



# Advocacy starts with YOU!

When you advocate for yourself, you are also advocating for others! Is there an issue you want to share your concerns about? Want to be an advocate in your area? Start by writing a letter-to-the-editor about an issue you are passionate about. Members of Congress always read the letters in their hometown newspapers. Editors like letters that respond to something that appeared recently in the paper. Keep your letter concise, approximately 150 words. Most newspapers prefer e-mail submissions (you can find specific email addresses on the newspaper's website). Include your full name, address, phone number and e-mail.

## **Example:**

### "Letter to the Editor – Absentee Ballot Changes

The proposed changes related to obtaining and returning absentee ballots are of grave concern to aging advocates. Older adults are the most consistent and engaged voting members of the community. But for many their desire to vote is already hampered by existing barriers such as health conditions, disabilities, lack of transportation, limited broadband service and basic literacy skills. Voting via absentee ballot is their only viable option. The bills recently passed by the Legislature will limit options to obtain and return absentee ballots by requiring voters to apply for absentee ballot for every election instead of once a year, limit who can return completed ballots, and provides severe penalties for good Samaritans who help out a friend or neighbor by returning their ballot. Voters should have the freedom to choose a person they trust to return their absentee ballot, not have it dictated by government. Many older adults do not have access to the internet or have a computer making it very difficult for them to request a ballot. Lawmakers should be working with the aging and disability communities to remove the voting barriers that already exist, not make it even harder for adults in these communities to vote. Our democracy depends on everyone being able to participate in the voting process.

# COVID-19 Vaccine 3rd Dose Update

- ✓ The FDA and CDC have authorized providing a third dose of the Pfizer (Comirnaty) or Moderna vaccines for people whose immune systems are compromised moderately or severely.
- ✓ This 3rd dose can only be given 28 days or longer after the 2nd dose of your initial vaccine series.
- ✓ If you fall under any of the 6 below categories, you can get your 3rd dose anywhere that gives vaccines.
  - Recently received or currently receiving cancer treatment for tumors or cancers of the blood
  - Received an organ transplant and are taking medicine to suppress the immune system
  - Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
  - Moderate or severe primary immunodeficiency (DiGeorge syndrome or Wiskott-Aldrich syndrome)
  - Advanced or untreated HIV infection
  - Active treatment with high-dose corticosteroids or other drugs that suppress an immune response

Volunteer  
Drivers

Clerical  
Support

Dining Center  
Helpers

Meals on Wheels  
Drivers

Volunteers are needed  
all across Sauk County!

Interested in learning more?

Contact:  
Brianna Wipperfurth,  
Volunteer Coordinator  
(608) 355-3289

[brianna.wipperfurth@saukcountywi.gov](mailto:brianna.wipperfurth@saukcountywi.gov)

Volunteers  
Wanted



**Grandparent Day has come and gone but grandparents raising grandchildren may not always get the thanks they deserve. So here is a poem giving thanks for all they do!**

# ***Thank You Grandparents***

**You had the courage to start all over again  
Raising your grandchildren at an age when  
You thought you might retire, travel and rest  
But the children needed caregivers, and they needed the best.**

**Some came to you in pampers and most in tears  
Needing nurturing and someone who cares.**

**Others came as toddlers, exploring the world on the run  
You couldn't believe this happened - after you thought you were done.**

**Still others came at school age, when they needed guidance and direction  
Science may have you baffled but you are great at giving affection.**

**And some of you have teenagers, oh my, what can I say.  
Just keep reminding yourself that they won't stay this way.**

**We know it has not been easy - often quite a heavy load  
And there have been many bumps along the road  
You've been misunderstood, labeled and denied the services you need  
Often criticized and not recognized for your labor or your good deed.**

**But we honor you who have done so much  
To change the lives of children with your special touch  
We thank you grandparents: we thank you once, we thank you twice  
And know you are appreciated for the rest of your life.**

**Thank You, Grandparents**

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CHANGE SERVICE REQUESTED

A circular wreath made of various autumn leaves in shades of red, orange, and brown, with small red berries interspersed among them.

## Mini Newsletter

**Contact:**  
**(608) 355-3289 or**  
**(800) 482-3710**



The Safe Temperatures Program for Meals on Wheels project is funded by a Healthy Community Partnership Grant from the SSM Health St. Clare Foundation. To ensure every meal, from the first to the last is delivered at or above 140 degrees Fahrenheit, the ADRC Nutrition Program placed “Safe Temperatures” as a priority in 2021. With the funds from the SSM Health St. Clare Foundation, the ADRC purchased electrical/heating equipment for the Baraboo Dining Site to make sure Meals on Wheels are delivered to participants at a safe temperature. Thank you SSM Health St. Clare Foundation!

*Thank*  
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