

It's Farmers Market Time

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 \$21,978 for an individual or \$29,637 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 (person you give permission to 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.



Senior Farmers Market Distribution Dates!

Spring Green

Public Library
230 E. Monroe St
Monday, June 13
12:00 - 2:30 pm

Wisconsin Dells

Tribal Aging Unit Dining Center
E8863 Winneshiek Dr
Wisconsin Dells
Tuesday, June 14
10:30 - 11:30

Sauk Prairie

Sauk Prairie Community Center
730 Monroe St
Front Lobby
Wednesday, June 15
9:00 - 12:00 pm

Reedsburg

Reedsburg City Hall
134 S Locust St
Friday, June 17
12:00 - 2:30 pm

Baraboo

West Square Building
Room B24
Monday, June 20
9:00 - 12:00 noon

Contents at a Glance	
Page	Article
3	Voice of the Messenger Tony Tyczynski, Veterans Service Officer
4 - 7	Veterans Messenger WHED Issues First Valor Home Loan Sauk County Park Passes Court Rules VA Short Changed Veterans Upcoming Events Thank yous
7	Foot Clinic Schedule
8 - 9	From the Director's Desk Susan Blodgett, ADRC Director 16 Things I Would Want, If I Get Dementia
10 - 12	Getting You There Fun-day Travels Senior Citizen Drivers - Here We Come!
14 - 15	The Volunteer Buzz Celebrating You Volunteer Opportunities
16 - 19	For Your Benefit The Elder Benefit Specialist Schedule I'm Turning 65/Retiring: Now What? Health Savings Account MyMoneyMonitor - Scam Elizabethkingia Bacteria A Valuable Conversation
22 - 23	Disability Benefit Specialist Social Security Q& A
24 - 26	Here to Help You! I & A Outreach Schedule Welcome Hannah Beat the Heat Tips
27	ADRC Meet & Greet in LaValle
27	Cop's Corner Summer Safety
28- 30	Caregiver Connection & Prevention Pointers Worried about the What Ifs Helping Hand at Home
30	Thank Yours
30 - 32	Nutrition News June is Dairy Month Dining Center Schedule
33 - 34	Dining Center/HDM Menus

ADRC Office Hours:

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

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

*Three Cheers for the
Red, White
and Blue*



Happy Fourth of July

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



only as long as their membership is high enough to carry significant weight.

To sum this all up, numbers matter. I often hear from veterans that they don't belong because they don't have time to go to meetings. While that is a legitimate reason to not be active in an organization, it is not a good reason to not belong to the organization. I think it makes sense to belong to multiple organizations if you qualify for their membership. It's like getting to vote more than once. In Sauk County we have the Veterans of Foreign Wars, American Legion, Disabled American Veterans, Marine Corps League, and Vietnam Veterans of America. Some of these have multiple locations in the county. If you wish additional information you can contact this office.

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

Dear Friends,

What can we as veterans do to protect our current benefits and effectively communicate to lawmakers what new benefits are needed and what changes need to be made to current benefits? While there may be several different answers to this question, one of the most effective ways to accomplish this is also one of the easiest ways – join a veterans service organization (VSO).

Every veteran service organization has a legislative liaison whose job it is to communicate to the lawmakers in Madison and Washington the organization's and veteran's views on various bills and pieces of legislation. In addition, these liaisons along with the commanders of the various service organizations, testify in support or opposition to bills that are working their way through the process. It is common for the commanders to have access to the governor's office as well. All this is very important because our representatives, the committee chairs, and the governor's office, along with their equivalent folks in Washington, listen to the VSO, but



We want to thank the following for their recent donations to the Veterans Care Trust Fund: American Legion Post 350 in memory of a deceased veteran; Bob O'Brien; 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.

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

WHEDA Issues First VALOR Home Loan Under Program for Veterans

The Wisconsin Housing and Economic Development Authority (WHEDA) has begun issuing loans under VALOR, a new reduced home loan interest rate program for qualified veterans. WHEDA unveiled VALOR, the Veterans Affordable Loan Opportunity Rate (VALOR) home loan program, on Veterans Day, November 11, 2015. More loans are being processed and are available on a first come, first served basis through WHEDA's network of participating lenders.

“WHEDA is delighted to close loans to help our outstanding veterans, who have served with honor and courage, get into homes just a few months after we announced the start of our VALOR program,” said WHEDA Executive Director Wyman Winston. “It’s extremely gratifying and wonderful to know our lender partners are well poised to help our hometown heroes secure an affordable mortgage.”

“Our nation’s veterans have sacrificed so that all Americans can be safe and secure in our homes and communities,” said Wisconsin Department of Veterans Affairs Secretary John A. Scocos. “These reduced-rate, hassle-free home loans are one small way for us to give back to them, so that they may have a home for themselves and their families.”

Eligibility requirements for the VALOR home loan program include:



- Must be a military veteran with an honorable discharge or release
- The property must be owner occupied for the life of the loan
- Borrowers cannot own any other residential property
- First-time home buyer requirement is waived
- Purchase price limits, income limits and other restrictions do apply

WHEDA has \$10 million available for its VALOR home loan program. To ensure 100% utilization of program funds, a waiting list will be maintained as needed.

For more information about the VALOR home loan program and to find a participating WHEDA lender, visit www.wheda.com, click on “Homeownership & Renters”, select “find a WHEDA Lender” and search multiple ways, or call 1-800-334-6873.

Sauk County Park Passes Available to Veterans

Effective 3/23/16: The Sauk County Board of Supervisors has agreed that veterans who live in Sauk County should not have to pay to use the Sauk County parks and boat landings. If you are a resident of Sauk



County and an honorably discharged veteran who uses or visits the Sauk County parks and boat landings, you are now eligible for a free Sauk County park sticker.

Our office will be the one to verify eligibility and issue the park sticker. We will need to verify your military service and proof of residency. If you would benefit from this, please stop by our office with proof of residency and your DD214 if we do not have one in our files.

This sticker will need to be renewed each calendar year. Due to the County's cost to issue these, we would ask that you only get this sticker if you plan to use it.

COURT RULES THAT VA HAS SHORTCHANGED VETERANS

BY REFUSING TO REIMBURSE THEM FOR EMERGENCY MEDICAL EXPENSES
NOT COVERED BY INSURANCE

U.S. Court of Appeals for Veterans Claims Agrees with National Veterans Legal Services Program Argument That VA Failed to Revise Its Reimbursement Regulations to Comply with 2009 Congressional Mandate

On April 8, 2016, a unanimous three-judge panel of the U.S. Court of Appeals for Veterans Claims struck down a Department of Veterans Affairs (VA) regulation that VA had been relying upon since 2009 to deny reimbursement requests from veterans who incurred emergency medical care costs outside the VA healthcare system. The Court's decision rebuked the VA, emphasizing that VA's reimbursement regulation became "wholly inconsistent" with the governing statute when Congress amended it in 2009, but thereafter the VA unlawfully "declined to remedy this inconsistency."

The case, *Richard W. Staab v. Robert A. McDonald*, was brought by the National Veterans Legal Services Program (NVLSP) on behalf of an Air Force veteran who had a heart attack in 2010 and was rushed to a non-VA hospital, where he underwent open heart surgery and incurred approximately \$48,000 in emergency medical expenses. Medicare covered a portion of this medical bill, and the veteran sought VA reimbursement for the portion of the medical expenses not covered by Medicare.

"This is a major win for veterans, and their families," said Bart Stichman, joint executive director of NVLSP and one of the attorneys in the case. "Often veterans have to seek emergency medical care outside the VA healthcare system, and for years the VA has refused to reimburse these veterans for any of

(Continued on page 6)

(Continued from page 5)

the expenses incurred simply because secondary insurance covered a portion of the medical bill. This practice has violated federal law since at least 2009. The court's ruling means the VA will have to amend the unlawful regulations it should have amended in 2009 and do right by these veterans. It's not just a win for one veteran. Veterans who have pending claims for reimbursement will benefit. Plus, veterans whose reimbursement requests were turned down years ago may now be able to get paid by claiming that the previous denial contained "clear and unmistakable error."

For many years, the VA denied reimbursement claims for emergency medical care for veterans who had partial or secondary insurance, even though VA was required by federal statute to pay these claims. In 2009, Congress passed the Emergency Care Fairness Act to confirm the congressional intent to require the VA Secretary to step in as a "secondary payer" where other health care insurers, such as Medicare, cover only a portion of the cost of a veteran's emergency treatment. Even after Congress clarified its intent in 2009, the VA refused to change its regulation to make it consistent with what Congress said. VA continued to deny requests for reimbursement from veterans for emergency medical expenses, if they had other insurance that covered a portion of the medical bill. Oddly, the VA did pay emergency medical expense claims for veterans who had no insurance.

Plaintiff Richard W. Staab is an Air Force veteran who served honorably from November 1952 to November 1956. He received the National Defense Service Medal, the Korean Service Medal, the United Nations Service Medal, and the Good Conduct Medal. His case is typical of many of the denied claims. In December 2010, Staab suffered a heart attack that was followed by a stroke. He

received cardiovascular treatment, open heart surgery, and rehabilitative care from December 27, 2010, through December 31, 2011. He incurred expenses of \$48,000. Staab's request for reimbursement of \$48,000 was denied by the VA Medical Center in St. Cloud, Minnesota because he had partial insurance coverage through Medicare. The veteran filed a Notice of Disagreement in May 2012. He said that he was incapacitated due to his heart attack and stroke and was unable to secure pre-authorization for non-VA treatment, and neither he nor his family were advised to seek pre-approval.

"The court overturned and set aside the VA's own regulation. This means that the Department of Veterans Affairs will be forced to amend its regulations and re-train its staff on the rules, so other veterans who needed emergency medical care outside the VA system are not denied reimbursement, simply because they have partial secondary insurance," said Stichman. "This is a big victory for veterans and their families who have not received the reimbursement that they are legally entitled to for emergency medical expenses."

For veterans who filed reimbursement claims in the past for emergency medical care outside the VA system and were denied because they had partial secondary insurance, the ruling does not require the VA to go back to reopen past reimbursement denials. Stichman believes that the veteran would have to take action to file a new claim and argue that the past denial was based on "clear and unmistakable error." Stichman believes that cases currently pending before the VA will directly benefit from the Court's decision.





Upcoming Events

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

June 18, 2016 – Mallards Baseball Military Appreciation Night at the Duck Pond. To purchase tickets for Military Night, contact Kevin at (608) 246-4277 or email kevin@mallardsbaseball.com

August 21, 2016 – The Viper Ride (Visually Impaired Patriots Experiencing the Road) - a motorcycle ride which will commence and end at the VA in Milwaukee, WI. Musical entertainment will be provided along with a barbeque or picnic meal. If you have any questions, please contact tailgunners@theviperride.org, or John Carter, (414) 529-0591.

Veterans meet for breakfast every Wednesday morning from 7:00 – 8:30 a.m. at the Reedsburg VFW post 1916 building, located at 200 Veterans Drive, Reedsburg. This is an opportunity to enjoy breakfast and talk with other veterans.



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.



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 7 & 21

Tuesdays - July 5 & 19

Wednesday - June 15

LaValle - Fire Department

Wednesday - July 27

Plain - Plain Green TECC

Wednesday - June 22

Reedsburg - Maple Ridge

Tuesday-June 14 and July 12

Thursday-June 16 and July 21

Reedsburg - Willow Heights

Wednesday - June 8

Reedsburg Area Senior Life Center

Wednesday - July 13

Sauk Prairie - St John's Church

Thursdays - June 2 & 9

Thursdays - July 7 & 14

Spring Green - Christ Lutheran Church

Tuesday - July 26

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



Dementia is a scary word. It is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia.

None of us want to see the signs of Dementia in ourselves. But every so often, I do wonder what would happen to me if I am ever diagnosed with Dementia.

I came across this article a couple of weeks ago, and we have permission to reprint it. It's a list of rules of how I'd want to live if I do get dementia.

- Susan

16 Things I Would Want, If I Get Dementia

By Rachael Wonderlin
Reprinted with permission

Original content the AlzheimersReadingRoom.com
<http://www.nextavenue.org/16-things-i-would-want-if-i-got-dementia/>

Just in case I do get dementia, I've written a list of rules I'd like to live by.

When you work in dementia care, people tend to ask you a lot of questions. Probably one of the most common questions that I hear is,

“Are you afraid to get dementia when you're older?”

Honestly, there are many things that scare me much more than dementia does. Don't get me wrong: dementia is a terrible group of diseases. I've been fortunate, however, to see many of the beautiful moments that people with dementia can experience.

If I Get Dementia

1. If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those

things. I'll be much happier for it.

2. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.



3. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.

4. If I get dementia, ask me to tell you a story

from my past.

5. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
6. If I get dementia, treat me the way that you would want to be treated.
7. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
8. If I get dementia, don't talk about me as if I'm not in the room.
9. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.



10. If I get dementia, and I live in a dementia care community, please visit me often.
11. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
12. If I get dementia, make sure I always have my favorite music playing within earshot.
13. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.
14. If I get dementia, don't exclude me from parties and family gatherings.
15. If I get dementia, know that I still like receiving hugs or handshakes.
16. If I get dementia, remember that I am still the person you know and love.

Rachael Wonderlin is the Director of Memory Care at Blue Harbor Senior Living, and specializes in long term dementia care. She graduated from the University of North Carolina at Greensboro with a Master's degree in Gerontology. She writes and answers questions from readers at [Dementia By Day](#).

The moral test of a society is how that society treats those who are in the dawn of life -- the children; those who are in the twilight of life -- the elderly; and those who are in the shadow of life -- the sick, the needy, and the handicapped.

--Hubert Humphrey

ADRC Transportation

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

Fun-day Trip Line: 608-355-4888

Look
Who's
Getting
You
There!



Robin



Bill



Gary



Tom



Fun-day Travels

To Register Call Fun Day Travels at 355-4888

June Events

June 7	Hilldale and Target
June 14	Princeton Amish Antique
June 21	West Towne Mall
June 28	Wall Keller Tool Museum and Duluth Trading Company Store/Mt Horeb

July and Early August Events

July 5	East Town Mall/Hobby Lobby/Low Vision Center
July 12	WI Veterans Museum/WI Historical Museum WI State Capital Tour
July 19	Target/Michael's - Middleton
July 26	Greenway Station
August 2	Wisconsin Dells Craft Mall and Antiques Cindy's Cafe - Wisconsin Dells

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!



We will be handing out comment cards when you ride the bus to share your ideas. We look forward to your comments and recommendations for places that YOU would like to visit.

If you have any questions, please contact us at the ADRC Transportation Unit at 608/355-3278 or 800-830-3533.

Senior Citizen Drivers - *Here We Come !*

In the next 20 years the number of elderly drivers (persons 70 & over) is predicted to triple in the United States. As age increases, older drivers generally become more conservative on the road. Many mature drivers modify their driving habits (for instance to avoid busy highways or night-time driving) to match their declining capabilities. However, statistics show that older drivers are more likely than younger ones to be involved in multi-vehicle crashes, particularly at intersections.

Research on age-related driving concerns has shown that at around the age of 65 drivers face an increased risk of being involved in a vehicle crash. After the age of 75, the risk of driver fatality increases sharply, because older drivers are more vulnerable to both crash-related injury and death. Three behavioral factors in particular may contribute to these statistics: poor judgement in making left-hand turns; drifting within the traffic lane; and decreased ability to change behavior in response to an unexpected or rapidly changing situation.

Concern about the increased number of older drivers and their potentially decreased driving abilities is growing, especially among younger drivers. Statistics, based on all people injured or killed in traffic crashes, indicate that older drivers are at a disproportionate risk for becoming involved in fatal crashes. A NHTSA study of 1995 FARS (Fatal Accident Reporting System) data reports that senior citizens accounted for:

- 5% of all people injured in traffic crashes

- 13% of all traffic fatalities
- 13% of all vehicle occupant fatalities
- 18% of all pedestrian fatalities

What can you do? - You may wonder about older friends and family members' performance on the road. You want to support their continued mobility but on the other hand you worry about their driving abilities. Unfortunately we don't all retain the ability to drive a car throughout our lifetime. Physical disabilities, mental illness, medications, loss of vision, or frailty can end anyone's driving career prematurely. Before you bring up the subject, keep in mind that the thought of losing a driver's license is very disturbing to most older people. Americans rely upon their cars to get to work, go to the doctor, go shopping, and visit their friends and relatives. The elderly equate losing their driving privileges with being dependent, feeling



trapped, perhaps losing choice, control, and spontaneity in life. Discussing driving skill

with an older person requires great diplomacy.

AgeQuest, a specialty firm addressing the training needs of professionals in the field of aging, older adults, and family caregivers, suggests in its publication "Supporting the Mature Driver" that the decline of skills necessary for safe driving sometimes occurs suddenly or subtly. Signs may include a pattern of close calls, violations or collisions, increasing difficulty in noticing pedestrians, signs, objects, or other vehicles; an observable decline in physical abilities; or a rapid onset of fatigue from driving.

Older drivers need to be aware that medications can significantly impair their driving by making them drowsy or distracted. Physicians and pharmacists should be consulted before starting new medications, to see if the drug can affect the ability to drive. Since side effects are often worse for the first few days of a new medication, people should avoid driving until they know exactly how a new drug affects them. If any medication causes sleepiness or disorientation, someone else should do the driving.

Eyes change with age. They lose the ability to focus quickly. Peripheral vision narrows and the retina becomes less sensitive to light. Physical activity is needed to keep a person strong and flexible for those quick reactions needed while driving. To be a safe driver, paying attention to road conditions and your own body changes is essential. A person's chronological age is not an absolute predictor of driving ability, but its impact should not be denied. Ultimately, however, what counts on the road is performance.

Sources:
Smartmotorist.com

A DRIVER'S SELF-ASSESSMENT GUIDE

Use this guide to help you to determine if you may need to change your driving habits, or explore other avenues of transportation.

- ⇒ Do other drivers honk or pass you frequently, even when traffic is moving relatively slowly?
- ⇒ Do you become nervous or anxious when approaching intersections?
- ⇒ Do you arrive at a location and not remember how you got there?
- ⇒ Do you notice dents and dings on your vehicle and do not know how they got there?
- ⇒ Have you found yourself in more close calls and near misses on the road?
- ⇒ Do family or friends comment negatively on your driving habits?

If you answered "yes" to any of the questions above, then it could be time to recognize that your motor skills may be declining.

Based on your "yes" answers, now ask yourself:

- ⇒ Are there ways I can improve my driving habits?
- ⇒ Am I physically in shape to drive?
- ⇒ Am I taking medications that could affect my ability to drive safely?
- ⇒ Should I consider public transportation or alternate means of transportation?

If the answers to these questions indicate a need for change, there is help available. Contact the ADRC at 356-3289

Source: wisconsin.gov/documents/dmv/shared/bds225



Exploring the Possible Ties Between Blood Pressure Medications and Fall Risk

High blood pressure is a very serious condition that can lead to severe illness or even death. But did you know the same medication you may be using to treat this condition could also increase the risk of a dangerous fall?

Certain high blood pressure medicine can lead to falls, according to a New York Times article titled “Are Blood Pressure Drugs Worth the Falls?” Reporter Paula Span says that more than 70 percent of those over age 70 deal with high blood pressure. In a study looking at a national sample of almost 5,000 Medicare beneficiaries with high blood pressure, Span writes that more than 85 percent were taking at least one the following drugs: diuretics, beta blockers, calcium channel blockers and a doozy of a pronunciation, renin-angiotensin system blockers.

They took an excess of the drugs because randomized clinical trials have shown that these drugs reduce heart failure, heart attacks and stroke without scary side effects. Contrary to earlier conclusions from experts, who followed those 5,000 older people, age 80 on average, with hypertension for up to three years, results

are alarming.

The risk of serious fall injuries – fractured bones, brain injuries or dislocated joints – was significantly higher among those who took anti-hypertensives than among those who didn’t. Over the three-year follow-up, 9 percent of the subjects were badly hurt by falls. “The outcomes are just as serious as the strokes and heart attacks for which we give these medications,” said Dr. Mary Tinetti, chief of geriatrics at the Yale School of Medicine, and lead author of the study. “Serious fall injuries are as likely to lead to death or lasting functional disability.”

The people that take the study are generally healthier than older adults, and people with certain illnesses are kept out of these studies. More than half of the people in the study group were classified as moderate users of anti-hypertensives based on the number and doses of the drugs they took. In that category, serious fall injuries were 40 percent higher than among people who didn’t take anti-hypertensives.

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 abbyc@BrightStarCare.com or visit us online at www.brightstarcare.com/baraboo


BrightStar Care[®]
HOME CARE | MEDICAL STAFFING
A Higher Standard



The Volunteer Buzz

Cathy Bindl



Celebrating You!

On May 5th, 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.

We would like to congratulate all of our volunteers for their service. In 2015, the volunteers donated over 16,585 hours of their time to help others.

25+ Years!!

Walt Darling, and Audrey Wendt

20+ Years

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

15+ Years

Art Behnke, Wayne Pertzborn, Jim Quandt,
Donna and Ralph Soeldner,

10+ Years

Michelle Commings, Judith Connick,
Phil Craker, Louise Garfoot, Betty Jensen,
Ellen Jerrett, Phyllis Johnson, Carol Keskey,
Lavern and Verdi Peper, Dorothy Sivam,
Dean Skare, Paul Takkunen, Jim Thering,
Laurie Zimprich, and
Allen and Nelly Zurbuchen

5+ Years

Joseph Baker, Leslie Bednar,

Linda Benda-Middlesworth, Judy Berry,
Marvin Breunig, June Dills, Louise Dotter,
Julie Eckert, Ruth Falk, Joan Fedkenheuer,
Henry Ferstl, Ruthie Fiegel,
Edith Fredericks, Mary Sue Gabel,
Verna Hackett, Harold and Audrey Hein,
Patsy Hering, Shirley Hess, Larry Hinyup,
Ed Huffman, Marion Johnson,
Sally Johnson, Shirley Junge, Jeremy Kelly,
Lynn King, Art Klein, Eileen Klepper,
John Kopp, Mary Ann Kopp, Linda Kosak,
Bob LeCount, Bess Little, Darleen Maier,
Harry Michael, Gen Mohar, Sharon Mueller,
Helen Page, Frances Pete, Alice Popp,
Joe Ryan, Thomas Sawyer,
Carol Schanke-Brylla, Betty Schultz,
LaDell Shimniok, Shirley Slaney,
Colleen Smith, James Smith,
Carol Stollenwerk, Barb Tindle,
Ruth Van Tassel, Russ Vertein,
Janet Wall, Marie and Vern Weisensel,
Mary Wipperfurth, and Agnes Woodbury

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! If you are interested in joining this wonderful volunteer team, please contact me at 355-3289 or 800-482-3710.

— Cathy

WE ARE SEARCHING FOR VOLUNTEERS



Current Volunteer Opportunities

- The Reedsburg Home Delivered Meal program is looking for a volunteer to deliver meals on Wednesdays. Reedsburg is also looking for substitute drivers.
- The Reedsburg and Sauk Prairie Dining Centers are in need of dining center volunteers.
- 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
Oak Park Place for providing
a wonderful lunch for
our newsletter volunteers.*

VOLUNTEER OMBUDSMEN NEEDED

All residents, even the most vulnerable, residents living in skilled nursing facilities throughout Wisconsin have a committed group of volunteer advocates on their side thanks to the State of Wisconsin Board on Aging and Long Term Care Volunteer Ombudsman Program.

The Volunteer Ombudsman Program recruits, screens, trains, and supports volunteers to be an advocate for residents who are aged 60 and older living in nursing homes. The program currently provides the Volunteer Ombudsman opportunity in 30 of Wisconsin's 72 counties, including Dane, Columbia, Rock and Sauk Counties.

For many residents volunteers provide a valuable opportunity for interaction with the outside world. Volunteer Ombudsmen play an important role as facilities often don't have enough staff members to walk around and see if residents need help, or to sit and listen to a resident's fears and concerns. Some of the concerns that residents might share with a volunteer would be activities of daily living such as: call lights that go unanswered, food-taste and/or temperature, roommate challenges, staff or resident interactions, and a feeling of not being treated with dignity and respect; measures of comfort and things most of us take for granted.

The Volunteer Ombudsmen Program promotes Residents Rights and makes sure that residents know they can discuss their complaints without retaliation. Many residents are afraid to speak up, so Volunteer Ombudsmen empower them to find their own voice to express their concerns and wishes to the facility staff. Some residents have family who can be a voice for their loved one. If residents do not have family or friends to help them speak up or express concerns about their treatment, the Volunteer Ombudsman plays a very important role in helping them resolve their problems.

*For more information
please contact Julia Pierstorff, Volunteer Coordinator
at (800) 815-0015 or (608) 246-7004.*

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,

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

Pam Fuchs
Serving the eastern part
of Sauk County



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

Sauk/Prairie Community Center	June 9 10:00 to 11:30	July 14 10:00 to 11:30
Merrimac Village Hall	June 22 10:00 - 11:00	July 20 10:00 - 11:00

BARABOO INFORMATIONAL SESSIONS WITH PAM BURDICK AND JULIE MAYER

Learn what the ADRC has to offer.
Light refreshments provided

Oak Park Place

Friday, June 3
9:00 a.m. - 10:00 a.m.

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



Howard Wynne Apartment	June 7 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	June 7 2:00 to 3:00	July 5 2:00 to 3:00
Plain Green TTEC	June 1 1:00-3:00	July 6 1:00-3:00
Spring Green Senior Center	June 15 10:30 to 11:30	July 20 10:30 to 11:30
Spring Green Library	June 15 1:00 to 2:00	July 20 1:00 to 2:00

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



Presented by
Mindy Shrader and Pam Fuchs
Tuesday July 12, 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.



Strengthen Financial Security in Retirement with a Health Savings Account

by the GWAAR Legal Services Team

There are many tax consequences and tax rules concerning Health Savings Accounts that this article does not discuss in detail. It is important that you meet with a tax or financial professional for more information.

As you near retirement, there are several important matters to consider—Social Security, Medicare, and of course retirement accounts like a 401(k). Each of these tools is necessary to ensure that you are financially secure in your retirement. However, there is another important tool that can help strengthen your financial security when you retire, Health Savings Accounts (HSAs). HSAs are a versatile financial resource that help you prepare for health costs in retirement, and give you peace of mind.

What is a Health Savings Account?

A Health Savings Account is an account used with a high-deductible health plan that allows you to save money tax-free. This means that the funds you contribute to an HSA are not subject to federal income tax at the time of deposit. HSAs can be beneficial for retirees because health costs are a natural part of life as you age, and you can use the money that you save in an HSA to help pay for future medical expenses in retirement.

What are the rules?

Although Health Savings Accounts can be a powerful tool for you to use in retirement, it is important to use HSAs correctly and responsibly. Here are some important Dos and

Don'ts:

1. You **must** be covered by a high-deductible health plan with no other coverage.
2. If you enroll in Medicare, you **can no longer** make contributions to the account.
3. Similarly, if you receive Social Security benefits – this automatically entitles you to Part A, so you **cannot** contribute to your HSA.
4. You **cannot** be claimed as a dependent on someone else's tax return.
5. If you use your HSA for non-medical withdrawals prior to 65, you will pay a 20% penalty.
6. Once you turn 65, you **can** make withdrawals with no penalty, but you still must pay income taxes on the funds if the funds are not used for qualified medical expenses.
7. For retirees with spouses under 65, if you retire and enroll in Medicare, but your spouse is still working, your spouse **can** keep contributing to an HSA if enrolled through the employer. However, the working spouse would need to open a separate HSA. Neither you nor your spouse could continue to make contributions to your HSA. See the below example from www.hsaresources.com:

Dick and Adelle are covered under a family HDHP provided through Dick's employer. Dick

(Continued on page 18)

(Continued from page 17)

reaches age 65 in July and enrolls in Medicare. Dick's employer makes HSA contributions and allows Dick to make pre-tax payroll deferrals as well. Dick's employer continues to provide family HDHP coverage for both Dick and Adelle. Adelle, age 58, can now open an HSA and contribute the family maximum (plus the catch-up as she is over age 55) because she remains covered by a family HDHP and is otherwise eligible. Adelle can use her HSA for Dick's medical expenses. Adelle cannot put her HSA contribution into Dick's HSA and will have to open her own HSA. Dick's employer will stop HSA employer contributions and cannot allow Dick to defer pay pre-tax into Adelle's HSA.

8. If you work beyond age 65 (or your spouse works) and have an employer group health plan, you can delay Medicare until a Special Enrollment Period and avoid late penalties. However, there are important coordination of benefit rules depending on the number of employees your employer has, so seek help before delaying Medicare.

What are some advantages of Health Savings Accounts for retirees?

Health Savings Accounts can benefit retirees in several ways. The primary benefit is the tax treatment of HSAs. Contributions are tax-free, money in the account grows tax-free, and withdrawals for qualified medical expenses are tax-free.

Unlike a flex spending account (FSA), you do not have to use all of the money each year. You can let the funds continue to roll-over year after year. Therefore, the money in a Health

Savings Account can accumulate over years and even decades. You can use these funds for future medical expenses including nursing home care.

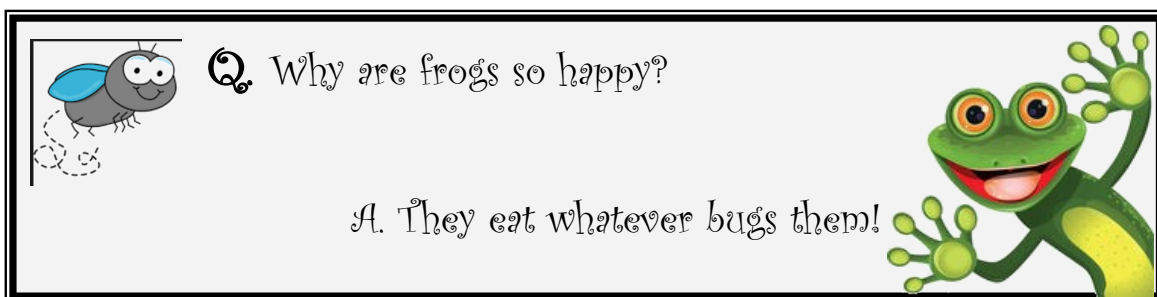
What are some disadvantages of Health Savings Accounts for retirees?

Generally, retirees should stop contributing to their HSAs at least six months before applying for Social Security retirement benefits. Why? If you claim Social Security benefits beyond age 65, your Part A enrollment is automatically retroactive for six months. This means you would be liable for six months of penalty for making contributions to your HSA while being enrolled in Medicare.

You must have a high-deductible health plan to have an HSA. For some people, high-deductible health plans are not appealing because higher deductibles mean more money coming out of your pocket until you meet the deductible. For those who cannot afford the higher deductible, the decision becomes whether to use the HSA for medical expenses or let the HSA balance grow to use in retirement years. If using the HSA before retirement, you counter the purpose of using the HSA as a savings vehicle for the future.

Deciding whether an HSA is right for you:

Overall, HSAs can be helpful in retirement because paying for healthcare in retirement can be unpredictable. Although there are many benefits for retirees, there are also potential pitfalls. The rules surrounding HSAs can be very tricky. Therefore, it is very important to seek professional advice to understand how to best take advantage of these benefits before deciding whether an HSA is right for you.





MyMoneyMonitor--the Latest Scam to Hit Wisconsin

by the GWAAR Legal Services Team

A client in Northern Wisconsin recently received a letter explaining he had nearly \$5,000 available to him in unclaimed funds. The letter indicated that this company, MyMoneyMonitor, would help him get this money back (for a percentage fee, of course). Several things were troubling about this letter. First, the funds were in a name and a type of account the client did not recognize. Second, it asked for personally identifying information, including his Social Security number. Third, it had a bold "Respond By" date, which led the reader to believe the unclaimed funds would no longer be available or some other consequence would occur after that date.

Just one week later, Baraboo News reported a similar story, where people were receiving letters claiming to be from St. Clare Hospital, again requesting personal information such as Social Security numbers. If people submitted the requested information to MyMoneyMonitor, they could expect to receive several hundred dollars back. St. Clare Hospital denied any affiliation with MyMoneyMonitor.

Earlier in 2011, ABC News reported this business's scam, which appears to have scaled back quite a bit. MyMoneyMonitor previously sent emails claiming the person had "millions" of unclaimed property dollars. It appears that MyMoneyMonitor is using more reasonable amounts and U.S. mail to hook more people.

Many people do, in fact, have unclaimed property. However, the state rarely takes unclaimed funds for its own use, and there are no deadlines to claim funds. If you are curious as to whether you have unclaimed property in Wisconsin, visit <http://www.statetreasury.wisconsin.gov/>. The process of claiming property for yourself is free and works entirely through the State

Treasury Department and the Wisconsin Department of Revenue. You will be asked to provide identifying information; just make sure you are always sharing this with the State Treasury Department or the Department of Revenue only, and NOT a private third party.

Here are some other helpful tips:

- The National Association of Unclaimed Property Administrators (NAUPA) does not contact people to reunite them with their missing money.
- State agencies never outsource work to private third parties.
- State agencies never ask for bank account information. Agencies will need personally identifying information such as your Social Security number, but never financial information.
- State agencies do not charge money for obtaining unclaimed property.

If you or someone you know receives a similar notice from MyMoneyMonitor, you can file a complaint with the following agencies:

The Department of Agriculture, Trade and Consumer Protection (DATCP) at http://datcp.wi.gov/File_Complaint/index.aspx or

The Federal Trade Commission (FTC) at <https://www.ftccomplaintassistant.gov/#&panel1-1>

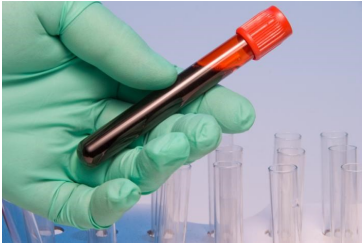
If you are curious about your own unclaimed property, directly contact the financial institution you suspect has your property or the State Treasury Department.

Sources:

- <http://abcnews.go.com/Business/beware-unclaimed-money-scam/story?id=14293877>
- <http://www.statetreasury.wisconsin.gov/>
- <http://www.wqow.com/story/31426122/2016/03/09/baraboo-police-warn-public-of-scam-targeting-hospital-patients>

Elizabethkingia Bacteria in Wisconsin

By the GWAAR Legal Services Team



Elizabethkingia is a bacteria that is commonly found in soil and water. The bacteria rarely causes problems. However,

one strain of the bacteria, *Elizabethkinga anophelis*, has been tied to dozens of blood stream infections throughout the state. Unfortunately, the bacteria is resistant to many antibiotics.

The bacteria is primarily affecting individuals over 65 who have an underlying medical condition or a weakened immune system. For example, individuals suffering from diabetes, kidney disease or alcoholism may be more susceptible to this infection. As of March 23, 2016, 59 cases of *Elizabethkingia* blood infections have been reported in Wisconsin.

The Wisconsin Department of Health Services, Division of Public Health (DPH), is investigating the infections to determine the source of the outbreak. The DPH and the Centers for Disease Control and Prevention are collecting samples from healthcare facilities and private residences. The agencies are testing health care products, water sources, and the environment. At this point, the agencies are unable to identify the source of bacteria.

The symptoms of infection include fever, chills, shortness of breath, and skin infection. If you believe you or a loved one is exhibiting these symptoms, contact your doctor. A lab test may be done to confirm the illness. Early diagnosis and treatment are essential.

For more information, visit
<https://www.dhs.wisconsin.gov/disease/elizabethkingia.htm>.



A Valuable Conversation

Tele-Assure is a free service that provides regular telephone calls or e-mails to homebound elderly and/or disabled persons to check on their well-being and to provide the opportunity for daily socialization.

Contact is made during a pre-appointed time Monday through Friday between 8:00 a.m. and 4:00 p.m. If the client does not respond, approved emergency procedures are followed. The emergency procedures can include calling an emergency contact, such as a friend, relative, or neighbor *or* calling the local police.

The main purpose of Tele-Assure is to provide peace of mind to clients and their families as well as to provide a cheerful daily telephone call or e-mail.

**For more information or to enroll
in Tele-Assure,
please call Briana Newkirk
at (608) 355-3289.**



Join Us June 28 to "Explore Sharper Vision"

If you or someone you know has vision loss due to macular degeneration, glaucoma, diabetic retinopathy, or another eye disease, join us on Tuesday, June 28, 2016 from 1:00 – 3:00 p.m. at Northwest Dane Senior Services at 1837 Bourbon Road in Cross Plains.

At this seminar, you will find out about low vision and strategies to adapt to it. You will have the opportunity to schedule a **FREE** low vision evaluation and/or in-home vision rehab services.

**To reserve a seat,
call Jean or Amy
at the Wisconsin Council of the
Blind & Visually Impaired
at 608-255-1166.**

thank you

The AARP Tax Program would like to thank the following people for the treats they shared with the Tax Preparation Volunteers

- ◇ Joan DeSomer
- ◇ Richard and Sharon Musser
- ◇ Wayne Gilmore
- ◇ Miriam Yona
- ◇ Phyllis France
- ◇ Pat Satterstrom
- ◇ Jane and Gary Rolfsmeyer
- ◇ Harley Schneider
- ◇ June Dills

The ADRC would like to thank the AARP Volunteers for helping so many people.



GOLDENCARE CALENDAR OF EVENTS

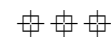
Refreshments will be provided

**Chair Yoga
with Tatsiana O'Neil**

St Clare Hospital, Ringling Rooms (LL)
Thursday, June 16, 2016
10:30 am-12:00 noon

**Please call for Reservation
(608) 356-1407**

St♥Clare HOSPITAL's GoldenCare



**Healthy Benefits of Good Nutrition
with Dietitian, Kaylee Frazier**

St Clare Hospital, Ringling Rooms (LL)
Thursday, July 14, 2016
10:30am-12noon

**Call St♥Clare HOSPITAL's
GoldenCare
for Reservation (608) 356-1407**

Sponsored by:

**St♥Clare HOSPITAL's GoldenCare
and**

St♥Clare Health Care Foundation



Holly Schafer

Disability Benefit Specialist

Quinn Hause



Social Security Questions & Answers

Question: I understand that to get Social Security disability benefits, my disability must last at least a year or be expected to result in death. But I'm disabled now. Does this mean that I must wait a year after becoming disabled before I can receive benefits?

Answer: No. You do not have to wait a year after becoming disabled. If you're disabled and expect to be out of work for at least a year, you should apply for disability benefits right away. It can take months to process an application for disability benefits. If we approve your application, your first Social Security disability benefit will be paid for the sixth full month after the date your disability began. For more information about Social Security disability benefits, refer to *Disability Benefits* at www.socialsecurity.gov/pubs.

Question: How does Social Security decide if I am disabled?

Answer: For an adult to be considered disabled, Social Security must determine that you are unable to do the work you did before and that, based on your age, education, and work experience, you are unable to adjust to any other work that exists in significant numbers in the national economy. Also, your disability must last or be expected to last for at least one year or to result in death. Social Security pays for total disability only. No benefits are payable for partial disability or short-term disability (less than a year). For

more information, we recommend you read the publication, *Disability Benefits*, available online at www.socialsecurity.gov/pubs.

Question: What is the earliest age that I can receive Social Security disability benefits?

Answer: There is no minimum age as long as you meet the Social Security definition of disabled and you have sufficient work to qualify for benefits. To qualify for disability benefits, you must have worked under Social Security rules long enough to earn the required number of work credits and some of the work must be recent. You can earn up to a maximum of four work credits each year. The amount of earnings required for a credit increases each year as general wage levels go up, and, currently, the amount is \$1,260. The number of work credits you need for disability benefits depends on the age you become disabled. For example, if you are under age 24, you may qualify with as little as six credits of coverage. But people disabled at age 31 or older generally need between 20 and 40 credits to qualify, and some of the work must have been recent. For example, you may need to have worked 5 out of the past 10 years.

Question: How do I earn a Social Security Credit?

Answer: Social Security credits, sometimes referred to as quarters of coverage, are the measure of your work under Social Security.

(Continued on page 23)

(Continued from page 22)

You earn credits when you work and pay Social Security taxes. The credits are based on the amount of your earnings. In 2016, you receive one credit for each \$1,260 of earnings, up to the maximum of 4 credits per year. Each year, the amount of earnings needed for a credit goes up slightly as average earnings levels increase. Generally, a person needs 40 credits or 10 years to be eligible for retirement benefits.

There are special rules for the self-employed. Read more about self-employment www.socialsecurity.gov/pubs. Online publication, *If You Are Self Employed*.

To learn the amount of earnings required for Social Security credits for prior years, see Quarter of Coverage at www.socialsecurity.gov/pubs.

Question: How do I know if I've worked long enough to get Social Security disability benefits?

Answer: To get Social Security disability benefits, you must meet the definition of disability under the Social Security Act. You must have worked long enough—and recently enough—under Social Security to qualify for disability benefits.

The amount of work you need to qualify for disability benefits depends on your age when you become disabled. Generally, you need 10 years of work, and that must include working 5 out of the last 10 years, ending with the year you become disabled. However, younger workers may qualify with as little as one and one half years of work earned in the three year period ending when the disability starts.

Question: What is the purpose of Supplemental Security Income, or SSI?

Answer: The purpose of SSI is to help aged, blind, and disabled people who have little

income and few resources to support themselves. It provides financial assistance to meet basic needs for food, clothing, and shelter. You can receive SSI even if you have not worked and paid into Social Security. SSI is a federal income supplement program funded by general tax revenues (*not* Social Security taxes).

Question: If I get approved, how much will I receive in Supplemental Security Income (SSI) benefits?

Answer: The amount of your SSI benefit depends, in part, on the amount of other income you have. For 2016, the basic, maximum federal SSI payment is \$733 per month for an individual and \$1,100 per month for a couple. However, some states add money to the basic payment. Other monthly income you have would begin to reduce the basic SSI payment. Other things, such as where you live and who you live with, can affect your payment amount. Learn more about SSI by reading SSI publications at www.socialsecurity.gov/pubs. Enter “SSI” in the search box.

Question: My brother recently left me some money. Will this inheritance affect my SSI benefits?

Answer: We consider the money inherited from your brother as income for the month you receive it. That could make you ineligible for SSI that month, depending on the amount of the inheritance. If you keep the money into the next month, it becomes a part of your resources. You cannot have more than \$2,000 in resources and remain eligible for SSI. You should call Social Security at 1-800-772-1213 (TTY number, 1-800-325-0778) and report the inheritance. Representatives can tell you how the inheritance might affect your SSI eligibility. You can call between 7:00 a.m. and 7:00 p.m., Monday through Friday.

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



Rachel
Heinzman



Julie
Mayer



Megan
Fecht



Jim
Pritzkow

Aging & Disability Specialists Satellite Offices and Extended Hours

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 June 2, 16 & 30 and July 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.

Hello,

I am Hannah Halverson and have been a Certified Social Worker in the state of Wisconsin since 2002. My career has focused on serving the aging population in varying capacities including a Nursing Home Social Worker, Human Services Specialist in a crisis care unit, and a Case Manager for older adults living independently in the community.

I completed my education at UW-Platteville and hold two degrees, a Bachelor's degree in Psychology with an emphasis in Human Services and a Master's degree in Counseling Psychology.

My family and I have resided in the Sauk

Prairie community since 2004. We enjoy the beautiful outdoor recreational opportunities in Sauk County. We like to spend our free time taking our beagle, Scooter on long walks, swimming at Devil's Lake, and visiting the local parks.

I feel fortunate to be able to serve the people of Sauk County in my role as an Aging & Disability Specialist. I am very excited to be part of the ADRC team!





Ten Summer Health Tips for Seniors to Beat the Heat

As we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons. While people of all ages face specific health risks, seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer. Here are 10 summer health tips for seniors as we head into the season:

10 Summer Health Tips for Seniors

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or relative's home or a community senior center are all good options.
7. **Avoid extreme outdoor heat.** If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.
8. **Take a cool shower or bath.** If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

Who's At Risk?

Health and lifestyle may raise the threat of a heat-related illness, according to the National

(Continued on page 26)

(Continued from page 25)

Institute of Aging. These health factors may increase the risk for seniors:

- Poor circulation, inefficient sweat glands, and changes in the skin caused by normal aging
- Heart, lung, and kidney diseases, as well as any illness that causes weakness or fever
- High blood pressure or other conditions that require changes in diet; for example, people on low-salt diets may face an added risk (but don't use salt pills without asking your doctor)
- The inability to perspire caused by some drugs, including diuretics, sedatives, tranquilizers, and certain heart and blood pressure medicines
- Taking several drugs at once for various conditions; don't just stop taking them: Talk with your doctor
- Being substantially overweight or underweight
- Drinking alcoholic beverages

Take time this summer to check on aging loved ones and seniors residing in your neighborhood. Invite him or her into air conditioning; offer to take them to the mall, a movie or another cool building. Spend time with a loved one by inviting them to be an overnight guest. Do anything you can to help seniors beat the heat this summer!

Source: <http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

Meet & Greet

Tuesday, June 14

3:30-4:30 p.m.

La Valle Public Library

101 W Main Street
La Valle, WI 53941

Come meet your local Aging and Disability Resource Center!

Our goal is to provide an opportunity to get to know your local ADRC staff, get information about resources that may be available to you, and to address concerns and questions you may have.

EVERYONE WELCOME!

Meet the ADRC,
get connected, and
enjoy refreshments!



If you have any questions, please call the ADRC
at (608) 355-3289.

See you there!

You will get to meet...

Mindy

Elder Benefit Specialist

Holly

Disability Benefit
Specialist

Robin

Transportation
Coordinator

Cathy

Volunteer Coordinator

We will discuss
disability, retirement,
health insurance,
transportation, and
volunteer opportunities
and debunk myths
about our services.



Cop's Corner

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

Summer Safety in Traffic

With the warmer weather we are all looking to getting out and enjoying the longer and warmer days. As we do, we need to remember that there are others out there with us and make sure we all have a safe and enjoyable summer.

- While driving, be aware of the additional traffic problems of pedestrians and bicycles. As a driver, you need to yield to pedestrians in a crosswalk and be watchful for children that may dart into traffic. The easiest way to increase safety is to slow down and obey all traffic signs. As an example, too often, drivers see a yellow signal and think they have time to get through the intersection. A yellow signal requires a driver to stop unless it is unsafe to do so. You can receive a citation for violation of a yellow traffic control signal.
- If you are a pedestrian, use the sidewalks when at all possible and make sure to cross

at crosswalks, preferably controlled with stop signs or traffic lights. Drivers are required to yield when you are stepping into the crosswalk and if you are outside of the crosswalk, they do not need to yield.

- If you or children you are with are on a bike, start with the three things for safe bike riding: A helmet, a safe bike and a safe rider.
 1. Helmets should fit on the top of the head and be adjusted so the strap is snug enough to keep the helmet in place during a fall.
 2. The bike should be checked to be sure it fits properly, all brakes are working properly, there is air in the tires and all nuts and bolts are tight to be sure it will stay together.
 3. Finally the safe rider requires acting like a vehicle and never out riding your ability. Obey all traffic signs and be sure to signal your movements so others know what you are doing.

If we all slow down, wear our seatbelts and be watchful for others, we can all be sure to have a safe summer!



Mark Schauf, Police Chief
Baraboo Police Department



Caregiver Connection and Prevention Pointers



*Marina Faber
Aging Program Specialist*

Worried about the “What Ifs”?

Are you one of those people who is kept awake at night worrying about the “What Ifs”? Are you caregiving for a loved one and worry about all of the things that could go wrong or the unforeseen obstacles that may come your way? There is a cure for these “What Ifs”, and it’s easy and most often painless.

What is the secret cure you ask? Well, it begins with you.

There is a famous quote by Benjamin Franklin: “People don’t plan to fail, they just fail to plan.” The secret to cure your “What Ifs” is planning. Of course, you can’t plan for every unforeseen event, but you can plan for those events that could be a possible “What If”.

Start today and think about your “What Ifs”. Sit down, take out a piece of paper, and write them down. Write them in list order. Prioritize them. Then, for each item, think about a solution to that item. Maybe it’s hiring some in-home assistance. Maybe it’s asking family or a neighbor for help. Don’t be closed-minded about possible solutions. Maybe you can’t think of solutions and need some assistance with that. Contact the Aging and Disability Resource Center. The ADRC has many resources and programs that may be beneficial to you and your loved one.

Many of the “What Ifs” come in the form of

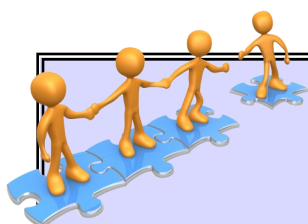
emergencies. Maybe it’s an emergency for the caregiver, or maybe with the care receiver. One solution for some caregivers is to hire in-home care assistance. A little known fact about in-home care providers is that you don’t have to use them 24/7. You can use their services as little or as much as you need. The first step is to develop a relationship with an in-home care agency. For example, you could use their services for one hour a month. (What caregiver wouldn’t like one hour of respite?)



I'm sure you could find something to do for that hour!) Then, when that emergency arises and you need help immediately, you have that agency ready and able to come and assist. You know them, and they know you and your loved one. Check one of your "What Ifs" off your list, or maybe even two or three of them.

The next step is to share your plan with your family and support system so they are aware of the plan you have in place. That way, if the emergency happens, they know their part of the plan.

Again, not every single emergency or obstacle can be anticipated or avoided, but planning will take away most of your "What Ifs". Once you, your family, and your support system are aware of your newly-found cure, you will sleep better at night knowing you have a plan in place.



HERE TO SUPPORT YOU!

Need a place to vent? Need people to talk to who understand your caregiving situation? Want to learn new ways to approach caregiving situations?

Join us for **Caregiver Support Group** which meets the 2nd Thursday of each month at 9:00 a.m. in the basement of the West Square Building (505 Broadway) in Baraboo. Follow the signs!

The next meetings are scheduled for:

Thursday, June 9th

&

Thursday July 14th

Communication Tips and Strategies

Communicating with a person with Alzheimer's or other dementias can be difficult. When the brain endures changes due to Alzheimer's disease, stroke or other illness, the language ability is often impaired. Changes in the ability to communicate are unique to each person, but for most people the changes will worsen as dementia progresses.

On Tuesday, June 28 from 5:30 - 7:00 p.m. at Oak Park Place, 800 Waldo St., in Baraboo, Outreach Specialist Janet Wiegel will share ways dementia affects communication and give tips and strategies to help family and friends more effectively and compassionately communicate with loved ones.

Safety at home:

Tips to help you and your loved one stay safe and independent

Are you caring for a loved one with Alzheimer's or other dementias at home? There are several steps you can take when ensuring the safety and independence of both you and your loved one and different things to consider for each stage of dementia when it comes to safety-proofing a home and modifying the environment.

Join Janet Wiegel, Outreach Specialist with the Alzheimer's & Dementia Alliance of Wisconsin, on Tuesday, July 26 from 5:30 – 7:00 p.m. at Kilbourn Library, 620 Elm St., in Wisconsin Dells to learn the effects of dementia that impact safety, how to increase safety while decreasing confusion, and ways to use cues to maintain independence.

For more information on these programs or if you have specific questions, contact Janet at 608.742.955 or janet.wiegel@alzswisc.org. Additional family education programs and resources available at www.alzswisc.org.



A Helping Hand at Home

When you need a little help around the house

Are you the kind of person who enjoys helping people? Do you have skills that people in our community would benefit from? If you answered “yes” to these two questions, I would encourage you to apply to be part of our Helping Hands at Home list.

The process is simple: send in an application, pass a background check, and provide references to get added to our list.

People in our community are looking for help with many services, including outdoor chores (lawn care, snow removal, tree and shrub trimming, general outdoor maintenance) indoor chores (cleaning, cooking, laundry, various caregiving duties like bathing, dressing, medication management) and other services like transportation or companionship. If you are interested in helping others with your wonderful skills, please contact Marina at the Aging and Disability Resource Center at (608)355-3289.



- Thank you to Savera Marquadt for the donation to the AARP Tax Preparation program.
- We would like to thank an anonymous donor for the donation to the publishing of the AddLIFE Today!
- Thank you to Victoria and Jerome Peterson for their donation in memory of June Peterson to the Home Delivered Meal program.
- We would like to thank Jeffrey and Debra Steel for their donation in memory of June Peterson to the Home Delivered Meal program.
- Thank you to an anonymous donor for the donation to the publishing of the AddLIFE Today!



*"One of the most courageous decisions
you'll ever make
is to finally let go of what is hurting
your heart and soul."*

- Brigitte Nicole



Nutrition News

**Linda Champagne,
Nutrition Specialist**



June is



Dairy Month!

Ice cream? Milk? Cheese? Yogurt? Yes please! June is the month we get to celebrate the excellent treat that is dairy! Not only do dairy products taste great, many of them are good sources of energy, protein, calcium (about 30% of the DRI per 8oz cup of milk), as well as other vitamins and minerals. And dairy's versatility makes this special food group a joy to have to fit into your day.

Milk is about 3% protein, contains all of the essential amino acids and is a great source of vitamins A and D, potassium and magnesium

(Continued on page 32)



From Our House to Yours!

Loaded Cauliflower

Ingredients:

- | | |
|-------------------------------|------------------------------------|
| • 1 large head of cauliflower | • 1/2 C sour cream |
| • 6-8 strips of bacon | • 2 C Colby jack or cheddar cheese |
| • 6 T chopped chives | • 8 oz sliced mushrooms (Optional) |
| • 1/2 C mayo | |

Directions:

- Preheat oven to 425 degrees
- In a large pot, boil water and cook cauliflower for 8 - 10 minutes, drain and cool
- In a large box combine, sour cream, mayo, 1/2 crumbled bacon, 3 T chives, 1 C cheese, mushrooms and cauliflower
- Mix well - place in dish and cover with remaining cheese and bacon
- Bake 15 - 20 minutes until cheese melts. Top with remaining chives

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

(Continued from page 31)

(which may help lower blood pressure). The live active cultures in yogurt help with digestion and are even thought to aid in immunity. While there are countless varieties of cheeses, they all vary in fat content and are excellent sources of protein.

It is recommended that every day you get a minimum of 3 cups of fat-free or lowfat milk or equivalent milk products.

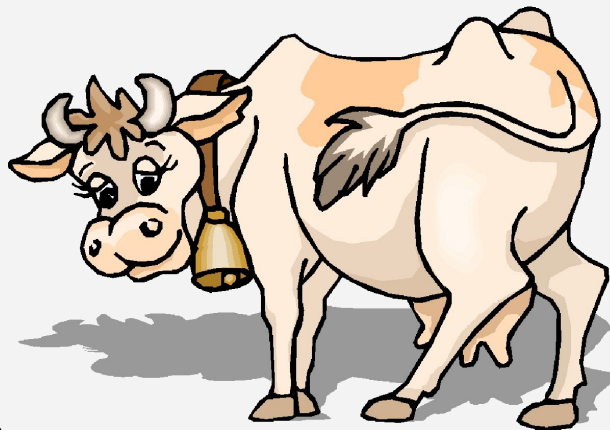
There are many claims about dairy these days—that it fights cancer, it helps in weight loss. The truth is no one knows for sure yet. What we do know is that an adequate intake of dairy helps build strong bones and a healthy smile. So enjoy your dairy.

http://www.gwaar.org/images/stories/Nutrition/FoodScraps/Dairy_Month-June.pdf

A farmer was milking a cow one day when he noticed a fly go in the cows ear.

After he was done with the milking, he saw the same fly in the milk.

"That's funny," he said. "That fly went in one ear and out the udder!"



Dining Center Schedule

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

Baraboo

Highpointe Commons
1141 12th St., Baraboo
Phone 963-3436
Lunch served at 11:00 a.m.

Lake Delton

Frank Fischer Center
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-8701
Lunch served at 12:00 noon
Beginning June 1 lunch served at 11:30 a.m.

Reedsburg

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

Sauk/Prairie

Sauk Prairie Community Center
730 Monroe St., Sauk City
Phone 963-3437
Lunch served at 12:00 noon

Spring Green

Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 11:30 a.m.

Home Delivered Meals 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.



June 2016



Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Please Note: Meals are subject to change on occasion. All Dining Site meals include coffee and milk. All Home Delivered Meals include milk.</p> <p>To cancel a Home Delivered Meal, call: Baraboo: 963-3436 Sauk Prairie: 963-3437 Reedsburg: 963-3438 Spring Green: 588-7800</p>				1 Ham w/Pineapple Baked Sweet Potato Grilled Summer Squash Assorted Dinner Rolls Cookie		2 Honey Mustard Chicken Garden Rice Green Beans Assorted Dinner Rolls Butterscotch Pudd. Parfait		3 Pork Roast Roasted New Potatoes Garden Blend Veggies Assorted Dinner Rolls Lemon Cake	
6 Baked Chicken Buttered Bowties Glazed Carrots Dinner Rolls Brownie		7 Scalloped Potato w/Ham Seasoned Broccoli Dinner Rolls Rhubarb Sauce		8 Barbecue Beef Potato Salad Cole Slaw Biscuit Peach Cobbler		9 Chicken Drumstick Calico Rice Creamed Peas Dinner Rolls Honeyed Pears		10 Hamburger on a Bun French Fries Relishes Cinnamon Apples Cookies	
13 Sloppy Joe Macaroni Salad Asparagus Spears Lemon Bar		14 Chicken Fried Steak/Gravy Baked Potato Summer Squash Biscuit Apple Pie		15 Bratwurst & Sauerkraut Baked Fries Fruit Parfait Cookies		16 Pork Roast on Bun New Potatoes Herbed Green Beans Frosted Ang. Food Cake		17 Fried Fish Cheesy Broccoli Rice Dinner Rolls Blonde Brownie	
20 Country Ham & Beans Southern Style Green Beans Cornbread Apple Brown Betty		21 Italian Meat Sauce Spaghetti Italian Veggies Garlic Bread Fruit Fluff		22 Oven Fried Chicken Baked Potato Salad Green Bean Casserole Biscuit Carrot Cake		23 Mambo Pork Roast Au Gratin Potatoes Broccoli Dinner Rolls Pineapple UpsideDown		24Chicken Teriyaki Rice Pacific Blend Veggies Dinner Rolls Choc. Pudding Parfait	
27 Bratwurst & Sauerkraut Steak Fries Seasoned Peas Apple Fruit Salad		28 Italian Meatloaf Scalloped Potatoes Fresh Baked Squash Dinner Rolls Lime Parfait Square		29 Honey BBQ Chicken Macaroni Salad Broccoli Dinner Rolls Angel Brownie		30 Macaroni & Cheese Italian Vegetables Ring Bologna Watermelon Slice			

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<div>4</div> <div>Closed</div> <div>Independence Day</div> <div></div>	<div>5</div> <div>Sloppy Joe on a Bun French Fries Garnish Tomato Slice- Lemon Meringue Pie</div>	<div>6</div> <div>Ham w/Pineapple Baked Sweet Potato Grilled Summer Squash Assorted Dinner Rolls Cookie</div>	<div>7</div> <div></div> <div>Honey Mustard Chicken Garden Rice Green Beans Assorted Dinner Rolls Butterscotch Pudd. Parfait</div>	<div>8</div> <div>Pork Roast Roasted New Potatoes Garden Blend Veggies Assorted Dinner Rolls Lemon Cake</div>
<div>11</div> <div>Baked Chicken Buttered Bowties Glazed Carrots Dinner Rolls Brownie</div>	<div>12</div> <div>Scalloped Potato w/Ham Seasoned Broccoli Dinner Rolls Rhubarb Sauce</div>	<div>13</div> <div>Barbecue Beef Potato Salad Cole Slaw Biscuit Peach Cobbler</div>	<div>14</div> <div>Chicken Drumstick Calico Rice Creamed Peas Dinner Rolls Honeyed Pears</div>	<div>15</div> <div>Hamburger on a Bun French Fries Relishes Cinnamon Apples Cookies</div>
<div>18</div> <div>Sloppy Joe Macaroni Salad Asparagus Spears Lemon Bar</div>	<div>19</div> <div>Chicken Fried Steak Gravy Baked Potato Summer Squash Biscuit Apple Pie</div>	<div>20</div> <div>Bratwurst & Sauerkraut Baked Fries Fruit Parfait Cookies</div>	<div>21</div> <div>Pork Roast on Bun New Potatoes Herbed Green Beans Frosted Ang. Food Cake</div>	<div>22</div> <div>Fried Fish Cheesy Broccoli Rice Dinner Rolls Blonde Brownie</div>
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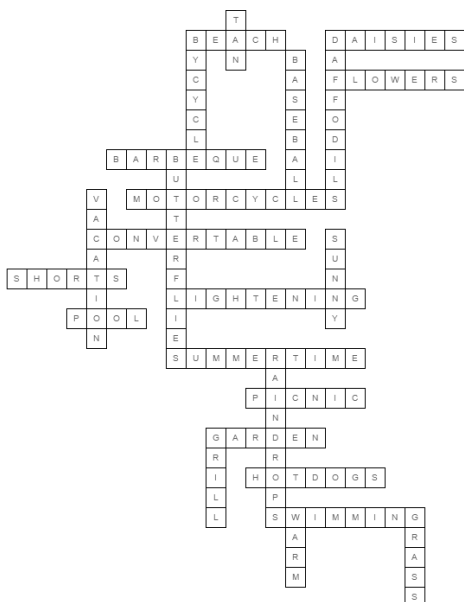
For *AddLIFE Today!* questions or comments,
please contact Cathy Bindl at 355-3289
or email at cbindl@co.sauk.wi.us.

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.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc. Would you prefer to receive an electronic copy of future issues? Please e-mail the editor at cbindl@co.sauk.wi.us. We will email the latest issue of *AddLIFE Today!*. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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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





It's only when you grow up, and step back from him, or leave him for your own career and your own home - it's only then that you can measure his greatness and fully appreciate it.

- Margaret Truman

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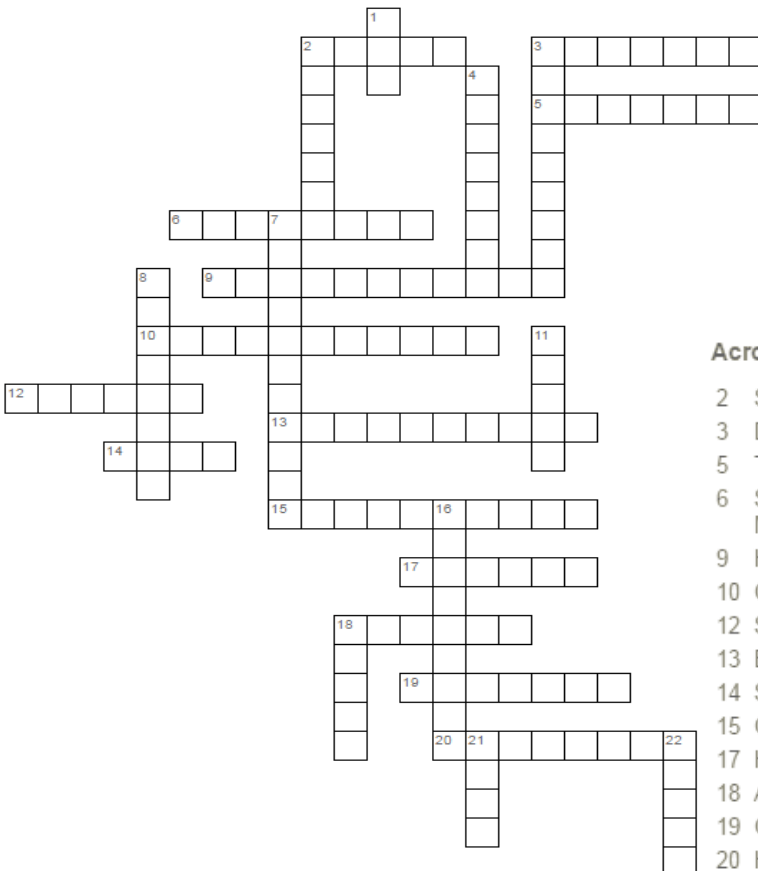
Aging & Disability Resource Center
505 Broadway
Baraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED

X

This Summer Time Fun Crossword is provided to you by:

Reedsburg Area Medical Center
2000 North Dewey Avenue. Reedsburg, WI 53959
608-524-6457
www.ramchealth.com



Across

- 2 SAND & WATER
- 3 DON'T PICK THE ...
- 5 THEY POP UP IN THE SPRING
- 6 SAUCE USED FOR GRILLING MEAT
- 9 HARLEY
- 10 CAR WITH NO TOP
- 12 SUMMER PANTS
- 13 BOLTS OF LIGHT
- 14 SWIMMING ...
- 15 OPPOSITE OF WINTERTIME
- 17 HAVING FOOD OUTSIDE
- 18 A VEGETABLE ...
- 19 GOOD WITH CHILI
- 20 HAVING FUN IN THE WATER

Down

- 1 SKIN TURNS
- 2 RIDE ON A...
- 3 YELLOW FLOWERS
- 4 SUMMER GAME
- 7 SMALL FLYING INSECTS
- 8 A BREAK FROM WORK OR SCHOOL
- 11 OPPOSITE OF CLOUDY
- 16 TEAR SHAPED WATER
- 18 COOK ON OUTSIDE
- 21 OPPOSITE OF COLD
- 22 YOU MOW IT