

Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

June/July 2015
Vol 7/ Issue 3



Senior Farmers Market Distribution Dates!

Plain
Green TTEC Building
1110 Leed Parkway
Monday, June 15
10:00 - 12:30 pm

Wisconsin Dells
Tribal Aging Unit Dining Center
E8863 Winneshiek Dr
Wisconsin Dells
Tuesday, June 16
10:30 - 12:30

Sauk Prairie
Sauk Prairie Community Center
730 Monroe St
Front Lobby
Wednesday, June 17
9:00 - 12:00 pm

Reedsburg
Reedsburg City Hall
134 S Locust St
Friday, June 19
1:00 - 3:30 pm

Baraboo
West Square Building
Room B24
Monday, June 22
9:00 - 12:00 noon

Each summer the ADRC helps distribute the Senior Farmers Market Nutrition checks which the USDA provides to seniors to encourage them to shop at local farmers markets and to eat more fresh vegetables and fruits. Eligible households receive \$25.00 in checks which are spent just like cash at approved farmers markets and farm stands

To qualify, you must be a resident of Sauk County and over the age of 60 (or Native Americans over the age of 55). Your annual income is at or below \$21,775 for an individual or \$29,471 for a couple.

We have a limited number of checks and they will be given out on a first come first serve basis. We encourage you to sign up for the Senior Farmer's Market Checks at the location that is the most convenient for you.

If you are unable to come to the distribution date, you may have a proxy pick up the checks for you. A proxy **must have a signed note** and can pick up checks for no more than four people. The proxy will also be filling out the application for you so make sure they know your date of birth, address and phone number.

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New ADRC Office Hours Are:

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

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

In Memory
and
In Honor of All Father's



A Father
is neither an anchor
to hold us back,
nor a sail
to take us there,
but always a guiding light
whose love shows us
the way.

---anonymous

Happy Father's Day

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



Extended Hours for
Appointments
in the Veterans
Service Office

Dear Friends,

I just want to start out by saying thank you. It has truly been an honor and a privilege to serve the Sauk County veterans and their families for the past 10 years. The time has truly flown by. We must never lose sight of how fortunate we are to be veterans in the State of Wisconsin. As I think most of you know, every county in Wisconsin has a County Veterans Service Officer (CVSO) by state statute. To make this even better, all the CVSO's are county employees. That means we are accountable to you, the veterans, and voters of our respective counties and the officials that you elect. This local control and accountability is very important to our veterans getting the excellent service they deserve. The Sauk County board is the best in the state at supporting veterans and your veterans service office. Please take every opportunity to thank them as I do now for that support of veterans and this office. Thank you for the privilege of serving you – I look forward to many more years.

I will be speaking at some upcoming meetings in various Sauk County Veteran organizations. The most current list is on our website, and is subject to change. As of this printing, I will be speaking in Baraboo, Portage, LaValle, and Prairie du Sac through the summer. Please contact your local post to see when I might be speaking there and able to answer any questions, keep you updated on important veteran related items, etc.

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

In our continuing effort to better serve the veterans of Sauk County and their families, we will be offering evening appointments. In addition to our normal office hours Monday-Friday, 8:00 a.m.-4:30 p.m., we will be open for appointments until 6:00 p.m. Monday-Thursday. We hope this will allow us to better serve our veterans who are working during our normal business hours.

As a result of having an additional staff person, along with our expanded hours, the wait time to get an appointment is significantly less.

Please make an appointment regardless of what time of the day you wish to use our services.

CapTel For Veterans

Ideal for people with some degree of hearing loss, the CapTel works like any other telephone with one important addition: it displays captions of every word the caller says. CapTel users can listen to the caller, and also read the written captions for added clarity. Perfect for anyone who has difficulty hearing over the phone. There is no charge for veterans, and no long distance charges, along with other benefits. Give CapTel a try!



Call John Kinstler at the Madison office for more information, (608) 238-5400 ext. 3008.

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

eBenefits

In an effort to make a one stop shop for veterans, the Veterans Administration (VA) and Department of Defense have developed a website called eBenefits <https://www.ebenefits.va.gov/ebenefits/homepage>. This website is a wealth of information for Veterans that can be accessed from anywhere by computer and soon to be including your smart phone. The site has three categories; Apply, Manage Benefits, and Manage Health.

Apply - has many cons versus pros for the Veterans in Sauk County. It is our experience that you should always do applications with the Veterans Service Office. We have excellent tracking methods and electronic record keeping that allows us to view your paperwork with just the click of the mouse. Continuity is paramount when completing paperwork with the VA. In addition, we have advocates in Milwaukee who hand carry your claims and place them in the hands of the VA representative. For this reason we do not recommend this feature.

Manage Benefits - has many pros versus cons for the Veteran. Simply log-in and you will have excellent resources including: claim and appeal status, personal contact and direct deposit, VA payment history, VA letters, certificate for home loans. As I mentioned under the Apply portion, it is always best to submit/upload supporting documentation through the Veteran Service Office so we can be sure it is accurate and placed into your record correctly.

Manage Health - There are nothing but pros under Managing Health. You can refill your prescriptions and have them in your mailbox within 5 days, download medical records, and schedule appointments directly with your Primary Care Manager. The health portion is actually hyper linked to a program called "My HealthVet" which is a secure VA Program. This is an excellent resource that makes working with VA health care much easier.

We do not recommend using a public computer to access eBenefits.

VETERANS INVITED TO APPEAR IN BARABOO'S BIG TOP PARADE



**Attention,
All Sauk County Veterans!**

Baraboo's Big Top Parade planners would like to honor your service to our country by inviting you to appear in this year's parade on Saturday, July 25 at 2:00 p.m. in downtown Baraboo. Veterans may walk the route, or accommodations will be provided for those who prefer to have a ride in the parade.

If you wish to participate, contact Dennis Kluge at (608) 393-0643 or klugedmk@gmail.com no later than June 30. Parade planners need to know the number of veterans who will appear in the parade in order to have appropriate accommodations for them and to provide information to participants as to when and where they should report the day of the parade.

To learn more about Baraboo's Big Top Parade & Circus Celebration, visit www.bigtopparade.com.

Veterans Choice Card Change



In March 2015, VA announced the expected expansion for eligibility for the Veterans Choice Program by changing the calculation used to determine the distance between a Veteran's residence and the nearest VA medical facility from a straight line distance to driving distance.

One of the current eligibility criteria for the Veterans Choice Program is based on the distance calculation using the straight line distance from a Veteran's home to the nearest VA medical facility. Under VA's plan for expansion, this criterion will change to the driving distance calculation between the Veteran's home and the nearest VA medical facility.

For example: under the new distance calculation, a Veteran who lives less than 40 miles, straight line distance, from the nearest VA medical facility, but who needs to physically drive more than 40 miles to get there would be eligible for the Veterans Choice Program.

VA is expanding the eligibility determination in order to increase Veterans access to high quality, timely healthcare. VA looks forward to continued collaboration with Veterans and our partners to ensure the success of the Veterans Choice Program.

Because all potentially eligible Veterans already received their Choice card, VA will send letters notifying Veterans who will soon be eligible under the revised mileage calculation. The VA must publish an interim final rulemaking and this change will be effective upon publication of this rulemaking in the Federal Register.

Wisconsin Veteran Employment Resources

The Wisconsin Department of Veterans Affairs (WDVA) is encouraging the following employment resources/websites for veterans when seeking employment, along with the jobs they list on their website. We do have an Employment section on our website also.

- **WDVA** - www.wisvets.com
- **Wisconsin Employment Resource Connect (WERC)** – www.Get2WERC.com
- **Department of Workforce Development (DWD)** --- – www.DWD.Wisconsin.gov/veterans
- **WiscJobsforVets** <http://wiscjobsforvets.wi.gov> or www.WiscJobs.org
- **Job Center of Wisconsin (JCW)** – www.JobCenterofWisconsin.com
- **eBenefits Veterans Employment Center** – www.ebenefits.va.gov/ebenefits/jobs
- **USA Jobs** – www.USAJobs.gov

NOTICE

Operation Badger Base Cancelled

Operation Badger Base has been canceled. Please disregard previous information about this event that had been scheduled for August



*Our thanks to you for all you do
Defending our flag the red, white and blue.*

*As Americans, we know what freedom means
The joy, the peace and the right to dream.*

*Freedom we love but it is not free
The sacrifice is great and you give willingly.*

- anonymous



Veterans Get Together

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, and they do take any donations to cover the cost of the food. Any questions can be directed to Wayne Unrath at (608) 347-9781.

The Reedsburg VFW post also has a breakfast buffet on the second Sunday of each month from 8:00 a.m. – 12:00 p.m. This is also held at 200 Veterans Drive in Reedsburg.

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.

We want to thank the following for their recent donations to the Veterans Care Trust Fund:

- Jeannette Budig;
- Russ Hoege;
- Lloyd Krueger;
- American Legion Post 350; and
- Vietnam Veterans.

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



Upcoming Events

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

Thursday, July 2, 2015: **Military Appreciation Bike Night, with Wounded Warrior Project – Milwaukee**. All bikes unite at the Harley-Davidson Museum® (Milwaukee). Grab your bike. Join other riders for music and fun.

Sunday, July 5, 2015: **Military/Veterans Family Day at the Milwaukee County Zoo, Milwaukee** – 9 a.m. – 5 p.m. Enjoy free zoo admission & parking. Tickets are required for entry and will be available for immediate family only, with a limit of 10 tickets per family. Our office expects to receive tickets for distribution for Sauk County veterans around May 26. Please contact our office at that time to get your tickets.

Saturday, July 18, 2015: **Military Service Day at Circus World**

The program starts at 9:30 – 10:00 and the rest of the day for military and their families to enjoy the day at Circus World for free. This event will be for active duty military, reservists, veterans and their families. For more information, please contact Dave SaLoutos, (608) 356-8341

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.



Sign up for the Electronic Newsmagazine

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

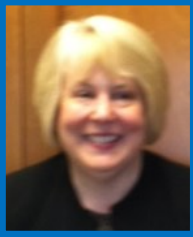


VETERANS MESSENGER



VETERANS MESS





FROM THE DIRECTOR'S DESK

Susan Blodgett

Aging & Disability Resource Center Director



Hello, I am Susan Blodgett, the new Director of the ADRC. I began with the ADRC at the end of April, relocating from Iowa City where I was the Executive Director of an agency called Elder Services, Inc. Having lived in Wisconsin for most of my adult life, I am glad to be back, where I can find other Packer Backers and Badger fans, but most importantly, I am so much closer to my grandchildren who live in Plymouth, WI. I have found that grandchildren make growing older such a joy!

The ADRC has had other changes to its staffing in the past month. Keri Olson has moved to the position of Community and Public Relations Analyst for Sauk County. Lee Roundy, the Fiscal Financial Technician left at the end of April. In early May, Deb Harvey, one of our Elder Benefit's Specialists resigned to start her own business, Retirement Specialists. We wish all of the former ADRC staff success in their new ventures!

By the time you receive this, the ADRC will have had our annual Volunteer Recognition Breakfast. Webster's dictionary defines a volunteer as one who enters into or offers oneself for a service of his/her free will. What that means is we try not to coerce you into helping, but I'm sure we've twisted a few arms.

For those of you who volunteer with us, a heartfelt thank you. We could not do our jobs of serving the folks in Sauk County without you. For those of you who have not considered volunteering, but may have an interest, please give us a call at 355-3289 and speak to Cathy Bindl. She will find a meaningful job for you!

A few facts about volunteerism I'd like to share:

1. Research demonstrates that older volunteers receive physical and mental health benefits from volunteer activities.
2. Approximately 25% of US citizens volunteer. That sounds like a lot, but what that means to Cathy is that she will have 3 "no, I can't help" to every 1 "yes, sign me up!"
3. 41% of those over age 60 volunteered last year.
4. Older volunteers average 3 ½ hours per week volunteering.
5. Last year 185 volunteers spent 16,413 hours volunteering with the ADRC in Sauk County. That is more than 8 full time staff persons.
6. The value of a volunteer in Wisconsin is \$22.24 per hour.
7. The value of your time spent volunteering this past year is worth more than \$365,000.
8. The most volunteer hours are spent in our meal sites helping and delivering meals to the homebound.
9. Transportation volunteers drove a total of 82,820 miles last year. That is equal to more than 29 times driving across the United States, or more than 3 times driving around the world!
10. Our leaders recognize the importance of volunteering as mentioned in the quotes below.

Former President Bill Clinton has said:

Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds.

And former President George Bush has said:

Service is never a simple act; it's about sacrifice for others and about accomplishment for ourselves, about reaching out, one person to another, about all our choices gathered together as a country to reach across all our divides.

Thank you to our volunteers who truly make a difference in Sauk County!



"A Picture is Worth a Thousand Words. "

Please Join Us for a Dinner Presentation
Tuesday, June 16
West Square Building, 505 Broadway, Baraboo
5:00 p.m. Registration
5:30 pm. Buffet Dinner
Courtesy of ElderSpan Management



Operators Of



Learn why music and art are considered to be an "alarm clock to the brain".

Discover the benefits of using art and music with people with dementia, the types and keys to using them, how to incorporate them into daily living, and suggestions for different stages of the disease.

Presented by Janet Weigel, Outreach Specialist for the Alzheimer's and Dementia Alliance of WI for Sauk, Columbia and Marquette Counties.

This presentation is open to the public and free to attend.

**Due to limited space reservations are required.
Please call the ADRC at 355-3289 for more information
or to RSVP by June 10.**



- Thank you to an anonymous donor for the donation to the Taxi Subsidy program in memory of Albert and Armella Kowalski.
- We would like to thank June Dills for her donation of flowers to the Baraboo dining center..
- Thank you to an anonymous donor for the donation in memory of Bill Wermuth to the publishing of the AddLIFE Today! and the Disability Benefit Specialist program.
- We would like to thank an anonymous donor for their donations to the publishing the *AddLIFE Today!*
- Thank you to Reedsburg Star Cinema for donating the pop corn to the Older American Month's movies which were held throughout Sauk County.

The Weight of the Glass



Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

THE MORAL: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down

-- Unknown

Look
Who's
Getting
You
There!



Julie



Bill



Dennis



Gary



Tom

The ADRC
Transportation
Team

ADRC Transportation

Medical Transportation Line: 608-355-3278 or 800-830-3533
Fun-day Trip Line: 608-355-4888



Taxi Subsidy Program

The Taxi program provides half-price punch cards for rides through your local taxi service in 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 can purchase one punch card per calendar month. It is prohibited to re-sell the punch card, or allow use of the card by anyone other than the purchaser. To get a punch card simply request an application from the ADRC Transportation office, complete the form, enclose your check or money order made out to:
ADRC-Transportation
505 Broadway
Baraboo, WI 53913.

***Please do not send cash through the mail.**

Specialized Transit Bus Service



The Aging and Disability Resource Center offers specialized transit on Fridays, for local shopping and other activities. Residents of Baraboo, Reedsburg and Sauk Prairie can reserve a bus from their communities. A few examples of places the bus will take you are: Walmart, The Dells Outlet Mall, Kohl's, Joann Fabrics and Pierces Grocery Store.

The following applies:

- The cost is \$3.00 to board and includes your return fare.
- Minimum capacity is 6-8 passengers per trip
- The bus will run only if the minimum capacity is met
- Please call at least 2 days in advance to reserve a place on the bus
- Seats are limited and are by reservation only
- Passengers will be picked up at pre-arranged group locations

Please call (608) 355-3278 or 800-830-3533 and make a reservation to be picked up from your community by our Transit Bus.



These 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 over as well as 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 Fun-day Travels number: 608-355-4888.

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

<u>June Events – Call on or after June 1</u>	
Tuesday, June 2	Hilldale Shopping Center and Target
Tuesday, June 9	Maggie Mae Restaurant Purchase your lunch from the menu and Maggie Mae will provide the entertainment while you eat! *You may only sign up for one Maggie Mae Trip in the month of June.
Tuesday, June 16	Circus World Museum. Cost: \$6.00 entrance fee to the main grounds. Museum is free.
Tuesday, June 23	Maggie Mae Restaurant Purchase your lunch from the menu and Maggie Mae will provide the entertainment while you eat! *You may only sign up for one Maggie Mae Trip in the month of June.
Tuesday, June 30	West Towne Mall - Madison
<u>July/Early August Events – Call On or After June 22</u>	
Tuesday, July 7	H.H. Bennett Photography Studio and Wisconsin Dells Antique & Craft Mall Enjoy a guided tour of one of the oldest operating photography studios in the U.S. You will see Bennett photos, learn about the early days of photography and get a sense of the life and work of this remarkable man. Cost: \$5:50 for the HH Bennet Studio ~ The Dells Antique and Craft Mall are free.
Tuesday, July 14	Greenway Station - Middleton
Tuesday, July 21	Mid-Continental Railway Museum and Baraboo Ochsner Park/ Zoo, Downtown Baraboo Square and Baraboo St. Vincent de Paul. Enjoy a (1) hour train ride through our beautiful county and learn more about the history of Railroading. Railway Museum Cost: \$6.00
Tuesday, July 28	East Towne Mall and Hobby Lobby
Tuesday, August 4	Fitchburg Super Target and Fitchburg Goodwill



HAZARDOUS WASTE CLEAN SWEEP

Former Sauk County Landfill, E8795B Evergreen Lane, Baraboo
(Between Baraboo and Reedsburg off of Hwy. 33 near the junction of Hwy. 23)

Saturday, June 6, 2015 8:30 a.m.-Noon

For more information:

(608) 355-4839
ppohle@co.sauk.wi.us
www.co.sauk.wi.us

Free disposal for homeowners:

- Pesticides including herbicides, insecticides, fungicides, rodenticides, wood preservatives
- Home products: oven cleaners, spot removers, drain cleaners
- Light bulbs/fluorescent tubes
- Waste motor oil, oil filters
- Batteries (watch, calculator, etc.)
- Latex, lead-based, and oil-based paint
- Other: solvents, animal health products, teat wash, degreasers, wood finishes, paint additives, hydraulic fluid, pool chemicals, strippers, photographic chemicals



What is not accepted:

- Pharmaceuticals, IVs, needles
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste
- Compressed gas cylinders
- Recyclables, yard and household waste
- Asbestos
- Demolition materials

**Agricultural and VSQGs
by appointment ONLY**

Resource Solutions will accept the following items from households at Clean Sweep:

No charge-CPUs, laptops, keyboards, computer cords, computer mice, circuit boards, UPS, power strips, calculators, copiers, scanners, printers, printer cables, telephones, cell phones, fax machines, VCR/DVD players, stereo equipment, remote controls, flat screen computer monitors (LCD), rechargeable batteries from laptops, power tools, lead acid car batteries, lawn mowers (oil drained/tires removed), scrap metal

\$15 - Microwaves

\$20 - Air conditioners, dehumidifiers, dorm size refrigerators, TVs - up to 29", CRT monitors

\$25 - Stoves, washers, dryers, water heaters, furnaces

\$35 - Large Freon appliances

\$40 - TVs - 30"-49"

\$60 - TVs - 50" and up, projection, wooden console

Please contact Resource Solutions at (608) 244-5451 for more information. Payment must be made either in CASH or by CHECK payable to Resource Solutions at event.



2015 FEES FOR TIRES ACCEPTED AT CLEAN SWEEPS

Car and light truck tires	\$3
Car and light truck tires w/rims	\$5
Ag and semi tires	\$13
Ag and semi tires w/rims	\$25
<13" tires	\$1
<13" w/ rims	\$3

Checks will be accepted payable to Sauk County Treasurer at Clean Sweep. Please provide the quantity and type of tires at registration. Participants will need to unload their own tires.

1. They can be pulled	2. They have rings
3. Kinds of letters	4. They can be planted
5. They can be dropped	6. Things you can drive
7. Things you might pass	8. Things you can raise
9. Kinds of pins	10. These all can have tables
11. All three are Captains	12. Kinds of mints
13. Things that bounce	14. Things you can cross
15. Things made from peanuts	16. Kinds of fingers
Answers to the Brain Teaser	

Key Benefits of In-Home Care for Seniors

For many seniors, the thought of leaving the familiar surroundings of their home and moving into a nursing home can be a scary and intimidating experience. Some families may think that quality in-home care is out of reach and moving a senior relative into a nursing home is the only feasible option. This is a common misconception. Recent research has found that there are many benefits for seniors who choose to stay in their homes and receive in-home care versus moving into an assisted living facility.



One key benefit of seniors staying in their homes is that there is a level of comfort and familiarity that cannot be attained by moving to new surroundings, such as an assisted living facility or independent living facility. Seniors with memory-related illnesses tend to become confused, frustrated, and sometimes frightened when they don't know where they are. By staying in the safety of their homes, seniors have an easier time remembering where things are and feel more comfortable in their own surroundings. Plus,

this familiarity often equals more safety for the seniors because they automatically know where the stairs are, how to get to the kitchen or their bedroom or bathrooms, and where potential hazards could loom.

Seniors opting to stay in their homes and receive in-home care also avoid the potential “culture shock” of moving into the unfamiliar surroundings of a care facility. Moving out of the home can prove to be a huge lifestyle shift that some seniors aren't mentally and emotionally prepared to accept – what with the changes in routines, being surrounded by new faces, new schedules and activities, and more.

Wanting to maintain their independence is one key reason that many seniors give for not wanting to move into an assisted living facility. Once seniors feel like they've lost the capabilities of providing and caring for themselves, they also feel like they've lost a part of who they are. By staying in their homes, and yet still receive the high-quality medical and non-medical care they need, many seniors have a sense of independence because they are still living and managing a household and maintaining their normal routines.

Services are available on your schedule, based on your needs – from hourly visits on a weekly basis, to 24-hour live-in cases.

This partnership article is provided by:
BrightStar Care
507 Linn Street, Suite B
Baraboo, WI 53913
Please call us anytime at 608-355-5015


BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard



The Volunteer Buzz

Cathy Bindl



Bee- cuz We Have the Best Volunteers !



On May 14th, we celebrated the ADRC's wonderful volunteers. This was our opportunity to say *THANK YOU* and tell our volunteers how much we appreciate all they do. At the breakfast I shared some facts on bees and the ADRC's "busy bees"! I thought you might like to hear them too!

The Bee Fact

When you think about it the ADRC volunteers are a lot like the honey bee.

- Honeybees never sleep! And sometimes it seems our busy volunteers don't sleep either.
- It would take about 1 ounce of honey to fuel a honeybee's flight around the world And it only takes one person to ask for help to cause our volunteers to jump into action!
- A hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 2.2 pounds of honey. Though our volunteers haven't traveled around the earth, but I know our volunteers would go to the end of the earth to help someone in need.
- It has been discovered that when aging bees do jobs usually reserved for younger members, their brain stops aging. In fact, their brain ages in reverse! Now I can't tell

you that volunteering will *reverse* aging, but I can tell you that studies have found those who volunteer feel mentally and physically healthier after volunteering.

- Honey was found in the tombs in Egypt and it was still edible. Honey never spoils! Just like the bee's honey never spoils, the kindness of the ADRC volunteers will never fade away.
- A bee must collect nectar from about 2 million flowers to make 1 pound of honey. And a beehive in summer can have as many as 50,000 to 80,000 bees. The ADRC is proud to have 185 active volunteers in our "hive", and we would welcome more volunteers to help us to meet the many needs of our neighbors.

We would like to congratulate all of our volunteers for their many hours of service.

25+ Years!!

Walt Darling, and Audrey Wendt

20+ Years

Donna Druckrey, Donna Fae Kruse, Marian Licht, Char Rose, Lonita Schulze, and Fannie Wisinger

15+ Years

(Continued on page 15)

(Continued from page 14)

Buddy Bethke, Wayne Pertzborn, Jim Quandt,
Donna and Ralph Soeldner,

10+ Years

Art Behnke, Michelle Commings, Phil Craker,
Bill Grosz, Ellen Jerrett, Sam Noble, Phyllis Johnson,
Lavern and Verdi Peper, Dorothy Sivam, Dean Skare,
Paul Takkunen, Jim Thering, and Laurie Zimprich

5+ Years

Joseph Baker, Leslie Bednar,
Linda Benda-Middlesworth, Judy Berry,
Marvin Breunig, Judith Connick, June Dills,
Louise Dotter, Julie Eckert, Ruth Falk,
Joan Fedkenheuer, Henry Ferstl, Ruthie Fiegel,
Ruth Foster, Edith Fredericks, Louise Garfoot,
Judy Gehrke, Verna Hackett, Harold and Audrey Hein,
Patsy Hering, Shirley Hess, Larry Hinyup,
Tana Holmblad, Ed Huffman, Betty Jensen,
Shirley Junge, Jeremy Kelly, Carol Keskey, Lynn King,
Marlene Kirch, Mary Ann Kopp, Bess Little,
Darleen Maier, Harry Michael, Paul Middlesworth,
Gen Mohar, Helen Page, Frances Pete, Alice Popp,
Joe Ryan, Thomas Sawyer, Carol Schanke-Brylla,
Betty Schultz, LaDell Shimniok, Shirley Slaney,
Colleen Smith, James Smith, Barb Tindle,
Jan and Russ Verstein, Janet Wall, Marie and Vern
Weisensel, Mary Wipperfurth, Agnes Woodbury, and
Allen and Nelly Zurbuchen

It's amazing when you see all the people who have shared their time and talents for so many years. And we have many volunteers who have just begun!. I look forward to adding their names to the list of people volunteering 5 years or more!



WE ARE SEARCHING FOR VOLUNTEERS



***-Reedsburg-
Your Community
Really Needs You!!!***

**There is a great need for
volunteers for the
home delivered meal,
dining center and
driver escort programs.**

Please consider volunteering!

Other Volunteer Opportunities

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

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

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

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



For Your Benefit . . .

Mindy Shrader, The Elder Benefit Specialist

Coming to you:

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

Why Are So Many Facing Reduced FoodShare Benefits?

by the GWAAR Legal Services Team

FoodShare is Wisconsin's program for the federally funded supplement nutrition assistance program (SNAP). The program is administered jointly by federal, state, and local governments. Over the course of the last year or so, many Wisconsin residents have experienced a reduction in the amount of monthly FoodShare benefits they receive.

In November 2013, temporary benefit increases to SNAP from the 2009 American Recovery and Relief Act ended. The focus of this article, however, is on the more recent change that came via the 2014 Farm Bill. Although the name of the bill sounds like it has no correlation to FoodShare, it actually redefined how net income is calculated for

Howard Wynne Apartment	June 2 11:00 to 11:30	
Park Place Senior Apartment Reedsburg	June 2 2:00 to 3:00	July 7 2:00 to 3:00
Baraboo Dining Center	June 9 10:45 to 11:30	July 14 10:45 to 11:30
Plain Green TTEC	June 10 1:00-3:00	July 8 1:00-3:00
Spring Green Senior Center	June 17 10:30 to 11:30	July 15 10:30 to 11:30
Spring Green Library	June 17 1:00 to 2:00	July 15 1:00 to 2:00
Sauk/Prairie Community Center	June 18 10:00 to 11:30	July 16 10:00 to 11:30
Merrimac Village Hall	By Appointment only	By Appointment only



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

Presented by Mindy Shrader
Wednesday, July 1, 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.

SNAP households receiving aid from the Low-Income Home Energy Assistance Program (LIHEAP) or locally known as Wisconsin Home Energy Assistance Program (WHEAP). According to the Hunger Task Force, this change has resulted in reduced benefits to more than 255,000 low-income households in Wisconsin.

What did the 2014 Farm Bill change?

Wisconsin and several other cold weather states offered a single deduction for heating and cooling costs - known as the “Heat and Eat” program. Participating states provided the full utility deduction (HSUA) to recipients if they received any assistance from LIHEAP. To maximize FoodShare benefits, all FoodShare households were given a \$1.00 annual LIHEAP/ WHEAP benefit, thus qualifying for the full utility deduction. However, the 2014 Farm Bill mandated that households must receive an amount greater than \$20.00 in LIHEAP in the past 12 months to receive the full utility deduction. Wisconsin then stopped granting the automatic \$1.00 LIHEAP benefit to FoodShare households.

What are the Utility Deductions?

- HSUA (Heating Standard Utility Allowance) \$446.00

- LUA (Limited Utility Allowance) \$321.00
- EUA (Electric Utility Allowance) \$161.00
- WUA (Water & Sewer Utility Allowance) \$74.00
- FUA (Cooking Fuel Allowance) \$37.00
- PUA (Phone Utility Allowance) \$30.00
- TUA (Garbage & Trash Utility Allowance) \$19.00

Who was affected by the change?

People who had been receiving the \$1.00 WHEAP benefit will likely face a reduction in benefits as they are no longer receiving the \$1.00 benefit and are no longer eligible for the standard utility deduction. Likewise, persons who are not required to pay a separate utility bill (it is wrapped into their monthly rent) are likely to face a reduction in benefits. This change has particularly affected people who live in subsidized housing and do not pay a separate utility bill.

Who is not affected by the change?

People who pay a separate utility bill or have received at least \$20.00 in WHEAP benefits in the past 12 months will likely not face a reduction in benefits due to these changes.

When will the reductions take place?

Wisconsin’s Department of Health Services released an operations memo in April 2014 regarding the changes to Foodshare, stemming from the 2014 Farm Bill. However, the changes have been implemented on a rolling basis and there was some confusion regarding whether persons in subsidized housing should be granted the full utility deduction. This has since been resolved; the current policy states that to receive the full utility deduction, a person must be required to pay an actual utility cost or receive at least \$20.00 in WHEAP in the past 12 months.





MEDICARE TURNS 50!

by the GWAAR Legal Services Team

On July 30, 1965, President Lyndon Johnson signed Medicare into law — the first card was issued to President Harry S. Truman.

Medicare has been described as the most successful health care program in America's history. When launched in 1965, it provided low-cost hospitalization and medical insurance to older Americans. By 1972, it expanded to people under age 65 with certain disabilities or end stage renal disease. In 2003, the Medicare Modernization Act added prescription drug benefits to the program. As of 2014, 54 million Americans are enrolled in Medicare. Since its inception, Medicare has served 112 million Americans.

According to the Center for Medicare Advocacy, in addition to providing health coverage to millions of Americans, Medicare has positively impacted the country in other ways. For example, the Center states that Medicare was key to integrating hospitals. Hospitals that wished to be reimbursed by Medicare were subject to the Civil Rights Act. Consequently, Medicare opened the door for African-American physicians and patients.

Additionally, the Center notes that Medicare helped reduce poverty by providing older Americans and people with disabilities — those least likely to attract private insurers — with access to health care. Prior to Medicare, many individuals lacked affordable health coverage. According to the National Bureau of Economic Research, between 1965 and 1995, the poverty rate for individuals over 65 fell from 35% to 10%.

Although Medicare has made a positive impact, it faces future challenges. AARP President Jeannine English noted that 10,000 aging baby-boomers are signing up every day. By 2030, Medicare will serve twice as many older adults as it did in 2000. According to English, the program has been “a spectacular success,” and she has high hopes for Medicare's next 50 years.

For more information, visit:

www.nber.org/bah/summer04/w10466.html

www.medicareturns50.org/

<http://blog.aarp.org/2015/04/17/medicare-celebrates-a-half-century/>

http://retiredamericans.org/members/Medicare_Turns_50



Independence Day

**Freedom has its life in the hearts,
the actions, the spirit of men and so
it must be daily earned and refreshed -
else like a flower cut from its life-giving
roots, it will wither and die.**

--Dwight D. Eisenhower

Alert! Divesting Assets May Make You Ineligible for Medicaid

by the GWAAR Legal Services Team

As people get older, many consider transferring assets to their children, grandchildren, or to charity. Some were fortunate to have inherited homes or other family assets from their parents or grandparents, so it is logical that they would like to similarly transfer their wealth to younger members of their own families. While their intentions are honest and noble, individuals need to be aware of the risk of “divestment” in the event they need long-term care and do not have sufficient assets to pay for it.

Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family.

Divestment is a general term applied when an individual transfers assets - money, possessions, or property - for less than fair market value or when someone refuses to accept an asset to which he or she is entitled. When an individual transfers an asset without getting back something equal in return, or gives up an interest in an asset, he or she now has fewer assets with which to pay for long-term care should the need arise. Because long-term care is so expensive, Wisconsin law includes provisions that prevent individuals from divesting assets and then requesting that the state pay for their long-term care.

To dissuade people from divesting, Wisconsin law imposes a penalty period based on the amount of divestment. An individual is ineligible to receive long-term care Medicaid or community waivers (programs that provide long-term care services in home and community settings rather than in a skilled nursing facility) during the penalty period. The more wealth that has been divested, the longer the penalty period. The penalty period will only apply if an individual divested assets

during the “look-back period.” This period is the 60 months immediately prior to an individual needing long-term care and applying for nursing home Medicaid or being approved for a community waiver program.



Transfers made more than 60 months in the past do not result in a penalty period. Importantly, the penalty period does not apply to Medicaid card services or Medicare Savings Programs. It applies only to nursing home Medicaid and home and community-based waivers.

It is highly recommended that an individual consult with an elder benefit specialist or an elder law attorney if he or she receives a notice of divestment. In some cases, the divestment penalty period can be waived if the penalty period would deprive the institutionalized person of medical care that would endanger his or her life, or deprive the individual of food, clothing, shelter, or other necessities of life. There are some exceptions to the normal divestment rules, so it is important to quickly investigate a notice of divestment to determine whether an exception applies and whether to request an undue hardship waiver. Divestment can prevent an individual from obtaining the long-term care he or she needs, which can be debilitating to an individual and his or her family. For that reason, it is very important to understand the consequences of transferring assets if long-term care may be necessary in the following five years. While someone may have great intentions, transferring assets without receiving fair market value in return can unexpectedly create significant problems when unforeseen health issues or a need for long-term care arises.

Limited Medicare Coverage When Traveling Abroad

by the GWAAR Legal Services Team



Whether visiting friends and family or exploring new exotic destinations, travel is something most people eagerly anticipate. However,

it is advisable to check with one's insurance coverage before heading out.

Medicare coverage outside the United States is extremely limited. Outside the U.S. means anywhere other than the 50 states, District of Columbia, Puerto Rico, U.S. Virgin Islands, Guam, American Samoa, and Northern Mariana Islands. In most situations, Medicare will not cover medical services provided outside the U. S.

Medicare will, however, cover Medicare-covered services in foreign hospitals in 3 limited situations:

- 1) Individual is in the U.S. and experiences a **medical emergency** and the foreign hospital is closer than the nearest U.S. hospital that can treat the illness or injury.
- 2) Individual lives in the U.S. and the foreign hospital is closer to home than the nearest U.S. hospital that can treat the condition - regardless of whether it's an emergency.
- 3) Individual is traveling through Canada without an unreasonable delay by the most direct route between Alaska and another state when there is a medical emergency and the Canadian hospital is closer than the nearest U.S. hospital.

Foreign hospitals are not required to submit claims to Medicare for a patient. If someone receives services in a foreign hospital, they should submit a copy of that bill to Medicare.

Medicare covers medically necessary health care services received on a cruise ship when:

- 1) the doctor is allowed under law to provide medical services on the cruise ship, and
- 2) the ship is in a U.S. port or no more than 6 hours away from a U.S. port when services are received. Conversely, if the ship is more than 6 hours from a U.S. port, services will not be covered.

Medigap policies may offer additional coverage for medical services provided outside of the U.S. Some Medigap policies will provide foreign travel emergency health care coverage.

Plans that do offer this type of coverage will typically pay 80% of the billed services after the yearly deductible is met. There are, of course, other limitations and exceptions to coverage with Medigap policies, so it is important for travelers to check with their insurance agent before going abroad.

Medicare Advantage plans may offer coverage for health care services provided outside of the U.S. Coverage may be limited, if it is available at all. Reviewing the yearly *Summary of Benefits* is advisable if a person is relying on an Advantage plan for international coverage.

Veterans or members of a veteran's family may have coverage outside of the U.S. Reimbursed medical care for U.S. veterans residing or traveling in Canada and other foreign countries is typically limited to treatment for VA-rated, service-connected disabilities only. There may be additional coverage through veteran's health insurance policies such as TRICARE.

Lastly, travel insurance is an option one should consider for medical coverage outside of the U.S. However, not all travel insurance includes health coverage. If an individual's only health insurance is Medicare, he or she may want to consider paying extra for this insurance before heading out on that next trip — unless traveling a direct route from his or her home state to Alaska.



Cop's Corner

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

Wisconsin State Parks Wants You To Visit!

Greetings from Devil's Lake State Park! Devil's Lake is Wisconsin's largest and busiest state park. Last year over 2,000,000 visitors came to Devil's Lake. If you have ever been here on a summer weekend you can attest to the large numbers of people that come and enjoy the park. Devil's Lake has such a wide range of recreational opportunities that most people can find something they like to do. The park has hiking, camping, fishing, swimming, boating, rock climbing, biking, scuba diving, and even hunting for people to enjoy.

Everyone who visits Wisconsin State Parks is required to have an admission sticker for entrance. Are you aware there are a number of reduced rate and even free opportunities for visitors who are seniors or veterans?

- Wisconsin State Parks offers Wisconsin Seniors 65 and older the opportunity to purchase a Resident Senior Park Sticker for only \$10.00! Come to Devil's Lake or another state park and tell the attendant you are 65 or older and have a vehicle with Wisconsin license plates, pay your \$10.00 and you are ready to enjoy the park. Devil's Lake State Park is also Ice Age National Scientific Reserve Unit. This means we accept the National Park passes here at Devil's Lake. Seniors that are 62 and older may purchase a lifetime Senior Pass by mail for only \$10.00 plus a \$10.00 processing fee (See the Federal Senior Pass link <http://store.usgs.gov/pass/senior.html>).
- You may also be able to purchase a lifetime Access Pass through the mail for only a \$10.00 processing fee if you have a

permanent disability that limits one or more major

life activities. (See the Federal Access Pass link <http://store.usgs.gov/pass/access.html>)

- Federal Park and Recreation Access and Senior passes can be purchased/acquired for at Federal Recreation sites such as National Wildlife Refuges and National Forests. The closest sites would be in La Crosse, Horicon, or Necedah. (See the Federal Access Pass link <http://store.usgs.gov/pass/access.html>)
- Active duty members and their families may receive a free pass by visiting Federal Recreation sites to obtain one. (See the Federal Military Pass link <http://store.usgs.gov/pass/military.html>)
- The Wisconsin Department of Natural Resources also offers a number of free and reduced rate park passes to veterans that have a disability of 70% or more (free), were a former POW (free), 50% disability (\$7.00 per year and includes fishing and small game hunting), or Purple Heart recipients (most hunting, fishing, and parks admission \$10.00 per year – Conservation Patron license). All the state licenses and passes are available at Regional Service Centers. The closest one to our area is in Madison. (Please see the Wisconsin DNR Service Centers link <http://dnr.wi.gov/contact/officelocations.html>).

We hope to see you all out at the parks!

Steve Schmelzer, Park Superintendent
Devil's Lake State Park
(608)356-8301





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 - June 2 & 16

Tuesdays - July 7 & 21

Wednesday - June 17

LaValle - Fire Department

Wednesday - July 22

Plain - Plain Green TECC

Wednesday - June 24

Reedsburg - Maple Ridge

Tuesday - June 9 & July 14

Thursday - June 18 & July 16

Reedsburg - Willow Heights

Wednesday - June 10

Sauk Prairie - St John's Church

Thursdays - June 4, 7 & 11

Thursdays - July 2, 9 & 23

Spring Green - Christ Lutheran Church

Tuesday - July 28

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.

ABC's of Alzheimer's & Dementia

As part of Alzheimer's & Dementia Alliance of Wisconsin's (ADAW) monthly Family Education series Janet Wiegel will present ABC's of Alzheimer's & Dementia on Tuesday, July 28 from 5:30 – 7:00 p.m. at Sauk County Health Care Center, 1051 Clark St., Reedsburg. Come learn how dementia-related diseases affect the person diagnosed and important tools and supports available to family caregivers.

Alzheimer's & Dementia Alliance of Wisconsin (ADAW) offers individual and family consultations

Are you caring for a loved one with Alzheimer's disease or other dementia? Do you have questions about local resources available for support? Are you having difficulty with how to best approach behavior changes?

Due to the challenges of dementia, you and your family may be faced with tough situations and difficult conversations. Health care decisions, safety issues, treatments, and planning for future care needs are all common areas of concern.

ADAW outreach staff and family support specialists can help you identify, understand, and respond to the challenges of Alzheimer's and other types of dementia; problem solve specific issues; set individualized goals; and connect you to useful services and support.

Staff can meet with you individually or help facilitate family meetings, in person or over the telephone, to problem-solve issues, plan for the future, and develop practical action plans.

The goals of the consultation are to

- 1) 1) problem-solve immediate concerns;
- 2) 2) optimize the quality-of-life of the person challenged by cognitive impairment,
- 3) 3) guide family care-partners to practical solutions,
- 4) 4) build a strong network of support, and
- 5) 5) maintain the health and well-being of all involved.

Contact Janet Wiegel, Outreach Specialist with the Alzheimer's & Dementia Alliance of Wisconsin, at 608.742.9055 or janet.wiegel@alzswisc.org, to set up an appointment. Visit www.alzswisc.org for more information.

Recycling Pioneer to Have Fitting Memorial

When you look at the bottom of a plastic container before recycling it, do you ever wonder who created that ubiquitous system of triangles and numbers? Milly Zantow, a little known woman from Sauk County had a vision, set out to make a difference in the world, and did. Although many have never even heard of her, she is one of the most important people in the recycling community. Milly is responsible for creating that system of numbered triangle symbols on the bottom of plastic containers.

Raised to reuse and recycle, Milly was always sensitive to waste. Back in the 1970s she was surprised to hear that a rural Sauk County garbage dump was to be closed early because it was filling up so fast. Milly went to the dump and sat and watched as people dropped off their garbage. One thing she noted was



that a majority of what she saw was made of plastic. She believed that something had to be done. She contacted a local milk jug manufacturer and came to an exciting

conclusion – that the plastic could be ground down and reused.

Milly died in 2014 at the age of 91. She never saw a monument in her name, but a group of Sauk County Institute of Leadership (SCIL) program participants are working to raise funds to place at least one memorial for this inspirational woman who did so much with so little.

“Our goal is to place a personalized bench with a custom-made art piece in the newly constructed Harvest Park located in Reedsburg,” said SCIL participant Morgan Tribbey. “The art piece is to be made of recycled metal materials; the bench will be made of recycled plastic and feature a memorial in Milly's honor. We would also like to place an informational sign describing her contribution to the world of recycling.”

The group has also added another goal of placing a bench in the Sauk Prairie area. “Milly did so much, we want to make sure that she is recognized throughout Sauk County” Tribbey said.

If you would like more information about Milly and this project, please contact Morgan Tribbey at 608-434-2657.

Mark Your Calendar

The ADRC will be closed:

July 3

September 7

November 26 & 27

Fourth of July

Labor Day

Thanksgiving

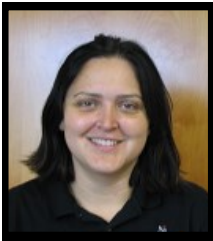
Please note that the dining centers and home delivered meals do not operate when our office is closed.



New Office Hours

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

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



Holly Schafer

Disability Benefit Specialist

Quinn Hause



Social Security to Expand Field Office Hours Nationwide

Budget for Fiscal Year 2015 Allows Agency to Restore Some Service Hours

Social Security announces as a result of Congress' approval of the fiscal year 2015 budget, the agency will expand its hours nationwide and offices will be open to the public for an additional hour on Mondays, Tuesdays, Thursdays and Fridays, effective March 16, 2015. A field office that is usually open from 9:00 a.m. to 3:00 p.m. will remain open until 4:00 p.m. Offices will continue to close to the public at noon every Wednesday so employees have time to complete current work and reduce backlogs.



“This expansion of office hours reaffirms our commitment to providing the people we serve the option of top-notch, face-to-face assistance in field offices even as we work to expand online services for those who prefer that flexibility,” said Carolyn W. Colvin, Acting Commissioner of Social Security. “The public

expects and deserves world-class customer service and thanks to approved funding, I am pleased we will continue our tradition of exceptional service.”

In recent years, Social Security reduced public office hours due to congressional budget cuts, growing backlogs and staffing losses. The agency began recovery in fiscal year 2014 by replacing some field office staffing losses and providing overtime support to process critical work. With the commitment of resources in fiscal year 2015, the agency is able to restore some service hours to the public.

Most Social Security business does not require a visit to a local field office. Many services, including applying for retirement, disability and Medicare benefits, creating a my Social Security account, replacing a Medicare card, or reporting a change of address or telephone number are conveniently available anytime at www.socialsecurity.gov.

Social Security also offers assistance via phone toll-free

- 1-800-772-1213 (Voice)
- and 1-800-325-0778 (TTY).

Representatives are available:
Monday thru Friday.
7:00 a.m. to 7:00 p.m.

Social Security Questions and Answers



By Social Security Public Affairs Specialist

Question:

I've only been working for a few years, and I'm wondering how I earn Social Security benefits. What are credits and how many do I need to qualify for benefits?

Answer:

We use your total yearly earnings to calculate your Social Security credits. "Credits" are the units we use to measure whether you qualify for Social Security benefits. The amount needed for a credit in 2015 is \$1,220. You can earn a maximum of four credits for any year. The amount needed to earn one credit increases automatically each year when average wages increase.

You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit for which you are applying. No one needs more than 40 credits for any Social Security benefit. You can learn more about earning

credits by reading *How You Earn Credits* at www.socialsecurity.gov/pubs.

Question:

My same-sex partner and I recently married. Will we qualify for Social Security benefits?

Answer:

You may be eligible to apply for Social Security benefits. Many factors affect your eligibility for benefits, including how long you worked and your age. Social Security is now processing more claims in which entitlement or eligibility is affected by a same-sex relationship. We encourage you to apply for benefits right away, even if you aren't sure you're eligible. Applying now will protect you against the loss of any potential benefits. You can apply safely and securely at www.socialsecurity.gov/applyonline. Learn more about Social Security for same-sex couples by visiting www.socialsecurity.gov/same-sex-couples.



Q: Why does the Statue of Liberty stand in New York Harbor?

A: Because she can't sit down.

Q: Johnny, what are the last words of "The Star-Spangled Banner"?

A: "Play ball"?

Q: What do you call an American drawing?

A: Yankee doodle!



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



Jim
Pritzkow



Pam
Burdick



Lisa
Karau



Rachel
Heinzman



Julie
Mayer

Did you know?

Starting June 3rd, 2015, the ADRC will be opening a second satellite office in Sauk County. The new satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital Emergency Room at 80 First St, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m.

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

Who Are They And What Do They Do??

Who are the Aging and Disability Information and Assistance Specialists?

The process of learning about the Long Term Care system can seem very overwhelming and scary. This is especially the case when the need for services is immediate or for a family member. The Aging and Disability Resource Center (ADRC) in Baraboo has five Information and Assistance (I&A) Specialists readily available to help answer questions, provide information, and explore solutions in order to meet your variety of needs. The I&A Specialists are all state licensed and certified social workers. They participate in ongoing continuing education in order to maintain licensure. Feel free to call or stop in and speak with an I&A Specialist when it's convenient for you. There is always an I&A Specialist available between 8:00 a.m. and 4:30 p.m. every Monday through Friday, excluding holidays. If additional time is needed to explore your needs, the I&A Specialist will be happy to set up a future appointment to meet with you in

your home to talk further.

What Services do the Aging and Disability Information and Assistance Specialists provide?

Information and Referrals/Options Counseling:

The I&A Specialists can provide information and referrals for a vast array of services in your community including but not limited to: Power of Attorney for Health Care and Finance, energy assistance, transportation services, FoodShare and food pantries, Medical Assistance (aka Medicaid), housing programs and assistance, home delivered meals and community dining centers, in-home chore and personal care services, Alzheimer's, Dementia and caregiver support programs, SafeLink phones, and Lifeline programs.

The I&A Specialists can connect you with an Elder or Disability Benefit Specialists who specializes in areas including Medicare, Social Security Retirement, Social Security Disability benefits, Medicare supplemental programs, and other insurance needs.

The I&A Specialists regularly refer customers to other agencies such as the Sauk County Department of Human Services, the Veterans Administration, the Sauk County Health Department, the Tenant Resource Center, Legal Action of Wisconsin, Community Action, and St. Vincent De Paul.

The I&A Specialists can discuss financial options for needed services including public funds if customers are eligible. The I&A Specialists can advise customers regarding how to make their available funds last as long as possible before applying for public funds.

Determining Eligibility for Long Term Care Programs:

Long Term Care Programs including Family Care, Partnership and IRIS, can provide support and services to elderly and disabled individuals in order to meet their needs either in their own homes or in alternative housing facilities. Participants of these programs must meet both financial and functional eligibility requirements, the I&A Specialists assists customers with this process.

The I&A Specialist will assist customers in applying for Medicaid, which is the funding



I&A Specialist will be happy to meet with you in your home

source for these programs. The Medicaid application process can sometimes be confusing, daunting and overwhelming. Having the assistance of the I&A Specialist can alleviate much of the stress often associated with this process. The I&A Specialist also administers the Long Term Care Functional Screen in order to determine if an individual is functionally eligible for the programs. Once

eligibility is determined, the Specialist will then provide Enrollment Counseling in order to assist the customer in choosing the Long Term Care program that is best suited to their needs.

Transition Services:

The I&A Specialist also work with students with disabilities transitioning out of high school. The I&A Specialist meets with the student, parent, school staff, and often with a Disability Benefit Specialist. The Disability Benefits Specialist will assist the student if they need to apply for SSI or need a redetermination for Social Security. The I&A Specialist will assess to determine if the student is eligible for Family Care or another Long Term Care program.

Nursing Home Relocation:

The I&A Specialist often work with individuals and their families to transition home from a Nursing Home. The I&A Specialist can meet with people while in the nursing home to assess for Long Term Care Programs or provide options for private pay in-home services that will make the transition home more successful and long lasting. The I&A Specialist can provide options for available assisted living facilities. The I&A Specialist can discuss measures to assist in making current assets last longer to avoid needing public funding.

Outreach and Advocacy:

An important role of the I&A Specialist is to provide individual advocacy on behalf of a client when dealing with a public agency. The I&A Specialist can assist with getting connected with the Long Term Care Ombudsman Program or for those under 60 Disability Rights of Wisconsin.

This is a limited overview of the services the I&A Specialists at the ADRC can provide. Please call the ADRC and ask to speak to an I&A Specialist if you have any questions or concerns.



Because You Care ~ The Caregiver's Corner



Cultivating Gratitude while Caregiving

When you're providing care for another person, you're balancing a lot of responsibilities. In addition to meeting the needs of the person you're caring for and spending time with them socially, many caregivers are balancing a job, family commitments, and their own health care needs. With all of these "to do's" it's easy to focus on what needs to be done, leaving little time to reflect on all the good things that surround you.

Gratitude, or appreciation for what one has, can help increase feelings of happiness, optimism, and well-being. Current research shows that it's actually possible to cultivate feelings of gratitude within ourselves – and doing so can lead to increased levels of energy, optimism, and empathy. For caregivers, it can be difficult to find the time to reflect on the positive aspects of life. Being up all night with an agitated parent, shuffling between doctor appointments, preparing meals, working through financial issues, and trying to manage uncooperative behaviors can leave a caregiver physically, mentally and emotionally exhausted – and not in a mindset to notice the wonderful things

around you.

Fortunately, it can be easy to bring feelings of gratitude to the forefront. To start cultivating gratitude, simply take a few minutes to sit quietly and ponder the different blessings or bright spots in your day. If possible, try writing them down. Some people keep a running list in a journal, others take a few minutes before bed to reflect on their day and add that day's blessings to their list. Even during the most challenging and frustrating days, there are positive moments to reflect upon. The "little things" definitely count! Perhaps you had 15 minutes to read a book, or the person you're caring for said "I love you."

Similar to a garden which needs sun, water and fertilizer to flourish, you'll need to spend time cultivating feelings of gratitude. If you take a few moments to reflect on the wonderful things you experience a couple times each week (or even every day!), you'll likely be surprised at how quickly your list grows! As Oprah Winfrey once said, "be thankful for what you have; you'll end up

(Continued on page 29)

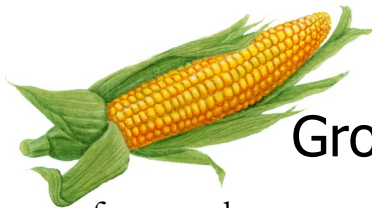
(Continued from page 28)

having more.”

For more information on caregiving or resources available to assist you in your role as a caregiver, contact the Sauk County Health Department at (608) 355-3290.

*By: Erin Johnson,
Caregiver Support Coordinator
Aging and Disability Resource Center of
Central WI*

Source: Napoletan, A. (2013, June 9). Caregivers Cultivating Gratitude. Message posted to:
<http://www.caregivers.com/caregiver-wellness/caregivers-cultivating-gratitude/>



Growing Good Corn

There once was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon.

One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is with our lives. Those who choose to live in peace must help their neighbors to live in peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

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 June 11 and July 9

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.

-- Author Unknown

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:

June 3

July 1

Merrimac

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

Laura
Presents:

June 2

July 14

Reedsburg

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

Laura
Presents:

June 11

July 9

Sauk/Prairie

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

Laura
Presents:

June 4

July 2

Spring Green

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

Laura
Presents:

June 10

July 8

Home Delivered Meals Only

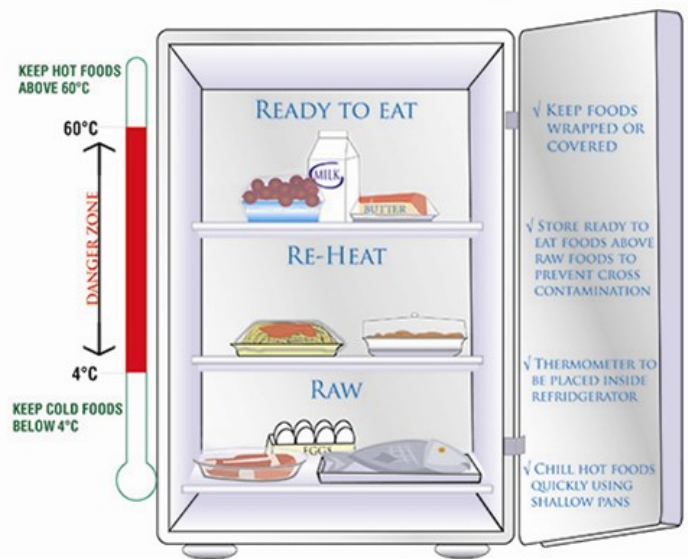
La Valle-Bare Necessities
North Freedom-Railroad Inn Café (also
offers an in-house lunch special for seniors)

Laura Geick,
Nutrition & Prevention Specialist



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

Safe Refrigerated Food Storage



Food Storage

By: Julie A Albrecht,
Extension Food Specialist

Proper food storage helps maintain food quality by retaining flavor, color, texture and nutrients, while reducing the change of contracting a foodborne illness.

Foods can be classified into three groups. The first group, perishable foods, includes meat, poultry, fish, milk, eggs and many raw fruits and vegetables. All cooked foods are considered perishable foods. To store these foods for any length of time, perishable foods need to be held at refrigerator or freezer temperatures. If refrigerated, perishable foods should be used within several days.

Semi-perishable foods, if properly stored and

handled, may remain unspoiled for six months to about one year. Flour, grain products, dried fruits and dry mixes are considered semi-perishable.

Staple, or non-perishable, foods such as sugar, dried beans, spices and canned goods do not spoil unless they are handled carelessly. These foods will lose quality, however, if stored over a long time, even if stored under ideal conditions.

There is no exact method to determine how long a food will maintain quality and be safe to eat, because many conditions affect quality. The storage life of foods is affected by:

- The freshness of the food when it reached the grocery store
- The length of time and the temperature at which it was held before purchase
- The temperature of your food storage areas
- The humidity level in your food storage area
- The type of storage container or packaging the food is stored in
- The characteristics of the food item

How Food Spoils

Food spoilage and deterioration is no accident. It is a naturally occurring process. To understand how to maintain the quality of food and prevent spoilage, we need to know what can cause spoilage.

Microorganisms - Many types of microorganisms can cause food problems and foodborne illness.

Enzymes - Substances naturally present in food, are responsible for the ripening process in fruits and vegetables.

Air - Can produce undesirable changes in color and flavor when air reacts with food components.

Light - Light exposure could result in color and vitamin loss.

Physical - Bruises and cracks on raw produce leave areas where microorganisms can easily grow.

Temperature - affects storage time and food deteriorates faster at higher temperatures.

(Continued on page 32)

Food Storage Chart

This chart provides maximum storage times for foods stored under optimum conditions.

These times may be used as a guideline for food storage safety.

	Room Temp	Fridge	Freezer
Food Item			
Milk		1 week	1 month
Butter		2 weeks	12 months
Cheese		1 month	4-6 months
Yogurt		1 month	
Fresh ground meat		1-2 days	3-4 months
Fresh roasts, steaks, chops		3-4 days	2-3 months
Eggs		2-4 weeks	1 year
Fresh poultry		2 days	6-8 months
Apples	Until ripe	1 month	
Grapes		1-3 weeks	
Asparagus		2-3 days	
Broccoli, rhubarb		3-5 days	
Potatoes (white & sweet)	1 week		

(Continued from page 31)

Time - all of the above items listed need time to develop. Purchase reasonable amounts of perishable foods to help avoid long term storage.

Cupboard/Pantry Storage



Cupboard or pantries should be kept clean, dry, dark and cool. To prevent food from spoiling, use a rotation system—FIRST IN, FIRST OUT. By using this method, older food items will be

used before newly purchased items. First-In First-Out (or FIFO) method, applies to frozen, refrigerated, and dry storage items. Here are some steps to follow the FIFO method:

- Identify the expiration date on the food
- Store items with the earliest expiration date in front of items with later dates
- Once on the shelf, use the items stored in front first

Check canned items frequently for signs of spoilage. Do not use food from cracked, bulging or leaking cans, or those that spurt liquid when opened. Never taste these foods to determine their safety, but discard the cans immediately.



From Our House to Yours!

Outrageous Rhubarb Coffee Cake

Mix together in a small bowl:	<ul style="list-style-type: none">• 2 eggs• 1 cup buttermilk	<ul style="list-style-type: none">• 1 tsp. vanilla• 1/4 cup melted butter
Combine in a large bowl:	<ul style="list-style-type: none">• 3 1/2 cups flour• 1/4 cup sugar• 1 tsp. baking soda	<ul style="list-style-type: none">• 1/2 tsp. salt• 1/4 tsp. grated nutmeg• 1/4 tsp. ginger
Stir wet ingredients into dry. Add	<ul style="list-style-type: none">• 5-6 cups rhubarb into above	
Spread into 9x13 inch greased pan. (May use a slightly larger pan if you don't want the cake to be as tall)		
Top with:	<ul style="list-style-type: none">• 1/4cup light brown sugar	<ul style="list-style-type: none">• 3/4 cup chopped walnuts
Bake 45-55 minutes at 350 degrees. Test with toothpick. (You can cover the cake lightly so it doesn't get too brown.		
Heat up in saucepan to just warm:	<ul style="list-style-type: none">• 1/2 cup melted butter• 1/2 cup evaporated milk	<ul style="list-style-type: none">• 3/4 cup sugar• 1 tsp. vanilla
Poke holes in cake with meat fork. Drizzle over cake. Cool and serve This is a moist cake and even better the next few days.		

Warning: may be habit forming . . .

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



June 2015

Dining Center Calendar

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 Swiss Steak Mashed Potatoes Health Slaw Peach Slices Sliced Bread	2 BBQ Meatballs Baby Red Potatoes Peas and Carrots Egg Custard Pie Dinner Roll	3 Baked Spaghetti Mixed Italian Salad Pear Slices French Bread	4 Pork Steak Mashed Potatoes Red Cabbage Birthday Cake Dinner Roll	5 Fruited Chicken Salad on a bed of Shredded Lettuce Cantaloupe Slice Sliced Bread
8 Roast Turkey Mashed Potatoes Calif. Blend Veg. Cranberry Gelatin Sliced Bread	9 Pepper Steak Baked Potato Chinese Ramen Sal. Vanilla Pudding Dinner Roll	10 Baked Chicken Twice Bk Style Pot. Spinach Salad w/ Rasp. Vinaigrette Pineapple Tidbits	11 Salisbury Steak Mashed Potatoes Corn Butterfinger Torte Dinner Roll	12 Ham Rolls Squash Cole Slaw Pear Slices Sliced Bread
15 Chicken Marsala Baby Red Potatoes Carrots Applesauce Cake Sliced Bread	16 Mush. Pork Cutlet Mashed Potatoes Mixed Vegetables Applesauce Dinner Roll	17 Beef Stroganoff Casserole Tossed Salad Ice Cream Cup Sliced Bread	18 Swedish Meatballs Mashed Potatoes Green Beans Fruited Gelatin Dinner Roll	19 Salmon Loaf Sour Cream and Chive Potatoes Peas/Pearl Onions CreamSicle Torte
22 Pork Loin Mashed Potatoes Calif. Blend Veg. Peach Slices Sliced Bread	23 Chicken Tetrizzini Casserole Spinach Salad with Lemon Vinaigrette Cantaloupe Slice Dinner Roll	24 Country Fried Steak Mashed Potatoes Peas and Carrots Choc. Cloud Torte Sliced Bread	25 Chicken Teriyaki Baked Potato Three Bean Salad Pineapple Tidbits Dinner Roll	26 Beef Frank on a Bun German Pot. Salad Corn Fudge Brownie
29 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Pear Slices Sliced Bread	30 Meatballs in Honey Mustard Sauce Baby Red Potatoes Summer Blend Veg. Choc. Banana Torte Dinner Roll			

July 2015

Dining Center Calendar



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		1 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Sliced Bread	2 Hamburger on a Bun Cheesy Pot. Bake Peas and Carrots Birthday Cake	3 Closed to observe the Independence Day Holiday
6 Ring Bologna Baked Potato Green Beans Orange Sherbet Sliced Bread	7 Chili Casserole Tossed Salad Cantaloupe Slice Cornbread	8 Chicken Breast Mashed Potatoes Carrots Choc. Banana Torte Sliced Bread	9 Meatloaf Sour Cream and Chive Potatoes Mixed Vegetables Peach Slices Dinner Roll	10 Pork Loin Mashed Potatoes Calif. Blend Veg. Baked Apples Sliced Bread
13 Hawaiian Meatballs Baby Red Potatoes Chinese Ramen Salad Pineapple Tidbits Sliced Bread	14 Chop Steak in Burg/Mush Sauce Mashed Potatoes Corn Coconut Cream Pie Dinner Roll	15 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Apricot Halves Sliced Bread	16 Escalloped Potatoes and Ham Casserole Spinach Salad with Hot Bacon	17 Swiss Steak Mashed Potatoes Summer Blend Veg. Peach Slices Sliced Bread
20 Chicken Marsala Baked Potato Baby Carrots Alexander Torte Sliced Bread	21 Mushroom Pork Cutlet Mashed Potatoes Pickled Beet Salad Applesauce	22 Lasagna Casserole Mixed Italian Salad Raspberry Sherbet French Bread	23 Salisbury Steak Mashed Potatoes Wax Beans Fruited Gelatin Dinner Roll	24 Crispy Fish Fillet German Pot. Salad Peas and Carrots Chocolate Pudding Sliced Bread
27 Glazed Ham Sweet Potato Bake Health Slaw Pineapple Tidbits Sliced Bread	28 Baked Chicken Twice Bk Style Pot. Three Bean Salad Carrot Cake w/ Cr. Cheese Frosting Dinner Roll	29 Beef Stew Tossed Salad Peach Slices Cheddar Biscuit	30 BBQ Meatballs Baked Potatoes Mixed Vegetables Oatmeal Raisin Cookie Dinner Roll	31 Roast Turkey Mashed Potatoes Corn Cranberry Gelatin Sliced Bread

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

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Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913



I remember Daddy's
hands, working 'til
they bled

Sacrificed unselfishly,
just to keep us all fed

If I could do things
over, I'd live my life
again

And never take for
granted the love in
Daddy's hands

- Song Lyrics by Holly Dunn



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Brain Teaser:

What do these groups of three have in common?

Example: A frosty mug of root beer, a match, and a bed:

Answer: They all have heads.

Can you find the bonds for these groups of three?

Answers on page 12.

This Brainteaser brought to you by:

Reedsburg Area Medical Center

2000 North Dewey Avenue

Reedsburg, WI 53959

608-524-6457

www.ramchealth.com



Clue 1	Clue 2	Clue 3	Answer
A toy wagon	A weed	A prank	1.
Onion	Olympic	Wedding	2.
Chain	Love	Cover	3.
A kiss	A flower	The feet	4.
A name	A hint	The ball	5.
Trucks	Nails	Cattle	6.
Footballs	Hockey Pucks	Kidney Stones	7.
Your voice	Your kids	Your hand	8.
Push	Bobby	Bowling	9.
Picnic	Multiplication	Kitchen	10.
America	Crunch	Kangaroo	11.
Junior	Thin	US	12.
Balls	Bad Checks	Tigger	13.
Fingers	Hearts	Ts	14.
Butter	Brittle	Oil	15.
Chicken	Sticky	Butter	16.