



Add
LIFE

December 2014/January 2015
Vol 6/ Issue 6
Today!

Laughter
Independence
Friends &
Energy

Oh, the weather outside is frightful . . .

As the thermometer starts to drop outside our thoughts turn to how we should prepare our homes and our automobiles for winter.

Prepare Your Car:

Wisconsin Emergency Management Administrator, Brian Satula, reminds us that winter storms are considered deceptive killers, as most deaths are indirectly related to the storm. In the last 5 years Wisconsin has averaged 18,000 motor vehicle crashes during the winter. On average 45 people die each year and more than 4700 are injured on icy and snow covered roads. Satula said that preparing an emergency supply kit for your car could save your life.

Carry a winter storm survival kit in the back seat of your vehicle (in case your trunk jams or is frozen shut) that includes:

- ☐ Blankets or sleeping bags
- ☐ Extra hats, socks and mittens
- ☐ Flashlight with extra batteries
- ☐ First-aid kit
- ☐ Shovel, booster cables and windshield scraper
- ☐ Water and high-calorie non-perishable food (raisins, candy bars, energy/protein bars)
- ☐ Sand or cat litter to use for traction
- ☐ Cell phone adapter



Plan your travels and check the latest weather reports to avoid driving during a storm. Check the DOT's website at www.511wi.gov or call 5-1-1 to find the latest road conditions.

It's also important to check and winterize your vehicles. Keep your gas tank at least half full to avoid ice in the tank and fuel lines. Make sure your car battery is in good shape - cold temperatures can reduce the effectiveness of a battery by 50 percent.

Here are some driving tips.

- Be gentle with both the accelerator and brake.
- Don't use cruise control in wintery conditions.
- Don't be overconfident in your four-wheel drive vehicle. You may get going quicker

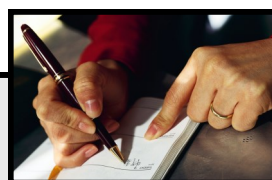
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It is one of the blessings
of old friends
that you can afford
to be stupid
with them.

- Ralph Waldo Emerson



Mark Your Calendar

The ADRC will be closed:

Christmas December 24 & 25
New Year's Day January 1

Please note that the dining centers and door step dinners do not operate when our office is closed.

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

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than others but you can't stop faster. Four-wheel drive vehicles can lose traction as quickly as two wheel drive.

Many crashes are due to driving too fast for the winter road conditions



Prepare Your Home:

Some of the dangers associated with winter storms include loss of heat, power and telephone service and a shortage of supplies. To help protect your family put together a disaster supply kit.

Here are some items to include:

- Flashlights and extra batteries
- Battery-powered NOAA Weather Radio and a commercial radio.
- Bottled water and non-perishable food that requires no cooking
- First-aid supplies
- Fire extinguisher, smoke detector and carbon monoxide detector
- If appropriate, extra medications and baby items
- If you have an emergency heating source such as a fireplace or space heater, make sure you have proper ventilation
- Make sure pets have shelter and plenty of food and water

Check Carbon Monoxide Detectors:

Carbon monoxide is the leading cause of accidental poisoning deaths in the United

States, according to the Centers for Disease Control. More than 20,000 people visit the emergency room and nearly 500 are killed each year from carbon monoxide poisoning.

To protect your family from carbon monoxide, follow these simple safety tips:

- Make sure you have working carbon monoxide detectors. All homes in Wisconsin are required to have carbon monoxide detectors on every level including the basement.
- Have your furnace or wood-burning stove inspected annually to make sure it is structurally and functionally sound and vents properly.
- Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or an unventilated garage. Any heating system that burns fuel will produce carbon monoxide.
- Never run a car in an enclosed space. If a vehicle is running, you must have door open to the outside.
- Generators should be run a safe distance from the home. Never run a generator in the home or garage, or right next to windows or doors.

Breathing carbon monoxide displaces the oxygen in the blood and can cause death within minutes at high levels. Symptoms of overexposure to carbon monoxide are often mistaken for the flu and include headaches, fatigue, dizziness, shortness of breath/chest pain, nausea/vomiting, and confusion. If you experience any of these symptoms, or your carbon monoxide detector sounds an alarm, head outside immediately for fresh air and call 9-1-1.

No one can predict where or when an emergency will strike, but being prepared can better protect you and our family.

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MES-

Dear Friends,

As we move into the holiday season, your Veteran's Service Office would like to thank each and every one of you for the opportunity to serve you, as well as your support throughout the past year. We consider it a privilege to work with such deserving and appreciative people.

We also want to thank the generous residents of Sauk County for their support of our veterans, both monetary and otherwise. The residents of this county continue to impress us with their appreciation of our veterans and the sacrifice that is a part of military service, for both the veteran and their family. We look forward to providing you with continued and hopefully even better service in the year to come.

In Your Service,

Tony



Season's Greetings

Thank you!



We want to thank the following for their recent donations to the Veterans Care Trust Fund: American Legion Post 26, Baraboo; American Legion Post 350, Reedsburg; DAV Auxiliary 8, Baraboo.

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

Beer Booth Tips: Each year American Legion Post 26 donates 100% of the tips they receive from the Sauk County Fair Beer Booth to the Veterans Care Trust Fund.

Commander Acker recently presented a check for \$2,400 to the Veterans Care Trust Fund.

Officers of the Sauk County Disabled American Veterans Auxiliary, Chapter 8, Baraboo presented the Veterans Service Officer with a generous donation to the Veterans Care Trust Fund to assist local veterans in need.



Pictured from left to right: Senior Vice Commander, Adeline Herritz; Adjutant/Treasurer, Margaret Trigleth; Sauk County Veterans Service Officer, Tony Tyczynski; Commander, Connie Mae Schultz; Junior Vice Commander, Diana Fox.

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 MESSENGER ★ ★ VETERANS



Kathy Kent

Veterans Benefit Specialists

Veterans Office * 505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us

Pamela Russo



Great News for Veterans: SBA Extends Fee Relief for Business Loans

According to the U.S. Census Bureau, nearly 1 in 10 small businesses are veteran-owned. Additionally, about one quarter of the 22,658,000 veterans in America today say they are interested in starting or buying a small business.

So the recent announcement by the U.S. Small Business Administration (SBA) that it will extend its fee relief for SBA Veterans Advantage loans through September 30, 2015, is terrific news for our military veterans.

Originally launched in January of this year, the SBA Veterans Advantage measure was put in place to provide veterans looking to start or grow a small business with better access to cheaper loans.

Under the measure, up-front guaranty fees are eliminated or reduced for qualified veteran business owners depending on loan type/amount:

- For SBA Express loans of \$150,001 to \$350,000, there is NO up-front fee.
- For non-SBA Express 7(a) loans of \$150,000 to \$5,000,000, the up-front fee will be reduced by 50%.

For more information please visit the www.sba.gov website.



Operation Badger Base

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



Camp Lejeune Family Member program

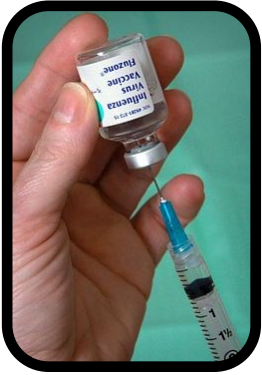
One of VA's highly anticipated programs – the Camp Lejeune Family Member program – was set to go live recently. For the first time ever VA will be providing reimbursement for out-of-pocket health care costs related to 15 conditions to eligible family members. The goal with this message is to ensure that veterans, through VSO's, are well informed of this unprecedented decision. For more information please visit the website at <https://www.clfamilymembers.fsc.va.gov/>

A Recipe for Freedom

Through a collection of combat stories, favorite recipes and pictures, there will be an organization producing a cookbook describing past military days and memories that recount our Nation's last century of wars. This book is an effort to raise funds giving veterans an experience of a lifetime to participate in the Wisconsin Honor Flight. If you would like to submit a story and recipe, please feel free to contact them at: arecipeforfreedom@gmail.com

Point of Contacts are Lisa Loomer at 262-374-3033; or Nicole Ellenson at 715-572-4816

Pilot Immunization Program Expands Nationwide



In a first-of-its-kind partnership, the Department of Veterans Affairs (VA) recently announced that it will join forces with retailer Walgreens to provide greater access to Centers for Disease Control and Prevention-recommended vaccinations to Veterans across the country. This partnership grew out of a successful pilot program that began in Florida to provide flu vaccines to Veterans throughout the state. Based on those results, VA is

expanding the pilot nationwide.

Through its nearly 8,200 locations nationwide, Walgreens will offer flu and other recommended vaccinations to Veterans. Pharmacists can administer vaccinations to Veterans and will leverage eHealth Exchange, through its Walgreens Cloud Electronic Health Records platform, to securely share immunization records with VA to help ensure complete patient medical records.

Vaccinations are available daily during all pharmacy hours with no appointment necessary and are subject to availability.

“VA is proud to partner with Walgreens to provide needed vaccines to our nation’s Veterans,” said VA Secretary Robert A. McDonald. “This partnership is a great example of how government and the private sector can work together to effectively and efficiently provide Veterans the care and benefits that they’ve earned.”

“The VA-Walgreens partnership gives Veterans greater choice in time and location for getting their flu shots without having to complete any other VA forms,” said Interim Under Secretary for Health, Dr. Carolyn Clancy. “With this program, the Veteran patient’s record is integrated, and VA maintains a complete immunization record that allows us to more effectively provide patient-centered care.”

Vaccines are subject to availability. Age, state and health related restrictions may apply. Many immunizations may be covered by commercial insurance plans, Medicare Part B or Medicare Part D. As part of this launch and under the agreement, VA funding can provide approximately 75,000 flu shots for enrolled veterans. Patients are encouraged to check with their health plan for specific coverage details.

Upcoming Events

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

December 5, 2014:

Independent Order of Odd Fellows Community Toy Drive, Baraboo Sr.

High Basketball Game - Baraboo vs. Reedsburg. Bring an unwrapped new toy for a child 12 & under and receive a ticket to win one of three cash prizes. Partnering with Sauk County Human Services. For more information contact Loren at (608) 448-9262

December 9, 2014: **Guitars**

for Vets Fundraiser – will be held at the High Noon Saloon, 701 E Washington Ave. There will be Gomeroke fun (Karaoke with a live band) and dance competition. Contact Matt Crowe if interested in participating in the karaoke competition, at crownation@hotmail.com

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.





Reflections *from Keri*

Time Of Reflection



It's that time of the year once again. Change is in the air and on the calendar.

As we observe the holidays, we can't help but reflect on the past year and, simultaneously, prepare for the changes that will inevitably come as we anticipate a new year.

As I write this article, I also anticipate bittersweet changes of a more personal nature. In the coming weeks, I will complete my work as the interim director of the ADRC. While I look forward to my return to public relations work, I also reflect on the amazing experience I have had these past many months at the ADRC. I have enjoyed learning about the vital services that the ADRC provides to the citizens of Sauk County and I will happily remember the many wonderful people I have met along the way.

My time at the ADRC has admittedly been marked by change. Oftentimes, change is what an interim director is charged with doing. For over a year, we have examined all nine of the ADRC's programs and services and have worked together to develop new ways of doing things in order to better serve you. Such scrutiny assuredly takes energy. Yet, your ADRC staff has done an outstanding job. They have brought to each task their can-do attitudes, an innovative spirit and a

willingness to see programs and systems from new perspectives.

Thanks to the outstanding work of our ADRC

employees and volunteers, the visionary leadership of our ADRC Committee, ADRC Advisory Board and Transportation Coordination Committee, and the invaluable input from the public, the ADRC is poised to move efficiently and effectively into a future when funding streams are becoming more constrained, yet the demand for services is rising, especially with the aging of my own age group, the Baby Boomers.

Always remember that the Aging & Disability Resource Center is there for you with excellent programs and services and equally excellent people to provide them to you.

It has been an honor to serve as the interim director of the ADRC and a privilege to be part of its important mission. As a writer, it has also been a joy to reminisce, reflect and share stories with you through this column. I will miss our connecting in this way.

May your holidays be blessed and your new year bright and beautiful. And may our paths cross again and again.

Keri Olson,
Interim Director



FREE CHRISTMAS DINNER TO BE HELD DECEMBER 25

At Baraboo First United Methodist Church

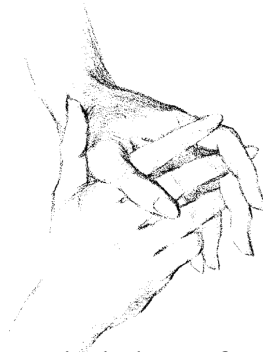
Christmas is the season for sharing and caring. With that spirit in mind, the First United Methodist Church, 615 Broadway in Baraboo, will host the annual Baraboo Area Community Christmas Dinner on Thursday, December 25 at 12:00 noon. The meal is free. All are welcome.

The Baraboo Area Community Christmas Dinner is an opportunity for people to gather for a hot, home-cooked meal with all of the trimmings, including turkey, ham, mashed potatoes, vegetables, salads, desserts and beverages. The most valuable trimming of all, however, is other people with whom to share the meal.

The event is the work of numerous churches and individual volunteers. The dinner draws guests of all ages, both individuals and entire extended families. At past dinners, as many as 150 guests have been served.

Volunteers to help prepare and serve the meal, as well as donations of salads, desserts, turkeys and hams, are appreciated.

While there is no cost for the meal, a free-will offering will be accepted to help cover expenses. Reservations to attend the dinner are encouraged. To donate time or food for the event, contact Laurie Willhouse at (608) 393-0006. To place a reservation or schedule a take-out order, call the First United Methodist Church office at (608) 356-3991.



This Season, Let YOUR Hands Become Helping Hands

Linda here, from the **Helping Hands at Home** program. My mom passed away three years ago at the age of 73. Mom was able to live at home right up until the day she passed away. She was vibrant and active and able to do most things for herself – except yard work. Thank goodness for the neighbor across the street. Pete, out of the kindness of his heart, mowed her yard, raked her leaves, shoveled and plowed her snow. Without Pete's helping hands, Mom would have been on her own for those chores.

If you are like Mom, you might need a little extra help with chores around the house and want to hire someone to do the tasks. The ADRC maintains a list of people willing to work for you. We screen Helping Hands workers through the Department of Justice to ensure their backgrounds are sound. We also do reference checks as an added safe guard.

If you are like Pete and enjoy working for other people providing help around the house, please contact the ADRC about becoming part of the Helping Hand at Home team. We **NEED** both men and women to provide services to people across the county. We frequently take calls from customers looking for someone to mow lawns, rake leaves, and shovel snow, do light house work, and even provide personal cares. As part of Helping Hands at Home, you are your own boss, set your own hours, and decide on your own rates.

Whether you are a "Mom" or a "Pete", you can call the ADRC at 608-355-3289 or 800-482-3710 to learn more about the Helping Hand at Home Program.



Compassion Is What Counts

Jake Poore, President and Chief Experience Officer for the company Loyalty Systems, commented when speaking about customer service, “I don’t care about how much you know until you show me how much you care.” This statement especially applies to those families looking for the right company to provide home care for themselves or a loved one.

It is certainly important when considering home care to look at cost, caregiver hiring practices, availability of care, and caregiver expertise. It is equally if not more important however to discover the culture and passion of the home care companies you choose to interview. Look past the price sheets and brochures to uncover the true substance and heart of each company.

Ask for references from each homecare company you choose to interview; names and phone numbers of people who have received homecare services or individuals who been involved with a loved one who has received homecare services. Ask them the following questions:

- Why did you choose *(homecare company)*?
- Why did you stay with *(homecare company)*?
- Describe something special about the way *(homecare company)* worked with you or your loved one.
- What would be important for me to know about the care you or your loved one received from *(homecare company)*?

When being interviewed, a homecare company representative makes the following statements:

“We are priced competitively and usually can schedule the hours you need, as long as the shift is at least 3 hours.”

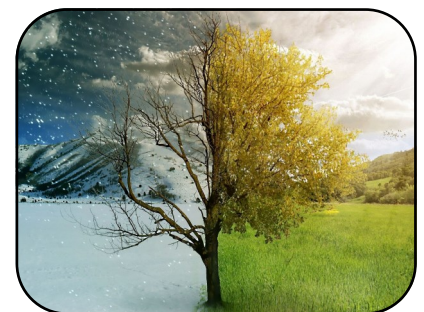
“A family member of one of our clients said she was impressed because the caregiver always leaves a note for her mother-in-law before she leaves every night that says, “Have a good morning!”

Which statement will you remember? Which statement might carry more weight when you are ready to make a decision?

Abby Simonis at BrightStar care says, “Facts are necessary.....*but compassion is what counts!*”

In the midst
of winter,
I found there was,
within me,
an invincible
summer

--Albert Camus



This partnership article is provided by:

BrightStar Care
507 Linn Street
Baraboo, WI 53913
608.355.5015



Aging & Disability Resource Center

Transportation Line: 608-355-3278 or 800-830-2533



Bill



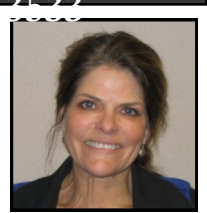
Dennis



Gary



Tom



Terry Bidwell

Its that time of year again ...



AAA Tips for driving in the snow:

- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. And take time to slow down for a stoplight.
- Remember: It takes longer to slow down on icy roads.
- Drive slowly. Everything takes longer on snow-covered roads. Accelerating, stopping, turning – nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly.
- The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill as slowly as possible.
- Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.
- Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors.
- Let someone else do the driving. Climb into a warm vehicle and be dropped off right at the front door. Take advantage of the services offered by the ADRC. We offer half-price taxi punch cards, shopping buses, Fun-Day excursions, and volunteer drivers for out of town medical appointments.

Christmas Gift Ideas from the ADRC:



- Taxi Punch Card
- Bus pass (Fun-Day or Shopping)
- Gift Certificate for Marcus Cinema or Eastgate Cinema in Madison

The ADRC is committed to providing affordable transportation options for people age 60 years and older and adults with disabilities.



Fun-day Travels are day trips designed to promote an independent lifestyle, help combat social isolation, and add some fun to your weekly routine.

December Events

Call After December 1, 2014:

- Dec 9 Maggie Mae Café in Oxford
Enjoy lunch and the musical entertainment of Maggie Mae
- Dec 11 Tour the Governor's Mansion
decked out for the holidays
and Olbrich Holiday Gardens
- Dec 16 Christmas Shopping at West
Towne Mall, Madison
- Dec 18 Olbrich Gardens
- Dec 23 Christmas Shopping at Hilldale
Mall and Super Target, Madison

January Events

Call After December 1, 2014:

- Jan 6 West Towne Mall or enjoy a
matinee at Marcus Point Cinema
- Jan 13 East Towne Mall or enjoy a
matinee at Eastgate Cinema
- Jan 20 West Towne Mall or enjoy a
matinee at Marcus Point Cinema
- Jan 27 East Towne Mall or enjoy a
matinee at Eastgate Cinema

Bus fare is \$5 per person roundtrip, and is collected by the drivers. Each passenger is responsible for purchasing their own lunch and any additional admission fees or purchases.

Please call at least one week prior to the date of the event. You may sign up for yourself and one other person. Reservations are made in the order calls are received. Maximum capacity is 30 passengers per trip - book early to reserve your seat.

For Reservations call 608-355-3278

**There will be no bus service on
December 24 -26, 2014
or
January 1-2, 2015.
Please call to make alternate
arrangements.**



Mark your calendars:

The second Monday of each month is specifically reserved for our friends in the Spring Green, Plain, and Loganville area. The next shopping trips to Madison Malls will be December 8 and January 12. Call today to reserve your spot! Each trip must meet minimum capacity.

LaValle Residents: If you are interested in a Wednesday grocery bus to Pierces, Walmart or Aldi's in Baraboo, or a Friday shopping bus to Lake Delton, please call. We can make this service available if enough people are interested. Buses must meet minimum capacity.

The ADRC may cancel or delay travel services when there is any questions of safety due to inclement weather like snowy or icy roads and extreme cold temperatures. Please call to confirm your appointment or to make alternate travel arrangements. -355-3278



Wishing you and yours a safe
and happy holiday season.

Bill *Dennis*
Gary *Tom* *Terry*



The Volunteer Buzz

Cathy Bindl



The greatest gift of all . . . You!!!

During this Holiday season so much time is spent with the gift giving. You rush from store to store to find that perfect gift. Scurry home to wrap it in shiny paper and top it off with a perfect bow. You are filled with anticipation of presenting this perfect gift to that someone special.

Finally, you get to give the gift to that special person. They open it, smile and tells you how much they appreciate you and your thoughtfulness. You feel so wonderful! You know what you have done has touched their life.

That is the feeling that our volunteers have every day!!! These wonderful volunteers take the time from their busy lives and give the greatest gift of all - their time and talents - to those who need a little extra help.

Through the efforts of the ADRC's volunteers many people in Sauk County have benefited.

People who have difficulty leaving their homes or preparing their own meals were able to receive a healthy meal delivered to them by a volunteer

home delivered meal driver.

People who wanted to share a delicious meal and visit with others were able to do so because of those who volunteer in the dining centers.

Those who are unable to drive themselves to medical appointments have been chauffeured there by an ADRC driver escort volunteers.

Everyone who goes to their mailbox to find the *AddLIFE Today!* there, know the newsletter volunteers help make that possible by taping and labeling the *AddLIFE Today!*

The ADRC also have volunteers who work behind the scenes by helping in the ADRC office. They answer the phones, refill the brochures for the library, make folders for presentations, help with the Medicare Part D clinics, and any other "duty" they can find to help out.

These wonderful volunteers give of themselves throughout the year to help others.

So during this season of giving, I want to recognize our volunteers who give so much of themselves. I would like to publicly say thank you for all the amazing volunteers for giving the greatest give of all!!!

-- Cathy



**You are one
with a mighty heart.
To give so much
to people around you,
this kindness is rare.**

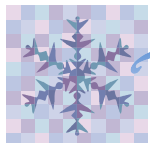
Do you have time and talents that you are willing to share?

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

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

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

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



Thank You

On behalf of all the people in Sauk County who had help with their Medicare Part D plans, we would like to thank Donna, Faye, Kathy, Mary Ann, Rosie, Ruth and Shirley for volunteering to assist with the Medicare Part D clinics. We were able to serve more people because you generously volunteered your time.

Thanks for all you do!

*Mindy, Deb, Quinn and Holly
The ADRC Elder And Disability Benefit Specialists*

Happy Holidays!

From UW-Baraboo/Sauk County

Here is a sample of Continuing Education classes starting in January of 2015

WHERE DO I START WITH MY COMPUTER?

Instructor: Terri Nee-Holtz

Beginning computer users will learn the basics needed to get the best use of the Computer Windows screen. Participants will cover setting mouse and screen preferences plus operating various windows. Learn to open and close window options, scroll through windows, switch between multiple windows, review items on the taskbar, set time/date and discuss proper shutdown procedures.

Wednesday, January 21 •

9:00-12:00

Computer Lab, Aural Umhoefer

Fee: \$39

WAKE UP YOGA

Instructor: Tatsiana O'Neill

This combination of gentle yoga postures and breathing will help awaken your mind, stretch your body, and calm your soul. Improve your balance and increase your positive energy. Improve your circulation and experience better mental clarity. This Hatha-based yoga class is designed to keep you moving from one pose to another in rhythm with your breath. The focus is on natural movement, core strength, and breathing, to help you start your day on the right foot.

Fridays • 8:30-9:30 am

(6 week sessions)

January 9-February 13

Fee \$40

For a complete list of classes, check out the campus website at www.baraboo.uwc.edu community outreach> continuing education The Continuing Education winter /spring brochure will be coming out in early January.

For Your Benefit . . .

Deb Harvey and Mindy Shrader, The Elder Benefit Specialists



Deb Harvey
Coming to you:

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



Mindy Shrader
Coming to you:

Park Place Senior Apartment Reedsburg	December 2 2:00 to 3:00	
Baraboo Dining Center	December 17 10:45 to 11:45	

Plain Green TTEC	December 10 1:00 to 3:00	
Spring Green Senior Center	December 17 10:30 to 11:30	
Spring Green Library	December 17 1:00 to 2:00	
Sauk/Prairie Community Center	December 11 10:00 to 11:30	
Merrimac Village Hall	December 11 8:30 - 9:30	

Seasonal Affective Disorder (SAD) Awareness

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

Many people get the “blues” in the fall and winter – but for some, it’s more than just feeling down. During this time of year, seasonal affective disorder (SAD) symptoms begin to appear for many. SAD is also called “seasonal depression” or “winter depression.” The more common symptoms of SAD — a recurrent type of depression — are:

- Feeling depressed most of the day, almost everyday
- Feeling hopeless
- Feeling sluggish and tired
- Feeling more agitated
- Low energy
- Finding things are less interesting than

they used to be

- Problems with sleep
- Changes in appetite or weight
- Difficulty concentrating
- Frequent thoughts of death or suicide

Stress can be a trigger for SAD symptoms. These symptoms usually begin to appear during the latter part of the fall and beginning of winter months in October and November. Often symptoms will dissipate as weather becomes warmer and sunnier towards April and May. However, for some people, the opposite is true and they become depressed during the beginning of spring or summer. Those who feel SAD symptoms during the

summer months typically experience a different set of symptoms including: insomnia, decreased appetite and weight loss, and anxiety.

Although experts do not know what causes SAD, there are some common experiences and traits. For example, women are more likely to have SAD than men. People who live further from the equator where there are fewer hours of daylight are also at greater risk of developing SAD. Those who are between 15 and 55 years old are most likely to have SAD, while older individuals are less likely to suffer from SAD symptoms. As people age, the likelihood of getting SAD will lessen. Those who have a close relative with SAD are also more likely to have SAD themselves.

There are treatments available that include light therapy (also called phototherapy), medication, and psychotherapy. It is likely that the treating doctor will do a mental health assessment when first meeting with a client who has SAD symptoms. In addition to treatment, many report that regular exercise is helpful as is getting more sunlight. Other people report that complementary and alternative medicine can help with SAD symptoms. It is important to talk to your doctor before you start a new exercise program or complementary and alternative treatment to make sure it is a safe choice for you.

Many people who have SAD find that their symptoms are responsive to light therapy. There are different types of light therapy available. Studies show that morning light therapy sessions seem to be the best time for light therapy to work, although some prefer to divide light therapy treatments over different times of the day. Generally speaking, most will need at least 30-90 minutes of light therapy a day, although this varies by person and the light intensity. Before any method of therapy is initiated, please consult with your doctor.

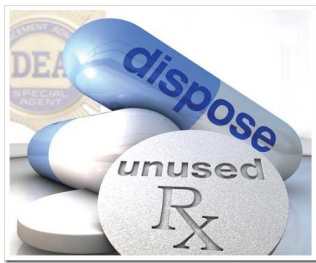
If you are feeling depressed, please discuss your feelings with your doctor or therapist. While some primary care doctors have experience with SAD, other doctors may refer to a psychiatrist or specialist for treatment. If you are concerned that a friend or loved one has SAD, it can be helpful to listen and be supportive and non-judgmental to the feelings that person expresses, and to encourage him or her to seek help.



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

Presented by Deb Harvey and Mindy Shrader
Wednesday, January 7, 2015 at 4:30 p.m.
West Square Building,
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.



Safely Disposing of Household Pharmaceutical Waste

Waste pharmaceuticals include a wide variety of items such as over-the-counter and prescription medications, controlled substances, and sharps (i.e., medical waste used to puncture such as needles). Wastes come in the form of solid pills and capsules, creams, liquids, and aerosols. Guidelines for properly managing these wastes differ depending on where the waste is created, handled, and disposed. Some residential health care facilities may qualify as households.

Recommended disposal options for households:

The Wisconsin Department of Natural Resources (DNR) recommends the following:

REDUCE pharmaceutical waste whenever possible

- Use all antibiotics as prescribed by your doctor.
- Buy only as much as can reasonably be used before the expiration date.
- When prescribed a new medication, ask the doctor to prescribe only enough to see if the medication will work for you and in the lowest dose advisable. That way, if the medication doesn't suit you, less goes to waste. Do the same for your pet's medications.
- Reconsider the use of products that claim to be antimicrobial or antibacterial. Plain soap and water is as effective as antibacterial soaps. The Centers for Disease Control recommends plain soap in its hand washing procedure.

REUSE/RECYCLE drugs when possible

- Wisconsin allows certain pharmacies to take back unit doses of drugs for cancer and chronic diseases.

- You may be able to donate other items; however, the circumstances where this is possible are limited. While it is a noble intention, it is very unlikely that medications from households would be acceptable for use overseas. If you see an opportunity to do this, approach with caution and research the program well.

DISPOSE of the remainder properly

- If you have narcotics or other controlled substances, contact your local police department to find out if the police will accept them. Some police departments accept non-controlled substances too, but you should find out exactly what yours will accept before dropping off the items.
- Whenever possible, take your unused pharmaceuticals to a pharmaceutical collection program or event. They are not collected at permanent household hazardous waste collection facilities due to the legal requirements.
- If a drug collection program does not exist in your area, encourage your health care provider, local governments, and local law enforcement to develop one.

Note: If you choose to store your waste for a pharmaceutical collection event, please minimize the risk of accidental poisoning, overdose or diversion (illegal use by someone other than the intended person) by storing medications out of reach of children or in a locked cabinet.

- If you have no other options, do not flush your unused pharmaceuticals. Instead, dispose of them in the trash. Especially if there is a risk of accidental poisoning, overdose or diversion, it is better to dispose

of household pharmaceuticals than to hang onto them. When placing unused pharmaceuticals in the trash, be sure to:

- ⇒ Remove or mark over all labels that identify the materials as pharmaceuticals or that could provide personal information about you, including prescription information that someone could try to refill;
- ⇒ Render them unattractive to children and thieves by dissolving them in a small amount of water or alcohol, or by

- grinding them up and mixing them with coffee grounds or kitty litter; and
- ⇒ Put them in a second container or small plastic bag and hide them in your trash.
- Never burn pharmaceuticals or personal care products in a burn barrel. Uncontrolled burning can create dioxins and other air pollutants.
- Do not put sharps in the trash! Syringes, lancets and other sharp medical items should be managed separately.

This article reprinted with permission from the Wisconsin DNR.

Scientists Suggest Change to Strengthen US National Plan to Address Alzheimer's Disease

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



A work group of nearly 40 scientists, researchers, and advocates has come together to challenge the U.S. government's plan to address Alzheimer's disease by broadening its scope, increasing its scale, and adequately funding research and scientific efforts. The plan was released in 2012 after the 2011 passage of the National Alzheimer's Project Act. It outlined a set of milestones and initiatives to provide improved tools for doctors, assist caregivers and individuals with Alzheimer's and other dementias, raise public awareness about the disease, and advance research. The plan's goal is to "prevent and effectively treat Alzheimer's Disease by 2025."

Currently, there are more than 5 million Americans living with Alzheimer's which is estimated to cost the national economy \$214 billion. As the population continues to age, some projections estimate that this number will soar to as many as 16 million people at a cost of \$1.2 trillion by 2050. With the goal still 11 years away, the expert-laden group's suggestions for revising the plan were

published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* — a peer-reviewed medical journal.

Maria Carrillo, Ph.D., Alzheimer's Association vice president of Medical and Scientific Relations and a co-author of the article, believes the plan's initiatives must be refined if the 2025 goal is to be met. She said, "While our work group does not believe the milestones, as they currently stand, are sufficient to reach the 2025 goal, if the suggested updates are swiftly implemented and funded we believed prospects for being able to prevent and effectively treat Alzheimer's by 2025 will increase dramatically."

The work group's recommendations include enlarging the scale of Alzheimer's research and clinical trials, expanding the scope of current and future research, and improving coordination, data-sharing, and collaboration. The authors suggest revising a majority of the plan's current milestones and also propose 25

(Continued on page 18)

(Continued from page 17)

new milestones which they say will increase the chances the plan will succeed. The most urgent changes with the highest potential impact are in the areas of drug development, risk reduction, and new conceptual models of Alzheimer's.

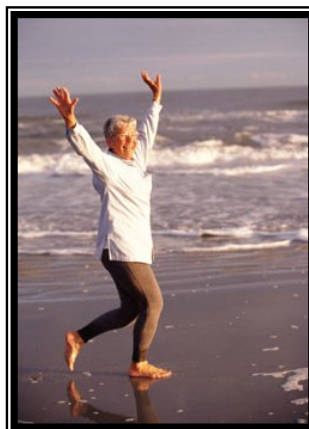
Because of the challenges involved in getting new drug treatments into clinical trials, the work group suggests identifying, characterizing, and validating 23 new drugs and/or targets, while the current plan currently calls for only six. They also suggest additional drug trials in both symptomatic and asymptomatic individuals.

Existing studies have provided a great deal of research on many possible exposures that may influence the risk of developing Alzheimer's and other dementias including genetic, vascular, psychosocial, dietary, and other lifestyle factors. A prevention trial performed in Finland examined many of the possible exposure events. The work group is requesting that a study echoing the Finnish trial be undertaken in the U.S. to account for the larger, more diverse population.

Finally, the group challenges researchers to expand their conceptual models to explore mechanisms that may cause or contribute to Alzheimer's disease beyond those currently recognized as most likely. By exploring new possible pathways and causes of Alzheimer's, new ways of understanding and treating the disease may become apparent, the group says.

The group hopes that its suggestions of broadening the plan's scope, increasing its scale, and providing sufficient funding will be taken seriously. The group has targeted the Alzheimer's Disease Research Summit, which will be held in February 2015, as an event at which its suggestions and proposed plan revisions may be updated.

For more information on Alzheimer's research and the National Alzheimer's Plan, visit: alz.org



*If wrinkles
must be written
upon our brows,
let them not
be written
upon the heart.
The spirit
should not grow old.*

- James A. Garfield-

0% INTEREST LOANS ARE AVAILABLE!

For more information or to obtain an application,
please contact Kari Justmann at the Housing Program Office at 1-800-552-6330.

The Southern Housing Region has a Community Development Block Grant for Housing Rehabilitation. The funds will be loaned at 0% interest to eligible households for home repairs. Applications are accepted on a first come first serve basis. There is no cost to fill out an application and all information submitted is strictly confidential.

Funds are available for the following types of projects:

HOMEOWNERS:

These funds will be lent to eligible households for home repairs. The loan is a 0% interest, deferred payment loan – you do not pay it back until you sell the house or no longer live there. After 30 years, your loan will be reviewed with the possibility of extending it for another 30 years.

TENANTS:

Loans are available to assist with purchasing a home. The loan is a 0% interest, deferred payment loan – you do not pay it back until you sell the house or no longer live there. After 30 years, your loan will be reviewed with the possibility of extending it for another 30 years. Funds can assist you with down payment and closing costs. There will also be funds available to make repairs to the home that you purchase.

LANDLORDS:

Installment loans are available for landlords who rent to tenants that are low- to moderate- income. The loan is a 0% interest loan. Contact Kari Justmann for more details.

The loans can be used to make the following types of repairs:

- Handicap Accessibility
- Replace Windows & Doors
- Roofing
- Electrical Upgrades
- Connect Water & Sewer Lines
- Siding, Porch Repairs
- Repair/Replace Heating Systems, Water Heaters & Plumbing Systems

Eligible Counties:

Columbia, Dodge, Jefferson, Kenosha, Ozaukee, Racine, Rock, Sauk, Walworth and Washington Counties.

The following entitlement communities are not eligible: Racine, Beloit, Janesville and Kenosha.

Funds are limited!
Apply today!





Holly Schafer

Disability Benefit Specialist

Quinn Hause



Social Security Announces 1.7 Percent Benefit Increase for 2015



Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 64 million Americans will increase 1.7 percent in 2015, the Social Security Administration announced today.

The 1.7 percent cost-of-living adjustment (COLA) will begin with benefits that more than 58 million Social Security beneficiaries receive in January 2015. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2014. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$118,500 from \$117,000. Of the estimated 168 million workers who will pay Social Security taxes in 2015, about 10 million will pay higher taxes because of the increase in the taxable maximum.

Information about Medicare changes for 2015 is available at www.Medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola

Agency Resumes Mailing Social Security Statements Encourages People to Create a Secure my Social Security Account to Obtain Their Statement Online, Anytime

Carolyn W. Colvin, Acting Commissioner of Social Security, today announced the agency will resume the periodic mailing of Social Security *Statements* - once every five years for most workers-- while encouraging everyone to create a secure *my* Social Security account to immediately access their *Statement* online, anytime. The *Statement* is a valuable financial planning tool providing workers age 18 and older with important individualized information regarding their earnings, tax contributions, and estimates for future retirement, disability, and survivors benefits.

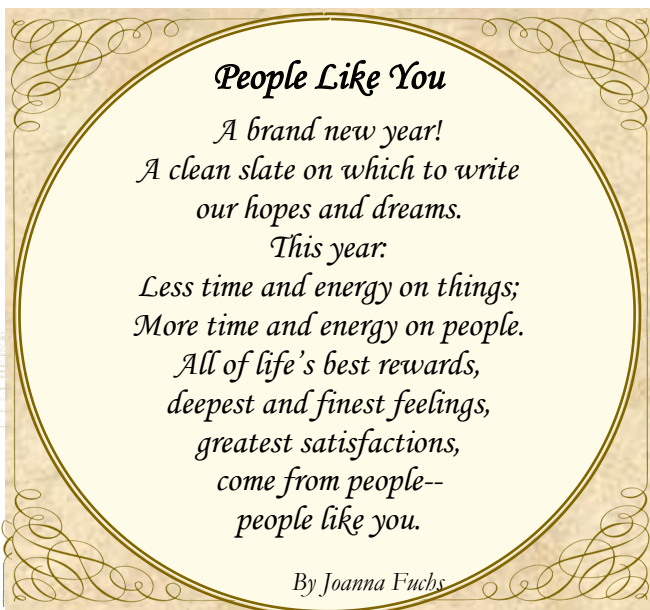
"We have listened to our customers, advocates, and Congress; and renewing the mailing of the *Statement* reinforces our commitment to provide the public with an easy, efficient way to obtain an estimate of their future Social Security benefits," Acting Commissioner Colvin said. "I encourage everyone to create their own secure *my* Social Security account to obtain immediate access to their *Statement* online."

Beginning this month, workers attaining ages 25, 30, 35, 40, 45, 50, 55, and 60 who are not receiving Social Security benefits and who are not registered for a *my* Social Security account will receive the *Statement* in the mail about 3 months before their birthday. After age 60, people will receive a *Statement* every year. The agency expects to send nearly 48 million *Statements* each year.

The Social Security *Statement* helps people plan for their financial future. In addition to providing future benefit estimates, the *Statement* highlights a person's complete earnings history, allowing workers to verify the accuracy of their earnings. This is important because an individual's future benefit amount is determined by the amount of their earnings over their lifetime. To date, more than 14 million people have established a personalized *my* Social Security account at www.socialsecurity.gov/myaccount.

With a *my* Social Security account, people may access the *Statement* from the comfort of their home, office or library whenever they choose. Individuals who currently receive benefits should sign up for a *my* Social Security account to manage their benefit payments and, when the need arises, get an instant benefit verification letter, change their address and phone number, and start or change direct deposit of their benefit payment.

Acting Commissioner Colvin reinforced that "whether conducting business with Social Security via the Internet, mail, telephone or face-to-face, we will continue to provide convenient, cost-effective, secure and quality customer service to meet the needs of the public we serve."



Savoring a Good Night's Sleep

If tossing and turning has got you down, relief is on the way. Ring in the new year with simple steps for more reliable sleep schedules. Start with these six tips to a better night's sleep.

1. Stick to a sleep schedule. Go to bed and get up at the same time every day – even on weekends and holidays. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night.
2. Create a calming routine. Have a ritual every night – take a bath, read a book, or play relaxing music.
3. Stay active. The more active you keep your body, the more likely your body will feel tired at night. Physical exercise may help you fall asleep faster and enjoy better sleep. However, exercising right before bed may keep you up at night – so try to exercise earlier in the day.
4. Limit daytime naps. Long daytime naps can interfere with the quality of your sleep at night. Short naps (around 10 to 30 minutes) can be beneficial, but avoid longer naps.
5. Avoid eating or drinking before bed. Drinking too many liquids can keep you up at night running to the bathroom. And eating food can make you uncomfortable. Try to avoid nicotine, caffeine, and alcohol, as these can have negative effects on your sleep quality.
6. Don't stress out! Start managing your stress in healthy ways – exercise, delegate tasks, and take breaks during the day. Start journaling or talk to a friend. Don't let the stress of the day hinder your sleep during the night.

Need help? Contact your doctor

If you continue to have trouble sleeping, contact your doctor to discuss other treatment options.

This partnership article is brought to you by:

UCare

3410 Oakwood Mall Drive, Suite 500

Eau Claire, WI 54701

1-877-523-1518





*Our hearts grow tender with childhood memories
and love of kindred,
and we are better throughout the year for having,
in spirit, become a child again at Christmas-time.*

~Laura Ingalls Wilder



Energy Services for Sauk County announces the outreach sites scheduled for the Home Energy Plus Program – Wisconsin Home Energy Assistance Program.

This program provides payment assistance to households for home heating and electric costs, energy crisis situations, emergency furnace repairs and replacements, payments plans for arrears owed for heating and/or electric costs, referrals to home weatherization and other programs for Sauk County residents.

Households with total gross income at or below the following amounts may be eligible for assistance.

FAMILY SIZE	1 MONTH	3 MONTHS
1	\$2,096	\$6,288
2	\$2,741	\$8,223
3	\$3,386	\$10,157
4	\$4,031	\$12,092
5	\$4,676	\$14,027

***Please call the Baraboo office at
608-356-8887 or 800-506-5596***



***to set up an appointment
for any of these locations or
for information on income
limits for larger families.***

Energy Service Outreach Schedule

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

Spring Green

at the Spring Green Library
December 11 & January 8
2:30 p.m. - 4:30 p.m.

Prairie du Sac

at the St. Vincent Resource Center
December 15 & January 26
1:00 p.m. - 4:00 p.m.

Reedsburg

at the Reedsburg City Hall
December 4 & 18
January 15
9:00 a.m. - 3:30 p.m.

Wisconsin Dells

at Wisconsin Dells Electric
December 2
9:00 a.m. - 11:00 a.m.

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

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

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



Cop's Corner

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



Winter, You and TRIAD

With the winter months ahead, elderly folks face some unique challenges whether its falling on the ice to dressing warmly. Here are a few tips for preventing some common winter dangers and injuries.

Have your car serviced and checked before winter hits to ensure your car is ready for cold and snow. This includes checking wiper blades, tires, battery etc. TRIAD of Sauk County performs yearly winter vehicle checks for senior citizens throughout the county. This service is free of charge.

Make sure to dress warm. As we all know, cold temperatures can cause frostbite and hypothermia. When going outside, dress in layers and wear gloves, hat, warm socks and heavy coat. If the temperature is extremely cold, make sure that all skin is covered.

Outdoors in cold weather is not the only danger. If you use a fireplace, gas heater etc., there could be the risk of carbon monoxide poisoning. To ensure your safety, have a carbon monoxide detector in your home. Make sure it is in working condition and check the batteries.

Be prepared if the power goes out. Have flashlights and a battery operated radio where you can get to them easily. Keep plenty of blankets on hand. If the outage is occurring for a long period of time,

make sure you have a non-perishable food supply. Have a cell phone and know how to operate it. Sauk County Triad offers 911 cell phones, free of charge. These phones allow the user to call 911 in case of an emergency. To obtain a 911 phone, contact the Sauk County Sheriff's Department or any other law enforcement agency in the county.

Avoid slipping on the ice by wearing shoes with good traction. Falls often cause hip and wrist injuries, as well as cuts, bruises and head trauma. It is best to stay inside if possible until roads and sidewalks are clear. If you use a cane, think about replacing the worn tip. After coming back indoors, be aware that snow and ice will melt off of shoes causing slippery conditions inside.

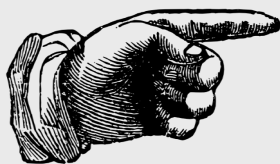
Sauk County Triad is a partnership between senior citizens and law enforcement to reduce the victimization of seniors and provide free services such as winter vehicle checks, 911 phones, safety and scam information etc.

Officer Mike Havlik.
Spring Green Police Department

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



Please Notice This



STARTING JANUARY 1, AN AGING AND DISABILITY SPECIALIST WILL BE AVAILABLE EVERY WEDNESDAY FROM 8:00 A.M. - 12:00 P.M. AT THE REEDSBURG HUMAN SERVICES BUILDING LOCATED AT 425 6TH ST.

FEEL FREE TO STOP IN TO DISCUSS SERVICES AVAILABLE, OPTIONS OR ASK ANY QUESTIONS YOU MAY HAVE. IF YOU WOULD LIKE FURTHER INFORMATION CALL THE ADRC AT 355-3289 OR 800-482-3710.

I've Been Appointed To Manage Someone Else's Finances Now What?



The ADRC now have four separate resource booklets to help people who have been appointed as fiduciaries. A fiduciary is someone who has been appointed to manage someone else's money. There are four types of fiduciaries including: Court Appointed Guardians of Estate and Conservators, Representative Payee's and VA Fiduciaries, Financial Power of Attorneys and Trustees under a Revocable Living Trust.

A court appointed guardian of estate is a person who has been appointed by the court to manage money for someone the court has found incapable of managing their own finances. They are responsible for managing all of someone's money and property. A court appointed guardian must report to the court on how they have managed someone's finances.

A representative payee is someone who has been appointed by a government agency to

manage income benefits someone receives from an agency like Social Security. The agency has determined that the person is no longer able to manage the benefits for themselves. The representative payee only has the authority to manage the benefits received from that agency and has no authority over any other income or property the person may have.

A power of attorney is a legal document that an individual has drafted designating who they would want to manage their finances if they are no longer able. The document usually takes effect at the time the person drafts it. The Power of Attorney is

responsible for managing all of the person's money and property.

Last, a person may also place money into a living trust and appoint someone as a trustee to manage the trust if they are no longer able. The trustee only has the authority to manage the property that has been placed in the trust.

These booklets are available to assist anyone who has been appointed as any of the above and is now managing another person's finances. They are also available for anyone who is looking designating a power of attorney or setting up a living trust.

The booklets also talk about four responsibilities that all four types of fiduciaries share. They are obligated to act in the best interest of the person, carefully manage the money and property, keep the person's money they are representing separate from theirs, and keeping good records. Next, the booklets give information on how to title property and financial accounts that you are managing for someone else.

A fiduciary is also obligated to watch for financial exploitation. The booklets give information on what to do if the person you are responsible for has been exploited. For example, reporting it to adult protective services.

Another resource guide that is available at the ADRC office is called *Money Smart For Older Adults Preventing Financial Exploitation*. First, it talks about the types of financial exploitation. It gives examples of different types of telephone scams and how to protect yourself. The booklet also talks about how to protect someone from abuse by in-home caregivers or helpers. This booklet offers several tips on how to protect yourself from contractor fraud. For example, getting three bids from local established contractors.

The booklet talks about protecting yourself from identity theft and gives some

recommendations on how to protect your Social Security number, debit card numbers, pin numbers and drivers license number. A person should carry only the identification that is necessary in case their wallet is lost or stolen. An identity theft self check is also in the booklet.

Next, it also talks about protecting yourself from medical identity theft. Medical identity theft occurs when someone steals personal information and uses the information to obtain medical treatment. Medical identity theft is a form of Medicare fraud. One way to protect yourself is to review your Explanation of Benefits forms for signs of services which you have not received and shred papers which may contain your medical identity.

The guide also gives information about planning for unexplained life events. There are several steps that it recommends people take to protect themselves in case of an emergency. Next, it provides information about how to be financially prepared for disasters. It talks about what documents are important to have access to and where to keep them.

The guide also provides information on reverse mortgages. A reverse mortgage is a way homeowners 62 and older can receive a loan from the equity in their home. You can receive the money as a line of credit, regular monthly installments or as a lump sum. The person does not have to pay back the loan as long as they continue to live in the home, maintain their home/insurance and stay current on the property taxes. The guide talks about how some elderly people are scammed out of the money they receive from the reverse mortgage.

If any of these materials could be helpful to you please call the ADRC and we would be happy to provide a copy to you.



Caring During the Holidays

We love Norman Rockwell's picture of the perfect holiday – a beautifully decorated home filled with happy family and friends sharing a delicious meal. We strive to recreate this for all our loved ones. But what's missing in this idealistic painting? Rockwell forgot to include the frazzled and exhausted caregiver working so hard to make the holidays perfect while still being a caregiver.

As a caregiver, now is the time to reevaluate your holiday traditions. Prioritize which traditions are truly important to you and which ones can be eliminated or changed. This may be the time to start a new tradition to accommodate changes you and your loved one are experiencing. Try having a potluck dinner instead of a sit down meal, or host an open house with people stopping by for a short visit instead of a day-long event which wears out both you and your loved one. It might be exciting to find new traditions that better fit with your family's changing situation. Don't focus on how the holidays used to be, but focus on what a wonderful gift it is to have your loved one with you for yet another holiday season.

Be honest with yourself as to what you are able to do. Keeping your expectations realistic will make the holidays more enjoyable for you, your loved one, extended family and friends. It's important that you not only take care of your loved one, but also take care of yourself. Allow others to help. Simply asking for help can make the holidays less stressful.

Don't forget to prepare!

When preparing for the holidays don't forget

to prepare your family, friends and your loved one. If family hasn't seen your loved one for a while, it is helpful to let them know of

changes in the loved one's condition. Does your loved one now become overwhelmed and/or confused when there is a lot of activity around them? Are they experiencing memory loss? Do they now choose to sit quietly instead of joining in the conversations? Are they having more difficulty eating or using the restroom? Sharing this information with family and friends before the visit will help to lessen the shock they may feel when they arrive and allow everyone to be more relaxed and enjoy the visit more.

If your loved one is having memory loss, now is also the time to begin preparing them. Speak frequently about who will be visiting, this will help your loved one look forward to the visit. In the days before the holiday gathering, show your loved ones photos of who they will be seeing to help them remember.

Caring through the miles.

As a long distance caregiver, the holidays are an ideal time to assess the changes in your loved one's health and/or lifestyle. Look for signs your loved one may need additional help. What is the condition of their home? Is the cleanliness/upkeep normal for your loved one? Look in the kitchen for signs of spoiled food, or excess of junk foods compared to the last time you visited. This may be a sign they have



stopped cooking. Is the home unsafe due to clutter, unaddressed repairs, etc.? Is mail left unopened, prescriptions not filled and have appointments been missed? This could be signs of forgetfulness. Are bills going unpaid, money being “misplaced”, paying bills twice or more or hiding money. Has your loved one been making a large number of magazine subscriptions? Started entering large numbers of contest? Have they been increasingly making purchases items from television advertisement?

Has your loved one’s eating habits changed resulting in losing weight, having no appetite or missing meals? Have they been neglecting their personal hygiene? Are they behaving unusual by being especially loud, quiet, paranoid or agitated? Are they now making phone call at all hours of the day or night? Do they show signs of physical problems, such as burns or injury marks, which may be a sign of general weakness, forgetfulness and misuse of alcohol or prescription medications. Has their hearing, sight or speech changed? Do they seem to lose their balance or have difficulty maneuvering the stairs? Has your loved ones

relationships changed with family and friends causing concern? Have they stopped participating in activities once important to them?

If so, this may be the time for a discussion **with** your loved one. Ask if they feel some assistance would help. Talk about the challenges they faces and some solutions. Your loved one might benefit from services to help them with shopping, banking, driving to medical appointments, etc. Is your loved one lonely or depressed? Discuss socialization opportunities to help prevent isolation. Can family members, friends and neighbors provide assistance? Can family members who live farther away help by paying for some services? Contact the ADRC and speak with an Aging & Disability Specialist to talk about *Options Counseling*. They will be able to give you information on how some minor changes may make it easier to live at home longer, or if you and your loved one feel a more major transition would be beneficial what options you have.

Wishing you a joyous and realistic holiday

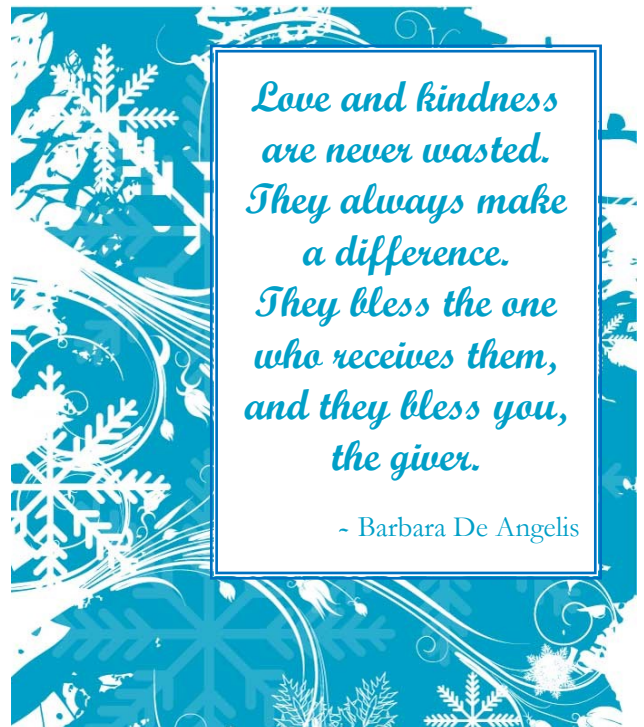
Please join us for the
Coffee Hour for Caregivers . . .Because You Care
Support Group

Meetings are the second Thursday of each month
at 9:00 a.m. in Room 213, West Square Building,
505 Broadway, Baraboo

The next meetings will be
December 11 and January 8

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.



*Love and kindness
are never wasted.
They always make
a difference.
They bless the one
who receives them,
and they bless you,
the giver.*

- Barbara De Angelis



Foot Clinic Schedule

To schedule a foot care appointment
call Sauk County Home Care
at **355-4313**

The cost for foot clinic visit is \$25.00.

Baraboo - West Square Building

Tuesdays - December 2 & 16

Tuesdays - January 6 & 20

Wednesday - December 17

LaValle - Fire Department

Wednesday - January 28

Lake Delton - Holy Cross

Episcopal/United Methodist Church

Wednesday - January 14

Plain - Plain Green TECC

Wednesday - December 31

Reedsburg - Maple Ridge

Tuesday - December 9 & January 13

Thursday - December 18 & January 15

Reedsburg - Willow Heights

Wednesday - December 10

Sauk Prairie - St John's Church

Thursdays - December 4 & 11

Thursdays - January 8, 22 & 29

Spring Green - Christ Lutheran Church

Tuesday - January 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.

Your Quick Guide to the Health Insurance Marketplace

The Health Insurance Marketplace helps uninsured people enroll in health coverage. Plans cover essential health benefits, pre-existing conditions, and preventive care. Most people who apply through the Marketplace qualify for premium tax credits and savings on out-of-pocket costs based on household size and income. The Wisconsin health insurance marketplace is where eligible residents can shop for and buy insurance in person, online, or by phone. In Wisconsin, the Marketplace is run by the federal government and is mainly for people who:

- Don't have insurance
- Aren't insured by their employer
- Aren't included in their spouse's employer insurance.
- Have pre-existing conditions and may have trouble getting insurance
- Have private insurance but want to look at other options
- Own a small business

The Affordable Care Act requires that most Americans have health insurance. Generally, you don't need the Marketplace if you are currently covered by Medicaid, Medicare or TRICARE, or an employer-sponsored plan.

The next enrollment period will be from November 15, 2014 to February 15, 2015.

All insurance plans on the Marketplace are sold by private companies or co-ops and costs vary based on your age, where you live in the state and your tobacco use.

Reedsburg Area Medical Center has trained staff to help you enroll for health coverage. Denise is available Mondays, Tuesdays and Wednesdays from 8 am to 4 pm. Call her at (608) 768-6132 for more information or to set up an appointment.

Source: Wisconsin Healthcare Marketplace; Healthcare.gov

This Partnership Article brought to you by:

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



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:	December 16	January 7
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Merrimac

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

Laura Presents:	December 10	January 6
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Reedsburg

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

Laura Presents:	December 9	January 15
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Sauk/Prairie

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

Laura Presents:	December 17	January 8
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Spring Green

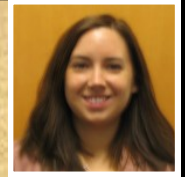
Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 12:00 noon

Laura Presents:	December 8	January 14
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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"*

Holiday Cheer: Healthy Habits are Here!

From choosemyplate.gov

How much weight does the average American gain from Thanksgiving to New Year's Day?

1. ½ pound
2. 1 pound

Answer: 1 pound

From Thanksgiving to New Year's Day, the average American gains approximately one pound. This appears to be due to increased calorie consumption and decreased physical activity. It might not sound like a lot, but it can certainly add up over the years (simple math: that's 20 pounds in 20 years!).

Healthy Holiday Habits

- Include fruits and vegetables in holiday meals
- Don't skip meals
- Stick to your normal routines
- Practice portion control
- Exercise!

Include fruits and vegetables:

- | | |
|------------|------------------|
| • Apples | • Cauliflower |
| • Broccoli | • Kale |
| • Cabbage | • Sweet potatoes |
| • Carrots | • Winter squash |

Include fruits and vegetables in holiday meals. Fruits and vegetables are low in calories and full of vital nutrients. Fresh is great, but they can also be canned (no salt added vegetables; fruit packed in its own juice) or frozen (no added sugar or salt). Even dried fruit in small

portions is a great fruit option around the holidays. It's important to include fruits and vegetables into all meals and snacks. For the many holiday celebrations coming up, consider bringing fruits and/or vegetables, that way you know you will have something healthy to eat to balance out other offerings.

Don't skip meals

- Eat breakfast!
- Eat evenly-spaced meals
- Eat nutrient-rich snacks
- Don't skip meals to "save room"

As much as possible, keep to your normal routines. Eat your usual meals and snacks at your usual times so you won't overindulge. And don't skip meals thinking you'll "save room" for the holiday goodies...you'll be hungry and more likely to overeat later!



Practice portion control, using MyPlate as a model.

Portion control is important for all of your meals and snacks all the time, but around the holidays it's especially important to remember to stick to the right portions of the right foods so that you don't end up eating more (and more of the wrong things) than you intend to. Eating a balanced diet will also help you feel good through the holidays.

Exercise!

Step it up a notch:

- Add 10 minutes a day to what you normally do
- Start a new holiday exercise program with co-workers

- Sign the family up for a 5K
- Shop!

Exercise daily! During the holidays it's more important than ever to stick to your regular exercise regime. If you do overindulge, increase your physical activity to help counterbalance some of those extra calories. This will really help you feel your best (especially through the somewhat stressful holidays!)

Holiday Hurdles

At Work:

- Employee treat jars
- Food gifts
- Employee break room
- Staff parties
- Multiple staff parties

What are some possible solutions to these hurdles?

- **Employee treat jars** = get in the habit of passing them up
- **Food gifts** = Don't give them; if you get them, bring to a party to share along with a healthy dish
- **Employee break room** = Don't 'unload' all your high calorie foods here; keep your favorite healthy foods stocked in the fridge so it's easier to pass up anything someone else brings to the break room
- **Staff parties** = practice portion control and bring something healthy to the party
- And of course, the biggest problem seems to be **multiple staff parties**, so go easy and don't over-indulge.

At work it can be easy to do some "mindless eating" where you're not really thinking about eating, you're just eating because it's there or because others are eating it.

At Home:

- Too many treats
- Multiple family gatherings

- Multiple friend and neighbor gatherings
- Food gifts
- Too busy for healthy meals and physical activity

What are some possible solutions to these hurdles?

- **Too many treats** = make fewer treats, and closer to the holiday so as not to eat so many all month long
- **Multiple family gatherings** = bring something healthy, watch portions
- **Multiple friend and neighbor gatherings** = same as above
- **Food gifts** = Don't give them; if you get them, bring to a party to share along with a healthy dish
- **Too busy** = Make daily physical activity and healthy meals a priority; make simple and fast healthy meals; incorporate physical activity into family time (i.e. active gaming systems, sledding, etc.) and into errands (i.e. shopping); budget your time well throughout the month to lessen stress

Tips to replace the typical 'Chips & Dips'

- Cucumber slices and homemade crab dip
- 2% pepper jack cheese on whole wheat wafers
- Popcorn with parmesan cheese and bacon bits
- Bite-sized yummy desserts
- Baked sweet potato fries or chips
- Veggie sticks and hummus
- Homemade kale chips
- Roasted Brussels sprouts
- Sugar snap peas with roasted eggplant dip

Of course, any of the seasonal favorite fresh fruits and vegetables are always enjoyed by all and certainly adds color and texture to the plate.

Holiday Party Portion Control



- Fill your plate and step away from the table!
- Keep food on a side table or even in the kitchen so that it's not as easy to "mindlessly" scoop up seconds and thirds.
- Use a salad plate as you cruise down the buffet line – space alone will help you control the amount of food you eat.
- Fill half your plate with fruits and vegetables
- Don't go back for seconds

Remember...

- There are many healthy holiday foods to enjoy
- Be smart at holiday parties-at work and home
- Portion control helps prevent weight gain
- And most important, **Enjoy the holidays!**

Q. What food do you get when you cross Frosty with a polar bear?



A. A "brrr" - "grrr"!



Winter Policy for Home-Delivered Meals and Dining Centers

There may be days that the dining centers are closed by inclement weather, and no home delivered meals will be provided. For those instances, keep some of the foods that are simple to prepare in your home to ensure you will still be able to have a nutritious meal on your own.

When the weather looks threatening be sure to listen to your radio. A decision to close the dining center will be made by 8 am that day.

The following radio stations will report the dining center closings:

Reedsburg-WRDB 1400AM

Baraboo-WRPQ 740AM

Richland Center-WRCO 1450 or 1009.9FM

** Please note that Door Step Dinners may not be delivered if sidewalks, or driveways are unsafe due to ice or snow.

HAM AND CHEESE CHRISTMAS BREAKFAST CASSEROLE

Serves: 8-12

Prep time: 5 mins

Cook time: 1 hour

Total time: 1 hour 5 mins

Ingredients:

- | | | |
|--------------------------------------------|----------------------------------------|----------------------------------|
| • 24 oz. frozen hash browns (about 8 cups) | • 8 oz. sharp cheddar cheese, shredded | • ½ teaspoon ground black pepper |
| • 16 oz. cubed ham | • 1 cup milk | cooking spray |
| • 12 large eggs | • 1 teaspoon salt | |

Instructions:

1. Preheat oven to 350 degrees.
2. Add the frozen potatoes, ham, and cheese to a large bowl. Toss to combine. Pour the mixture into a 9 x 13 baking dish that has been sprayed with cooking spray.
3. In a large bowl, whisk the eggs with the milk, salt, and pepper.
4. Pour the egg mixture over the hash brown mixture. Pat everything down with the back of a wooden spoon.
5. Bake for one hour. The center should be set and the edges should be golden brown.

Based on 8 servings:

- | | | |
|-----------------|-------------------------|-------------------------|
| • Calories: 372 | • Saturated Fat(g): 9.3 | • Carbohydrate(g): 21.5 |
| • Fat(g): 19.8 | • Protein(g): 28.5 | • Fiber(g): 1 |



December 2014

Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swedish Meatballs Mashed Potatoes Peas and Carrots Peach Slices Sliced Bread	2 Chicken Cacciatore Baked Potato Mixed Italian Salad Ice Cream Cup Dinner Roll	3 Escalloped Potatoes and Ham Casserole Green Beans Ambrosia Dessert Sliced Bread	4 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Carrots Birthday Cake Dinner Roll	5 Salmon Loaf Sour Cream and Chive Potatoes Peas/Pearl Onions Petite Banana Sliced Bread
8 Pepper Steak Au Gratin Potatoes Calif. Blend Veg. Butterscotch Pudding Sliced Bread	9 Baked Spaghetti Italian Blend Vegetables Pear Slices French Bread	10 Glazed Ham Cheesy Potato Bake Peas and Carrots Coconut Cream Pie Sliced Bread	11 Chicken Marsala Baked Potato Wax Beans Fruited Gelatin Dinner Roll	12 Mushroom Pork Cutlet Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Egg Custard Pie Sliced Bread
15 Beef Stroganoff Casserole Health Slaw Apricot Halves Sliced Bread	16 Hawaiian Meatballs Baby Red Potatoes Baby Carrots Applesauce Cake Dinner Roll	17 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Orange Sliced Bread	18 Salisbury Steak Mashed Potatoes Peas and Carrots Choc. Rasp. Torte Dinner Roll	19 Ham Rolls Sweet Potato Bake Winter Blend Veg. Pineapple Tidbits Sliced Bread
22 Meatloaf Au Gratin Potatoes Tossed Salad Eggnog Torte Sliced Bread	23 Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Dinner Roll	24 Christmas Eve	25 Christmas Day	26 Meatballs in Honey Mustard Sauce Baby Red Potatoes Carrots Raspberry Sherbet Sliced Bread
29 Ring Bologna Baked Potato Summer Blend Veg. Applesauce Sliced Bread	30 Baked Chicken Twice Bk Style Pot. Three Bean Salad Butterfinger Torte Dinner Roll	31 Swiss Steak Mashed Potatoes Cream Style Corn Peach Slices Sliced Bread	 <p><i>"Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to." Bill Vaughan</i></p>	



January 2015

Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Year's Day	2 Chicken Breast Mashed Potatoes Baby Carrots Pecan Pie Sliced Bread
5 Glazed Ham Au Gratin Potatoes Mixed Vegetable Fruited Gelatin Sliced Bread	6 Chicken Tetrizzini Casserole Broccoli Cuts Choc. Banana Torte Dinner Roll	7 Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Applesauce Sliced Bread	8 Pot Roast Baby Red Potatoes Carrots Birthday Cake Dinner Roll	9 Crispy Fish Fillet Sour Cream and Chive Potatoes Peas and Carrots Pear Slices Sliced Bread
12 Country Fried Steak Mashed Potatoes Spinach Salad with Rasp. Vinaigrette Fudge Brownie Sliced Bread	13 Meatloaf Baked Potato Green Beans Fruited Gelatin Dinner Roll	14 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Tapioca Pudding Sliced Bread	15 Lasagna Casserole Italian Vegetables Cantaloupe Slice French Bread	16 BBQ Meatballs Baby Red Potatoes Corn Carrot Cake w/ Cr. Cheese Frosting Sliced Bread
19 Beef Stew Winter Blend Veg. Peach Slices Cheddar Biscuit	20 Pork Steak Mashed Potatoes Red Cabbage Key Lime Pie Dinner Roll	21 Chicken Teriyaki Baked Potato Chinese Ramen Salad Pineapple Tidbits Sliced Bread	22 Salisbury Steak Mashed Potatoes Peas and Carrots Molasses Cookie Dinner Roll	23 Chicken, Broccoli and Rice Casserole Tossed Salad Mand. Orange Gel. Sliced Bread
26 Swedish Meatballs Mashed Potatoes Calif. Blend Veg. Chocolate Torte Sliced Bread	27 Smoked Sausage Baby Red Potatoes Carrots Applesauce Dinner Roll	28 Baked Chicken Twice Bk Style Pot. German Cole Slaw Butterscotch Pud. Sliced Bread	29 Ham Rolls Cheesy Potato Bake Peas/Pearl Onions Fruited Gelatin Dinner Roll	30 Swiss Steak Mashed Potatoes Mixed Vegetables Coconut Cream Pie Sliced Bread

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

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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!

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One kind word can warm three winter months.
The answer to the brain teaser:

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Please designate this donation:

In Memory of _____ or

In Honor of _____

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

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- ☐ AddLIFE Today! Publishing
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Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913





This word find puzzle provided by
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CHANGE SERVICE REQUESTED

X

WINTER: Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb. Solution found on page 35.

BLACK ICE
 BLIZZARD
 BOOTS
 CARNIVAL
 CHRISTMAS
 COLD
 EGG NOG
 FIREPLACE
 FIREWOOD
 FOG
 FREEZE
 FROST
 GLOVES
 HAIL
 HEADBAND
 HIBERNATION
 HOCKEY
 HOLIDAYS
 ICE FISHING
 ICICLES
 KNIT CAP
 LONG UNDERWEAR
 MITTENS
 OLYMPICS
 PARKA
 SCARF

SEASON
 SKATES
 SKI DOO
 SKI PANTS
 SKIING
 SLED
 SLEET
 SLIPPERY
 SNOW CASTLE
 SNOW PLOW
 SNOW SHOVEL
 SNOW TIRES
 SNOWBALL
 SNOWBOARD
 SNOWFLAKE
 SNOWMAN
 SNOWSHOES
 SOLSTICE
 SOUP
 STEW
 STORM
 SWEATSHIRT
 TOBOGGAN
 VACATION
 WIND CHILL
 WOOL SOCKS

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