

## Older Americans Month 2016

### History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.

In April 1963, President John F. Kennedy designated May as "Senior Citizens Month," the prelude to "Older Americans Month."

Today we celebrate the 10,290 Older Americans living in Sauk and the more than 43 million Older Americans living in the United States.

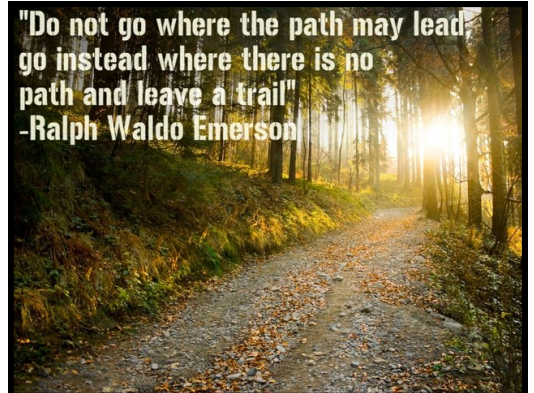
source: [www.acl.gov](http://www.acl.gov)

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month, acknowledging the perennial contributions of older adults to our nation.

The 2016 Older Americans Month theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

Here in Sauk County, the ADRC has planned several events for Sauk County's older adults to participate in as we celebrate Older Americans Month. During May, the ADRC, in junction with the Sauk County Parks and Recreation department, will provide certificates allowing senior citizens into the Sauk County parks and boat landings for free on Wednesdays during the Month of May. This certificate not only allows the holder free access into the parks and boat landings, but also anyone riding with them in their vehicle. There is no limit on the number of times you can use your certificate during May. So get out and blaze a trail in one or all of Sauk County's nine (9) parks and boat landings. To get a certificate stop in or call the ADRC at 608-355-3289 to have one mailed to you.

As an added bonus the Sauk County UW – Extension office is generously offering a beginning birdwatching booklet call Birding in the Badger State and Beyond: How to Get Started to help our seniors celebrate Older Americans Month. There are a limited number and will be handed out on first come first serve basis. Stop in or call the



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## New ADRC Office Hours:

**Monday Wednesday Thursday Friday**  
**8:00 a.m. - 4:30 p.m.**

**Tuesday 8:00 a.m. - 7:00 p.m.**

*(Continued from page 1)*

ADRC office to receive your booklet.

On Tuesday, May 24 at 2:00 p.m. in the West Square Building, 505 Broadway, Baraboo, Aaron Pape from the Sauk County Conservation, Planning and Zoning Department will do a free presentation on backyard conservation. Learn about projects that Sauk County is planning in the future, rain gardens, composting and more. Weather permitting, you will also take a stroll outside to view several local rain gardens.

### What's a celebration without food?

The ADRC is also inviting you to celebrate Older Americans Month at your local dining centers for a picnic. The ADRC staff will be grilling brats and burgers and providing picnic food. The picnic is open to the to anyone 60 years of age or older.

- May 3 - Baraboo - Highpoint Commons  
(608-963-3436)
- May 10 - Sauk Prairie - Community Center  
(608-963-3437)
- May 17 - Spring Green - Senior Center  
(608-588-7800)
- May 24 - Reedsburg - Willow Heights  
(608-963-3438)
- May 31 - Lake Delton - Frank Fischer Center  
(608-393-8701)

Reservations are appreciated. Please call the local dining center to let us know you are coming! We're looking forward to making new friends and seeing familiar faces!

Older adults are a growing and vital part of our country. Join us in celebrating and encouraging Older Americans as they *blaze a trail!*

## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



**VETERANS MESSENGER**



### Dear Friends,

The annual Reedsburg Vet Fest Run/Walk has raised over \$90,000 for area veterans in the past six years. Through a grant from the Veterans Care Trust Fund, there is a great opportunity for veterans of Sauk County who enjoy running, walking and helping others. If you wish to participate in either the half marathon/5k Run/Walk/1 mile Walk, and you are a veteran who resides in Sauk County, please come to our office to register at no cost to you.

The Veterans Care Trust Fund is a non-profit 501(c)3 charitable organization that is able to receive donations from anyone or any organization. Donations to the fund are accepted at our office. The fund has no overhead, thus 100% of your donations go to area veterans and veteran causes. The fund has been around for almost 30 years and has been instrumental in providing assistance to area veterans on an ever increasing basis. Example of assistance through the fund have been helping with a weeks stay at a local hotel for a homeless veteran, car repair for a veteran so he

could continue to maintain employment, helping with heating costs, groceries, etc.

Dennis Kluge is on the 2016 Baraboo Parade Committee – Veteran Section, and he would like to obtain an early estimate of how many veterans will take part in the July Baraboo Parade (Veteran Section). He wants to be sure no veteran group in and around Sauk County gets overlooked. Timely scheduling of transportation is critical to insure all veterans in need of a ride have it available on parade day. They have gone from four veterans in the parade the first year to over 60 veterans last year. Please contact Dennis Kluge if you would like to walk/ride in the veteran section of the Parade (608-393-0643).

As always, 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*



We want to thank the following for their recent donations to the Veterans Care Trust Fund: Neil & Joyce Dunbar; Various Memorials for Lola Greenwood; Pierce's We Care; and anonymous donations.

These tax deductible donations are used to help needy veterans of Sauk County. We also want to remind you that you can designate the Sauk County Veterans Care Trust Fund, Code 1115 on your Pierce's Rewards Card, and all money we receive goes to help needy Sauk County veterans.

Thank you.



## ***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 ★ Lonie Birkholz ★ Pamela Russo*

## **Some VA Health Care Tips**

There are some things we want to let you know about when it comes to receiving care through the VA Medical Center (VAMC) or a local outpatient clinic like the one in Baraboo:

- If a veteran has an emergency, do not delay - call 911.
- For emotional or mental health emergencies a great option is the Veteran Crisis Line (800) 273-8255 - Press 1.
- If a veteran takes an ambulance ride, Flight for Life or drives themselves to a non-VA emergency room; VA must be notified within 72 hours. This is ultimately the veteran's responsibility.
- Ensure spouse or next of kin (NOK) have the VA number to call, in case the veteran cannot; Madison VAMC (608) 256-1901; Tomah VAMC (608) 372-1751.
- Do not depend on the emergency room or hospital calling for you. They may tell you they will take care of it for you, but be on the safe side. Veteran, spouse or NOK should make the call.
- Depending on what VA Care Group (1 thru 8) the veteran falls under there may be co-

pays the veteran is responsible for paying, including ambulance rides.

- If you have an appointment authorized by the VA Health Care to get treatment outside of the VA using the Choice Program/Health Net you must know this: Once you have an appointment set by Health Net and you need to change it, do not change it through the Dr/provider or clinic that it is scheduled with – you must change it through the Non-VA Care office at the VAMC you get care from. If the VA/Health Net do not make the new/changed appointment, they probably won't pay for that episode of care.
- If you receive a bill from a provider, ambulance company or VA, and you don't understand it, please call us right away, as we may be able to help sort it out.
  - ◊ Don't just pay the bill unless you know for sure you have to pay.
  - ◊ If you ever get a call from a collection agency about your VA bill, call us next.

## **VA Caregiver Support Line Celebrates 5 Years!**



The Caregiver Support Line (CSL) has been providing support to caregivers for five years! Over 220,000 callers have reached out to the CSL since it's opening in 2011.

Staffed by licensed social workers, the Support

Line is available to provide supportive counseling, education on topics related to caregiving, and help to connect caregivers to local supports and services to assist them in their caregiving role, including a referral to a local Caregiver Support Coordinator located at every VA medical center nationwide. To further support caregivers, the Caregiver

Support Line also facilitates telephone education presentations several times each month for caregivers, with a focus on self-care.

With VA's Caregiver Support Line, assistance is just a quick phone call away. Whether you're in need of immediate assistance or have questions about services you may be eligible for, the caring licensed professionals who answer the support line can:

- Tell you about the assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

Call them today at 1-855-260-3274 to learn more about ways VA may be able support you in your caregiving journey!

## 2016 Camp American Legion Season

The mission of Camp is to provide rest, relaxation, recuperation and rehabilitation to Wisconsin veterans of all ages, active duty military service members and their families. Camp serves those who have a physical or psychological medical condition, any and all types of service and non-service related illnesses, injuries or disabilities. A few 'physical' examples are blindness/vision loss, deafness/hearing loss, fatal/incurable disease, loss of limb/amputees, paralysis/spinal cord injury, permanent disfigurement, severe burns, traumatic brain injury, cancer, stroke, ALS and Parkinson's disease. To help with 'psychological' conditions, Camp assists those with post traumatic stress, traumatic blast injuries, combat operational stress, dementia and bipolar conditions along with many other related emotional and cultural issues to get them back on the road to health.

Camp is also a place for family reintegration and support following a service member's deployment. Families and children are welcome, as our goal is to help families get back together, reconnect and bond. Camp will help the whole family heal. Camp also welcomes survivor families of the fallen, to assist with their grief, remembrance and healing.

The following are special weeks at Camp for the coming season. Remember if you are a qualified veteran you may go any week during the season, not just the special week that may apply to you.

### 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.

- **Operation Home Front-Working Together to Eliminate Veteran Homelessness Week** (for homeless/displaced/transitional housing vets and families) -- June 6 - 12
- **Women Veterans Week** -- June 13-17
- **Korean and Vietnam Veterans Week** (for vets who served "in-county") -- June 20 - 24
- **Post 9/11 Veterans Week** -- July 25 - 31
- **Caregiver Respite Retreat** (for 9/11 veteran caregivers) -- August 15 - 19
- **Vision & Hearing Loss Veterans Week** -- August 22 - 28
- **Veterans Recovery Week** -- August 29 – September 4
- **Diabetes Camp** -- September 9 - 11

For more information, contact Camp American Legion,  
8529 County Road D, Lake Tomahawk, WI 54539.  
Phone # (715) 277-2510 <http://www.wilegion.org>



## Upcoming Events

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

### **April 9, 2016 - Reedsburg Vet Fest - Half**

Marathon/5K Run/Walk/1 Mile Walk. See the website [www.reedsburgvetfest.com](http://www.reedsburgvetfest.com) for more information.

Veterans interested in participating should contact our office for registration fee assistance.

### **Friday, May 13, 2016 - Women Veterans Retreat.**

The Women Veterans Retreat will be coming back to Trinity Equestrian <http://www.trinity-ec.com/> on Friday, May 13th. This will be a fun packed day full of breakout sessions and plenty of hands on experiences for all kinds of alternative therapy. More information can be found at [www.WisVets.com](http://www.WisVets.com)

**Saturday, May 14, 2016 - V.E.T.S. Veterans Equine Trail Services Spring Fundraiser.** Elroy Legion Hall, 402 Franklin St, Elroy. Nancy Miller is planning a fund raiser for V.E.T.S of LaValle in Elroy, Wisconsin on May 14 starting at 11:00 with an auction, 50-50 drawings, and music by Veterans donating their music. For more information contact Nancy Miller at (608) 489-3703.

**Wednesday, May 18, 2016 – 6<sup>th</sup> Annual VA2K Walk & Roll** at the Tomah VAMC. Together with community members, veterans, and VA employees, they will cover 1.2 miles starting at Building 400 at 1:00 p.m. Donations of food and clothing to benefit homeless veterans are also welcome. The theme will be Red White and Blue!

**Veterans meet for Coffee** on the second Tuesday of every month from 9:00 -11:00 a.m., at the MATC Reedsburg. This is an opportunity to meet with other veterans from all eras. You can ask at the MATC Reedsburg reception desk for the meeting area.

**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 near our office. To be a part of this group you do not have to be service-connected or even diagnosed with PTSD. It is an opportunity to meet with fellow veterans who deal with residuals of their military experiences.



## 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 5 & 19

Tuesdays - May 3 & 17

Wednesday - April 20

### **LaValle - Fire Department**

Wednesday - May 25

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

Wednesday - April 27

### **Reedsburg - Maple Ridge**

Tuesday-April 12 and May 10

Thursday-April 21 and May 19

### **Reedsburg - Willow Heights**

Wednesday - April 13

### **Reedsburg Area Senior Life Center**

Wednesday - May 11

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

Thursdays - April 14 & 28

Thursdays - May 5 & 26

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

Tuesday - May 24

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.



## FREE HOME SAFETY ASSESSMENTS FOR SENIORS

When asked, more often than not people will say that they want to stay in their own homes as they age.

However, safety at home can become a real concern.

Independent Living Resources (ILR) is offering free home safety assessments for seniors in the rural areas of SW Wisconsin, thanks to funding from Bader Philanthropies.



ILR can come to your home, listen to your concerns and offer tips and suggestions that will help you stay safe in your home.

Home safety assessments can be as simple as rearranging furniture or removing a throw rug to remove trip hazards or they can be more involved such as replacing a bathtub with a roll-in shower to accommodate limited mobility and the use of a wheelchair or walker in the bathroom.

ILR can offer a wide variety of solutions designed to meet your needs with the goal of making your home safe as you age. Depending on the complexity of the concern, ILR may be able to solve the concern immediately!

If you or someone you know would like to explore options for staying safe at home, call ILR and ask for Cathryn Scott at 608-647-8053

## Ag Plastics Recycling

When: Wednesday, May 18<sup>th</sup> from 10-noon

Where: Sauk County Highway Shop  
620 HWY 136, West Baraboo

Farmers will be able to drop off silage bags, bunker covers, bale wrap, plastic feed bags, and hoop film. Plastic feed bags and hoop film **MUST** be kept separate from other plastics being recycled. Plastic twine won't be accepted but can be used to tie loose plastic into bundles. **Net wrap is no longer accepted.** Please do not bring it to the collection or hide it in the supersacks.

**Loose plastics are no longer accepted.** Plastics can be brought to the Highway Shop in a supersack or tied into neat bundles. Supersacks keep the plastic dry and protected, take up less floor space, and are easier to handle than loose storage. The plastics must be as clean and dry as possible to maximize recycling opportunities.

Free supersacks are available at the following locations:

### Reedsburg Farmer's Cooperative

300 South Walnut, Reedsburg

### United Cooperative

1360 Laukant Street, Reedsburg

### United Cooperative

E11145 Hwy. 60, Sauk City

### McFarlanes'

780 Carolina Street, Sauk City

### Lime Ridge Agri Supply

115 Minor Street, Lime Ridge

### Hohl Farm Supply Inc.

W11942 State Road 33, Portage

### Blain's Farm & Fleet

1100 South Boulevard, Baraboo

### United Cooperative

E11725A Co. Rd. Z, Prairie du Sac

Recycling these plastics keeps them out of landfills and can reduce disposal costs for farmers. Burning plastic is illegal and a dangerous source of air pollution.

For more information contact Conservation Coordinator Aaron Pape at [apape@co.sauk.wi.us](mailto:apape@co.sauk.wi.us) or 355-4842. More information is available on the Sauk County website at: <https://www.co.sauk.wi.us/cpz/ag-plastics-recycling>



## FROM THE DIRECTOR'S DESK

*Susan Blodgett*

*Aging & Disability Resource Center Director*



# Are you Ready to VOTE?

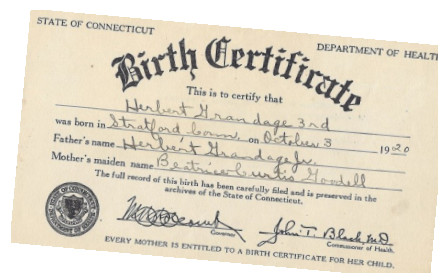
In the USA, voting is your opportunity to have your voice to be heard, to have a say in the way our country will function, and to hold elected officials accountable for their decisions and actions. Your vote is your voice and it matters - - - every single vote matters.

In recent years, the procedures for voting in Wisconsin have changed. Recently a 90 year old Sauk County Veteran who had fought at Iwo Jima, the bloody World War II battle, was unable to vote because he wasn't aware that the Veteran's ID he has used for identification for years, was now unacceptable.

We encourage you to make sure you are informed of the changes and are prepared with the approved ID so you can let your voice be heard.

If you aren't 100% confident that your ID is valid, please contact the Sauk County Clerk office at (608)355-3286 and find out prior to the election. Do this now since a valid ID may take some time. You may be interested in

getting a non-expiring ID.



A birth certificate is one of the required documents needed to obtain a valid voter ID. If you do not have a birth certificate because of a home birth or some other reason you can still get a voter ID by providing several other documents. If you don't have a birth certificate and need help to determine which documents you have that can be used and where to go to receive help in obtaining your ID, call the ADRC and we will direct you.

Be an informed voter. Learn about who you are voting for. Each of us has had different life experiences and those life experiences have help mold our views and opinions. These views guide our personal belief in how we feel our government should run. There is value in listening to other person's points of view. Take time to learn about each candidate. Go to listening sessions to hear what they have to say. Research them. And try to avoid listening to the negative comments that those who are opposed to the candidate make - all too often, the commercials and sound bits have very few facts and often take snippets of a situation to

### ***Did you know?***

*In Australia is it illegal to not vote! If an eligible Australian voter does not have a valid and sufficient reason to not vote, they are penalized and must pay a fine. A criminal conviction may be recorded against them.*



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paint the person they are trying to defeat in a poor light. It definitely takes more energy to learn about all the candidates, but is necessary to be an informed voter.

*Let your voice be heard by voting.*

*- Susan*

**Follow us on Facebook for updates on upcoming ADRC events and programs and for information on resources that may be available to you!**

**We can be found at  
[www.facebook.com/adrcsauk](http://www.facebook.com/adrcsauk)**



## END-OF-LIFE ISSUES WORKSHOP

A three part workshop called “End-of-Life Preparedness” is being co-sponsored by the Baraboo Library and the Baraboo Senior Center. The workshop will include different speakers each day. The first portion of the three part workshop will be presented at the Baraboo Library on Monday April 11 from 1200 -2:00 p.m.; the second portion will be on Monday, April 18 at the Senior Center from 12:00 -2:00 p.m.; and the workshop will conclude on Monday, April 25 at the Baraboo Library from 12:00 -2:00 p.m.

Please call 608-356-6166 to register. The workshop is free. The workbook is \$29.95 and purchase is optional.



My name is Briana Newkirk and I am thrilled to be a new addition to the Sauk County ADRC! I joined the staff in January 2016 as a

Program Specialist and have really enjoyed getting to know everyone at the ADRC and working with visitors of the ADRC office.

Prior to coming to ADRC, I was attending school at the University of Wisconsin – Milwaukee, where I graduated with a bachelor’s degree in English (professional and technical writing concentration) and Women’s and Gender Studies.

My studies helped me find my passion for nonprofit work and continue to shape the work I do at the ADRC. My responsibilities include preparing the ADRC for committee meetings, accounts payable/receivable, and general administrative support. I am also looking forward to updating the ADRC website and bringing ADRC updates to Facebook!

My name is Terry Pasternak. I am very pleased to be on board at the ADRC as a Limited Term Employee. Before moving to Wisconsin, I was the Receptionist/Front Desk Specialist at AgeOptions, the Suburban Area Agency ( of Cook County) in Oak Park,IL for 8 Years.

My joy is to coordinate those with questions and concerns with those who have answers. After being on the front desk for the past few weeks, I see this happening every day! At the end of the day, I feel that I made a difference; that to me is JOY!



More importantly, we as an ADRC Team made a difference.

# ADRC Transportation

Medical Transportation Line: 608-355-3278 or 800-830-3533

Fun-day Trip Line: 608-355-4888

Look  
Who's  
Getting  
You  
There!



*Bill*



*Gary*



*Tom*



*Jennifer*



*Robin*

Hello - I'd like to introduce myself. I am Robin Goodman and the new Transportation Coordinator for the ADRC. While new to this position, I have worked for Sauk County the past 30 years.

Transportation issues are very important to the elderly and disabled within our County, and I look forward to working with and serving you.

A big thank you goes out to the Transportation Team and ADRC staff in welcoming and educating me.

If you have any suggestions, please feel free to contact me or any of the other staff on our Transportation Team.



## Fun-day Travels

**To Register Call Fun Day Travels at 355-4888**

### February Events

April 5	Greenway Station
April 12	East Towne Mall
April 19	Columbus Antique Mall
April 26	Hilldale and Target

### March and Early April Events

May 3	Fitchburg Super Target and Goodwill
May 10	Richland Center Wal-Mart and Goodwill
May 17	West Towne Mall
May 24	Henry Vilas Zoo
May 31	Greenway Station

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

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

**You can make a reservation for yourself and one other**

# Disabled Parking Identification Permit (permanent disability)

## Are you eligible?

Any person certified by an authorized health care specialist as having a permanent disability is eligible for the Disabled Parking Identification (DIS ID) Permit. By legal definition, this includes any person who:

- Cannot walk 200 feet or more without stopping to rest.
- Cannot walk without the use of, or assistance from, another person or brace, cane, crutch, prosthetic device, wheelchair or other assistance device.
- Is restricted by lung disease to the extent that forced expiratory volume for one second, when measured by spirometry, is less than one liter or the arterial oxygen tension is less than 60 mm/hg on room air at rest.
- Uses portable oxygen.
- Has a cardiac condition to the extent that functional limitations are classified in severity as class III or IV, according to standards accepted by the American Heart Association.
- Is severely limited in the ability to walk due to an arthritic, neurological or orthopedic condition.

## DIS ID permit display

A DIS ID permit must be hung from the interior rearview mirror of a motor vehicle when parking in a space reserved for persons with a physical disability. For exceptions to this rule, please



contact the Special Plates Unit. Remove the permit from the rearview mirror when operating the vehicle.

## DIS ID permit use

A motor vehicle displaying a DIS ID permit issued by Wisconsin or any other state or country, is subject to all Wisconsin motor vehicle laws and qualifies for certain privileges:

- May park in spaces marked by official traffic signs reserving the space for vehicles displaying VET or DIS plates or a DIS ID permit in all 50 states, D.C. and Puerto Rico.
- Is exempt from any parking ordinance imposing time limits of one-half hour or more and is subject to the laws relating to parking.
- May park at a municipally-owned/leased lot without payment in metered spaces when the time limit is one-half hour or more. Payment may be required for privately-owned parking lots or those with an attendant.
- May obtain fuel from a full-service pump at the same price as fuel from a self-service pump at locations with both types of services, if the driver is the person with the disability. The driver of the vehicle must ask for the same price as charged for fuel dispensed from a self-service pump. The retailer is not required to provide any other service that is not provided to customers who use a

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self-service pump.

### Things you should know

- Persons with a permanent disability will receive a blue DIS ID permit that must be renewed and recertified by an authorized health care specialist every four years.

**No fee** is required for issuance, renewal or replacement of a DIS ID permit issued for a permanent disability. However, applications made at a local DMV service center that provides DIS ID permit service are subject to a counter service fee.

Persons with a temporary disability should complete form MV2933, Temporary Disabled Parking Identification Permit Application or MV2933s (Spanish)

- If you are a licensed driver, the Wisconsin Department of Transportation (WisDOT) may review your disability to make sure you are able to exercise ordinary and reasonable control of a motor vehicle. If the certifying health care specialist recommends a re-examination, you will be required to complete a knowledge, highway signs and road test to determine any license restrictions.

- A person with a valid DIS ID permit issued by another jurisdiction may use the permit while visiting this state.

Disabled parking license plates provide the same privileges as DIS ID permits and are available for autos, light trucks, motor homes and motorcycles.

An organization that regularly transports persons who have a temporary or permanent disability that impairs the ability to walk may apply for a DIS ID permit. Please contact the Special Plates Unit for information.

## How to apply for a DIS ID permit (permanent disability)

Download the application form, MV2548 or MV2548s (Spanish)

1. Read the **Are you eligible?** section and complete the **Applicant section** if you qualify.
2. Have an authorized health care specialist complete the **Eligibility section**.
3. You must keep a copy of the completed application on your person or in the vehicle and provide it to any traffic officer for inspection upon request. Make and keep a copy before submitting the application to WisDOT.
4. Mail the completed application to:

WisDOT  
Special Plates Unit – DIS ID  
P.O. Box 7306  
Madison, WI 53707-7306

Applications made at a local DMV customer service center that provides DIS ID permit service are subject to a counter service fee.

### Release of non exempt information

WisDOT uses the information on the MV2548 form to issue DIS ID permits. Under Wisconsin open records laws, WisDOT must provide information from its records to requesters. If you do not want your name and address included in requests we receive for ten or more records, you may ask the department to withhold your name and address from those lists by completing the **Release of non exempt information** portion on the application form.

WisDOT complies with the Americans with Disabilities Act.

Source: wisconsindot.gov

## Some Answers for the Family Caregiver Who Is Spread Thin

Are you or is someone you know one of the more than 50 million Americans providing care for a loved one? If so, then you might also fall into the “sandwich generation,” those family caregivers who are “sandwiched” between taking care of an aging parent while still raising their own children.

When added to the many responsibilities of their own daily lives, including work and raising their own family, caring for a loved one with declining health can be quite an undertaking. In addition to the physical and financial strain of “being everywhere at once,” Sandwich Generation caregivers bear a complicated emotional burden. The worry, pain, and sorrow they already feel over a parent’s illness are compounded by the demanding challenges of caregiving.

Feelings of powerlessness and guilt are prevalent in family caregivers — for repeatedly having to “choose” one family need over another, for feeling that no choice can ever be the “right” one, and even for feeling they have no choice at all. Here are 10 tips for family caregivers from the National Family Caregivers Association:

1. Remember to be good to yourself. Love,

honor, and value yourself. You’re doing a very hard job, and you deserve some quality time, just for you.

2. Watch out for signs of depression, and don’t delay in getting professional help when you need it.
3. When people offer to help, accept the offer and suggest specific things that they can do.
4. Educate yourself about your loved one’s condition. Information is empowering.
5. There’s a difference between caring and doing. Be open to technologies and ideas that promote your loved one’s independence.
6. Trust your instincts. Most of the time they’ll lead you in the right direction.
7. Grieve for your losses, and then allow yourself to dream new dreams.
8. Stand up for your rights as a caregiver and a citizen.
9. Seek support from other caregivers. There is great strength in knowing you are not alone.

For more information on support and care services contact a home care agency.

This partnership article is provided by:

**BrightStar Care**  
507 Linn St., Unit B,  
Baraboo, WI 53913

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

To learn more contact Abby Christopherson at 608-355-5015

or email her at [abbyc@BrightStarCare.com](mailto:abbyc@BrightStarCare.com) or visit us online at [www.brightstarcare.com/baraboo](http://www.brightstarcare.com/baraboo)

*Life is either a daring adventure  
or nothing.*  
-- Helen Keller





# The Volunteer Buzz

Cathy Bindl



## It's driving me crazy!!



I know there are so many wonderful people out there who need rides to their medical appointments and other trips of necessity. And I know there are so many wonderful people who want to help others. But for some reason, I'm not able to connect them!!

The transportation program is in need of people who are willing to volunteer as driver escorts. The ADRC tries to match a person in need of transportation with a volunteer driver escort who lives near them to help keep the cost of the ride down, so this means we need more drivers all around Sauk County.

When considering being a driver, know that you are reimbursed your mileage but **are** volunteering your time. You are driving only when you want to and there is no obligation to drive a certain number of trips. If we call and ask you to drive and you have other plans or just want a break, you simply tell us "no".

Do You:

- want to keep your trips to once a week or once a month? Great, we are grateful for every trip you take.

- want to stay busy and drive as much as possible? We love to hear that!
- want to only take trips to the smaller communities? Let us know, we'll make a note of it.
- like to take longer appointments so you can catch up with a friend or go shopping while you wait for your rider to be done? Let us know! We just ask that you leave a phone number with the client or medical staff so they can reach you if they are done earlier than expected.
- prefer to only drive Veterans? We just need to know that.
- have any other preferences? Just let us know.

If you are interested but still have questions, give Robin, Tom and Jennifer in the Transportation Department a call at 355-3278 and ask them! They can explain the program in more detail.

If you know you want to volunteer, give me a call at 355-3289 and we'll get you started!

- Cathy



*Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in. -- Unknown*



# WE ARE SEARCHING FOR VOLUNTEERS



## ***PLEASE CONSIDER VOLUNTEERING!***

### **Current Volunteer Opportunities**

- The Reedsburg and Sauk Prairie Dining Centers are in need of dining center volunteers.
- The Volunteer Driver Escorts who drive clients to medical appointments and other trips of necessity are always in great demand. We would welcome drivers in all the Sauk County communities.
- The Sauk County Dining Centers are in need of people willing to be substitute Home Delivered Meal Drivers.

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

**Give me a call and  
we can discuss how YOU  
can make a difference  
in your community.**

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

***Thank you to  
BrightStar for providing a  
wonderful lunch for our newsletter  
volunteers.***



## **DIABETES PREVENTION PRESENTATION**

Did you know that 1 out of every 3 adults in the United States has a condition called prediabetes? In Wisconsin 35% of adults are thought to have prediabetes. Join us at the ADRC for a very informational program about Diabetes and learn how to lower your risk of developing this serious condition.

This presentation is brought to you by the Wisconsin Well Woman's Foundation, a non-profit organization founded by former first lady Sue Ann Thompson in 1997. The organization is dedicated to improving the health and lives of women and their families through education, outreach programs and partnerships. Your presenter is Jean Mueller. Jean works with Catholic Charities in Madison and is also GrapeVine Nurse with the Wisconsin Well Woman's Foundation

**Date:** Friday April 8, 2016

**Time:** 1:00 – 2:00 p.m.

**Location:** ADRC of Eagle Country-  
Baraboo Office  
505 Broadway  
Baraboo, WI 53913

There is no charge for attending, but your registration would be appreciated. Please call the ADRC at 355-3289 or (800-482-3710)

# For Your Benefit . . . Your Elder Benefit Specialists

Call 355-3289 or (800) 482-3710

To confirm site visits or to  
schedule office appointments



**Mindy Shrader**  
Serving:  
The western part  
of Sauk County,

**Mindy - coming to you:  
Walk in appointments**

**Pam Burdick**  
Serving the eastern part  
of Sauk County



**Pam - coming to you:  
Walk in appointments**

<b>Sauk/Prairie Community Center</b>	April 14 10:00 to 11:30	May 12 10:00 to 11:30
<b>Merrimac Village Hall</b>	April 20 10:00 - 11:00	May 18 10:00 - 11:00

<b>Howard Wynne Apartment</b>	April 5 11:00 to 12:00	
<b>Park Place Senior Apartment Reedsburg</b>	April 5 2:00 to 3:00	May 10 2:00 to 3:00
<b>Plain Green TTEC</b>	April 6 1:00-3:00	May 4 1:00-3:00
<b>Spring Green Senior Center</b>	April 20 10:30 to 11:30	May 11 10:30 to 11:30
<b>Spring Green Library</b>	April 20 1:00 to 2:00	May 11 1:00 to 2:00

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

Presented by  
**Mindy Shrader and Pam Burdick**  
Tuesday May 10, 2016 at 4:30 p.m.  
West Square Building, 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.



## **Wisconsin Offers Non-Expiring IDs to Seniors**

*by the GWAAR Legal Services Team*

The Wisconsin Department of Transportation now offers non-expiring identification (ID) cards to Wisconsin residents. To qualify, an individual must be (1) a Wisconsin resident, (2) a U.S. citizen, and (3) age 65 or over.

The non-expiring ID cards give seniors the opportunity to have a state ID for voting purposes—without requiring seniors to get a

new picture taken every eight years. The non-expiring ID will have the same appearance and security features as a standard expiring ID card, but in place of the expiration date it will indicate that it is “non-expiring.”

However, seniors should carefully consider whether the non-expiring ID is right for them.

First, to obtain a non-expiring ID, a senior will

need to surrender his or her driver license. When an individual surrenders his or her driver license, they are ineligible to drive in any state.

Second, the non-expiring IDs are not “REAL ID”-compliant. REAL ID cards must be renewed every eight years. The REAL ID Act sets minimum security standards for sources of identification. Federal agencies cannot accept ID cards from states that do not meet the minimum security standards. For example, if you plan to visit a federal facility or a military base, you will need an ID that meets the act’s standards. According to the official Website of the Department of Homeland Security, REAL ID requirements do not apply to the following: entering federal facilities that

do not require ID, voting, applying for or receiving federal benefits, being licensed to drive, accessing health or life-preserving services, or participating in law enforcement proceedings or investigations.

The non-expiring IDs are currently free of charge and serve as legal identification for voting purposes.

For more information, please see:

- <http://wisconsindot.gov/Pages/dmv/license-drvs/how-toapply/id-card.aspx>
- <https://www.dhs.gov/real-id-public-faqs>
- [http://host.madison.com/wsj/news/local/seniors-can-getnon-expiring-id-in-wisconsin-driversdoing/article\\_3c9d65c1-67bc-542e-b17e](http://host.madison.com/wsj/news/local/seniors-can-getnon-expiring-id-in-wisconsin-driversdoing/article_3c9d65c1-67bc-542e-b17e)



## *Family Feuds and Caring for Older Parents*

*by the GWAAR Legal Services Team*

When an older person’s health and financial circumstances change, children are often the first to step in to provide care and make decisions for their aging parents. Siblings do not always agree on what that help should look like or what those decisions should be. It’s hard enough for many older adults to ask for (or surrender to) help in the first place, so it makes it even more difficult to know that their children are in conflict. This article discusses the most common factors and types of discord among siblings and offers some helpful tips for navigating these choppy waters.

The most common factors leading to sibling feuds over aging parent care are the siblings’ abilities to make important decisions, their

abilities to divide the caregiving workload, and their overall level of teamwork. Fights are bound to crop up where one sibling refuses to participate in the discussions, wants no part in helping the parent in any way, or creates barriers to reaching agreements. On the flip side, a sibling who wants to control the decisions, wants to provide all care and limit access to information, and does not respect the input of others can wreak just as much havoc.

When disagreements do surface, here are some of the most common themes:

- **Roles and rivalries from childhood.** Often, unresolved conflicts or behaviors from childhood surface, making it difficult to see each other as grown adults with equal footing to solve the problems.

*(Continued on page 18)*



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- **Disagreements over the parent's condition and capabilities.** What appears to be a crisis in one sibling's mind may not be in another's.
- **Arguments over financial matters, estate planning, and family inheritance.** Paying for care is a huge source of tension. When siblings are asked to chip in, not everyone may agree about what is fair and what isn't.
- **Burden of care.** The most common type of argument stems from those cases where the burden of caring for an older parent is unequal. Usually one sibling will take on most of the caregiving tasks which can lead to resentment in the eyes of the caregiver. On the other side of the coin, other siblings may feel shut out.
- **Parents resist care.** This scenario can make already-tough decisions tougher.
- **A "controlling" child excludes others from decision-making.** This child probably believes that he or she knows what's best, but that doesn't mean that the other siblings' (and parent's!) opinions aren't valid.
- **Children caring for parents and young children of their own.** This "sandwich generation," as it is commonly referred to, is becoming increasingly more prevalent and imposing financial and emotional constraints on those stuck in the middle.
- **Caring for both parents at once.** When parents are experiencing different care needs, it may make decisions about relocating or finding appropriate care even more difficult.
- **End-of-life care.** One sibling may be adamant about dying with dignity, while another believes that the parent should fight to the end. If the parent is no longer able to express his or her wishes and no advanced directive is in place, these

disagreements can be devastating.

The following tips may be helpful for families:

- **Engage the parent in the issues.** Give the parent every opportunity to make his or her own decisions and participate in the process.
- **Remember the past, but don't get stuck there.** Focus on the positive from the past and remember that we all have the ability to grow and learn and our perspectives change over time.
- **Make decisions based on values, not old scores.** Some people don't want to participate in caregiving because they feel like the person now needing the care didn't do a good job caring for them. Instead, a person could agree to care for the parent because he or she believes that we should all help one another.
- **Hold family meetings.** Get as many medical/social work/home health care opinions you can before holding a family meeting. Involve a neutral third party, if needed.
- **Plan before a crisis happens, if you can.** Estate planning can help avoid some of the feuds surrounding paying for care and family inheritance. An advanced directive for healthcare can provide peace of mind that everyone is acting in the way the parent would want when that time comes. Having these discussions and getting these documents in place before they're needed can alleviate a lot of tension.
- **Don't make promises to never institutionalize the parent.** You don't know what the future will bring!
- **Ask for help.** This is especially important for those siblings who are providing primary care. Make sure you're sharing information (and not just when there are emergencies) so that everyone is always up-

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to-speed. You may have to be detailed with what you ask for, but you don't have to do everything alone.

- **Stay in touch.** If you are a sibling who is far away geographically, ask what you can do to help, and check in often—both with the sibling and the parent.

Coming together and making difficult decisions is a lot to ask of any group of people. When you mix in complicated family histories and the very real issues of declining health and limited resources, disagreements are inevitable. When siblings can agree to disagree and acknowledge that their decisions are coming from a place of love, these

disagreements can be minimized and can result in the best care for their aging parents.

#### Sources:

10 Reasons Families Fight about Senior Care, [www.aplaceformom.com](http://www.aplaceformom.com).  
Jacobs, Barry J., When a Troubled Past Affects Present Caregiving, AARP, Jan. 27, 2016.  
Making Decisions for Elderly Parents, [www.keystoneelderlaw.com](http://www.keystoneelderlaw.com).  
Spencer, Paula, How to Avoid Strained Sibling Relationships When a Parent Has Alzheimer's, [www.caring.com](http://www.caring.com).  
When Families Feud, Elderly Parents Lose, [www.caregiverstress.com](http://www.caregiverstress.com).

## AGING MASTERY PROGRAM COMES TO YOU!

Baraboo Area Senior Center (BASCO) was selected to help improve the health, well-being and independence of rural older adults through its Aging Mastery Program (AMP). AMP consists of **10 courses** that combine evidence-informed materials, expert speakers, group discussions, levels of mastery and achievement, and small rewards. The courses are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and continuing actively in society.

#### Aging Mastery Core Curriculum:

1. Navigating Longer Lives: the Basics of Aging Mastery
2. Exercise and You
3. Sleep
4. Healthy Eating and Hydration
5. Financial Fitness
6. Advance Planning
7. Healthy Relationships
8. Medication Management

9. Community Engagement
10. Falls Prevention

The program is open to everyone, not only those who are members of BASCO. It will start on Thursday, April 7 from 5:30 to 7:30 p.m. and run for 10 weeks. A light supper will be served and followed by the program. It will be held at Oak Park Place in the Big Top Room. There is a \$25.00 charge for the course of which up to \$25.00 will be reimbursed based upon attendance. For those commuting 15 or miles outside of Baraboo, mileage will be reimbursed at \$0.35/mile or \$0.50/mile if carpooling with at least one other person.

This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting edge wellness program. We are currently recruiting 30 adults (ages 55+) to participate in a ten-week educational program.





Holly Schafer

## Disability Benefit Specialist

Quinn Hause



# DISCOVER DISABILITY

Sources: Bob Trotter;  
Social Security Public Affairs Specialist

Social Security is committed to the principles and spirit of the Americans with Disabilities Act (ADA), which improves the lives of our beneficiaries and our employees who have disabilities. We are proud to say that we've been helping people with disabilities for over 25 years.

We also want you to see and hear from the people who rely on Social Security disability benefits to not just survive, but thrive, as active members of our communities. Our *Faces and Facts of Disability* website highlights the real life stories of people who have disabilities.

### **Angela is a courageous face of disability, her story was published May 2015**

For Angela, applying to receive disability payments was a humbling experience. Sharing intimate details about her disability made her extremely uncomfortable. But she's glad she did—and that Social Security was there for her when she needed it.

Angela lives with multiple sclerosis, a serious disease of the central nervous system. This condition disrupts the flow of information within the brain, and between the brain and body. People with multiple sclerosis can experience a range of debilitating symptoms, including muscle spasms, difficulty moving and maintaining balance, trouble speaking or swallowing, and chronic pain. These problems tend to worsen over time.

It wasn't always this way. Before her disability became overwhelming, Angela worked as a full

-time teacher. She loved her job and her daily contact with students. As her symptoms grew harder to manage, her employer adjusted her responsibilities and schedule so that she could continue doing what she loves.

Eventually, she could no longer maintain the pace that her position required. At that point, she had no choice but to stop working. She describes leaving her job as one of the hardest decisions she's ever had to make.

In addition to coping with her severe disability, Angela now had two other pressing concerns. Most urgently, she was afraid she would be unable to continue supporting herself and her family. Besides her financial worries, she also desperately missed interacting with her students. With her rewarding career on hold, she felt "lost and adrift," wondering about her purpose in life.

This crisis threatened not only her livelihood, but also her identity.

To address her troubled finances, she decided to file a Social Security disability insurance claim. Like most workers in the United States, Angela had earned this insurance coverage by paying Social Security taxes throughout her career. Now, circumstances required her to make use of it.

Social Security evaluated her application and necessary medical evidence. After determining that her condition meets SSA strict definition of disability, they gave her claim the green light. The approval letter came as a great relief. Her monthly Social Security payments help Angela keep up with her financial



obligations, including paying for her daughter's college education.

About the time she filed her Social Security claim, she came upon an online teaching opportunity and decided to apply. She hoped this might be a way for her to resume teaching while dealing with her mounting health issues. As it turned out, the exciting new world of Internet education suited her needs perfectly. Today, she's an online faculty member at a major university.

She continues to receive Social Security payments in months when her earnings are not enough for us to consider substantial. Whether or not she is ever able to return to a full work schedule, she's happy to have discovered resources that are helping her make the most of a tremendously challenging situation—financially, professionally, and personally. Social Security is an essential part of this support system.

### **How Would YOU Have Paid Your Bills?**

Imagine how you would continue earning a living if a condition like multiple sclerosis interfered with everyday activities that you usually take for granted, such as walking without assistance, moving your arms and hands normally, and speaking clearly. Suppose,



## **Social Security Q & A**

By Bob Trotter

**Q:** I was turned down for disability. Do I need a lawyer to appeal?

**A:** You're entitled to hire a lawyer if you wish, but it is not necessary. In fact, you can file a Social Security appeal online without a lawyer. Our online appeal process is convenient and secure. Go to [www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal). If you prefer, call us at 1-800-772-1213 to schedule an appointment to visit your local Social Security office to appeal. Or contact your local ADRC for help or information.

on top of all this, you also had to cope with chronic pain.

If these symptoms prevented you from working, would you still be able to support yourself and your family?

Like Angela, you'd probably be glad you had paid into Social Security.

Workers and employers pay for Social Security disability insurance coverage through taxes on workers' earnings. Congress created this system nearly 60 years ago so that workers and their families would have something to fall back on in case a severe disability like advanced multiple sclerosis makes working impossible.

For Angela and the estimated 165 million workers covered under Social Security, this program provides a critical safety net.

Social Security invite you to learn the facts about the disability insurance program, and see and hear these stories of hardship and perseverance at [www.socialsecurity.gov/disabilityfacts](http://www.socialsecurity.gov/disabilityfacts).

*\*\*These are the stories of Social Security. The Aging and Disability Resource Center is not Social Security, but a free service that assist individuals who need help with applying for Social Security Benefits, such as Disability.*

**Q:** I am trying to save up for a truck. I have \$1,200 in the bank and need a little more. How much cash can I have in the bank without affecting my Supplemental Security Income (SSI) eligibility?

**A:** The limit is \$2,000. Unless you have other valuable resources, this means you could save up to \$2,000 before you would become ineligible for SSI. They generally do not count your primary vehicle, the home you live in or money set aside for burial expenses. If you are in this situation, call SSA at 1-800-772-1213 or visit any Social Security office.

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



Lisa  
Karau



Rachel  
Heinzman



Julie  
Mayer



Megan  
Fecht



Jim  
Pritzkow

### Aging & Disability Specialists Satellite Offices To Serve You Better!

For your convenience, the ADRC has satellite offices in Reedsburg, Sauk Prairie and Spring Green and extended hours in Baraboo.

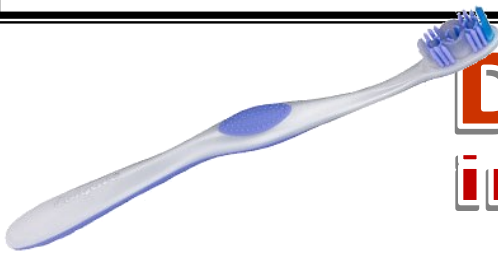
The **Reedsburg** satellite office is in the Reedsburg Human Service Building at 425 6th St and is open every Wednesday from 8:00 a.m. to 12:00 p.m. No appointments are needed.

The **Sauk Prairie** satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m. No appointments are needed.

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. and is open every other Thursday from 10:00 a.m. to 12:00. The dates being April 7 & 21 and May 5 & 19. No appointments are needed.

The **Baraboo** office has extended hours on Tuesdays evenings until 7:00 p.m.. Feel free to stop in or telephone to discuss services available, options or ask any questions you may have.

**If you would like further information call the ADRC at 355-3289**



## Dental Coverage in the Marketplace

*by the GWAAR Legal Services Team*

Adults (19 and older) are not required to have dental coverage, and insurers do not have to offer adult dental coverage in their plans.

Although dental is not a required plan benefit, there are options available to you in the Marketplace if you want dental insurance. In the Marketplace you can find several health plans that include dental coverage or stand-alone dental plans (plans not included as part of a health plan) that you can buy.

You cannot buy a dental plan from the Marketplace unless you are enrolling in a

Marketplace health plan at the same time. This means that if you buy a dental plan through the Marketplace, you can only buy the dental plan when you enroll in a Marketplace health plan. This also means that you cannot enroll solely in a dental plan through the Marketplace. However, you can enroll in a dental plan outside of the Marketplace at any time you choose.

Once you complete your Marketplace application and receive your results, you will be able to view health plans that include dental

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coverage. If you prefer a stand-alone dental plan, you can select your health plan and then shop for dental plans. If you already enrolled in a Marketplace plan and did not add dental coverage at that time, unfortunately you can no longer add Marketplace dental coverage. Your options would be to 1) wait for the next Open Enrollment Period, 2) use a Special Enrollment Period, if you qualify, to change health plans and add dental coverage at that time, or 3) enroll in a private plan off of the Marketplace.

Once you enroll in a dental plan, you may still be able to use financial assistance for your dental coverage. If you qualify for Premium Tax Credits, you can apply those tax credits to a Marketplace plan that includes dental coverage because there is only one premium.

On the other hand, you cannot apply Premium Tax Credits to a stand-alone dental plan.

Keep in mind that if you get dental coverage through a Marketplace health plan, you cannot cancel your dental plan because you are only able to modify Marketplace plans during the Open Enrollment Period or during a Special Enrollment Period. If you purchase a stand-alone dental plan, you can cancel the dental plan any time during the year by contacting your plan or calling the Marketplace call center.

**Whichever type of dental plan you have, DO NOT cancel it on the Marketplace website because it will cancel both your dental and health plan.**

Visit [www.healthcare.gov](http://www.healthcare.gov) for more information and to view and compare dental plans after you complete your application.



## ADRC and Dementia

In recent years, the Wisconsin Department of Health Services (WI DHS) has focused on redesigning Wisconsin's dementia care system. The goal has been to develop dementia care standards or "guiding principles" that promote the values and practices essential for ensuring that those living with dementia have access to high-quality, effective care and support. These guiding principles focus on promoting care and support that is person-centered which means it is consistent with an individual's needs and places the least amount of restrictions on that individual's independence. These principles also focus on preventing or mitigating crisis situations and emphasize consumer awareness and community engagement.

### How is the ADRC supporting this initiative?

As a go-to resource for adults with disabilities and seniors, including those living with dementia, the ADRC is working to adopt these principles as a foundation of our practice with the goal of becoming more dementia-friendly in the way we understand, interact, and support those living with dementia and their caregivers. Part of our focus is to share information on these principles with Sauk County residents to ensure broader awareness of dementia and ways in which we as a community can provide and support quality dementia care.

There are ten dementia care guiding principles

(Continued on page 24)



and they include the following:

1. **Personal Liberties:** People with dementia deserve the highest quality of life possible with the least restrictions placed on their personal liberties.
2. **Community Awareness:** Dementia-related education, guidance, and resources for community members should be easily accessible.
3. **Early Detection and Diagnosis:** All individuals deserve to have access to early screening for dementia, followed by an accurate assessment, diagnosis and prompt referral for services.
4. **Independence and Choice:** People living with dementia deserve to have the highest degree of independence and choice possible.
5. **Individualized Care and Services:** People living with dementia deserve to receive care and services designed around their unique preferences, culture, and values.
6. **Meaningful Activities:** People living with dementia deserve to have opportunities to engage in meaningful activities.
7. **Coordinated Systems:** Caregivers and health care professionals should work as a team to provide effective care for people living with dementia.
8. **Education and Training:** People caring for individuals living with dementia should have the knowledge, skills, and abilities to provide effective support.
9. **Communication through Behaviors:** Caregivers should view behaviors as a form of communication and strive to identify the cause and solutions.
10. **Environment and Living Space:** The living space for people with dementia should provide safety and the comforts of home.

In addition to educating the community, the

ADRC also offers memory screenings which serves to identify those with memory concerns so that they can receive early referral to their health care provider for further assessment and diagnosis. This also allows for those living with dementia and their caregivers to be referred to services that can assist them in coordinating supports and planning for future needs. The ADRC can play a role in connecting these individuals with needed services through a service called options counseling in which an Aging and Disability Specialist can assist with thorough assessment of their situation and help them to identify services that are consistent with their needs and preferences.

The ADRC also strives to improve quality of and access to services and that includes identifying gaps in services or needs which are not being met by current community services or resources. The ADRC encourages people living with dementia, their caregivers, and community members to contact the ADRC to share concerns about service or resource gaps and unmet needs within the community related to dementia care.

To learn more about the dementia care guiding principles or to speak with an Aging and Disability Specialist about services for those living with dementia or their caregivers, please contact the ADRC at (608) 355-3289 or (800) 482-3710

Q. What goes up when the rain comes down?

A. An umbrella!

Q. When does it rain money?

A. When there's change in the weather





# Cop's Corner

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

## Tax Fraud and Identity Theft

This time of year the police get a lot of calls about tax scams and theft of identity complaints. A little information can go a long way to protecting yourself.

The most common tax scam is a phone call made by a robot dialer who tells you that the IRS is launching an investigation and to avoid being arrested, they need to call and wire money or provide access to a bank account.

The problem with the scam is that the IRS will not call you. If you are being audited, you would be contacted by an IRS agent in person who will present proper credentials. Any phone call should be suspect to you. You need to follow up before sending money or allowing anyone access to your bank accounts. If you pay, it is extremely difficult for local law enforcement to track the bad guys and the chances of getting your money back are almost none. Never divulge information over the phone to anyone you do not know, even if you believe it is an official.

The second issue we see is identity theft through tax return fraud. This is where your identity is stolen to file a tax return for fraudulent return monies. The following is from the IRS web site and has some helpful hints:

### Know the warning signs

Be alert to possible tax-related identity theft if you are contacted by the IRS or your tax professional/provider about:

- More than one tax return was filed using your SSN.
- You owe additional tax, refund offset or have had collection actions taken against you for a year you did not file a tax return.
- IRS records indicate you received wages or other income from an employer for whom you did not work.

### Steps to take if you become a victim

If you are a victim of identity theft, the Federal Trade Commission recommends these steps:

- File a complaint with the FTC at [identitytheft.gov](http://identitytheft.gov).
- Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
  - **Equifax**, [www.Equifax.com](http://www.Equifax.com), 1-800-766-0008
  - **Experian**, [www.Experian.com](http://www.Experian.com), 1-888-397-3742
  - **TransUnion**, [www.TransUnion.com](http://www.TransUnion.com), 1-800-680-7289
- Contact your financial institutions, and close any financial or credit accounts opened without your permission or tampered with by identity thieves.

If your SSN is compromised and you suspect you are a victim of tax-related identity theft, the IRS recommends these additional steps:

- Respond immediately to any IRS notice; call the number provided or, if instructed, go to [IDVerify.irs.gov](http://IDVerify.irs.gov).
- Complete IRS [Form 14039](#), Identity Theft Affidavit, if your efiled return rejects because of a duplicate filing under your SSN or you are instructed to do so. Use a fillable form at [IRS.gov](http://IRS.gov), print, then attach the form to your return and mail according to instructions.
- Continue to pay your taxes and file your tax return, even if you must do so by paper.

If you previously contacted the IRS and did not have a resolution, contact us for specialized assistance at 1-800-908-4490. We have teams available to assist.

A little prevention may save a lot of pain in the very near future. Protect your identity and yourself.

Mark Schauf,  
Baraboo Police Department



# Caregiver Connection and Prevention Pointers



*Marina Faber  
Aging Program Specialist*

It is one of those facts that has gone pretty much unquestioned for decades: Get 8 hours of sleep every night.

That number however, may be skewed depending on our age. Did you know that newborns age zero to three months need 14 to 17 hours of sleep each day?! According to the National Sleep Foundation, sleep is now categorized by age. Until recently, 18 to 100+ were grouped into one category. Now, that group is split three ways: 18-25, 26-64, and 65+. It is recommended that those aged 65 and older should get seven to eight hours of sleep per night, rather than the previous seven to nine.

Are you struggling to get the recommended

seven to eight hours of sleep per night? Let's look into some strategies to help you fall and stay asleep and to wake refreshed each day!

1. Stick to a sleep schedule – even on the weekends. Getting into a routine of going to bed at the same time each night will allow your body to wake up at the same time each morning.
2. Practice a relaxing bedtime ritual. Try these:
  - a. Taking five deep breaths in and out
  - b. Keep a nightly journal, where you can record any anxieties, frustrations, or things you need to do - and then close the cover
  - c. Tune into your senses - listen to the sounds around you, how the air smells, how the sheets feel on your skin
3. Exercise (no matter how much) daily! Exercise can reduce stress and tire you out which makes falling asleep much easier.
4. Evaluate your bedroom to ensure temperature, sound, and light are ideal. Your bedroom should be between 60 and 67 degrees Fahrenheit for optimal sleep. Try white noise, calming music, or nature sounds to add subtle noises in your room.
5. Sleep on a comfortable mattress and pillow. Finding the right pillow may take some trial and error – don't get frustrated if you can't find your fit right away.
6. Be aware of hidden sleep stealers like caffeine and alcohol.
7. Turn off electronics before bed. Make sure you give yourself at least 30 minutes of technology-free time to transition yourself

Prevent those mid-afternoon yawns!

zzzzzz



Are you getting enough quality sleep?

*(Continued on page 27)*



(Continued from page 26)

into sleep mode. .

Consult your doctor if you experience any of the following symptoms: sleepiness during the day, snoring, leg cramps, leg tingling, gasping or difficulty breathing during sleep, or prolonged insomnia. There may be an underlying cause to your trouble sleeping that

your doctor may be able to help you solve.

Last but not least – make sleep a priority! If you have more questions about sleep, I suggest going to [www.sleepfoundation.com](http://www.sleepfoundation.com) or <http://sleep.org> where you can find more information about sleep. I don't know about you, but when I don't get enough sleep, I can be quite grumpy – just ask my fiancé!



When someone you love needs care, it's natural to want to be the one to provide it. But when caregiving becomes difficult, talking with people who understand can help. Find support by joining the **Family Caregiver Call-In**. You'll talk with caregivers and experts to find resources to help you better care for your loved one – and yourself. All you have to do is call from the comfort of your home!

- What: **Free Caregiver Call-In Support Group**
- When: 2nd Tuesday of each month
- Time: 1:00-2:30pm
- How do I sign up?

**Step 1:** Call (877) 416-7083 to reserve your spot. You will get the call-in phone number when you reserve your spot.

**Step 2:** Dial in (from the number you received when you registered) on the 2nd Tuesday of each month

For questions, please contact Marina Faber at the Sauk County Aging and Disability Resource Center at (608) 355-3289



## Please join us for the **Caregiver Support Group**

Meetings are  
the second Thursday of each month  
at 9:00 a.m.

Room B24, West Square Building,  
505 Broadway, Baraboo

The next meetings will be  
**April 14 and May 12**

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

Join us to **learn** from, **listen** to, and **talk** with other family caregivers. In Wisconsin there are an estimated 578,000 caregivers (AARP-Wisconsin).

**You are not alone.**

## **Staying active and engaged when living with dementia**

For individuals diagnosed with Alzheimer's or other form of dementia, and their loved ones, it is important to know that there are things they can do to help cope with the symptoms of the disease. Studies show that eating healthy and staying active, both physically and mentally, can have a positive impact on how the disease progresses. Often individuals with dementia can become isolated from society but it is important for those with dementia to stay active and involved in their community.

Attending a Memory Café can be a wonderful stress-free opportunity for those with dementia to stay engaged. The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) hosts a free Memory Café on the third Thursday of each month from 9:30 – 11:00 a.m. at Café Connections inside the Sauk Prairie

Community Center, 730 Monroe Street in Sauk City. The café is for individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias and their family and friends. Each café is unique and offers a program or activity that's fun and chosen by participants' interests.

A care partner and Café participant shared "My husband and I thought that the Memory Café as wonderful! We don't socialize much anymore, and it was great seeing him happy and laughing with others. Opportunities like this make life so much better!"

Contact Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin, at 608.742.9055 for more information about the Memory Café or other support services.

## **Congratulations!** **Sauk County Home Care in Top 25**

It is with great pleasure to announce that Sauk County Home Care has received an Award of Distinction for Patient Satisfaction for 2015 from FAZZI associates. Sauk County Home Care could not have done this without the support of their patients. In FAZZI's national patient satisfaction database, a comparative analysis is done on each completed survey. The results for the past year (2014) placed them in the top 25% nationally for overall satisfaction and likelihood of recommending our agency.

Sauk County Home Care has been providing skilled services to the citizens of Sauk County since 1967- that's almost 50 years of service! They also service those across the county line who are still within our communities. Skilled services include, nursing, physical, occupational,

and speech therapies, and CNA bathing services. They help bridge the gap between hospitals/nursing homes and YOUR home. The Home Care staff work with your physician to help you recover in the comfort of your own home.

How can you get the Sauk County Home Care services? Any time you are discharged from a hospital or nursing home, any time you have an appointment with your physician. any time you need help managing your diabetes, or healing a wound, or therapy - just ask!

The Home Care staff DO the best they can to help you BE the best you can. For more information contact us at 608-524-7513.

## AARP DRIVER SAFETY CLASS



with Instructor Vernon Schultz  
St Clare Hospital, HoChunk Room

Thursday, May 26, 2016

12:30 pm – 4:30 pm

Registration at 12:00 Noon

\$15 AARP Member

\$20 Non Member

### What Will I Learn by Taking the Course?

You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. You will also learn about:

- Reducing traffic violations, crashes, and chances for injuries.
- Maintaining proper following distance at all times.
- The safest way to change lanes and make turns at intersections.
- Minimizing the effect of dangerous blind spots.
- Properly using safety belts, air bags, and anti-lock brakes.
- Maintaining physical flexibility.
- Continuing to monitor your own and others' driving skills and capabilities.

After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others

- Though geared for drivers age 50 and older, the course is open to people of any age.
- AARP membership is not required to take the course.
- Contact your Auto Insurance Company you may receive a reduction in your premium.
- THERE IS NO FINAL TEST TO PASS.

**PLEASE REGISTER  
WITH  
GOLDENCARE  
AT 608- 356-1407**



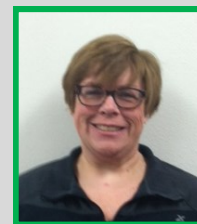
- Thank you to Mary Luckhardt Klem for the donation to the publishing of AddLIFE Today!, and the Prevention programs in memory of Nif Luckhardt.
- We would like to thank an anonymous donor for the donation to the publishing of the AddLIFE Today!
- Thank you to Mary Ann Lee for her donation to the publishing of AddLIFE Today!
- We would like to thank an anonymous donor for the donation in honor of Nate to the Disability Benefit Specialist program.
- Thank you to Mary Hasse for her donation to the publishing of AddLIFE Today!
- We would like to thank Jerry and Patricia Bullard for their donation to the home delivered meals program.
- Thank you to Gen and John Mohar for their donation in memory of the Mohar-Novak family to the AARP Tax Preparation and Home Delivered Meals programs.
- We would like to thank Gene Hackbarth for the donation in memory of Lynn Hackbarth to the ADRC programs.
- Thank you to an anonymous donor for the donation of paper to the ADRC office.





# Nutrition News

**Linda Champagne,  
Nutrition Specialist**



## Welcome to the Sauk County Dining Centers

Things keep moving along here at the ADRC in the Nutrition realm. In January, we opened a new dining center in Lake Delton. The Frank Fischer Center is a beautiful new building at 20 Wisconsin Dells Parkway South in Lake Delton. Jan Vertein, who in the past ran the Merrimac dining center, is the Dining Center Coordinator at Lake Delton. If you'd like to shake off the winter doldrums and go out for a ride and lunch, I recommend calling Jan at 608-393-8701 to make a reservation.

Welcome to Reedsburg's new Dining Center Coordinator, Rosella Kalscheuer. Rose comes from Baraboo/Lake Delton. Rose has made the Reedsburg Dining Center at Willow Heights (800 Third Street) a warm and inviting place to have a nutritious meal. Give Rose a call at 608-963-3438 to reserve a meal. She's looking to add new diners and volunteers. Beginning April 4, home

delivered meal customers will need to call Rose at 608-963-3438 to cancel their meals.

We've also have a new Dining Center Coordinator at the Sauk/Prairie Dining Center. Jennifer Kamrowski has worked with the ADRC since late summer, and it's been our good fortune to welcome her to the Sauk Prairie Dining Center. Watch for coming news on renewing Café Connections at Sauk Prairie! We're very excited about the possibilities at all of our dining centers.

Spring Green and Baraboo continue to flourish under the wise eyes of Bob Charley and Cathy Riley - two veteran dining center pros who breathe life into their respective dining centers. If you haven't visited a Sauk County Dining Center lately, what are you waiting for? You are cordially invited to attend any of our dining centers—just make your reservation a minimum of 24 hours in advance. See you there!

## ***Survey Says!***

### **2016 Customer Satisfaction Survey coming your way.**

Every year the Greater Wisconsin Agency on Aging Resources (GWAAR) through whom we receive grant funds for our Older Americans Act programming (including Meals Programs) requires us to conduct a survey to find out how we are doing.

Home Delivered Meals customers will receive surveys from their meal delivery drivers.

Dining Center participants will find surveys right at the dining centers. These surveys are completely confidential and allow us to work toward improving our services and meeting the food independence needs of Sauk County residents.

Please take time to fill out your survey so that we can better serve you.



# SAFE OUTDOOR COOKING

By: GWAAR



Spring and summer mean firing up that grill! During the warm and sunny months of summer we gather outside to enjoy good company and good food. But we need to keep our food safe in order to prevent foodborne illness. We need to keep our food at the right temps and avoid contamination. Food cannot just sit out all day long — potentially hazardous food that isn't kept hot or cold only has a few hours to be eaten. After that it needs to be thrown out. Keep cold foods like potato salad on ice. If this is not an option throw out any unused portions if it hasn't been eaten within the first couple of hours. Keep hot food hot in chafing dishes or crock pots. If you don't have a power supply for a crock pot, bring only

the amount that you need and discard the rest if it hasn't been eaten within the first couple of hours. Keep lids on tight to avoid pests such as flies, squirrels and birds. If you're grilling meat it is crucial that you clean any and all soiled equipment and utensils before using them with the cooked meat. Wash your plates and pans well. After you place the raw chicken on the grill, wash your tongs before you flip the chicken or pull it off the grill. Barriers like aluminum foil are useful, but be careful to watch for any juices and drippings — don't let raw juices get on your cooked food! Keep chip bags closed up and cover your utensils with napkins. Don't bring home leftovers unless they're kept at the right temps.



## From Our House to Yours!

### Chicken Crescent Almondine

#### Ingredients:

- |   |                                  |                            |
|---|----------------------------------|----------------------------|
| • 3 C. Cooked, cubed chicken            | • 1/2 C. chopped celery          | • 1/2 C. slivered almonds  |
| • 1 can cream of mushroom soup          | • 1/2 C. chopped onion           | • 3 T. butter              |
| • 1 can sliced water chestnuts, drained | • 1 pkg Pillsburg crescent rolls | • 1 can mushrooms, drained |
| • 2/3 C. mayonnaise                     | • 2/3 C. shredded Swiss cheese   |                            |

#### Directions:

- In a large saucepan combine chicken, soup, water chestnuts, mushrooms, mayonnaise, celery and onions
- Heat until mixture is bubbly. Pour into an ungreased 9x13" pan.
- Separate crescent rolls into rectangles and place over mixture. Sprinkle top with Swiss cheese.
- Combine almonds and butter; spread over rolls.
- Bake at 350 degrees for 20 to 25 minutes or till top is nice and golden brown

This recipe brought to you from the kitchens of Our House Senior Assisted Living.  
Visit us in Baraboo, Reedsburg, and Wisconsin Dells

# Beneficial Bites



## Health Benefits:

- \* Excellent source of folic acid and other B vitamins.
- \* Good source of potassium and low in sodium both of which are important for blood pressure control.
- \* Rich source of **rutin**, a compound that strengthens blood vessel walls.
- \* Rich source of **glutathione**, a compound involved in removing toxic substances, protecting cells and repairing damaged DNA!

## Interesting Facts:

- Asparagus comes in three colors - green, white and purple.
- Most Europeans eat white asparagus.
- White asparagus comes from the same plant that produces green asparagus - the only difference is that the stalks are grown under the soil.
- Asparagus can grow as much as 10" in a single day! Some say you can actually watch it grow.
- China is by far the leading producer of asparagus, followed by Peru and Mexico

You can steam fresh asparagus in the microwave by wrapping a bundle of asparagus spears in about 4 sections damp paper towel and cooking for 3-4 minutes on high. Be careful! That bundle will be HOT.

[http://www.gwaar.org/images/stories/Nutrition/BeneficialBites/Asparagus/Asparagus\\_handout.pdf](http://www.gwaar.org/images/stories/Nutrition/BeneficialBites/Asparagus/Asparagus_handout.pdf)

## Dining Center Schedule

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

### Baraboo

Highpointe Commons  
1141 12th St., Baraboo  
Phone 963-3436  
*Lunch served at 11:00 a.m.*

### \*Now Open\* Lake Delton

Frank Fischer Center  
20 Wisconsin Dells Pkwy S, Lake Delton  
Phone: 393-8701  
*Lunch served at 12:00 noon*

### Reedsburg

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

### Sauk/Prairie

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

### Spring Green

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

### Home Delivered Meals Only

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

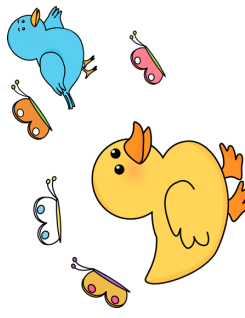
### Home Delivered Meals

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



# April 2016

**Please Note:** Meals are subject to change on occasion. Beginning April 4, home delivered meal customers will need to call Rose at 608-963-3438 to cancel their meals.

<b>4</b> (Wk3 Menu) Chicken a la King Dinner Roll Parslied Rice Brussels Sprouts Peach Pie	<b>5</b> Cheese Ravioli/Marinara Sauce Wheat Roll Mandarin Oranges	<b>6</b> Crispy Pork Steak Parsley Red Potatoes Seasoned Zucchini Whole Wheat Roll Cr. Cheese Cherry Square	 <b>7</b> Chicken Paprika Au Gratin Potatoes Peas w/Pearl Onions Whole Wheat Roll Banana Cream Pudding	<b>1</b> Lasagna Tossed Salad Salad Dressing Breadstick Cheesecake
<b>11</b> (Week 4) Cornflake Chicken Buttered Corn Apple Stuffing Whole Wheat Roll Ice Cream	<b>12</b> Beef Stroganoff Noodles Cauliflower Au Gratin Whole Wheat Bread Pie	<b>13</b> BBQ Pork Macaroni & Cheese Cole Slaw Whole Wheat Roll Chilled Peaches	<b>14</b> Cheeseburger on a bun Chips Baked Beans Bakeshop P Butter Cookie Fruit Cocktail	<b>15</b> Cranberry glazed pork loin Wild Rice Blend Seasoned Peas Whole Wheat Roll Silver White Cake
<b>18</b> (Week 5) Roast Beef, Gravy Baked Potato, Sour Cream Creamed Peas/Carrots Whole Wheat Roll Frosted Brownie	<b>19</b> Apricot Dijon Chicken Au Gratin Potatoes Asparagus Casserole Breadstick Strawberries	<b>20</b> Beef Tips au Jus Buttered Noodles Harvard Beets French Bread Baked Apple Slices	<b>21</b> Fried Fish w/Tartar Sauce Baked Potato Wedges Buttered Spinach Whole Wheat Bread Tropical Fruit	<b>22</b> Peppered Pork Loin,Gravy Succotash Marinated Tomato Salad Biscuit Peach Cobbler
<b>25</b> (Wk 1 Menu) Chicken Dijon Red Bliss Potatoes Spinach w/mushrooms Whole wheat roll Peach Parfait	<b>26</b> Spaghetti w/meatballs Tossed salad/dressing Garlic bread Fruit mix	<b>27</b> Sw./Sour Chicken Parslied Rice Japanese vegetables Whole wheat roll Pineapple cubes	<b>28</b> Fried fish w/Tartar sauce Tater Tots Cole slaw Cornbread Cherry cobbler	<b>29</b> Swedish Meatballs Buttered bowties Prince Edward Veggies Whole wheat roll





## coming to you soon May Menu

The May menu will be given to the home deliver meal clients and to the dining centers when it is complete.

If you don't dine at the dining center regularly and would like a copy mailed to you, please contact the ADRC at 355-3289 and one will be mailed to you.

Your mother is always with you  
She's the whisper of the leaves  
as you walk down the street.  
She's the smell of bleach  
in your freshly laundered socks.  
She's the cool hand on your brow  
when you're not well.  
Your mother lives inside your laughter.  
She's crystallized in every tear drop.  
She's the place you came from,  
your first home...  
She's the map you follow  
with every step that you take.  
She's your first love and your first heart break...  
and nothing on earth can separate you.  
Not time, Not space...  
Not even death  
will ever separate you  
from your mother...  
You carry her inside of you...

- Unknown

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

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

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

*AddLIFE Today!* is also available on the county website at [www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc). Would you prefer to receive an electronic copy of future issues? Please e-mail the editor at cbindl@co.sauk.wi.us. We will email the latest issue of *AddLIFE Today!*. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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Follow us on Facebook for updates on upcoming ADRC events and programs and for information on resources that may be available to you!

**We can be found at:**  
**[www.facebook.com/adrcsauk](http://www.facebook.com/adrcsauk)**

## 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 \_\_\_\_\_ or

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

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

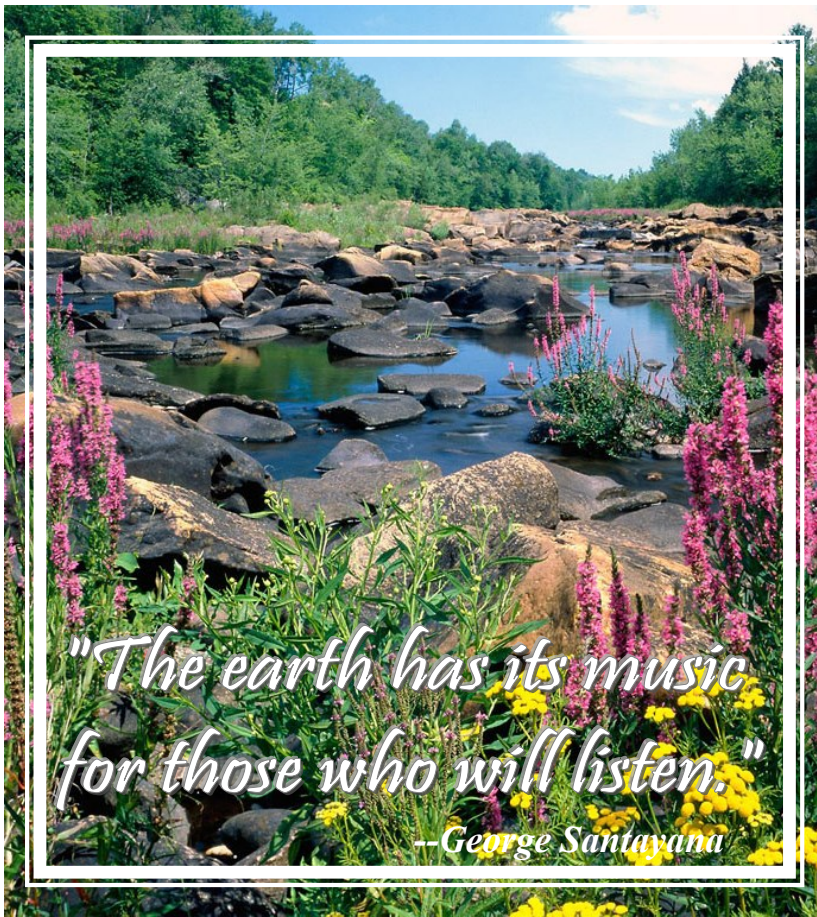
- ☐ AARP Tax Preparation Program
- ☐ *AddLIFE Today!* Publishing
- ☐ Care for the Caregiver Program
- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
- ☐ Eat Better, Move More Program
- ☐ Elder Benefit Specialist Program
- ☐ Fun-day Travels Program
- ☐ Health Promotion Programs
- ☐ Helping Hand at Home Program
- ☐ Home Delivered Meals Program
- ☐ Information & Assistance Programs
- ☐ Living Well with Chronic Conditions
- ☐ Prevention Programs
- ☐ Shopping/Grocery Bus Program
- ☐ Tele-assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Driver Escort Program
- ☐ Volunteer Programs

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"ADRC"

505 Broadway, Room 102  
Baraboo, Wisconsin 53913







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This Weather Word Search is Provided to you by:



Reedsburg Area Medical Center  
2000 North Dewey Avenue. Reedsburg, WI 53959  
608-524-6457  
[www.ramchealth.com](http://www.ramchealth.com)

## Weather Word Search

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil or use a marker to highlight the letters.

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

- CIRRUS
- COLD FRONT
- CONDENSATION
- CONDUCTION
- CONVECTION
- CORIOLIS EFFECT
- CUMULUS
- DEW POINT
- DOLDRUMS
- EVAPORATION
- GLOBAL WINDS
- HIGH PRESSURE
- HORSE LATITUDE
- HUMIDITY
- LOCAL WINDS
- LOW PRESSURE
- METEOROLOGIST
- OCCLUDED FRONT
- PRECIPITATION
- RADIATION
- SATURATED
- STATIONARY FRONT
- STRATUS
- TRANSPIRATION
- UNSATURATED
- WARM FRONT