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LIFE Today!
Laughter
Independence
Friends &
Energy

February / March 2016
Vol 8/ Issue 1

The AARP Tax Volunteers Are Coming!



Volunteer counselors are trained and ready to assist you with filing your 2015 taxes on **Tuesdays** and **Thursdays** starting February 9. Don't delay in scheduling your appointment for this free service offered in cooperation with AARP and the IRS.

***New this year:**

Spring Green has been added as an additional location this year at the Spring Green Community Church. Tax assistance will be provided on selected Tuesdays in February, March and April. Appointments for this site are handled by the ADRC office in Dodgeville. Please call 608-930-9835 to schedule an appointment

With Affordable Care Act information being reported on tax returns now, 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.*)
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.

The volunteer tax counselors are trained and certified with AARP and the IRS. They will assist with filing certain tax forms and schedules, including Form 1040 and Homestead Tax Credit. The Volunteer Protection Act requires the 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. The volunteers are bound by IRS regulations and must strictly enforce these requirements.

Tax counseling is done by appointment only. Please call the ADRC today and ask for an "AARP Tax Prep Appointment"

Appointments scheduled in Baraboo will be at the West Square Building. Call 355-3289 or 800-482-3710 and asking for an "AARP Tax Prep Appointment."

Appointments in Spring Green will be at the Spring Green Community Church, please call 608-930-9835 to schedule an appointment.

***See Page 3 for the
pre-tax appointment checklist.***

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New
ADRC Office Hours:

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

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





Tax Appointment Checklist

Everyone must present

- ☐ Picture identification
- ☐ Social Security card (No longer able to accept 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
- ☐ For Homestead Tax Credit - Bring Real Estate Tax bills for 2014 and 2015 or your closing statement if Homestead was sold in 2015.
- ☐ Federal and Wisconsin SSI payments

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



★ ★ VETERANS MESSENGER ★ ★

Veteran's Family Camp - A 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 April 29-May 1, 2016 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.



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 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 at <http://www.eastersealswisconsin.com>. The Veterans Family Camp weekend is offered at no cost to the veterans or their families through generous contributions to Easter Seals Wisconsin.

Dear Friends,

We are already a month into the new year and you can tell by the many articles and opportunities in this month's newsletter that it's going to be a very active and full year for veterans and their families.

For those of you who are in VA healthcare, remember we are in the third and final year of the VA dental insurance pilot program. There are two things to remember: 1) get the dental insurance while you can, as the rates and coverages are very comparable to what you would get through an employer and the opportunity to enroll may be expiring soon; 2) I feel that the more of us who purchase it this year, the better chance we have of this program continuing, so future generations of veterans will have this option available.

It is tax time! The VA sent out courtesy copies of letters to all veterans who received some level of health care through the VA last year. These letters are for your information purposes only, as the VA did send that information to the Internal Revenue Service. No action is required on the veteran's part regarding these. A friendly reminder that any income received from the VA is not considered taxable income by the State or Federal government.

As always, 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>. Our website also has links to our Facebook and Twitter pages.

In Your Service,

Tony

Veterans Benefit Specialists

Veterans Office

505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us



Kathy Kent ★ Lonie Birkholz ★ Pamela Russo



Operation Eagles' Wings

Over the past three years, the Sauk Prairie Heroes for Honor fund raisers have raised \$46,000 to help send veterans to Washington D.C. In 2016, they

plan to raise the bar just a little higher. Fritz Wytenbach announced in December 2015 that the Sauk Prairie Heroes for Honor Team is launching "Operation Eagles' Wings" where they have committed to sponsoring one full Badger Honor Flight, at a cost of \$100,000, from the Sauk Prairie community. That's right; Sauk Prairie will be the first community in America to sponsor an entire flight of veterans to Washington D.C.

I hope you will join the Sauk Prairie area as we support Operation Eagles' Wings in 2016. There are 68 veterans from Sauk Prairie who have taken an Honor Flight trip. Since the first Honor Flight took off in April 2010, 1,855 veterans have flown on 21 flights. The Badger Honor Flight serves veterans in Columbia, Dane, Green, Iowa, Jefferson, Lafayette, Richland, Sauk and a portion of Dodge counties.

For more information you can contact the Heroes for Honor committee at (608) 493-4667 to form a corporate team or schedule a fundraising event. Checks can be made payable to Heroes for Honor and mailed to 2131 Broadway, Prairie du Sac, WI 53578 or directly to Badger Honor Flight (please indicate Heroes for Honor in the check memo portion) at Badger Honor Flight, Inc. P.O. Box 258066, Madison, WI 53725. Donations also can be made online at badgerhonorflight.org with the words "Heroes for Honor" in the comment section at the bottom of the payment screen.

CapTel Captioned Telephone Testimonial

Recently we heard from Sauk County veteran Bill McKenzie regarding how much he likes having the CapTel captioned telephone. He likes the CapTel phone because of the clear sounds and visual screen to read what's being said so he does not get lost in conversation. The CapTel phone has given him more independence when communicating on the telephone because he does not have to ask someone take the phone and tell him who is on the other end and what they want.

Bill highly recommends people with hearing loss consider getting the CapTel phone. It is fairly simple to obtain the phone and have it set up. A representative from CapTel can come to your home to set it up if needed. The Wisconsin Telecommunications Equipment Purchase Program (TEPP) Program can help you start the process. Their main phone number is (608) 231-3305 and the general number for CapTel is 800-233-9130. Please contact either of these businesses for more information or for any questions you may have in starting the process of getting the CapTel phone.

Wisconsin residents with hearing loss may qualify to receive a voucher toward the purchase price of a CapTel phone through the Wisconsin Telecommunications Equipment Purchase Program (TEPP).



Veteran ID Cards

The Veterans Identification Card Act 2015 (Public Law 114-31) was enacted on July 20, 2015. The Department of Veterans Affairs (VA) is drafting regulations that will allow VA to implement and enforce the legislation. However, this is a lengthy process that requires time for a public comment period, as well as approval from the Office of Management and Budget (OMB). The rule making process is expected to take 12 months or more. VA is also in the process of developing procedures and policies to implement the VA ID card program. VA currently estimates the program will be implemented in 2017.



Upcoming Events

Upcoming Events

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



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 near our office. To be a part of this group you do not have to be service-connected or even diagnosed with PTSD. It is an opportunity to meet with fellow veterans who deal with residuals of their military experiences.



Free BRC Course



Harley-Davidson is once again offering a free Harley-Davidson Riding Academy New Rider Course for all current and former U.S. military personnel and first responders (law enforcement, fire, and EMS) in 2016. For more information or to register for a course January 1, 2016-December 31, 2016, follow the instructions provided at: <https://ridefree.harley-davidson.com/americanheroes/> (Proof of course completion is satisfactory for meeting the Basic Rider Course (BRC) requirement in AR 385-10, para 11-7)

Lastly, please exercise professional courtesy in taking advantage of this free program, which is a service provided in appreciation of your military service. If you register, attend. If you cannot attend, please inform them well in advance of the class date.

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.



We want to thank the following for their recent donations to the Veterans Care Trust Fund: Baraboo American Legion Post 26 (Fair Beer Tips); Bob O'Brien; Lorraine Steinhorst; Lloyd Krueger; Pierces Community Foundation; Baraboo VFW Post 2336; Eagles Nest Marine Corps League Detachment 1293 (Reedsburg); Lori Dee; Wanda West; Don Schultz; Reedsburg American Legion Post 350 (in memory of two deceased veterans); Dick Hause (in memory of two deceased veterans); Sophie's Jewelry; and anonymous donations.

These tax deductible donations are used to help needy veterans of Sauk County. We also want to remind you that you can designate the Sauk County Veterans Care Trust Fund, Code 1115 on your Pierce's Rewards Card, and all money we receive goes to help needy Sauk County veterans. Thank you.



Pictured here are Sauk County Veterans Service Officer Tony Tyczynski and Bryan Ward from the Eagles Nest Marine Corps League Detachment. The Eagles Nest Detachment recently donated money to the Veterans Care Trust Fund.



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 2 & 16

Tuesdays - March 1 & 15

Wednesday - February 17

LaValle - Fire Department

Wednesday - March 23

Plain - Plain Green TECC

Wednesday - February 24

Reedsburg - Maple Ridge

Tuesday-February 9 and March 8

Thursday-February 18 and March 17

Reedsburg - Willow Heights

Wednesday - February 10

Reedsburg Area Senior Life Center

Wednesday - March 9

Sauk Prairie - St John's Church

Thursdays - February 4 & 11

Thursdays - March 3 & 10

Spring Green - Christ Lutheran Church

Tuesday - March 22

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.



FROM THE DIRECTOR'S DESK

Susan Blodgett

Aging & Disability Resource Center Director



How do you stop a rumor?

So much of the information we get comes from word of mouth. But how do we combat incorrect information?

We all have heard and told silly sayings that weren't true but they didn't cause harm.

You know the ones like:

The moon is made of green cheese!

Blondes have more fun!

A rabbit's foot will bring you luck!

Tell a lie and your nose will grow!

Repeating these silly myths really cause no harm. But there is a tale which people continue to tell that does cause hardships for some. Here at the ADRC, we really are saddened when we hear people say "the ADRC only helps the poor!!" This myth is causing some seniors and adults with disabilities to struggle through difficult times with no support because they believe the ADRC is not able to help them. The ADRC helps EVERYONE who is a disabled adult over age 18 or anyone over age 60!!

The mission statement of the Aging & Disability Resource Center is:

"To empower and support older adults, adults with disabilities and their families by providing easily accessible quality information and assistance. The Aging

and Disability Resource Center will provide services, resources and opportunities to support each individual's choices for independence and enhanced quality of life."

There is nothing in this statement which identifies only a certain segment of people.

The only way we can combat this harmful rumor is by asking you, people who are informed about what we do and who know that we assist EVERYONE, to help us get the word out!

So, to stop this rumor let your family, friends and neighbors know that our services are available to anyone who is a disabled adult over age 18 or anyone over age 60. These services include:

- Information and Assistance Specialists who answer questions, make referrals to programs and services and offer Options Counseling
- Transportation offers a variety of transportation services
- Elder and Disability Benefit Specialists offer assistance
- Free Tax Service

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- Medicare Part D clinics
- Caregiver support
- Prevention programs
- The Nutrition program including congregate and home delivered meals
- Educational and Outreach programs

Let me be clear, there are times when a social worker may ask for someone's income level. That is not used to determine if the Aging & Disability Resource Center will help them, but is used to screen for programs and services which they may be eligible for based on the income level. A good example of this is SeniorCare. Some people still believe SeniorCare is for "poor people". That is not true, all seniors are able to sign up for SeniorCare but the copays are based on their income level. Knowing a senior's income is necessary to make an informed decision if SeniorCare or a different Medicare Part D plan is the best option.

So, please help us get the word out. Next time you know someone who is facing challenges, tell them about the Aging & Disability Resource Center. If they say "I can't call them because they only help poor people", tell them that's just a silly myth and they should call the ADRC to hear exactly what's available to them!

Help us stop this harmful rumor!

--- *Susan*

Ag Plastics Recycling

Date: Wednesday, March 16 at

Time: 10:00 a.m.-12:00 noon

Where: Sauk County Highway Shop,
620 HWY 136, West Baraboo



Farmers will be able to drop off their silage bags, bunker covers, bale wrap, plastic feed bags, and hoop film. Plastic feed bags and hoop film **MUST** be kept separate from other plastics being recycled. Plastic baler twine will not be accepted but can be used to tie loose plastic into bundles. **Net wrap is no longer accepted.** Please do not bring it to the collection or hide it in the supersacks.

Loose plastics are no longer accepted. Plastics can be brought to the Highway Shop in a supersack or tied into neat bundles. Supersacks keep the plastic dry and protected, take up less floor space, and are easier to handle than loose storage. The plastics must be as clean and dry as possible to maximize recycling opportunities.

Free supersacks are available at the following locations:

Reedsburg Farmer's Cooperative

300 South Walnut, Reedsburg

United Cooperative

1360 Laukant Street, Reedsburg

United Cooperative

E11145 Hwy. 60, Sauk City

McFarlanes'

780 Carolina Street, Sauk City

Lime Ridge Agri Supply

115 Minor Street, Lime Ridge

Hohl Farm Supply Inc.

W11942 State Road 33, Portage

Blain's Farm & Fleet

1100 South Boulevard, Baraboo

United Cooperative

E11725A Co. Rd. Z, Prairie du Sac

Recycling these plastics keeps them out of landfills and reduces disposal costs for farmers. Burning plastic is illegal and a dangerous source of air pollution.

For more information contact Conservation Coordinator Aaron Pape at apape@co.sauk.wi.us or 355-4842. More information is also available on the Sauk County website at: <https://www.co.sauk.wi.us/cpz/ag-plastics-recycling>

ADRC Transportation

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

Fun-day Trip Line: 608-355-4888

Look
Who's
Getting
You
Therel



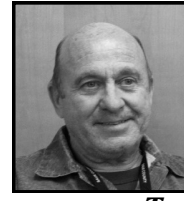
Julie



Bill



Gary



Tom



Jennifer

What to do if your vehicle breaks down on the highway

If your vehicle breaks down, your first consideration should be safety for yourself and your passengers.

It can happen to anyone. You're driving along the road, when something happens unexpectedly and your car breaks down. You may lose power to the vehicle, hear a loud sound as some part breaks, or your tire blows out and you struggle to control the car. No matter what causes your car to break down on the highway, it's a scary experience, but one that you should be prepared for. If your vehicle breaks down, your first consideration should be safety. Follow these roadside safety tips if you're in this type of emergency:

Slow down. If you feel a change in your vehicle's performance that indicates you may break down, start to decrease your speed, but don't slam on the brakes.

When faced with a breakdown, many people react impulsively and come to a sharp halt on a busy road, which can cause dangerous collisions. Instead, slowly lift off of the gas pedal and use calm, controlled braking to slow down gradually.

Use your indicators. It's important to use your four-way emergency lights to indicate to other drivers from the very first sign of trouble that you're slowing down and moving

off the road. Use your turn signals and mirrors so you can safely angle onto the shoulder. Be sure to get as far off the road as possible.

Be seen. Once you've safely exited the road, it's also crucial to mark your car the right way. Any vehicle pulled off to the side of the road near traffic needs lighting, reflectors or other gear to warn oncoming traffic. Many motorists recognize an open car hood or a white rag as an indicator that the vehicle is broken down and can't move. It's a good idea to keep a roadside emergency kit in your car which includes reflective triangles that can be used to warn oncoming traffic, particularly at nighttime when visibility is worse.

Call for help. Calling police or first-responders as quickly as possible can also limit your risk; once they arrive they have resources for ensuring traffic safety. Give responders all appropriate information about your location and what the scene around you looks like to allow them to do their jobs effectively.

Stay out of the road. It may seem easy to go for your trunk, jack up a flat or start walking down the road for help, but even when you are safely in the shoulder, you can still be at risk for a collision. If getting out of your car is necessary, always step around the vehicle on

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the side away from traffic. Never stand by the vehicle in the roadway. If you must walk for help, stay as far off of the road as possible and use any warning light or reflectors that are handy.

If something does go wrong, certain safety equipment and supplies are helpful to have in your roadside emergency kit. Here are some suggestions:

- Cell phone with charger
- Pencil and notebook
- Extra medication
- Vehicle operating manual
- Emergency safety information
- Flashlight with extra batteries
- Drinking water and preserved food
- Jumper cables and tire pressure gauge
- Flares, warning triangles or reflectors
- Ice scraper, snow brush and snow shovel, if climate demands
- Cat litter as a substitute for sand when your vehicle is trapped in snow
- Heavy gloves and thermal or safety blanket
- Candles and waterproof matches
- First-aid Kit



February Events	
February 2	Wisconsin Historical Museum (suggested \$2.00 donation) and Wisconsin Veterans Museum (free admission), Madison (Independent walking will be required between the two museums.)
February 9	West Towne Mall
February 11	Ho-Chunk Casino
February 16	Sharper Vision Store and Hobby Lobby
February 23	WI Dells Antique - Craft Mall and Wisconsin Dells Thrift Shopping
March and Early April Events	
March 1	East Town Mall
March 8	Thrift shopping – Sauk Prairie, Baraboo, Reedsburg
March 10	Ho Chunk Casino
March 15	Columbus Antique Mall (Free Admission) and Christopher Columbus Museum (\$2 suggested donation to the Museum)
March 22	West Town Mall
March 29	Hilldale and Super Target
April 5	Greenway Station

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

For reservations, call the Fun-day Travels number: 608-355-4888.

You can make a reservation for yourself and one other person!



Know Your Transportation Options



NEW IN SAUK COUNTY!!

Spring Green

The **Spring Green** community now has a bus to provide transportation to the dining center and will make stops upon your request to the grocery store, pharmacy and other locations after dinner. Call the Spring Green Dining Center at 588-7800 to learn more. Cost \$1.00 round trip.

LaValle

For anyone disabled or 60 years old or older- the ADRC will be providing transportation to one of the following three areas: Reedsburg, Wisconsin Dells, or Baraboo. Cost \$3.00 per person round trip- Handicapped Accessible

Thursday, Feb. 4- Reedsburg
9:00 am – 1:00 pm

Pick up Central Park Apartments, unless prior arrangements are made.

Contact Julie Mayer at 355-3289 or Charity Sobeck at 608-393-0147 for more information.

VOLUNTEER DRIVER ESCORT PROGRAM

The ADRC has volunteers available to provide you with door-thru-door service. Our drivers will pick you up, take you to your out of town medical appointment or errands and get you back.

Examples of trips can take you are:

- Shopping
- Medical Appointments
- Pharmacy Trips
- Dentist Appointments
- Any other trip that contributes to health and wellness.

The fee for each trip is \$0.40 per mile. Mileage is calculated as a round trip from the driver's home. Please allow a minimum of 48 hours' notice to make the transportation arrangements.

TAXI SUBSIDY PROGRAM

The Taxi program provides half-price punch cards for rides through your local taxi service in Baraboo, West Baraboo, Reedsburg and Sauk Prairie. Participants must be at least 60 years of age, or have an impairment or disability that affects their ability to drive. Participants may purchase **one** punch card per calendar month. Punch cards are intended to be used by the purchaser.

Punch cards are available in the ADRC office during regular business hours. If you need an application sent to your home, simply call the ADRC Transportation office at 608-355-3278 and an application will be sent to you.

When returning the completed application, enclose your check or money order made out to: **ADRC – Transportation** and return your application and check or money order to:

ADRC Transportation
505 Broadway
Baraboo, WI 53913

SPECIALIZED SHOPPING BUS SERVICE

The Aging & Disability Resource Center offers the Transit Bus for specialized transportation on Fridays to shopping centers and other destinations within the local area. The round trip cost is \$3.00 from the following communities: Baraboo, West Baraboo, Reedsburg, Bluffview Estates and Sauk Prairie.

Examples of places the bus may take you are Walmart in Baraboo or Lake Delton, The Dells Outlet Mall, Kohl's, Joann Fabrics, Aldi and Pierce's Grocery Stores.

Residents of Spring Green and Plain may also reserve the Transit Bus from their communities for shopping in Richland Center. The cost is \$3.00 and includes the return fare.



Ideas for De-Cluttering for Fall Prevention

When you have a cluttered home, it can cause stress and make it difficult to find important items. But even more than that, clutter can pose health and safety risks, especially to the elderly population. In particular, having clutter in the way can create an unintended risk of a fall which, for seniors, can be a catastrophic event. With the winter months upon us, seniors in many parts of the country will be spending more time indoors, so it's important to clear walking surfaces of clutter to reduce the risk of falling. Here are some ideas on how to tackle clutter from WebMD on where to start.

When in doubt, psych yourself out. If you have something you don't wear or use, but are on the fence about saying goodbye to, stick it in a box. Put the box in your garage or attic, and write a future date on it.

Try 15-minute clutter workouts. Get yourself a timer. Don't just use the one on your clock in the kitchen or the microwave, you may not hear it in all parts of your house. Set it for 15 minutes. Choose the worst, most cluttered area of your house and, ideally, an area where clutter could pose the highest safety risk. Sort quickly, move things out of the way and, when possible, throw out things that you

don't use. When the timer beeps, you're done. Once you've done this baby step a few times, you can take on bigger spaces and set the timer for an hour to tackle tougher challenges like closets or basements.

Buy organizing bins for clutter. In order to prepare for a complete house overhaul, you may need to buy a few things like clear plastic bins along with white first-aid tape. If the bins are clear and clearly labeled, you know what you have and where it is.

Concentrate on clutter corners. Beside the kitchen counter, most organizing experts identify hall closets and the front hallway as classic clutter hot beds. Start by getting everything off the floor. When your closet is clogged, things start to accumulate on the floor. Sort these items in your boxes or bags.

Give the kids bins for mementos. One of the biggest de-cluttering roadblocks is when things don't necessarily have a "home." Kids' and adults' mementos are often in this category. Where do you put the trophy from gymnastics or the gold medal from boy scouts? Again, the answer is clear plastic bins. They work for all shapes and sizes. Get one of a decent size for each child, label it with the child's name, and put it in the basement or attic. You can store every precious memento from your child's early years and can find it when you want to stroll down memory lane.

This partnership article is provided by:

BrightStar Care
507 Linn St., Unit B,
Baraboo, WI 53913

To learn more contact: Abby Christopherson

at 608-355-5015 or email her at ab-byc@BrightStarCare.com

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


BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard



What Makes A Hero?



In my opinion, the word “hero” is used for the wrong people today. I know everyone has a different idea of who or what a hero is. The imagine that pops into some people’s mind is that of cartoon characters like Superman, Batman, Wonder Woman and Captain America. Others think of their favorite sports player or musician or actor. While still others feel heroes need to have reached a high level of financial or business success. But to me, that isn’t what a hero is. A hero is someone

who does what they do for others instead of there own personal gain. They are kind and caring. They are the type of people you look up to.

Being a hero isn’t something people set out to do. They become one because they care beyond themselves. To me, the ADRC volunteers are my heroes.

Heroes are the people who go out in the freezing cold, sweltering heat and snow and thunder storms to deliver a meal. Those who wash the dishes and serve the food. Heroes are the people who get in their cars and drive stranger (soon to be friend) to a medical appointment instead of ignoring a need. Heroes are those who know if they help answer the phones or file or make copies, put folders together or help with mailings, the ADRC staff person can focus more of their time with the client. They are the ones who



Mark Your Calendar

The ADRC will be closed:

March 25

Good Friday

May 30

Memorial Day



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

Office Hours Monday, Wednesday, Thursday and Friday: 8:00 a.m. - 4:30 p.m.
 Tuesday: 8:00 a.m. - 7:00 p.m.

when someone needs help, they just jump in - selflessly. No TV cameras, or waiting for applause for them!

As I write this, I know the ADRC volunteers won't see themselves the way I see them. I've found the volunteers I know to be so humble they don't recognize themselves as being a hero, but they truly are. I am honored to work with so many wonderful heroes - the ADRC volunteers!

I believe we all have a hero inside of us waiting to get out. If you would like to be an ADRC Hero, let me know.

- Cathy

***Has your heart been touched
by the kindness of a volunteer?***

If you would like a volunteer know what they did made a difference to you, let me know! Send me a note at:

Aging & Disability Resource Center
Cathy Bindl
505 Broadway
Baraboo, WI 53913



WE ARE SEARCHING FOR VOLUNTEERS



***PLEASE CONSIDER
VOLUNTEERING!***

Current Volunteer Opportunities

- The Volunteer Driver Escorts who drive clients to medical appointments and other trips of necessity are always in great demand. We would welcome drivers in all the Sauk County communities.
- The Sauk County Dining Centers are in need of people willing to be substitute Home Delivered Meal Drivers.

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

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

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

***Thank you to
Our House Senior Living
for providing a wonderful lunch for
our newsletter volunteers.***

For Your Benefit . . . Your Elder Benefit Specialists

Call 355-3289 or (800) 482-3710

To confirm site visits or to
schedule office appointments



Mindy Shrader
Serving:
The western part
of Sauk County,

Pam Burdick
Serving the eastern part
of Sauk County



Pam - coming to you: Walk in appointments

Sauk/Prairie Community Center	February 11 10:00 to 11:30	March 10 10:00 to 11:30
Merrimac Village Hall	February 17 9:30 - 11:00	March 16 9:30 - 11:00

Mindy - coming to you: Walk in appointments

Howard Wynne Apartment	February 2 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	February 2 2:00 to 3:00	March 1 2:00 to 3:00
Plain Green TTEC	February 3 1:00-3:00	March 2 1:00-3:00
Spring Green Senior Center	February 17 10:30 to 11:30	March 16 10:30 to 11:30
Spring Green Library	February 17 1:00 to 2:00	March 16 1:00 to 2:00

BARABOO INFORMATIONAL SESSIONS WITH PAM BURDICK AND MEGAN FECHT

Learn what the ADRC has to offer.
Light refreshments provided

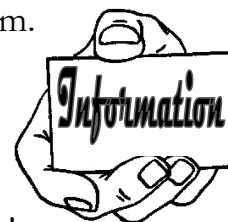
Corson Square

Wednesday, February 24
9:00 a.m. - 10:00 a.m.

Donahue Terrace

Wednesday, March 9
9:00 a.m. - 10:00 a.m.

Watch the next
AddLIFE Today!
to see if we are presenting
in your apartment complex next!



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

Presented by Mindy Shrader and Pam Burdick
Tuesday March 8, 2016 at 4:30 p.m.
West Square Building, B30
505 Broadway, Baraboo

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



To Have & To Hold . . . **But Not My Internet Passwords**

by the GWAAR Legal Services Team

Did you know that sharing most internet passwords with anyone other than yourself is actually against the law?

While prosecution is unlikely if you are not a hacker, the Computer Fraud and Abuse Act states it is a crime to knowingly access another's computer or information.

Furthermore, when you agree to a site's terms and conditions (those "I agree" buttons you click, but, like the average consumer, don't read), you are agreeing to not let anyone other than yourself access the site under your name or password. The purpose is to protect your account from unwanted intrusion, but it creates interesting consequences if you lose capacity or pass away.

Many estate planning attorneys have tried to circumnavigate these limitations by building language into powers of attorney for finances documents and wills to delegate this authority to agents and personal representatives.

However, in most states, granting someone such powers in these documents has no legal effect, and in fact, could even be viewed as trying to sidestep the federal privacy laws and the terms you agreed to in the site's contract. Rather than prosecution, however, a site's typical response is to close an account entirely, denying access to anyone, forever. To avoid this harsh result, the Uniform Law Commission completed a final draft of the Uniform Fiduciary Access to Digital Assets Acts (UFADAA) law in July 2015, which permits account holders to name individuals to manage digital accounts on their behalf. About twenty-seven states have introduced legislation

based on this issue, but no state has yet adopted the uniform law.

Alternatively, some sites have begun to address this issue on their own. Google was the first major service provider to proactively ask users to specify their wishes before death by creating the inactive account manager in April 2013. The inactive account manager allows users to specify what should happen to their accounts when they stop using Google. Facebook, too, agreed to memorialize accounts if a friend or family member submitted a request. In February 2015, Facebook added legacy contacts, which now allows users to specify in advance a caretaker for their account after they pass away.

There are a handful of other sites that have started to add such features, but, overall, there are very few terms of service agreements that currently permit another person, other than yourself, to legally access your information whether you have willingly given them permission or not. This can be difficult for families if that site holds personal content and memories, such as music, photos, and correspondence. Hopefully states will be successful in enacting the uniform law in the future, and more companies will follow Google's and Facebook's lead by offering compassionate alternatives for family members to access a loved one's digital information when they are no longer able.

Sources:

www.thedigitalbeyond.com
www.uniformlaws.org

Photo ID for Voting

by the GWAAR Legal Services Team

In Wisconsin, nearly all voters will need to present a photo ID to cast a vote in upcoming elections. There are limited exceptions to the requirement that voters present photo identification: absentee voters (who are in the military, live permanently overseas, or are classified as confidential elector), voters who are indefinitely confined, and voters who have spiritual beliefs that prevent them from being photographed. Individuals who do not fit into one of these limited exceptions will need to present acceptable photo identification.

What is acceptable photo ID for voting purposes? Acceptable ID that can be unexpired or expired after the most recent (currently 11/4/2014) general election:

- A Wisconsin DOT-issued driver license, even if driving privileges are revoked or suspended
- A Wisconsin DOT-issued identification card
- Military ID card issued by a U.S. uniformed service
- A U.S. passport
- An identification card issued by a federally-

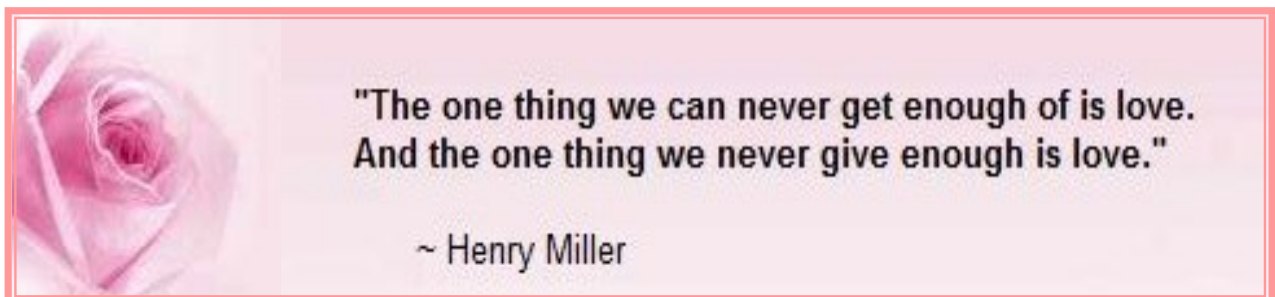


recognized Indian tribe in Wisconsin (can be expired prior to most recent general election)

Acceptable ID that must be unexpired:

- A certificate of naturalization that was issued not earlier than two years before the date of an election at which it is presented
- A driving receipt issued by Wisconsin DOT (valid for 45 days)
- An identification card receipt issued by Wisconsin DOT (valid for 45 days)
- A photo identification card issued by a Wisconsin accredited university or college that contains date of issuance, signature of student, and an expiration date no later than two years after date of issuance. Also, the university or college ID must be accompanied by a separate document that proves enrollment.
- A citation or notice of intent to revoke or suspend a Wisconsin DOT-issued driver license that is dated within 60 days of the date of the election. If you do not have acceptable photo identification for voting purposes, you need to obtain a Wisconsin State ID Card from the Division of Motor Vehicles office if you would like to vote and are not excepted from the law. See Wisconsin Statute § 5.02 (6m)

<http://bringit.wisconsin.gov/do-i-have-right-photo-id>



Medicare Ambulance Coverage & Appeals

by the GWAAR Legal Services Team

Ambulance coverage is an important part of Medicare insurance, and beneficiaries frequently have questions about when ambulance transportation is covered. There are three simple guidelines Medicare always looks for: medical necessity of the ambulance ride (could the person have been transported safely by another means?); if any medical treatment was provided while in the ambulance (were medications given, administration of oxygen, or EKG); and what diagnosis codes the provider used to bill Medicare for the ambulance transportation.

Regardless of insurance coverage, it is important to call an ambulance if there is a medical emergency. Here are some reasons to call an ambulance (*this is not an all-inclusive list*):

- Need for skilled medical treatment during transport (need vital signs monitored or administration of oxygen)
- Unconscious person
- Shock
- Bleeding heavily
- May have injured spine, need mobilization
- Possible heart attack or stroke
- Injury or fall in with possible broken bones, need mobilization
- Head injury
- Difficulty breathing
- Severe burns

Be aware that Medicare only covers transportation to the nearest facility that can provide the care needed. If a person chooses to go to a facility that is farther away, Medicare will only cover the mileage to the nearest facility that could have provided the care. That means the Medicare beneficiary will be responsible for any additional mileage costs. Medicare does not consider hospital preference, network restrictions, or doctor preference in determining the closest

appropriate facility.

Medicare also covers air ambulance transport when medically necessary. Here are some examples of when Medicare would cover air ambulance transportation:

- Intracranial bleeding – neurological intervention
- Cardiogenic shock
- Burns requiring treatment in burn center
- Condition requiring treatments in hyperbaric oxygen unit
- Multiple severe injuries
- Life-threatening injuries

Air ambulance transport may also be appropriate if a person is in a remote area that a ground ambulance could not reach, if it would take too long for a ground ambulance team to respond, or if the local hospital cannot provide the care needed and the nearest alternative facility is too far away.

When the ambulance provider is billing Medicare, it has to make a subjective analysis of whether there was a medical emergency. Sometimes the ambulance provider is not aware of all the facts, does not know a patient's related medical history, or misjudges a situation. This could result in a denial of coverage by Medicare for the ambulance ride.

A benefit specialist may be able to assist if Medicare has denied coverage of your ambulance ride. It is important to provide the entire Medicare Summary Notice or Evidence of Benefits statement to the benefit specialist so that he/she can best understand the reason for the denial. A benefit specialist will also help obtain medical records and the ambulance trip report to demonstrate the medically necessary and emergent circumstances.





Holly Schafer

Disability Benefit Specialist

Quinn Hause



BE PREPARED WHEN DISASTER STRIKES

By Bob Trotter, Social Security Public Affairs Specialist

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared.

Preparing for a possible physical or mental disability is the same. Many people don't think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors' visits, medicines, and treatments. You can learn more about how you might be covered if you are disabled at www.socialsecurity.gov/planners/disability.

Social Security pays benefits to people who worked and paid Social Security taxes, but who

can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

The person's medical condition must prevent him or her from doing work that he or she did in the past, and it must prevent the person from adjusting to other work based on their age, education, and experience.

Supplemental Security Income (SSI), our other disability program, is a needs-based program for people with limited income and resources.

You can find all the information you need about eligibility and benefits available to you by reading our publication, *Disability Benefits*, available at www.socialsecurity.gov/pubs.

While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn't based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member — or need to plan for disability yourself — visit www.socialsecurity.gov/disability.

2016 Sign Up for a *my Social Security* account

The holidays are over, and a new year is upon us. Now that you have no more holiday parties to attend or gifts to buy, you're probably kicking off the New Year with your resolutions to improve your life.

With a healthy, new you in mind, you got a shiny new gym membership and revamped your grocery list to add more vegetables. You made resolutions to better manage your finances and to finally start planning for your long-term financial security, which you've been putting off because you didn't know where to start. Now is the perfect time of year to do a financial planning checkup. And what's more, we can tell you the best place to start.

We have a solution that is easy, convenient, and secure; sign up for a personal *my Social Security* account. You can do so from the comfort of your own home, office, or any preferred location. It only takes a few minutes, and once you see all the benefits of having an account, you will be so glad you followed through with this resolution.

If you're still working, you can use your *my Social Security* account to access your *Social*

Security Statement to keep track of your earnings and verify them every year. You can review the estimated Social Security and Medicare taxes you paid.

You can also get a benefit verification letter stating that you never received benefits, received benefits in the past, or a letter stating that you applied for benefits, but your claim hasn't been approved. If you're currently receiving benefits, you can use your *my Social Security* account to get a letter stating your benefits, and to check your benefit and payment information. You can also change your address or telephone number, start or change your direct deposit, and get a replacement SSA-1099 or SSA-1042S. And now, in several states, many can get a replacement Social Security card!

Managing your information has never been easier.

Sign up for a *my Social Security* account today and cross this resolution off your list. You'll be so glad you started the New Year right by taking these easy steps to have a better financial future.



May your thoughts be as glad as the shamrocks.

May your heart be as light as a song.

May each day bring you bright, happy hours that stay with you all the year long.





MARK TULLY TO PRESENT: “WRITING YOUR STORY”

Everyone has unique experiences and stories to tell. In this course, local author, Mark Tully will guide you through the steps of writing your own life story. We will talk about why you should write your memoir, your intended audience, finding your “voice”, writing styles and stylistic approaches, fundamentals of storytelling, exercises to get your creative juices flowing, and more.

This is a six-week, one-hour course. Location is at the Baraboo Area Senior Center, Room 24 of the Baraboo Civic Center at 124 Second Street. Call Diane Pillsbury at 356-8464 for more information.

Dates: Mondays,
February 8 to March 21.
No class on February 29.

Time: 11:00 a.m. - 12:00 noon.

Costs: Members-\$12.00,
non-members \$18.00.



This course is supported in part by a grant from the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts and the Sauk County UW-Extension, Arts and Cultural Committee..



- Thank you to an anonymous donor for the donation to the publishing of AddLIFE Today!, the AARP Tax Preparation and Shopping/Grocery Bus programs in honor of Fran Fiegler, Elaine Mundipare and Mary Jane Mundipare.
- We would like to thank an anonymous donor for the donation to the publishing of the AddLIFE Today!
- Thank you to an anonymous donor for the donation to the Aging & Disability Resource Center in memory of Donna Lynn Hackbarth.
- We would like to thank an anonymous donor for the donation to the Helping Hands at Home Program.
- Thank you to Eldred and Elaine Wilhelm for their donation to the ADRC.
- We would like to thank an anonymous donor for the donation in memory of Bill Wermuth to the Elder Benefit Specialist program.



Let your heart be your guide on all things, but you have to listen closely because it speaks so softly.

-John St. Augustine



Cop's Corner

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

HEROIN - Facts to Know!



There has been a lot of news lately about Heroin. This drug, common in the '60's and '70's has made a very strong resurgence in the Midwest part of the United States in the last 5 years. We are seeing the drug all around Sauk County and the Chief's Association along with the Sauk County Drug Task Force is attacking the problem.

Heroin is a derivative of the poppy plant and is in the Opium family known as an Opiate or Opioid. It acts the same as morphine and other pain killers and was originally available over the counter when first produced in the late 1800's and was marketed as a safe non-addictive replacement for morphine. It was sold as a cure for alcoholism and was believed to be a cure all at one point.

The truth about Heroin is that is highly addictive and deadly. It can be eaten, snorted

or the most commonly, injected. The "high" is almost immediate and a person using heroin the first time can become addicted. That addiction turns into a craving by the body that can last for two years or more. Anyone who has had a craving for chocolate or ice cream knows the basic of the feeling, but the craving is incredibly intense and drives the user to find their next "fix" or dose of the drug.

Today, the drug is sold in small packages and is cheaper than prescription drugs, which has increased its popularity. People die of an "overdose" when the drug interferes with the neuro receptors in the brain and the person's body does not react, causing them to forget to breath and their heart stops.

Sauk County law enforcement is approaching this problem as a team through the Sauk County Drug Task Force. The Sauk County Drug Task Force is comprised of officers from the Sauk County Sheriff's Office, Baraboo Police Department, Sauk Prairie Police Department, Lake Delton Police Department, Reedsburg Police Department, Spring Green Police Department and the Wisconsin State Patrol. Anyone with information on this or any crime is encouraged to contact their local Law Enforcement or the Sauk County Crime Stoppers at 1-888-TIP-SAUK (847-7285).

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



Lisa
Karau



Rachel
Heinzman



Julie
Mayer



Megan
Fecht



Jim
Pritzkow

Aging & Disability Specialists Satellite Offices To Serve You Better!

For your convenience, the ADRC has satellite offices in Reedsburg, Sauk Prairie and Spring Green and extended hours in Baraboo.

The **Reedsburg** satellite office is in the Reedsburg Human Service Building at 425 6th St and is open every Wednesday from 8:00 a.m. to 12:00 p.m. No appointments are needed.

The **Sauk Prairie** satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m. No appointments are needed.

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. and is open every other Thursday from 10:00 a.m. to 12:00. The dates being December 3 & 17 and January 14 & 28. No appointments are needed.

The **Baraboo** office has extended hours on Tuesdays evenings until 7:00 p.m.. Feel free to stop in or telephone to discuss services available, options or ask any questions you may have.

If you would like further information call the ADRC at 355-3289 or 800-482-3710.



Supporting Quality Dementia Care

In recent years, the Wisconsin Department of Health Services (WI DHS) has focused on redesigning Wisconsin's dementia care system. The goal has been to develop dementia care standards or "guiding principles" that promote the values and practices essential for ensuring that those living with dementia have access to high-quality, effective care and support. These guiding principles focus on promoting care and support that is person-centered which means it

is consistent with an individual's needs and places the least amount of restrictions on that individual's independence. These principles also focus on preventing or mitigating crisis situations and emphasize consumer awareness and community engagement.

How is the ADRC supporting this initiative?

As a go-to resource for adults with disabilities and seniors, including those living with

dementia, the ADRC is working to adopt these principles as a foundation of our practice with the goal of becoming more dementia-friendly in the way we understand, interact, and support those living with dementia and their caregivers. Part of our focus is to share information on these principles with Sauk County residents to ensure broader awareness of dementia and ways in which we as a community can provide and support quality dementia care.

There are ten dementia care guiding principles and they include the following:

1. **Personal Liberties:** People with dementia deserve the highest quality of life possible with the least restrictions placed on their personal liberties.
2. **Community Awareness:** Dementia-related education, guidance, and resources for community members should be easily accessible.
3. **Early Detection and Diagnosis:** All individuals deserve to have access to early screening for dementia, followed by an accurate assessment, diagnosis and prompt referral for services.
4. **Independence and Choice:** People living with dementia deserve to have the highest degree of independence and choice possible.
5. **Individualized Care and Services:** People living with dementia deserve to receive care and services designed around their unique preferences, culture, and values.
6. **Meaningful Activities:** People living with dementia deserve to have opportunities to engage in meaningful activities.
7. **Coordinated Systems:** Caregivers and health care professionals should work as a team to provide effective care for people living with dementia.
8. **Education and Training:** People caring

for individuals living with dementia should have the knowledge, skills, and abilities to provide effective support.

9. **Communication through Behaviors:** Caregivers should view behaviors as a form of communication and strive to identify the cause and solutions.
10. **Environment and Living Space:** The living space for people with dementia should provide safety and the comforts of home.

In addition to educating the community, the ADRC also offers memory screenings which serves to identify those with memory concerns so that they can receive early referral to their health care provider for further assessment and diagnosis. This also allows for those living with dementia and their caregivers to be referred to services that can assist them in coordinating supports and planning for future needs. The ADRC can play a role in connecting these individuals with needed services through a service called options counseling in which an Aging and Disability Specialist can assist with thorough assessment of their situation and help them to identify services that are consistent with their needs and preferences.

The ADRC also strives to improve quality of and access to services and that includes identifying gaps in services or needs which are not being met by current community services or resources. The ADRC encourages people living with dementia, their caregivers, and community members to contact the ADRC to share concerns about service or resource gaps and unmet needs within the community related to dementia care.

To learn more about the dementia care guiding principles or to speak with an Aging and Disability Specialist about services for those living with dementia or their caregivers, please contact the ADRC at (608) 355-3289.

END-OF-LIFE ISSUES WORKSHOP



You wouldn't plan a wedding in three days, why would you want to do that for a funeral? My Dad died when I was 6. Oddly, I was prepared. I grew up in a small town where much of the social life centered around who was getting married, who was in the "family way" (it was taboo to say pregnant), who just had a baby, who was sick and who died. My Mom took me along to many wakes, or visitations as they are called today, from the time I was old enough to behave at such an event. In those days, the wake or visitation was held in the home. The deceased and coffin were placed in the living room or parlor. Someone sat up all night in that living room or parlor. After all these wakes, it was no surprise to me to see my Dad's coffin in our living room.

In today's society, we all want to be young forever and maybe only get a "little" older. Many times our children don't want to talk about end-of-life issues even if we, as parents, would like to have the conversation.

When the inevitable occurs, this attitude often leads to lack of understanding about what Mom, Dad or our spouse wanted for their final arrangements. This often results in hurt feelings, bitterness against other family members or that lingering sense that maybe we should have done something differently. If only . . .

From an early age then, I have had an interest in this topic. Many widows have told me:

"When my husband passed on, I was exhausted from care-giving for years. I missed him terribly and all these decisions needed to be made—immediately."

"It was overwhelming. I worried that I was not doing things correctly. We just never talked about it."

"I never knew when I was finished with all the paperwork. What had I missed?"

What new surprise would I encounter tomorrow?"

The workshop is based on the book titled And Then There Was One by Arizona resident Charlotte Fox. Charlotte faced many challenges when her husband died next to her in bed in her early 50's. Charlotte knew nothing of the family finances. They had never had a conversation about end-of-life issues. After this horrendous experience, Charlotte wanted to do something to help others at their most difficult time. Charlotte also has a website at www.therewasone.com for your review.

A three part workshop called "End-of-Life Preparedness" is being co-sponsored by the Baraboo Library and the Baraboo Senior Center. The workshop will include different speakers each day and will feature an attorney, a hospice representative, a banker, an ADRC representative and a funeral director. The first portion of the three part workshop will be presented at the Baraboo Library on Monday April 11 from 1200 -2:00 p.m.; the second portion will be on Monday, April 18 at the Senior Center from 12:00 -2:00 p.m.; and the workshop will conclude on Monday, April 25 at the Baraboo Library from 12:00 -2:00 p.m.

Please call 608-356-6166 to register. The workshop is free. The workbook is \$29.95 and purchase is optional.



LEARNING OPPORTUNITIES FOR SENIORS

COMPUTER BASICS

This class will help you feel more comfortable using a computer. Once you have a good understanding, learn to save, delete, and create folders to organize files, photos and music. You may bring your own laptop or use a campus computer in the classroom.

Wednesday, February 24
8:30-11:00 am

Library Computer Lab
at UW-Baraboo/Sauk County campus

Instructor : Terri Nee-Holtz

Fee: \$39

ZUMBA GOLD

Zumba Gold® is for first-time or deconditioned exercisers, seniors, or anyone who has wanted to try Zumba but would prefer an easier-paced class.

Wednesday mornings, **March 30-May 4**
(6 week session)
10:15-11:00 am

Dance Studio, Lange Center
at UW-Baraboo/Sauk County campus

Instructor: Erika Gerhardt,
AFFA Certified and Zumba Licensed

Fee \$40

To register, call Continuing Education
at 608-355-5220

SPRING 2016

March Distinguished Lecture Program

Dr Melissa Hage, UW-Baraboo/Sauk County
Professor of Geology

“Ancient Oceans and Atmospheres: Stories
from the 1.9 billion year old Gunflint Iron
Formation”

Thursday, March 3, 12:30 pm

Lectures are free and open to all

Rodems Room,
Aural Umhoefer Classroom Building

70,000 Wisconsin Seniors are Using FoodShare. ARE YOU?

FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance.

Did you know . . .

- Even the minimum benefit would give you \$192 per year!
- Nearly 30,000 seniors in southwest Wisconsin are NOT claiming their benefits!
- Eligibility is based on income and certain expenses (not assets), so you can own a home and car and even have a savings account.
- Most people only receiving Social Security and even a small pension are eligible!
- Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- Receiving benefits does NOT take away from others. EVERYONE who is eligible and applies will get benefits.

ELIGIBILITY

You may qualify if your household's gross monthly income is less than...

	\$1,962
	\$2,656
	\$3,350
	\$4,042

Income limits valid Oct 1 2015 - Sept 30 2016

For more information,
call the

Feeding Wisconsin
FoodShare Helpline at
1-855-366-3635 today!





Caregiver Connection and Prevention Pointers



Marina Faber
Aging Program Specialist

My name is Marina Faber and I am the new Aging Program Specialist for the Sauk County ADRC. Before moving back to the Plain area with my soon-to-be husband, I devoted four years at Winona State University in Winona, MN where I found my passion for working with older adults.

I am so excited to take on the Caregiving Program and to introduce new opportunities for those who may be new to the caregiving role and for those who

have been caregiving for some time.

With the Prevention Program, I will be focusing on the Living Well with Chronic Conditions program which helps improve the self-management skills of those living with chronic health issues. I will also be working with Stepping On – a falls prevention program and StrongWomen which strives to empower women to live strong and healthy lives.

I am eager to serve the older adults of Sauk County and to work alongside the wonderful team at the Aging and Disability Resource Center.

-- Marina

Choose Joy

As a caregiver our worlds may be different than what we anticipated they would be. The demand of meeting another person's daily needs is great. Stress levels are high. Somehow within what may feel like a hectic and chaotic life we can still take time to create and appreciate moments of joy.

Jolene Brackey wrote an entire book on Creating Moments of Joy for someone with Alzheimer's Disease. But this important message is not just for those caring for someone with Alzheimer's Disease. It is an initiative that we must take with people we love every day. Creating moments of joy can be as simple as turning on music and singing, holding someone's hands, sharing a compliment or laughing at something silly. Moments of joy can be created. Watch for opportunities. A quick smile or nod of recognition is worth more than any amount of money. Keep your expectations low and your appreciation high. Our lives are made up of moments. Make each moment count. Happiness depends on external factors. Joy, on the other hand, is a lens to see the world through. The difference between joy and happiness is that joy is a choice one makes. Choose joy.

*Kathleen Manny
Co-Chair/The Family Caregivers Coalition in Sheboygan County
Community Services Specialist/Aging & Disability Resource Center*

Spousal caregiving and advocacy in the dementia journey is focus of workshop

Are you caring for a spouse with Alzheimer's or another form of dementia? Spousal caregiving is special and unique. Dementia care expert Teepa Snow, MS, OTR/L, FAOTA, will present on the changing roles and relationships that come with caregiving at the Alzheimer's & Dementia Alliance's annual Understanding Alzheimer's Disease, Dementia and Memory Loss Workshop on Friday, March 11 from 8:30 a.m. – 3:00 p.m. at Oakwood Village, 6205 Mineral Point Road in Madison.

Teepa will help learners better understand what is happening when someone has dementia; help to recognize the need to change expectations, care, and plans as the condition progresses; how to use more positive engagement opportunities to foster the well-being of all involved; ways to cope with stress and more.

The philosophy Teepa uses is based on years of medical research and making mistakes first-hand to perfect a positive approach to caregiving. Her teaching style integrates facts about the brain and how it works, or doesn't work in the case of dementia, while going in and out of character as a typical person with Alzheimer's who has anxiety and behavioral problems. Since her lectures are usually done in the first-person - as if she is the person with dementia - her training gives the audience a

first-hand understanding and experience with the disease and a hands-on opportunity to try out new skills in a safe and fun environment.

Designed for family members, direct care workers and professionals, this program provides an excellent opportunity to learn the latest information, resources and person centered-care through informative and interactive presentations.

Cost: \$35 per person. Space is limited. Seating capacity - 150; early registration encouraged. Registration deadline is Friday, March 4. For more information visit alzwisc.org or contact the Alzheimer's & Dementia Alliance of Wisconsin at 608.232.3400 or toll-free 888.308.6251.



Alzheimer's & Dementia: First steps for families

Learn about dementia-related diseases, what families can do, and resources to help as part of the Alzheimer's & Dementia Alliance of Wisconsin's Family Education Series on Tuesday, March 29 from 5:30-7:00 p.m. at Sauk Prairie Hospital, 260 26th Street in Prairie du Sac.

For more information contact Janet Wiegel at 608.742.9055 or janet.wiegel@alzwisc.org.



Please join us for the Caregiver Support Group

Meetings are
the second Thursday of each month
at 9:00 a.m.

Room B24, West Square Building,
505 Broadway, Baraboo

The next meetings will be
February 11 and March 10

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

Join us to **learn** from, **listen** to, and **talk** with other family caregivers. In Wisconsin there are an estimated 578,000 caregivers (AARP-Wisconsin).
You are not alone.



Nutrition News

**Linda Champagne,
Nutrition Specialist**



Hi *Addlife Today* readers! I am Linda Champagne, newly appointed Nutrition Program Specialist. If you have been in the office or called in the last three years, chances are you met me at the front desk or spoke with me on the phone. I love my work with the ADRC and am excited about this next leg of my journey serving the people of Sauk County. I live in La Valle with my son and our family of four-legged friends. I am active in the Reedsburg Historical Society, Reedsburg Players, and Reedsburg High School Wrestling Club. Being the parent of a student-athlete keeps me very busy.

We've experienced some changes since the last newsletter. Not only have I stepped into the role of Nutrition Specialist, but I have also been helping coordinate the switch from our former meals provider to our new provider – the Sauk County Health Care Center. No change comes without bumps, and we are working every day to improve the program. I had the good fortune to be out in dining centers in the first week of January and got to sample the excellent food coming from the Health Care Center. I assure you that those folks know home cooking – they make almost everything from scratch, and they CARE about the quality of the food coming your way. Please continue to be patient as we move forward with this change. If you like the food, tell all your friends. We want to see you at our dining centers!

Reminders as we move ahead in 2016:

Congregate (Dining Center) Diners

- Please remember to sign up for your meal the day before attending the dining center. Our staff at the dining center reserve meals

for you.

- Make sure you cancel if you can't get to the dining center. We are concerned about you if you aren't there.
- We are always looking for volunteers in our dining centers. Please, if you can give a little help, considering doing so.

Home Delivered Meals

Remember you are to call to cancel your meal 24 hours in advance. We know this isn't always possible, but you should know the staff at the Health Care Center begins preparation for the meals the night before.

- Baraboo, Spring Green, Sauk Prairie, Merrimac, North Freedom, and Lake Delton call your local dining center to cancel.
- Reedsburg, La Valle, and Frozen Routes call the ADRC (355-3289). The ADRC receptionist will connect your call to me or take a message that you need to cancel.

Donation Letters:

We will continue to send out donation letters, and we hope to be timelier with them as the year goes on. Please remember this is a suggested donation – it is NOT a bill. No one at the ADRC is watching to see who does or doesn't make a donation. If you pay a month ahead, you can continue to do so. However, please understand we don't keep track of who is sending money in, so you may get a donation letter anyway. We appreciate everyone who can contribute to the cost of the meals. No one should feel obligated to make a donation.

Here's to a great 2016 filled with more exciting updates to our programs. Let us know what we can do to help you "Add Life" to your days.

Winter Policy



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

When the weather looks threatening, be sure to listen to your radio. A decision to close the dining center will be made by 8 am that day. If your local schools are closed, there is a good chance the dining center will be closed, too. The following radio stations will report the dining center closings:

Reedsburg-WRDB 1400AM

Baraboo-WRPQ 740AM

Richland Center-WRCO 1450 or 1009.9FM

** Please note: home delivered meals may not be delivered if sidewalks or driveways are unsafe due to ice or snow. Please be sure that you take care of your delivery drives by taking care of your sidewalks when ice and/or snow conditions prevail.

A Foodsafe Super Bowl



It's February again, and that means the majority of Americans will be watching The Super Bowl! And that means snacks, chips, dips, finger foods and smorgasbords. We need to make sure that the sweet, salty and savory snacks are kept safe, and no one gets sidelined with foodborne illness. The most important way to keep your food safe is to wash your hands—regularly and well. And demand good hand washing of your guests prior to enjoying the eats. It is way too easy to handoff germs and viruses with dirty

(Continued on page 32)



From Our House to Yours!

Reuben Casserole

Ingredients:

- 1 (16-oz) jar sauerkraut, rinses, drained
- 1 small onion
- 1 slices rye bread, cubed
- 1 1/4 C. Corn Beef, chopped, cooked
- 1 clove garlic, minced
- 2 T. butter, melted
- 1 C. Sour Cream
- 1 C. Swiss Cheese, shredded

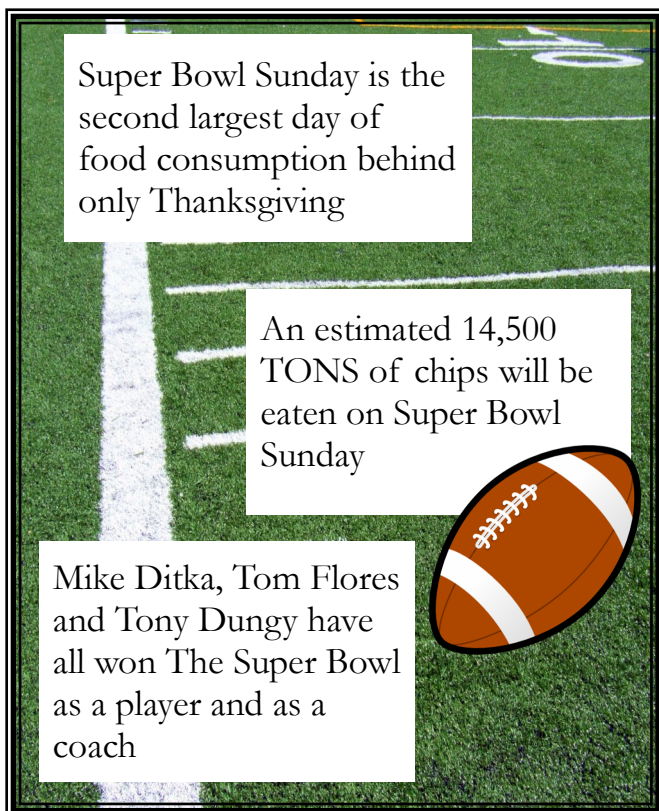
Directions:

- In bowl combine first 5 ingredients.
- Transfer to a greased 11x7 baked dish
- Sprinkle with cheese and bread, drizzle with buter.
- Bake uncovered at 350 degrees for 25-30 minutes or until heated through.

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

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hands. We should be clean before we make a run for the chip bowl, or spike the spoon in the spinach dip. Another incredibly important tip is to watch the clock. Don't wait until the 2-minute warning to think about food temps. If it's a hot food, keep it in a crock pot or a food warmer. Cold foods should be kept on ice or chilled with ice packs. The best thing to do is only pull out as much food as you need. Keep the rest of the food safe in the fridge or oven until it's needed. After 2 hours any perishable food should be discarded. We all know that we should thoroughly clean all food contact surfaces, but not everyone is aware of the dangers of cross-contamination. Keep food covered when possible, use dedicated utensils for each food item, and get new plates, bowls and serving utensils when replacing old food items. Make it to the end zone with safe food handling.



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.

Now Open Lake Delton

Frank Fischer Building
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-8701
Lunch served at 12:00 noon

Merrimac

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

Reedsburg

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

Sauk/Prairie

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

Spring Green

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

Home Delivered Meals Only

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



Home Delivered Meals

Remember you are to call and cancel your meal 24 hours in advance. We know this isn't always possible, but would like to avoid wasting food.



February 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cornflake Chicken Buttered Corn Apple Stuffing Whole Wheat Roll Ice Cream	2 Beef Stroganoff Noodles Cauliflower Au Gratin Whole Wheat Bread Pie	3 BBQ Pork Macaroni & Cheese Cole Slaw Whole Wheat Roll Chilled Peaches	4 Cheeseburger on a bun Chips Baked Beans Bakeshop P Butter Cookie Fruit Cocktail	5 Cranberry glazed pork loin Wild Rice Blend Seasoned Peas Whole Wheat Roll Silver White Cake
8 Roast Beef /Gravy Baked Potato Sour Cream Creamed Peas/Carrots Whole Wheat Roll Frosted Brownie	9 Apricot Dijon Chicken Au Gratin Potatoes Asparagus Casserole Breadstick Strawberries	10 Beef Tips au Jus Buttered Noodles Harvard Beets French Bread Baked Apple Slices	11 Fried Fish w/Tartar Sauce Baked Potato Wedges Buttered Spinach Whole Wheat Bread Tropical Fruit	12 Peppered Pork Loin Gravy Succotash Marinated Tomato Salad Biscuit Peach Cobbler
15 Chicken Dijon Red Bliss Potatoes Spinach w/mushrooms Whole wheat roll Peach Parfait	16 Spaghetti w/meatballs Tossed salad/dressing Garlic bread Fruit mix	17 Sw./Sour Chicken Parslied Rice Japanese vegetables Whole wheat roll Pineapple cubes	18 Fried fish w/Tartar sauce Tater Tots Cole slaw Cornbread Cherry cobbler	19 Swedish Meatballs Buttered bowties Prince Edward Vegetables Whole wheat roll Cranberry mousse
22 Honey Glazed Meatballs Scalloped Potatoes Brussels Sprouts Wh. Wheat Rolls Sherbet	23 Maple Glazed Ham Yams w/apples Sour Cream Hrb. Green Beans Whole Wheat Roll Gingerbread	24 Baked Beef brisket Potato Salad Coleslaw Whole Wheat Bread Bread Pudding	25 Cranberry glazed turkey Seasoned beans Squash Casserole Wh. Wheat Roll Toffee Bar	26 Lasagne Tossed Salad Salad Dressing Breadstick Cheesecake
29 Chicken a la King Dinner Roll Parslied Rice Brussels Sprouts Peach Pie				



Monday	Tuesday	Wednesday	Thursday	Friday
29 Cornflake Chicken Buttered Corn Apple Stuffing Whole Wheat Roll Ice Cream	1 Cheese Ravioli/Marinara Sauce Wheat Roll Mandarin Oranges	2 Crispy Pork Steak Parsley Red Potatoes Seasoned Zucchini Whole Wheat Roll Cream Cheese Cherry Square	3 Chicken Paprika Au Gratin Potatoes Green Peas w/Pearl Onions Whole Wheat Roll Banana Cream Pudding	4 Baked Ham Candied Sweet Potatoes Parslied Cauliflower Whole Wheat Roll Apple Cobbler
7 Roast Beef Gravy Baked Potato Sour Cream Creamed Peas/Carrots Whole Wheat Roll	8 Apricot Dijon Chicken Au Gratin Potatoes Asparagus Casserole Breadstick Strawberries	9 Beef Tips au Jus Buttered Noodles Harvard Beets French Bread Baked Apple Slices	10 Fried Fish w/Tartar Sauce Baked Potato Wedges Buttered Spinach Whole Wheat Bread Tropical Fruit	11 Peppered Pork Loin Gravy Succotash Marinated Tomato Salad Biscuit Peach Cobbler
14 Chicken a la King Dinner Roll Parslied Rice Brussels Sprouts Peach Pie	15 Cheese Ravioli/Marinara Sauce Wheat Roll Mandarin Oranges	16 Crispy Pork Steak Parsley Red Potatoes Seasoned Zucchini Whole Wheat Roll Cream Cheese Cherry Square	17 Chicken Paprika Au Gratin Potatoes Green Peas w/Pearl Onions Whole Wheat Roll Banana Cream Pudding	18 Baked Ham Candied Sweet Potatoes Parslied Cauliflower Whole Wheat Roll Apple Cobbler
21 Chicken Dijon Red Bliss Potatoes Spinach w/mushrooms Whole wheat roll Peach Parfait	22 Spaghetti w/meatballs Tossed salad/dressing Garlic bread Fruit mix	23 Sw./Sour Chicken Parslied Rice Japanese vegetables Whole wheat roll Pineapple cubes	24 Fried fish w/Tartar sauce Tater Tots Cole slaw Cornbread Cherry cobbler	25 Swedish Meatballs Buttered bowties Prince Edward Vegetables Whole wheat roll
28 Honey Glazed Meatballs Scalloped Potatoes Brussels Sprouts Wh. Wheat Rolls Sherbet	29 Maple Glazed Ham Yams w/apples Sour Cream Hrb. Green Beans Whole Wheat Roll Gingerbread	30 Baked Beef brisket Potato Salad Coleslaw Whole Wheat Bread Bread Pudding	31 Cranberry glazed turkey Seasoned beans Squash Casserole Wh. Wheat Roll Toffee Bar	1 Lasagne Tossed Salad Salad Dressing Breadstick Cheesecake



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

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

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Waiting for Spring

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or

In Honor of _____

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

- ☐ AARP Tax Preparation Program
- ☐ *AddLIFE Today!* Publishing
- ☐ Care for the Caregiver Program
- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
- ☐ Eat Better, Move More Program
- ☐ Elder Benefit Specialist Program
- ☐ Fun-day Travels Program
- ☐ Health Promotion Programs
- ☐ Helping Hand at Home Program
- ☐ Home Delivered Meals Program
- ☐ Information & Assistance Programs
- ☐ Living Well with Chronic Conditions
- ☐ Prevention Programs
- ☐ Shopping/Grocery Bus Program
- ☐ Tele-assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Driver Escort Program
- ☐ Volunteer Programs

Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913



