insurance policies to be included in Estate Recovery and reducing reimbursements for decedents who own life insurance policies with a face value of over \$3,000.

#### **• Countable Assets**

When determining or redetermining an individual’s financial eligibility for an MA long-term care program, or any other MA program that counts assets for determining or redetermining financial eligibility, DHS must include as a countable asset a promissory note for which the individual or his or her spouse provided the goods, money loaned, or services

rendered, that is entered into or purchased on or after the effective date of the 2015-17 budget act, that is negotiable, assignable, and enforceable, and that does not contain any terms making the note unmarketable.

### **Medicaid for Childless Adults**

1. Seeks a waiver from the federal government to impose monthly premiums, as well as premiums for “risky” behaviors for childless adults enrolled in Medicaid.
2. Requires childless adults to have a health risk assessment and to be screened for drug use to receive benefits.
3. Calls for limiting enrollment to no longer than 48 months.

### **MA Pilots – Brown, Polk, and Racine Counties**

Makes additional changes to the MA program, including:

1. Requiring DHS to increase the MA reimbursement rate in Brown, Polk, and Racine Counties to providers of pediatric dental care and adult emergency dental services, if DHS receives any necessary federal approval for the increased rate.
2. Allocating moneys for the fiscal biennium for DHS to make supplemental payments to certain hospitals that have a disproportionate share of low-income patients and setting specifications for those payments.
3. Directing that the state share of payments for health care services provided in a school to children who are eligible for MA in excess of a certain amount be deposited in the MA trust fund and expended for reducing waiting lists for children’s long-term care services and other children’s services.

### **Elderly and Disabled Transportation Aids – s.85.21**

1. Increases funding by \$438,000 (1%) for

(Continued on page 25)

(Continued from page 24)

elderly and disabled aids to local governments and nonprofit organizations.

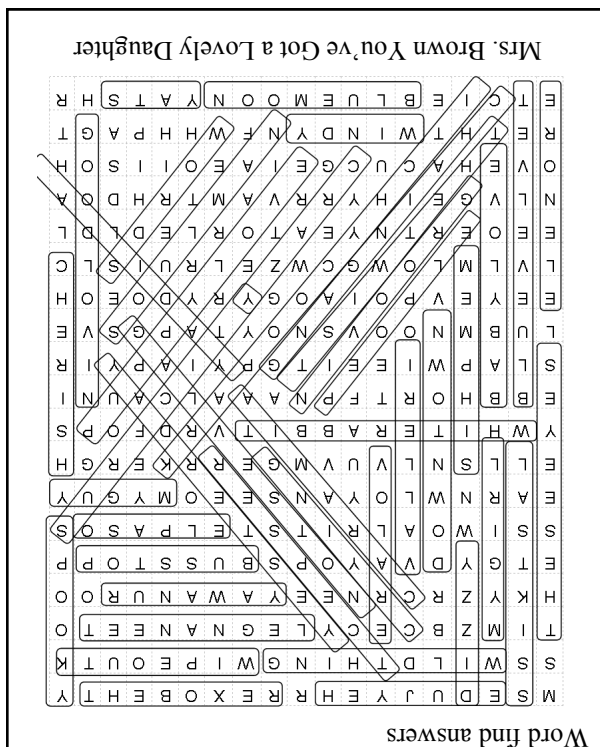
2. Renames the program “Seniors and Individuals with Disabilities Specialized Transportation Aids.”

### **Transit Funding**

Funds Mass Transit Operating Aids at current levels.

### **Pharmacy and Non-Emergency Medical Transportation Benefit Reforms**

Recommends adjusting funding to reflect moving pharmacy and transportation benefits into provider contracts. The budget proposal seeks elimination of the current non-emergency medical transportation (NEMT) brokerage system and places responsibility for transportation (and pharmacy needs) with providers (physicians?, clinics?, CMOs?, other?). The budget proposal indicates a \$692,800 savings in 2016 and \$1.5 million in savings in 2017.



## **You Have a Choice When Choosing a Home Health Care Agency**

Few things are more overwhelming than making decisions in the middle of a health situation. Even the easiest things seem difficult when you're experiencing a hospital stay, especially if your stay is unexpected.

When being discharged from a hospital, you or your loved one may need continued care at home. Skilled home care is a critical part of the healthcare system, providing care for homebound patients with medical or therapy needs on a short-term or long-term basis.

According to federal law, Medicare patients being discharged from a hospital have freedom of choice in choosing a home health agency to provide skilled care for them. Other insurances may utilize preferred providers so check your specific coverage. You should be provided with a list of certified agencies to choose from by hospital staff.

Some points to consider:

- Do you want an agency that has a history of high quality outcomes?
- Do you want an agency that has been in business for a long time?
- Do you want an agency that provides a variety of services so you have continuity of care as your needs change?

If you have a planned hospital stay, research your options ahead of time. Contact home health care agencies for information, ask family or friends for recommendations, or check online resources such as Home Health Compare on Medicare's website, to help you make the best decision.

This partnership article is provided by:



Baraboo - Portage - Reedsburg - Sauk Prairie -  
Janesville - Johnson Creek - Madison - Platteville  
1-800-924-2273  
HomeHealthUnited.org



## *Because You Care ~ The Caregiver's Corner*

### *Meet the New Caregiver Coordinator*



Cassidy Walsh is the Health Educator and Environmental Health Technician for the Sauk County Health Department and has recently stepped into the role of Caregiver Coordinator this year. Cassidy will also be leading two prevention workshops, Powerful Tools for Caregivers and Strong Women, which will be coming to Sauk County soon. Cassidy was born and raised in Mauston, Wisconsin and then went on to receive a Biology Education degree, Liberal Arts Biology degree, and Health Education degree from the University of Wisconsin Oshkosh. She then blissfully enjoyed two years of living in St Germain, Wisconsin, but is now beyond thrilled to be back in her home roots where her great great grandfather began the Effinger Brewery right in Baraboo Wisconsin. In her free time, Cassidy enjoys participating in various sports, spending time with friends all across Wisconsin, and lots of fishing.

## Caregiver Stress

If you help a loved one with chores such as cleaning, cooking, grocery shopping, setting up medications and going to doctor appointments or even calling just to make sure someone is “ok”, you may be a family caregiver. Family caregivers provide care to a spouse, a neighbor or friend. Others are caring for an adult child or a parent with a disability or illness. You do not need to live with someone to be considered a caregiver. According to the National Alliance for Caregiving, 65.7 million Americans served as caregivers for an ill or disabled relative in the past year.

Caregiving can be a very rewarding experience, but it can also be challenging. Caregivers often feel overwhelmed with the responsibilities of caregiving. Feelings of loneliness, isolation,

exhaustion, anger and even depression are common. Caregivers are more likely than the general population to have a chronic illness due to conditions of high strain. (82% vs 61% per the American Psychological Association)

Some signs of caregiver stress are:

- Inability to concentrate
- Feeling irritable
- Frequent crying
- Difficulty sleeping
- Lack of interest in activities
- Withdrawal from family and friends
- Increased physical illness

If you are a caregiver, it is important to recognize the warning signs of stress and GET

*(Continued on page 27)*



*(Continued from page 26)*

**HELP.** Getting support can make a substantial difference and make caregiving a matter of “thriving” and not just “surviving.”

Here are some simple things that you can do as a caregiver to take care of yourself:

- Reach out to family and friends for support and accept help when it is offered.
- Maintain your hobbies and your friendships.
- Give yourself a treat at least once per week – no matter how small, as long as it is something that makes you feel special.
- Make a call today to get help. Take advantage of support that is available for caregivers.



There is more support available for caregivers as well. Call the ADRC at 355-3289 or 800-482-3710 for more information about these available services:

**Support groups:** Support groups provide an opportunity to share strategies and coping

skills to deal with caregiving challenges. They also provide a chance to build new friendship connections.

**Workshops:** Powerful Tools for Caregivers is one of several workshops designed to teach self-care and increase caregiving skills.

**Respite Grants:** The National Family Caregivers Support Program and the Alzheimer’s Family Caregiver Support Program offer financial assistance for respite and other supplemental services to eligible caregivers.

**Veteran Programs:** Respite and other supplemental services may be available for those who are caring for a veteran who is eligible for those programs.

**Long Term Care Programs:** Family Care provides funds for services that help caregivers to keep eligible individuals in their homes in the community.

Make sure that you are a caregiver who “thrives” and not just “survives!”

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Healthy Sheboygan County 2020 Mental Health Committee/  
Community Services Specialist  
Aging & Disability Resource Center of Sheboygan County



## Please join us for the **Coffee Hour for Caregivers . . .Because You Care Support Group**

Meetings are the second Thursday of each month at 9:00 a.m. in Room B24 West Square Building, 505 Broadway, Baraboo

**The next meetings will be April 9 & May 14**

Successful caregivers know the importance of taking care of themselves so they can continue to give quality care to their loved ones.

When you attend a support group, you get to meet other people who may be dealing with the issues as you are. You will have their support as you realize that you are not alone and the emotions you are dealing with are normal.



## Foot Clinic Schedule

To schedule a foot care appointment  
call Sauk County Home Care  
at

**524-7513**

The cost for foot clinic visit is \$25.00.

### **Baraboo - West Square Building**

Tuesdays - April 7 & 21

Tuesdays - May 5 & 19

Wednesday - April 15

### **LaValle - Fire Department**

Wednesday - May 27

### **Plain - Plain Green TECC**

Wednesday - April 22

### **Reedsburg - Maple Ridge**

Tuesday - April 14 & May 12

Thursday - April 16 & May 21

### **Reedsburg - Willow Heights**

Wednesday - April 8

### **Sauk Prairie - St John's Church**

Thursdays - April 9 & 23

Thursdays - May 7, 14 & 28

### **Spring Green - Christ Lutheran Church**

Tuesday - May 26

At the foot clinic appointment you will receive a foot soak, nails trimmed, callouses filed, and your feet are inspected by Sauk County Home Care aides and nursing staff.



## Energy Service Outreach Schedule

During the months of April and May,  
Energy Services will be doing outreach at  
the following locations:

### **Spring Green**

at the Spring Green Library

April 9 & May 14

2:30 p.m. - 4:30 p.m.

### **Prairie du Sac**

at the St. Vincent Resource Center

April 13 & May 18

1:00 p.m. - 4:00 p.m.

### **Reedsburg**

at the Reedsburg City Hall

April 2 & May 7

9:00 a.m. - 3:30 p.m.

April 2 & 16

10:00 a.m. - 3:30 p.m.

### **Wisconsin Dells**

at Wisconsin Dells Electric

May 5

9:00 a.m. - 11:00 a.m.

Please call the Baraboo office at  
608-356-8887 or 800-506-5596  
to set up an appointment for any of these  
locations.

The Baraboo Office is open  
Monday through Friday  
8:30 a.m. - 5:00 p.m..

**If you have received benefits in the past,  
watch your mailbox for a renewal  
application.**



# Tips For Maintaining a Healthy Brain

Current research indicates that lifestyle choices have significant impact on long term brain health. Though we cannot control all risk factors, like age and heredity, we can make a positive impact with our lifestyle choices. Eating healthy, getting regular exercise, keeping your brain engaged and staying socially connected may help reduce your risk of Alzheimer's or other dementia. Implementing these tips can help make a difference in your brain health.

Incorporating a healthy diet into our lives is beneficial at any age.

- Eat a balanced diet with lots of colorful fruits and vegetables high in antioxidants.
- Foods that may be especially good for your brain include: green leafy vegetables, blueberries, broccoli and cauliflower.
- Eat healthy fats found in nuts and certain fish, such as salmon or tuna. Fish high in omega-3 fatty acids may also be especially beneficial.
- Limit the amount of high fat, sugary or salty food you eat.
- Drink in moderation. Some research suggests that moderate amounts of red wine may contain healthy antioxidants.

Staying physically active is healthy for your heart and your brain. The brain needs oxygen and a healthy blood supply to work at its best. Thirty minutes of exercise five or more times a week is recommended. The exercise does not need to be strenuous. Find something that you enjoy and can fit into your own lifestyle. For example:

- Walk or bike instead of drive

- Take the stairs rather than the elevator
- Dancing can be healthy and fun
- Swimming is a great low-impact exercise
- Tai Chi or yoga can help improve balance and flexibility

Challenging your brain is a great way to stay sharp. Find things that interest you and are fun. Some ideas:

- Do puzzles such as crosswords or number games
- Read books, magazines, newspapers
- Learn something new – a new language or new skill (e.g. cooking, knitting, playing an instrument, etc.)
- Try doing something in a different way (e.g. take a different route to work or try writing with your non-dominant hand)

People who regularly engage in social activities may be less vulnerable to depression, and some research has shown that social interaction may also help keep the brain vital and healthy. Find ways to maintain friendships and stay connected to others by:

- Staying active in your faith community
- Volunteering for a local charity, school, or other cause
- Joining a social club or a traveling group
- Taking a class

For more information on keeping your brain healthy, visit [alzwisc.org](http://alzwisc.org). Need the facts about memory loss and dementia or need direction on where to proceed or find helpful resources? Contact Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin, at 608.742.9055 or [janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org).



## Dining Center Schedule

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

### Baraboo

Highpointe Commons  
1141 12th St., Baraboo  
Phone 963-3436  
*Lunch served at 11:30 a.m.*

Laura  
Presents:

April 2

May 6

### Merrimac

Tuesday-Thursday  
Merrimac Village Hall  
100 Cook St., Merrimac  
Phone 963-2286  
*Lunch served at 12:00 noon*

Laura  
Presents:

April 7

May 5

### Reedsburg

Willow Heights  
800 Third St., Reedsburg  
Phone 963-3438  
*Lunch served at 11:30 a.m.*

Laura  
Presents:

April 9

May 12

### Sauk/Prairie

Sauk Prairie Community Center  
730 Monroe St., Sauk City  
Phone 963-3437  
*Lunch served at 11:30 a.m.*

Laura  
Presents:

April 13

May 7

### Spring Green

Spring Green Senior Center  
117 S Washington St., Spring Green  
Phone 588-7800  
*Lunch served at 12:00 noon*

Laura  
Presents:

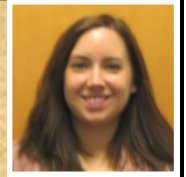
April 8

May 11

### Home Delivered Meals Only

**La Valle**-Bare Necessities  
**North Freedom**-Railroad Inn Café (also  
offers an in-house lunch special for seniors)

**Laura Geick,**  
**Nutrition & Prevention Specialist**



*"Promoting Healthier Lives . . .  
through Nutrition Education, Physical Activity,  
& Prevention Programs"*

## Eat Right

### Food, Nutrition and Health Tips

#### Shop Smart - Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats



#### A Quick Guide to Reading the Nutrition Facts Label

##### *Start with the Serving Size*

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label

serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

### *Check Out the Total Calories and Fat*

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

### *Let the Percent Daily Values Be Your Guide*

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values (DV) are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember: percent DV are for the entire day - not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

### *The High and Low of Daily Values*

- 5 percent or less is low - try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high - try to aim high in vitamins, minerals and fiber

### *Limit Fat, Cholesterol and Sodium*

- Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:
- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100% DV or less per day.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Sodium - high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients.

### *Get Enough Vitamins, Minerals and Fiber*

- Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for % DV of these nutrients.

### *Additional Nutrients*

- Carbohydrates - There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- Sugars - simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

### *Check the Ingredient List*

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Effective January 2006, manufacturers are required to clearly state if food products contain any ingredients that contain protein derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

### *What Health Claims on Food Labels Really Mean*

FDA has strict guidelines on how certain food label terms can be used. Some of the most common claims seen on food packages:

- **Low calorie** - Less than 40 calories per serving.
- **Low cholesterol** - Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** - 25% less of the specified nutrient or calories than the usual product.
- **Good source of** - Provides at least 10% of the DV of a particular vitamin or nutrient

per serving.

- **Calorie free** - Less than 5 calories per serving.
- **Fat free / sugar free** - Less than 1/2 gram of fat or sugar per serving.
- **Low sodium** - Less than 140 mg of sodium per serving.
- **High in** - Provides 20% or more of the Daily Value of a specified nutrient per serving.
- **High fiber** - 5 or more grams of fiber per serving.

FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

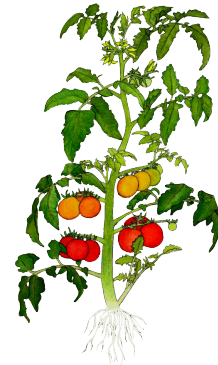
From: eatright.gov

## *Knowledge and wisdom*

*There is a difference between knowledge and wisdom.*

*Knowledge is knowing that a tomato is a fruit not a vegetable.*

*Wisdom is knowing not to include it in a fruit salad.*



## From Our House to Yours!



### Asparagus Egg Bake for Two

#### Ingredients

- 3 large eggs
- 3/4 cup milk
- 1 tablespoon butter, melted
- Salt and pepper
- 2 English muffins, cut into bite-sized chunks
- 1/4 cup shredded Swiss cheese
- 6 asparagus spears, cooked crisp-tender, cut into bite-sized pieces
- 2 teaspoons finely chopped fresh chives

#### Directions

- Lightly grease the inside of two (10- to 12-ounce) ramekins. In a bowl, beat eggs, milk, butter and some salt and pepper.
- Put 1/4 of the English muffin pieces into bottom of each ramekin. Layer with 2 tablespoons grated cheese in each, 1/2 of asparagus pieces in each one, 1 teaspoon of chives in each ramekin, and top with remaining pieces of English muffin.
- Slowly pour egg mixture over layers, using half of it for each ramekin. Cover ramekins with plastic wrap and refrigerate overnight or up to 2 days.
- Preheat oven to 325 degrees. Remove plastic wrap from ramekins. Place ramekins on a small baking sheet to catch any drips that may slip over the sides.
- Bake for 25-30 minutes, until egg mixture is set. Serve hot.

This recipe sponsored by Our House Senior Living: Baraboo, Lodi, Reedsburg, and Wisconsin Dells  
Phone: (608)-963-1648 Website: [www.ourhousesl.com](http://www.ourhousesl.com)



# April 2015

## Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Ring Bologna Baby Red Potatoes Spinach Salad with Hot Bacon Dress. Pear Slices Sliced Bread	<b>2</b> Chicken Breast Mashed Potatoes Carrots Birthday Cake Dinner Roll	<b>3</b> <b>Closed</b> <b>Good Friday</b>
<b>6</b> Glazed Ham Sweet Potato Bake Health Slaw Applesauce Sliced Bread	<b>7</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Choc. Cloud Torte Dinner Roll	<b>8</b> BBQ Meatballs Baked Potatoes Summer Blend Veg. Peach Slices Sliced Bread	<b>9</b> Beef Stroganoff Casserole Tossed Salad Mand. Orange Gel. Dinner Roll	<b>10</b> Roast Pork Loin- Mashed Potatoes Peas and Carrots Sugar Cookie Sliced Bread
<b>13</b> Teriyaki Chicken Baby Red Potatoes Calif. Blend Veg. Orange Sherbet Sliced Bread	<b>14</b> Baked Spaghetti Casserole Mixed Italian Salad Apricot Halves French Bread	<b>15</b> Baked Chicken Twice Bk Style Pot. Three Bean Salad Poppy Seed Torte Sliced Bread	<b>16</b> Cranberry Glazed Pork Cutlet Escalloped Potatoes Green Beans Applesauce Dinner Roll	<b>17</b> Swedish Meat- balls Mashed Po- tatoes Mixed Veg- etables Carrot Cake w/ Cr. Cheese Frosting Sliced Bread
<b>20</b> Swiss Steak Mashed Potatoes Corn Fruited Gelatin Sliced Bread	<b>21</b> Chicken Marsala Baked Potato Baby Carrots Butterfinger Torte Dinner Roll	<b>22</b> Mushroom Pork Cutlet Mashed Potatoes Swiss Spinach Peach Slices Sliced Bread	<b>23</b> Chic. Tetrzzini Casserole Tossed Salad Cantaloupe Slice Dinner Roll	<b>24</b> Pot Roast Baby Red Pota- toes Carrots Petite Banana Sliced Bread
<b>27</b> Pepper Steak Sour Cream and Chive Potatoes Peas and Carrots CreamSicle Torte Sliced Bread	<b>28</b> Baked Chicken Twice Bk Style Pot. Cole Slaw Fruit Cocktail Dinner Roll	<b>29</b> Meatloaf Baked Potato Spinach Salad with Rasp. Vinaigrette Chocolate Pudding Sliced Bread	<b>30</b> Bratwurst on a Bun German Pot. Salad Corn Fruited Gelatin	

# May

# 2015

## Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Meatballs in Honey Mustard Sauce Baby Red Potatoes Baby Carrots Applesauce Cake Sliced Bread
<b>4</b> Salisbury Steak Mashed Potatoes Calif. Blend Veg. Peach Slices Sliced Bread	<b>5</b> Lasagna Casserole Italian Blend Vegetables Rainbow Sherbet French Bread	<b>6</b> Ham Rolls Squash Cole Slaw Applesauce Sliced Bread	<b>7</b> Chicken Breast Mashed Potatoes Carrots Birthday Cake Dinner Roll	<b>8</b> Crispy Fish Fillet Cheesy Potato Bake Broccoli Cuts Pineapple Tidbits Sliced Bread
<b>11</b> BBQ Pork Cutlet Baked Potato Mixed Vegetables Key Lime Pie Sliced Bread	<b>12</b> Beef Stew Tossed Salad Fruited Gelatin Cheddar Biscuit	<b>13</b> Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Butter Cook. Sliced Bread	<b>14</b> Smoked Sausage Baby Red Potatoes Peas and Carrots Pear Slices Onion Rye Roll	<b>15</b> Country Fried Steak Mashed Potatoes Corn Choc. Cloud Torte Sliced Bread
<b>18</b> Glazed Ham Sweet Potato Bake Peas & Pearl Onions Mand. Orange Gel. Sliced Bread	<b>19</b> Swedish Meatballs Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Pumpkin Cake Dinner Roll	<b>20</b> Chicken, Broccoli & Rice Casserole Green Beans Pineapple Tidbits Sliced Bread	<b>21</b> Meatloaf Baked Potato Pickled Beet Salad Butterscotch Pud. Dinner Roll	<b>22</b> Pork Jaegerschnitzel Mashed Potatoes Summer Blend Veg. Cantaloupe Slice Sliced Bread
<b>25</b> <b>Memorial Day Closed</b> 	<b>26</b> Swedish Meatballs Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Pumpkin Cake Dinner Roll	<b>27</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Vanilla Pudding Sliced Bread	<b>28</b> Chili Casserole Tossed Salad Fruited Gelatin Cornbread	<b>29</b> Chili Casserole Tossed Salad Fruited Gelatin Cornbread

For *AddLIFE Today!* questions or comments,  
please contact Cathy Bindl  
at 355-3289 or  
email at cbindl@co.sauk.wi.us.

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## Donation Designation Form

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

### Please designate this donation:

In Memory of \_\_\_\_\_ or

In Honor of \_\_\_\_\_

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

- ☐ AARP Tax Preparation Program
- ☐ *AddLIFE Today!* Publishing
- ☐ Care for the Caregiver Program
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- ☐ Helping Hand at Home Program
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- ☐ Tele-assure Program
- ☐ Turning 65/Retirement Workshops
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- ☐ Volunteer Programs

Kindly make your check payable to:  
"ADRC"

505 Broadway, Room 102  
Baraboo, Wisconsin 53913







### Spring

Spring appears in whispers  
And hushed tones,  
As the bellowing winter  
bows away.  
Drowsy flowers come to  
attention,  
waking from their sleep -  
yawning;  
with heads turned upward towards  
the Maestro called Sun -  
I watch with anticipation  
as . . .  
the concert begins.  
--anonymous

#### This Partnership Article brought to you by:

Reedsburg Area Medical Center  
2000 North Dewey Avenue  
Reedsburg, WI 53959  
608-524-6457  
www.ramhealth.com



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CHANGE SERVICE REQUESTED

X



Find and circle all of the 1960's song titles that are hidden in the grid. The remaining letters spell the title of an additional 1960's song.

Baby Love	Good Lovin'	Soul Man
Blue Moon	Groovin'	Spooky
Blue Velvet	Hair	Stay
Bus Stop	Heatwave	Surf City
Cara Mia	Hey Jude	Teen Angel
Chain Gang	Holiday	The Boxer
Cherish	Itchycoo Park	The Twist
Crazy	Last Kiss	These Eyes
Crying	Memphis	Valleri
Dizzy	My Girl	Volare
Downtown	My Guy	White Rabbit
El Paso	People	Wild Thing
Elenore	Puppy Love	Windy
Fingertips	Respect	Wipeout
Fire	Runaway	Words
Galveston	Sherry	Yesterday

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