

Fall 2023
Volume 15 Issue 3



AddLife Today!



ADRC: 608-355-3289
Veterans Service Office: 608-355-3260

A quarterly newsmagazine
for adults with
disabilities, older adults,
veterans, and their families.

IT'S MEDICARE OPEN ENROLLMENT SEASON TIME TO CHECK YOUR DRUG PLAN!

MEDICARE OPEN ENROLLMENT SEASON RUNS
FROM OCTOBER 15TH—DECEMBER 7TH.

Premiums may change! Coverage may be different! New plans may be available! For most people, the Annual Open Enrollment Season is the only time to change drug plans. It's important to check your drug plan every year, even if your medications have not changed.

The ADRC will be offering limited in-person Medicare Part D clinics in BARABOO ONLY where you can find your best drug plan.

Phone appointments will also continue to be offered.

*In-person appointments subject to cancellation based upon
recommendations from Public Health Department.*

*To reserve your spot, please see the insert on pages 7 and 8. Fill out the
form completely, sign and return to the ADRC!*

ADRC Services Quick Guide



Information & Assistance

ADRC I&A Social Workers are available to discuss your unique situation and provide free options counseling. Do you want to stay in your home? Need help with cleaning, personal cares or transportation? Interested in Meals on Wheels? We are here to answer questions you have!



Find Nourishment & Socialization

Join us at our dining sites for lunch! Or if you are over 60 and homebound due to illness, disability or isolation, you may be eligible for Meals on Wheels.



We'll Get You There

The ADRC sells discounted taxi tickets to individuals age 60 and older and those with disabilities. We also transport clients to out-of-town medical appointments. Check out our Fun-Day and Shopping Busses for social excursions!



Benefits for YOU!

ADRC's Elder and Disability Benefit Specialists help with determining benefits or helping appeal denials. Have questions about Medicare, Medicaid, SSI, SSDI, Social Security, Senior Care, Food Share? Your benefit specialists are here to help!



A Healthy Life

Take one of our Evidence-Based workshops - Stepping On for falls prevention and Powerful Tools for Caregivers.



For Family Caregivers

The ADRC offers funding for respite, support group info, and access to our Dementia Care Specialist who works with families who have a loved one living with dementia.



Build Yourself & Your Community

Want to find a new purpose or passion? Volunteer for us! We are always looking for new faces to join our volunteer team.

Table of Contents

03	From the Director's Desk	23	Meet & Greet
04-05	All About Aging	24-25	Disability Benefit Specialist
06	Elder Benefit Specialist	26	ADRC Open House/Donations
07-08	Medicare Part D Form	27	BASCO/Maplewood Recipe
09	Find Your Purpose In Retirement	28	UW Extension
10-11	Nutrition News	29	Coloring Page-Meadow Ridge
12-13	The Volunteer Buzz	30-32	Veterans Messenger
14-15	Public Health	33	Cop's Corner
16-18	Transportation/Survey	34	Land, Resources & Environment Dept.
19	Dementia Care Specialist	35	Disclaimer and Donation Form
20-22	Information & Assistant Specialist		



From the Director's Desk

Susan Blodgett



American Rescue Plan Act: Independent Living Supports Pilot

As you may have heard, the ADRC of Sauk County is one of 14 ADRCs awarded grant money through the Independent Living Supports Pilot. This funding, part of the American Rescue Plan Act, will be used to increase Sauk County residents' ability to stay in their homes for as long as possible. It will be available through 2024 and can be provided to up to 279 individuals in the county.

It can pay up to \$7,200 to meet the needs of each participant and is available to residents 18 and older. Those 18-55 years of age must have a qualifying physical diagnosis and at least one qualifying functional need. Needs may be difficulties with housekeeping, mobility, bathing, dressing, transportation, or safety, among others. When related to the need, the program may help pay for a wheelchair, caregiver, household chores, respite, transportation, technology, moving costs or home renovations. Those over 55 must only have a qualifying need to be eligible. At any age, the individual must be under \$3,645 in monthly income.

Those who are currently enrolled in Medicaid long term care programs or living in a licensed or certified residential care facility such as a nursing home or assisted living are not eligible.

The ADRC is currently taking applications and determining needs of those applying. The pilot will be fully operational, collaborating on plans to meet these needs and providing funds by this fall. There are broader benefits also, as the University of Wisconsin will be studying the results and making recommendations that may allow the pilot to be applied more broadly in the state.

To apply or inquire please contact the Sauk County ADRC at 608-355-3289.

What's Happening in Aging?

The Fall Season for the ADRC Aging Programs always feels like a push to get programs scheduled and completed before the dreaded "white stuff" falls from the sky! That said, I want to highlight several programs we have scheduled this Fall.

All About Aging!

Marina Wittmann
Aging Program Coordinator



First, we have arranged some Meet & Greet events in rural Sauk County communities. One of our Aging Plan goals was to reach rural residents to let them know about ADRC services. If you are in one of those rural communities, we'd love to meet you! Check out Page 23 for the info!

The second program I want to highlight is also part of our Aging Plan goals - Find Your Purpose in Retirement, co-hosted by Mandy Retzlaff at Reminisce Adult Day Services and the Reedsburg Library. Join us for an afternoon of inspiration! See the flyer on Page 9 for details.

ADRC's Dementia Care Specialist and Caregiver Program will be hosting our 5th Annual Caregiver Boot Camp! This is a program for families and caregivers coping with Alzheimer's Disease and other dementias. We are excited to bring this program to the Spring Green Library on Saturday, November 11, 2023. Find the flyer on Page 19.

Lastly, we have 2 evidence-based workshops scheduled, both starting in September. Workshop details are below. I hope you have a chance to partake in these events! Call with any questions!

Marina

Powerful Tools for Caregivers

- 6-week Workshop
- Designed to help family caregivers:
 - Reduce stress, guilt, anger
 - Communicate effectively with family, providers, and loved one
 - Manage time, set goals, & more
- Starts Tuesday, September 19
- 1:00pm - 2:30pm
- Location: West Square Building, Baraboo

Class size is limited so call Marina today to register! (608)355-3289

Powerful Tools
FOR Caregivers

Stepping On - Falls Prevention

- 7-week Workshop
- Designed to reduce fall risk by 30%
 - Learn about strength & balance exercises, home fall hazards, medication management, footwear and much, much more
- Starts Tuesday, September 19
- 1:30pm - 3:30pm
- Sauk Prairie Community Center

Class size is limited so call Marina today to register! (608)355-3289

SteppingOn

© Clemson, Swann & Mahoney, 2022

You Can Reduce Your Risk of a Fall!

Visit Falls Free Wisconsin Today



Did you know?

- One or in four older people have a fall each year.
- Wisconsin has the highest death rate due to older adult falls in the country.
- Every 11 seconds an older adult somewhere in the United States (US) is admitted to an emergency department for a fall.
- One out of five falls causes a serious injury. More than 95% of hip fractures are caused by falling and falls are the most common cause of traumatic brain injuries (TBI).
- **There are steps you can take to reduce your risk of a fall!**

That's why the Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has launched Falls Free® Wisconsin (FFWI), a new website that gives older adults and their families the information and tools to prevent a fall.

What You'll Find at Falls Free Wisconsin

We'll provide you with the steps, tools, and resources to help you stay safe and independent in your home. When you visit www.fallsfreewi.org you can take the Falls Free Check Up to determine your own risk of a fall and find out what increases your risk. Then, learn the steps you can take to reduce that risk.

With videos, interactive quizzes, a home safety tour, handouts, helpful links and more, Falls Free Wisconsin is a one-stop shop for falls prevention in Wisconsin. Find balance and strength exercises (which are proven to reduce falls); learn how to keep your home safe by removing trip hazards, increasing lighting and adding safety features such as handrails or grab bars; and find out about falls prevention programs like Stepping On, which has been proven to reduce older adult falls by 31%!

You have a big role to play in reducing your risk of a fall. Falls Free Wisconsin can help. WIHA and the Sauk County Aging & Disability Resource Center encourage you to visit www.fallsfreewi.org today!

**September is National Falls Prevention
Awareness Month!**

**What better way to prevent your fall risk than by
taking a Stepping On, falls prevention
workshop! See page 28 for all the details.**

For Your Benefit... Your Elder Benefit Specialists



Mindy Shrader
Serving the Western
Part of Sauk County



Pam Fuchs
Serving the Eastern Part
of Sauk County



Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

MINDY'S SITE VISITS



SPRING GREEN LIBRARY

1:00PM-3:00PM

SEPTEMBER 6TH

OCTOBER 4TH

NOVEMBER 1ST

PLAIN LIBRARY

1:00PM-3:00PM

SEPTEMBER 20TH

OCTOBER 18TH

NOVEMBER 15TH

PAM'S SITE VISITS



SAUK PRAIRIE COMMUNITY CENTER

1:30PM-3:30PM

SEPTEMBER 14TH

OCTOBER 12TH

NOVEMBER 9TH



WE WILL NOT HAVE ANY WELCOME TO MEDICARE PRESENTATIONS DURING OPEN ENROLLMENT MONTHS!



Aging & Disability Resource Center of Sauk Country, 505 Broadway Baraboo, WI 53913

Medicare Part D Disclaimer and Information Sheet

BOTH SIDES of this form must be fully completed, signed by the customer and returned to the ADRC at the address above in order for us to assist you with your drug plan review. ***One sheet per person***

NOTICE TO CUSTOMERS OF ADRC OPEN ENROLLMENT REVIEWS

The ADRC will assist you in exploring your drug plan options by using the plan finder tool on Medicare's website, www.medicare.gov. The ADRC's role is to provide you with assistance, information and guidance so that you can choose the plan you feel is best for you. **The ADRC cannot and will not choose a plan for you.**

You must reside within Sauk County in order for the ADRC of Sauk County assist you with your drug plan review. If you reside outside of Sauk County, please contact the ADRC within your county of residence for assistance.

Accuracy of results depends upon information provided by the Part D plans on Medicare's website and information provided by you on this form. The Medicare website is subject to revision and/or error. The drug prices are approximate and total year costs are estimates.

If, after reviewing your drug plan options, you wish to enroll into a new plan for next year, the ADRC will complete the enrollment process for you, provided your consent has been provided.

If you are unavailable to provide consent yourself, you may appoint a representative to do so on your behalf. Your representative must provide written proof that they are authorized to enroll you into a different plan next year. Without such proof, the ADRC will not complete the enrollment process for you. Instead, the ADRC will provide your representative with your plan finder results and instructions for how you can complete the enrollment process on your own.

A signature below indicates that you have read, understand and agree to the information in this disclaimer, and you are requesting that the ADRC provide you with assistance to review your Medicare Part D Plan:

Signature _____ Date _____

PLEASE FLIP FORM OVER AND FILL OUT COMPLETELY!

Please fill out the back of this form as completely as possible and return it to the ADRC office at 505 Broadway Street in Baraboo. Once received, the ADRC will contact you to schedule a time to assist you with your drug plan review. You may return your form by mail or in person. The ADRC will attempt to accommodate your appointment method of preference if possible.

--

Last Name	First Name	Middle Initial
Address	City	State Zip
Home Phone Number () -	Cell Phone Number () -	Email Address
Marital Status: Married Widowed Single Divorced Separated Lives alone: Y N	Date of Birth: ____/____/____	Sex: M F Race: W Af Am Hisp Am Ind Asian Other
Please Circle Any That You Currently Have: Senior Care Extra Help with your Drug Plan Costs Medicaid Medicare Savings Plan Do you have Veterans Health Care, VA Meds by Mail or are you a Veteran? Yes _____ No _____ How did you hear about the ADRC Medicare Part D Clinic or services? _____		
I PREFER TO HAVE MY APPOINTMENT: In Person _____ By Phone _____ (please check one)		
Medicare Number _____ Start Date Part A _____ Part B _____		
Medicare Account (if applicable) Username _____ Password _____		
Preferred Pharmacy: _____ 2nd Choice _____		
Willing to use Mail Order? Y N 3rd Choice _____		
Name of your Current Drug plan: _____		
Provide a list of your prescribed medications including dosages or attach a current printout from your pharmacy:		

***Please Confirm you have SIGNED where required! Forms without valid signatures will not be accepted.**

Forms must be RECEIVED by our office no later than December 1st. *

"The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging unit staff. "

Find Your Purpose in Retirement

Learn how to create a meaningful and purposeful retirement!



Whether you are planning retirement or have been retired for years, join us for some inspiration!

Wednesday, October 4 @ 4:30pm
Reedsburg Library
370 Vine Street, Reedsburg
Speaker: Mandy Retzlaff from Reminisce

Event Sponsored by:





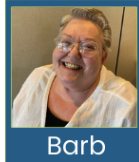
Meg Allen,
Nutrition Coordinator



Torill
Sauk City



Pat
**Lake
Delton**



Barb
**Reedsburg
Country Club**



Rick
**Frozen Route
Driver**



Julianne
Reedsburg



Jill
Baraboo

Nutrition News!

Malnutrition vs Food Insecurity-Are you Hungry for the Details?

Food insecurity is defined as a household-level economic and social condition of limited or uncertain access to adequate food. In 2020, 13.8 million households were food insecure at some time during the year. Food insecurity does not necessarily cause hunger, but hunger is a possible outcome of food insecurity. Adults who are food insecure may be at an increased risk for a variety of negative health outcomes and health disparities. Healthy People 2030 provides additional information on Food insecurity at:

<https://health.gov>

Malnutrition can mean undernutrition or overnutrition. It can also mean an imbalance of macronutrients (proteins, carbohydrates, fats) or micronutrients (vitamins and minerals). Undernutrition is what most people think of when they think of malnutrition. Undernutrition is a deficiency of nutrients. Simply put, it is a mismatch between the nutrients you need and the nutrients you get.

Senior hunger is a pressing issue in the United States. 5.5 million seniors (60 and up) and 3.8 million older adults (50-59) experienced food insecurity in 2021. For additional information published April 26, 2023, please visit:

<https://www.feedingamerica.org/sites/default/files/202304/State%20of%20Senior%20Hunger%20in%202021.pdf>

Malnutrition Awareness Week is an annual, multi-organizational campaign to raise awareness about malnutrition. In 2023, the dates are September 18-22. The focus is to educate health care professionals on the early detection, prevention, and treatment of malnutrition and for consumers to discuss their nutritional status with healthcare professionals.

Aging plays a role not only physiologically and psychosocial but other changes can decrease the sense of taste and smell that leads to reduced appetite. Dental problems and poor oral health, medication side-effects, decreased immobility and not being able to prepare meals are contributing factors as well. Add depression, isolation, loneliness, poor finances, and dementia which can all trigger malnutrition.

Malnutrition affects billions of people globally. Malnutrition does not discriminate. Malnutrition Awareness Week is important as the organizers state that "Sharing useful information about malnutrition to the public in a dedicated week may encourage everyone to pay more attention to how nutrition plays a role in their general well-being. This in turn will lead to a healthier way of life for all, especially if we find out ways to contribute to others' well-being." The more people are aware, the fewer cases of undiagnosed conditions will happen. This week provides a chance for people to recognize how harmful malnutrition can be. It also encourages people to pay attention to their nutrition and care more about getting help for people who need it.

Some signs of malnutrition can include:

- Always being angry or irritated
- Being depressed
- Cold, papery, and thin skin
- Complaints of feeling cold
- Constantly tired
- Hair easily falls out
- Having a hard time focusing
- Lethargic throughout the day
- No appetite for food
- Slow recovery from an illness or surgery

Older Adult Malnutrition is a Critical Health & Public Safety Issue -Up to 1 out of 2 older adults is either at risk of or is malnourished. There are several community-based food and nutrition programs available to older adults intended to improve their dietary intake and food security. These programs are an essential part of the community-based social and health care systems intended to allow community-residing older adults to remain independent.

This article was written by Lynn Lawler, RDN, CD, ADRC Monroe County Nutrition Consultant and is printed here with her permission.

ADRC Dining Sites

Suggested Contribution:

\$4/meal for dining sites and Meals on Wheels, \$6.50/meal at Reedsburg Country Club

Find monthly menus on our website or call the ADRC office:

<https://www.co.sauk.wi.us/adrc/nutrition-and-dining-centers> | (608)355-3289

MOW

Meals on Wheels

Available for qualified individuals who are homebound and have nutritional need. Call the ADRC office to inquire: (608)355-3289



B

Baraboo Dining Site

Highpoint Commons, 1141 12th Street, Baraboo
In-Person Dining: Monday thru Thursday
11:30am, Call for reservations (608)963-3436

LD

Lake Delton Dining Site

Frank Fischer Center, 20 Wisc Dells Pkwy S
In-Person Dining: Monday thru Friday
11:30am, Call Pat for reservations (608)393-7214

SP

Sauk/Prairie Dining Site

Sauk Prairie Community Center, 730 Monroe St, Sauk City
Call for dine-in day availability
Noon, Call Torill for reservations (608)963-3437

R

Reedsburg Dining Site

Cornerstone Church, S3111 Ableman Rd, Reedsburg
Carry Outs Available
Call Julianne for Carry Out availability (608)963-3438

RCC

My Meal, My Way Soup & Salad

Reedsburg Country Club, 3003 E Main St, Reedsburg
In-Person Dining; Monday & Wednesday | 11:30am - 1:30pm,
No Reservation; *Service days will change when the weather gets cold. Find updates on the ADRC website (link above)*

MORE

THAN

A

MEAL

Do You Have The Drive To Volunteer?

The Volunteer Buzz
Volunteer Coordinator
Keri Luther



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

The Transportation program needs 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. When considering being a driver, know that you have the option to be reimbursed for your mileage. You are driving only when you want to and there is no obligation to drive a certain number of trips.

The Nutrition program needs people who are willing to volunteer as Home Delivered Meal drivers and as helpers in the Dining Centers. Home Delivered Meal Volunteers deliver more than just a meal! They are a smiling face and a friendly check in to make sure the older adult receiving meals is okay. Home Delivered Meal volunteers may choose to volunteer once a week, multiple times a week or as a substitute filling in when they are needed.

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

Our volunteers are one of a kind and they sure put a lot of heart into their volunteer work. Check out the next page (and future issues of the newsletter) as we highlight some of our ADRC Volunteers!

If you are interested but still have questions, give me a call at 608-355-3289. I can explain the programs in more detail.

Current Volunteer Opportunities

- 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.
- The Sauk City Dining Center needs volunteers to help deliver meals on Fridays, and volunteers to be substitute home delivered meals drivers.
- The Reedsburg Dining Center needs volunteers to help deliver meals on Wednesdays and Fridays, and volunteer to be substitute home delivered meals drivers. The Dining Center is also looking for help in the dining center on Tuesdays to help package meals.
- The Lake Delton Dining Center needs substitute home delivered drivers.
- The Baraboo Dining Center needs substitute home delivered drivers.

If you have any questions about volunteering, do not hesitate to give me a call, I would love to talk with you! And we can discuss how YOU can make a difference in your community.

Contact Keri Luther at 608-355-3289

keri.luther@saukcountywi.gov

Or apply online: www.co.sauk.wi.us/adrc/volunteer-opportunities



Volunteer Spotlight



Dawn MacFarlane, Volunteer ADRC Home Delivered Meal Driver

What is the most enjoyable part of your position?

Meeting people and getting to know them. The feeling you have helped in some small way.

What did you want to be when you grew up?

Psychologist

Favorite free-time hobbies?

Playing with my dogs Fay & Dixie, and getting together with friends.

Something you saw recently that made you smile?

Grandkids

What is something people would be surprised to learn about you?

I was born in Honolulu, Hawaii.

What is your favorite saying or motto?

If you can't say something nice, don't say anything at all!

First Car? 1967 Chevy Impala



Tim McFarlane, Volunteer ADRC Home Delivered Meal Driver

What is the farthest away place you have ever been? Russia

What is something people would be surprised to learn about you? I am a pretty decent cartoonist.

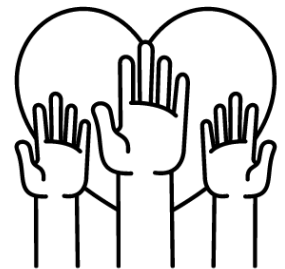
What is the most enjoyable part of your position? Talking to the people.

First concert? Bachman Turner Overdrive

If you could have any one superhero power, which would you choose? Flying

Favorite free-time hobbies? Fishing, camping and Kayaking

What would you do with \$1 Million? Grandkids' Education



Contact the ADRC if YOU would like to know how YOU can become a volunteer too!

September is National Preparedness Month



Disaster can strike at any time, so it is important to prepare for extreme weather and emergencies. Here are a few steps that you can take to plan ahead.



Plan for food, water, and essentials for you and your pets or service animals.



Have your medicine, medical supplies, batteries, and chargers packed in an emergency supply kit.



Plan for transportation if you need help with evacuating.



Create a list of people who can help you in a disaster, and keep this in your emergency kit.



Make copies of Medicaid, Medicare, and other insurance cards or important documents.



Wear any medical alert tags or bracelets that you have.

For more suggestions on how to prepare for disasters and emergencies, please visit <https://www.ready.gov/plan>



**PUBLIC HEALTH
SAUK COUNTY**

Together we thrive

OCTOBER IS BREAST CANCER AWARENESS

Each year in the U.S., about 264,000 women get breast cancer.

About 42,000 women die from the disease.

Most breast cancers are found in women who are 50 or older.

What are the symptoms?

- Changes in the size or shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm

How can I lower my risk?

- Exercise regularly and keep a healthy weight
- Avoid alcohol, or consume in moderation



If you have any signs that worry you, see a doctor right away.



**PUBLIC HEALTH
SAUK COUNTY**

Together we thrive

For more information on breast cancer awareness, please visit
<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>

ADRC Transportation 608-355-3278

Look who's getting you there!



Troy



Mary



Tom



Gordy



Kevin



Eugene



Brian

Fun BUS

September

7-Quilt Show Alliant Energy Center (Day Of: \$12,
Pre-Register: \$10)

14-Cashton Amish Tour

21-Epic Trip #1/group size limited to 7

28-Epic Trip #2/group size limited to 7

October

5-Cranberry Tour, Warrens, WI (riding tour)

10-Portage Movie (Tuesday, \$5)

19-Crazy Franks/ Oakwood Apple Orchard (self-guided)

26-St Vinnies Tour: Reedsburg, Lake Delton, Portage,
Sauk City & Baraboo

November

2-Dalton Amish

9-Travel Trailer Manufacturing Tour, Necedah, WI

16-Epic #3/group size limited to 7

23-THANKSGIVING

28-Sun Prairie Movie (members: \$6,
non-members: \$7)

December

7- Old World Wisconsin Market, Elhart Lake

14 - Holiday Lights, Olin Park, Madison (riding tour)

19- Portage Movie Theatre (Tuesday, \$5)

***Trips are subject to change or
cancellation with little notice.***

How to Reserve A Trip:

To allow everyone a fair opportunity to travel with us, we will
not accept reservations until 3 weeks before the trip date.

Example: trip is 9/28/23, reservations can start 9/7/23.

Last reservations taken on Monday the week of the trip.

You must call the ADRC reservation number **(608)355-4888**
to make reservations. Please do not call the main

Transportation line to make a reservation. Leave a message
with name, phone number, city of residence, trip name/date
and if you are in a wheelchair. We will contact you 1-2 days
before the trip with time of pickup.

SHOPPING BUS

September

6-Madison West

13-Baraboo Walmart & Surrounding areas

20-Madison West

27-Lake Delton Walmart & Surrounding areas

October

4-Madison East

11-Baraboo Walmart & Surrounding areas

18-Madison West

25-Lake Delton Walmart & Surrounding areas

November

1-Madison East

8-Baraboo Walmart & Surrounding areas

15-Madison West

22-Lake Delton Walmart & Surrounding areas

29-Madison East

The ADRC is working on the 5-Year Transportation Plan. To create this plan, we are surveying adults over 60 and individuals who have disabilities to hear their thoughts on transportation. Thank you for taking the time to complete this very brief survey.

1. Are you an older adult or a disabled adult that needs transportation?

Yes No

2. Have you ever used the ADRC Transportation Program to get to needed medical appointments, shopping or Fun-Day excursions?

Yes No

3. If you have not used ADRC Transportation, why not? (If you have used ADRC Transportation, please skip)

4. Do you access our half-price taxi tickets? If so, does the taxi meet your needs?

5. Where in Sauk County do you live? _____

6. If you would like to be invited to a daytime meeting to give input to the ADRC regarding our Transportation Program, please leave your name and phone number here:

If you would rather fill out the survey online, type this URL into your internet browser to complete the short survey: <https://tinyurl.com/477annrr>

If you are a professional who works with older adults and/or individuals with disabilities, here's a survey for you: <https://tinyurl.com/2s4zsxd3>



Cut on the dotted line, fill out the survey, fold, put a stamp on it and return to the ADRC!

**Place
Stamp
Here**

**Aging & Disability Resource Center
Attn: Susan Blodgett
505 Broadway St
Baraboo, WI 53913**

*Dementia
Care Specialist*

Serving Individuals, Families & the Community
Kurt Goeckermann

ADRC PRESENTS THE 5TH ANNUAL

CAREGIVER BOOT CAMP

A FREE educational "survival" program for families
coping with Alzheimer's Disease & other dementias.

Breakfast,
Lunch &
"Survival
Kit"
Provided!

Saturday, November 11

9:00am - 2:15pm

Spring Green Community Library

230 E Monroe Street

Spring Green, WI 53588

THE AGENDA:

- ✓ What is Dementia?
- ✓ Dementia Live
- ✓ Caregiver Burnout
- ✓ ADRC Resources
- ✓ and MORE!

GUEST SPEAKER:

Jody Krainer,
Wisconsin Alzheimer's
Institute

Registration
Required & Appreciated
to Marina Wittmann:



Kurt



ADRC: (608)355-3289



marina.wittmann@saukcountywi.gov

Information & Assistant Specialists



**Jim
Pritzkow**

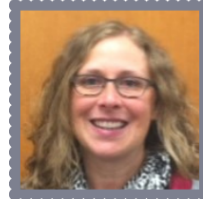


**Julie
Mayer**

**Helping you put the
pieces together!**



**Rachel
Heinzman**



**Hannah
Halverson**



**Kari
Edwards**



**Kim
Fiske**



Seniors With Anxiety Frequently Don't Get Help. Here's Why.

Source: AARP; by Judith Graham

Anxiety is the most common psychological disorder affecting adults in the U.S. In older people, it's associated with considerable distress as well as ill health, diminished quality of life, and elevated rates of disability. Yet, when the U.S. Preventive Services Task Force, an independent, influential panel of experts, suggested last year that adults be screened for anxiety, it left out one group, people 65 and older. The major reason the task force cited in draft recommendations issued in September: "the current evidence is insufficient to assess the balance of benefits and harms of screening for anxiety" in all older adults. (Final recommendations are expected later this year.) The task force noted that questionnaires used to screen for anxiety may be unreliable for older adults. Screening entails evaluating people who don't have obvious symptoms of worrisome medical or psychological conditions.

"We recognize that many older adults experience mental health conditions like anxiety" and "we are calling urgently for more research," said Lori Pbert, Associate Chief of the Preventive and Behavioral Medicine Division at the University of Massachusetts Chan Medical School and a former task force member who worked on the anxiety recommendations. This "we don't know enough yet" stance doesn't sit well with some experts who study and treat seniors with anxiety. Dr. Carmen Andreescu, an Associate Professor of Psychiatry at the University of Pittsburgh, called the task force's position "baffling" because "it's well established that anxiety isn't uncommon in older adults and effective treatments exist. "well established that anxiety isn't uncommon in older adults and effective treatments exist."

"I cannot think of any danger in identifying anxiety in older adults, especially because doing so has no harm and we can do things to reduce it," said Dr. Helen Lavretsky, a Psychology Professor at UCLA.

In a recent editorial in [JAMA Psychiatry](#), Andreescu and Lavretsky noted that only about one-third of seniors with generalized anxiety disorder-intense, persistent worry about everyday matters-receive treatment. That's concerning, they said, considering evidence of links between anxiety and stroke, heart failure, coronary artery disease, autoimmune illness, and neurodegenerative disorders such as dementia. Other forms of anxiety commonly undetected and untreated in seniors include phobias (like a fear of dogs), obsessive-compulsive disorder, panic disorder, social anxiety disorder (a fear of being assessed and judged by others), and post-traumatic stress disorder. The smoldering disagreement over screening calls attention to the significance of anxiety in later life - a concern heightened during the covid-19 pandemic, which magnified stress and worry among seniors. Here's what you should know.

article continued

Anxiety is common. According to a book chapter published in 2020, authored by Andreescu and a colleague, up to 15% of people 65 and older who live outside nursing homes or other facilities have a diagnosable anxiety condition. As many as half have symptoms of anxiety-irritability, worry, restlessness, decreased concentration, sleep changes, fatigue, avoidant behaviors-that can be distressing but don't justify a diagnosis, the study noted. Most seniors with anxiety have struggled with this condition since earlier in life, but the way it manifests may change over time. Specifically, older adults tend to be more anxious about issues such as illness, the loss of family and friends, retirement, and cognitive declines, experts said. Only a small fraction develop anxiety after turning 65.

Anxiety can be difficult to identify in older adults. Older adults often minimize symptoms of anxiety, thinking "this is what getting older is like" rather than "this is a problem that I should do something about," Andreescu said. Also, seniors are more likely than younger adults to report "somatic" complaints-physical symptoms such as dizziness, fatigue, headaches, chest pain, shortness of breath, and gastrointestinal problems-that can be difficult to distinguish from underlying medical conditions, according to Gretchen Brenes, a professor of gerontology and geriatric medicine at Wake Forest University School of Medicine.

Some types of anxiety or anxious behaviors-notably, hoarding and fear of falling-are much more common in older adults, but questionnaires meant to identify anxiety don't typically ask about those issues, said Dr. Jordan Karp, chair of psychiatry at the University of Arizona College of Medicine in Tucson.

When older adults voice concerns, medical providers too often dismiss them as normal, given the challenges of aging, said Dr. Eric Lenze, head of psychiatry at Washington University School of Medicine in St. Louis and the third author of the recent JAMA Psychiatry editorial. Simple questions can help identify whether an older adult needs to be evaluated for anxiety, he and other experts suggested: Do you have recurrent worries that are hard to control? Are you having trouble sleeping? Have you been feeling more irritable, stressed, or nervous? Are you having trouble with concentration or thinking? Are you avoiding things you normally like to do because you're wrapped up in your worries?

Stephen Snyder, 67, who lives in Zelienople, Pennsylvania, and was diagnosed with generalized anxiety disorder in March 2019, would answer "yes" to many of these queries. "I'm a Type A personality and I worry a lot about a lot of things-my family, my finances, the future," he told me. "Also, I've tended to dwell on things that happened in the past and get all worked up."

Treatments are effective. Psychotherapy-particularly cognitive behavioral therapy, which helps people address persistent negative thoughts-is generally considered the first line of anxiety treatment in older adults. In an evidence review for the task force, researchers noted that this type of therapy helps reduce anxiety in seniors seen in primary care settings.

Also recommended, Lenze noted, is relaxation therapy, which can involve deep breathing exercises, massage or music therapy, yoga, and progressive muscle relaxation.

Because mental health practitioners, especially those who specialize in seniors' mental health, are extremely difficult to find, primary care physicians often recommend medications to ease anxiety. Two categories of drugs, antidepressants known as SSRIs (selective serotonin reuptake inhibitors) and SNRIs (serotonin-norepinephrine reuptake inhibitors), are typically prescribed, and both appear to help to older adults, experts said.

article continued

Frequently prescribed to older adults, but to be avoided by them, are benzodiazepines, a class of sedating medications such as Valium, Ativan, Xanax, and Klonopin. The American Geriatrics Society has warned medical providers not to use these in older adults, except when other therapies have failed, because they are addictive and significantly increase the risk of hip fractures, falls and other accidents, and short-term cognitive impairments.



Walk-Ins Available in YOUR Community! Come see our I&A's at:

Baraboo Dining Center

Highpoint Commons, 1141 12th St
Last Tuesday of each month, 11am-1pm

Sauk Prairie Community Center, Dining Center

730 Monroe St, Sauk City
First Tuesday of each month, 11am-1pm

Ho-Chunk House of Wellness

S2845 White Eagle Rd, Baraboo
First Thursday of each month, 2-4pm

Reedsburg ADRC Office

Human Services Building, 425 6th St, Reedsburg
Every Wednesday, 8am-12pm

Good Neighbor Clinic

95 Lincoln Ave, Prairie du Sac; 1-4pm
Second & Fourth Wednesday of each month
(NOT AVAILABLE 9/27 & 10/25)

Frank Fischer Senior Center

20 Wisconsin Dells Parkway, Wisc Dells
Third Monday of each month, 11:30am-12:30pm

Ho Chunk National Tribal Aging Unit

E8863 Winneshiek Dr, Wis Dells
Sept 26, Oct 24 & Nov 28, 11am-12:30pm

St. Vincent DePaul Resource Center

1906 North St, Prairie du Sac
First Wednesday of the month, 8:30am-11:30am



Sauk County Aging & Disability Resource Center

RURAL COMMUNITY MEET & GREETs



St. Peter's Lutheran Church

325 Mill Street, Loganville WI

Wednesday, September 27 @ 2:00pm

North Freedom Community Center

105 N Maple Street, North Freedom

Wednesday, October 4 @ 3:00pm

Merrimac Village Hall

100 Cook Street, Merrimac

Wednesday, October 11 @ 10:00am

**Meet ADRC staff and learn what services and programs
are available to Sauk County residents!**





Quinn Hause



Holly Schafer



The Affordable Connectivity Program Can Help SSI Recipients Get Internet Access

By Alejandro Roark, Consumer and Governmental Affairs Bureau Chief, Federal Communications Commission

Internet access is now necessary for work, school, healthcare, and more. However, for many households, it remains unaffordable. The Federal Communications Commission wants everyone to access reasonably priced internet services. We (the ACP) recently launched a new program to reduce the cost of getting online.

The Affordable Connectivity Program (ACP) provides a discount of up to:

- \$30 per month toward internet service for eligible households.
- \$75 per month for households on qualifying Tribal lands.



Eligible households can also receive a one-time discount of up to \$100 toward purchasing a laptop, desktop computer, or tablet from participating providers. To qualify for this one-time discount, households must contribute more than \$10 and less than \$50 toward the purchase price.

You can learn more about applying for ACP – and see if you’re eligible for the discounts – on the ACP website.

www.affordableconnectivity.gov

Any household with an individual who receives Supplemental Security Income (SSI) is eligible to receive discounted internet service through the ACP. Social Security doesn’t count ACP assistance as income or a resource for SSI purposes. Receipt of this assistance will not affect your SSI payment. You may also be eligible, if your household participates in other assistance programs, such as:

- Supplemental Nutrition Assistance Program (SNAP).
- Medicaid.
- Federal Public Housing Assistance.
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- Lifeline.



If you don’t receive SSI or participate in another qualifying assistance program, you may also be eligible if your household income is at or below 200% of the Federal Poverty Guidelines. There are additional ways to qualify. Go to our Affordable Connectivity Program page to learn more and apply. If you have questions, you’ll find a consumer FAQ that can help, along with a list of participating internet service providers sorted by state.

Cost shouldn’t be a barrier to getting online. Being connected can help you find job opportunities and access telehealth services, saving you time and transportation costs. And with affordable internet services, students no longer need to rely on public Wi-Fi hotspots to do their homework or for distance learning.

As of February 2022, more than 10 million households have already enrolled in the ACP program. That’s an exciting threshold, but we know many more eligible households that are not yet enrolled. Please help us spread the word about ACP with your families, friends, neighbors, and co-workers.

For more information about the program, please email ACPinfo@fcc.gov or call 877-384-2575.

The ACP helps close the digital divide.

July 26, 2023, marked the 33rd anniversary of the Americans with Disabilities Act (ADA)

This landmark civil rights law protects millions of people with disabilities across the country.

The Access Board is celebrating accessible design features encountered in everyday life that benefit everyone, not just those with disabilities. Read on to learn more!

- 1. Ramps and Curb Ramps.** Ramps and curb ramps help everyone using wheeled devices like strollers and wheeled briefcases! They are required in the ADA Accessibility Standards for wheelchair access.
- 2. Detectable Warning Surfaces.** Have you ever wondered what those surface patterns of small domes that cross curb ramps are for? They are detectable warning surfaces, designed to alert pedestrians who are blind or have low vision to the presence of a hazard, such as a road. They are also required on open boarding platforms in rail stations to discourage people from standing too close to the edge of the platform.
- 3. Elevators.** Moving between floors can be challenging when carrying luggage at the airport. Thanks to accessible design, we have access to elevators! And while elevators are convenient for moving your luggage, they're required to provide airport vertical access for people with disabilities.
- 4. Clear Walkways.** No one likes to hit their head on wall or walk into handrails, signs on posts, or wall-mounted drinking fountains. That's why the ADA requires minimum headroom clearance and minimum horizontal protrusions.
- 5. Audible and Visual Announcements.** Isn't it helpful to hear and see announcements for stops when riding a bus or subway line? Those audible and visual announcements are required so that people who are blind or have low vision or are deaf or hard of hearing can know when their stops are approaching.

While the ADA addresses accessibility as a whole, Social Security seeks to remove barriers to employment for people who receive disability benefits through the Protection and Advocacy for Beneficiaries of Social Security (PABSS) program. The PABSS program provides legal representation and advocacy services for people receiving disability benefits under the Social Security Act who are experiencing a barrier to employment, whether they are trying to begin, regain, or maintain employment. We all benefit from accessible design, diversity in the workplace, and programs that support both, like the PABSS program.

Share this information with your neighbors, friends, and family! To learn more about the history of the ADA and the Access Board's work, visit the Access Board's website.

<https://www.access-board.gov/ada/>



ADRC OPEN HOUSE

Come visit our new office and
meet our staff!

Cake and punch will be provide.



THURSDAY, SEPTEMBER 21ST, 2023

3:00PM-6:00PM
SECOND FLOOR SUITE 234

Thank You

The ADRC would like to thank the following for their generous donations:

Judith Zeman & Family for Shopping/Fun Bus Program
In Memory of Ronnie H Zeman

Baraboo Acts Coalition for DBS Program

Your donations are greatly appreciated!



Your Elected Officials

Did you know you can search for elected officials who serve
your community? Visit

myvote.wi.gov/en-us/My-Elected-Officials
and search by your address.

Travel with BASCO

DECEMBER 7-11, 2023 Nashville Christmas (\$100 deposit per person)

\$1195 per person/double room

Overnight in Indianapolis, IN

Kentucky Derby Museum/Churchill Downs

Nashville Nightlife Dinner Show

Tour of Nashville

Country Music Hall of Fame

Grand Ole Opry Show

Opryland Resort

General Jackson Showboat

Grand Ole Opry Christmas Show

DECEMBER 15, 2023, Scrooge-Fireside Theatre

\$120 per person includes bus, meal, & show

Contact 608-356-8464 for more information!

Recipe 2 for

from the kitchen of
Maplewood Sauk Prairie

Strawberry Spinach Salad

Dressing:

3T. poppy seeds

2 c. sugar

2 c. olive oil

1 c. red wine vinegar

1 t. paprika

1 t. Worcestershire sauce

4T. onion powder

Salad ingredients:

3 c. spinach

1 c. strawberries

1/2 c. chopped walnuts

1 c. Feta Cheese

Wait until salad is ready to be eaten
to add dressing.

Serve and Enjoy.



Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Tuesdays & Thursdays, 10-11:30am
October 24, 2023- December 14, 2023

Extension Office, West Sq. Bldg.,
505 Broadway St., Baraboo, WI

Register

In-person at Extension Sauk Co., 3rd Floor
West Sq. Bldg.

Online at <https://forms.gle/5F5JkGuZAhrcbsKY6>

Benefits of Strength Training:

Reduced risk for chronic diseases:

Diabetes	Osteoporosis
High Blood Pressure	Arthritis Heart
Disease	Some Cancers

Increased:

Strength
Muscle Mass

8-Week Class
Starting the week of
October 24, 2023



Extension
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements





Coloring page
provided by:

Meadows 
Assisted Living & Memory Care
477 Rainbow Road - Spring Green

 **The Pines**
Senior Living
1050 Prairie Street - Prairie du Sac

 **Meadow Ridge**
Senior Living
1700 Jefferson Street - Baraboo



VETERANS MESSENGER



Dear Friends,

Now that the anniversary of the PACT ACT has passed, remember that you can still file claims and still possibly get retroactive payments. You can file a claim under this law anytime going forward.



Below is a link to a study that indicates Agent Orange exposure increases the likelihood of Dementia. Please get this word out to all the veterans and their spouses to contact our office if they think they were exposed and have dementia and any other conditions related to exposure. <https://www.ncbi.nlm.nih.gov/p20dementia>

We are now located on the first floor of the West Square Building, directly below where we were previously located. Please try to minimize walk-ins. If nobody answers when you call, please leave a voice message, and give us 5 business days to return your call. Leave as comprehensive of a message as possible so we can prioritize these calls appropriately. If the matter you are calling about requires a faster response, say so in your message and explain why. Remember to call us to make an appointment or email us with questions you might have that can easily be answered this way. Our email is, vetservice@saukcountywi.gov

**IN YOUR SERVICE,
TONY**

We would like to share with you the information to restore the Baraboo Veterans Memorial. The new Memorial Section and Restoration is a great way to Honor all Veterans in our community. If you have any questions, please send them to:

Friends of the baraboo Veterans Honor Roll
P.O. Box 37
Baraboo, WI 53913



Veterans Day

A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

Please take time this year to attend a Veterans Day event or share time with our veterans! On Saturday, November 11, 2023, events will happen all around Sauk County and our nation. Please look for updates.

Thank You

The Veterans Care Trust Fund Trustees want to thank all those that have recently donated. Because of your generous tax-deductible donations, they have been able to help needy veterans of Sauk County in various ways. They have helped veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

The Veterans Care Trust fund is in a new chapter of assisting veterans and their families and a new governing board was established to help with assisting veterans and increase community awareness for our veterans and families.

VETERANS SERVICE STAFF:

Tony Tyczynski- County Veterans Service Officer
Mark Ard- Assistance County Veterans Service Officer
Sandy Deich- Veterans Program Manager

Becky Held- Benefit Specialist
Kristi Redd- Benefit Specialist
Jane Aionesei- Temporary Veterans Receptionist

★★★★★ Upcoming Events ★★★★★

Please check with these organizations before attending any events. For current upcoming events or for more information on the following upcoming events that are for veterans/to support veterans, please see our website or check with the organizations.

Women Veteran's Coffee - Tin Roof Dairy & Spirit Lake Coffee Roasters, 119 Third St, Baraboo, WI - First Wednesday of the month at 2:00pm. POC: Rhea Vacha 608-332-1628

There is a Veterans Coffee get together that meets **weekly on Thursdays** from 8-10 a.m. at the Legion Hall in LaValle. The hall is located at 116 W Main St, LaValle.

The Reedsburg Thurber-Greenwood VFW Post 1916 breakfast will be served **every second Sunday** from 8:00 A.M-12:00 P.M. Please stop by and enjoy breakfast if you can. Menu items include: Made to order omelets, scrambled eggs, breakfast sausage, hash browns, homemade buttermilk pancakes, biscuits and gravy, applesauce, bagels with cream cheese, toast, and drinks of your choosing.

The Dells Judo Club (4 years - adult) Held on **Tuesday & Friday** from 6-8 p.m. at the Delton Sportsman's Club (off Hwy P), E9602 Berry Rd, Wisconsin Dells, WI 53965. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc.

★★★★★ Other Upcoming Events ★★★★★

The Wisconsin Veterans Museum: Trivia Night September 19, 2023, 7p.m. to 8p.m. For this virtual trivia night, we will be using the Kahoot! app. This app will allow for the multiple-choice questions we will use during each round. Simply log onto Kahoot.it the night of the event (either through your mobile device or on a separate browser tab) and we will provide the access code...nothing to download and easy to use. Lots of fun will be had by all and prizes are given to the top 3 players/teams. This program is suitable for all ages. Registration link below:

<https://www.eventbrite.com/e/trivia-night-with-the-museum-registration-649017858887>

Wisconsin Veterans Business Conference

Tuesday, October 10, 2023, from 8a.m. to 6p.m.

Attend the premier gathering of military- and veteran-affiliated entrepreneurs, professionals, resources, and supporters in Wisconsin! The Veteran Business Conference features veteran-owned businesses, organizations and resources that provide products and services to veterans, service members and their families. Attendees will interact with more than 100 exhibitors and vendors and connect with veteran business owners as well as resources and support services for veterans and veteran business owners.

See link below to attend:

<https://www.wiveteranschamber.org/2023conference>

VA's Day out at Devil's Lake for Veterans & Families: Bring a picnic lunch, enjoy games, hiking & conversations.

October 13, 2023, from 10am-2pm/ S5975 Park Rd, Baraboo, WI 53913/ POC: Rhea Vacha 608-332-1628

Save the Date: June 7th & June 8th, 2024.

Woman Veteran Retreat at Trinity Equestrian Center, Eau Claire, WI
Partnership with WDVA (Wisconsin Department of Veterans Affairs)



Please Help Restore Our Beloved Downtown Veterans Memorial

Honor a friend or family member who's served their country in times of war or peace. Your purchase of an engraved paver will get us one step closer in our veterans memorial revitalization project by Memorial Day in 2024.

Your paver will be meticulously engraved 1/4 inch into the brick surface and filled in with a black epoxy to ensure long life. We will hold all orders until April 15, 2024 and install them at the base of the Veteran's Memorial the following month. Two sizes are available. Order using the form on the back. No orders accepted after April 1st, 2024.



12" x 12"
9 lines of 21 characters
\$350



8" x 8"
6 lines of 14 characters
\$175



Close up of Service Medallion: \$75 extra
Clearly indicate branch of service on order form.

Customize the appearance of your brick with special engraving. Our company can do unit crests (such as the one pictured above) and military rank, awards and occupational insignia. Set up fees are an additional \$100 per order. **Please write BooVetsHonorRoll@gmail.com with questions.**

Baraboo Veterans Honor Roll Building Committee

Monetary contributions are greatly appreciated. We are a 501(c)(19) veterans organizations and donations can be tax deductible.

☐ \$50 ☐ \$100 ☐ \$250 ☐ Other \$ _____

Memorial Bricks

☐ 8" x 8" \$175 6 lines of 14 characters

☐ 12" x 12" \$350 9 lines of 21 characters
Please indicate size desired. Clearly print message in grid at right. Your message will be centered.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
1																					
2																					
3																					
4																					
5																					
6																					
7																					
8																					
9																					

Service medallion (see above) add \$75 and indicate branch _____

DO NOT add sales tax.
Please return with check to:
Friends of the Baraboo Veterans Honor Roll
P.O. Box 37
Baraboo, Wisconsin 53913

Name: _____ Phone: _____
Address: _____
City: _____ State: _____ ZIP: _____
Email: _____

Cop's Corner

Written by a Member of the Sauk County Chiefs Association



School Zone Safety

School is back in session and safety is always a concern. Have you ever seen a child run out in front of your vehicle on the street? This can be quite scary for everyone. Please keep these important safety tips in mind throughout the year.

Tips for Motorists:

- Drive the speed limit, especially in school zones when children are present.
- Stop at crosswalks when pedestrians are trying to cross the street.
- Be cautious around crosswalks or high-volume areas as children may run across without notice.



Tips for Parents/Guardians:

- Educate your children on safe walking habits like not crossing mid-block, avoiding distractions (cell phone use) and activating crosswalk signals before crossing the street.
- Tell your children to stop and look both directions before crossing the street before crossing to ensure it is safe.

Patrick Cummings, Chief of Police
Reedsburg Police Department

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.



Sauk County Clean Sweep

Saturday, September 30, 2023 from 8:00 AM - 12:00 PM

Old Sauk County Landfill

E8795 Evergreen Lane, Baraboo



Dispose of household hazardous waste safely.

Items accepted for **no charge** include: pesticides, cleaners, oil-based paint, batteries, light bulbs, and a wide variety of electronics.

For more information call 608-355-3245 or email conservation@saukcountywi.gov



If you are or recently were ill, please stay home.



Stay in your vehicle at all times while at Clean Sweep. Event staff will unload items at each station. Please make sure ALL items are loaded in the rear of vehicle, trunk, truck bed, or trailer to be unloaded by the event staff.

Latex paint and waste oil are not accepted at Sauk County Clean Sweep events.

Fees for Tires

Car and light truck tires	\$7
Car and light truck w/rims	\$9
Ag and Semi tires	\$14
Ag and Semi tires w/ rims	\$26
<13" tires	\$3
<13" w/rims	\$5

Payment for tires can be made in CASH or CHECK payable to Sauk County Treasurer.

What is NOT ACCEPTED:

- Latex Paint
- Used motor oil
- Pharmaceuticals, IVs, needles
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste
- Compressed gas cylinders
- Recyclables
- Yard and household waste
- Asbestos
- Demolition Materials
- Mattresses

Small businesses and agricultural producers with quantities exceeding 200 lbs. **MUST pre-register for Paint & Chemicals with Veolia at least 1 week prior to the event.** Please contact Zach Davis at (262) 253-3504.

No Late registration will be accepted.

Resource Solutions will accept the following items at Clean Sweep:

** Please remove all batteries from electronics*

No Charge: CPUs, Computer Printers, Speakers, Scanners, Fax Machines, Vacuum Cleaners, Phones, Laptops, Record Players, Tape Players, CD Players, iPods, VCRs, DVD Players, Beta Tape Players, Electric Saws, Drills, Calculators, Paper Shredders, Coffee Machines, Heaters, Game Systems, Sewing Machines, Electronic Toys, Most Household electrical items.

\$10 - Hard Drive Removal and Destruction

\$15 - Microwaves & Large Copy Machines

\$20 - Small AC Units, mini fridges, dehumidifiers

\$25 - Stoves, washers, dryers, dishwashers, lawn mowers (oil/gas drained, tires removed)

\$35 - Refrigerators & Large Freezers

\$20 - All monitors, CRT & Flat Screen

\$20 - CRT/Flat Screen TVs 29" and under

\$40 - CRT/Flat Screen TVs 30"-49"

\$60 - CRT/Flat Screen TVs 50" and up, projection, wooden console

TV's Over 60 Inches - ADDITIONAL FEES APPLY

Payment for electronics can be made in CASH, CREDIT, or CHECK payable to Resource Solutions at the event.

Contact Resource Solutions at (608) 244-5451 regarding electronic items not included on the list above.



Funding for this was made possible, in part, by the Wisconsin Department of Agriculture Trade and Consumer Protection (DATCP). The views expressed in written materials, publications, speakers, and moderators do not necessarily reflect the official policies of DATCP; nor does any mention of trade names, commercial practices, or organization imply endorsement by the State of Wisconsin.

For AddLIFE Today! questions or comments,
please contact Yvette Ledezma at
(608) 355-3289 or email at
yvette.ledezma@saukcountywi.gov

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

In an attempt to reduce the increasing costs
of returned issues, please contact us if you
are going to be on vacation, are moving, or if
you would like 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 email the editor
at yvette.ledezma@saukcountywi.gov and we
will email you the latest issue of AddLIFE
Today!. Thank you for helping us reduce
postage costs as well as the amount of paper
generated!

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

Donation Designation Form

I want to help the Aging & Disability
Resource Center to continue its mission
and dedication of service to older adults
and individuals with disabilities and
their families.

Please designate this donation:

In Memory of _____

In Honor of _____

I want my donation to go towards:

- ☐ AddLIFE Today! Publishing
- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
- ☐ Elder Benefit Specialist Program
- ☐ Helping Hands at Home Program
- ☐ Home Delivered Meals Program
- ☐ Information & Assistance Program
- ☐ Powerful Tools for Caregivers
- ☐ Stepping On
- ☐ Shopping/Grocery/Fun-Day Bus
- ☐ Tele-Assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Programs

Kindly make checks payable to:

'ADRC'

505 Broadway St, Room 102
Baraboo, WI 53913

We also accept credit cards! Call
the ADRC to inquire (608)355-3289
or donate directly here:
www.co.sauk.wi.us/adrc/donations



*"Leaves are falling,
Autum is calling"*

Aging & Disability Resource Center
505 Broadway St
Baraboo, WI 53913

CHANGE SERVICE REQUESTED

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

FALL WORD SEARCH

AUTUMN	ORCHARD
BOMFIRE	PIE
CHILLY	PUMPKIN
CORN	RAKE
FEAST	SCARECROW
HALLOWEEN	SEPTEMBER
HARVEST	SWEATERS
HAYRIDE	SWEET POTATOES
LEAVES	THANKSGIVING
NOVEMBER	TURKEY