



# Add **LIFE** Today!

Laughter  
Independence  
Friends &  
Energy

Fall 2017  
Vol 9/ Issue 3

## **OCTOBER 15TH-DECEMBER 7TH IS MEDICARE OPEN ENROLLMENT SEASON! IT'S TIME TO CHECK YOUR PRESCRIPTION DRUG PLAN!**

**EVERY YEAR, DRUG PLANS CAN CHANGE!** THEY MIGHT COST MORE!  
THEY MAY NO LONGER COVER YOUR MEDICINE! A NEW PLAN MIGHT  
BECOME AVAILABLE THAT COULD SAVE YOU MONEY!

FOR MOST PEOPLE, THE ANNUAL OPEN ENROLLMENT SEASON IS THE  
**ONLY TIME** YOU ARE ABLE TO SWITCH DRUG PLANS IF YOU NEED TO!

IT IS IMPORTANT TO **CHECK YOUR DRUG PLAN EVERY YEAR**  
**EVEN IF YOUR MEDICATIONS HAVE NOT CHANGED!**

THE ADRC WILL BE HOLDING **MEDICARE PART D CLINICS** DURING OPEN  
ENROLLMENT WHERE WE WILL HELP YOU DETERMINE WHAT PLAN IS  
BEST FOR YOU!

**THESE CLINICS ARE FREE** AND WILL BE OFFERED IN BARABOO, PLAIN  
AND PRAIRIE DU SAC! BUT HURRY.....SPOTS FILL QUICKLY!!!!

**TO SCHEDULE AN APPOINTMENT FOR MEDICARE CLINICS**  
**CALL THE ADRC RECEPTIONIST AT 355-3289**  
**(SCHEDULING FOR MEDICARE CLINICS BEGINS OCTOBER 2ND, 2017)**

**\*NOTE: THERE IS NO CHANGE TO SENIOR CARE, THE FORWARD CARD OR  
VETERAN'S DRUG COVERAGE.**

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## ADRC Office Hours:

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

**Tuesday 8:00 a.m. - 6:00 p.m.**



***You have never really lived***

***until you have done***

***something***

***for someone***

***who can never repay you.***





## FROM THE DIRECTOR'S DESK

*Susan Blodgett*

*Aging & Disability Resource Center Director*



# Caregiving is Hard!

## *Let the ADRC help*

No one will ever say being a caregiver is easy! Being a caregiver has so many challenges, both physically and emotionally. That's why the ADRC is here to help. The assistance we are able to support you with is available year round but especially helpful during the fall and winter months.



### **Caregiving is hard during the cold weather months!**

The challenges of being a caregiver seem to increase when the days become shorter and colder and we spend more time in doors. Falling is always a danger for those with weak legs and poor balance, add ice and snow to the mix and it's an accident waiting to happen. *The ADRC has a Helping Hands at Home list which can connect you with people who are available to be hired to help with the snow shoveling.*

The long days of winter can leave seniors feeling alone and depressed, they may lose their desire to eat. *A warm meal delivered by our ADRC Home Delivered Meal volunteers not only*

*provides a nutritious meal, but also a friendly face who sees that you and your loved one is doing OK.*

Traveling to medical appointments, and running errands is even more challenging during the cold winter months. *The Transportation program is able to match volunteer driver escorts to your need for a ride to your medical appointment and trips of necessity. There is a shopping bus to make it easier to get to the store. The Transportation program also provide 1 / 2 price taxi tickets for those who live in communities that have taxi services.*

### **Caregiving is hard and there is so much to do!**

Being a caregiver not only means you are taking care of your loved ones physical needs, but you are also working to make sure all the necessary programs and financial assistance is in place. Often you are so overwhelmed you don't know where to start. At the ADRC, we say start with us! *The Information and Assistance (I&A) program can help you find answers to questions you have. They are able to help you connect with services and programs to help you and your loved one.*

When a situation needs more specific help, the I&A Specialist may refer you to our Disability or Elder Benefit Specialists. *They are able to help understand and advocate for you with disability*

*(Continued on page 4)*

(Continued from page 3)

*applications, medical bills, insurance concerns, selecting a supplemental insurance, etc. They are able to help you find the most cost effective Medicare Part D plan during open enrollment.*

### **Caregiving is Hard so take care of yourself**

Feeling overwhelmed and as if you have no one who understands what you are going through makes caregiving even harder. *The ADRC has several support groups that will allow you to meet others that maybe experiencing the same things you are.*

*The Powerful Tools for the Caregiver program teaches you the skills to be the best caregiver you can be and still take care of yourself.*

*The Care for the Caregiver program offers a limited number of Caregiver Respite scholarships so you can take time for yourself. Contact Marina, the ADRC's Caregiver Specialist about all that is available to help you in the caregiving journey.*

### **Caregiving is Hard, so try to find the positive in your situation.**

When reading a great article, "How Caring for a Spouse Can Strengthen Your Bond", on *AgingCare.com*, I was reminded how important it is to replace negative emotions such as anger, depression and hopelessness with a desire to be happy. The quote that stood out to me most was "Always remember when caregiving to make a conscience choice to make everyday the best day you can". The article suggested that it's easy to focus on what is going wrong, but it take discipline to think positive thoughts.

**We know Caregiving is Hard,  
and that's why the ADRC  
is here to help!**

-- Susan 

## **Tips From Your Therapists**



- Stay active both physically and socially
- Exercise can help you to avoid falls
- You can get stronger when you get older
- Your brain, bones, and health want you to exercise
- You don't always need surgery or medications to manage your pain
- You don't "just have to live with bladder leakage"
- Get enough sleep - it's important to the health of your memory
- The storage of the human brain is limitless
- Keeping your brain active through word puzzles, reading and social activities decreases the chances of dementia and memory loss
- Maintain a positive attitude

If you and your loved one are experiences memory issues, pain, falls, bladder leakage, contact your Therapy Team. They are happy to try to help!

**This Partnership article is provided to you by:**

Wisconsin Dells Health Services  
Skilled Nursing & Rehab Center  
300 Race St \* Wisconsin Dells  
608-254-2574  
[www.wisconsindehshs.com](http://www.wisconsindehshs.com)



# What papers do I need to keep and for how long?



Stay on top of your financial clutter. This list will be a guide for which financial records you should hang on to and which ones you can toss.

## Clear out monthly:

- **Credit card receipts** – You can pitch after you have matched them up to your monthly statement.
- **Sales receipts** – For most small purchases you can get rid of the receipt once you have used the item; however, if it is a receipt for a major purchase (with a warranty), a tax deductible expense or a home improvement, hang on to them.
- Also, if you have bought expensive items such as jewelry, art, antiques, furniture or computers keep these receipts in your insurance folder in case you ever need to prove what they are worth.
- **ATM receipts** – Toss them once you've recorded the transaction in your check register and matched the amounts up to your bank statement.

## Clear out each year:

- **Credit card statements** – Toss these if they don't have any important tax information on them (if they do keep with tax records for 7 years).
- **Paycheck stubs** – you don't need these once you have reconciled them with your W-2 or 1099 forms.
- **Monthly bank statements and credit card statements** – you don't need them unless they include information on tax deductible expenses.
- **Monthly or quarterly investment statements** – These can be shredded once

you have checked against the annual statements.

- **Utility and phone bills** – dump these unless you have a home office for tax purposes, make business calls from your home phone or see that you will need to prove long-term residency).
- **Monthly mortgage statements** – as long as your annual statement shows the total amount you have paid in interest and real estate taxes during the year.

## Hang on to for seven years:

- **Records for tax deductions taken.** The IRS has 6 years to go back if they think you underreported your taxable income by more than 25%. This includes cancelled checks and receipts for:
- Mortgage interest and real estate taxes, out of pocket medical expenses, child care expense, home office deductions, charitable contribution and other tax related expenses.
- **W-2 and 1099 forms**
- **Year end statements from credit card companies**

## Hang onto indefinitely:

- **Tax returns**
- **Year end summaries from investment accounts**
- **Confirmations for investments that you still own**
- **Records for purchases and sales of real estate**
- **Home improvement records**
- **Receipts for major purchases**

*Remember to shred any documents that contain personal information.*





# Cop's Corner

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

## Traffic Direction and Move Over Law

I'm sure that we have all been in this scenario, driving down the street and suddenly there is a police or fire vehicle blocking the roadway. Often times there is an officer there, directing traffic and as we approach, we are not sure what to do. Hopefully these points will make it a little less confusing.

As you approach an Officer directing traffic:

- Slow down
- Watch the officer for hand signals showing you which way to go
- Be prepared to stop
- Never go around the officer or squad car
- Do not go left of center unless directed to do so
- Obey all signs posted for the roadway unless otherwise directed

Common Signals:

- One arm pointing the direction to travel with the second arm moving in a circle to show that they wish you to be moving.

- One or both hands up, palms to you indicating a stop. This may also be seen with a wave of the arms and a crossing of light batons.
- These will sometime be accompanied with audible whistle signals.

Just remember that there is a reason that an officer is directing traffic. It could be that there is a traffic crash, fire or impassable roadway. By directing cars to go around another route, we are looking after the safety of you and other.

Wisconsin also has a "Move Over Law". Drivers have two options for creating a safety zone:

- If the road has more than one directional lane, like the Interstate, and you can switch lanes safely, you must move over to vacate the lane closest to the law enforcement or other vehicle with its lights flashing.
- If the road has a single directional lane or you can't safely move over, you must reduce your speed.



Mark R. Schauf  
Chief of Police  
Baraboo Police Department

*Our House Senior Living invites you to join us for the*  
**Largest Senior Event in Central WI**

All Things  
**SENIOR** *Expo*

Thu., Nov. 2, 2017  
10 am - 2:30 pm

**HO-CHUNK**  **GAMING**  
WISCONSIN DELLS

## Educational Presentations & Health Screenings

Don't miss out on the largest senior expo in the area. This one-day event is a one-stop-shop for adults with disabilities, seniors and their caregivers who are looking to connect with local resources.

- Over **75 vendors** from the local area
- Attendees receive **\$10 in Free Play** to Ho-Chunk Gaming Wisconsin Dells
- Hourly **breakout sessions** and an appearance by country legend **Maggie Mae**.

Live Performance  
by Country Star  
**Maggie Mae!**

Hosted by:

*Our House*  
SENIOR LIVING

*We hope to see you there!*

# 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!



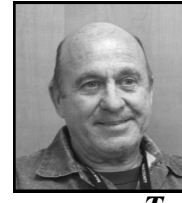
*Robin*



*Bill*



*Gary*



*Tom*



*Dave*

## Health Matters More Than Age

It's your health — not your age — that matters most in driving safely. As you get older, you may notice physical changes or changes in other abilities. For example, you may have difficulty seeing at night or may not react as quickly to sudden changes. These changes can affect your driving, especially in challenging situations like merging or changing lanes.

Age-related changes that may affect driving include changes in vision, hearing, attention and reaction time, and strength, flexibility, and coordination. Medications and certain health conditions can also affect people in ways that make driving dangerous. Age-related changes vary widely from one person to the next. That's why some people can continue driving much longer than others.



### Vision Changes

Eyesight often worsens with age. Older eyes need more light and more time to adjust when light changes, so it can be hard to see clearly, especially at dawn, dusk, and night. Eyes

become more sensitive to glare from headlights, street lights, or the sun, making it difficult to see people, things, and movements outside your direct line of sight.

Peripheral vision — the ability to see to the side while looking ahead — often declines as people age, increasing the risk of crashes. In addition, field of vision — how much you can see all at once — narrows, making it harder to spot an object in a cluttered view. Eye diseases such as cataracts, glaucoma, and macular degeneration become more common as people get older. It may be harder to read signs and see colors.

### Hearing Changes

Age-related hearing loss can make it harder to notice horns, sirens, and noises from your car. That can be a problem because these sounds warn you of possible danger.

### Changes in Attention and Reaction Time

To drive safely, people must be able to pay attention to many things at once and react to sudden changes. They need to make decisions — sometimes very quickly — and act in time to avoid accidents and stay safe.

As people get older, they process information and react more slowly. Their attention span may be shorter. It also becomes more difficult to do two things at the same time. As a result,



older adults may feel overwhelmed by all of the signs, signals, pedestrians, and vehicles at intersections. Older adults may also have trouble judging gaps in traffic. This can make it more difficult to turn left at intersections or to merge with traffic when turning right.

### **Physical Changes**

As people age, their joints may get stiff, and their muscles may weaken. Maybe they have trouble walking or feel pain in their knees, legs, or ankles. All of these symptoms can make it harder to drive safely. A person may not be able to turn his or her head to look back, turn the steering wheel quickly, or brake safely.

### **Medications**

Older adults generally take more medicines than when they were younger. Both prescription and over-the-counter medicines can affect the ability to drive safely by making you feel tired, dizzy, or nauseated. For example, certain cold remedies can cause drowsiness. Medications that treat depression, anxiety, stress, sleeping problems, heart disease, and muscle spasms can also cause problems. Not taking required medicines can cause problems as well. Studies have shown that using certain medications or many medications increases the chances of being in a crash.

### **Health Conditions**

Some health problems seen in older people can interfere with driving. It is often possible to keep driving in the early stages of a disease. But, as the disease gets worse, a person may decide that it is no longer safe to drive. Any health condition that affects the arms, legs, neck, or back can affect someone's fitness to drive. Serious impairments are associated with a higher risk of crashes. Several age-related diseases and conditions can affect the ability to drive. Here are some of the most common ones.

**Diabetes** can make a person's blood sugar levels too high or too low. That can make him or her feel sleepy, dizzy, or confused. It can

also cause a loss of consciousness or a seizure. People with diabetes-related complications should consult their healthcare team for guidance on driving.

**Macular degeneration** can distort a person's central vision and lead to the loss of sharp vision. That makes it hard to see road signs, traffic, and pedestrians.

**Arthritis** can make a person's joints swollen and stiff, limiting movement of the shoulders, hands, head, or neck. This can make it hard to grasp or turn the steering wheel, apply the brake and gas pedals, put on a seatbelt, or get in and out of a car.

**People with Alzheimer's disease** or other kinds of dementia may not realize they are no longer safe drivers. They might get lost while driving, even in familiar places, and need lots of help with directions. It's important to tell a family member or friend if you become confused when driving. People with severe dementia should not drive. Having a passenger guide someone with dementia through the driving task is not safe, either.

**Stroke** can affect the ability to speak, think clearly, or control one's body. It can cause weakness or paralysis on one side of the body. As a result, a driver may have trouble using the car's controls, drift across lanes, or be confused by traffic.

**Parkinson's disease** can cause a person's arms, hands, or legs to shake and affect balance and movement. A driver may not be able to react quickly to danger, turn the steering wheel, or push the brake pedal.



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Having a particular health condition does not necessarily mean the end of driving. But you should pay attention to how well you drive. If you or someone you know is concerned about your driving, talk to your doctor and consider getting a driving evaluation. For more

information about driving and specific health conditions, visit [www.nhtsa.gov/Senior-Drivers](http://www.nhtsa.gov/Senior-Drivers).

Acknowledge: National Library of Medicine (NLM)

Article: <https://nihseniorhealth.gov/olderdrivers/howhealthaffectsdriving/01.html>



## Fun-day Travels

### FUN DAY TRAVEL RESERVATIONS !!!

Changes are being made to be fair to all due to the timing and receipt of our newsletter.

- Reservations are taken up to 2 WEEKS PRIOR TO DAY OF TRIP
- Please call the Reservation line at 608/355-4888.
- You can reserve a spot for yourself and 1 OTHER PERSON.
- We will notify you 24 hours prior to departure regarding pick up times and location

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!**

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

#### September Events

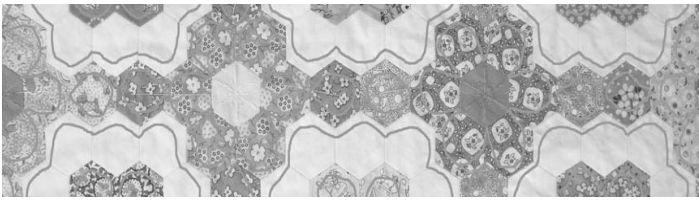
Thursday, September 7	Quilt Bus Expo – Madison
Tuesday, September 12	Greenway Station
Tuesday, September 19	Oakwood Fruit Farm & Pecks Market
Tuesday, September 26	Sun Prairie Marcus Theatre \$5.00 Cinema

#### October Events

Tuesday, October 3	Merrimac Ferry & Slacks Jelly Farm
Tuesday, October 10	Oakwood Fruit Farm & Richland Center
Tuesday, October 17	Fall Color Tour/Amish Area/Wildcat Mountain
Tuesday, October 24	Hilldale & Target

#### November Events

Thursday November 2	All Things Sr Expo @ Ho Chunk
Tuesday, November 7	WI Capital Self Tour/WI Historical & Veterans Museums
Tuesday, November 14	East Towne Mall
Tuesday, November 21	Sun Prairie \$5.00 Marcus Theatre
Tuesday, November 28	West Towne Mall



**RIDE WITH US ON THE BUS!**

**Thursday, September 7 to the  
2017 QUILT EXPO  
in Madison**

**Please contact the  
ADRC Reservation Line  
at 608/355-4888  
for more information**

The ADRC offers specialized transit bus service. Call ahead and make a reservation to be picked up from your community by our Transit bus. This is a round trip service for your shopping or social excursion needs.

**Transportation Cost is \$5.00  
This does not include admission to  
the Quilt Expo**

**Discount Advance Tickets to the  
Expo can be purchased at :**

**Ardyth's Sew-N- Vac Shoppe  
in Baraboo**

**Quintessential Quilts  
in Reedsburg**

**Call to reserve your spot on the  
bus today!**



## *Dementia Support* Offered at the ADRC

The ADRC is proud to announce that the Alzheimer's and Dementia Alliance of Wisconsin will be holding office hours in our office the first Tuesday of each month from 11:00 a.m. - 1:00 p.m.

Janet Wiegel, from the Alzheimer's and Dementia Alliance of Wisconsin (ADAW), serves as the Outreach Specialist for Columbia, Marquette, and Sauk Counties. Janet's role as an Outreach Specialist is to support those with Alzheimer's and dementia and their caregivers and family member.

Janet knows that when you are diagnosed with any form of dementia you have many questions and concerns. She knows that when a family member or friend is diagnosed you want to learn how to support that person and help them live their life as fully as possible. She is a listening ear and will be able to gently provide guidance, information, resources and services to help you. Janet knows that each person's journey with dementia is different, so she is able to help you discover techniques to support your situation.

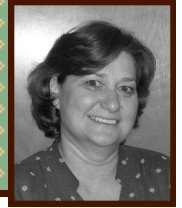
If you would like to meet with Janet at the ADRC office, please call her at 608-742-9055 or 608-697-2838 to schedule an appointment. Janet will also see people on a walk-in basis if the schedule allows.





# The Volunteer Buzz

Cathy Bindl



## Do You Have The Drive To Volunteer?

I know there are so many wonderful people who want to help others. So I'm asking you to share your time and talents with the ADRC.

The Transportation program is in need of people who are willing to volunteer as driver escorts. The ADRC tries to match a person in need of transportation with a volunteer driver escort who lives near them to help keep the cost of the ride down. This means we need more drivers all around Sauk County. We have the greatest need for volunteer driver escorts for the Baraboo, Reedsburg, Merrimac, LaValle, and Lake Delton communities, but appreciate are additional drivers throughout Sauk County



When considering being a driver, know that you are reimbursed your mileage but **are** volunteering

your time. You are driving only when you want to and there is no obligation to drive a certain number of trips. If we call and ask you to drive and you have other plans or just want a break, you simply tell us "no".

The Nutrition program is in need of people who are willing to volunteer as Home Delivered Meal drivers and as helpers in the Dining Centers.

Home Delivered Meal volunteers bring a warm meal to eligible clients. The volunteers also know it more than the meal, they are the smiling face that is so appreciated and the person who is there to



make sure the client is OK. Home Delivered Meal volunteers may choose to volunteer one day each week, multiple time each week or as a substitute filling in when they are needed and it works into their schedule. Meals are delivered between 11:00 and 1:00 five days a week.

The Dining Center volunteers help package the meals for the Home Delivered Meals and serve the diners who join in the meal at the dining centers. They help clean up afterwards. The friendship and comradery is enjoyed by all!

If you are interested but still have questions, give me call at 355-3289! I can explain the programs in more detail.

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

- Cathy





## Looking for Volunteers!

LOVE WORKING WITH PEOPLE?

GOOD WITH NUMBERS?

### Volunteer for AARP Foundation Tax-Aide Tax Preparation!

The AARP Tax-Aide program, designed to help low to moderate income taxpayers, especially those 60 years old and older, in filing taxes and homestead tax credit, needs you.

There is a need for Tax Preparation Volunteers, Tech Coordinators, and Greeters.

Speak another language? -- there is an urgently need for you!!

Contact:

PATRICIA A. SCHMITZ

AARP Tax Aide Coordinator for the Sauk County,  
at 608-524-0918

## *Do you have an idea?*

When recruiting volunteers I tell people “if you would like to be a volunteer in a way that I haven’t thought of let me know!”

Well, let me tell you how that went with a volunteer. Mary Ann contacted me and said she wanted to volunteer but now lived in an assisted living and had no transportation. She said she still wanted to help people and bring them joy. So, Mary Ann and I brainstormed different ideas. Through our conversation we decided that her mailing birthday cards to our Home Delivered Meal clients would bring joy to both the clients and to her!

Mary Ann was able to find a great way to touch lives without even living her home!

***Thank you Mary Ann for volunteering!***

## WE ARE SEARCHING FOR VOLUNTEERS



### Current Volunteer Opportunities

- The Baraboo Dining Center is in need of volunteers to help deliver meals on a regular basis and also volunteers to be substitute home delivered meal drivers.
- The ADRC would like to have you join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity. We are especially in need of drivers for the Baraboo, Reedsburg, La Valle, Merrimac and Lake Delton communities.
- The ADRC is looking for drivers for the Spring Green area who would be interested in driving people to and from the Senior Meal Program in Spring Green.
- The Reedsburg Dining Center would like to welcome volunteers to help in their dining center. They especially are looking for help on Mondays and Fridays.
- If you would like to be a volunteer in a way that I haven’t thought of - give me a call and we can talk about it!

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

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

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

# For Your Benefit . . . Your Elder Benefit Specialists

Mindy Shrader serving the western part of Sauk County  
and  
Pam Fuchs serving the eastern part of Sauk County

Call 355-3289

or (800) 482-3710

To confirm site visits or to  
schedule office appointments



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

Howard Wynne Apartment		October 3 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	September 5 10:00 - 11:00	October 3 9:30 - 10:30	November 7 10:00 - 11:00
Plain Green TTEC	September 6 1:00-3:00	October 4 1:00-3:00	November 1 Open Enrollment, please call 355-3289 for an appointment
Spring Green Senior Center	September 20 10:30 to 11:30	October 18 10:30 to 11:30	November 15 10:30 to 11:30
Spring Green Library	September 20 1:00 to 2:00	October 18 1:00 to 2:00	November 15 1:00 to 2:00



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

Presented by:

Mindy Shrader and  
Pam Fuchs

The next workshop will be:  
Tuesday, September 12  
at 4:30 p.m.  
West Square Building,  
Room B30  
505 Broadway, Baraboo



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

Sauk/Prairie Community Center	September 14 10:00 to 11:30	October 12 10:00 to 11:30	November 9 10:00 to 11:30
Merrimac Village Hall		October 18 10:00 - 11:00	

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.

## Watch for New Medicare Cards

*By the GWAAR Legal Services Team*

Medicare has provided health insurance coverage to older adults for over 50 years. Medicare A & B have always utilized people's Social Security numbers as their identification numbers. However, with increasing instances of identity theft across the country, the Social Security Number Removal Initiative was signed into law in 2015 to change the means of identification of Medicare beneficiaries. The Center for Medicare & Medicaid services (CMS) has been working on implementation of this change over the past few years to ensure a smooth transition, reduce the instances of scams related to the transition, and to work with both insurance providers and medical providers who will need to update their methods for submitting claims and billing Medicare on behalf of patients. The identification number conversion will affect over 55 million Medicare beneficiaries nationwide.

New Medicare cards will be mailed out to Medicare beneficiaries in two groups. Some

people will receive their new Medicare cards towards the end of 2018 and others will receive their new Medicare cards in early 2019. The CMS expects all cards to be replaced by April 2019.

Medicare beneficiaries do not need to do anything to receive their new card—it will come automatically in the mail. As a reminder, Medicare will *never* call beneficiaries to ask for their Medicare numbers, or ask them to pay a fee associated with the replacement card.

Anyone who receives a phone call from someone purporting to be calling from Medicare should hang up and report the contact to the Federal Trade Commission (FTC) here:

<https://www.ftccomplaintassistant.gov/>

For more information on the transition to new Medicare cards, visit:

<https://www.cms.gov/medicare/ssnri/index.html>

[https://www.consumer.ftc.gov/blog/new-medicare-cards-are-way?utm\\_source=govdelivery](https://www.consumer.ftc.gov/blog/new-medicare-cards-are-way?utm_source=govdelivery)



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## Lease Provisions that Will Void a Rental Agreement

*By the GWAAR Legal Services Team*



In dealing with issues between landlords and tenants, it is always important to obtain a copy of the rental agreement, also called a lease. The rental agreement generally controls what can be done by the tenant or the landlord. The rental agreement explains the tenant's rights.

Federal and state laws also restrict the rights of a landlord and a tenant. For instance, a lease could not restrict anyone who is disabled from renting an apartment.

Wisconsin law provides 10 general provisions

*(Continued on page 16)*

(Continued from page 15)

that a landlord cannot put in a rental agreement. ***If a rental agreement has any one of these provisions, the landlord cannot enforce the entire rental agreement.*** The tenant may vacate the apartment and not pay any more rent. This is true even if the landlord never uses or enforces these provisions.

The following 10 clauses will void the lease if the rental agreement:

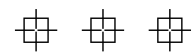
- (a) Allows the landlord to evict a tenant by means other than after the landlord obtains a court order to evict the tenant;
- (b) Accelerates the rent payments, if the tenant does not pay rent or otherwise does not follow the terms of the rental agreement;
- (c) Waives the landlord's duty to try and rent the apartment to another tenant, if a tenant breaks the lease;
- (d) If a dispute arises, allows the landlord under the rental agreement to have:
  - (1) A court enter a judgment against the tenant without the tenant being able to object to that judgment or participate in the court hearing;
  - (2) The tenant pay the attorney's fees or other costs of the landlord;
- (e) Relieves the landlord from paying for property damage or personal injuries caused by the land-lord's negligent acts or failure to act;
- (f) Imposes liability on a tenant for injuries or damages which are:
  - (1) Clearly beyond the tenant's control;
  - (2) Caused by a natural disaster; **or**,
  - (3) Caused by a person other than the tenant or the tenant's guests;
- (g) Waives the requirement that the apartment must be fit or habitable when the tenant first moves in or removes the requirement that the

landlord maintain the unit while the tenant lives there;

- (h) Allows the landlord to take certain actions, such as increasing the rent, because the tenant contacts the police or health or safety service personnel;
- (i) Allows the landlord to evict the tenant for a crime committed on the rental property and the rental agreement does not include the notice of domestic abuse protections that a landlord must include in a rental agreement; or,
- (j) Allows the landlord to evict the tenant solely based on a crime when the tenant or someone who lawfully lives with the tenant is a victim of that crime.

Under Wisconsin state law, the above provisions cannot be in a rental agreement.

Each case presents unique facts which should be interpreted by an attorney who can provide specific legal advice. Tenants who find one of these provisions in a lease should consult with an attorney prior to taking any action.



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# Got Questions?? The ADRC has Answers!

Learn more about what the  
Aging & Disability Resource Center  
does and how they can support you.

Join us  
for a presentation

September 13 at 10:00 a.m.  
at the  
Spring Green Community  
Church  
151 Bossard St, Spring Green

*Caregivers are encouraged to attend!*

## Medicare 101 and more...

Medicare A, B, C  
(Medicare Replacement) and  
Medicare Part D Drug Plans,  
Get all your questions answered!

A Presentation by  
Mindy Shrader and Pam Fuchs  
Elder Benefit Specialists of the  
Aging and Disability Resource Center

St Clare Hospital, Ringling Rooms  
Thursday, September 21, 2017  
10:00 am-12:00 noon

Call  
St. Clare **HOSPITAL's** GoldenCare  
For Reservation (608) 356-1407  
Refreshments to be provided



*Sauk County/Baraboo Dementia Friendly Community presents:*

In the movie, **Still Alice**, Dr. Alice Howland is diagnosed with early-onset Alzheimer's disease shortly after her 50th birthday. The movie focuses on her life as the disease progresses.



**Still Alice** will be viewed on  
Thursday, October 19<sup>th</sup> at 6:00 p.m.  
Baraboo Public Library

Registration is appreciated but not required.  
Please call Cathy at the ADRC at 355-3289 to register.



Holly Schafer

## Disability Benefit Specialist

Quinn Hause



# ticket to work *puts people back in the driver's seat*

By Rhonda Whitenack and Jim Czechowicz  
Social Security Public Affairs Office  
in Bloomington and St Paul

Social Security encourages people to rejoin the workforce when they are able. *Ticket to Work* is our free and voluntary program that helps people get vocational rehabilitation, training, job referrals, and other employment support services.

This program is for people ages 18 to 64, who are receiving disability benefits, and need support re-entering the workforce or working for the first time. While many disabled individuals are unable to work and may never be able to return to work, we know that some are eager to try working again. Work incentives make it easier to work and still receive health care and cash benefits from Social Security while providing protections if people have to stop working due to a disability.

Social Security works with employment networks to offer beneficiaries access to meaningful employment. Employment networks are organizations and agencies, including state vocational rehabilitation agencies that provide various employment support services. Some services they may help with include résumé writing, interviewing skills, and job leads.

*Ticket to Work* gives individuals the

opportunity to choose from several employment networks. Participants are free to talk with as many employment networks as they want before choosing one. If someone signs an agreement with an employment network, they'll help the individual develop an employment plan. We'll review their progress toward achieving the goals of their employment plan every 12 months. If they are making timely progress in their return to work plan, we will not conduct a medical review of their disability during the time they're in the program.

Many people have successfully completed the *Ticket to Work* program. Anyone interested in the *Ticket to Work* program should call the *Ticket to Work* Helpline toll-free at 1-866-968-7842 (TTY 1-866-833-2967). More information on the program is available online at [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work).



Remember, Social Security is with everyone through life's journey, providing resources that can help people reach their work and retirement goals.



# Social Security Questions & Answers

**Question:**

How can I protect myself against identity theft?

**Answer:**

First, don't carry your Social Security card with you. Keep it secure at home with your other important papers. Second, don't readily give out your Social Security number. While many banks, schools, doctors, landlords, and others will request your number, it is your decision whether to provide it. Ask if there is some other way to identify you in their records.

If you are the victim of identity theft, you should report it right away. To report identity theft, fraud, or misuse of your Social Security number, the Federal Trade Commission (the nation's consumer protection agency) recommends you:

- Place a fraud alert on your credit file by contacting one of the following companies (the company you contact is required to contact the other two, which will then place alerts on your reports):
  - Equifax, 1-800-525-6285; or
  - Trans Union, 1-800-680-7289; or
  - Experian, 1-888-397-3742.
- Review your credit report for inquiries from companies you have not contacted, accounts you did not open, and debts on your accounts you cannot explain;
- Close any accounts you know, or believe, have been tampered with or opened fraudulently;
- File a report with your local police or the police in the community where the identity theft took place; and
- File a complaint with the Federal Trade

Commission at 1-877-438-4338 (TTY 1-866-653-4261).

**Question:** I suspect that someone I know is collecting Social Security disability benefits when they shouldn't be. What is the best way for me to report fraud?

**Answer:** You can report fraud online at <http://oig.ssa.gov/report> or call the Social Security Fraud Hotline at 1-800-269-0271. Social Security has zero tolerance for fraud and uses many proven tactics to prevent fraud, waste, and abuse. Our Office of the Inspector General is relentless in its pursuit of people who conceal work activity while receiving disability benefits. We investigate and seek prosecution for people who receive benefits for a child or children who aren't under their care, or who fail to notify Social Security of the death of a beneficiary and continue to receive and cash checks of the deceased. We also depend on you to help stop fraud.

**Question:**

I can't seem to find my Social Security card. Do I need to get a replacement?

**Answer:**

In most cases, knowing your Social Security number is enough. But, if you do apply for and receive a replacement card, don't carry that card with you. Keep it with your important papers. For more information about your Social Security card and number, and for information about how to apply for a replacement, visit [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). If you believe you're the victim of identity theft, read our publication *Identity Theft and Your Social Security Number*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).





## Sauk County Foot Clinics Schedule

### Please Note the New Phone Number

Call the Health Department at **355-4338**

The cost for the foot clinic visit  
is \$30.00.

#### Baraboo - West Square Building

Tuesdays - Sept. 5 & 19

Tuesday - Oct. 3 & 17

Tuesdays - Nov. 7 & 21

Wednesday - Oct. 18

#### LaValle - Fire Department

Wednesday - Sept. 27 & Nov. 22

#### Plain - Plain Green TECC

Wednesday - Oct. 25

#### Reedsburg - Maple Ridge

Tuesday - Sept. 12, Oct. 10 & Nov. 14

Thursday - Oct. 19

#### Reedsburg - Willow Heights

Wednesday - Oct. 11

#### Reedsburg Area Senior Life Center

Wednesday - Sept. 13 & Nov. 8

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

Thursdays - Sept. 7 & 14

Thursdays - Oct. 5 & 12

Thursdays - Nov. 2 & 9

#### Spring Green - Christ Lutheran Church

Tuesdays - Sept. 26 & Nov. 28

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



- Thank you to an anonymous donor for the donation to the publishing of the *AddLIFE Today!*
- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Jerry & Patricia Bullard for their donations to the Home Delivered Meal program.
- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Gene Hackbarth for his donation to the Home Delivered Meal program in memory of Lin Hackbarth



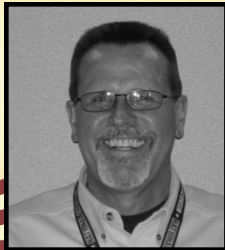
*Beautiful young people are accidents of nature,  
but beautiful old people are works of art.*

*- Eleanor Roosevelt*



## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



VETERANS MESSENGER



### Dear Friends,

We have recently had several situations arise with veterans mistakenly being charged for copays from the VA Health Care system. There is a common theme with the situations that I want to alert all of you about.

Several years ago the VA stopped requiring veterans that are in no co-pay status to do a means test, reporting annual income. What we are starting to see happen now because of this is that the VA is changing the veteran's copay status automatically from one where they didn't have any copays to one where they do.

So a couple of things: First, while the VA no longer requires veterans to report their income annually, it is important for those who are in a no copay status and less than 50% service connected, or not service-connected at all, to do this means test early every year.

Secondly, if in the past few years you were not getting charged by the VA and suddenly you are getting charged for dr visits or medications, you should immediately contact our office to see if we can get this fixed for you and hopefully get some of your money back.

As of this date, there have been no changes in VA health care or in relation to how they do business with or refer veterans to private care. While there has been a lot in the news regarding upcoming changes with VA health care and how they interact with private providers and refer veterans to them, there is nothing official in this regards at this time, and we do not expect there to be any changes before next year. We will keep you posted though our Facebook page and our Website.

**In Your Service,**  
*Tony*



### Connect with the Sauk CVSO

Stay up to date with important veteran related items and events:

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

**Facebook:** Sauk County Veterans Service Office

**Twitter:** @saukcountyvets

General **E-mail** for our office is  
[Vetservice@saukcountywi.gov](mailto:Vetservice@saukcountywi.gov)



We want to thank the following for their recent donations to the Veterans Care Trust Fund: Bob O'Brien, Pierces, American Legion Post 350; Halen Grover, DAV Auxiliary 8; Gordon Priegel; and Anonymous. These tax deductible donations are used to help needy veterans of Sauk County.



### ***Assistant Veterans Service Officer***

Veterans Service Office  
505 Broadway  
Baraboo, WI 53913  
Telephone (608) 355-3260  
www.co.sauk.wi.us

*Louie Birkholz*

### **Honorably discharged veterans will soon get to shop tax-free**

Starting later this year, all honorably discharged veterans, no matter their branch of service, will be eligible to shop tax-free online at the Army & Air Force Exchange Service with the same discounts they enjoyed on base while in the military. It's the latest way in which the organization is trying to keep its customers as the armed forces shrink and airmen and soldiers buy more for delivery.

Adding 13 million potential new customers will give extra ammunition to the group that runs the stores on U.S. Army and Air Force bases worldwide as it fights Amazon and other retailers for veterans' online shopping dollars.

Since hiring its first civilian CEO five years ago, the Exchange has upgraded the brands at base stores to include items like Disney toys, Michael Kors fashions and other top names. Like private stores, it's also imposed tighter cost controls, reduced the number of employees and improved people's experience on the website.

"The intent is to really beat Amazon at their game because we have locations literally on the installations," said CEO Tom Shull. "We're leaning toward not just ship-from-store but pick-up-from-store and eventually deliver-from-store."

Within the next three years, Shull said the goal is to deliver something on base within two hours of when it is ordered. That's possible partly because the Exchanges are already on base, cleared by security.

### ***Veterans Benefit Specialists***



*Kathy Kent*



*Pamela Russo*



Former Marine Forrest Cornelius was among the first to sign up at the verification website when it launched in June, and got a chance to start shopping early to test it out. The 51-year-old was impressed by the site and a deal he found on Ray-Ban sunglasses.

"The biggest thing is price. They're always going to be a little bit cheaper," said Cornelius, who lives in Dallas.

But competing on price in today's retail environment is increasingly difficult, said Edward Jones analyst Brian Yarbrough. Just look at how much trouble Walmart has competing with Amazon, he said, because Walmart has the fixed costs associated with its stores.

"To think you're going to compete on price, you're going to have a hard time there," he said.

Under Shull's leadership, the Exchange stores have traded their industrial feel and reliance on off-brand merchandise for a more modern look featuring well-known labels.

Two-thirds of the main Exchange store at Offutt Air Force Base resembles any department store, with prominent displays of name-brand makeup, Nike fitness gear and Carter's clothes for kids. The rest is filled with the kind of electronics, appliances, housewares and toys found at Walmart or Sears, with major brands in every section.

Shull feels those are good reasons for the new online shopping privileges to draw veterans to do their shopping there.

"Veterans value the cost savings and what they can do to support the military," he said.

## Wounded Vets to Receive Back Taxes

In early December 2016, Congress voted unanimously to approve the Combat-Injured Veterans Tax Fairness Act of 2016, which was signed into law by President Obama. The Act extends the time that veterans, who were separated from service for combat-related injuries and that had taxes improperly withheld from their severance pay, have to file amended returns and claims refunds for such taxes.

Approximately 10,000 to 11,000 individuals are retired from the Armed Forces for medical reasons each year. Some of these individuals are separated from service as a result of combat-related injuries. In recognition of the tremendous personal sacrifice of veterans with combat-related injuries, severance pay received for combat-related injuries is excludible from income.

It came to Congress's attention that, since 1991, the Secretary of Defense had improperly withheld taxes from severance pay for wounded veterans, thus denying them their due compensation and a significant benefit intended by Congress. Congress recognized that many veterans owed redress were beyond the statutory period to file an amended tax return because they were not aware that taxes had been improperly withheld.

The Combat-Injured Veterans Tax Fairness Act of 2016 directs the Department of Defense (DOD) to identify certain severance payments to veterans with combat-related injuries paid after January 17, 1991, from which DOD withheld amounts for tax purposes. Once such veterans are identified, the DOD must provide the identified veteran with a notice of the amount of improperly withheld severance payments, and instructions for filing amended tax returns to recover such amount.

While the statute of limitations for filing a refund claim is generally three years from the date the return is due or the date the return is

filed, the Veterans Tax Fairness Act of 2016 extends the period of time for filing a severance-related claim to the date that is one year after DOD provides the veteran with the relevant information to file an amended return. The Act further requires that, in the future, the DOD ensure that amounts are not withheld for tax purposes from DOD severance payments to individuals when such payments are not considered gross income.



## Upcoming Events

### September 9, 2017—Best Shot 3 Gun

**Tourney, 10:00 a.m..** 10 rifle shots, 2 shotgun shells, 16 handgun rounds, \$40 entrance fee, register at 9:00 a.m.. Boscobel Area Sportsman Club in Boscobel, WI. For more information call Chris Shriver at (608) 391-0679.

### September 23, 2017—Sauk Prairie VFW Picnic, from 3:00 pm till approximately

**8:00 pm.** They are planning on presenting at least 2 Quilts of Valor presentations about 3:30 pm. It is really quite a presentation to see plus the quilts. For more information contact Bart Mauch Adjutant (608) 393-1287

On **every second Sunday** of the month, The Reedsburg VFW Post 1916 hosts a breakfast buffet from 8:00 am - noon. Adults - \$8.00, children ages 4-11 \$3.00. They serve omelets, scrambled eggs, French toast, pancakes, sausage, biscuits and gravy.



Kari  
Edwards



Megan  
Fecht



Hannah  
Halverson



Rachel  
Heinzman



Julie  
Mayer



Jim  
Pritzkow

## Aging & Disability Specialists

Helping you put the pieces together!

### To Serve You Better!

#### Aging & Disability Specialists Satellite Offices and Extended Hours

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. Please call 355-3289 or 800-482-3710 to set up an appointment.

The **Baraboo** office has extended hours on Tuesdays evenings until 6:00 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.**

Please remember that we are able to accommodate after hours meetings with someone at their request as our schedule allows. You can always contact the ADRC and leave a message, which will be returned at our earliest convenience.



### Supports for those with hearing loss



The ADRC of Eagle Country is participating in a pilot program with the Office of Deaf and Hard of Hearing (ODHH) to bring remote interpreter services into our offices. Our staff will have access to an American Sign Language (ASL) interpreter from ODHH through a computer program which allows for on-demand interpretation services through the internet. Please feel free to contact the ADRC office to learn more about this exciting new program.

In addition, the ADRC office has a hearing loop device which allows individuals with a hearing loss to connect directly to the speaker while cutting out most of the background noise. This technology can be accessed by an individual's hearing aid if it has a telecoil installed or by using headphones which the ADRC can provide when you arrive. Please feel free to ask about using this device while visiting our office.





# Depression:

## a True and Treatable Medical Condition

*By the GWAAR Legal Services Team*

Depression is a true and treatable medical condition, not a normal part of aging. Older adults are at an increased risk of experiencing depression, yet depression in the elderly is often underdiagnosed and undertreated. Symptoms of depression overlap with symptoms of various medical illnesses, such as reduced energy, weight loss, and sleep disturbance. This overlap makes the diagnosis of depression challenging.

Depression is not just having "the blues" or the emotions we feel when grieving the loss of a loved one. The effects of depression extend far beyond changes in mood. Patients become less energetic, experience changes in sleep patterns, changes in their appetites, and decline in physical health. It is a true medical condition that is treatable, like diabetes or hypertension.

In the later years of a person's life, changes occur that can cause depression. These include medical illnesses, death of spouses or other loved ones, and retirement. Individuals who never experienced depression before may experience it for the first time as an older adult.

Depression and the health conditions older adults experience can create a cruel cycle. Older adults experience a health condition that makes them feel depressed. Then the depression makes them feel lethargic. Then feeling lethargic makes it more difficult to treat the health condition or their depression, and this is only likely to make both the depression and health condition worse.

In older adults, untreated depression can last for years. It can lead to or make worse other

problems in physical and mental health and in relationships with others. Depression also makes suicide more likely. Older Americans have the highest suicide rate of any age group, with older men having the highest rate of suicide of any group.

Treatment can help depression and help older Americans enjoy their lives more. Treatment may help older adults better deal with other long-term health problems. Someone experiencing symptoms of depression can take the following steps:

- **Get a Normal Amount of Sleep.** Depression can affect sleep patterns by causing a depressed individual to want to sleep all the time or to not sleep much at all.
- **Exercise.** Studies consistently show that physical activity improves one's mood and is often as effective as antidepressants, but without the dreaded side effects.
- **Eat Healthy.** Eating a lot of sugar and junk food can cause the body to experience crashes. In contrast, healthy food provides energy and nourishment.
- **Increase Healthy Social Connections.** Healthy relationships with others can greatly improve a depressed person's mood. This eliminates feelings of loneliness and isolation. If the depressed individual is physically unable to get around, inviting others over or keeping in touch via email or phone can be effective as well.

Of course, these are actions that would benefit anyone, whether they are depressed or not.

*(Continued on page 26)*

(Continued from page 25)

Some individuals with depression will need to be treated with medicine, counseling, therapy, or a combination of these. It is really important to follow a health care provider's instructions. Treatment for depression usually works, and may also help older adults with other medical problems. Older adults may benefit from early, continuing, and long-term treatment. As always, it is important for health care providers to review the list of drugs that their patients are taking for other health conditions, especially if older adults start to take medication to treat depression.

Most older adults' conditions improve when treated with antidepressant drugs, psychotherapy, or a combination of both. If you become aware that anyone, including an older adult, is in crisis and may hurt themselves or others, you should seek help immediately. You may need to take the following actions:

- Call 911;
- Visit a nearby emergency department or your health care provider's office; or
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor.

The ADRC has resources for accessing help with depression and other mental health concerns. Call 355-3289/800-4852-3710 and ask to speak to an Information and Assistance Specialist.

## Aging Mastery Programs

Two Aging Mastery Programs (AMP) offered in Sauk County. Consists of 10 courses with materials, speakers, discussions, goal setting, and prizes, providing the skills and tools to improve your life.

- 1) AMP at the Fusch Community Center in **Reedsburg**, 2090 Ridgeview Drive, on Thurs, Sept. 7-Nov. 9, 2017 from 6-8p.m. Refreshments served. **Call Baraboo Senior Center, 608-356-8464, to register.**
- 2) AMP at the **Sauk Prairie Community Center** located at 703 Monroe St. in Sauk City, on Mon, Sept. 11-Nov. 13 from 10 to noon. Lunch provided. **Call 608-643-8386 to register.**

Cost \$25.00/person.

## Sip & Swipe Café

The Baraboo Senior Center is now offering Sip and Swipe Cafés to provide FREE lessons on tablet computers. A coach will arrange times at the Senior Center located at the Baraboo Civic Center, 124 Second Street in Room 24. Tablets can be checked out. **Call Center at 608-356-8464 for information.**

## Tai Chi Moving for Better Balance Offered at Baraboo Civic Center

Baraboo Senior Center and Baraboo Parks and Rec. Dept. are co-sponsoring Tai Chi Moving for Better Balance® classes at the gym of the Baraboo Civic Center located at 124 Second Street in Baraboo, on Tues. and Thurs. from 1:00-2:00 pm. Starts on Sept. 12 until Dec. 7. Cost is \$25.00 fee. You receive a DVD and manual. **To register call the Baraboo Parks and Rec. at 608-355-2760.**

# Life

isn't about waiting  
for the storm to pass...

it's learning to  
*Dance in the rain*



# Are you prepared if a loved one goes missing?

Every year in Wisconsin people with Alzheimer's disease or other form of dementia wander off and become lost. Finding the person quickly is the key to a positive outcome, especially during these hot summer months.

Silver Alerts are issued when there is a reasonable belief the missing person's disappearance is a result of cognitive impairment; the request is made within 72 hours of the disappearance and there is sufficient information to share with the public to assist in locating the person. If your loved one is missing, your first step is to call your local police department.

To help law enforcement respond quickly, be sure to keep the following on hand:

- A recent photo of the person in electronic form.
- A current picture of the vehicle the person may be driving.
- Note any markings on the vehicle that could make it easier to identify, like vanity license plates, dents or bumper stickers.

It can also be helpful to include your name on bank and cell phone accounts, allowing you to authorize law enforcement to locate and track your loved one through the wireless carrier or by monitoring bank transactions.

You can sign up to receive Silver Alerts by fax, email or text message by registering at

[wisconsincrimealert.gov](http://wisconsincrimealert.gov).

If you would like more information about safety considerations for a loved one with dementia contact Janet Wiegel, outreach specialist with the Alzheimer's & Dementia Alliance of Wisconsin (ADAW), at (608)742-9055.

Help support individuals touched by dementia by joining the Sauk County Alzheimer's Walk on Saturday, September 16 at Mary Rountree Park in Baraboo. ADAW is pleased to welcome this year's Family Chair Corine Hill and Honorary Chair Alder-person John Ellington, Baraboo City Council. Corine is caring for her partner John of 24 years who was diagnosed seven years ago. They have been regular Sauk City Memory Café participants since it began.

Baraboo has joined the Dementia Friendly Community efforts. The initiative, in partnership with the Sauk County Aging & Disability Resource Center, has begun training businesses including Sauk County Law Enforcement, Village Family Dental, Downtown Family Dental, and a social group from St. Joseph's Catholic Church. John will join us on behalf of the City of Baraboo.

All funds raised stay in Wisconsin to support programs and services like the monthly Memory Café in Sauk City. To learn more visit [alzawisc.org](http://alzawisc.org).



# Caregiver Connection and Prevention Pointers



*Marina Wittmann  
Aging Program Specialist*

## FALLS: A PREVENTABLE HEALTH PROBLEM

By the GWAAR Legal Services Team

Unintentional falls are a significant public health problem. Falls cause a substantial number of emergency department visits, inpatient hospitalizations, nursing home admissions, and deaths. As individuals get older, physical changes and health conditions – and sometimes the medications used to treat those conditions – make falls more likely. A large majority of fall-related deaths (87%) and inpatient hospitalizations (70%) involve people age 65 or older. Yet, falling is not a normal part of aging; seniors and their loved ones can prevent falls.

### Frequency of Falls

- About one-third of the population over the age of 65 experiences a fall each year, and the risk of falls increases proportionately with age. After age 80, over one-half of seniors fall annually.
- Every 11 seconds, an emergency room treats an older adult because of a fall; every 19 minutes, an older adult dies from a fall.
- More than one-half (53%) of the older adults who are discharged for fall-related

hip fractures will experience another fall in six months.

### Impact of Falls

- Falls are the leading cause of death due to injury among the elderly and 87% of all fractures in elders are due to falls.
- Falls account for roughly 25% of all hospital admissions and about 40% of all nursing home admissions.
- A growing number of older adults fear falling, and as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feeling helpless.

### Costs of Falls

- Healthcare expenses caused by falls cost \$30 billion annually.
- The average cost of an injury from a fall was \$19,440 (including hospital, nursing home, emergency room, and home healthcare expenses, but not physician services).

### Prevention

Remember falling is not a normal part of aging. The following steps can help prevent falls:

#### Talk to Your Doctor

- Ask your healthcare provider to **evaluate your risk** of falling and talk about specific things to do to prevent yourself from falling.
- **Review your medicines** with your doctor





or pharmacist to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.

- Ask your doctor or healthcare provider about taking **vitamin D** supplements.

### Take Daily Steps to Prevent Falls

- **Engage in physical activity.** Physical activity can prevent falls. With your doctor's permission, do exercises that make your legs stronger and improve your balance. If you avoid physical activity because you are afraid, it will only make you more likely to fall.
- **Wear sensible shoes.** High heels, floppy slippers, and shoes with slick soles can make you slip and cause a fall. Wear properly fitting, sturdy shoes with nonskid soles.
- **Avoid drinking too much alcohol.** Alcohol can cause falls.

### Check Your Eyes

- Have an eye doctor check your eyes at least once a year, and update your eyeglasses if needed.
- If you have bifocal or progressive lenses, you may want to get glasses with only your distance prescription for outdoor activities, such as walking. Sometimes bifocals can make things seem closer or farther away than they really are.

### Make Your Home Safer

- Get rid of things you could trip over.
- Store clothing, dishes, food, and other

necessities within easy reach.

- Immediately clean spilled liquids, grease, or food.
- Make the following changes to your home, if affordable:
  - ◊ Add grab bars inside and outside your tub or shower and next to the toilet.
  - ◊ Put railings on both sides of stairs.
- Make sure your home has lots of light by adding more or brighter light bulbs. Turn on the lights before using stairs. This will help you to avoid tripping on objects you cannot see.



September 22<sup>nd</sup>, 2017 is Falls Prevention Awareness Day. Nearly 1 in 4 Americans fall each year! Falls have many consequences like loss of independence, inability to live alone or drive, or fear of doing things you once loved. Besides taking our Stepping On falls prevention workshop, here are some things YOU can do today to reduce your risk of falling. Get your vision checked once a year, talk about your medications with your pharmacist, clear clutter from your house (like throw rugs), walk heel-toe and look 10 feet ahead while walking, make sure your shoes have good tread, and be aware of your surroundings when out and about. If you are interested in our Stepping On falls prevention course, contact Marina at the ADRC!



Powerful Tools is a 6-week workshop that teaches you how to take care of yourself while caring for a loved one. Participants will learn how to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions, and locate helpful resources.

Powerful Tools for Caregivers will be offered this Fall/Winter in Sauk County. Locations, dates, and times are all to be determined at this time. But if you are interested, please contact Marina at the ADRC to get your name on the wait list!



## Let's Talk About Medicines

*Let's Talk About Medicines* is a free one-hour educational program developed by Wisconsin Health Literacy to help participants obtain a better understanding of how to more safely and effectively use medicine, which can lead to better health.

- **When:** Wednesday October 11<sup>th</sup>  
at 12:00pm noon
- **Where:** Highpointe Commons  
(1141 12<sup>th</sup> Street, Baraboo)

**Sign up is required.** Call Marina at the ADRC to sign up! Lunch is served at 11:00am and if you wish to eat, please call the manager 24 hours in advance at (608)963-3436.

Each participant is provided with a **FREE PILLBOX** and workbook to take home, plus the chance to enter into a **cash prize drawing** at the end of the program.



## A Helping Hand at Home

*When you need a little help around the house*

Do you have a Helping Hand at Home listing? If you do, check the "updated date" on the front page. If your list is more than a couple months old, please call the ADRC. The Helping Hand at Home list is updated frequently and we want to make sure you get the most up-to-date list. Thank you!



## 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?

### **Family Caregiver Support Group**

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
3rd Tuesday of each month  
5:00pm-6:00pm  
Light dinner will be provided.

Next Meetings:

Tuesday September 19  
Tuesday October 17  
Tuesday November 21

### **Grandparent & Relative Caregiver Circle**

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
6:00 - 7:00 p.m.

Next Meetings:

Tuesday September 19  
Tuesday October 17  
Tuesday November 21

### **Dementia-Specific Caregiver Support Group**

Senior Life Center  
2350 North Dewey Avenue, Reedsburg  
3rd Wednesday of the month  
12:00 Noon - 1:30pm

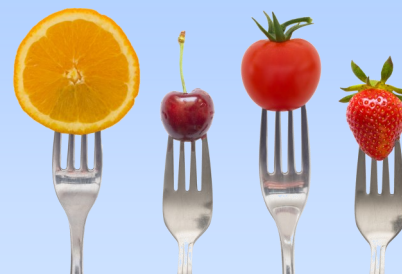
Next Meetings:

Wednesday September 20  
Wednesday October 18  
Wednesday November 15  
Co-sponsored by the Alzheimer's and  
Dementia Alliance



# Nutrition News

Jennifer Kamrowski  
Nutrition Coordinator



## Plan Ahead

Due to the cold and snowy days that are almost here, most of us stay home more often snuggled up in a blanket reading, watching TV, napping, etc. But with staying home more comes the responsibility of cooking more.

The following are some tips to making your meal choices more healthy.

### Grocery Shopping Ideas

Keep some of these easy to prepare foods on hand. They are convenient when you don't feel like cooking. They may be more expensive though, so stock up when they are on sale.

#### On the Shelf

- Pasta and Spaghetti
- Quick-cooking rice
- Reduced-sodium tomato or broth-based soups
- Water-packed tuna or chicken
- Low fat crackers
- Cereals
- Dried Fruits
- Peanut Butter



#### In the Refrigerator

- Hard boiled eggs
- Cottage cheese
- Low fat cheese
- Cooked, whole white or sweet potatoes

- Prepared rice or pasta
- Sliced lean luncheon meats
- Cut vegetables
- Fresh fruits
- Low fat or nonfat yogurt



#### In the freezer

- English muffins
- Individual packages of low fat cheese
- Small packages of chicken, turkey, ham or lean beef
- Bags of vegetables
- Low fat frozen dinners

#### Tips that can make meals easier to prepare:

- Use lightweight cooking utensils, bowls and dishes to save energy
- Plan meals that are easy to prepare and clean up
- While preparing food, sit at the kitchen table to save energy
- Cook complete one-pot meals in a slow cooker to reduce the number of dirty dishes and clean up time
- Prepare larger amounts of items you enjoy and refrigerate the leftovers to eat in a day or two.



- Divide leftovers into individual servings, write contents (and date) on each package and freeze for later use.

### **Tips that can make meals healthier to eat:**

- To avoid excess fat, trim meat before cooking and broil, bake, boil or pan-fry without added fat.
- Use low fat milk and milk products, such as cottage cheese and yogurt.
- To preserve vitamins, don't overcook vegetables to the soft and mushy state. Try eating them raw, steamed or stir-fried in a little oil.
- Most foods such as meat, fish, chicken, vegetables and fruit should be stored in the refrigerator.

### **Snack Food Ideas**

- Already popped popcorn or unpopped popcorn for air poppers or microwave ovens. Choose brands that have 3 grams of fat or less per cup serving.
- Rice and popcorn cakes (available in many flavors).
- Fat-free, reduced fat, or low fat corn, tortilla, vegetable, or potato chips or crisps. Some are baked, some are made with less fat, and still others are made with a type of fat of that cannot be absorbed.
- Whole grain, low fat snack crackers such as wheat thins or crisp bread.
- Unsalted pretzels are also low in fat. Salted pretzels are lower in fat and sodium than most other salty snacks.
- Fat free or low fat caramel corn, corn puffs or cheese puffs.
- Small boxes or bags of raisins, trail mix, cereal mixes and other fruit and nut combinations.
- Low fat regular or frozen yogurt
- Low fat string cheese
- Sugar-free Jell-O or pudding cups
- Fresh fruit and vegetables

## **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 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**

**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.



# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Note:</b> Meals are subject to change on occasion. Dining site meals include milk & coffee. Home delivered meals include milk. <b>To CANCEL your meal 24 hours in advance, call:</b>	<i>Reedsburg:</i> 963-3438 <i>Spring Green:</i> 588-7800 <i>Baraboo:</i> 963-3436 <i>Sauk Prairie:</i> 963-3437 <i>Lake Delton:</i> 393-7214	<i>Frozen &amp; LaValle:</i> 355-3289 (ADRC)		<b>1</b> Pork Roast, Dinner roll Roasted New Potatoes German Blend Veggies Chilled Fruit Cup
	<b>5</b> Scalloped Potatoes w/ Ham Broccoli / Dinner Roll Rhubarb Crisp	<b>6</b> Roast Beef Sandwich Potato Salad Cole Slaw Peach Cobbler	<b>7</b> Chicken Drumsticks Calico Rice, Dinner Roll Creamed Peas Honeyed Pears	<b>8</b> Hamburger on a Bun Potato Chips Relish Plate, Cookie Cinnamon Apples
<b>11</b> Sloppy Joe's Macaroni Salad Asparagus Spears Lemon Bars	<b>12</b> Chicken Fried Steak w/ Gravy — Biscuit Potato Salad, Veggies Apple Pie	<b>13</b> Bratwurst & Kraut Potato Chips, Cookie Cole Slaw Fruit Parfait	<b>14</b> Italian Meat Sauce Spaghetti w/ Garlic Bread Garden Blend Veggies Chocolate Chip Cookie	<b>15</b> Fried Fish Filets Cheesy Broccoli Rice Dinner Roll Blonde Brownie
<b>18</b> Cheesy Hash browns w/ Ham, Cornbread Southern Green Beans Carmel Apple Bar	<b>19</b> Mambo Pork Roast Au Gratin Potatoes Broccoli, Dinner Roll Pineapple Cake	<b>20</b> Oven Fried Chicken Baked Potato Salad Cole Slaw Carrot Cake	<b>21</b> Italian Meat Sauce Spaghetti w/ Garlic Bread Italian Blend Veggies Fruit Fluff	<b>22</b> Hamburger on a Bun Baked Beans Relish Plate, Cookie Chilled Peaches
<b>25</b> Bratwurst & Kraut Steak Fries Seasoned Peas Fruit Salad	<b>26</b> Italian Meatloaf Scalloped Potatoes Squash, Dinner Roll Caramel Cake	<b>27</b> Honey Bbq Chicken Macaroni Salad Broccoli, Dinner Roll Angel Brownie	<b>28</b> Ring Bologna Mac & Cheese Italian Veggies Watermelon Slice	<b>29</b> Baked Glazed Ham Baked Potato Casserole Scalloped Corn Applesauce Gel Salad



Menus for October and November will be available at the dining centers and will be given to the home delivered meal clients when the menu has been finalized.

If you do not attend the dining center regularly and would like a menu mailed to you, please call the ADRC at 355-3289 and one will be mailed to you.

Prep Time  
25 min

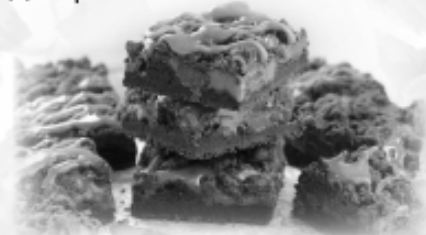
Bake Time  
28 min

Serves 48 people

## Chewy Chocolate Caramel Bars

### Ingredients

- (1) Package of 2-Layer-Size German Chocolate Cake Mix
- (¾) Cup of Melted Butter
- (1) 5oz Can Evaporated Milk
- (1) 14oz Package Vanilla Caramels
- (1) Cup Chopped Walnuts
- (1) Cup Semisweet Chocolate Pieces



1. Preheat the oven to 350 Degrees F. Grease a 13x9 baking pan.

2. In a large bowl, combine cake mix, melted butter and ⅓ cup of the evaporated milk. Beat with an electric mixer on medium speed until smooth. Spread half of the dough in prepared baking pan; set aside remaining dough.

3. In a heavy large saucepan combine caramels and remaining ⅓ cup of evaporated milk. Cook and stir over medium-low heat until melted and smooth. Pour evenly over dough layer in pan. Sprinkle with nuts and chocolate pieces. Crumble remaining dough evenly over nuts and chocolate pieces

4. Bake for 25 minutes. Cool in pan on wire rack.

*Best served with a glass of cold milk!*



*This recipe was brought to you by the kitchens of  
**Our House Senior Living!**  
Visit us in Baraboo, Reedsburg, and Wisconsin Dells*

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.

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**Q: When is the moon the heaviest?**

**A: When it's full!**

**Q: What type of songs do the planets sing?**

**A: Nep-tunes!**

**Q: What did Mars say to Saturn?**

**A: Give me a ring sometime.**

## 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):

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