



Add LIFE Today!

August/September 2015
Vol 7/ Issue 4

Laughter
Independence
Friends &
Energy

You Are Invited to Share Your Thoughts and Ideas!

FROM THE DIRECTOR'S DESK:

One of the most troubling things I have noticed as I grow older is how quickly time goes by. I've heard time compared to a roll of toilet paper. At first you think you have a lot..... but how quickly the roll diminishes as it turns!

As I write this, I have to wonder: where did the first half of summer go? Soon it will be time to watch children go back to school, admire the magnificent Wisconsin autumn, and prepare to gear up for holidays.

But, before summer is over I have to prepare and submit a three year "aging plan" to one of our funders, who then

submits to the state, who then submits to the federal government. This plan includes information about older adults in Sauk County, such as demographics, information about our communities, and what the needs are for older adults. Based on this plan, funding comes into Sauk County to provide services such as meals, transportation, and various supports to people age 60 and older in our county.

The ADRC currently uses funding to support our home delivered meals and

(Continued on page 6)



Contents at a Glance	
Page	Article
3	Voice of the Messenger Tony Tyczynski, Veterans Service Officer Office Hours
4 - 6	Veterans Messenger eBenefits Veterans Choice Card Change Veteran Employment Resources Veterans Get Togethers Thank yous Upcoming Events
7	From the Director's Desk Susan Blodgett, ADRC Director
8	Alzheimer's Dinner Presentation
9	Thank Yous
10-11	Getting You There Taxi Subsidy and Specialized Transit Bus Fun-day Travels
12	Clean Sweep
14-15	The Volunteer Buzz Bee-cuz We Have The Best Volunteers We Are Searching For Volunteers
16-20	For Your Benefit The Elder Benefit Specialist Schedule I'm Turning 65/Retiring Meeting Reduced FoodShare Benefits Medicare Turns 50 Divesting Assets and Medicaid Medicare When Traveling Abroad
21	Cop's Corner Wisconsin State Parks Want You To Visit
22	Foot Clinic Schedule
24-25	Disability Benefit Specialist Social Security Expand Office Hours Social Security Question and Answers
26-27	Here to Help You! Did You Know? ADRC Satellite Offices Who Are They And What Do They Do?
28-29	Because You Care - The Caregiver's Corner Cultivating Gratitude While Caregiving Because You Care Caregiver Support Group
30- 32	Nutrition & Prevention Specialist Food Storage
33 - 34	Dining Center/HDM Menus

New
ADRC Office Hours:

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

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

*Those who bring sunshine
into the lives of others
cannot keep it from themselves.*

----James K. Barrie



Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



★ VETERANS MESSENGER ★ ★

Dear Friends,

The Veterans Benefit Administration (VBA), the part of the Federal VA which is responsible for processing service-connected disability claims, has recently admitted that they did not properly develop and rate claims for post-traumatic stress caused by military sexual trauma that were submitted prior to 2012. If you or somebody you know filed a claim under these circumstances, please contact our office for further instruction, as the VA wants to reevaluate these claims, as they may have been erroneously denied.

As we head into the beginning of another school year, I'd like to remind and encourage all parents of high school age students, there are many scholarship opportunities available for children of veterans, and many of these go unused every year due to lack of applicants. Please be aware that your children have multiple opportunities and a significant advantage, but they have to apply. There are many local, state, and national scholarships that are looking for children of veterans to give money to. You may want to start by googling *scholarships for children of veterans* or contact your school counselor.

Along those same lines, if a veteran has a service-connected disability, their dependents may be eligible for free tuition through the state. There are certain requirements that must be met. Please contact us if you would like further information.

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. A couple of websites to let you know of at this time are www.maketheconnection.net and www.heroeswithhearingloss.org

In Your Service,
Tony

Veterans Benefit Specialists

Veterans Office

505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us



Kathy Kent ★ Lonie Birkholz ★ Pamela Russo

If you Served you can Dream

Dreams for Veterans serves our nation's military communities by giving back to terminally ill veterans and their families through the fulfillment of a final dream.

Final wishes range from basic need items (like a working appliance or mobility scooter) to bedside reunions, final vacations with family, "meet and greets" with personal heroes or reconnecting with aspects of former military service.

A dream not only serves the recipient, but also brings comfort and peace to caregivers, loved ones, hospice professionals, veterans affairs and service officers, and all those they serve in communities across the nation.

We serve veterans in all 50 states and partner with America's hospice professionals and veterans organizations to meet the unique needs of our nation's veterans.

Dreams for Veterans is a program of Dream Foundation, which has served 20,000 final dreams since 1994.

Qualifications

Dream recipients are U.S. military veterans 18 years of age or older with a life threatening illness and a life expectancy of 12 months or less.

Dream Application

To receive an application, please contact kristy@dreamfoundation.org or visit their website

www.dreamfoundation.org/veterans

Help Spread the Word

Please consider sharing Dreams for Veterans with veterans in need, which will enable Dream Foundation to fulfill their final wishes.

There are many ways to get involved including referring applicants, helping to make dreams come true, or donating to Dreams for Veterans.

Pierce's Rewards Card

We 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.



Predatory iPhone App

We just got word of an iPhone application that seems predatory/wrong, and it is called "My VA Benefits". It charges veterans \$4.99 to "maximize the amount of disability money you and your family receive for your injuries . . ."

In the brief description it contains misinformation about the VBA claims process and seems to imply veterans should self-diagnose. It states the VA will not get service treatment records for the veteran, and VA will not review your medical records when making a decision.

Please get the word out to veterans to be cautious and realize they can get accurate information about the claims process on VA websites.



We want to thank the following for their recent donations to the Veterans Care Trust Fund: Maurice & Jackie Nolden; Roger Schluter; Wanda West; Bob O'Brien; and an anonymous donor.

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



Upcoming Events

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

August 7 - 9: Heroes for Honor at the Westwynde Park in Prairie du Sac. This is a fundraiser for the Badger Honor Flight. There will be a number of activities including a softball tournament, live music, food stands, and a parade with area veterans.

August 22: Horses for Heroes, 10:00 a.m. - 4:00 p.m. at the Appy Orse Acres in Fredonia, WI. This event gives military heroes (active and veteran) and their families an opportunity to join us for a free day at the barn that includes horseback trail rides, a delicious BBQ picnic, a band, bounce house, and other fun games for all ages to enjoy. Please note that if the military member in your family is deployed, we would still love to have their family.

Contact info is Chelsea Hren at cmhren22@gmail.com; (414) 333-7099.

Thursday, October 22: Women Veterans Conference in Lake Geneva at the Grand Geneva Resort. Visit www.wisvets.com for more information.

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 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





FROM THE DIRECTOR'S DESK

Susan Blodgett
Aging & Disability Resource Center Director



(Continued from page 1)

congregate dining programs, to support caregivers through support groups and some financial assistance for respite care, to provide transportation through our volunteer driver escort program, and to provide workshops and classes that support people who are caregivers, live with a chronic disease or want to know about avoiding falls.

To determine the best way to spend these funds, I need your input. As I prepare the aging plan, I need to know from you your thoughts and ideas. What has the ADRC been doing that has been of help to you? How could we improve our services? What new services would you like to see offered? What is your biggest concern as an older adult? How can Sauk County prepare to become a dementia friendly community?

Since I don't have time to sit and visit with each of you over coffee, we have scheduled listening sessions throughout the county. I hope you are able to attend one of them.

Listening Session Schedule:

Baraboo

Thursday, July 30

5:30 p.m.

County Board Room 326A

West Square Building

505 Broadway, Baraboo

Spring Green

Monday, August 10

1:00 p.m.

Spring Green Senior Center

117 S. Washington, Spring Green

Sauk Prairie

Monday, August 10

6:00 p.m.

Sauk City Public Library

515 Water Street, Sauk City

Reedsburg

Tuesday, August 11

6:00 p.m.

Reedsburg Public Library,

370 Vine Street, Reedsburg

I look forward to seeing you there!

- Susan Blodgett

*find
Beauty
in the small
things*



Caring for a loved one with Alzheimer's with a little help

Alzheimer's disease, the most common form of dementia, is a growing epidemic that is the seventh leading cause of death in the United States. Often characterized by difficulty remembering, thinking and using language, it is estimated that someone in America develops Alzheimer's disease every 70 seconds. By mid-century someone will develop Alzheimer's disease every 33 seconds. Taking care of an aging parent or loved one who has been diagnosed with Alzheimer's can flood the patient and family with an overwhelming amount of emotions and concerns.



A full-service healthcare staffing agency specializes in providing medical and non-medical private duty homecare and healthcare staffing to corporate clients. As a company that works with Alzheimer's patients on a daily

basis, they understand how difficult it can be to cope with an Alzheimer's diagnosis and can serve as a resource to families in need. In-home care services offer a wide range of assistance to meet the needs of any Alzheimer's patient. They are dedicated to providing full-time care 24 hours a day, seven days a week.

They find it critical to educate families about the warning signs of Alzheimer's. Early detection is their only management tool, helping Alzheimer's patients and their families plan for the future, whether it is finding a caregiver, enrolling in clinical studies or investing in safety measures. They help identify home safety hazards, find enriching activities such as reading, cards, puzzles and other stimulating activities. Routines are a primary part of anyone living with cognitive impairments. They can be helpful in recalling memory and managing the unpredictability of the disease. Caregivers help out by scheduling activities to assist in learning and maintaining a routine. Patients with neurological diseases such as Alzheimer's must be able to enjoy simple activities such as taking a ride in the car or enjoying a leisurely stroll in the park. Caregivers focus on engaging in these activities to help boost morale and independence.

This partnership article is provided by:

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

For more information, please contact

Abby Christopherson at 608-355-5015 or email her at abbyc@BrightStarCare.com

Or visit us online at www.brightstarcare.com/baraboo


BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard

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!**



Julie



Bill



Gary



Tom



TAXI SUBSIDY PROGRAM

The Taxi program provides half-price punch cards for rides through your local taxi service in Baraboo, West Baraboo, Reedsburg and Sauk Prairie.

Participants must be at least 60 years of age, or have an impairment or disability that affects their ability to drive.

Participants may purchase one punch card per calendar month. Punch cards are intended to be used by the purchaser and may not be resold to anyone else.

Punch cards are available in the ADRC office during regular business hours. If you need an application sent to your home, simply call the ADRC

Transportation office at 608-355-3278 and an application will be sent the same day you call.

When returning the completed application, enclose your check or money order made out to: ADRC – Transportation and return your application and check or money order to:

ADRC Transportation
505 Broadway
Baraboo, WI 53913



SPECIALIZED SHOPPING BUS SERVICE

The Aging & Disability Resource Center offers the Transit Bus for specialized transportation on Fridays to shopping centers and other destinations within the local area. A few examples of places the bus will take you are Walmart in Baraboo or Lake Delton, The Dells Outlet Mall, Kohl's, Joann Fabrics, Aldi and Pierce's Grocery Stores.

The round trip cost is \$3.00 from the following communities: Baraboo, West Baraboo, Reedsburg, Bluffview and Sauk Prairie.

Note:

- Minimum capacity is 6 passengers per trip
- The bus will run only if the minimum capacity is met
- Please call at least 2 days in advance to reserve a seat on the bus
- Seats are limited and are by reservation only
- Passengers will be picked up at pre-arranged group locations

Residents of Spring Green and Plain can also reserve the Transit Bus from their communities. The cost is \$5.00 and includes the return fare. Call our office to reserve the bus from your community: (608) 355-3278 or 800-830-3533



These day trips are designed to 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 lunches and any additional admission fees. Pick up locations are determined based on the passenger list.

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

You can make a reservation for yourself and one other person!

August Events – Call on or after August 3rd	
Tuesday August, 4	Fitchburg Super Target and Fitchburg Goodwill
Tuesday, August 11	Ho-Chunk Casino and Convention Center
Monday, August 17	<p>The Palace Theater in the Dells - Enjoy a live musical performance which can include a fabulous lunch! <i>Ring of Fire</i> is a soul-stirring musical and salute to the legendary Johnny Cash. You will listen to classic hits such as “I Walk the Line”, “Hey Porter” and “Folsom Prison Blues”.</p> <p>The cost for the performance only is: \$43.44 for regular Seating and \$54.12 for Preferred Seating. Cost including lunch is: \$54.12 for Regular Seating and \$64.79 for Preferred Seating.</p> <p>Menu: Fresh baked bread; tossed salad; slow roasted pork ribs; sliced potatoes; steamed vegetables and black chocolate forest torte for dessert.</p>
Tuesday, August 25	Hilldale Shopping Center and Super Target
September/Early October Events – Call On or After August 24th	
Tuesday, September 1	West Towne Mall
Tuesday, September 8	<p>Lost Canyon Horse Drawn Carriage Tour and Dells Antique & Craft Mall. At Lost Canyon you will enjoy the entire tour riding through a magnificent mile of cliff walled gorges in comfortable yet quaint horse-drawn carriages which carry 15 passengers each. The trips take approximately 1 hour and will begin on the south shore of Lake Delton. Cost for Lost Canyon Tour: \$8.95 + Tax. Dells Antique and Craft Mall is free.</p>
Thursday, September 10	<p>Quilt Expo – Alliant Energy Center, Madison. Cost: \$8.00 in advance or \$9.00 at the door. Advance tickets can be purchased at Ardyth’s Sew-N-Vac, Baraboo or Quintessential Quilts, Reedsburg</p>
Tuesday, September 15	Ho-Chunk Casino and Convention Center
Tuesday, September 22	Sauk Prairie and Waunakee St. Vincent de Paul
Tuesday, September 29	East Towne Mall and Hobby Lobby
Tuesday, October 6	Richland Center – Shopping
Tuesday, October 13	Cashton Amish Community and Shops/ Fall Color Tour



The Volunteer Buzz

Cathy Bindl



When I was recently speaking with one of the ADRC's volunteers, I mentioned that we were in need of more driver escorts. I asked Marilyn if she could jot down a few comments as to why she volunteers as a driver escort. Marilyn was able to capture the joy of being a volunteer driver escort better than I ever could, so I'm sharing her letter with you. If you are interested in being a volunteer driver escort, give me a call at 608-355-3289 or 800-482-3710. - Cathy

The Sauk County ADRC staff is excellent to work with and is in need of volunteer drivers. I have been a driver for 2 1/2 years. It has been a wonderful and rewarding experience.

Friendships have been made with people I would never have known had I not been a volunteer driver. New acquaintances have revealed mutual friends between us reminding me that we are all part of God's family and that the world is really small.

My connection to the ADRC has special meaning. My husband, who had ALS (Lou Gehrig's Disease) suggested I would make a good volunteer - to help "Pay Forward" the kindness we received from others during his illness. We were both grateful for the compassion and help we received.

I have become more aware and compassionate to help those with health issues from my own personal experience.

Giving a hug, a smile, a caring word and a listening ear can mean so much especially to those whom you transport with health issues.

Some patients have expressed to me how much they appreciate our time and service to them. They are most grateful and without the volunteer driver program feel they would not receive the care they need.

Please consider becoming a volunteer driver. There is a definite need and with the "baby boomer era" advancing in age there will continue to be a definite need.

The experience can help to enrich your own life, remind you of your many blessings and give you peace and joy in helping others.

God's Blessings,

Marilyn



***Thank you to Oak Park Place
for providing a wonderful lunch for our newsletter volunteers.***

But Without The Dark,

We'd Never See The Stars

At times, it seems so dark when the ADRC is searching for volunteers. And then stars start to shine!

I would like to introduce you to some of the newest members of the ADRC Volunteer Team. You might be surprised to see they are some of your local businesses and their employees who have joined our volunteer team to help us deliver meals.

Reedsburg

Reedsburg National Bank and their employees

Kathy, Tammy, Rabeca and Pamela

WCCU Credit Union and their employees

Mary, Rebecca and Joan

Reedsburg Area Medical Center and their employees

Carla, Dena, Vicki, Wendi, Bob, Jim, Christine, Dale,
Dennis, Emily and Barry

Our House Senior Living, Reedsburg and their employees

Joni, Lesley and Amanda

Baraboo

Our House Senior Living, Baraboo
and their employee Kimberly (KC)

Rago-Baldwin Funeral Home's
Dave Baldwin, Owner-Director

**Please take time to thank your local
businesses
and their employees**

for

Why does the night sky sparkle?

Because each star is

**WE ARE
SEARCHING
FOR
VOLUNTEERS**



***PLEASE
CONSIDER
VOLUNTEERING!***

**Current Volunteer
Opportunities**

- The Sauk County Dining Centers are in need of people willing to be substitute Home Delivered Meal Drivers.
- 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.

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**

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



Pam Burdick

Mindy - coming to you:

Howard Wynne Apartment	August 4 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	August 4 2:00 to 3:00	September 1 2:00 to 3:00
Plain Green TTEC	August 5 1:00-3:00	September 9 1:00-3:00
Spring Green Senior Center	August 19 10:30 to 11:30	September 16 10:30 to 11:30
Spring Green Library	August 19 1:00 to 2:00	September 16 1:00 to 2:00

Pam - coming to you:

Baraboo Dining Center	August 11 10:30 to 11:30	September 8 10:30 to 11:30
Sauk/Prairie Community Center	August 20 10:00 to 11:30	September 17 10:00 to 11:30
Merrimac Village Hall	By Appointment only	By Appointment only

Hi there.....

For those of you that don't already know me, my name is Pam Burdick, and I'm your new Elder Benefit Specialist (EBS) serving the Baraboo, Sauk Prairie and Merrimac areas of Sauk County. I started working for the ADRC in March, 2014, as an Information and Assistance Specialist, and I began transitioning into my new position as an EBS in June. Prior to that, I spent 14 years working for the Sauk County Department of Human Services as a Child Protective Services Social Worker.

I am a lifelong resident of Baraboo and enjoy serving the residents of Sauk County. While I have much to learn in my new position, I look forward to continuing to serve you in my new role. I will be visiting the Dining Centers in Sauk City and Baraboo on a monthly basis, so please check out the upcoming schedule in this newsmagazine to see when I will be there. Please feel free to stop in and introduce yourselves so we can get to know each other and/or I can answer any questions you may have.

Sincerely.....

Pam Burdick



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

Presented by Mindy Shrader
Wednesday, September 2, 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.



Getting Medicare Part A Coverage

Medicare can be a challenging program to understand — particularly if you have a unique enrollment circumstance. Many folks will automatically be enrolled in Medicare Part A and not have to pay a premium for this coverage, but this is not the case for everyone. In general, if you or your spouse worked for 10 years in Medicare-covered employment, you are eligible to receive Medicare Part A benefits without paying a premium. Medicare-covered employment is any job you or your spouse held in which you paid Medicare or FICA taxes. You earn one credit for every \$1,120 of taxable income with a maximum of four credits per year. Some people may have left the workforce early and, therefore, do not have enough work credits for premium-free Part A. While others may be new to the country and have only worked in the United States for a couple years. Regardless of the reason, it can be a difficult situation to navigate. Here are some things to keep in mind:

Medicare premiums are expensive

If a person has less than 30 work credits, the Part A monthly premium amount is \$407. If a person has 30-39 work credits, the premium is \$224 per month. Others who are eligible for the reduced premium are:

- 1) A spouse who has been married to a person with 30 or more work credits for at least one year;
- 2) A widow who was married to a person with 30 or more work credits for at least one year prior to death; and
- 3) A divorced spouse who was married to a person with 30 or more work credits for a period of at least 10 years immediately before the date of divorce if the insured

spouse had at least 30 work credits at the time of divorce.

Part A late enrollment penalty

If a person is not eligible for premium-free Medicare Part A and does not buy it when he or she is first eligible, the penalty is an increase in the premium of 10%. The person will be subject to the higher premium for twice the number of years (period of 12 months total) he or she could have had Part A, but did not sign up.

For example, if someone was eligible for Part A in 2015, but only had 10 work credits, he or she would have a premium of \$407 each month. If the person waited 2 full years to enroll — he or she would have to pay \$447.70 per month in Part A premiums for 4 years.

Medicare Savings Program

A person may have his or her Part A premiums paid for by the state if he or she is eligible for a Medicare Savings Program called Qualified Medicare Beneficiary (QMB). Eligibility is determined based on one's income and asset level. People who qualify at the lowest income level may be eligible for coverage for the Medicare Parts A and B deductibles, copays, and coinsurance, as well as coverage of the Part B \$104.90 monthly premium.

Marketplace

People not entitled to premium-free Part A may purchase a plan on the Marketplace. They would be eligible for subsidies via the Marketplace by virtue of not having premium free Medicare Part A coverage. While the Marketplace would provide minimum essential coverage, the individual would still be subject to late enrollment penalties from Medicare.

Hospice: What You Should Know

by the GWAAR Legal Services Team

It is a fact of life that we must — at some point — deal with end-of-life issues. When an individual has been diagnosed with a terminal disease or condition, hospice care can be a wonderful care option. Hospice care was introduced to the United States in the 1970s, and it has become an increasingly common treatment. Last year, 1.65 million people received hospice care, according to the National Hospice and Palliative Care Organization. More people are utilizing hospice care, and more providers are entering the market.

For many families, however, hospice is an unfamiliar concept that prompts fear and questions. Following are answers to some common questions:



What is hospice care?

Hospice provides end-of-life care and support to people who are dying and their families, most often in a patient's home. By signing up for hospice, patients generally agree to stop all disease-fighting treatments, although some hospices allow such therapy if it is to help

manage symptoms such as pain or problems breathing. Hospice's primary goal is to alleviate pain.

Through a team of caregivers, hospice provides comprehensive care and instructs families on patient care.

How much care does hospice provide?

Comprehensive care generally does not mean around-the-clock service, although many hospices do provide 24/7 care when the patient is in crisis or near death. Therefore, hospice may not be a viable option for everyone as it may require involvement of family members or necessitate hiring a private nurse or home health aide.

Who pays for hospice care?

Medicare covers most hospices for its beneficiaries. Private insurance plans and HMOs also generally pay for hospice care, but they may have a preferred provider. Daily co-pays and additional costs may be incurred by an insured.

If hospice is not a place, where do I get hospice care?

For patients who can't be cared for at home, some hospices have inpatient facilities in free-standing centers or specially designated sections in hospitals or nursing homes.

When should I start to think about hospice?

Most hospices require an order from the patient's physician as well as approval from the

(Continued on page 15)

(Continued from page 14)

hospice medical director. Both must certify that the patient has six months or less to live if the illness runs its normal course. However, if a patient outlives that time, he or she can be “recertified” to continue receiving hospice care. If you get better, you can leave hospice and go into active treatment.

How do I find a good hospice?

First, seek recommendations from health-care providers and specialists. Ask which hospice they would use for themselves or a loved one. Next, call the recommended hospices and ask questions about the issues that matter most to you. You can then get a feel for if the hospice would meet you and your family needs through this conversation.

Where can I go for additional help?

There is information about hospice online including:

- National Hospice and Palliative Care Organization — Moments of Life: www.momentsoflife.org/
- Caring Connections: www.caringinfo.org
- American Hospice Foundation: <http://americanhospice.org/>
- American Cancer Society: <http://americanhospice.org/>
- Washington Post’s online consumer guide: www.washingtonpost.com/wp-srv/special/business/hospicequality/

Source: <http://kaiserhealthnews.org/news/learning-about-hospiceshould-begin-long-before-you-are-sick/>

Changes Proposed to Hospice Benefits

by the GWAAR Legal Services Team

Hospice is becoming increasingly popular for older Americans. Since 2000, hospice use has doubled, and the cost has quintupled. Medicare officials are considering changes to the hospice benefit. The Medicare Payment Advisory Commission believes that Medicare is double-paying for beneficiaries’ care. In the *Kaiser Health News* article “Officials Weigh Options to Hold Down Medicare Costs for Hospice,” the author explains that “Medicare pays a set amount to the hospice provider for all treatment and services related to the terminal illness. . . . If a patient needs treatment that hospice doesn’t



(Continued on page 16)

provide because it is not related to the terminal illness — or the patient seeks care outside of hospice — Medicare pays the non-hospice providers. 'The problem is that sometimes Medicare pays for care outside the hospice benefit that it already paid hospice to cover.' For example, the Department of Health and Human Services' Office of the Inspector General believes that, in 2009, prescription drug plans received more than \$33 million that probably should have been covered by hospice benefits.

To avoid duplicate spending, it is proposed that Medicare's hospice benefit cover "virtually all" of the care that hospice patients will receive (instead of paying separate hospice and a non-hospice costs).

However, patient advocates worry that this

change may create additional obstacles for patients. Terry Berthelot, a senior attorney at the Center for Medicare Advocacy, urged the government to protect hospice patients' access to non-hospice care. It is argued that beneficiaries may be afraid to sign up for hospice because they might believe that once they sign up for hospice, no other services will be covered. At this time, no official changes have been made.

For more information, see:

- www.medicare.gov/what-medicare-covers/part-a/part-a-coverage-hospice.html
- <http://kaiserhealthnews.org/news/officials-weighing-optionsto-hold-down-medicare-costs-for-hospice/>
- www.mayoclinic.org/healthy-lifestyle/end-of-life/in-depth/hospice-care/art-20048050

Please Join Us for our
Health & Wellness Fair

Wednesday, August 12th, 12:00pm - 3:00pm

1050 Prairie Street, Prairie du Sac

Presentations

1pm: Janet Wiegel,
"Boost Your Brain Health: Tips to Reducing
the Risk of Alzheimer's & Dementia"

2pm: Lisa Krayner,
"Fight Fatigue with 5 Simple Nutrition Tricks"

Door Prizes!

No Admission Cost!

Free Blood Pressure Screenings!

All are welcome!

**For more information call 643-5433 or visit
pinesprairiedusac.com**



Exhibitors

Ruth Culver Library
WI Council for the Blind
Ancient Healing
Prairie Clinic
Alzheimer's Alliance
Wellspring Center
Dogs on Call
and many more!

End of Life and Dementia

On Tuesday, September 22 from 5:30 – 7:00 p.m. at Sauk City Public Library, 515 Water St., Sauk City, join Outreach Specialist Janet Wiegel with the Alzheimer's & Dementia Alliance of Wisconsin to discuss options for planning ahead for the end of life, learn what to expect, supports needed, and ways to communicate and stay connected in the later stages.

Contact Janet at 608-742-9055 or janet.wiegel@alzswisc.org for more information.



**Alzheimer's
Alzheimer's &
Dementia Alliance Walk**
SERVING SOUTH CENTRAL WISCONSIN SINCE 1985

Join the 2015 Sauk County Alzheimer's Walk on Saturday, September 26 at Mary Roundtree Evans Park in Baraboo and help raise funds to support local programs and services in Wisconsin provided by the Alzheimer's & Dementia Alliance of Wisconsin.

Not sure how to start fundraising? Consider hosting a third party event! Third party events are fundraisers organized by individuals with proceeds donated to ADAW. These events can be as elaborate or as simple as your time and creativity allow. As we launch into the summer months and prepare for Alzheimer's Walk 2015, now is the perfect time to host an event. Here are some ideas to get you started:

Neighborhood Rummage Sales - Everyone has things they need to get rid of and one person's trash is another person's treasure! Pull your neighbors together and have them help you raise money. Borrow an Alzheimer's Walk sign from our office to promote your event.

Auctions - Gather your gently used purses, scarves, jewelry and home accessories and host a silent auction.

Home Parties - Do you sell Lia Sophia or Silpada jewelry? Pampered Chef or Taste of Home? Stampin' Up or Thirty-One?

Designate a month to donate a percentage of your sales to ADAW.

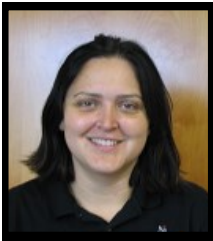
Fun and Games - Whether your game is Texas Hold 'Em or Bridge, play a friendly round with all the winnings going to ADAW or your walk team. Host a boxing tournament with the Nintendo Wii. Take "bets" on the winners.

Chili Cook-Off or Pie Bake-Off - Challenge your neighbors, co-workers or faith-based community to a cook-off. Winner gets the bragging rights for the year and proceeds benefit your team

Candy Sale - Who doesn't need a little sugar from time to time? Rather than paying the vending machine, have money go to your fundraising! Remember: Candy can be purchased inexpensively in bulk.

Food, food and more food! - Hold a bake sale, sub sale, pizza sale, BBQ sale, ice cream social, and lemonade sale in front of your house, at your office or anywhere people pass by. Get the kids involved, this is a great fundraiser for the whole family.

Visit alzswisc.org for more information on the Alzheimer's & Dementia Alliance of Wisconsin and the 2015 Sauk County Alzheimer's Walk.



Holly Schafer

Disability Benefit Specialist

Quinn Hause



SOCIAL SECURITY MATTERS

By Bob Trotter, Social Security Public Affairs Specialist

Social Security recently launched its new blog, *Social Security Matters*. This is our new location for engaging with you by answering questions and concerns in a more sharable and interactive way. This is where you'll see the latest Social Security news, like added features to *my Social Security*, helpful tips about retirement and other benefits, and much more.

Think of the blog as a dashboard for the latest news and updates that affect retirement, survivors and disability benefits, veterans, the chronically ill, and anyone entitled to our broad range of services. We already communicate with you using Facebook and Twitter. This new blog is a meaningful enhancement to our social media outreach.

Social Security Matters is easy-to-navigate and user-friendly — tags categorize the topics you care about into organized sections.



This way you will always find the answers you are looking for.

Social Security Matters allows us to speak to a broad audience in articles that explain how our programs and services affect you. And the blog lets you provide meaningful feedback that can help us serve the public more effectively. The blog will also be a platform for interviews with experts and a way to spotlight the important work we do.

You know how much we matter to our beneficiaries. We'd like you to share that news. *Social Security Matters* lets you share our posts on social media with a click of a button. Additionally, you can subscribe to our blog and get Social Security news as it happens. Simply select the blue button titled "Get blog updates."

You matter to us, and with *Social Security Matters*, we think of you with every new post. Our comment section allows you to voice your thoughts and ask questions of us to address. The conversation is growing every day. No matter what, we want to know that we are doing our absolute best to serve you, and a big part of that is listening to what you have to say. Come see what matters to you at blog.socialsecurity.gov.



REPLACING YOUR SOCIAL SECURITY CARD? KNOW BEFORE YOU GO!

By Bob Trotter, Social Security Public Affairs Specialist

Keeping your Social Security number card in a safe place is vital to protecting you against identity theft. Never keep it in your purse or wallet — this is the most common way people lose their card. No matter how hard you try to keep track of your important documents, sometimes they get lost or even stolen.

Getting a replacement Social Security number card is free, but you will have to provide the proper documents to get a new one. Being prepared will save you time at the Social Security office or card center. If you are replacing your card, you will need original or certified copies of the required documents, which include:

1. Proof of citizenship:

If you have not already established your U.S. citizenship with us, we need to see proof of U.S. citizenship. We can accept only certain documents as proof of U.S. citizenship, like your U.S. birth certificate or U.S. passport.

2. Identity:

We can accept only certain documents as proof of identity. An acceptable document must be current (not expired) and show your name, identifying information (date of birth or age), and preferably, a recent photograph. For example, as proof of identity, we must see your:

- U.S. driver's license;

- State-issued non-driver identification card; or
- U.S. passport.

If you do not have one of these specific documents, or you cannot get a replacement for one of them within ten days, we will ask to see other documents, including a(n):

- Employee identification card;
- School identification card;
- Health insurance card (not Medicare card); or
- U.S. military identification card.

Remember, you are limited to three replacement cards in a year or ten in your lifetime. Legal name changes and other exceptions do not count toward these limits. Also, you may not be affected by these limits if you can prove you need the card to prevent a significant hardship.

What's more important than having your card is knowing your Social Security number. This is how we identify you, tally your wages correctly, and how we eventually issue you accurate retirement benefits. You might not even need your card for identification purposes if you know and consistently use your correct number.

For more information about replacing a lost or stolen Social Security number card, go to www.socialsecurity.gov/ssnumber.



Social Security Questions and Answers

By Social Security Public Affairs Specialist

Question:

Why is there a five-month waiting period for Social Security disability benefits?

Answer:

The law states Social Security disability benefits can be paid only after you have been disabled continuously throughout a period of five full calendar months. Social Security disability benefits begin with the sixth full month after the date your disability began. You are not able to receive benefits for any month during the waiting period.

Learn more at our website:

www.socialsecurity.gov/disability.

Question:

Is there a time limit on how long I can receive Social Security disability benefits?

Answer:

Your disability benefits will continue as long as your medical condition has not improved and you cannot work. Social Security will periodically review your case to determine whether you continue to be eligible. If you are still receiving disability benefits when you reach your full retirement age, your disability benefits will automatically be converted to retirement benefits. Learn more about disability benefits at www.socialsecurity.gov/disability.

Question:

What are the rules for getting Supplemental Security Income (SSI)? I'm thinking about applying based on my disability.

Answer:

To be eligible to receive SSI benefits, you must be disabled, blind, or age 65 or older and have limited income and resources. Income is money you receive such as wages, Social Security benefits, and pensions. Income also includes the value of such things as food and shelter you receive from others. Resources are things you own such as real estate, bank accounts, cash, stocks, and bonds. You may be able to get SSI if your resources are worth no more than \$2,000. A couple may be able to get SSI if they have resources worth no more than \$3,000. Learn more by reading our publication, *Supplemental Security Income (SSI)*, at www.socialsecurity.gov/pubs.

Question:

I have an appointment to apply for Supplemental Security Income (SSI). What kind of information will I need to take with me?

Answer:

To help make the application process go quickly and smoothly, you should bring

- Your Social Security card or Social Security Number;
- Your birth certificate or other proof of your age;
- The name, Social Security number and date of birth or age of your current spouse and any former spouse. You should also know the dates and places of marriage and dates of divorce or death (if appropriate);
- Information about the home where you

(Continued on page 21)



*There is a fountain of youth: it is your mind,
your talents, the creativity you bring to your life
and the lives of people you love.*

*When you learn to tap this source, you will
truly have defeated age.*

- Sophia Loren

(Continued from page 20)

live, such as your mortgage or your lease and landlord's name;

- Payroll slips, bank books, insurance policies, burial fund records, and other information about your income and the things you own;
- Proof of U.S. citizenship or eligible noncitizen status; and
- If you are applying for SSI because you are disabled or blind, we will need to know detailed information about your medical illnesses, injuries or conditions
 - ◊ Names, addresses, phone numbers, patient ID numbers and dates of treatment for all doctors, hospitals and clinics;
 - ◊ Names of medicines you are taking and who prescribed them; and
 - ◊ Names and dates of medical tests you

have had and who sent you for them.

Learn more by reading our publication, *You May Be Able To Get Supplemental Security Income (SSI)* at www.socialsecurity.gov/pubs.

Question:

I lost my Medicare card. How can I get replacement?

Answer: The easiest and newest way to get a replacement Medicare card is by using your *my Social Security* account. Go to www.socialsecurity.gov/myaccount for more information on how to create an account. You also can get a replacement Medicare card by calling us toll-free at 1-800-772-1213 (for the deaf or hard of hearing, call our TTY number, 1-800-325-0778). Keep your card in a safe place. You don't want anyone getting hold of your Social Security number. They could steal your identity.



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 - August 4 & 18
Tuesdays - September 1 & 15
Wednesday - August 19

LaValle - Fire Department

Wednesday - September 23

Plain - Plain Green TECC

Wednesday - August 26

Reedsburg - Maple Ridge

Tuesday-August 11 & September 8
Thursday-August 20 & September 17

Reedsburg - Willow Heights

Wednesday - August 12

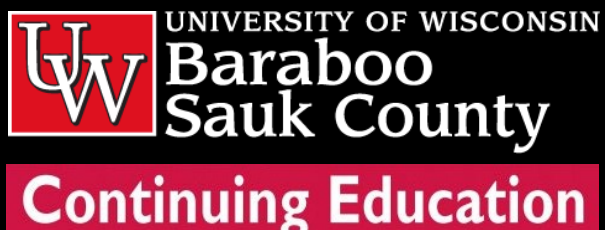
Sauk Prairie - St John's Church

Thursdays - August 6 & 13
Thursdays - September 3, 10 & 24

Spring Green - Christ Lutheran Church

Tuesday - September 22

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.



COMPUTER BASICS

Instructor: Terri Nee-Holtz

This class will help you feel more comfortable using your
computer. Once you understand how to use your
computer, we will go over how to save, delete and create
folders to organize your files, photos, and music.

*Participants have the option of bringing in their own laptops or
using the campus computers in the classroom.*

Choose from

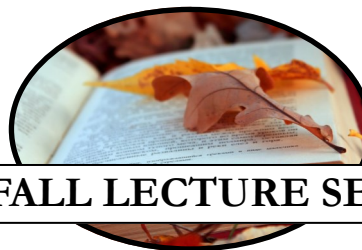
Thursday, October 15 6:00-8:30 pm

OR Friday, October 16 9-11:30 am

Campus Library Computer Lab,
UW-Baraboo/Sauk County

Fee: \$39

To register, call Continuing Education at 608-355-5220



2015 FALL LECTURE SERIES

Margaret Rozga

Professor Emerita of English
at the University of Wisconsin-Waukesha
author of three poetry books

"Growing Poetry and Social Justice"

Thursday October 15 12:30 pm

Rodem's Room, Aural Umhoefer Classroom Building

Larry Phelps

Professor Emeritus of Biology
at UW-Baraboo/Sauk County

"Cuban Impressions"

Thursday November 12 12:30pm

Rodem's Room, Aural Umhoefer Classroom Building

Lectures are free and open to the public



Ag Plastics Recycling and Waste Motor Oil Disposal

Bring your ag plastics and used waste motor oil to the Sauk County Highway Shop, 620 STH 136, West Baraboo on Wednesday, August 19th, from 10:00 a.m.- 12:00 noon. Farmers will be able to drop off their silage bags, bunker covers, net wrap, bale wrap, plastic feed bags, hoop film, and waste oil. Plastic feed bags and hoop film **MUST** be kept separate from other plastics being recycled. Plastic baler twine will not be accepted but can be used to tie loose plastic in to bundles.

The plastics must be as clean and dry as possible to maximize recycling opportunities. Plastics can be brought to the Highway Shop in a supersack or loose. Supersacks keep the plastic dry and protected, take up less floor space, and can be easier to handle than loose storage. Openings can be cut in the supersack's top to the size needed for easier filling.

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



Plastics are recycled into sidewalks, 'plywood' boards, decking, tile roofing, fence posts, household and industrial-size garbage bags, etc. By recycling these plastics, it 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 about this recycling opportunity, contact Conservation Coordinator Aaron Pape at apape@co.sauk.wi.us or 355-4842. Information is also available on the Sauk County website at: <https://www.co.sauk.wi.us/cpz/ag-plastics-recycling>



Cop's Corner

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

Wandering: Having a plan to keep our loved ones safe.

Wisconsin's Silver Alert Program



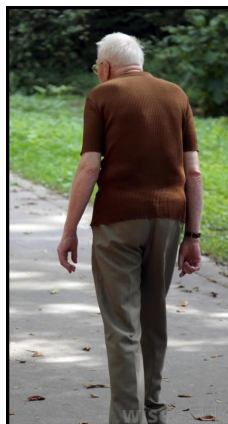
According to the Alzheimer's & Dementia Alliance of Wisconsin, at least 116,000 people with dementia reside in Wisconsin, and approximately 60 percent will wander away at some

point as their condition progresses. Caring for a loved one with memory loss or dementia can be very difficult at times and often the caregiver is left with many questions including questions about keeping the individual safe.

Often times law enforcement officers are called upon to assist in locating senior adults with memory loss or dementia when the person goes missing. To assist with the locating of missing seniors, local law enforcement can issue a Silver Alert through the Wisconsin Department of Justice's Silver Alert Program.

Silver Alerts will be issued when the following criteria are met:

- The missing person is 60 years of age or older;
- The missing person is believed to have Alzheimer's, dementia, or another permanent cognitive impairment that poses a threat to the individual's health and safety;



- There is reasonable belief that the missing person's disappearance is due to the individual's impaired cognitive condition;
- The Silver Alert request is made within 72 hours of the individual's disappearance;
- There is sufficient information available to disseminate to the public that could assist in locating the missing person.

Sauk County's Project Lifesaver

Project Lifesaver is a program available to all Sauk County residents who have been diagnosed with a condition that may cause them to wander away from their home.



Diagnoses may include autism, Alzheimer's disease and other age-related dementias, Down Syndrome, Traumatic Brain Injury, and other conditions that may cause individuals to wander.

Project Lifesaver assists in tracking and locating persons who have wandered away from their residence in a very timely manner.

Working collaboratively with your local law enforcement agency

Working with your local law enforcement agency is important to ensure that law enforcement can react quickly when an at-risk

(Continued on page 25)

(Continued from page 24)

senior wanders or is reported missing. Take steps by reaching out to your local law enforcement agency and provide the agency with a short bio of the individual at risk. Important information to provide your law enforcement agency before your loved one wanders or goes missing is as follows, however is not limited to the following;

- A short bio of the individual
- Physical description
- Current address
- Description of the vehicles the individual has access to including color, make, model and anything that may set the vehicle out from others such as bumper stickers, dents, rust, or a stuffed animal in the rear window
- Registration plate number of the vehicle(s)
- Emergency contact numbers
- Favorite places that the person likes to frequent, or places or hobbies they have enjoyed in the past
- Places of interest
- A current picture of the person



You're not in this alone and there are many resources available to assist in navigating this challenging road. Please contact the ADRC for additional resources.

Sources:

"Wisconsin Silver Alert." *Wisconsin Silver Alert*. Wisconsin Department of Justice, n.d. Web. 05 July 2015. <<http://www.wisconsincrimealert.gov/silveralert.html>>

"Alzheimer's & Dementia Alliance of Wisconsin." *Alzheimer's & Dementia Alliance of Wisconsin*. N.p., n.d. Web. 05 July 2015. <<http://www.alzswisc.org/>>.

"Project Lifesaver." *Project Lifesaver*. N.p., n.d. Web. 05 July 2015. <<https://www.co.sauk.wi.us/sheriffsofficepage/project-lifesaver>>



- Thank you to Marguerite Begnoche for her donation to the Information & Assistance program.
- We would like to thank an anonymous donor for their donations to the publishing the *AddLIFE Today!*
- Thank you to an anonymous donor for the donation to the publishing of the *AddLIFE Today!*.



Mark Your Calendar

The ADRC will be closed:

September 7 Labor Day

November 26 & 27 Thanksgiving

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

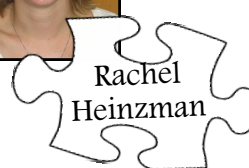
New Office Hours



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

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

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



Aging & Disability Specialists Satellite Offices

The Reedsburg satellite office in the Reedsburg Human Service Building at 425 6th St is open every Wednesday from 8:00 a.m. - 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.

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.

NOTE: There will be no ADRC Specialist at the Good Neighbor Clinic on Wednesday, August 12. There is a health fair at Pine Glen Senior Apartments and the ADRC Specialist will be at that event from 12:00 noon -3:00 pm. Please attend the fair to meet with the ADRC Specialist.

Phony Waiting Lists Take Fees; The Real Ones Never Do



If you know someone who needs public housing assistance, make sure he or she knows about the Section 8 housing scams that prey on home-seekers. The scams use websites that look like registration sites for Section 8 waiting list lotteries. They take people's "registration fee" money, their personal information, *and* their chance to register for the real lottery—since these hopefuls usually don't know they've been scammed until the real waiting list is closed.

There is never a fee to register for a real Section 8 waiting list. To sign up for one, contact your local public housing authority.

And for more information on finding an affordable home, visit our new USA.gov "beta" site—a work in progress!



“I can hear, but I don’t understand!”

Hearing Loss and *Easy* Technology

Sound familiar? Most hearing aid users need to increase the signal level and/or decrease the noise level, especially in reverberant places such as auditoriums or churches. Hearing aids equipped with T-coils and coupled with hearing loops can minimize this problem.

According to the National Institute on Deafness and Other Communication Disorders, in 2011 there were more than 36 million Americans with hearing loss, 10 percent of the U.S. population. Another study, led by Johns Hopkins researchers, estimates that 1 in 5 Americans 12 and older, some 48 million people, have hearing loss.

Today’s digital hearing aids only correct for about half of a person’s hearing loss. They don’t make the wearers bionic by correcting hearing to “20/20” like eyeglasses correct vision. Hearing aids and cochlear implants may work well in normal conversational settings, but hearing in noise is a major complaint of most people with hearing loss.

We need more help, more hearing assistive technology to be able to communicate, especially in large venues like airport boarding gates, churches and theaters. FM and infrared systems are still in use but don’t provide the same clear signal that interacts but one type of assistive technology is coming to the forefront for large and small venues alike: hearing loops.

A hearing loop, also called an induction loop, is an external device that works in conjunction with telecoils, which are small copper coils in hearing aids and cochlear implants that pick up electromagnetic sound. All cochlear implants and approximately 80% of hearing aids have telecoils (although they

are not always activated). Hearing loops transfer the sound of the speaker electromagnetically to the telecoil – right into the hearing aid without amplifying any background noise!

A big advantage to using a hearing loop system is that all the listener needs to do is switch the hearing aid or cochlear implant to the telecoil mode to access the clear sound the loop transmits. There is no extra equipment required: no neckloops or headsets to pick up and return; no worries about who used the headset or – heavens forbid – the earbuds last. A hearing loop can serve as many people as can fit in the loop; FM and IR systems only serve the number of people for whom there are receivers.

The real benefits of hearing loops are that people can hear! They enable people with hearing loss to remain or become actively engaged in positive physical and cognitive activities. Lectures, theater, a simple movie night out can be enjoyable again. Small personal hearing loops can make interactions at sales and service counters, doctor and pharmacy windows, and one-on-one communication easier too.

For more information, please go to www.hearloops.com or write to lzovar@hearloops.com for a free onsite demonstration of hearing loop sound. Once you’ve heard it, you’ll be hooked. In addition to this, the Aging and Disability Resource Center of Eagle County has purchased a portable Hearing Loop. ADRC staff are able to take this unit into homes throughout Sauk County and demonstrate how it works for people with or without the telecoil. If you are interested in hearing the difference please contact the ADRC and ask to talk to an Aging and Disability Specialist. They will set up a time to bring the unit to your home.



Because You Care ~ The Caregiver's Corner



LIFTING WOMEN TO BETTER HEALTH



The StrongWomen Program **A National Fitness Program for Women**

STRONGWOMEN

Community Strength Training Program for Women!

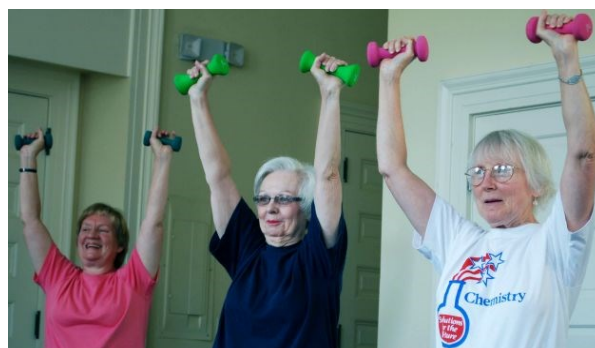
When you are caring for a loved one, it takes a lot of strength and mental health. In order to be the strongest and healthiest caregiver possible you must remember to take care of yourself. Sauk County Aging & Disability Resource Center and Health Department will be having a class that can offer just that. StrongWomen will not only give you an opportunity to get away, it will better equip you for any physical challenges at home, such as going up and down stairs, gardening, reaching for items on that top shelf, or even getting up and down from a chair. Working on muscle strength can help you be a better caregiver.

The Sauk County Aging & Disability Resource Center and Health Department will be offering the StrongWomen Program, a 12-week exercise program for all middle-aged and older women. The program will be coming to the Prairie du Sac area in September.

The series will be led by Cassidy Walsh. Cassidy is the health educator and caregiver coordinator for Sauk County, and an experienced weight lifter. She has been personally weight lifting for 14 years and has been coaching weight lifters for 6 years.

The StrongWomen Program was developed by Miriam Nelson, PhD, an associate professor at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The StrongWomen Program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. "Strength is a critical factor in living healthier, more active lives. Our research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength," states Dr. Nelson. The program is appropriate for both sedentary and very active women.

For more information on the StrongWomen Program beginning soon in the Prairie du Sac area, please contact Cassidy Walsh, Health Educator at (608) 355-3290.





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.

Room B24, West Square Building,
 505 Broadway, Baraboo

The next meetings will be
August 13 and September 10

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.







Let your smile change the world . . .
But don't let the world change your smile

Is Money Tight?

FoodShare gives you monthly deposits to put toward food purchases, freeing up money for bills, medications and other necessities. *You or someone you care about may be eligible.*

ELIGIBILITY

You may qualify if your household's gross monthly income is less than...

	\$1,946
	\$2,622
	\$3,300
	\$3,976



- Eligibility is based on income and certain expenses (not assets), so you can own a home and car and even have a savings account.
- Most people receiving Social Security are eligible—even if they have a small pension.
- Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- You receiving benefits does not take away from others. Everyone who is eligible and applies will get benefits.

FOR MORE INFORMATION, CALL THE FOODSHARE HELPLINE:

Toll-Free (877) 366-3635



The FoodShare Helpline is a service of
 Second Harvest Foodbank of Southern Wisconsin.

You already have
 this program if you
 have this card:



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:	August 5	September 2
-----------------	----------	-------------

Merrimac

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

Laura Presents:	August 4	September 1
-----------------	----------	-------------

Reedsburg

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

Laura Presents:	August 13	September 10
-----------------	-----------	--------------

Sauk/Prairie

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

Laura Presents:	August 11	September 3
-----------------	-----------	-------------

Spring Green

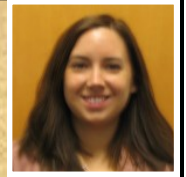
Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 12:00 noon

Laura Presents:	August 12	September 9
-----------------	-----------	-------------

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"*

Food Safety - Beyond the Plate



Guide to Leftovers

Why is keeping food safe important for older adults?

Everyone's health is different.

- Underlying conditions such as diabetes, heart disease, cancer etc. weakens the immune system.
- As we age, it is harder to fight bacteria.

Food-Borne Illness Facts

Each year, 2 million people get sick from food-borne illness

- Bacteria that causes food-borne illness is everywhere
- You cannot always tell when food turns bad.
- Poor food handling practices cause much of the contamination
- Cooking or freezing might not make food safe

WHEN IN DOUBT, THROW IT OUT!

Foods that cause food-borne illness may look fine and have no off-flavor or odor

- Do NOT rely on look, smell or taste.
- Never taste suspicious foods.

Taking Care of Leftovers

Special care is needed to make sure leftover foods are safe to eat later.

Reheating will NOT make spoiled or

(Continued on page 31)

(Continued from page 30)

unsafe foods OK to eat.

Cool leftover foods quickly in the refrigerator or freezer.

- Although it is recommended not to leave food out for more than 2 hours, the best practice would be to put it away immediately
- Do not let food cool on the stove or counter before putting it in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers so food will cool faster.

Reheat leftover completely

- Bring sauces, gravies and soups to a boil.
- Heat all leftovers until they are hot all the way through- not just warm enough to eat.
- If reheating in a microwave oven, cover the food with plastic wrap or lid to hold steam around the food. Stir the food at least once during heating. Heat until bubbling hot. Be careful of the steam.

FACTORS THAT CAUSE FOOD-BORNE ILLNESS

Time:

- Refrigerate leftovers immediately for optimal safety!!!!

Temperature:

- 41°-140°F is
- "The Danger Zone"
- ***"Keep hot foods hot (above 140°) and cold foods cold (below 40°)"***

Adapted from UW Extension brochure
Food Safety Beyond the Plate
A Guide to Leftovers 2002

Instructions for Reheating Food Safely in the Microwave



Be sure to allow for proper reheating of foods. Reheat foods until steaming and hot to touch. Let food sit for a minimum of 30 seconds to ensure thorough reheating.

We recommend removing the food from the aluminum and plastic containers and placing into a microwave safe container. Please see list below for safe and unsafe containers.

SAFE TO USE:

- Any utensil labeled for microwave use.
- Heatproof glass (such as Pyrex, Anchor Hocking, etc.).
- Glass-ceramic (such as Corning Ware).
- Oven cooking bags.
- Baskets (straw and wood) for quick warm-ups of rolls or bread. Line the basket with napkins to absorb moisture from food.
- Most paper plates, towels, napkins and bags. For optimal safety use white, unprinted materials.
- Wax paper, parchment paper, heavy plastic wrap. Do not allow plastic wrap to touch food; vent it to allow a steam escape.
- Heat-susceptor packaging.

NOTSAFE TO USE:

- *Cold storage containers:* margarine tubs, cottage cheese and yogurt cartons, etc. These materials are not approved for cooking and chemicals can migrate into food and may be cancer causing.
- Brown paper bags and newspapers.
- Metal pans.
- StyroFoam-insulated cups, bowls, plates or trays will melt.
- China with metallic paint or trim.
- Chinese "take-out" containers with metal handles.
- Metal "twist ties" on package wrapping.
- Food completely wrapped in aluminum foil.
- Food cooked in any container or packaging that has warped or melted during heating.



Stepping On

Building confidence and reducing falls

Our next ***Stepping On*** class is scheduled to begin on September 23 from 1:30-3:30 p.m. at the Kilbourn Library, 620 Elm St, Wisconsin Dells, WI 53965 and will last 7 weeks. Attendance at each class is highly recommended.

Who Should Attend?

People who:

- are at risk of falling
- have a fear of falling
- have fallen one or more times

Subjects covered include:

Improving balance and strength, home modifications, community safety, vision, medication review, safe footwear and sleep

habits.

It is the process in which the program is taught that makes it effective. Classes are highly participative; mutual support and success build the participants' confidence in their ability to manage their health behaviors to reduce the risk of falls and to maintain active and fulfilling lives.

To find out more information or to sign up for the class please call the ADRC at 608-355-3289 or 800-482-3710 or the Public Health Department at 608-355-3290. This class will be taught by both Sauk County and Columbia County instructors, any resident from either county may attend the class.



From Our House to Yours!

Lemon "Swimming Pool" Cake

Ingredients for cake:

- | | | |
|-------------------------------|-----------------|----------|
| • 1 box yellow cake mix | • 3/4 Cup Water | • 4 eggs |
| • 1 box lemon instant pudding | • 3/4 Cup Oil | |

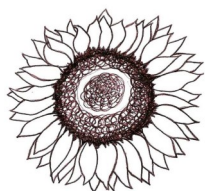
Ingredients for frosting:

- | | |
|-----------------------|----------------------|
| • 2 T. butter, melted | • 1/3 C lemon juice |
| • 2 T water | • 2 C powdered sugar |

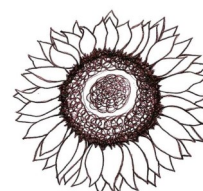
Directions:

- Mix all cake ingredients together and put in ungreased cake pan.
- Bake at 350 degrees for 30 - 35 minutes.
- Have frosting ingredients mixed together before cake comes out of oven. When cake is done, poke holes in it and pour the frosting on top.

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



August



Mon	Tue	Wed	Thu	Fri
3 Baked Spaghetti Italian Blend Veg. Cream Sicle Torte French Bread 	4 Chicken Teriyaki Baby Red Potatoes Chinese Ramen Salad Apricot Halves Dinner Roll	5 Pork Steak Mashed Potatoes Carrots Ice Cream Cup Sliced Bread	6 Pepper Steak Au Gratin Potatoes Summer Blend Veg. Birthday Cake Dinner Roll	7 Chef Salad with Spinach, Veggies, Cheese, Ham, and Sunflower Kernels Salad Dressing Cantaloupe Slice
10 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pear Slices Sliced Bread	11 Meatballs in Honey Mustard Sauce Baked Potato Summer Blend Veg. Choc. Cloud Torte Dinner Roll	12 Ham Rolls Squash Health Slaw Applesauce Sliced Bread	13 Liver and Onions Escalloped Potatoes Peas/Pearl Onions Orange Sherbet Dinner Roll	14 Country Fried Steak Mashed Potatoes Corn Fruited Gelatin Sliced Bread
17 Pork Loin Mashed Potatoes Baby Carrots Applesauce Cake Sliced Bread	18 Orange Glazed Chicken Breast Baby Red Potatoes Spinach Salad with Hot Bacon Drsnng Ambrosia Dessert Dinner Roll	19 Salisbury Steak Mashed Potatoes Green Beans Peach Slices Sliced Bread	20 Salmon Loaf Baked Potato Peas and Carrots Key Lime Pie Dinner Roll	21 Swedish Meatballs Mashed Potatoes Winter Blend Veg. Petite Banana Sliced Bread
24 Beef Frank on a Bun German Pot. Salad Mixed Vegetables Mand. Orange Gel.	25 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Fudge Brownie Dinner Roll	26 Meatloaf Baby Red Potatoes Carrots Applesauce Sliced Bread 	27 Swiss Steak Mashed Potatoes Corn Butterfinger Torte Dinner Roll	28 BBQ Pork Cutlet Baked Potato Western Corn Cantaloupe Slice Sliced Bread
31 Chicken Breast Mashed Potatoes Calif. Blend Veg. Spice Cake Sliced Bread	August 3rd: Watermelon Day August 6th: National Root Beer Float Day August 15th: National Lemon Meringue Pie Day August 26th: National Dog Day			

September 2015



Mon	Tue	Wed	Thu	Fri
	1 Lasagna Casserole Mixed Italian Salad Watermelon Slice French Bread	2 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Creamy Cuke Salad Peach Slices Sliced Bread	3 Hawaiian Meatballs Baby Red Potatoes Baby Carrots Birthday Cake Dinner Roll	4 Glazed Ham Sweet Potato Bake Health Slaw Pineapple Tidbits Sliced Bread
7 Closed LABOR DAY 	8 Roast Turkey Mashed Potatoes Summer Blend Veg. Cranberry Gelatin Dinner Roll	9 Beef Stroganoff Cas- serole Tossed Salad Cantaloupe Slice Sliced Bread	10 Mush Pork Cutlet Mashed Potatoes Red Cabbage Coconut Cream Pie Dinner Roll	11 Chicken Marsala Baked Potato Carrots Pear Slices Sliced Bread 
14 Beef Stew Maple Brussel Sprouts Applesauce Cake Garlic Biscuit	15 Bratwurst on a Bun German Pot. Salad Green Beans Mandarin Orange Gelatin	16 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Ice Cream Cup Sliced Bread	17 Crispy Fish Fillet\ Au Gratin Potatoes Peas and Carrots Watermelon Slice Onion Rye Roll	18 BBQ Meatballs Baby Red Potatoes Western Corn Key Lime Pie Sliced Bread
21 Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Applesauce Sliced Bread	22 Chicken Cacciatore Baked Potato Mixed Vegetable Choc. Rasp. Torte Dinner Roll	23 Salisbury Steak Mashed Potatoes Swiss Spinach Fruited Gelatin Sliced Bread	24 Chicken, Broccoli and Rice Casserole Green Beans Pineapple Tidbits Dinner Roll	25 Country Fried Steak Mashed Potatoes Carrots Egg Custard Pie
28 Chili Casserole Spinach Salad with Rasp. Vinaigrette Peach Slices Cornbread	29 Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Butter Cookie Dinner Roll 	30 Meatloaf Sour Cream/Chive Potatoes Calif. Blend Veg. Pear Slices Sliced Bread	September 11: National Patriot Day September 21: World Alzheimer's Day September 29: National Coffee Day	

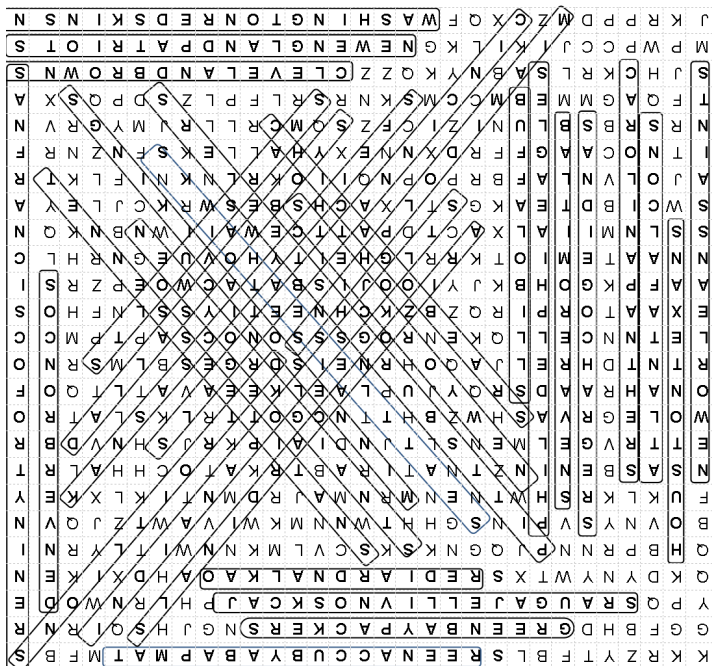
For *AddLIFE Today!* questions or comments, please
contact Cathy Bindl at 355-3289
or email at cbindl@co.sauk.wi.us.

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 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!

Statements or expressions of opinion here are those of the
authors and not necessarily those of the Aging & Disability
Resource Center. In no event will the authors, the editors,
the reviewers or the publishers be liable for any damages
resulting from use of this material. The publication of any
information provided by an *AddLIFE Today!* partner is not
to be construed as an endorsement of the product or
service offered unless the article specifically states there is
such endorsement or approval.



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

Kindly make your check payable to:
"ADRC"

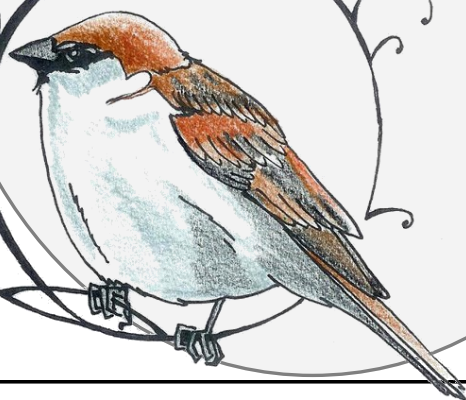
505 Broadway, Room 102
Baraboo, Wisconsin 53913



Look at the sparrows;
they do not know what
they will do in the next moment.

Let us literally live
from moment to moment."

—Mahatma Gandhi



NONPROFIT ORG
U.S. POSTAGE PAID
BARABOO, WI
PERMIT NO. 65

Aging & Disability Resource Center
505 Broadway
Baraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED

X



Reedsburg
AREA MEDICAL CENTER

This Brainteaser brought to you by:

Reedsburg Area Medical Center

2000 North Dewey Avenue. Reedsburg, WI 53959

608-524-6457

www.ramhealth.com

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

Are you ready for some FOOTBALL?

Find the 32 National Football Leagues teams in the puzzle. Answers on page 35

Arizona Cardinals	New England Patriots
Atlanta Falcons	New Orleans Saints
Baltimore Ravens	New York Giants
Buffalo Bills	New York Jets
Carolina Panthers	Oakland Raiders
Chicago Bears	Philadelphia Eagles
Cincinnati Bengals	San Diego Chargers
Cleveland Browns	San Francisco
Dallas Cowboys	Forty-Niners (49ers)
Denver Broncos	Seattle Seahawks
Detroit Lions	St. Louis Rams
Green Bay Packers	Tampa Bay Buccaneers
Houston Texans	Tennessee Titans
Indianapolis Colts	Washington Redskins
Jacksonville Jaguars	
Kansas City Chiefs	
Miami Dolphins	
Minnesota Vikings	

