

Add **LIFE** Today!

February/March 2015
Vol 7/ Issue 1

Laughter
Independence
Friends &
Energy

May the luck of the Irish be with you!

The AARP Tax-Aide Program Is Back!



Volunteer counselors are trained and ready to assist you with filing your 2014 taxes **Tuesdays** and **Thursdays** starting February 3 through April 9, 2014. Appointments are booking now, so don't delay in scheduling your appointment for this free service offered in cooperation with AARP and the IRS.

New for this season: With Affordable Care Act information being reported on tax returns this year, those who are enrolled in an "Obama Care" health insurance program need to bring:

1. Health insurance coverage information for taxpayer, spouse and all dependents.
2. If taxpayer doesn't have full-year coverage — bring info on any monthly coverage.
3. If health insurance was purchased through the Marketplace/Exchange, Form 1095-A. (This should be received in the mail by January 31, 2015.)
4. Any health care exemptions received from the Marketplace/Exchange.
5. ALL information needed to complete returns for taxpayer, spouse, and for each

dependent that has a filing requirement.

Our volunteer tax counselors are trained and certified with AARP and the IRS. They will assist with filling certain tax forms and schedules, including Form 1040 and Homestead Tax Credit. The Volunteer Protection Act requires that our volunteers stay within the scope of this AARP program. If a counselor finds that your return is too complex, they may ask you to seek paid tax assistance.

Everyone who participates in the program **MUST** be prepared to show photo identification upon registering for this service, even if they have had their taxes prepared with AARP volunteers in the past. Please note that both spouses must sign returns on their own behalf — one cannot sign for the other. Our volunteers are bound by IRS regulations and must strictly enforce these requirements.

Like last year, all appointments will be scheduled in Baraboo at the West Square Building. Tax counseling is done by appointment only — please call the ADRC today and ask for an "AARP Tax Prep Appointment" at 355-3289 or 800-482-3710.

*See Page 2 for the
pre-tax appointment checklist.*

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Tax Appointment Checklist

Everyone must present

- ___ Picture identification
- ___ Social Security card or a copy of the card
- ___ Form SS-A-1099 showing Social Security benefit amount for 2014
- ___ Bank account info for direct deposit of any refund
- ___ Last year's tax return

Income information:

- ___ W-2 from each employer (if applicable)
- ___ Unemployment compensation statements
- ___ SSA-1099 (Social Security Benefits) *or* RRB-1099 (Railroad Retirement Benefits)
- ___ 1099 forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B) and documentation showing the original purchase price of your sold assets
- ___ 1099-R form (pension or annuity)
- ___ 1099-MISC showing miscellaneous income

Payment information:

- ___ All forms and canceled checks showing federal and state income tax paid (including quarterly estimated tax payments)

Deductions:

- ___ 1098 form showing home mortgage interest
- ___ Receipts or canceled checks for medical/dental expenses
- ___ Receipts for prescription medicines
- ___ Receipts for cost of assisted living services
- ___ Receipts for the cost of home improvements
- ___ Receipts for contributions to charity
- ___ Receipts or canceled checks for all tax income and property taxes you paid, as well as records of tax refunds

Credits:

- ___ Dependent care provider information
- ___ Receipts, canceled checks, or 1099 forms related to continuing education
- ___ If you rent/lease your home and are eligible to file a Homestead Credit claim, bring the rent certificate from your landlord

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



Dear Friends,

Happy New Year to all! We want to mention that if you are a veteran or know a veteran who is service-connected disabled, and are being paid at the 100% rate by the Veterans Affairs (VA) and are not receiving any benefits from Social Security and are under the age of 65, you may want to consider applying. The Social Security Administration has a stream-lined process for totally disabled veterans to apply and the Sauk County Aging & Disability Resource Center has a disability benefit specialist who can also assist with the process. Please see their information in the appropriate section of this newsmagazine.

Also, there is a new benefit available for un-remarried surviving spouses of veterans if they receive Dependents Indemnity Compensation (DIC) from the VA, and own property. Please contact us for further details.

Since tax season is upon us again, we want to give a friendly reminder that any and all benefits from the VA are not taxable.

Be sure to stay up to date with important veteran related items and events on our Sauk County website. <https://www.co.sauk.wi.us/veteransserviceoffice>

In Your Service,

Tony

Thank you!

We want to thank the following for their recent donations to the Veterans Care Trust Fund: Wanda West; William Bergman; VFW Auxiliary 987, Baraboo; and Pierces Community Foundation (you can designate a percentage of your Pierce's purchases towards the Veterans Care Trust Fund and they send us a check occasionally).



Gabby Marx, winner of the Voice of Democracy Essay Contest, the youngest member of the Ladies Auxiliary to Greenwood Memorial

Post 987, and Marlene Powell, President, presented a check to Tony recently for the Veterans Care Trust Fund.

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



Sign up for the Electronic Newsmagazine

Any veteran who would like to receive upcoming issues of *AddLIFE Today!* via e-mail, please e-mail kkent@co.sauk.wi.us with your name and e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsmagazine.





Kathy Kent

Veterans Benefit Specialists

Veterans Office * 505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us

Pamela Russo



Support Veterans with a Tax Refund Donation

Wisconsinites are encouraged when filing state income taxes this year to consider donating to the Veterans Trust Fund (VTF), the state's primary means of supporting veterans.

The VTF provides valuable services and benefits for veterans and the immediate families of service members who have died in the line of duty or as a result of service-connected disability. The fund supports retraining grants, claims assistance, subsistence aid, and state Veterans Cemeteries.

With more troops returning home, more veterans are utilizing the services provided by the Veterans Trust Fund. These service members are returning to a challenging economy and are dealing with the after effects of repeated deployments, mental trauma, and physical trauma. Returning service members rely on programs supported by the VTF to reestablish their lives as civilians, attain job training and education, and contribute to the workforce as future leaders. At the same time, the needs of senior veterans have grown. As Wisconsin veterans age, the demand for affordable nursing care, transportation to VA medical centers, and eyeglasses and hearing aids increases.

Just one dollar donated from every taxpayer in the state would raise more than \$3 million for veterans. Donating is simply completed by entering an amount to give next to the Vets logo on your state income tax form. Donations can also be made by mailing a check to Wisconsin Department of Veterans Affairs, Veteran Trust Fund Donation, 201 W. Washington Ave., P.O. Box 7843, Madison, WI 53707-7843

Operation Badger Base

August 6-9, 2015



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

Check out the website at:
www.operationbadgerbase.com

Veterans Get-Togethers

There is a group of veterans that get together on Wednesday mornings in Reedsburg. From 6:00 – 8:00 a.m. on Wednesday mornings, veterans meet for coffee, breakfast and to talk at the Reedsburg VFW post building, located at 200 Veterans Drive, Reedsburg. All veterans are welcome. They do take any donations to cover the cost of the food. Any questions can be directed to Wayne Unrath at (608) 347-9781.

If you know of any other special veteran groups that meet regularly, please let our office know at saukcountyvets@co.sauk.wi.us and we will try to spread the word.

Department of Workforce Development - Hiring Preference At State For 30%+

The Department of Workforce Development, Office of Veterans Services is proud to announce the Wisconsin Jobs for Veterans Website. As of November 11, 2014, veterans with a 30% or greater disability rating from the Veterans Administration are now qualified to apply to Wisconsin State jobs under a non-competitive authority. If this pertains to you or someone you know, we encourage you to take advantage of this new and exciting benefit. You can follow the link <http://wiscjobsforvets.wi.gov> and log in using your WiscJobs.Gov username and password. Enter the Job Announcement Code 1400000, click 'Apply' and follow the prompts. This will add your name to the certified eligibility list.

In order to be certified eligible for the non-competitive authority you must upload the following documentation: most current resume; copy of your DD-214 (member #4); and award letter from the VA with your

disability rating. (Letter must be no more than one year old).

Once complete you will receive notification in your account that you have been rated and found eligible. Once on the list please be sure to check back to the WiscJobsForVets website periodically for job announcements in the future. You will also receive email notifications from your local Disabled Veteran Outreach Specialist (DVOP) or Office of Veterans Services (OVS) staff on current job announcements and availability. The Department of Workforce Development (DWD) asks that you please be patient as this is a new website and they are working diligently to increase the number of State jobs available under this new authority.

If you have any questions or concerns you can contact the DWD at (608) 266-0327 or (608) 266-8080 or your local Wisconsin Job Center.



Easter Seals Wisconsin Camps Retreat for Veterans and their families

A free Veterans Family Camp Weekend will be held at Easter Seals Wisconsin Camp Wawbeek in

Wisconsin Dells on May 1-3, 2015 for military veterans and their families. Two weekends are held each year, one in the spring and one in the fall. These weekends are meant for families to reconnect with each other and network with other veterans while having a fun and relaxing weekend with many optional planned activities. Activities include: fishing, archery, high-ropes course, arts and crafts, making s'mores, and other "Dells" activities such as a trip to a water park.

The next weekend will be held May 1-3, 2015 with available room for more veterans to join

in the fun. Family members may include spouses, children, significant others, parents, grandparents, etc. and are open to all veterans, recently-returned or those whose service was far in the past. Private family lodging, food, all activities and trips are included, in a beautifully-wooded 400 hundred acre setting just outside the city of Wisconsin Dells.

If you, or someone you know, is a veteran who might be interested please contact Easter Seals Wisconsin 608-237-1979. Veterans can register for the weekend online. The Veterans Family Camp weekend is offered **at no cost to the veterans or their families** through generous contributions to Easter Seals

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Wisconsin.

Please see their website for more information: <http://camp.eastersealswisconsin.com/content/wisconsin-veterans-family-camp-weekend>

Upcoming Events

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

- Saturday, March 28, 2015: **Auction, Dance & Raffle Fundraiser for Vets Roll**, at the Community Building in Lone Rock. This event will be held in the afternoon and evening with all proceeds going for the Vets Roll organization. The point of contact for this event is Lisa Bowen, and we believe her phone number is (608) 929-4260.
- Our Post Traumatic Stress Disorder (PTSD) Support Group meets the **third Tuesday of each month** from 1:00 – 2:30 p.m. in a meeting room in our office.
- Vietnam Veterans Week at Camp American Legion in Tomahawk, WI will be held June 8-14, 2015. It will be a special week of camaraderie, storytelling, battle-buddy sharing, remembrance, celebration and FUN. For more information call the Camp at 715-277-2510 .

★ ★ VETERANS MESSENGER



Q. How does a Snowman get to work?

A. By icicle

Q. What do Snowmen call their offspring?

A. Chill-dren

Mark Your Calendar



The ADRC will be closed:

April 3	Good Friday
May 25	Memorial Day
July 3	Fourth of July

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

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

ADAW To Offer Family Education Programs

Starting in January of 2015, Janet Wiegel, Outreach Specialist with the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) will present the monthly series on the 4th Tuesday of each month, alternating between locations in Sauk and Columbia Counties. Family and friends of those with Alzheimer's disease or other dementias can learn about subjects such as ways to effectively and compassionately communicate with someone who has dementia, understanding and responding to behavior changes, things to consider when making the decision to move to facility care and many more topics of interest.

Is it time for facility care?, will be presented on Tuesday, March 24, at Oak Park Place, 800 Waldo St., Baraboo. Janet will review things to consider when making the decision to move to facility care.

The education programs are free and open to the public with no pre-registration required. If assistance is needed or there are questions about any of the programs, contact Janet Wiegel at 608.742.9055 or email janet.wiegel@alzwisc.org. To view the full list of topics and locations for the 2015 Monthly Education Programs, visit the program calendar page on the ADAW website at www.alzwisc.org.

Carrots, Eggs and Coffee Beans

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling.

It seemed that, as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.

She let them sit and boil, without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, “Tell me, what do you see?”

“Carrots, eggs, and coffee,” the young woman replied. The mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, “What does it mean,

mother?”

Her mother explained that each of these objects had faced the same adversity – boiling water – but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened! The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

“Which are you?” the mother asked her daughter. “When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?”

Think of this: Which am I? Am I the carrot that seems strong but, with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, or a financial hardship, does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart? Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest, do you elevate to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?



— Author Unknown



ADRC Transportation

Medical Transportation Line:

608-355-3278 or 800-830-3533

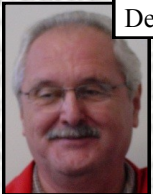
Fun-day Trip Line:

608-355-4888

**Look
Who's
Getting
You
There!**



Bill



Dennis



Gary



Tom

**The ADRC
Transportation
Team**

Welcome Julie

Julie Hyser joined the ADRC on January 5, 2015 as the new Transportation Coordinator. Julie has been employed at Sauk County since 1997 and has had 17 yrs prior experience in the Department of Human Services and also the Emergency Management Office's. Julie is very excited to be working with the staff the ADRC and will be here to take care of your transportation needs.



ADRC Transportation Options for YOU!

The Aging & Disability Resource Center of Sauk County offers **FOUR** unique transportation programs to meet your transportation needs.

- Volunteer Driver Escort Program
- Taxi Subsidy Program
- Specialized Transit Bus Service
- Fun-day Travels

Volunteer Driver Escort Program

The ADRC has volunteers available to provide you with door-to-door service. Our drivers will pick you up, take you to your out of town medical appointment or errand and make sure you get back home safe and sound.

The fee for a trip is \$0.40 per mile. Mileage is calculated as round trip from the driver's home. Please allow 48 hours notice.

Taxi Subsidy Program

The Taxi Subsidy Program provides half-price punch cards for rides through your local taxi service.

Participants may purchase one punch card per month. Cards can be carried over from month to month. A participant may use more than one punch

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card per month if they have punches left over from a previous purchase.

Its easy to apply. Simply request an application from the ADRC Transportation, complete the form, enclose your check or money order and return it to:

ADRC-Transportation
505 Broadway
Baraboo, WI 53913

For more information call 608-355-3278

Specialized Transit Bus Service

Wednesday is grocery day with morning and afternoon buses to Pierce's, Aldi's or Baraboo Walmart. Grocery buses depart from locations in Reedsburg, Sauk Prairie and Bluffview by reservation only. \$3.00 round-trip. Please call for more details.

Friday is recreational shopping/activity day with morning buses to Tanger Mall, Ho-Chunk Casino or the Walmart/Kohls/JoAnn Fabrics Center in Lake Delton. Morning buses depart from locations in Baraboo, Reedsburg, Sauk Prairie and Bluffview by reservation only. \$3.00 round-trip. Please call for more details.

Spring Green/Plain/Loganville Area Residents, the second Monday of the month is reserved for our friends in the Spring Green, Plain and Loganville area to travel to Madison shopping malls. The next trips are scheduled for February 9, March 9 and April 13. Call (608) 355-3278 today to reserve your spot! Each trip must meet minimum bus capacity.

LaValle Residents, if you are interested in a Wednesday grocery bus to Pierce's, Walmart or Aldi's in Baraboo or a Friday shopping bus to Lake Delton, call (608) 355-3278 today. Each trip must meet minimum bus capacity.

Each trip must meet minimum capacity.

Call today
to reserve your spot!

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Bus Passenger Guidelines

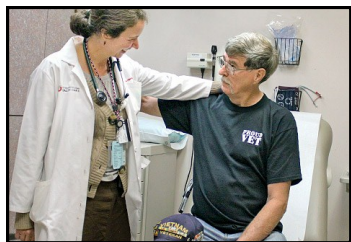
- *Please call at least 2 days in advance.*
- *Minimum capacity is 6-8 passengers per trip.*
- *The morning grocery bus must meet minimum capacity before an afternoon grocery bus is scheduled.*
- *Wednesday and Friday buses cost \$3.00 to board and include your return fare.*
- *You must choose one location per trip.*
- *Passengers will be picked up at pre-arranged group locations. (Some exceptions may apply)*
- *Your bus driver reserves the right to deny stops other than those listed.*
- *Please use your 1/2 price taxi punch card to shop local merchants.*



The ADRC may cancel or delay travel services due to inclement weather.

Please call (608) 355-3278 to confirm your appointment or to make other travel arrangements.

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ATTENTION, VETERANS:

The ADRC is exploring the possibility of offering bus transport one Monday per month for medical appointments at the VA Hospital in Madison. If you would be interested in this potential, new service, please call the ADRC's transportation line at (608) 355-3278 to let us know. If there is enough interest, we will begin scheduling trips.



Fun-day Travels are day trips designed to promote an independent lifestyle, encourage socialization and add some fun to your weekly routine. These trips are designed for adults age 60+ and adults with disabilities. The round-trip fare is \$5.00 per person, payable to the bus driver. Pick-up locations are determined based on the passenger list. Passengers are responsible for purchasing their own lunches and any additional admission fees. Majority rules when selecting a lunch location.

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

You may make a reservation for yourself and one other person.

February Events – Call after February 1:

Thursday, February 5	Sauk-Prairie and Waunakee St. Vincent de Paul Thrift Stores
Tuesday, February 10	Wollersheim Winery Tour & Wine/Juice Sampling (\$5.00 admission) and shopping at The Shoe Box
Tuesday, February 17	West Towne Mall
Tuesday, February 24	Culver's Corporate Offices Tour (<i>free admission</i>), Tripp Heritage Museum (<i>not handicapped accessible – stairs, free admission, donations accepted</i>) or Ruth Culver Public Library, Prairie du Sac

March/Early April Events – Call after February 15:

Tuesday, March 3	National Mustard Museum (<i>free admission, donations accepted</i>), Middleton and Woodman's
Tuesday, March 10	East Towne Mall, Hobby Lobby and Michael's
Tuesday, March 17	Sharper Vision Store (Wisconsin Council of the Blind & Visually Impaired) and Hobby Lobby, Madison
Tuesday, March 24	Wisconsin Historical Museum (<i>suggested \$2.00 donation</i>) and Wisconsin Veterans Museum (<i>free admission</i>), Madison
Tuesday, March 31	Hilldale Shopping Center and Super Target, Madison
Tuesday, April 7	Columbus Antique Mall (<i>free admission</i>) and Christopher Columbus Museum (<i>suggested \$2.00 donation</i>)



**Be kind
whenever
possible.
It is
always
possible.**

--Dalai Lama



Treating the Flu and Its Symptoms



This flu season is shaping up to be one of the most severe in years and was even elevated to epidemic level and about half of the country is experiencing flu activity. If you have been diagnosed with the flu, according to Flu.gov, you should stay home and follow your health care provider's recommendations. Talk to your health care provider or pharmacist about over-the-counter and prescription medications to ease flu symptoms and help you feel better faster.

Treating the flu without medication

- Get plenty of rest
- Drink clear fluids like water, broth, sports drinks or electrolyte beverages to prevent becoming dehydrated
- Place a cool, damp washcloth on your forehead, arms and legs to reduce discomfort associated with a fever
- Put a humidifier in your room to make breathing easier
- Gargle salt water (1:1 ratio warm water to salt) to soothe a sore throat
- Cover up with a warm blanket to calm chills

Treating congestion

Decongestants can ease discomfort from stuffy noses, sinuses, ears and chests. Talk to your health care provider or pharmacist about which kind is right for you.

Treating coughing and sore throat

Cough medicine, cough drops and throat lozenges can temporarily relieve coughing and sore throat. Talk to your health care provider or pharmacist about which kind is right for you.

Reducing fevers and discomfort

Fevers and aches can be treated with a pain reliever such as Tylenol, ibuprofen or nonsteroidal, anti-inflammatory drugs (NSAIDS) like Aleve. If you have kidney disease or stomach problems, check with your health care providers before taking any NSAIDS.

Mixing flu meds with over-the-counter drugs

Many over-the-counter medications contain the same active ingredients. If you take several medicines with the same active ingredient, you might be over-doing it. This can cause serious health problems. Make sure to be thorough and read all labels carefully. It's better to be safe than sorry. If you are taking over-the-counter or prescription medications not related to the flu, talk to your health care provider or pharmacist about which cold and flu medications are safe for you.

This partnership article is provided by:
BrightStar Care
507 Linn Street
Baraboo, WI 53913
608.355.5015


BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard



Hey, Reedsburg and Baraboo Can You Give Us A Hand?

**This is a call out to the Baraboo and Reedsburg communities.
We Need You Because Your Neighbors Need You!!!**

We know that some of our neighbors depend on the kindness of others to get their meals or to travel to medical appointments. We think that no matter what, they will be able to have their needs met through the ADRC. But what happens if the ADRC doesn't have enough kind-hearted volunteers to help meet those needs? That is something that I don't want to find out! That is why I'm hoping you would consider volunteering as an ADRC volunteer.

Currently the Baraboo and Reedsburg communities are "under-volunteering" for the needs of their neighbors who depend on the ADRC's volunteer driver escorts for transportation to their medical appointments, the home delivered meal volunteers who delivery lunches to the homebound and the

dining center volunteers who assist with serving the lunches at the dining centers.

How does it work to be a volunteer driver escort?

As a volunteer driver escort you help transport people to medical appointments and other trips of necessity. When a person needing a ride calls our office, we gather the information needed to match a client with an driver escort. We would next call you to see if you were available. If you weren't available you would tell us "sorry not this time". If you were available, we would provide you with all the needed information for the transport. The day of the trip, you would drive to the person's home and take them to the appointment. After the appointment you would take them home. You would be reimbursed from your home through the trip and back to your home.

What do I do while the person is at the appointment?

You can simply wait for the person in the waiting room. Or if the person's appointment will take a while, you are free to run some errands of your own - just make sure the client and the medical staff are able to reach you.

How does it work to be a volunteer at the dining centers?

As a dining center

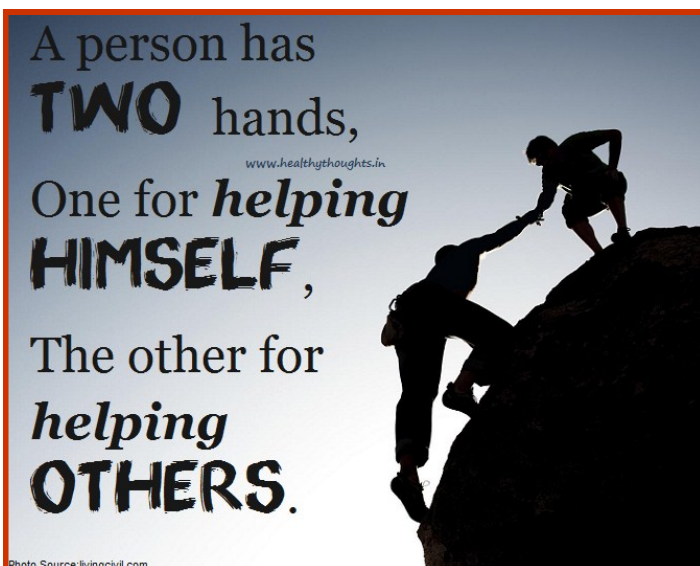


Photo Source: livingcivil.com

volunteer your duties may vary. Help is needed to ready the dining center for the lunch, package the meals for the home delivered meals, serve the meals to diners or help clean up afterwards.

How does it work to be a volunteer home delivered meal driver? As a home delivered meal driver, you might volunteer to deliver meals one, two or more days per week. You would go to the dining center or restaurant where the meals will be ready for you to pick up and deliver. The time commitment to delivering meals is an hour or less per day due to our efforts to adhere to food safety standards. There is a \$10 reimbursement per route per day to cover your mileage expenses.

Want to volunteer but not sure if you want to do it on a regular basis?

Consider being a substitute Home Delivered Meal Driver! As a substitute home delivered meal driver you have your name on a list and if a home delivered meal driver is sick, going on vacation, has a medical appointment, etc. and couldn't deliver the

meals, we would call you to see if you were available to cover the route. You might get called only when needed, but would be a huge support to the program in guaranteeing that our homebound clients receive their meals. Like all volunteering opportunities, if you aren't able to help that day, you just let us know and we will ask the next volunteer.

What happens if I sign up to volunteer and I don't like it? If on the slim chance that you decide to try volunteering and decide it's not bringing you joy - you simply let us know. We are so thankful to have you volunteer even if it is only one hour! Sauk County is better because of you volunteering for that one hour and we appreciate you.

So, I'm urging you to consider being an ADRC volunteer. Give me a call and we can talk about how volunteering can bring joy to your life. You can reach me, Cathy Bindl, at 608-355-3289 or 800-482-3710.

***I'd love to have you join
the ADRC volunteer team !***



The AARP VITA (Volunteer Income Tax Assistance) program is always looking for volunteers to assist with preparing taxes in Sauk County.

If you are interested in volunteering, please call Doug at (608) 697-4354.



For Your Benefit . . .

Deb Harvey and Mindy Shrader, The Elder Benefit Specialists



**Deb Harvey
Coming to you:**

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

**Mindy Shrader
Coming to you:**



Howard Wynne Apartment	February 3 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	February 3 2:00 to 3:00	March 3 2:00 to 3:00
Baraboo Dining Center	February 10 10:45 to 11:45	March 10 10:45 to 11:45

Plain Green TTEC	Feb 4 1:00 to 3:00	March 11 1:00 to 3:00	
Spring Green Senior Center	Feb 18 10:30 to 11:30	March 18 10:30 to 11:30	
Spring Green Library	Feb 18 1:00 to 2:00	March 18 1:00 to 2:00	
Sauk/Prairie Community Cntr	Feb 5 10:00 to 11:30	Feb 19 10:00 to 11:30	March 19 10:00 to 11:30
Sauk/Prairie Midway Mnr	Feb 19 9:00 to 9:45		
Sauk/Prairie Washington St Apts	Feb 19 12:30 to 1:30		
Merrimac Village Hall	Feb 5 8:30 - 9:30	March 19 8:30 - 9:30	



HEALTH CARE FOR U.S. SENIORS LAGS BEHIND OTHER DEVELOPED NATIONS

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

A startling new report finds that despite near-universal coverage, health care for seniors in the United States has fallen behind other industrialized countries. The study was done by the Commonwealth Fund — a private U. S. foundation that seeks to promote health care quality, efficiency, and access. The group has published surveys comparing health care in industrialized countries since 1998. The countries surveyed utilize a variety of health care approaches including single-payer national systems and subsidized private insurance coverage. Their structures involve many different benefits, thresholds, and exemptions. Its latest report focused on individuals over 65, which is notable because its focus includes a segment of the U. S. population that enjoys nearly universal access to coverage and care.

Despite access to health care for those over 65, the U.S. leads in proportion of individuals with two or more chronic conditions (68% report hypertension, heart disease, diabetes, cancer, etc.) and in proportion of those who take 4 or more prescription drugs (53%). By contrast, only 33% of individuals in the United Kingdom have multiple chronic conditions.

One of the primary reasons for this, according to a foundation spokesperson, is that U.S. residents do not have access to health care throughout their lives and therefore take fewer preventative measures. Then, when they turn 65 and become eligible for Medicare, they have to catch-up with their health and treatment.

Despite the Medicare program providing near-universal access to health care, Americans still

struggle to pay for it as compared to other countries. Nineteen percent of Americans said cost was a barrier that prevented seeing a doctor, undergoing a recommended test or treatment, or filling a prescription. The only other surveyed country that reached even 10% was New Zealand. As a result, Americans are near the top in emergency room use (39% within the past two years), but are very low in the ability to obtain same- or next-day appointments (57% vs. 80% in France, Germany, and New Zealand).

One area the U. S. does excel in is advanced planning. Americans were the most likely to have discussed having a health care proxy (78%) and have actually named one (67%); they rank second in having a written plan regarding end-of-life wishes (55%).

While Medicare will celebrate its 50th anniversary in 2015, it is clear the U. S. still has miles to go in order to provide safe, efficient, and cost-effective treatment for even those millions of Americans who receive Medicare.

Substance Abuse in Older Adults: *A growing problem*



Substance abuse among older adults is a growing problem. As Baby Boomers age and America's demographics change,

substance abuse in older adults is becoming a widespread issue. The nature of substance abuse can vary; however, a growing number of older Americans suffer from alcohol and prescription drug abuse. Unfortunately, older adults' substance abuse is often undetected and untreated. It's suggested that health care providers often overlook substance abuse in older adults. Some argue substance abuse is hard to detect in older adults because its symptoms are quite similar to those of other medical issues. For example, substance abuse can cause fatigue, irritability, and/or chronic pain. These symptoms could also be a result of common medical conditions. Moreover, substance abuse is associated with young people, not older adults. The stigma, shame, or denial often associated with substance abuse may hinder someone from discussing concerns with a health care provider. Individuals 65 and older make up 13% of the U.S. population — yet this group accounts for one-third of the nation's total prescription drug use. Why? One reason may be that older adults are more likely to be prescribed multiple long term prescriptions that may contribute to the

potential of improper medication use. Patients are encouraged to take precautions when using prescriptions medications. The following is a list of easy ways to promote proper medication use:

- Always follow prescribed directions.
- Be aware of potential interactions among your prescriptions.
- Never use another person's prescription.
- Always discuss all of your medications with your health care provider, including prescriptions, over-the-counter medications, and dietary supplements.

As people age they become increasingly sensitive to the harmful effects of alcohol. The National Institute of Alcohol Abuse and Alcoholism recommend individuals 65 and older limit alcohol consumption to 7 drinks a week (but no more than three drinks on any one day). If you have concerns regarding substance abuse, talk with your health care provider.

Medicare may cover treatment for substance abuse if you receive services from a Medicare-participating facility, your doctor indicates the treatment is medically necessary and they work with you to set up a plan of treatment. Mental health conditions like depression or anxiety can affect anyone. If you are experiencing thoughts of suicide, hopelessness, a lack of energy, or an increased use of alcohol or other drugs, you should speak with your health care provider.



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

Presented by Deb Harvey and Mindy Shrader

Wednesday, March 4, 2015 at 4:30 p.m.

West Square Building, Room B30, 505 Broadway, Baraboo

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those who are continuing to work. It is designed to help you make informed retirement decisions.

FIVE IMPORTANT STEPS FOR MARKETPLACE ENROLLEES

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

Mary Agnes Cary recently published a very helpful five step checklist on Kaiser Health News for new and already enrolled individuals looking at Marketplace insurance. The relevant portions of the article are below and can also be found on KaiserHealthNews.org.

1. Shop Around. Just because you're enrolled in a policy now doesn't mean it's the best deal for you next year. If you're currently in the federal Marketplace and don't take any action, you'll be re-enrolled in the same plan you're in now. Federal officials, as well as many analysts, are urging consumers to go back to the exchanges to compare plans and prices. You might discover that you have more — or different — choices than you had a year ago.

2. Don't Get Billed Twice. Insurers have expressed concerns that if a consumer changes plans, problems with the federal website might keep insurers from learning of the change and consumers could get billed for both plans. Keep your proof of payment to answer any billing questions. Further, once you've cancelled the old policy, watch your credit card statements or, if the payment was deducted directly from a bank account, watch those charges to make sure you aren't paying for two policies. And don't cancel your current insurance until you have confirmation from your new carrier that you're covered.

3. Find Out If You Qualify For Financial Help. Enter your most up-to-date income information on healthcare.gov or with your state exchange to see if you are entitled to receive a tax credit toward the cost of your health insurance. Even if you are like the majority of those enrolling in marketplace plans who receive a subsidy, update your income to make sure you get the correct amount next year. This is important because if you get too much of a subsidy, you'll have to repay it when you file your taxes the following year.

4. Know All Costs. It's not just the monthly premium that will cost you. Understand a policy's out-of-pocket costs — like co-pays, co-insurance, and deductibles — before you enroll. The health law allows out-of-pocket maximum caps of \$6,600 for an individual policy and \$13,200 for a family policy in 2015, but some of your health care expenses — including out of-network care — might not be included in that cap.

5. Get Help If You Need It. Confused? There are several ways to get help. Work with a local insurance agent or broker. Find one of the law's trained navigators or assistors. Or call the federal consumer assistance center at (800) 318-2596 for extra help or to find out if you are eligible for a subsidy. Folks there can also help you enroll in a health plan or in Medicaid — the federal-state program for low-income people — if you qualify.



Medicare Considers Paying For End-of-Life Counseling

The American Medical Association (AMA) recently asked that Medicare reconsider paying doctors for end-of-life counseling services. There was a willingness to consider the proposal, but no changes were included in Medicare's 2015 payment rules. Medicare has indicated it will consider the change for 2016. Announcing their consideration of the issue this far in advance "give(s) the public ample opportunity to weigh in on the topic," said Medicare spokesman Aaron Albright. The type of end-of-life counseling the AMA is requesting reconsideration of centers on advance care planning services (e.g., living wills) and end-of-life treatment options (e.g., education on hospice and palliative care). This type of counseling is largely supported by medical professionals. It would be voluntary and would support patients making informed decisions about the kind of care they may want at the end of their life. Medicare would not be the first to provide this type of counseling. Some private insurance companies already provide these services to their members. Some state Medicaid services (including Oregon and Colorado) also provide the counseling. However, Medicare is the country's largest health insurer, so the service would be available to many more if Medicare supported this

service.

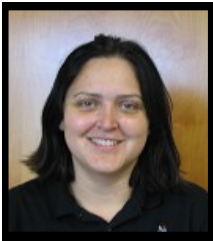
The Institute of Medicine recently released a report that found that the American health care system is not designed to provide the kind of sensitive care patients need at the end-of-life. In line with the findings of the Institute of Medicine report, Consumer Reports also recently released an end-of-life planning guide for families. The guide arrives after a recent Consumer Reports survey (of over 2,000 adults) found that 86% would consider receiving end-of-life care at home, while 36% said they wanted to receive end-of-life care in the hospital. The Consumer Report and guide are available here: <http://web.consumerreports.org/endoflife.htm>. As many recall, the issue of end-of-life counseling was raised during the health care reform debate. At the time, opponents of reform labeled the counseling services as "death panels." Because of the public outcry, it was eventually removed from the legislation. However, proponents say end-of-life counseling would help people make more informed end-of-life care decisions taking the burden off loved ones.

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at the Greater Wisconsin Agency on Aging Resources'
Elder Law & Advocacy Center*

Find hope in the darkest of days,
and focus in the brightest.

-- Dalai Lama





Holly Schafer

Disability Benefit Specialist

Quinn Hause



Wisconsin's Foodshare Program

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

FoodShare was created to help stop hunger, promote good health, and provide for adequate nutrition. Many people benefit from FoodShare each month including seniors, families, and people with disabilities. FoodShare benefits are distributed on QUEST Cards, which operate like debit cards. These cards can be used at grocery stores, some nutrition sites, and some farmers markets. Participants can purchase almost any kind of food including fruits, vegetables, meat, cheese, bread, and cereal. Participants should note that FoodShare may not cover all purchases. For example, FoodShare dollars cannot be used to purchase alcohol or tobacco. FoodShare is underutilized. Only one-third of eligible seniors are enrolled. Some eligible individuals do not want to receive FoodShare benefits. Often, an individual's reason to not enroll is based on widely-held false beliefs.

Let's separate fact from fiction. FoodShare Myths & Realities

MYTH: My benefit amount will be too low. The maximum FoodShare benefit, for one individual, is \$194. The minimum benefit is \$16. Some may feel that the application process is not worth \$16 per month.

Reality: Over the course of a year, the minimum benefit totals to \$192! Additionally, benefit amounts can be "banked" for up to one year. In other words, individuals do not

have to spend their benefits each month. The benefit amount can be "banked" and used when needed most, so long as it is used within a year. You can even "bank" your benefits to plan for nice holiday meals.

MYTH: Everyone will know I am using "Food Stamps." Some people are embarrassed to use FoodShare.

Reality: QUEST cards are used just like debit cards. There is no roll of stamps, so benefits can be used discretely. Recipients use their QUEST cards just like any other credit or debit card at the cash register.

MYTH: FoodShare is for poor people.

Reality: FoodShare is a U.S.D.A.-funded nutrition program, not a welfare program. Importantly, FoodShare helps our local economies. In fact, Second Harvest Foodbank notes that the U.S.D.A. has estimated that "every \$5 of FoodShare benefits spent generates \$9 in economic activity." Do your part: find out if you qualify!

MYTH: I have too many assets to qualify for FoodShare.

Reality: Even if you own a home or vehicle, you may still be eligible for FoodShare. In fact, your assets may not even be taken into eligibility consideration. People over the age of 60 do not have to meet the FoodShare work requirements. Accordingly, a senior's eligibility

for FoodShare often turns on his or her gross income. However, if an individual has a high income, he or she may still be eligible.

Interested individuals should contact their local Aging & Disability Resource Center (ADRC) to determine whether they meet the eligibility guidelines. Applicants will have a face-to-face or telephone review with an economic support worker to determine eligibility. Further, applicants should be prepared to verify all of the information on their application. This may require documents like rent receipts or utility bills. Applicants and current FoodShare enrollees should note that, due to changes in federal law, there have been some changes to the Standard Utility Credit. Now, applicants will receive Standard Utility

Credits for the utilities that they pay. For example, if you pay for heating, you will receive a Heating Standard Utility Credit. However, if you do not pay for your heat and only pay for electricity, you will receive an Electricity Utility Credit. Please be sure to discuss your individual utility bills with your caseworker to receive the credits that you are entitled to. (Please note that if your household received a Wisconsin Home Energy Assistance Program [WHEAP] payment, your credit will not be affected by this change. Additionally, if you receive FoodShare and pay for heat, your credit will not be affected.) If you think you might be eligible for FoodShare, be sure to contact your local ADRC today! Your caseworker can provide an individualized eligibility assessment and assistance with your application

Questions and Answers About Social Security Disability Programs



This information is designed to provide a more thorough understanding of the disability programs administered by the Social Security Administration (SSA). Following are some of the most frequent questions asked about these programs.

Q. Who can get disability benefits under Social Security?

A. Under title II, also known as the Social Security Disability Insurance (SSDI) program, there are three basic categories of individuals who can qualify for benefits on the basis of disability:

- A disabled insured worker under full retirement age
- An individual disabled since childhood (before age 22) who is a dependent of a parent entitled to title II disability (SSDI) or Social Security retirement benefits or was a dependent of a deceased insured parent

- disabled widow or widower, age 50-60 if the deceased spouse was insured under Social Security

Under title XVI, also known as Supplemental Security Income (SSI), there are two basic categories under which a financially needy person can get payments based on disability:

- An adult age 18 or over who is disabled
- child (under age 18) who is disabled

Q. How is the disability determination made?

A. Social Security Administration's regulations provide for disability evaluation under a procedure known as the "sequential evaluation process." For adults, this process requires sequential review of these five steps:

- claimant's current work activity
- the severity of his or her impairment(s)
- a determination of whether his or her

(Continued on page 20)

(Continued from page 19)

impairment(s) meets or medically equals a listing, a listing of impairments describes certain medical conditions that are considered so severe that they automatically mean that an individual is disabled as defined by law

- the claimant's residual functional capacity
- his or her past work, and his or her age, education, and work experience

As mentioned before this is a "sequential evaluation process" and each step is looked at starting with "claimant's current work activity". So if an adult is found disabled, or not disabled, at any point in the sequential evaluation process, the evaluation does not continue.

Q. When do disability benefits start?

A. SSDI cash benefits for workers and widows usually cannot begin for 5 months after the established onset of the disability. Therefore, SSDI benefits will be paid beginning the sixth full month after the date the disability began. However, under SSI, disability cash payments may begin as early as the first full month after the individual applied or became eligible for SSI.

In addition, under the SSI disability program, an applicant may be found "presumptively disabled or blind," and receive cash payments for up to 6 months while the formal disability determination is made. The presumptive payment is designed to allow a needy individual to meet his or her basic living expenses during the time it takes to process the application. If it is finally determined that the individual is not disabled, he or she is not required to refund the payments. There is no provision for a finding of presumptive disability or blindness under the Title II (SSDI) program.

Q. What can an individual do if he or she disagrees with the determination?

A. If an individual disagrees with the initial determination in the case, he or she may appeal it. The first administrative appeal is a reconsideration, which is generally a case review at the State level by an adjudicative team that was not involved in the original determination. If dissatisfied with the reconsideration determination, the individual may request a hearing before an administrative law judge. If he or she is dissatisfied with the hearing decision, the final administrative appeal is for review by the Appeals Council. In general, a claimant has 60 days to appeal an unfavorable determination or decision. Appeals must be filed in writing and may be submitted by mail or in person to any Social Security office.

If the individual exhausts all administrative appeals, but wishes to continue pursuing the case, he or she may file a civil suit in Federal District Court and eventually appeal all the way to the United States Supreme Court.

Q. Can individuals receiving disability benefits or payments get Medicare or Medicaid coverage?

A. Medicare helps pay hospital and doctor bills of disabled or retired people who have worked long enough under Social Security to be insured for Social Security benefits. It generally covers people who are 65 and over; people who have been determined to be disabled and have been receiving benefits for at least 24 months or have amyotrophic lateral sclerosis (ALS); and people who need long term dialysis treatment for chronic kidney disease or require a kidney transplant. In general, Medicare pays 80 percent of reasonable charges.

In most States, individuals who qualify for SSI disability payments also qualify for Medicaid. The Medicaid program is referred to by different names depending on the State. The program covers all of the approved charges of

the Medicaid patient. Medicaid is financed by Federal and State matching funds, but eligibility rules may vary from State to State.

Q. Can someone work and still receive disability benefits?

A. Social Security rules make it possible for people to test their ability to work without losing their rights to cash benefits and Medicare or Medicaid. These rules are called "work incentives." The rules are different for title II (SSDI) and title XVI (SSI), but under both programs they may provide:

- continued cash benefits
- continued help with medical bills
- help with work expenses or
- vocational training.

For more information about work incentives, ask any Social Security Office for the a publication entitled the "Red Book," *A Summary Guide to Employment Support for Individuals with Disabilities under the Social Security Disability Insurance and Supplemental Security Income Programs*. You can access the Red Book online at: <http://www.socialsecurity.gov/redbook/index.html>



Thank you to Gerald & Janet Ward for their donation to the Home Delivered Meal program in honor of Violet Ward.

We would like to thank Sylvia Broderick for her donation to the AARP Tax Preparation and Transportation programs and to the publishing of *AddLIFE Today!* in honor of her sisters, Fran Fiegler, Elaine Mundipare and Mary Jane Mundipare. Sylvia said, "Thanks for all you do."

Thank you to the anonymous donor for the donation to the Disability Benefit Specialist and the Elder Benefit Specialist programs.

We would like to thank Dorothy Sivam for her donation to the publishing the *AddLIFE Today!* and to the Transportation program.

Thank you to the anonymous donor for the donation to the publishing the *AddLIFE Today!*



Bees, Beer & Herbs

Rural Landowner Workshop for Small Acreages

Individuals interested in learning what to do with their small parcels of land are invited to a free workshop being held in the evening on Tuesday, February 24, (snow date February 26) at the Green TTEC Building in Plain. Participants will be able choose to learn about growing hops, raising bees, or growing medicinal herbs.

For more information or to receive a registration form, contact either:

- Penny Pohle at ppohle@co.sauk.wi.us or call 355-4839
- Katie Pfeiffer at Katie.pfeiffer@ces.uwex.edu or call 356-3257.

This event is sponsored by the Sauk County Conservation, Planning, and Zoning Department and Sauk County UW-Extension Office.



Cop's Corner

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

Traffic Direction

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



***When approaching an accident,
slow down!***

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 others.

By: Mark R. Schauf
Chief of Police
Baraboo Police Department
608-355-2720

UW-Baraboo Sauk County Continuing Education Department invites you to join us on campus in 2015.

Saturday, April 11th

A Day to Nourish Your Body and Mind

Instructor: Michelle Swader, RDN, CD is a registered dietitian/nutritionist who has worked in several settings, including schools, workplaces, hospitals and clinics. She is an experienced public speaker and former UW-Colleges instructor. Her passion is nutrition education, with a goal of empowering people to find the best diet for their goals and needs.

8:00-10:00 am - Nutrition Myths Vs Facts

Does all the talk of diets, fads, and supplements confuse you? How can you tell what is marketing and what is the truth? Learn how to separate myth from reality when it comes to what is good for you. Find reliable sources for recipes and nutrition information, and basic rules to follow to set yourself up for finding, and cooking, healthy meals.

10:30 am-12:30 pm - Grocery Store Nutrition

What does “healthy” mean? Improve your nutrition literacy by learning to read labels and ingredient lists, and learn the simple ways to get nutritious fats, carbohydrates and proteins into your diet. We will cover meal planning and shopping tips to boost your confidence for your trips to the grocery store.

1:00-3:30 pm.- Reaching Your Nutrition Goals

Whether your goal is weight loss, becoming fitter or eating more nutritious foods, you will learn strategies for reaching it. We will cover how to set a goal that is right for you, then how to set the path to achieve it. We will also address the obstacles that may get in the way, and how to stop them from stopping you.

All 3 classes take place Saturday April 11 in the Rodem's Room, Aural Umhoefer Classroom Building. Participants may register for one, two or all three classes. Fee: \$29 for each class

To register, call Cindy or Angie at 608-355-5220

or register on line at www.baraboo.uwc.edu

>Community Outreach>continuing education



SPRING 2015 Distinguished Lecture Series

"Turkey and Current Challenges in the Middle East"

Musa Ayar, Ph.D. :
Department of
Business and Economics
Thursday, February 19
12:30 pm

"Symbiotic Relationships in Nature"

Tracy White, Ph.D.;
Campus Dean and CEO,
UW-Baraboo/Sauk County
Thursday, April 2
12:30 pm

Lectures will take place in the Rodem's Room, Umhoefer Classroom Building and are free and open to all.

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



Jim
Pritzkow



Pam
Burdick



Lisa
Karau

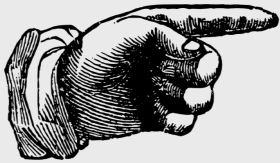


Rachel
Heinzman



Julie
Mayer

Please Notice This



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

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



Should You File For The Homestead Credit?

Have you wondered if you should file for the homestead credit? There are certain criteria that must be met in order to qualify. To determine if you qualify for the credit, complete the following steps.

Step 1

If you answer "No" to any of the questions in Step 1 below, do not complete Schedule H or H-EZ; **you do not qualify** for homestead credit. If you answer "Yes" to all four questions, go on to Step 2.

- A. Were you age 18 or older as of December 31, 2014? (If you were born on January 1, 1997, you are considered to be age 18 as of December 31, 2014.)
- B. Were you a legal resident of Wisconsin from January 1 through December 31

of 2014?

- C. Was your household income for 2014 less than \$24,680?
- D. Were you the owner or renter of the Wisconsin homestead you lived in during 2014? (A homestead is a home you occupy whether you own it or rent it - an apartment may be homestead because it is your home.)

Step 2

If you answer "Yes" to any of the questions in Step 2 below, do not complete Schedule H or H-EZ; **you do not qualify** for homestead credit.

- A. Were you claimed or will you be claimed as a dependent on someone

else's 2014 **federal** income tax return?
(If you were age 62 or older on December 31, 2014, this limitation does not apply to you, so answer "No." If you were born on January 1, 1953, you are considered to be age 62 on December 31, 2014.)

- B. Are you currently living in a nursing home and also receiving Title XIX medical assistance?
- C. For EACH MONTH of the entire 2014 year, did you receive either Wisconsin Works (W2) payments of any amount or county relief payments of \$400 or more?
- D. Did you live FOR THE ENTIRE 2014 YEAR in housing that is exempt from property taxes? (A municipal housing authority property created under sec. 66.1201, Wis. Stats., is not considered tax-exempt for homestead credit purposes if that authority makes payments in lieu of property taxes to the city or town in which it is located. If you live in public housing, you may wish to check with your manager.)
Note: If you are claiming property taxes on your former homestead, this limitation does not apply, so answer "No."
- E. Have you claimed or will you claim a Wisconsin farmland preservation credit for 2014 or a veterans and surviving spouse's property tax credit based on

your 2014 property taxes (payable in 2015)?

If you qualify, the credit you may be eligible for ranges from \$10 to \$1168.

If you think you qualify for the Homestead Credit, you should complete the Schedule H or H-EZ. There are certain requirements on which form needs to be filed. Make sure you review these requirements in the directions prior to completing to determine which is right for you.

For most claimants, the deadline for filing a 2014 Schedule H or H-EZ is April 15, 2015. If you are a taxpayer with a fiscal year (one ending on a date other than December 31), the deadline is 4 years, 3 1/2 months after the end of the fiscal year to which the claim relates. Do not file your 2014 Schedule H or H-EZ before January 1, 2015.

You do have the option to file for previous years. If you think that you may qualify in previous years, it is possible for you to file back to 2010. If you are interested in doing this, you would need to do so by April 15, 2015. If you wait until after April 15, you would only be able to file back to 2011.

If you think you qualify and need assistance in completing the Homestead Credit forms, please call the ADRC to schedule an appointment with the AARP volunteers.

The information used in this article came from the Homestead Credit Instructions, 2014.

-- Save The Date --

Sauk County Earth Day – Sunday, April 26, 11:00 a.m.-3:00 p.m. UW-Baraboo/Sauk County, 1006 Connie Road, Baraboo. An indoor family event with hands-on, fun displays for youth and adults, mini-workshops, door prizes, and more! Free admission!

This year's theme is "water" and the slogan is "Water Wonderful World!"

For more information,
call (608) 355-4839, email ppohle@co.sauk.wi.us, or check out saukcountyearthday.org



Because You Care ~ The Caregiver's Corner

ADRC AND HEALTH DEPARTMENT NOW WORKING MORE CLOSELY TOGETHER

The ADRC is pleased to announce that it is enhancing its relationship with the Sauk County Health Department, providing an opportunity to strengthen four important ADRC programs.

January 1, 2015, the ADRC transferred management of its congregate dining program/dining centers, home-delivered meal program, prevention/wellness classes and National Family Caregiver Support Program to the Health Department. In addition, the ADRC's Nutrition & Prevention Specialist, Laura Geick, became an employee of the Health Department.

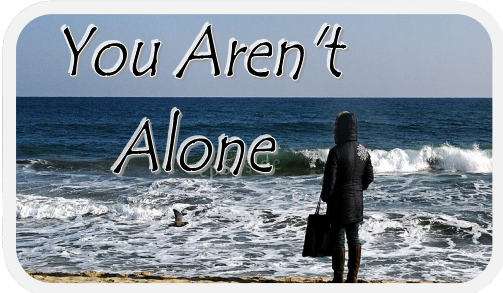
The program management and staffing transfer took place after months of thorough examination of the programs; discussions with the Sauk County Health Department staff, grantors and oversight committees; research of best practices found elsewhere in Wisconsin; and a public input meeting. It was determined there were real opportunities for the ADRC and the Health Department to work more closely together to provide even greater service to Sauk County residents.

Sauk County Health Department has a mission of prevention and a professional staff that includes nutritionists, nurses and a health educator. The ADRC and the Health Department have similar philosophies and serve a similar clientele. Leadership of the two departments saw a compatibility that would create dynamic, new opportunities to enhance these four programs that are so important to ADRC clients.

What will these changes mean to **you**? Processes are in place to ensure seamless, excellent service to the residents of Sauk County. Whether you call the ADRC or the Sauk County Health Department, staff will be ready to assist you.

In this and future editions of *AddLIFE Today!*, you will meet some of the Sauk County Health Department staff who will be working with the ADRC for you.

The ADRC and the Sauk County Health Department look forward to serving you in new and improved ways this year, and as always, will benefit from your feedback as we go forward together.



The goal of a support group is to provide caregivers with support, connections and the freedom to talk openly about their feelings. When you join a support group, you have the opportunity to meet and talk with others who are in the same or similar situations as you. Caregivers often speak of issues and feelings that only other caregivers understand. Being part of the support group helps you appreciate the fact that you aren't alone and the emotional roller coast you are on is normal.

Members in the support group share how they've handled various caregiving situations, tips they've discovered, the latest research, and hints about medications and treatments. But most importantly, they are encouraging each other. Keeping yourself cut off from others cannot help you solve the problems you are facing. There are going to be good days and bad days when you are a caregiver. Sharing

and encouraging each other helps boost both your emotional and physical well being.

Caregiving is changing as people are living longer due to advances in science and medicine. This means that the younger generation of caregivers are caring for a longer period of time. It also means that the loved one they are caregiving for may need more at-home medical and supportive cares. The issues that arise from this are not common knowledge to everyone. By caregivers in the support group sharing what they've learned others can discover how to better handle challenges.

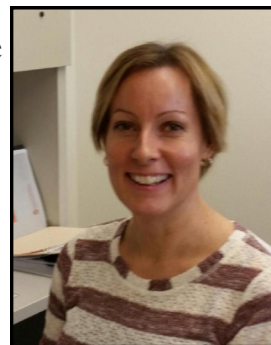
To get the full benefit of a support group you will want to attend frequently. Each session is going to be different and you don't want to miss out on the knowledge and ideas shared. When you come to the support group, don't feel pressured to contribute to every discussion, but do share your thoughts and ideas when you feel comfortable.

Joining a support group can be valuable and help you be the best caregiver you can be. Know that the issues you are dealing with might be new to you, but there are others who have experienced them. Isolating yourself will only make your problems worse.

The Aging & Disability Resource Center's Coffee Hour for Caregivers . . . Because You Care Support Group meets the second Thursday of each month at 9:00 a.m. in Room B24 of the West Square Building. All are welcome.

Met the New Support Group Leader

Jody Bruni is a Public Health Nurse for Sauk County where she works with the St. Vincent de Paul C.A.R.E. Program and families with young children. She is excited to step into the role of facilitator for the Caregiver Support Group for the ADRC.



Jody has her nursing degree from the University of Wisconsin Oshkosh and previously worked as a Resident Care Coordinator for Community Based Residential Facilities. She has group facilitator experience with The Getting Better Program, a small group focused on leading healthier lifestyles.

In her free time, Jody enjoys spending time with her three children, biking, and crocheting.



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

Meetings are the second Thursday of each month at 9:00 a.m. in Room B24 West Square Building, 505 Broadway, Baraboo

The next meetings will be February 12 & March 12

Successful caregivers know the importance of taking care of themselves so they can continue to give quality care to their loved ones.

When you attend a support group, you get to meet other people who may be dealing with the issues as you are. You will have their support as you realize that you are not alone and the emotions you are dealing with are normal.



Foot Clinic Schedule

To schedule a foot care appointment
call Sauk County Home Care
at

524-7513

The cost for foot clinic visit is \$25.00.

Baraboo - West Square Building

Tuesdays - February 3 & 17

Tuesdays - March 3 & 17

Wednesday - February 18

LaValle - Fire Department

Wednesday - March 25

Lake Delton - Holy Cross Episcopal/

United Methodist Church

Wednesday - March 11

Plain - Plain Green TECC

Wednesday - February 25

Reedsburg - Maple Ridge

Tuesday - February 10 & March 10

Thursday - February 19 & March 19

Reedsburg - Willow Heights

Wednesday - February 11

Sauk Prairie - St John's Church

Thursdays - February 5 & 12

Thursdays - March 5, 12 & 26

Spring Green - Christ Lutheran Church

Tuesday - March 24

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



Energy Service Outreach Schedule

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

Spring Green

at the Spring Green Library

February 12 & March 12

2:30 p.m. - 4:30 p.m.

Prairie du Sac

at the St. Vincent Resource Center

February 16 & March 16

1:00 p.m. - 4:00 p.m.

Reedsburg

at the Reedsburg City Hall

February 5 & 19

March 5 & 19

9:00 a.m. - 3:30 p.m.

Wisconsin Dells

at Wisconsin Dells Electric

March 10

9:00 a.m. - 11:00 a.m.

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

The Baraboo Office is open

Monday through Friday

8:30 a.m. - 5:00 p.m..

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

Dining Center Schedule

Please call your local dining center by
12:00 noon to make a meal reservation
for the next day

Baraboo

Highpointe Commons
1141 12th St., Baraboo
Phone 963-3436
Lunch served at 11:30 a.m.

Laura Presents:	February 4	March 4
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Merrimac

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

Laura Presents:	February 3	March 3
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Reedsburg

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

Laura Presents:	February 12	March 12
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Sauk/Prairie

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

Laura Presents:	February 5	March 5
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Spring Green

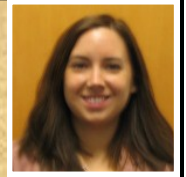
Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 12:00 noon

Laura Presents:	February 11	March 11
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Home Delivered Meals Only

La Valle-Bare Necessities
North Freedom-Railroad Inn Café (also
offers an in-house lunch special for seniors)

Laura Geick, Nutrition & Prevention Specialist



***"Promoting Healthier Lives . . .
through Nutrition Education, Physical Activity,
& Prevention Programs"***



Ever since he retired, Edward dreads going to bed at night. He's afraid that when he turns off his light, he will just lie there with his eyes open and his mind racing. "How can I break this cycle?" he asks. "I'm so tired—I need to get some sleep."



Just like Edward, you want a good night's rest. Getting enough sleep helps you stay healthy and alert. But many older people don't sleep well. If you're always sleepy, it may be time to see a doctor. You shouldn't wake up every day feeling tired.

Sleep And Aging

Older adults need about the same amount of sleep as young adults—7 to 9 hours each night. But seniors tend to go to sleep earlier and get up earlier than when they were younger. Older people may nap more during the day, which can sometimes make it hard to fall asleep at night.

There are two kinds of sleep—REM (rapid eye movement) sleep and non-REM sleep. We

(Continued on page 30)

(Continued from page 29)

dream mostly during REM sleep and have the deepest sleep during non-REM sleep. As people get older, they spend less time in deep sleep, which may be why older people are often light sleepers.

Sleep Problems

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep.

Napping during the day can disrupt sleep at night. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls or accidents
- Feel very sleepy during the day

Insomnia

Insomnia is the most common sleep problem in adults age 60 and older. People with insomnia have trouble falling asleep and staying asleep. Insomnia can last for days, months, or even years. If you're having trouble sleeping, you may:

- Take a long time to fall asleep
- Wake up many times in the night
- Wake up early and be unable to get back to sleep
- Wake up tired
- Feel very sleepy during the day

There are many causes of insomnia. Some of them you can control, but others you can't. For example, if you are excited about a new activity or worrying over your bills, you may have trouble sleeping. Sometimes insomnia may be a sign of other problems. Or, it could be a side effect of a medication or an illness.

Often, being unable to sleep becomes a habit.

Some people worry about not sleeping even before they get into bed. This may even make insomnia worse.

Some older adults who have trouble sleeping use over-the-counter sleep aids. Using prescription medicines for a short time might help. But remember, medicines aren't a cure for insomnia. Developing healthy habits at bedtime may help you get a good night's sleep.

Sleep Apnea

Sleep apnea is another serious sleep disorder. A person with sleep apnea has short pauses in breathing while sleeping. These pauses may happen many times during the night. If not treated, sleep apnea can lead to other problems such as high blood pressure, stroke, or memory loss.

You can have sleep apnea and not even know it. But your loud snoring and gasping for air can keep other people awake. Feeling sleepy during the day and being told you are snoring loudly at night could be signs that you have sleep apnea.

If you think you have sleep apnea, see a doctor who knows about this sleep problem. You may need to learn to sleep in a position that keeps your airways open. Sometimes a medical device called Continuous Positive Air Pressure (CPAP), a dental device, or surgery can help.

Alzheimer's Disease And Sleep—A Special Problem

Alzheimer's disease often changes a person's sleeping habits. For example, some people with Alzheimer's disease sleep too much; others don't sleep enough. Some people wake up many times during the night; others wander or yell at night. The person with Alzheimer's disease isn't the only one who loses sleep. Caregivers may have sleepless nights, leaving

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(Continued from page 30)

them tired for the challenges they face.

If you're caring for someone with Alzheimer's disease, there are steps you can take for his or her safety and that might help you sleep better at night. Try the following:

- Make sure the floor is clear of objects.
- Lock up any medicines.
- Attach grab bars in the bathroom.
- Place a gate across the stairs.

Getting a Good Night's Sleep

Being older doesn't mean you have to feel tired all the time. There are many things you can do to help you get a good night's sleep. Here are some ideas:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends. Try to avoid napping in the late afternoon or evening, as it may keep you awake at night.
 - Develop a bedtime routine. Take time to relax before bedtime each night. Some people watch television, read a book, listen to soothing music, or soak in a warm bath.
 - Keep your bedroom dark, not too hot or too cold, and as quiet as possible.
 - Have a comfortable mattress, a pillow you like, and enough blankets for the season.
 - Exercise at regular times each day but not within 3 hours of your bedtime.
 - Make an effort to get outside in the sunlight each day.
 - Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a light snack in the evening can help you get a good night's sleep.
 - Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda, and hot chocolate) can keep you awake.
 - Drink fewer beverages in the evening.
- Waking up to go to the bathroom and turning on a bright light break up your sleep.

- Remember that alcohol won't help you sleep. Even small amounts make it harder to stay asleep.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.



Sweet Dreams

There are some tricks to help you fall asleep. You don't really have to count sheep—but you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it's 5 minutes before you have to get up, and you're just trying to get a few extra winks. Other people find that relaxing their body puts them to sleep. You might start by telling yourself that your toes feel light as feathers and then work your way up the rest of the body saying the same words. You may drift off to sleep before getting to the top of your head.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk to your doctor about changes you can make to get a better night's sleep.

Reprinted from National Institute on Aging

Blueberry Bran Muffins

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Ready In: 40 Minutes

Servings: 12



INGREDIENTS:

- 1/2 cup sugar
- 1 egg
- 1/2 cup vegetable oil
- 1 cup buttermilk
- 1/4 teaspoon salt
- 1 1/2 cups bran cereal
- 1 1/4 cups all-purpose flour
- 1 1/4 teaspoons baking soda
- 1/2 cup Ocean Spray® Blueberry Juice Cocktail
- 1 cup Ocean Spray® Fresh Blueberries, cleaned and rinsed

DIRECTIONS

1. Preheat oven to 400 degrees F. Spray 12-cup muffin tin with non-stick baking spray.
2. Combine sugar, egg and oil in a large bowl and stir together with a wire whisk. Add buttermilk and blueberry juice cocktail and stir with whisk until blended.
3. Combine bran cereal, flour, baking soda and salt in a separate bowl. Add to juice mixture and stir just until dry ingredients are moistened. Fold in blueberries.
4. Let mixture sit 20 minutes to allow cereal to soften.
5. Scoop evenly into muffin cups. Bake for 18 to 20 minutes or until golden brown



Recipe for Fire-Safe Cooking



- Keep an eye on what you fry
- Stand by your pan
- Turn pot handles toward the back of the stove
- Wear short sleeves or roll sleeves up
- Keep a pan lid or cookie sheet nearby to cover the pan if it catches on fire

Cooking is the main cause of home fire and fire injuries. By practicing these fire-safe tips, you can prevent cooking fires and keep your family safe.

For more information and resources, visit:

www.usfa.fema.gov/FPW

U.S. Fire
Administration



FEMA



February 2015

Dining Center Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Chicken Marsala Baked Potato Spinach Salad with Hot Bacon Dressing Pear Slices Sliced Bread	3 Escalloped Potatoes and Ham Casserole Baby Carrots Oatmeal Raisin Cookie Onion Rye Roll	4 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Fruit Gelatin Sliced Bread	5 Hawaiian Meatballs Baby Red Potatoes Summer Blend Veg. Birthday Cake Dinner Roll	6 Roast Turkey Mashed Potatoes Green Beans Petite Banana Sliced Bread
9 Pepper Steak Au Gratin Potatoes Peas and Carrots Choc. Rasp. Torte Sliced Bread	10 Baked Chicken Twice Bk Style Pot. Three Bean Salad Peach Slices Dinner Roll	11 Cranberry Glazed Pork Cutlet Baked Potato Baby Carrots Applesauce Cake Sliced Bread	12 Liver and Onions Sour Cream and Chive Potatoes Winter Blend Veg. Apricot Halves Dinner Roll	13 Roast Pork Loin Mashed Potatoes Red Cabbage Sweetheart Cake Sliced Bread
16 Salisbury Steak Mashed Potatoes Corn Fruited Gelatin Sliced Bread	17 Baked Spaghetti Mixed Italian Salad Pear Slices French Bread	18 Salmon Loaf Baked Potato Green Beans Choc. Rasp. Torte Sliced Bread	19 Glazed Ham Sweet Potato Bake Broccoli Cuts Pineapple Tidbits Dinner Roll	20 Crispy Fish Fillet German Pot. Salad Peas and Carrots Sugar Cookie Sliced Bread
23 Chicken Breast Mashed Potatoes Calif. Blend Veg. Butterfinger Torte Sliced Bread	24 Meatloaf Baked Potato Wax Beans Cantaloupe Slice Dinner Roll	25 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Tapioca Pudding Sliced Bread	26 Meatballs in Honey Mustard Sauce Baby Red Potatoes Carrots Poppy Seed Torte Dinner Roll	27 Macaroni and Cheese Casserole Tossed Salad Green Beans Mand. Orange Gel. Sliced Bread



February is American Heart Month

Heart disease is the leading cause of death for both men and women. Get active. Eat healthy. Take care of that heart!

March 2015

Dining Center Menu



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Pork Steak Mashed Potatoes Mixed Vegetables Applesauce Sliced Bread	3 Chicken Cacciatore Baked Potato Winter Blend Veg. CreamSicle Torte Dinner Roll	4 Swiss Steak Mashed Potatoes Swiss Spinach Fruited Gelatin Sliced Bread	5 Ham Rolls Au Gratin Potatoes Green Beans Birthday Cake Dinner Roll	6 Seafood Newburg over Rice Tossed Salad Cantaloupe Slice Sliced Bread
9 Hawaiian Meatballs Baby Red Potatoes Baby Carrots Sugar Cookie Sliced Bread	10 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pineapple Tidbits Dinner Roll	11 Beef Stew Three Bean Salad Coconut Cream Pie Cheddar Biscuit	12 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Dinner Roll	13 Cheese Tortellini Casserole Italian Blend Veg. Ice Cream Cup Sliced Bread
16 Orange Chicken Baked Potato Spinach Salad with Rasp. Vinaigrette Fruit Cocktail Sliced Bread	17 Corned Beef Baby Red Potatoes Cabbage & Carrots Key Lime Pie Dinner Roll	18 Country Fried Steak Mashed Potatoes Corn Fruited Gelatin Sliced Bread	19 Glazed Ham Sweet Pot. Bake Health Slaw Peach Slices Dinner Roll	20 Salmon Loaf Potatoes Romanoff Peas/Pearl Onions Choc. Chip Cookie Sliced Bread
23 Salisbury Steak Mashed Potatoes Green Beans Apricot Halves Sliced Bread	24 Lasagna Casserole Mixed Italian Salad Butterscotch Pudding French Bread	25 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Pineapple Tidbits Sliced Bread	26 Meatloaf Cheesy Pot. Bake Mixed Vegetables Alexander Torte Dinner Roll	27 Crispy Fish Fillet German Pot. Salad Summer Blend Veg. Applesauce Sliced Bread
30 Roast Turkey Mashed Potatoes Calif. Blend Veg. Cranberry Gelatin Sliced Bread	31 Chili Casserole Corn Raspberry Sherbet Cornbread	<div>  <p> May your mornings bring joy and your evenings bring peace May your troubles grow less as your blessings increase. </p>  </div>		

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please contact Cathy Bindl
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I want to help the Aging & Disability Resource Center to continue it's mission and dedication of service to older adults and individuals with disabilities and their families.

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