



Add **LIFE** Today!

August/September 2016
Vol 8/ Issue 4

Laughter
Independence
Friends &
Energy

when life gives you lemons, make lemonade



By: Sauk County County Clerks Office

As of March 2015, the State of Wisconsin requires every voter (with very few exceptions) to provide a photo identification in order for them to vote. There are several options for what type of photo identification can be accepted.

Acceptable forms of identification that can be unexpired OR expired since November 14, 2014 (for this election year) include:

- Wisconsin DOT-issued driver's license (even if privileges are revoked or suspended);
- Wisconsin DOT-issued identification card;
- Military ID card issued by the U.S. uniformed services;
- U.S. passport card or book

Other types of acceptable ID include:

- Certificate of Naturalization (if issued within the last two years);
- Wisconsin driver license or state ID card

- receipt from the DMV (unexpired only);
- Student ID card (unexpired only; must be accompanied by a proof of enrollment document);
- Veteran's photo identification card issued by Veterans Health Administration (must either be unexpired OR have no expiration date listed);
- Tribal identification card (from one of the 12 federally-recognized tribes in Wisconsin) even if expired or has no expiration date listed.

Voters, without any of the above forms of photo identification, are eligible to request a FREE Wisconsin State ID card from the DMV. This process does require a few documents to be provided for the request to be processed.

To apply for an original ID card you must visit a DMV customer service center, complete a Wisconsin Identification Card (ID)

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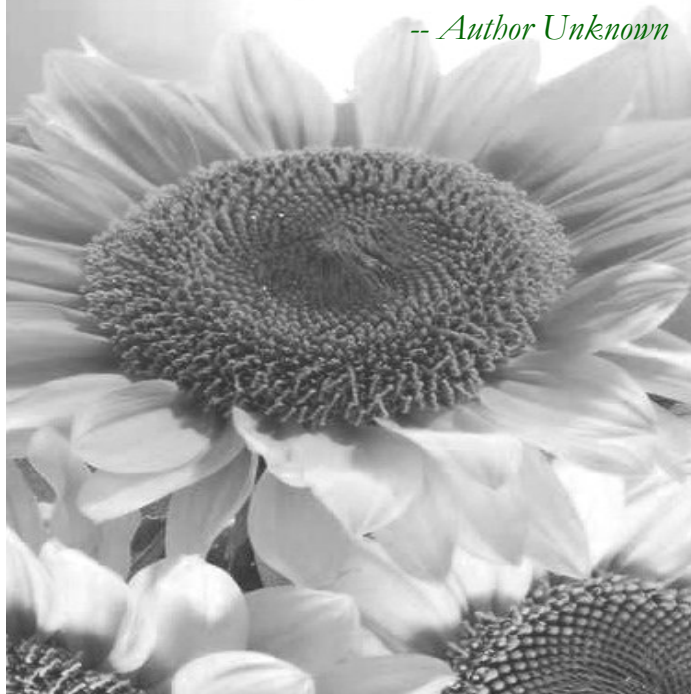
ADRC Office Hours:

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

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

It is not
Happy people
Who are *Thankful*.

It is *Thankful*
people
who are *Happy*.
-- Author Unknown



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application (MV3004) and provide:

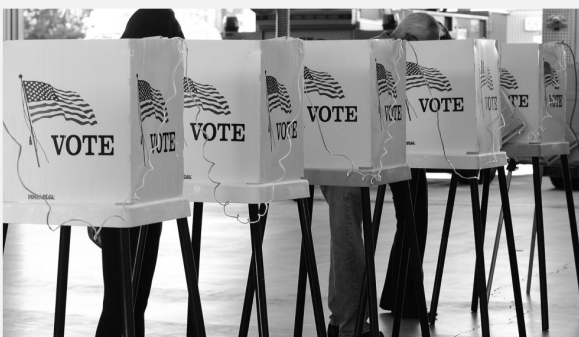
- Proof of name and date of birth- for example, a certified U.S. birth certificate, valid passport or certificate of naturalization.
- Proof of identity (usually a document with a signature or photo).
- Proof of Wisconsin residency.
- Proof of U.S. citizenship, legal permanent resident status, legal conditional resident status or legal temporary visitor status.
- Your social security number

If fees arise while obtaining any of the above listed documents, form MV3012 can be completed for the DMV to verify with state and federal partners regarding any unavailable documentation.

A free ID card is NOT available under the following circumstances:

- If you currently have a valid, unexpired driver license (DL), you are not eligible under Wisconsin law to obtain an ID;
- If you will not be at least 18 years of age on the date of the next election;
- If you are not eligible to vote in Wisconsin.

A photo identification is not only required when voting at the polling place, but also when voting absentee. If you request to vote absentee, you will need to send a copy of your photo identification in to your municipal clerk,



along with your absentee application.

A few exceptions to the photo ID requirement include active duty military stationed away from their permanent residence, those living permanently overseas, or those who are indefinitely confined. A person can claim indefinitely confined on their absentee ballot request if they are indefinitely confined for reason of age, illness, infirmity or disability. Indefinite confinement does not include those who are hospitalized for a short period of time.



**Got More Questions?
Go to myvote.wi.gov**

Many questions regarding voting in the Wisconsin Elections can be answered by going to the newly updated MyVote website. <http://myvote.wi.gov>

The website also allows you to see if you are registered to vote. If not, you are able to fill out the form to register to vote. Once you have completed the form, you will need to print it and mail it to your municipal clerk along with your proof of residence)

This website will allow you to complete a request to vote absentee. (Note - You will still need to send in proof of your identification to your municipal clerk)

The MyVote website also allows you to see what will be listed on your upcoming ballot, the location of your polling place, who to contact for information regarding voting and a list of current office holders covering your municipality.

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



Dear Friends,

The Madison Vet Center comes to the Sauk County Veterans Service Office to give combat veterans and victims of military sexual assault, and their family members, an opportunity to get counseling without having to travel into Madison. The Vet Center Counselor is Julie Powers, a veteran herself. Julie is generally available the first and third Tuesday of each month. Please contact her at (608) 264-5342. You do not have to be diagnosed with PTSD to receive Vet Center services. We encourage veterans and their families to take advantage of this free service. The Vet Centers are designed to afford veterans and dependents an opportunity for services without having to enroll in VA health care or go to a VA facility. For the past 5+ years, many of our veterans have benefited greatly from Vet Center services.

Also available in your County Veterans Service Office the second and fourth Thursday, the Veterans Assistance Foundation is on site to discuss their programs and services that center around veterans who are homeless or at risk of

becoming homeless. Please contact Marketha at (608) 372-8387.

ALS, or amyotrophic lateral sclerosis (Lou Gehrig's Disease) - If a veteran served on active duty for 90 days or more during any era in any location in any branch of the military and they end up with this disease; the VA will presume they got it as a result of their military service. If the veteran is already deceased and there is a surviving spouse, the surviving spouse is entitled to significant benefits from the VA. Contact our office if you or somebody you know may be affected or eligible.

As always, be sure to stay up to date with important veteran related items and events on our Sauk County website [https://](https://www.co.sauk.wi.us/veteransserviceoffice)

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: DAV Ladies Auxiliary (Baraboo); DAV Ladies Auxiliary (State); 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



Kathy Kent ★ Lonie Birkholz ★ Pamela Russo



Are you a Wisconsin Veteran, injured in the course of active duty, with a passion for motorcycling and the need for the healing therapy the open road provides? Or, do you know someone you could share this information with to help them find some peace? We are currently seeking applicants for our second Harley gifting.

Hogs For Heroes is a new Wisconsin non-profit organization dedicated to healing the mental and physical wounds suffered during the course of active duty by our Wisconsin Military Veterans through the therapeutic benefits of owning and riding a Harley-Davidson motorcycle. We raise funds to purchase Harleys for injured Veteran riders who find themselves without means to own a bike and a need to return to the power of the road.

We believe the freedom of the road, the collegiality of riders and the pride and peace found in ownership can support the healing process for our Veterans. Awarding one bike at a time, and recognizing one hero at a time, it is our hope that we make the rough road a little smoother and convey a collective message of gratitude from our donating public.

Visit their website for more information & application materials. **APPLY TODAY AT WWW.HOGSFORHEROESWI.ORG**

Application Period Opens 6-26-2016 and must be postmarked by 8-6-2016

Vets and Service Dogs

Three reasons veterans with PTSD or similar adjustment conditions should consider a service dog

Dogs can be trained to provide a sense of security to war veterans with specific anxieties. For example, some physically and emotionally wounded warriors fear walking down the street or even shopping for groceries, because their Post-Traumatic Stress Disorder (PTSD) is triggered by not knowing what may be hiding around the next block or supermarket aisle. Dogs are trained to be a protective set of eyes for their owner, so they can confirm there is no danger around the bend and prevent an anxiety attack.

Dogs are trained to watch over you around the clock. One of the most troubling effects of PTSD may be the tendency for having nightmares or issues falling asleep. But PTSD service dogs' duties to your wellbeing don't set with the sun. They are trained to wake you from nightmares by being alert to night terror indicators. Many people living with PTSD also report that the very presence of their dog in their room at night brings them the comfort they need to fall asleep.

Many military veterans with PTSD were accustomed to being a leader and giving



orders during their service. Dogs are naturally loyal and obedient to their

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owners, and the very act of giving your dog a command can be helpful in transitioning from life in the field to returning home. PTSD service dogs are trained to obey specific commands, but can also be taught additional tricks and obedience orders by owners.

Some of the organizations out there with service dogs include the following.

Additionally, veterans may benefit from speaking with their psychiatrist or psychologist as they may have more information and resources for city and state programs that can support your effort in obtaining a four-legged friend.

Service Dogs for America trains PTSD service

dogs, and has strict criteria for both the dogs and trainers who raise them.

Paws for Veterans matches war veterans with PTSD service dogs, and then trains both parties on how to work together as effective, cooperative teammates.

Dog Wish trains all kinds of service dogs for people of all walks of life. One of the founders of this organization understands the value of dogs in managing PTSD from having personal experience with the condition.

New Horizons Service Dogs provides PTSD service dogs to retired servicemen and servicewomen, as well as others suffering from PTSD.



Rotational grazing of beef, dairy, and poultry heals people and heals the land

Six military veterans in Southwest Wisconsin are interviewing prospective beginning farmers for mentorships focused on learning how to produce grass - fed beef, dairy, and poultry. According to Rod Ofte, veteran of the U.S. Army and General Manager of the Wisconsin Grass - Fed Beef Cooperative, "I would definitely recommend grass - fed beef production to military veterans who are considering farming. Grass - fed offers a 20 to 30 percent premium over conventional beef. The grass - fed beef market has grown more than 10 percent per year for the last five years."

The mentorship opportunities are part of a program called the Mentorship Program for Future Livestock Farmers. The program offers matchmaking between beginning and experienced livestock farmers for mentorships based on mutual interests. The beginning

MILITARY VETERANS SERVE AS MENTORS TO LIVESTOCK FARMERS

farmers spend a year checking - in with farmer mentors, improving their business plans, and attending workshops to learn how to grow their businesses, while enhancing the health of the land through managed grazing. For example, Nicholas Bryant of Hollandale, is a disabled veteran of the U. S. Air Force. In 2011 he started Bryant Family Farms, LLC, which primarily raises pastured poultry on rented pasture. In addition to seeking a farmer mentor of his own, Nicholas offers internship opportunities on and off his farm to military veterans in exchange for room and board.

The mentorship program encourages beginners to get started on rented land or start with contract grazing livestock for another farmer before sinking funds into a farm. For example, mentor farmer and U.S. Marine Corps veteran Gary Loew of Chippewa Falls, raises Holstein heifer calves for a local dairy. "I don't have to worry about owning the animals and I get to enjoy the holidays with my wife and grandkids," says Loew. "I would

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definitely recommend contract grazing dairy heifers on pasture to military veterans who are considering farming.”

Participants in the mentorship program receive assistance to find pasture to rent for well - managed grazing through the Grazing Broker at Southwest Badger RC&D. The broker connects grassland landowners with livestock producers, provides guidance on the fair market value of grassland, and assists farmers and landowners in negotiation of rental contracts. The broker also writes grazing plans to enhance and expand grass land acres for grazing.

Applications for mentors and beginners are accepted on a rolling basis. They are available online at [www.swbadger.org/beginning - farmers](http://www.swbadger.org/beginning-farmers) or by request at 608-732-1202.

The Grazing Broker is supported by grants from the National Fish and Wildlife Foundation and United States Department of Agriculture’s National Institute of Food and Agriculture.

Southwest Badger Resource Conservation & Development Council, Inc. is a 501(c)3 non - profit organization working in the Southwest Wisconsin region. The organization’s mission is to implement natural resource conservation, managed growth, and sustainable rural economic development in the area through education and implementation of best practices relating to agriculture, grasslands, forests, and surface waters.

Sign up for the E-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.



Upcoming Events

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

August 11-14, 2016 – Operation Badger Base, Madison, WI. Operation Badger Base is an event for veterans of all eras on the 50th anniversary of the Vietnam War.

This event will be held on the grounds of Harley-Davidson of Madison and Ho-Chunk Gaming Madison, 6200 block of Mill Pond Rd, Madison. All exhibits, activities and concerts are free and open to the public. The Wall That Heals and Tomb of the Unknown Soldier replicas of their respective National Monuments in Washington, D.C. will be on display. Plus, educational exhibits, on-site veteran benefit organizations, special wreath and quilt commemoration and award presentations, bugle calls, bagpipe performances, The Wall of Faces exhibit from the Wisconsin Veterans Museum, daily entertainment, on-site food and beverage for sale, and much more.

For updated event activities and concert schedules, visit www.operationbadgerbase.com

Starting September 13 - Veterans meet for Coffee on the second Tuesday of every month from 9-11 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.

October 13, 2016 – Wisconsin Women Veterans Conference, in Pewaukee. Please check the Wisconsin Department of Veterans Affairs website for more details.

Veterans meet for breakfast every Wednesday morning from 7 – 8:30 a.m. at the Reedsburg VFW post 1916 building, located at 200 Veterans Drive, Reedsburg. This is an opportunity to enjoy breakfast and talk with other veterans.



FROM THE DIRECTOR'S DESK

Susan Blodgett

Aging & Disability Resource Center Director



The ADRC is working to have Sauk County communities certified as “Dementia Friendly” communities.

What does that mean?

According to the Alzheimer’s & Dementia Alliance of Wisconsin, “a dementia friendly community is one that cares about its neighbors; one that listens to the feeling of its residents with dementia; one that sees the signs; one that understands the needs; and one that acts. It’s a place where people with dementia will live as independently as possible. Where they will be valued and respected. Where they will engage in activities that we all take for granted and will be supported as these activities become more difficult. Where the changes in the person will be noticed, understood, and accepted.”

“A dementia friendly community is one that has looked at its shops, restaurants, markets, and streets through the eyes of a person with dementia; then does everything it can to make it a place where they can continue to live as independently as possible. When memory changes begin, many become more isolated, which frequently hastens the cognitive decline. A community that understands dementia will

be one that supports and cares for its neighbors who are struggling to deal with loss of memories, loss of the ability to do routine activities, loss of jobs, loss of independence, and loss of self.”

Are you interested in helping make Sauk County Dementia Friendly?

Volunteers will be needed in each and every community in Sauk County. The ADRC will be beginning the process in Baraboo and then expanding out to other communities. If you are interested in helping contact me at the ADRC at 608-355-3259 or by email at sblodgett@co.sauk.wi.us.

The last issue of AddLIFE Today!, I shared with you an article from the Alzheimer’s Reading Room (ARR) that really struck a cord with many of our readers. Upon sharing the response the article had, ARR told us there was an even better article to help caregivers see the disease through a person’s eyes of someone who is living with dementia. So I am happy to share this wonderful article with you with the blessings of Alzheimer’s Reading Room.

- *Susan*

10 Things a Person Living with Dementia Would Tell You If They Could

Reprinted with permission. Original content of the [AlzheimersReadingRoom.com](http://www.alzheimersreadingroom.com)
<http://www.alzheimersreadingroom.com/2013/12/10-things-person-living-with-dementia.html>

Here are ten communications tips that can help Alzheimer's caregivers improve their daily life.

Sometimes it helps to look at each situation from the perspective, or from out of the eyes of the person living with dementia.

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DOTTY'S TEN TIPS FOR COMMUNICATING WITH A PERSON LIVING WITH DEMENTIA



1. You know what makes me feel safe, secure, and happy? **A smile.**
2. Did you ever consider this? **When you get tense and uptight it makes me feel tense and uptight.**
3. Instead of getting all bent out of shape when I do something that seems perfectly normal to me, and perfectly nutty to you, why not just smile at me? **It will take the edge off the situation all the way around.**
4. Please try to understand and remember it is my short term memory, **my right now memory**, that is gone -- don't talk so fast, or use so many words.
5. You know what I am going to say if you go off into **long winded explanations on why we should do something?** I am going to say **No**, because I can never be certain if you are asking me to do something I like, or **drink a bottle of castor oil**. So I'll just say **No** to be safe.
6. Slow down. And **don't sneak up on me and start talking**. Did I tell you I

like smiles?

7. **Make sure you have my attention before you start blabbering away.** What is going to happen if you start blabbering away and you don't have my attention, or confuse me? I am going to say **No** - count on it.
8. My attention span and ability to pay attention are not as good as they once were, **please make eye contact with me before you start talking**. A nice **smile** always gets my attention. Did I mention that before?
9. **Sometimes you talk to me like I am a child or an idiot.** How would you like it if I did that to you? Go to your room and think about this. Don't come back and tell me you are sorry, I won't know what you are talking about. Just stop doing it and we will get along very well, and probably better than you think.
10. **You talk too much -- instead try taking my hand and leading the way.** I need a guide not a person to nag me all the time.

ADRC Transportation

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

Fun-day Trip Reservation Line: 608-355-4888

Look
Who's
Getting
You
There!



Robin



Bill



Gary



Tom

Hello all - Summertime sure seems to be flying right past us. Before you know it, the Fall season will be here. In the meantime, we've put together an exciting Fun Day Travel Calendar for August and September. Please tell your friends, relatives, neighbors, and let's all share in the fun times!

Please note we have changed the date for September 26 to a MONDAY trip, so we will be able to tour the Slack Jelly kitchen in production to see how they prepare and preserve all those good things!

We are also running a new Thursday Shopping Bus for our friends and neighbors in LaValle, Loganville, Plain and Spring Green. Please spread the word about this new service. Want more information? Just call us !!!!

We have a new addition to our staff. Her name is Krista, and we will slowly be introducing her to our "in progress and development" transportation options. Please help us welcome her aboard!

— Robin



The ADRC is announcing our new grocery/shopping route on Thursdays for those residents living in LaValle, Loganville, Plain and Spring Green. We will pick you up and go shopping in Richland Center or Hillsboro. Call for more details and to reserve your spot.

Spread the news - Please tell your friends and family. The bus must meet minimum capacity. Only \$3.00 round trip!!

Please call the ADRC Reservation line for more information at 608-355-4888 or 800-830-3533.

This service will run every two weeks on Thursdays.

The scheduled dates are:

August 11 & 25

and

September 8 & 22

(Please note this service can only be offered if there is enough interest, so call to make your reservation and let us know this is a service you are wanting)

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and Garage Sale Bus!

Exciting trips scheduled for two Thursday
Garage Sale trips in September!

We will be running two days in September for
those of you who have been patiently waiting
for a Garage Sale bus!

Trips scheduled for: **Thursday, September 1**
and Thursday, September 15

We will shop the garage sales in Reedsburg,
Baraboo, Sauk City and Prairie du Sac!!!!

\$3.00 Round Trip Please call the Reservation
Line to reserve your spot
608-355-4888 or 800-830-3533.

and For Reedsburg Residents

If you would like a ride to our Reedsburg
dining center on Mondays and Wednesdays
Please contact the ADRC Transportation 355-
3278 or 800-830-3533.

Please call by noon on Fridays to join in the
meal on Monday, and by noon on Tuesdays to
join in the meal on Wednesdays.

Bingo or other entertainment will be
scheduled for your enjoyment after the meal.

*So call the ADRC
and join in the fun!!*



To Register Call Fun Day Travels at 355-4888

August Events

August 2	Wisconsin Dells Craft Mall and Antiques Cindy's Cafe - Wisconsin Dells
August 9	West Towne Mall - Madison
August 16	Harrisburg 1 Room Schoolhouse/Peck's Farm Market
August 23	Carr Valley Cheese Tour and Branding Iron Roadhouse for Lunch
August 30	Target - Middleton

September Events

September 8 (Thursday)	Quilt Expo - Alliant Energy Center, Madison Advanced tickets - \$8 (Purchase at Ardyth's Sew-N- Vac/Baraboo or Quintessential Quilts/Reedsburg) Or \$10 day of the expo
September 13	East Towne Mall - Madison
September 20	Olbrich Gardens (donation fee)
September 26 (Monday)	Merrimac Ferry/Susie the Duck Park and Slack's Jelly Tour

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 person!**

Join the Wisconsin Council of the Blind & Visually Impaired
for their next webinar on Wednesday, August 17, from 10:30-11:30 a.m.

When to Stop Driving



and How to Talk to Your Loved Ones About It

Join the Wisconsin Council of the Blind & Visually Impaired for their free webinar: “When to Stop Driving and How to Talk to Your Loved Ones About It” on Wednesday, August 17, from 10:30-11:30 a.m.

After many years behind the wheel, it can be difficult for an individual with diminishing vision to determine the appropriate time to stop driving, but it could be one of the most important decisions they make.

Featured speakers include Jim Kubek, Supervisor for AAA Driver Training, who will discuss how to talk to an individual who must consider ending their time behind the wheel. A representative from the Wisconsin Department of Motor Vehicles (DMV) Medical Review team will talk about laws

regarding specifics on who can drive and who is capable of removing driving privileges.

The webinar will offer supportive advice for individuals contemplating whether to stop driving. The presentation will also identify talking points adult children can use with their parents during discussions about no longer driving.

Registration is available on our website, www.wcblind.org, under the “Events” tab or by calling 1-800-783-5213.

***The mission of the Council is to promote the dignity and independence of the people in Wisconsin who are blind or visually impaired by providing services, advocating legislation, and educating the general public. To learn more about the Wisconsin Council of the Blind & Visually Impaired please contact Gale Hellpap, Director of Community Relations and Marketing, at 1-800-783-5213 or visit www.wcblind.org.*

Vehicle Inspection



SAVE THE DATE

FOR THE BARABOO TRIAD CAR CLINIC!

Friday, September 30, 2016 9:00 A.M. - 12:00 NOON
Sauk County Law Enforcement Center
(with Glacier Valley Ford-Mercury)

A complete list of TRIAD Car Clinic dates will be in the next AddLife Today! Newsmagazine.



Citizens with 65+ years can now get non-expiring IDs

New online service streamlines process

Wisconsin now allows its residents who are U.S. citizens age 65 and over to obtain an ID card which never needs to be renewed. The new non-expiring ID card carries the same appearance and security features as traditional eight-year cards, with the words "Non-expiring" appearing in place of the typical expiration date.

"This new feature is a great option for any senior adults who no longer wish to drive or who already hold a Wisconsin ID card. Once they obtain the non-expiring card, they'll never need to return to a DMV service center," said Corey Kleist, Qualifications and Issuance section chief.

The ID card is free if used for voting purposes and, once issued, the card never needs to be renewed. While there is no such thing as a "Voter ID," many Wisconsin residents present their DMV-issued driver license or ID card as their form of identification.

Senior drivers who wish to obtain this non-expiring ID card must surrender their license and driving privileges. An individual cannot hold both an ID and a driver license. Note, surrendering of a driver license will make the individual ineligible to operate a motor vehicle in any state.

In support of this new feature, Wisconsin DMV will now permit individuals who are eligible for this card to exchange their existing ID card or surrender their driver

license for the non-expiring ID card without visiting a DMV service center. To take advantage of this option, visit wisconsindmv.gov, then go to Online ID Card Application. For individuals using this new online service, the most current photo on file will be used on the ID and the final product will be mailed.

Customers whose DL/ID has been expired for more than two years, who have never held a Wisconsin DL/ID, or who wish to have a new photo taken, must visit a DMV Service Center to obtain this new ID product.

Individuals holding a REAL ID-compliant driver license or ID must surrender that feature from their card. REAL ID compliant cards will continue to follow the eight-year renewal cycle which requires a visit to the DMV to renew and update the individual's photo.

For more information on regular and non-expiring ID cards, please visit: wisconsindmv.gov/ID.

As a reminder, when accessing transportation-related forms, only websites with **.gov** extension are from official state websites. Others with **.org** and **.com** are not official and may have extra charges for forms or list information that is outdated or incorrect.

Reprinted from: <http://wisconsindot.gov/>



The Volunteer Buzz

Cathy Bindl



Never underestimate those "small" kind deeds

Have you ever thought -

I want to do something to really change the world.

But then you think, I'm only one person, the world is so large and has so many issues, there is nothing I can do to make a difference. The truth is, even the smallest act of kindness does make a difference.

I was reminded of this as I was reading my grandson one of Aesop's Fables, The Lion and The Mouse. (I'm sharing the fable below.)

One day a Lion was asleep when a little Mouse began running up and down his back; this soon wakened the Lion, who placed his huge paw upon him, and opened his big jaws to swallow him.

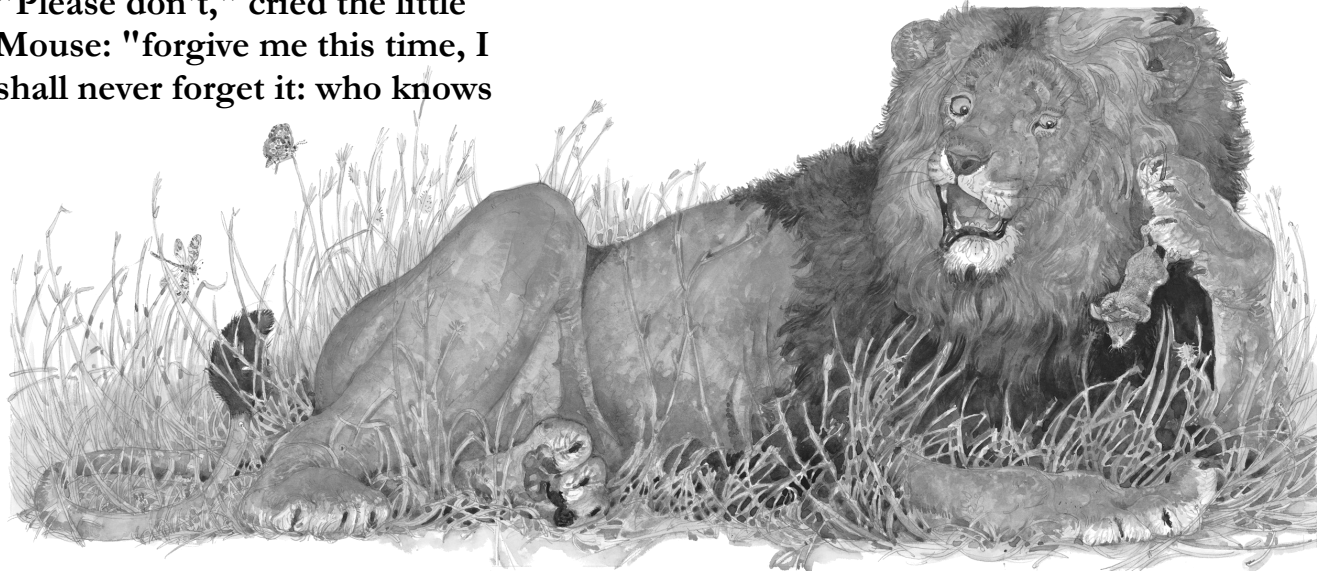
"Please don't," cried the little Mouse: "forgive me this time, I shall never forget it: who knows

but what I may be able to do you a turn some of these days?"

The Lion was so tickled at the idea of the Mouse being able to help him that he lifted up his paw and let him go.

Some time after the Lion was caught in a trap, he pulled with all his might, but the ropes were too strong. Just then the little Mouse happened to pass by, and seeing the sad plight in which the Lion was, went up to him, and with his sharp little teeth gnawed away the ropes, setting the Lion free.

"You once laughed at me," said the mouse. You thought I was too little to do you a good turn. But see, you owe your life to a poor little mouse."



This simple child's fable reminds us all that the smallest gestures can make a huge impact on someone else's life - and on our world. If you think that you do not have any opportunities to do a simple act of kindness, think again. Opportunities are all around us. Small acts of kindness make a difference in the way you will never know.

Need some ideas?

- A simple smile can make someone feel valued,
- Holding the door open for someone,
- A kind word to brighten someone's day,
- Welcome a newcomer into your community,
- Donate your old eyeglasses,
- Allow a car into traffic,
- Pick up a piece of litter on the sidewalk,
- Avoid complaining - even when you really want to complain,
- Say good morning to someone you pass on the street,
- Buy a glass of lemonade from a child's lemonade stand,
- Encourage someone who is having a bad day;
- Allow someone, who has only a few groceries, go in front of you in the check out line,
- Visit someone who is homebound,
- **Volunteer with the ADRC!**
- The list is endless.

So always remember, each and everyone of us has opportunities everyday to make a difference.

WE ARE SEARCHING FOR VOLUNTEERS



Current Volunteer Opportunities

- The ADRC would like to welcome you to join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity. We would welcome drivers in all the Sauk County communities.
- The Lake Delton, Reedsburg and Sauk Prairie Dining Centers would like to welcome volunteers to help in their dining center.
- The Sauk County Dining Centers are looking for 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
Our House Assisted Living
for providing
a wonderful lunch for
our newsletter volunteers.*



Cop's Corner

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

Disabled Parking

The use of parking stalls restricted for those with Disabled Parking Permits is a great benefit for those of us with mobility issues, but there are some things to keep in mind. The police often receive complaints about some simple issues that can easily be remedied.

There are two permit types, permanent and temporary. Both have rules for their use. Both **MUST** be displayed when using handicap parking areas. This is easy when you have a permanent designation on a license plate, but is something to remember if you have the hang tag. That tag should not be hanging while

operating but must be displayed hanging when you park and exit the vehicle. Failure to hang this is actually a violation of the law.

You cannot lend the pass to another party. The person to whom the pass is issued must be in the vehicle and must be getting out of the vehicle to go into a business or location that the stall is being used. You cannot remain in the vehicle and have another non-qualified individual running into the store.

Vehicles with disabled cards or plates are subject to the same traffic and parking rules

- No parking areas
- Fire hydrants
- Fire lanes
- Within a crosswalk.



Disable Plate



Place
Month Sticker
Here

Place
Year Sticker
Here



Temp Hang Tag



Place
Month Sticker
Here

Place
Year Sticker
Here



Permanent Hang Tag

There is only the added benefit of parking in the handicap stalls. Many stalls also have the large cross hatching for wheelchair accessibility. It is important to remember that these are not additional parking spots, but access isles for loading of wheelchair individuals. Parking in the cross hatch is a violation and could result in a parking citation.

Recent laws increased the fines for parking in a disabled/handicap stall to \$150.00. Though our goal is to have these stalls available for the citizens that need them, failure to use the spots and permits correctly could result in a hefty fine.

Mark Schauf, Police Chief
Baraboo Police Department

10 Activities to Do With a Loved One Who Has Alzheimer's

Alzheimer's disease and types of dementia are progressive illnesses. It's understandable when a loved one receives an Alzheimer's diagnosis, many families respond with an urgent wish to spend more time together. However, finding healthy activities that take into consideration a loved one's changes in memory, thinking, mood, and behavior requires some thought. Here are 10 simple activities the entire family can do together.

Keep in mind as Alzheimer's symptoms progress, you'll want to tailor activities. For instance, for someone with late-stage Alzheimer's, sensory activities such as describing a smell or petting a dog will be more appropriate than a complex game.

Reminisce Together - Old family photos stir a treasure trove of memories. Sit side-by-side on the sofa and invite loved ones to recount stories. These moments will become precious memories for you and family members.

Go for a Walk - The health benefits of walking are many, and it's something the whole family can enjoy. As you walk, point out the sights and sounds of the season, whether the birds in the spring, or changing colors of fall.

Tell Stories - Children and grandchildren can practice reading skills by reading aloud to a relative with Alzheimer's. Try creating stories together. Start with a simple prompt, such as planning an imaginary day at the beach.

Listen to Music - Music can calm, as well as conjure old memories. It can also provide a basis for building new memories: choose songs

with catchy melodies and simple lyrics and hold a singalong.

Try a Craft - Crafting has a meditative effect. Ideas include stringing beads for a necklace, or Cheerios for the birds. Even just rolling yarn can absorb their attention.

Put Together a Puzzle - Large-piece puzzles provide an activity that's both tactile and visual. Sorting through pieces for the right fit is engrossing and watching an image emerge can create a sense of accomplishment.

Play a Game - Bingo requires only the ability to identify letters, numbers, and basic symbols. By completing a row and calling "Bingo," they can feel a sense of accomplishment.

Help with Household Tasks - Invite a loved one to help with light tasks, such as washing produce or folding napkins. Praise their efforts and let go of imperfect results—involving them in daily chores can build confidence and a sense of normalcy.

Sort Items - As symptoms progress, Alzheimer's patients can engage their minds with sorting tasks. Give them a deck of cards to pile by suit. Ask them to help sort socks from the dryer, or ask them to assist with household tasks.

Stimulate the Five Senses - For family members with late-stage Alzheimer's, activities will likely need to be pared back. Sit with them while they pet a dog or soft blanket, ask them to describe the scent of baking bread, or watch for birds together by the window.

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

For Your Benefit . . . Your Elder Benefit Specialists

Call 355-3289 or (800) 482-3710

To confirm site visits or to
schedule office appointments

Pam Fuchs

Serving the eastern part
of Sauk County



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

Sauk/Prairie Community Center	August 11 10:00 to 11:30	September 8 10:00 to 11:30
Merrimac Village Hall	August 17 10:00 - 11:00	September 21 10:00 - 11:00



Mindy Shrader
Serving the western part
of Sauk County

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

Howard Wynne Apartment	August 2 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	August 2 2:00 to 3:00	September 6 2:00 to 3:00
Plain Green TTEC	August 3 1:00-3:00	September 7 1:00-3:00
Spring Green Senior Center	August 17 10:30 to 11:30	September 21 10:30 to 11:30
Spring Green Library	August 17 1:00 to 2:00	September 21 1:00 to 2:00

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



Presented by:

Mindy Shrader and Pam Fuchs

Tuesday September 6, 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.

Paying for Long-term Care

by the GWAAR Legal Services Team

There seems to be a new headline every day warning about our country's increasing aging population, the impact aging baby boomers will have on already stretched resources, and that life expectancies continue to rise. These projections point out that this growing aging population will also need more health and home care, and for longer amounts of time than ever before.

(Continued from page 18)

For people with enough resources to pay for care, the main question is a matter of “where?” Where will I be able to receive the care I need? Where will I be able to maintain my independence and dignity? Where can I live so that my family can still visit? But for people with moderate, low, or no income, the main question is a matter of “how?” How will I pay for the care I need?

Contrary to popular belief, Medicare is not the payer of these long-term care services. Medicare Part A, otherwise known as hospital insurance, only covers up to 100 days in a skilled nursing facility, and even then only after a person has met the qualifying 3-day stay requirement in a hospital first. Many people do not realize that Medicare does not pay for the type of long-term care they envision – care that usually extends well past 100 days. In fact, the average length of a nursing home stay is about 835 days – more than two years. This length of stay is often much higher for people with illnesses such as Alzheimer’s - a diagnosis that is also on the rise.

Some people have long-term care insurance, but it is becoming increasingly more difficult to obtain. Many insurance companies have realized that long-term care insurance is not a profit-generating product and no longer sell it. Even those people with long-term care insurance are finding out their coverage is far less than what they need, or their premiums increase to levels they can no longer afford.

When a person’s income and assets have been exhausted, Medicaid becomes the go-to option to pay for long-term care. That said, Medicaid (as with any public benefit program) is not an easy system to maneuver. Not only do people need to meet low income and asset limits, but their giving (known as divestments) will be scrutinized up to 5 years prior to application in Wisconsin, and their estates will be subject to estate recovery after the person’s death.

Meaning, Medicaid will impose penalty periods if it seems like a person tried to transfer or hide money before the person applied, and Medicaid will expect to be repaid after the person has passed away. Medicaid also requires annual renewals and reporting whenever a person’s situation changes. Not only that, but there are questions regarding Medicaid’s ability to financially support the increase in demand that is expected to emerge in the next few decades.

There is no question that lower-income aging adults will need more options to pay for long-term care, but the solutions have been slow to come. Recently, however, there has been talk about shifting payment responsibilities in the future in two major areas: Long-term Care Insurance and Medicare.

Long-term Care Insurance. The Long-Term Care Financing Collaborative issued a press release in February, 2016 proposing major changes in the way long-term care is financed and delivered. The proposal includes the following calls to action:

- Establishing clear private and public roles for long-term care financing;
- Creating a catastrophic long-term care insurance program that would shift away from a welfare-based model to an insurance model;
- Encouraging private long-term care insurance initiatives to lower cost and increase enrollment; and
- Increasing retirement savings and improving public education on long-term care costs and needs.

The main focus of this model is to encourage the private insurance market to come back to the long-term insurance table in order to help people plan ahead for their long-term care rather than rely on Medicaid.

(Continued on page 20)

(Continued from page 19)

Medicare. Another proposal comes from Health Affairs Blog, which sets forth an income-based payment structure through Medicare to help the 75% of Medicare beneficiaries who do not qualify for Medicaid receive long-term services and supports in their homes. In this model, beneficiaries would be responsible for coinsurance of a portion of the cost of services based on income. These services would be available to Medicare beneficiaries with serious physical and/or cognitive limitations, but focused on those who are living at home or in independent living settings. Not only would this model help

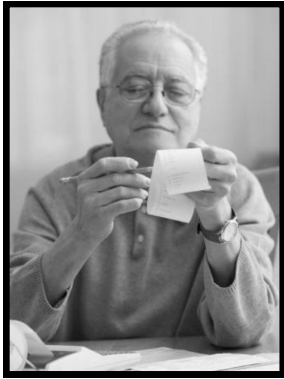
beneficiaries afford the care they need, but would also promote independent living.

It will be interesting to see what additional ideas begin to surface, and which ones, if any, actually take hold. Regardless, the need for change is present and growing.

Sources:

Karen Davis, Amber Willink, and Cathy Schoen, *Medicare Help at Home*, Health Affairs Blog, April 13, 2016, <http://healthaffairs.org/blog/2016/04/13/medicare-help-at-home/>.

Diverse Group of Policy Experts and Stakeholders Proposes Major Long-Term Care Resolution, February 22, 2016 *Reforms*, Long-term Care Financing Collaborative, Convergence Center for Policy



by the GWAAR Legal Services Team

Now that tax season is behind us and spring cleaning is ahead – it is a good time to go through old records and determine whether it is time to fire up

the shredder or hold on to the records a bit longer.

Below are general recommendations on how long certain documents should be stored.

Keep for Less than 1 Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

Keep for More than 1 Year

- Loan documents (until the loan is paid off).

How Long Should I Keep This?

- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for 7 Years

- Supporting tax documents (W-2, charitable donations receipts, etc.)

Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

Sources:

<http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>

<https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go>.

Plan Finder 101

The ADRC is partnering with the Reedsburg Area Medical Center, Sauk Prairie HealthCare, and St. Clare Hospital to teach Medicare beneficiaries how to determine their best prescription drug plan all on their own!

For more information and to reserve your spot for any of the classes call the ADRC at 608-355-3289. Space is limited so call today!

Baraboo — October 6, 2016

10 a.m. — St. Clare Hospital, 707 14th St, - Leopold Room (LL)

4:30 p.m. — West Square Building, 505 Broadway, - Room B30

Reedsburg — October 7, 2016

10:00 a.m. — RAMC, 2000 N Dewey Ave. - Fusch Center

1:00 p.m. — RAMC, 2000 N Dewey Ave. - Fusch Center

Sauk Prairie — October 12, 2016

10:00 a.m. — Sauk Prairie Healthcare, 260 26th St - Conference Center A & B

1:00 p.m. — Sauk Prairie Healthcare, 260 26th St - Conference Center A & B



Medicare Part D Drug Plan:

The How to's and What if's

with Mindy Shrader and Pam Fuchs

Elder Benefit Specialists/ADRC

Refreshments will be provided

St Clare Hospital, Ringling Room

Thursday, September 15, 2016

10:00am-12:00 noon

Call St♥Clare **HOSPITAL's** GoldenCare

for Reservation at (608) 356-1407

Sponsored by:

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



Holly Schafer

Disability Benefit Specialist

Quinn Hause



WE'RE WORKING TOGETHER TO SECURE TODAY AND TOMORROW

By Bob Trotter
Social Security Public Affairs Specialist

Your first job is a landmark occasion. You're meeting new people, making professional connections, and probably cashing that first paycheck. You might be a little surprised when you see a portion of your earnings go to a tax called "FICA" for the Federal Insurance Contributions Act. This deduction goes to Social Security and is your way of helping us secure your today and tomorrow. It's our job to keep the safety net of Social Security strong through your incremental contributions.

Understanding how important your contribution is takes some of the sting away because your taxes are helping millions of Americans. By law, employers must withhold Social Security taxes from workers' paychecks. While referred to as "Social Security taxes" on an employee's pay statement, sometimes the deduction is labeled as "FICA." This stands for Federal Insurance Contributions Act, a reference to the original Social Security Act. Sometimes, you will see "OASDI," which stands for Old Age, Survivors, and Disability Insurance, the official name for the Social Security Insurance program.

The taxes you pay now mean a lifetime of protection — for retirement in old age or in the event of disability. And when you die, your family (or future family) may be able to receive survivors benefits based on your work.

You probably have family members — grandparents, for example — who already enjoy benefits that your Social Security taxes help provide. Social Security is completely solvent through 2033. At that point, retirement benefits will be reduced to 75 percent, unless changes are made to the law. In the past, Social Security has evolved to meet the needs of a changing population — and you can count on Social security in the future.

Because you're a long way from retirement, you may have a tough time seeing the value of benefit payments that could be many decades in the future. But keep in mind the Social Security taxes you're paying can provide valuable disability or survivors benefits, if the unexpected happens. Studies show that of today's 20-year-olds, about one in four will become disabled, and about one in eight will die before reaching retirement.

To learn more about Social Security and exactly what you're earning for yourself by paying Social Security taxes, take a look at our online booklet, *How You Earn Credits*, at www.socialsecurity.gov/pubs/10072.html.

We're doing this job together. The small amount you contribute with every paycheck allows us to help millions of retired workers, disabled people, and veterans. You can learn more about how we're with you through life's journey at www.socialsecurity.gov.



Social Security Questions & Answers

Question: Can I complete business with Social Security online?

Answer: There are many things you can do on Social Security's website. You can conduct most of your Social Security business with us online at www.socialsecurity.gov/online services. You can get an estimate of future benefits, find out if you qualify for benefits now, and even apply for benefits. You can complete a number of other tasks online, too. You can estimate your retirement benefit using our *Retirement Estimator*, which allows you to get an instant, personalized estimate of your future benefit based on different retirement ages and scenarios. You can even open your own *my Social Security* account to plan for and manage your benefits. In some areas, you can even request a replacement Social Security card using your *my Social Security* account. Open or access your *my Social Security* account today at www.socialsecurity.gov/myaccount.

Question: I am expecting a child and will be out of work for six months. Can I qualify for short-term disability?

Answer: No. Social Security pays only for total disability — conditions that render you unable to work and are expected to last for at least a year or end in death. No benefits are payable for partial disability or short-term disability, including benefits while on maternity leave.

Question: I get Social Security because of a disability. How often will my case be reviewed to determine if I'm still eligible?

Answer: How often we review your medical condition depends on how severe it is and the likelihood it will improve. Your award notice tells you when you can expect your first review using the following terminology:

- Medical improvement expected—If your condition is expected to improve within a specific time, your first review will be six to 18 months after you started getting disability benefits.
- Medical improvement possible—If improvement in your medical condition is possible, your case will be reviewed about every three years.
- Medical improvement not expected—If your medical condition is unlikely to improve, your case will be reviewed about once every five to seven years.

For more information, visit www.socialsecurity.gov.

Question: I know you need to have limited resources to receive Supplemental Security Income (SSI). But what does Social Security consider a resource?

Answer: Resources are things you own that you can use for support. They include cash, real estate, personal belongings, bank accounts, stocks, and bonds. To be eligible for SSI, a person must have no more than \$2,000 in countable resources. A married couple must have no more than \$3,000 in countable resources. If you own resources over the SSI limit, you may be able to get SSI benefits while

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trying to sell the resources. Not all of your resources count toward the SSI resource limit. For example:

- The home you live in and the land it's on do not count.
- Your personal effects and household goods do not count.
- Life insurance policies may not count, depending on their value.
- Your car usually does not count.
- Burial plots for you and members of your immediate family do not count.
- Up to \$1,500 in burial funds for you and up to \$1,500 in burial funds for your spouse may not count.
- If you are blind or have a disability, some items may not count if you plan to use them to work or earn extra income.

You may also wish to read our material on “resources” in the booklet, *Understanding SSI* at www.socialsecurity.gov/ssi/text-understanding-ssi.htm.

Question: My 15-year-old sister has been blind since birth. I think she should apply for Supplemental Security Income (SSI), but my parents think because she's a minor, they're responsible for her and she won't qualify. Who is right?

Answer: To qualify for SSI, an individual must meet certain income and resource limits. Since your sister is a minor, some of your parents' income and resources will determine whether your sister is eligible for SSI. Once your sister turns 18, their income and resources won't be considered when deciding her eligibility and payment amount. Tell your parents they can check at any Social Security office to see if your sister qualifies. To learn more, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Thank you



- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Nancy Platt for her donation to the Home Delivered Meal program.
- We would like to thank Jerry & Patricia Bullard for their donation to the Home Delivered Meal program.
- Thank you to an anonymous donor for the donation to the publishing of the *AddLIFE Today!*
- We would like to thank Sharon Bernhard for her donation to the publishing of the *AddLIFE Today!*
- Thank you to an anonymous donor for the donation to the publishing of the *AddLIFE Today!*
- We would like to thank Theodora Jedry for her donation to the AARP Tax program.
- Thank you to Jerry and Patricia Bullard for their donation to “use where needed”. This donation will be used for the home delivered meal program.

Step Forward. Give Hope. Join the Alzheimer's Walk in Baraboo.



Are you impacted by Alzheimer's disease or other forms of dementia? Most of us will be touched by the disease in our lifetime. According to the Wisconsin Alzheimer's Disease Research Center, Alzheimer's disease affects more than 5 million Americans today—more than 110,000 in the state of

Wisconsin. The impact of a dementia diagnosis on an individual, their family, and the community are profound. Every person touched by dementia will need support to help them navigate the course of the disease, guidance through the complex maze of issues that can arise, education, and access to resources.

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) has offered local support and services for over 30 years with an emphasis on increasing quality of life for the person with dementia, their caregivers and loved ones. Last year alone, the Alliance had over 24,900 points of contact through support groups, educational programs, personal care consultations, and helpline calls.

Through ADAW's early stage programs individuals diagnosed with mild cognitive impairment (MCI) or early stage dementia receive education on dementia-related issues and concerns, personal support, and a welcoming environment to share with others experiencing similar issues. These programs enhance personal well-being and help individuals with these diagnoses remain healthier longer. The monthly Memory Café at the Café Connections at the Sauk Prairie Community Center began in 2012 and was the first such program in the area and one of the only ones in the state. The Memory Café began at the request of the growing number of individuals diagnosed with MCI or early

Alzheimer's in the area who wanted to remain socially and actively engaged, but wanted to do so in a relaxed stress-free environment.

For caregivers, the Alliance offers free family education programs, legal and financial planning seminars and additional workshops throughout the year to aid caregivers in understanding the disease and addressing specific topics. But every situation and journey with dementia is unique. The experienced staff understands that not all strategies will work for each person. When individual attention is needed, personal care consultations can help problem-solve specific issues. These one-on-one sessions can be invaluable to families seeking assistance for a difficult situation.

Creating strong community networks to provide the best local support is also important. ADAW has partnered with the Aging & Disability Recourse Center (ADRC) of Sauk County on a number of initiatives; support groups, caregiver retreats, dementia friendly communities, resources and referrals, and family and professional education. With the help of the ADRC, the Alliance is able to expand programs to a broader area.

If you are impacted by Alzheimer's or other dementia, contact Janet Wiegel, Outreach Coordinator for Columbia, Sauk and Marquette counties, at 608.742.9055 or visit www.alzswisc.org to learn what programs and services are available in your area.

Step Forward. Give Hope. Make a difference in the lives of individuals and families in your community by joining the 16th Annual Sauk County Alzheimer's Walk on Saturday, September 17 at Mary Rountree Evans Park in Baraboo. A dementia diagnosis can be isolating. Help ensure these important programs and services are available when they are needed most. Register today. Visit <http://support.alzswisc.org/sauk> for details.

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



Rachel
Heinzman



Julie
Mayer



Megan
Fecht



Hannah
Halverson



Jim
Pritzkow

Aging & Disability Specialists Satellite Offices and Extended Hours

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 August 25 and September 8 & 22. 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 or 800-482-3710.

Everyone Can Enjoy the Outdoors



**OUTDOOR RECREATION
OPPORTUNITIES
FOR PEOPLE
OF ALL ABILITIES.**

The summer is a great time for getting out and enjoying the things that make Wisconsin and Sauk County a great place to live.

Unfortunately, this is not always possible for people that struggle with being mobile. The Wisconsin Department of Natural Resources is committed to providing exceptional outdoor recreation opportunities for people of all abilities around the state. In our parks and

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forests, on land and water, everyone can find a niche or simply enjoy a moment never experienced before. The Wisconsin Department of Natural Resources has developed a program for individuals with mobility impairments. This program is called, Open the Outdoors. Open the Outdoors is a resource for all of the available recreation options in the Wisconsin State Parks for individuals with disabilities.



The State of Wisconsin offers nine accessible cabins located within the State Parks and Forests, to be reserved only by people with disabilities and their guests. Seven of these cabins feature amenities such as lowered counters in the kitchen for wheelchairs, adjustable hospital beds, Hoyer lifts, and bathrooms with roll-in showers and commode chairs.



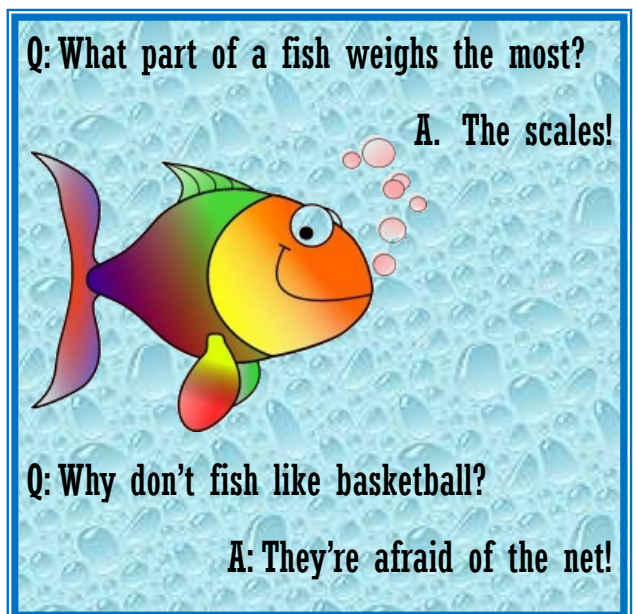
There are over 650 miles of accessible trails throughout Wisconsin to accommodate people

with a range of varying abilities. These trails offer asphalt, granite, and limestone surfaces for easy and smooth navigation.



The DNR has maintained a permit system to allow individuals with disabilities to use motor vehicles on DNR lands as a mode of personal conveyance. There are also options for people that are a little more adventurous, such as accessible canoe campsites, accessible kayaks, beach wheelchairs, and sit skis available at some DNR properties.

The Wisconsin DNR has more information on the website. To access this information and upcoming events offered by the DNR go to Open The Outdoors website at dnr.wi.gov/org/at/af/open/.



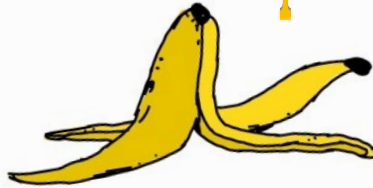


Caregiver Connection and Prevention Pointers



Marina Faber
Aging Program Specialist

Fall Prevention – Take Steps to Step Better!



Why should you care about fall prevention? Ask yourself the following questions: Have I fallen in the past year? Do I know someone who had a serious fall recently and now I have a fear of falling? If you answered yes to either of these questions, you are at risk of falling. If you are not at risk of falling, someone you love certainly may be! Nearly one out of three people aged 65 and older fall each year. Even scarier, death rates from falls among older adults increased by 81% from 2000 to 2011! That means that for people who fall, the fall is more likely to be fatal and cause death. For more statistics about falls, check out the Centers for Disease Control: CDC Fatalities from Falls Among Older Adults – US 2013.

The good news: falls CAN be prevented! With the weather being so nice lately, there is a good chance you have been out and about. Being active outside, however,



doesn't come without challenges – especially for those who have poor balance or poor eyesight. It seems like there are tripping and fall hazards around every corner. Let's talk about some 'steps' you can take to prevent a fall outside.

Check your shoes.

One of the best ways to prevent slips and trips is to make sure there is enough tread on the bottom of your shoes. If there is no tread left, you're setting yourself up for a wacky ride! When you stand up, do you feel that your heel and ankle are supported by the shoe? If not, it's time to toss them out and get new shoes with good tread and good support. Slippers and flip flops are examples of poor footwear that should not be worn outside. Even though they may be stylish and comfortable, support and tread are more important!

Plan ahead.

If you decide to take a stroll through the park, take the safest path possible. Do not take shortcuts through the grass – there could be hidden holes and uneven surfaces that make it tricky to navigate. Walk with your head and

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eyes up so that you know what obstacles may be in your way. If you are planning on being outside for an extended period of time, take a glance at the weather. If there is a chance of rain, bring an umbrella. If it starts to rain, you will be less tempted to hurry to find shelter. When you get in a hurry, you are more likely to trip. Slow down, look ahead, don't take shortcuts, and just plan ahead!



Stepping On

Are you interested in learning A LOT more about falls prevention? *Stepping On* is an evidence based falls prevention course through the Wisconsin Institute for Healthy Aging. The ADRC will be hosting *Stepping On* in Baraboo this Fall. This course will meet two hours each week for seven consecutive weeks, starting September 12th.

If you are interested in the course or want more information, please contact Marina at the ADRC (608)355-3289.

Please note: this class may not be suitable for everyone as there are certain requirements to qualify for the course.

*Let your smile
change the world . . .*



*but don't let the world
change your smile.*



HERE TO SUPPORT YOU!

Need a place to vent? Need people to talk to who understand your caregiving situation?

Want to learn new ways to approach caregiving situations?

Join us for **Caregiver Support Group** which meets the 2nd Thursday of each month at 9:00 a.m. in the basement of the West Square Building (505 Broadway) in Baraboo. Follow the signs!

The next meetings are scheduled for:

**Thursday, August 11
&
Thursday September 8**



Happy Feet are Healthy Feet

Did you know that besides providing skilled nursing and therapy services to clients in their homes: Sauk County Home Care has been providing foot care clinics since 1998! Clients are cared for by trained professionals at eight different sites throughout Sauk County serving over 1900 clients annually.

Wear and tear can be hard on our feet. Disease, poor circulation, improperly trimmed toenails, and wearing shoes that don't properly fit, all this can lead to foot problems. First signs of more serious medical conditions such as arthritis, diabetes, and nerve and circulatory disorders can be identified through our feet. If you are having difficulties inspecting your feet, are worried about trimming your nails (because you are on blood thinners or diabetic), then give Sauk County Home Care a call - a foot clinic is the right place for you!

During the clinic visit your feet are inspected by a nurse or nursing assistant. Feet are then soaked, toe nails are trimmed and filed. Finishing is done with callous care, lotion, and a foot massage. The cost is \$25.00 per visit. The client needs no supplies. At your first visit, your medication regimen will be reviewed with a nurse prior to foot care.

So, if you want Happy Healthy Feet . . . Just give us a call at 608-524-7513 and schedule an appointment.



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 2 & 16

Tuesdays - September 6 & 20

Wednesday - August 17

LaValle - Fire Department

Wednesday - September 28

Plain - Plain Green TECC

Wednesday - August 24

Reedsburg - Maple Ridge

Tuesday-August 9 and September 13

Thursday- August 18 and September 15

Reedsburg - Willow Heights

Wednesday - August 10

Reedsburg Area Senior Life Center

Wednesday - September 14

Sauk Prairie - St John's Church

Thursdays - August 4 & 11

Thursdays - September 1 & 8

Spring Green - Christ Lutheran Church

Tuesday - September 27

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.



Nutrition News

It's a picnic!



Summer means 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.

(Continued on page 32)



From Our House to Yours!

Cheesy Corn Dip

Ingredients:

- 4 1/2 C. frozen corn, thawed
- 3/4 C. cheddar cheese, plus 3/4 c for sprinkling
- 12 oz. cream cheese
- 3 T. flour
- 3 T. sour cream
- 3/4 t. salt
- Optional: Add chopped Jalapeno or green chilis to taste

Directions:

- Preheat oven 350 degrees
- Puree 2 C. corn in food processor or blender
- In large bowl stir all ingredients except 3/4 C. cheese
- Spread mixture into 8x8 baking dish. Sprinkle with 3/4 C cheese
- Bake for 20 minutes.

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

- 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.
- You should NEVER place cooked meats on the same pan you had the raw meat on unless you clean it
- Once fruit is cut it becomes a potentially hazardous food and must be kept cold or thrown out after a couple hours
- Those sliced onions, lettuce leaves and tomatoes for the burgers have a life cycle too—they need to be thrown out if not used within the first couple of hours
- When salads like tuna or potato salad sit out too long and make people sick, it's often the protein or starchy food in there that makes people sick—not the mayo!

Food Safety Scraps



"If rain spoils our picnic,
but saves a farmer's crop,
who are we to say it
shouldn't rain? "

- Tom Barrett

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.

Lake Delton

Frank Fischer Center
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-8701
Lunch served at 12:00 noon
Beginning June 1 lunch served at 11:30 a.m.

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 11:30 a.m.

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.



AUGUST 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 Bratwurst & Sauerkraut Steak Fries Seasoned Peas Apple Fruit Salad	2 Italian Meatloaf Scalloped Potatoes Fresh Baked Squash Dinner Rolls Lime Parfait Square	3 Honey BBQ Chicken Macaroni Salad Broccoli Dinner Rolls Angel Brownie	4 Macaroni & Cheese Italian Vegetables Ring Bologna Watermelon	5 Baked Glazed Ham Baked Potato Casserole Cauliflower Cornbread Muffin Applesauce Gelatin Salad
8 Hot Dog on Bun Crinkle Cut Fries Dill Carrots Fruit Filled Oatmeal Bars	9 Sloppy Joe on Bun French Fries Garnish Tomato Slice Lemon Meringue Pie	10 Ham W/ Pineapple Baked Sweet Potato Grilled Summer Squash Dinner Roll Cookie	11 Honey Mustard Chicken Garden Rice Green Beans Dinner Roll Butterscotch Pudding	12 Pork Roast Roasted New Potatoes Garden Blend Veggies Dinner Roll Lemon Cake
15 Baked Chicken Buttered Bowties Glazed Carrots Dinner Roll Brownie	16 Scalloped Potato w/ Ham Seasoned Broccoli Dinner Rolls Rhubarb Sauce	17 Barbecue Beef Potato Salad Cole Slaw Biscuit Peach Cobbler	18 Chicken Drumsticks Calico Rice Creamed Peas Dinner Roll Honeyed Pears	19 Hamburger on Bun French Fries Relish Plate Cinnamon Apples Cookie
22 Sloppy Joe Macaroni Salad Asparagus Spears Lemon Bar	23 Chicken Fried Steak Gravy Baked Potato Summer Squash Biscuit Apple Pie	24 Bratwurst & Sauerkraut French Fries Baked Assorted Cookies Fruit Parfait	25 Pork Roast on Bun New Potatoes Herbed Green Beans Frosted Angel Food Cake	26 Fried Fish Cheesy Broccoli Rice Dinner Roll Blonde Brownie Lemon Wedge
29 Country Ham & Beans Southern Style Green Beans Cornbread Apple Brown Betty	30 Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Fruit Fluff	31 Oven Fried Chicken Baked Potato Salad Green Bean Casserole Biscuit Carrot Cake	To Cancel a Meal, call: Baraboo- 608-963-3436 Sauk Prairie- 608-963-3437 Reedsburg- 608-963-3438 Spring Green- 608-588-7800 Note: Meals are subject to change on occasion. Dining Site meals include coffee & milk. Home Delivered Meals include milk.	



SEPTEMBER 2016



Monday	Tuesday	Wednesday	Thursday	Friday
To Cancel a Meal, call: Baraboo— 608-963-3436 Sauk Prairie— 608-963-3437 Reedsburg— 608-963-3438 Spring Green— 608-588-7800 Note: Meals are subject to change on occasion. Dining Site meals include coffee & milk. Home Delivered Meals include milk.			1 Mambo Pork Roast Au Gratin Potatoes Broccoli Pineapple Upside Down Cake	2 Chicken Teriyaki Rice Pacific Blend Vegetables Chocolate Pudding Parfait
5 Bratwurst & Sauerkraut Steak Fries Seasoned Peas Apple Fruit Salad	6 Italian Meatloaf Scalloped Potatoes Fresh Baked Squash Dinner Roll Lime Parfait Square	7 Honey BBQ Chicken Macaroni Salad Broccoli Dinner Roll Angel Brownie	8 Macaroni & Cheese Italian Vegetables Ring Bologna Watermelon Slice	9 Baked Glazed Ham Baked Potato Casserole Cauliflower Cornbread Muffin Applesauce Gelatin Salad
12 Hot Dog on Bun Crinkle Cut Fries Dill Carrots Fruit Filled Oatmeal Bars	13 Sloppy Joe on Bun French Fries Garnish Tomato Slice Lemon Meringue Pie	14 Ham with Pineapple Baked Sweet Potato Grilled Summer Squash Dinner Roll Cookie	15 Honey Mustard Chicken Garden Rice Green Beans Butterscotch Pudding Parfait	16 Pork Roast Roasted New Potatoes Garden Blend Vegetables Dinner Roll Lemon Cake
19 Baked Chicken Buttered Bowties Glazed Carrots Dinner Roll Brownie	20 Scalloped Potato w/ Ham Seasoned Broccoli Dinner Roll Rhubarb Sauce	21 Barbecue Beef Potato Salad Cole Slaw Biscuit Peach Cobbler	22 Chicken Drumsticks Calico Rice Creamed Peas Dinner Roll Honeyed Pears	23 Hamburger on Bun French Fries Relish Plate Cinnamon Apples Cookie
26 Sloppy Joe Macaroni Salad Asparagus Spears Lemon Bar	27 Chicken Fried Steak Gravy Baked Potato Summer Squash Biscuit Apple Pie	28 Bratwurst & Sauerkraut French Fries Baked Cookie Fruit Parfait	29 Pork Roast on Bun New Potatoes Herbed Green Beans Frosted Angel Food Cake	30 Fried Fish Cheesy Broccoli Rice Dinner Roll Blonde Brownie Lemon Wedge

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.

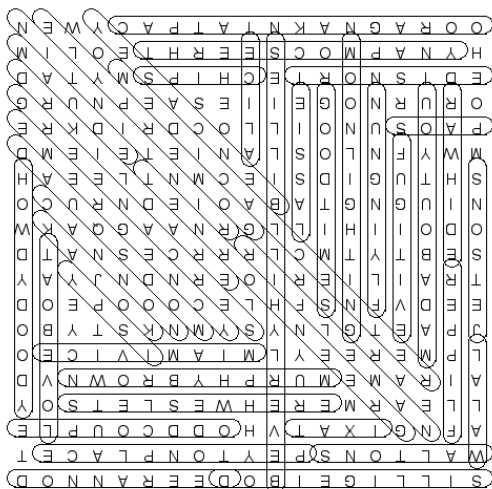
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Word Search Answers from Page 36

The hidden TV show is: THE MARY TYLER MOORE SHOW



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 _____

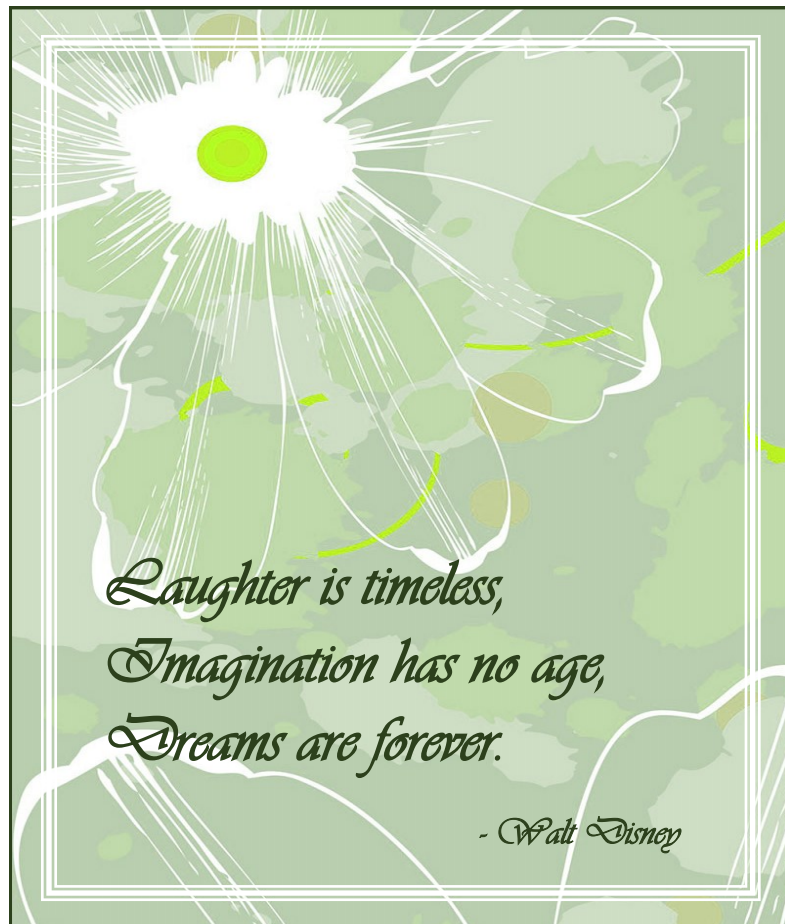
I want my donation to go to the following program(s):

- ☐ 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





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



Old TV Shows Word Search

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

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

Answer on Page 35.

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER
FLYING NUN
FUGITIVE
GOMER PYLE

GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK
L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER

MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN
ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS