

IT'S MEDICARE OPEN ENROLLMENT SEASON!

THAT MEANS IT'S TIME TO CHECK



YOUR MEDICARE PART D PRESCRIPTION DRUG PLAN!

**BETWEEN OCTOBER 15TH AND DECEMBER 7TH
YOU CAN JOIN A PRESCRIPTION DRUG PLAN FOR THE FIRST TIME
OR SWITCH TO A NEW DRUG PLAN!**

**DRUG PLANS CAN CHANGE EVERY YEAR AND SO CAN YOUR
MEDICATIONS! CHECK YOUR PLAN EVERY YEAR!**

**THE AGING AND DISABILITY RESOURCE CENTER WILL BE HOLDING
CLINICS TO MAKE SURE YOUR CURRENT DRUG PLAN IS STILL THE
BEST PLAN FOR YOU!**

**IF IT IS, YOU CAN REMAIN IN YOUR CURRENT DRUG PLAN!
IF WE FIND A PLAN THAT COVERS YOUR MEDICATIONS AT A LOWER
COST, WE CAN HELP YOU SWITCH!**

**CLINICS SITES AVAILABLE IN BARABOO, PRAIRIE DU SAC AND PLAIN!
IN MOST CASES, THIS IS THE ONLY TIME TO JOIN OR SWITCH PLANS!
DON'T GET STUCK IN A PLAN THAT COSTS YOU MORE!**

**APPOINTMENTS FILL QUICKLY!
CALL THE ADRC AT 608-355-3289 TO SCHEDULE YOUR PART D
CLINIC APPOINTMENT TODAY!
THIS IS A FREE SERVICE!**

***NOTE: THERE IS NO CHANGE TO SENIOR CARE, THE FORWARD CARD
OR VETERAN'S DRUG COVERAGE.**

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ADRC Office Hours:

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

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

* * NOTICE * *

Beginning in 2017
the *AddLIFE Today!*
Newsmagazine
will be reduced to
quarterly publications.

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



Dear Friends,

Many veterans suffer physical injuries as a result of their military service. Often times these injuries do not heal completely and the veteran suffers residuals for the rest of their lives. In a situation like this the veteran is eligible to and should file a claim for a service connected disability through our office. The point I want to make regarding these injuries and their residuals is that the limitations they put on our veterans have consequences in terms of how they affect the veteran's mood. When we can't do the things we used to do that we want to do, it is very frustrating and aggravating.

Typically the veteran does not even realize they are struggling in this area. One thing the veteran knows for sure though is that he is **NOT** depressed. For purposes of making my point, I am going to suggest that there are two different types of depression. The first type is what we all think about when we hear that somebody is depressed. They may be very down, very sad, crying, and totally unsociable. The other type is more subtle but just as significant. The weight of the disabilities the

veteran suffers, the chronic pain they deal with on a daily basis, the frustration they feel over their limitations due to their disabilities, is what the VA refers to as depression.

The VA understands that when somebody is limited physically it affects their mood and therefore the VA is very open to adding a mental health condition as secondary to the veteran's claim. If you are or know of a veteran that has significant and/or multiple physical service connected disabilities, you should consider speaking with your County Veterans Service Office regarding a claim for disability to compensate you for the struggles you have with mood, anger, and the frustration you deal with.

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



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

Veterans Benefit Specialists

Veterans Office

505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us



Kathy Kent ★ Louie Birkholz ★ Pamela Russo

Madison VA Hospital begins direct scheduling for routine audiology, optometry appointments

Scheduling routine audiology and optometry appointments just got a lot simpler for veterans enrolled for care at the Madison VA Hospital. The Madison VA Hospital is implementing direct scheduling for patients who wish to request routine audiology and optometry services. That means veterans will no longer



need an audiology or optometry referral from their primary care provider before they can be seen in these two specialty clinics.

Veterans can call the hospital toll - free at 888-478-8321, then press # 2 to make an appointment. Direct scheduling will eliminate unnecessary steps and unneeded waiting, which should decrease wait times and improve access for audiology and optometry clinics. Primary care access should also improve as veterans requiring only routine audiology or optometry referrals will no longer need to consume primary care clinic resources they do not require.

Intimidated at the Thought of College?

Veterans Upward Bound (VUB) is a federally funded TRIO Program (U.S. Department of Education) designed to help qualified military veterans become college-ready and enroll in a postsecondary school (university, community college, and vocational/technical programs). VUB provides basic skills instruction and educational and career advising to enable

veterans to achieve their academic goals.

Any peace or wartime veteran discharged under conditions other than dishonorable after serving at least six months of active duty (other than for training only) is eligible. The veteran must also meet low income, first generation college student status and/or have an academic need.

VUB provides free classes to eligible veterans in Milwaukee and Racine Counties and online programs are available for outlying counties. For more information please go to uwm.edu/trio/veterans. Veterans may also call the main office in Milwaukee on the campus of UWM at 414-229-2607 to talk to the director, or call 414-229-2258 to ask for an application.

Latest from Louie



The Five Year initiative is really paying off. For the past two years we have been reaching out to Sauk County Veterans that have not seen us in over five years. It is truly amazing the difference this has made in Veterans receiving well deserved benefits. We have been able to get many Veterans increased compensation for their disabilities, including secondary conditions. In addition, there are Veterans now enjoying VA Health Care at no cost, deductible or co-pay. It is truly in the Veterans best interest to come back and visit us or come see us for the first time. Benefits are constantly changing and may be different than what you think is still in effect. Please pass the word to all Veterans to come see us, as you just never know what benefits you may have coming and had no idea even existed.

We are looking forward to seeing you soon.



Upcoming Events

PTSD Education & Awareness Training

Sauk County Veterans Service is having a three hour training session at Reedsburg Public Library on Wednesday, October 26, 2016, 9:00 a.m. – 12:00 p.m.. This training is to help people in the community learn how to recognize and respond appropriately when they encounter a Veteran that may be suffering with Post Traumatic Stress Disorder (PTSD).

If you are part of any Sauk County first Responders, members of the Clergy, Medical Professional and Law Enforcement you will find this information extremely beneficial. This training is also open to Sauk County residents that may want to learn about recognizing PTSD and how it can affect our Veterans and their families.

Seating at this event is limited. Please contact our office to reserve your seat.

Caregiver Day Off

Friday, October 28, 2016 there will be free classes for caregivers of veterans or vets who are caregivers. This will be at the Madison VA Hospital, 2500 Overlook Terrace in Madison, WI.

9:00 a.m. – 12:00 p.m. will be Managing Stress; 1:00 p.m. – 4:00 p.m. will be Utilizing Technology. Classes and refreshments provided in partnership with the Easter Seals National Veteran Caregiver Training Program. Please come to this event. Take one or both classes.

RSVP is necessary to save your space in the class. To RSVP call (608) 256-1901, ext. 11485. Leave a message to include your name & your veteran's name; phone number you can be called back at. Lunch is included if you attend both classes.

Please see our website for more

information about some of the following upcoming events that are for/to support veterans.

October 13, 2016 – Wisconsin Women Veterans Conference, Country Springs Hotel in Waukesha. Please check the Wisconsin Department of Veterans Affairs website for more details.

November 11, 2016 - Eric Peterson of Fly High Wisconsin, LLC is offering free helicopter rides to all vets with a separate paid ticket. For more information call (608) 712-7796.

Veterans meet for Coffee on the second Tuesday of every month from 9-11 a.m., at the MATC Reedsburg. This is an opportunity to meet with other veterans from all eras. You can ask at the MATC Reedsburg reception desk for the meeting area.

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

On **every second Sunday** of the month, The Reedsburg VFW Post 1916 hosts a breakfast buffet from 8:00 am - noon. Adults \$8.00, children ages 4-11 \$3.00. They serve omelets, scrambled eggs, French toast, pancakes, sausage, biscuits & gravy, and other amenities.

Sign up for the E-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.





FROM THE DIRECTOR'S DESK

Susan Blodgett

Aging & Disability Resource Center Director



Exercise Your Rights and Vote!

"For this nation to remain true to its principles, we cannot allow any American's vote to be denied, diluted or defiled. The right to vote is the crown jewel of American liberties, and we will not see its luster diminished."

President Ronald Reagan - November 6, 1981

As we near the November elections, we all should reflect on the history of voting in our country and how hard so many fought for the right to vote - and how valued our vote is.

In 1776, when the Declaration of Independence was signed, the right to vote is restricted to property owners—most of whom are white male Protestants over the age of 21.

George Washington was elected president in 1789 where only 6% of the country's population were allowed to vote.

In 1848, activists for ending slavery and for women's rights joined together to support universal voting rights.

It wasn't until 1856 when voting was expanded to all white men.

In 1870, the 15th Amendment was passed. The right to vote could no longer be denied by the federal or state governments based on race. Some states began to enact voting taxes and literacy tests that restrict the ability of African Americans to register to vote. Violence and other intimidation tactics were also used.

In 1872, Susan B. Anthony was arrested for attempting to vote in the presidential election. At the same time, Sojourner Truth, a former slave and advocate for justice and equality, appears at a polling booth demanding a ballot but she is turned away.

The Supreme Court rules in 1876 that Native Americans are not citizens as defined by the 14th Amendment and cannot vote.

Wyoming becomes the first state to legislate voting for women in its constitution in 1890.

In 1920, 72 years after the first organized event fighting for the right for women to vote, the 19th Amendment was passed. This gave women the right to vote in both state and federal elections.

In 1926, while attempting to register to vote in Birmingham, Alabama, a group of African American women were beaten by election officials.

Legal barriers to Native American voting was removed in 1947 when Miguel Trujillo, a Native American and former Marine, sued New Mexico for not allowing him to vote. He won and Mexico and Arizona were required to give the vote to all Native Americans.

During 1963-64, large-scale efforts in the South to register African Americans to vote were intensified. However, state officials refuse to allow African Americans to register by using voting taxes, literacy tests and violent intimidation.

The 24th Amendment passed in 1964. It guaranteed the right to vote in federal elections will not be denied for failure to pay any tax.

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The National Voter Registration Act passed in 1993, making voter registration easier. It's intent was to increase the number of eligible citizens who register to vote by making registration available at the Department of Motor Vehicles, and public assistance and disabilities agencies.

In 2002, Help America Vote Act was passed in response to the disputed 2000 presidential election. The voting reform effort required for provisional ballots, disability access, centralized, computerized voting lists, electronic voting and requirement that first-time voters present IDs before voting.

If our nation's voting history tells us anything it's that voting is important and many have fought for the opportunity to exercise their right to vote. Yet, voter participation in the United States ranks only 31st out of 35 major industrial countries.



**Voting is the expression of our
commitment to ourselves, one another,
this country and this world**

. Sharon Salzberg

I encourage you to let your voice be heard and exercise your right to vote.

Please educate yourself on the candidates who will be on your ballot from your local elections to the presidential election. Avoid the temptation to get the candidates' information from "easy sources" - such as television commercials, left or right leaning media outlets or even taking the word of your neighbor, as the information may not be complete or accurate. Review each candidates' platform and determine who is most closely aligned with your views. There are many websites that review the candidates' platforms, some even have you answer questions on your own views and then calculates whose plan most closely compliments your opinions. Contact the various political parties directly to get

information. Avoid the desire to be a one topic voter, as a candidates' platform which you agree with on one topic may also have a policy plans that could be detrimental to you.

Research what is important to you. Know how each candidate feels about Medicare and Social Security. Understand the candidates views on Long Term Care and if they intend to support or oppose cuts to home care services. These are all topics that will directly affect you.

Here are some additional questions from ProCon.org to help you think about issues that might make a difference in your decision.

- Should the death penalty be allowed?
- Should private prisons be allowed?
- What is your feelings on the War on Drugs?
- Should we study gun violence?
- Should there be a flat tax on income?
- Should Social Security be privatized?
- Should the Federal Government continue to subsidize oil companies?
- Are charter schools good for America?
- How do you feel about Citizens United?
- Should everyone have health care?
- Should the Federal Government guarantee paid family/medical leave?
- Should the Federal minimum wage be increased from the current \$7.25/hour?
- Is human activity primarily responsible for global climate change?
- Should the USA transition away from fossil fuel and towards renewable energy?

Your vote is valuable.

Cast it with pride.

If you are in need of transportation to the local polls see page 9 to see how the ADRC may be able to help.

-- *Susan*

Source:
<http://www.kqed.org/assets/pdf/education/digitalmedia/us-voting-rights-timeline.pdf>

<http://2016election.procon.org>



**Sponsored by:
Sauk County Aging & Disability Resource Center
and Brightstar Care**

An Evening for the Caregiver

Oh, Those Challenging Conversations!

Presented By: Sharon Roth Maguire MS, RN, GNP-BC, BrightStar's Chief Clinical Quality Officer

- LEARN TO**
- Talk about care needs
 - Conversation starters for challenging chats
 - Pre-Crisis questions to ask and have answered by your loved one

Our goal is to give you the tips and tools needed to have the challenging chats, successfully.

October 20, 2016

5:00 p.m. - 7:00 p.m.

***West Square Building, Room B-30
505 Broadway, Baraboo***

A Light Dinner will be provided courtesy of BrightStar Care

Please register for the evening at the Aging & Disability Resource Center at 355-3289

This evening will also provide caregivers the opportunity to learn of services available in Sauk County



Respite Care Available Upon Request

First Come First Serve basis

Contact Marina Wittmann at 355-3289

for more information.

**DO YOU NEED HELP GETTING TO THE POLLS
ON NOVEMBER 8TH?**

**CALL THE ADRC TRANSPORTATION LINE AT
355-3278**

**THEY WILL HELP YOU ARRANGE
TRANSPORTATION TO
YOUR LOCAL POLLING PLACE.**



All Things **SENIOR Expo**

FREE Admission
All Things Senior Expo

Thursday, November 3rd
10:00 a.m. - 2:00 p.m.

Ho-Chunk Casino
S3214 Cty Rd BD
Baraboo, WI

Fun filled day of information including;

- Senior Housing
- Recreation
- Transportation Resources
- Retirement Planning
- Healthcare Insurance
- Wellness Opportunities
- And much more . . .

Back by popular demand: **Maggie Mae**
Sponsored by Our House Senior Living



ADRC Transportation

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

Fun-day Trip Reservation Line: 608-355-4888

Look
Who's
Getting
You
There!



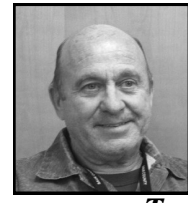
Robin



Bill



Gary



Tom

This article provides you with some information on roundabouts. The following was taken from the WI DOT website. It touches on many things we may encounter when navigating roundabouts. If you have any questions, please contact us or the Wisconsin DOT.

Rules for Driving Roundabouts

General information for all roundabouts

Roundabouts are becoming more common in the U.S. because they provide safer and more efficient traffic flow than standard intersections. By keeping traffic moving one-way in a counterclockwise direction, there are fewer conflict points and traffic flows smoothly. Crash statistics show that roundabouts reduce fatal crashes about 90%, reduce injury crashes about 75%, and reduce overall crashes about 35%, when compared to other types of intersection control. When driving a

roundabout, the same general rules apply as for maneuvering through any other type of intersection.

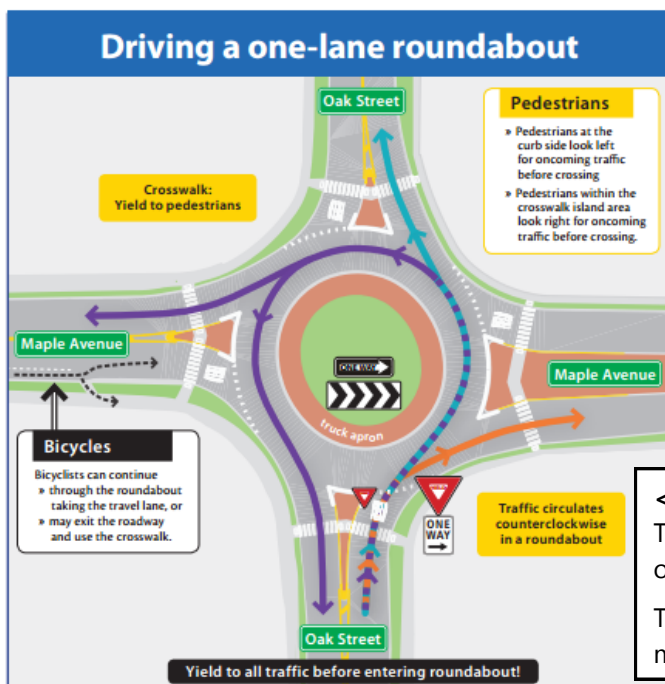
Truck apron

Large vehicles need more space when driving in a roundabout. A truck apron is a paved area on the inside of the roundabout for the rear wheels of large trucks to use when turning, sometimes referred to as off-tracking. Truck aprons are not to be used by cars, SUVs or pickup trucks.

Steps for driving a roundabout:

1. Slow down. Obey traffic signs.
2. Yield to pedestrians and bicyclists.
3. Yield to traffic on your left already in the roundabout.
4. Enter the roundabout when there is a safe gap in traffic.
5. Keep your speed low within the roundabout.
6. As you approach your exit, turn on your right turn signal.

(Continued on page 11)



<< Driving a one-lane roundabout

This example shows the traffic movement patterns through a one-lane roundabout.

The one-lane roundabout is known as one of the safest and most efficient intersections.

(Continued from page 10)

7. Yield to pedestrians and bicycles as you exit.

Emergency vehicles in the roundabout

- Always yield to emergency vehicles.
- If you have not entered the roundabout, pull over and allow emergency vehicles to pass.
- If you have entered the roundabout, continue to your exit, then pull over and allow emergency vehicles to pass.
- Avoid stopping in the roundabout

Driving a roundabout with two or more lanes

Choose the proper lane before entering: As you get closer to the roundabout entrance, it is very important to observe the signs and arrows to determine which lane to use before entering a roundabout. Black and white signs on the side of the road and white arrows on the road will show the correct lane to use. In general, if you want to make a left turn, you should be in the left lane or other lanes that are signed and marked as left turn lanes. If you want to make a right turn, you should be in the right lane or other lanes that are signed and marked as right turn lanes. If you want to go straight, observe the signs and arrows to see what lane is correct.

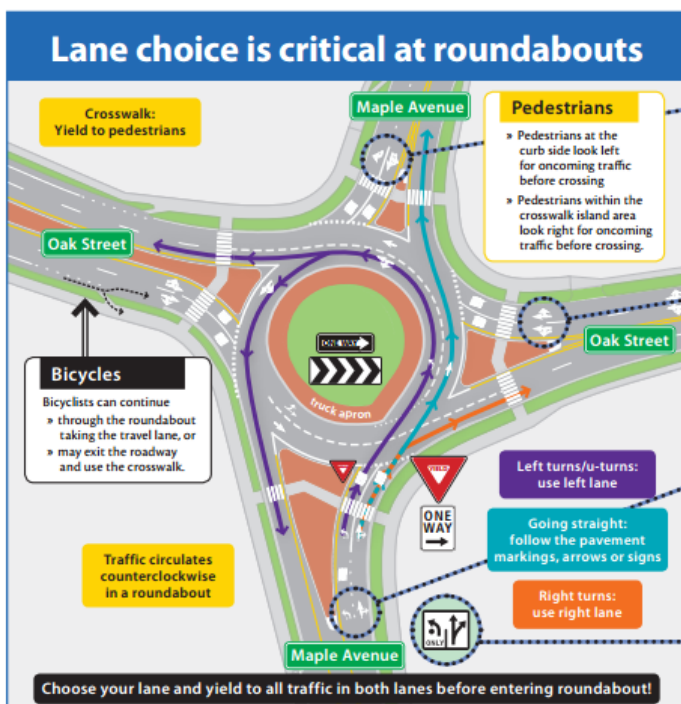
Left turns/u-turns: use left lane

- When approaching the roundabout, use the left lane, or other lanes that are signed and marked as a left turn lane.
- Yield to pedestrians in the crosswalk.
- Yield to all traffic on your left before entering the roundabout.
- Enter the roundabout when there is a safe gap in traffic.
- Stay in your lane.
- Use your right turn signal to exit the roundabout.
- Yield to pedestrians in crosswalk at the exit.

Going straight: use right lane or left lane

- When approaching the roundabout, choose the correct lane for your desired exit.
- Yield to pedestrians in the crosswalk.
- Yield to all traffic on your left before entering the roundabout.
- Enter the roundabout when there is a safe gap in traffic.
- Stay in your lane.
- Use your right turn signal to exit the roundabout.
- Yield to pedestrians in the crosswalk at the exit.

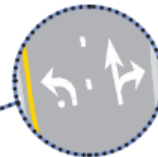
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<< Right lane is for right turns only.
<< Left lane is for left turns, u-turns, or thru traffic only.



<< Right lane is for right turn or through traffic only.
<< Left lane is for left turns, u-turns or thru traffic only.



<< Right lane is for right turns or thru traffic.
<< Left lane is for left turns or u-turns only



Black and white signs:
<< at the side of the road

(Continued from page 11)

Right turns: use right lane

- When approaching the roundabout, use the right lane, or other lanes that are signed and marked as a right turn lane.
- Yield to pedestrians in the crosswalk.
- Yield to all traffic on your left before entering the roundabout.
- Enter the roundabout when there is a safe gap in traffic.
- Stay in your lane.
- Use your right turn signal to exit the roundabout.
- Yield to pedestrians in the crosswalk at exit

Large vehicles

- Large vehicles need more space in a roundabout.
- All drivers should be cautious and avoid driving next to or passing large trucks while approaching and maneuvering through a roundabout.
- A truck apron is a paved area inside a roundabout.
- It is for the rear wheels of large trucks to use when turning.
- Trucks may cross into other lanes or onto the truck apron.
- Truck aprons are not to be used by cars, SUVs or pickup trucks.

reprinted from: www.wisconsinroundabouts.gov



To Register Call Fun Day Travels at 355-4888

October Events

| | |
|------------|---|
| October 4 | Target & Hildale |
| October 11 | West Towne Mall |
| October 18 | Fall Color Tour/Cashton Amish Area/WildCat Mountain |
| October 25 | Oakwood Fruit Farm, Richland Center |

November and Early December Events

| | |
|-----------------------|---|
| November 3 | All Things Senior Expo - Ho Chuck |
| November 8 | Voter Bus - Call 355-3278 for more information |
| November 15 | SP Historical Society - Badger Army Ammunition Plant Exhibit - Not Handicapped Accessible |
| November 22 | Target/West Towne Mall |
| November 29 | East Towne/Hobby Lobby |
| December 6 | Target & Hildale |
| December 8 (Thursday) | Govenor's Mansion Holiday Tour |

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!



Is your car ready for WINTER?
Sauk County TRIAD Vehicle Winterization Safety Checks
FREE for Senior Citizens



Sauk County Sheriff Chip Meister, in conjunction with Sauk County Police Chiefs and the Sauk County **TRIAD** Program would like to announce the **SIXTEENTH** annual "Vehicle Safety Check" occurring throughout Sauk County on various dates.

TRIAD is a cooperative effort between Seniors, Police Departments and Sheriff's Departments in the community to work together to reduce victimization of senior citizens. Sauk County **TRIAD** has teamed up with various sponsors, which include Glacier Valley Ford-Mercury, Hartje Farm, Home & Tire, Hovlands BP-Amoco, McFarlanes, Koenecke Ford - Mercury Inc. and George's Auto Body, to conduct **FREE** winterization checks for senior citizens throughout Sauk County. These local businesses have volunteered their services and expertise in checking vehicles to make sure they are properly prepared for winter driving.

Service includes: checking of fluids, hoses, belts, lights and equipment on the vehicle and is provided **FREE** of charge.

| | | |
|---------------------|---|--|
| BARABOO | Friday, September 30 9 A.M. - NOON | Sauk County Law Enforcement Center - (with Glacier Valley Ford-Mercury) 1300 Lange Ct, Baraboo |
| REEDSBURG | Friday, October 7 9 A.M. - NOON | Koenecke Ford – Mercury Inc. (Located on STH 33 West of Reedsburg – S2745 Twin Pine Road, Reedsburg) |
| SAUK CITY | Friday, October 14 9 A.M. - NOON | McFarlanes 780 Carolina St, Sauk City |
| SPRING GREEN | Friday, October 21 9 A.M. - NOON | Spring Green Township Hall (with George's Auto Body) Located 1 mile west of Spring Green on Kennedy Rd |
| LAKE DELTON | Friday, October 28 9 A.M. - NOON | Delton Fire Department (with Hovland's) 45 Miller Drive, Lake Delton |
| LAVALLE | Friday, November 4 9 A.M. - NOON | Hartje Farm, Home & Tire Center Located on STH 33 just north of LaValle |

If you have any questions, please contact: Sheriff Chip Meister or Shelly Backeberg - Sauk County Sheriff's Dept at 355-3212; Officer Jeff Shimon - Baraboo Police Dept at 355-2720; Officer Mike Havlik - Spring Green Police Dept at 588-2125; Officer Troy Spencer - Lake Delton Police Dept at (608) 254-7571; Officer Bruce Henn - Sauk Prairie Police Dept at 643-2427, Officer Peggy Porter - Reedsburg Police Dept at 524-2376 and Police Administrator Jim Astle - Town of LaValle Police Dept at (608) 985-7695.

Sheriff Chip Meister
Sauk County Sheriff's Department



The Volunteer Buzz

Cathy Bindl

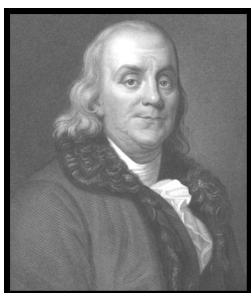


You Are In Good Company!

I'm sure the act of volunteering has been around since the beginning of time, but the word hasn't. Records show the word came to be used in the 1600s and was derived from Middle French *voluntaire* which means "one who offers himself for military service. Using the word for non-military service was first documented in the 1630s.

Tennessee is known as the "Volunteer State, a nickname some claim was earned during the War of 1812 because of the prominent role played by *volunteer* soldiers from *Tennessee*, especially during the Battle of New Orleans.

Here at the ADRC, we know that our volunteers are a special group of people. They so selflessly give of their time and talents to help others. But I bet you didn't know these famous people shared your desire to make the world a better place by volunteering too.



Benjamin Franklin is known for creating bifocals and being one of our Founding Fathers. You might not know that he started the very first volunteer fire department! In 1736, he brought together a group of

30 men to form the Union Fire Company to prevent massive fires in Philadelphia.

Agatha Christie is known for being a famous writer. She was also a nurse in the Volunteer Aid Detachment of the Red Cross Hospital in Torquay while her husband was fighting in World War I. From 1914 to 1917 she



worked as a volunteer nurse and dispensed medicines for the hospital for another year.



Ella Fitzgerald, the "First Lady of Song" was made famous for her jazz and scat-style singing. Ella helped fight polio by volunteering to sing on a public service

announcement for the March of Dimes in 1958 to bring attention to the fight against the disease..

Lillian Carter, the mother of President Jimmy Carter, joined and served in the Peace Corps at the age of 68. She was trained as a nurse and went to work in India. There she worked for 21 months and helped those afflicted by leprosy.



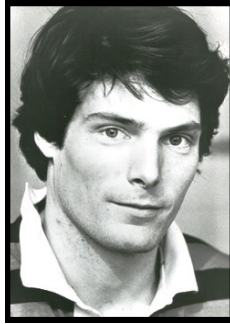
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Sally Ride, America's first female astronaut was a role model for countless young girls. She was also a large supporter of the Girl Scouts. She co-founded the Girl Scouts' Camp CEO which

gave minority girls the opportunity to be paired with and learn from professional women. She also founded Sally Ride Science in 2001.

Christopher Reeve may have become paralyzed from an accident, but that didn't stop him from using his situation to make the world a better place. He became an advocate for those suffering from spinal cord injuries. He was Chairman of the American Paralysis Association and was Vice Chairman of the National Organization on Disability. He also co-founded the Reeve-Irvine Research Center and created the Christopher and Dana Reeve Foundation. The Foundation works to improve the quality of life for those living with disabilities caused by spinal cord injuries.



Source:

<http://www.etymonline.com/index.php?term=volunteer>

<http://greatnonprofits.org/nonprofitnews/5-historical-figures-who-were-famous-volunteers/>

WE ARE SEARCHING FOR VOLUNTEERS



Current Volunteer Opportunities

- The Reedsburg Home Delivered Meal program is looking for a volunteer to deliver meals on Wednesdays.
- The ADRC would like to welcome you to join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity. We would welcome drivers in all the Sauk County communities.
- The Sauk County Dining Centers would like to welcome volunteers to help in their dining center and/or be a substitute home delivered meal driver.

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**



If the world becomes a better place tomorrow, it will happen because of volunteers like you.

Thank you



Cop's Corner

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

Phone Safety

We have all received that phone call when we are in the middle of something important, and inevitably it is a tele-marketer. Recently, there have been some telephone scams and I would like to take a moment to remind you of how to protect yourself and family while on the phone.

- First, never give out any personal information to someone you don't know. This information includes credit card numbers, social security numbers or even your home or cell number and address. Often times an automatic dialer will call you and the person calling may not know anything about you. Neither your bank, the police nor the IRS will have you pay anything over the phone or have you electronically transfer money or money grams.
- Avoid pushing buttons on your phone at the caller's request. A common con in recent years had prison inmates making calls and identifying themselves as phone company employees. They would get the called party to push a series of buttons to "check the line", at which point the called party would unknowingly open their long distance line to the caller for making all of the calls they wish.
- If you have any doubt about who you are talking to, get a telephone number to call them back to verify who they are. Another ways if you are interested in something that a seller may have, have them put it in writing and mail it to you. This gives you time to think about an item and possibly see more about the possible contract you

are entering into in detail.

- Another scam common with older persons is a person who sounds younger and when the phone is answered, they respond "grandma, I am in jail in Canada and need you to pay to get me out." The person called will respond and give information that the con will use to further support the getting of money and they want you to electronically message money to an out of county location. This is always a con and they prey on our desire to make sure our families are safe.



Other things that you can do to help safe guard your home is to not list the names of all the family members on your home answering machine and don't indicate that you are not home. This may be just the information that a potential burglar is looking for if they are going to steal from your house. Use a general statement such as "Hello, we are unavailable to take your call. Please leave a message and we will return it at our earliest convenience."

Remember, if you do not wish further tele-market calls from the same company; tell them to take you off of their list. You can also get on the Wisconsin "No call list" by going to https://datcp.wi.gov/Pages/Online_Services/DoNotCall.aspx. Don't feel pressured to make a decision which you may later regret. Get a number and call them back.

Mark Schauf, Police Chief
Baraboo Police Department.



Backyard Picnic Tips for the Whole Family



A picnic can be a fun summer activity the whole family can enjoy together, but there are some special considerations to keep in mind when elderly family members will be part of your get together. Luckily, planning a picnic right in your own backyard can simplify things without compromising the fun. Read on for easy picnic ideas that will create lasting memories for Grandma, Grandpa, your children, and you.



Prepare for the Elements

The beauty of hosting a picnic in your backyard is that you can control a variety of factors. Choose a shaded spot on even terrain to protect your parent from overheating or falling. You'll also want easy access to the backdoor for bathroom trips and in the event the weather suddenly turns. Of course, if your parent has a condition that makes picnicking outside too difficult, you can always plan a picnic indoors, or simply take them for a picturesque car ride.

Select the Right Seating

In addition to looking for a spot with even terrain, you'll also want to think about what sort of seating will provide most comfort to your parent. In most cases, a table is preferable to eating on the ground as getting up and down can pose a challenge to seniors with limited mobility. A camping or card table

is easy to transport in and out of doors and hits at a good height for seniors in wheelchairs. We recommend chairs with backs over benches.

Plan the Menu

When cooking food for your picnic, remember that the focus of the day is on spending quality time together—you, your parent, your kids, and other extended family. Choose simple, healthy foods; you don't need to plan a gourmet meal. If your parent has difficulty chewing, take corn off the cob and meat off the bone, but do this in the kitchen rather than out in front of guests, which might embarrass your parent. Chunks of watermelon make a sweet treat to cap the meal. Finally, keep water glasses full as seniors are more vulnerable to heat stroke and exhaustion.

Organize Fun and Games

Soft background music creates a relaxing atmosphere. You might find some of your parent's favorite music online for a personal touch. If you don't have a portable speaker, simply putting your smart phone in a bowl will help amplify its sound. A deck of cards and games of Go Fish or Rummy help pass the time, but sometimes the best fun is unplanned, like simply letting grandparents engage with their grandkids by telling stories or describing the shapes in passing clouds. Don't stress yourself out trying to plan the perfect day. Keeping things simple will allow you to enjoy yourself, too.

This partnership article is provided by:

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


BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard

To learn more contact: BrightStar Care at 608-355-5015 or visit us online at www.brightstarcare.com/baraboo

For Your Benefit . . . Your Elder Benefit Specialists



Mindy Shrader
Serving the western part
of Sauk County

Call 355-3289 or (800) 482-3710

To confirm site visits or to
schedule office appointments

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

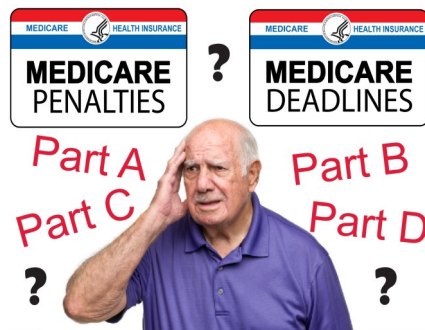
| | | |
|--|------------------------------|--|
| Howard Wynne Apartment | October 4 11:00 to 12:00 | |
| Park Place Senior Apartment Reedsburg | October 4 2:00 to 3:00 | November 1 2:00 to 3:00 |
| Plain Green TTEC | October 5 1:00-3:00 | November 2 All day to assist with open enrollment. Please call to schedule appointment |
| Spring Green Senior Center | October 19 10:30 to 11:30 | November 16 10:30 to 11:30 |
| Spring Green Library | October 19 1:00 to 2:00 | November 16 1:00 to 2:00 |

Pam Fuchs
Serving the eastern part
of Sauk County



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

| | | |
|-------------------------------------|------------------------------|-------------------------------|
| Sauk/Prairie Community Center | October 13 10:00 to 11:30 | November 10 10:00 to 11:30 |
| Merrimac Village Hall | October 19 10:00 - 11:00 | November 16 10:00 - 11:00 |



Open Enrollment Advertising Rules

By the GWAAR Legal Services Team

At this time of year, many seniors receive numerous advertisements for health coverage. This influx of promotions is due to the Annual Open Enrollment Period. Each year, from October 15 through December 7, Medicare beneficiaries can enroll in or disenroll from Medicare Advantage and Part D plans. Accordingly, health care companies

promote their plans during this period. Because of this increased advertising, you should be aware of Medicare's marketing guidelines. These guidelines aim to protect you from fraud and deception. Health care companies can promote their plans through mailings, television commercials, and radio advertisements. Additionally, with your

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invitation, agents can visit you in your home or nursing home. You should familiarize yourself with the marketing rules below, because this information can help you spot red flags and avoid becoming a victim of marketing fraud.

Plans must provide potential enrollees with certain information, including:

- Any network requirements;
- Specifics on the plan's coverage and costs;
- Eligibility requirements;
- Instructions on how to file an appeal or grievance;
- Written notice advising potential enrollees that costs can change year-to-year;
- Instructions and forms on how to enroll;
- Cover letter with the plan's customer service phone number along with the number to contact Medicare;
- Information on how to apply for Extra Help;
- Plan ratings information;
 - Translated marketing materials in any non-English language that is the primary language of at least 5% of the individuals in a plan's benefit package service area, available on their websites and in hard-copy upon request; and
- Upon enrollment, a pharmacy and provider directory.

A plan **cannot**:

- "Cold call" you;
- Send you unsolicited emails;
- Visit you in your home or nursing

home without an invitation;

- Ask for personal or financial information over the phone;
- Provide gifts or prizes worth more than \$15 to encourage enrollment;
- Disregard "do not call again" requests;
- Market their plans at educational events or in health care settings;
- Sell you non-health related products (ex: life insurance or an annuity);
- Indicate that its plan is preferred or endorsed by Medicare; or
- Imply that it works for or on behalf of Medicare.

As a potential enrollee, you should verify all information that you receive from sales representatives. Further, shop around and consider multiple plan options to find a plan that will meet your needs. If you feel that marketing rules have been violated, you should report the violation to 1-800-Medicare.

If you want more information regarding a specific plan's coverage, you should contact the plan's customer service number. For general information on choosing a plan and the Annual Open Enrollment Period, please contact your county's Elder Benefit Specialist.

Resources:

<https://www.cms.gov/Medicare/Health-Plans/ManagedCareMarketing/Downloads/2016-Medicare-Marketing-Guidelines-Updated.pdf>

<https://www.ncoa.org/wp-content/uploads/medicare-advantage-marketing-rules.pdf>

http://www.medicareinteractive.org/page2.php?r&page=script&script_id=1528.



Medicare Prescription Drug Enrollment

October 15 - December 7



Renter's Insurance

By the GWAAR Legal Services Team

If you rent your home, you should consider buying renter's insurance. Although your landlord/property owner will likely have insurance on the building, that does not cover your personal belongings. Similarly, you probably would not be covered if a person was injured in your unit. Renter's insurance protects your personal property from several types of losses – like fire or theft — as well as injuries resulting from negligent acts by you or family members on the premises.

Wisconsin does not require renters to purchase renter's insurance. However, a landlord may require some level of insurance as a condition of renting the unit in the lease. If a person disputes this condition of the lease, he/she should speak to the landlord about the term or may need to seek a rental elsewhere.

The cost of renter's insurance varies, and depends on the type of coverage you would like, the condition of the building, the community, and other factors. With that in mind, renter's insurance is usually quite affordable. Esurance's website claims the average cost of renter's insurance in Wisconsin is \$14 per month.

If you are in the market for renter's insurance or already have a policy, The Wisconsin Office of Commissioner of Insurance has provided

the following items to remember:

Shop around. Companies and agents differ not only in cost but also in claims service and coverage. Don't be afraid to ask questions.

If you don't have an agent, find out from a friend or relative the name of a company or agent have had a good experience with.

Ask about discounts. If you already have an auto policy with one insurer, ask if the insurer will give you a discount on renter's insurance.

Keep a list of all your personal property off premises so that if it is damaged or disappears, you will be able to account for it. Pictures or video of personal property can be beneficial.

Check the theft provisions of your policy. This is a very common loss for apartment dwellers.

Wisconsin laws prohibit insurance companies from refusing, cancelling, or denying insurance coverage to a class of risks solely on the basis of past criminal record, physical, or developmental disability, mental disability, age, race, marital status, sex, sexual preference, "moral" character, location, or occupation.

Report all theft claims to the police department promptly.

Sources: http://oci.wi.gov/pub_list/pi-017.pdf
<https://www.esurance.com/insurance/renters/states/wisconsin>

*Let us be grateful to the people who make us happy;
they are the charming gardeners
who make our souls blossom.*

-- Marcel Proust





Precautions You Can Take If You Think Your Identity's Been Stolen

Many of us learn that our credit card information or Social Security number has been stolen after-the-fact when we get an alert from

our credit card company about suspicious purchases or we go to apply for something and a red flag is raised. Some might have a hunch their information has been compromised before actual proof of theft has occurred.

We recently learned of a woman who gave her credit card information and Social Security number to someone whom she thought was a customer service representative from a television shopping network. At the end of the call, she realized that she had never before been asked for her Social Security number when making purchases, and the whole conversation didn't sit well with her. She immediately called family members who were able to help her take precautionary steps to avoid further vulnerability to her financial accounts and personal information.

If something like this happens to you, there are steps you can take. Here are some things you can do if you suspect personal information has been stolen but do not yet have concrete proof of a theft:

Contact Your Financial Institutions. Call each credit card company and bank where you do financial business to report a suspected theft. Each company will have a different method of monitoring suspicious activity. You should keep a record of the institutions you called, the time/date, and the name of the person you spoke with.

Place a Fraud Alert. The next level of protection is to call one of the three credit reporting companies (Equifax, Experian, or

Trans Union) and ask for a fraud alert to be placed. Whichever company you call is required to notify the other two companies, but you should confirm when you call that they will follow up with the other two companies. A "fraud alert" means if anyone tries to open an account using your information, the business must contact you to verify your identity first. Placing a fraud alert is free and stays on your credit report for 90 days. After 90 days, you can renew the alert if you want.

Monitor Your Financial Accounts. If you weren't already in the habit of checking your financial accounts, you should be now. Whether you check online or by phone, now is the time to make sure nothing unusual appears on your accounts. This includes checking your credit report regularly. Everyone can get one free copy per year of their credit report at www.annualcreditreport.com.

Contact the IRS. Scammers use your Social Security number to file taxes in order to receive your tax refund. Other times scammers use your Social Security number to apply for jobs, and then report their income under your name. This can cause problems when you file your taxes because it will appear as if you haven't reported all income.

File an Online Complaint with the Internet Crime Complaint Center (IC3). Rather than report suspected identity theft to a local law enforcement agency, the Social Security Administration (SSA) recommends you file a complaint with IC3 at www.ic3.gov. IC3 will investigate your complaint and then send it to the law enforcement or regulatory agency that has the power to follow through with your claim. Print a copy of your complaint so you

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have a record of filing a complaint.

Other Suggestions

If you help people navigate these issues, it's important they do not feel guilty about giving away their information and they feel comfortable telling you about suspicious activity in the future. Often, older people are embarrassed they have been taken advantage of or feel like it's a sign they're "slipping," which may call into question their ability to care for themselves and threaten their independence. Reassure them that scammers are very skilled at what they do, and millions of people (of all ages!) get taken advantage of every year. Also, often times scammers work together, so a person who suspects identity theft should be on the lookout for other suspicious phone calls and letters in the future.



- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Joyce Gasser for her donation to the publishing of the *AddLIFE Today!* and to the Caregiver program.
- We would like to thank Jerry and Pat Bullard for their donation to the Home Delivered Meal program.
- Thank you to Wayne Gilmore for the donation of paper to the ADRC office.
- Thank you to the following Reedsburg businesses for their donations to the Reedsburg Dining Center.: Pizza Hut, Kentucky Fried Chicken, Stars Cinema, McDonald's and Culvers.

Saturday, October 22, 2016

Sauk Prairie Hospital
260 26th Street, Prairie du Sac,

FREE MEDICATION TAKE BACK DAY

9:00 am-12:00 Noon
Hospital Front Entrance



Have your unneeded or expired medicines disposed of safely.

Combine any unneeded vitamins, herbals, prescription or over-the-counter medications into a zip-lock baggie and drive thru to drop them off for safe disposal. Please keep liquids in their original container.

It's that easy!

Sharps containers will be available upon request for used needles/lancets.

sauk prairie
HEALTHCARE foundation



Sauk County Home Care has been providing services since 1967. They are dedicated to helping people remain as independent as possible in their own homes. As a small local organization, they deliver consistent caregivers week in and week out so that patients and their families feel comfortable, safe and secure at home.

- Sauk County Home Care is Medicare and Wisconsin State certified to provide services to all residents of Sauk County, regardless of age, race, religion, and ability to pay.
- Sauk County Home Care has numerous contracts with various insurance/HMO organizations.
- Billing is a provided service.
- A fee schedule may be arranged based on need or care.
- A registered nurse is available by telephone 24 hours a day, seven days a week.

Whether recovering from an illness or returning home from a hospital or nursing home stay, care can be provided in the familiar comforts of home.

For more information about how Sauk County Home Care could help you or someone you care for, or to make a referral for home care services, please call 608-524-7513 and ask to speak to the Home Care Intake Nurse



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 - October 4 & 18

Tuesdays - November 1 & 15

Wednesday - October 19

LaValle - Fire Department

Wednesday - November 23

Plain - Plain Green TECC

Wednesday - October 26

Reedsburg - Maple Ridge

Tuesday-November 8

Thursday- October 20 & November 17

Reedsburg - Willow Heights

Wednesday - October 12

Reedsburg Area Senior Life Center

Wednesday - November 9

Sauk Prairie - St John's Church

Thursdays - October 6 & 13

Thursdays - November 3 & 10

Spring Green - Christ Lutheran Church

Tuesday - November 22

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



Holly Schafer

Disability Benefit Specialist

Quinn Hause



PREPARATION STARTS WITH INFORMATION

By: Bob Trotter
Social Security Public Affairs Specialist,

Your parents were there for you when you were born. They've been with you through the most important achievements of your life. Now it's your turn to show them that they can count on you. As your parents get older, they may need help making decisions. When you volunteer to become a representative payee, you're supporting your parents and their future.

A representative payee is someone who receives Social Security or Supplemental Security Income (SSI) payments on behalf of a person not capable of managing the funds on his or her own. As a representative payee, you would make sure your parents' basic needs are met by using the money to provide them with food, clothing, and shelter. Any leftover money goes into an interest-bearing account or savings bond for your parents' future needs. You're responsible for keeping records of expenses, and we request yearly reports to see how you've used or saved the benefits.

Other representative payee duties include knowing your parents' needs so you can decide the best way to meet those needs with the benefits provided and telling us about any

changes that may affect your parent's eligibility for benefits or the payment amount.

If your parents receive Social Security or SSI benefits and are unable to manage their finances, or you think that may be the case in the future, take the time to become familiar with the responsibilities of a representative payee and consider becoming one.

To learn more about becoming a representative payee, you can read our publication, *A Guide for Representative Payees*, at www.socialsecurity.gov/pubs and visit the webpage, "When People Need Help Managing Their Money," at www.socialsecurity.gov/payee. Or, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to request an appointment.

Take the steps to ensure your parents have a safe and comfortable future. After all they've done for you over your lifetime, volunteering as a representative payee is just one way to show how much you care for and appreciate them. Social Security will always be there for you and your parents through life's journey.



Social Security Questions & Answers

Question:

How much will I receive if I qualify for Supplemental Security Income (SSI) benefits?

Answer:

The amount of your SSI benefit depends on where you live and how much income you have. The maximum SSI payment varies nationwide. The maximum Federal SSI payment for an eligible individual is \$733 a month and \$1,100 a month for an eligible couple. However, many states add money to the basic payment. For more information, go to www.socialsecurity.gov/ssi.

Question:

I usually get my benefit payment on the third of the month. But what if the third falls on a Saturday, Sunday, or holiday? Will my payment be late?

Answer:

Just the opposite. Your payment should arrive early. For example, if you usually get your payment on the third of a month, but it falls on a Saturday, we will make payments on the Friday prior to the due date. Find more information about the payment schedule for 2016 at www.socialsecurity.gov/pubs/calendar.htm. Any time you don't receive a payment, be sure to wait three days before calling to report it missing. To ensure that your benefits are going to the right place, create a *my Social Security* account. There, you can verify and update payment information without visiting your local office. Please visit www.socialsecurity.gov/myaccount to create your account.

Question:

How can I get proof of my benefits to apply for a loan?

Answer:

If you need proof you get Social Security benefits, Supplemental Security Income (SSI) and/or Medicare, you can request a benefit verification letter online through your personal *my Social Security* account at www.socialsecurity.gov/myaccount. This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You even can select the information you want included in your online benefit verification letter.



Halloween Jokes to share with the grandkids!

Q. What do spiders eat in Paris?

A. French flies!

Jake: Why couldn't the ghost see its mom and dad?

Philip: I don't know.

Jake: Because they were trans-parents!

Brandon: Which ghost is the best dancer?

Nolan: I don't know.

Brandon: The Boogie Man!

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



Rachel
Heinzman



Julie
Mayer



Megan
Fecht



Hannah
Halverson



Jim
Pritzkow

To Serve You Better!

Aging & Disability Specialists Satellite Offices and Extended Hours

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 October 6 & 20 November 3 & 17. 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.

What can an Information & Assistance Specialist do for me?



Information and Assistance Specialists are available by phone and appointment in our office or your home. We listen to you and your unique situation, focusing on identifying needs, preferences and support, both personal and financial. Staff will explore and link you to programs and potential funding sources so you can make decisions that are right for you.

The following is a brief overview of the services provided at **no charge** by staff at the ADRC. These include:

- **Options Counseling:** This is a person-centered, decision support service that empowers older adults, adults with disabilities and their families/caregivers to make informed decisions about current



(Continued on page 27)

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or future long- term care choices. ADRC Information and Assistance Specialists provide reliable information about the choices you have when making decisions about where to live, what kind of help you need, where to receive that care and help and how to pay for it. We offer one-on-one consultation in your home or in one of our local offices to help you think through the pros and cons of the various options in light of your situation, values, resources and preferences.

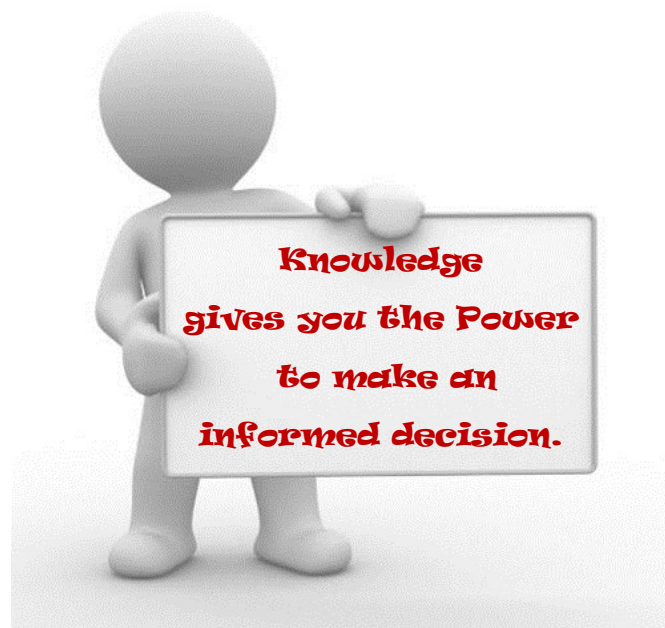
- **Long Term Care Program Eligibility:** The ADRC is the entry point for accessing publicly funded long term care programs. These programs are designed to assist individuals to remain in their homes, retain independence and delay nursing home placement.

ADRC will provide enrollment counseling for eligible individuals wanting to enroll into a long term care program.

Eligibility for long term care programs is determined by:

- ◊ Age 18 or older
 - ◊ Frail elder (age 65+), developmentally / intellectually disabled, or physically disabled
 - ◊ Functionally qualify based on the Long Term Care Functional Screen
 - ◊ Financially qualify for Medicaid
- **Power of Attorney for Health Care Document:** Staff can assist with creating a Power of Attorney for Health Care document. This is an important document for adults 18 year of age and older to have in place. The document allows you to name two people to make medical decisions in the event you are no longer able to make your own health care decisions.

- **Medicare Savings Plans:** Staff can assist with applying for this benefit program which could pay for your Medicare Part B premium if you meet the income and asset limits.
- **Prescription Drug Coverage:** Staff can discuss prescription drug coverage options which may be available to you. These programs include Medicare Part D, Low Income Subsidy programs, and the state coverage option – Senior Care.
- **Memory Screens:** Staff can administer evidenced based memory screens which assist in detecting memory loss. Early detection of memory loss is important in order to connect people to treatment and resources.
- **Medicaid Applications:** Staff are knowledgeable about the Medicaid application process and benefits of the program. We are available to meet to assist with completing the necessary paperwork and guide you on obtaining the necessary verifications. Staff can assist with navigating the Medicaid determination process.





Caregiver Connection and Prevention Pointers



*Marina Wittman
Aging Program Specialist*

GRAND Love

When we think of caregivers, many of us probably think of a spouse caring for their spouse or a child caring for their parent. As our world continues to spin and change, some roles tend to change – even go in reverse! This is especially true for grandparents who are caring for their grandchildren. When parents are absent or unable to raise their children, grandparents are often the ones who step in and raise their grandchildren.



Raising a second generation brings many rewards, like giving your grandchildren a sense of security and making a real difference in your grandchild's life, but it also brings some challenges. No matter how much you love your grandchild, taking them into your home requires many major adjustments, such as finding the right support systems. The following are some helpful tips that could be useful in your day-to-day experiences with your grandchild.

Acknowledge Your Feelings

The simple prospect of raising your grandchild is bound to trigger a variety of emotions – good and bad – and that's normal. The love you feel for your grandchild and the joy of seeing them grow are positive emotions that you may feel. Negative emotions, such as guilt, resentment, or fear are difficult to admit, but feeling and admitting these emotions doesn't minimize the love you have for your grandchild. If you start to feel overwhelmed, remember that you may not have the energy you did when you were younger, but you do have the wisdom that comes with experience. You are at an advantage – you've done this before and learned from your mistakes! Don't ever underestimate what you have to offer.

Create a Stable Environment

Children thrive in stable and predictable environments. While it may take your grandchild some time to adjust, there are steps you can take to make the transition easier. Routines make the world feel safe so establish a routine for mealtimes and bedtimes. Also, encourage your grandchild's input in their new home. Let them decorate their room – they will feel more control of themselves and their environment. Set clear, age-appropriate rules that are enforced consistently.

Encourage Open Communication

It is essential to truly listen to your grandchild and to encourage honest and open

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communication. In difficult times, they need an adult that they can go for questions, concerns, and feelings. Plan regular times to sit down and talk with your grandchild (without the distraction of TV and electronics). Also, encourage the child to talk about their feelings — good and bad — and to listen without judging or dismissing their feelings. Remember: it's okay to say "I don't know" — you don't have to have an answer for everything.

There is no shame in asking for help. Finding a local support group, religious community, or good friends can make a tremendous impact on your family. If you are a grandparent raising your grandchild and are looking for a place to talk, the ADRC will be starting a Grandparents Raising Grandchildren support group in Sauk City this Fall. If you would like details and more information, please call Marina at the ADRC (608)355-3289.



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, October 13

&

Thursday, November 10



Let's Talk About Medicines is a free one-hour educational program developed by Wisconsin Health Literacy to help participants gain a better understanding of how to safely and effectively handle medication, which can lead to better health. Program topics include: understanding parts of a prescription medicine label, how to read and interpret special instructions on the label, types of containers and labels for solid and liquid medicines, information about dosage and over-the-counter medicines, and much more!

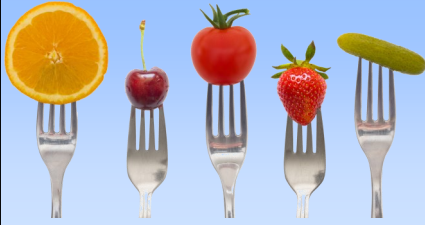
Each participant is provided with a free pillbox and workbook to take home, plus the chance

to enter into a cash prize drawing at the end of the program. This project is supported by Security Health Plan.

This FREE one-hour program will be held at the Willow Heights dining room in Reedsburg on October 10th from 12:00 until 1:00.

Registration is required. To register, call Marina at the ADRC (608)355-3289. If you wish to eat at the dining center beforehand, please call Janine 24 hours in advance at (608) 963-3438.





Nutrition News

Jennifer Kamrowski - Nutrition Coordinator

Meet Jennifer



Hello!

My name is Jennifer Kamrowski and I am the new Nutrition Specialist for the ADRC of Sauk County.

My husband and I, along with two of our sons, relocated to the Sauk County area from Onalaska, WI a year and a half ago. Prior to my employment with the ADRC in August 2015, I supervised a group home for the developmentally disabled. When I started with the Sauk County ADRC I held a position in the transportation department. From there I moved on to the Sauk Prairie Senior Dining Center where I managed the Home Delivered Meals program and am always striving to serve my congregate diners with a positive attitude and a smile on my face.

I am very happy to have taken the position of Sauk County Nutrition Specialist. In addition to having learned a great deal about the nutrition program here, I have met many wonderful people and have fallen completely in love with this area of the state and all it has to offer. It is my mission to do all I can to assist the county in continuing to provide only the best services to the people of Sauk County.

I look forward to working with and meeting many great people and gaining valuable knowledge that will ensure I do my job well and with a positive attitude.

"When I make my clients smile, that's real success!"

Sincerely,

Jennifer Kamrowski

*One cannot think well, love well, sleep well,
if one has not dined well*

— Virginia Woolf



How long is it good for?!?

By: Food Safety Scraps

The age-old question:

Is this still good?

I don't know—smell it!

The appearance or odor of a food does not indicate its safety. In fact, most foodborne illness is undetectable by smelling. And not every food item has the same shelf life. Frozen food kept in a freezer that is zero degrees F or less is safe indefinitely—the quality will suffer, but it's safe. That same food item in the fridge is an entirely different matter. Freezing does not kill bacteria—it only stops its growth. And bacteria still grow under refrigeration, just at a much slower rate, which is why most foods have a definite life span in the fridge.

Also, what you do to a food will change how long its good for. For example, whole, intact shell eggs are good for 3-5 weeks, but once you cook them they should be consumed within 7 days, if they are stored in a refrigerator at 41° F or less.

An unopened package of hot dogs is good for two weeks, but you should eat them within 7 days if they are opened. Raw ground meat should be cooked or frozen within 1-2 days, but once cooked that meat is good for 7 days under proper refrigeration. Raw steaks are

okay for 3 to 5 days, but hard sausages like salami and pepperoni are good under refrigeration for 2-3 weeks.

Always refrigerate perishable food within 2 hours and closely monitor the temperature of your refrigerator and freezer. If they are too warm, these rule



Did you know??

Refrigerators at home should be 41° F or less too. And freezers should be zero degrees or less.

When shopping, select your perishable and refrigerated items after collecting your shelf-stable foods

For more information on proper food storage, visit www.fsis.usda.gov



From Our House to Yours!

Broccoli Cheddar Soup for Two

Ingredients

- 2 T unsalted butter
- 2 1/2 Cups frozen broccoli florets
- 3/4 Cup shredded carrots
- 3 Cups freshly grated extra sharp cheddar cheese
- 1 Small Onion, diced (about 1/2 Cup)
- 2 T all-purpose flour
- 1 garlic clove, minced
- 3 Cups freshly grated extra sharp cheddar cheese
- 2 Cups chicken broth
- 1 t salt, more to taste
- 1/4 Cup heavy cream
- 1/2 t black pepper, more to taste

Directions

- In a large pot, over medium-high heat, melt the butter
- Add the shredded carrots, onion, and garlic; cooking until the onion is slightly tender and translucent.
- Turn the heat down to medium-low. Add the chicken broth and heavy cream. Stir to combine, and simmer for 5 minutes
- Add the broccoli florets and cheddar cheese. Stir until all the cheese has melted.
- Sprinkle the flour on top and mix to combine.
- Add the salt and pepper, and simmer for 10 minutes or until the soup has thickened.
- Serve in a bread bowl or with some toasted bread.

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

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.

OCTOBER 2016

| | | | | | | | | | |
|----|--|--|---|----|---|----|--|----|--|
| 3 | Baked Chicken Breast Alfredo Sauce Buttered Bowties Glazed Carrots Roll Brownie | 4 | Meatloaf Baked Potato Brussel Sprouts Roll Iced Pound Cake | 5 | Cranberry Glazed Pork Calico Rice Green Bean Casserole Bread Honeyed Pears | 6 | Beef Stew Green Peas Biscuit Peach Pie | 7 | Oven Fried Fish Sweet Potatoes Seasoned Broccoli Roll Assorted Cookies |
| 10 | Goulash Spinach Roll Assorted Pies | 11 | Marinated Pork Roast Baked Beans Baby Carrots Banana Cake | 12 | Breaded Chicken on Bun Squash Casserole Rice Pudding Buttered Corn | 13 | Fried Fish Cheesy Broccoli Rice Cornbread Fruit Mix | 14 | Herbed Pork Cubes New Potatoes Herbed Green Beans Roll Frosted Angel Food Cake |
| 17 | Chili Carrots and Celery Sticks Cornbread Dutch Apple Pie | 18 | Oven Fried Chicken Mashed Potatoes Gravy Green Bean Casserole Biscuit Cherry Crisp | 19 | Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Assorted Cookies | 20 | Pork Roast w/ Sauer- kraut Au Gratin Potatoes Broccoli Bread | 21 | Parmesan Fish Herbed Rice Pacific Blend Vegetables Bread Fresh Apple Slices |
| 24 | Meatball Stroganoff Buttered Noodles Fresh Baked Squash Lemon Whip | 25 | Dining Center Manager Training No Dining Centers or HDMs | 26 | Lasagna Italian Vegetables Garlic Bread Cheesecake | 27 | Lemon Pepper Chicken Bread Stuffing Winter Mix Vegetables Raspberry Parfait Square Chicken Gravy | 28 | Beef Stew Biscuit Garlic Green Beans Mint Truffle Brownie |
| 31 | Marinated Chicken Breast Buttered Pasta Dill Carrots Roll | <div></div> <div>To Cancel a Meal, call: Baraboo— 963-3436 Sauk Prairie— 963-3437 Reedsburg— 963-3438 Spring Green— 588-7800 Frozen & La Valle— 355-3289 Note: Meals are subject to change on occasion. Dining Site meals include coffee & milk. Home Delivered Meals include milk.</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.

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Answers to Magic Squares

The sum is 34.

| | | | |
|----|----|----|----|
| 13 | 8 | 12 | 1 |
| 2 | 11 | 7 | 14 |
| 3 | 10 | 6 | 15 |
| 16 | 5 | 9 | 4 |

The sum is 102.

| | | | |
|----|----|----|----|
| 48 | 9 | 6 | 39 |
| 15 | 30 | 33 | 24 |
| 27 | 18 | 21 | 36 |
| 12 | 45 | 42 | 3 |

The sum is 136.

| | | | |
|----|----|----|----|
| 52 | 32 | 48 | 4 |
| 8 | 44 | 28 | 56 |
| 12 | 40 | 24 | 60 |
| 64 | 20 | 36 | 16 |

The sum is 102.

| | | | |
|----|----|----|----|
| 3 | 42 | 45 | 12 |
| 36 | 21 | 18 | 27 |
| 24 | 33 | 30 | 15 |
| 39 | 6 | 9 | 48 |

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





*Not what we say about
our blessings
but how we use them,
is the true measure of our
Thanksgiving.*

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BARABOO, WI
PERMIT NO. 65

Aging & Disability Resource Center
505 Broadway
Baraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED

X

This Brainteaser is provided to you by:

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



Magic Squares

Fill in grids so that each column, row and diagonal add up to the given sum.
Answers on Page 36.

The sum is 34

| | | | |
|---|----|---|----|
| | | | 1 |
| | 11 | | 14 |
| 3 | 10 | | |
| | 5 | 9 | 4 |

The sum is 102

| | | | |
|----|----|----|----|
| 48 | | | |
| | 30 | 33 | 24 |
| | | | 36 |
| | 45 | 42 | 3 |

The sum is 136

| | | | |
|---|----|----|----|
| | | 48 | 4 |
| 8 | | | 56 |
| | 40 | | |
| | 20 | 36 | 16 |

The sum is 102

| | | | |
|----|----|----|----|
| | 42 | | |
| 36 | 21 | 18 | |
| 24 | 33 | | |
| 39 | | | 48 |