

A Quarterly Newsmagazine for Adults with Disabilities, Older Adults, Veterans, and Their Families

Contact: ADRC at 355-3289 or 800-482-3710 — Veterans Service Office at 355-3260

Spring adds new life  
and new beauty to  
all this is

Add *Life* Today!  
Laughter  
Independence  
Friends &  
Energy

Spring 2018  
Vol 10/ Issue 1



## A New Nutrition Option: My Meal, My Way Is Now Open!!

The traditional dining sites in Sauk County serve a delicious lunch for many in our communities, now there is an additional option for seniors. The My Meal, My Way nutrition program started on February 15th and the ADRC is excited to invite you to join us.

We are partnering with the Schnitzelbank Restaurant at 1170 Main St, Plain, Wisconsin and will be offering a breakfast meal every Thursday and Friday between the hours of 9:00am — 11:00am.

This creative pilot program provides a new option for seniors to dine in a comfortable setting at a local restaurant with the people they choose. Eligible diners are welcome to eat on a donation basis.

**Who is Eligible?** If you are 60 years of age or older you may choose to select your meal from the My Meal, My Way menu. You may also eat from the My Meal, My Way menu if you are eating with either your spouse who is an eligible diner, or a disabled child eating with

a parent who is an eligible diner.

There will be several menu options to choose from. Like the meals at the dining centers, all My Meal, My Way meals have been nutritionally analyzed and approved to meet the Federal Senior Meal requirements, because of this no substitutions may be made. Carry out My Meal, My Way meals are not allowed.

The suggested donation is \$4.00 and may be confidentially placed into the donation box when you receive your menu.

First time diners will be asked to fill out the senior diner form. Your information will be stored confidentially, and will only be requested the first time you join us for your meal.

We hope to see you at the Schnitzelbank for a My Meal, My Way breakfast soon! We are currently open but watch the local newspaper for information as to when we have the “official” Ribbon Cutting!!



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## ADRC Office Hours:

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

**Tuesday 8:00 a.m. - 6:00 p.m.**



*Springtime  
is the land awakening.*

*The March winds  
are the morning yawn.*

- Lewis Grizzard



## FROM THE DIRECTOR'S DESK

*Susan Blodgett*

*Aging & Disability Resource Center Director*



# *I heard you, but tell me more!*

I would like to begin my column by thanking each and everyone of you who shared your thought in the Aging Plan Survey and sent them back to me. Your responses will be used to help us plan for the goals we want to accomplish in the next three years.

Our Aging Plan team read and analyzed your comments to see what was on your minds. Though you shared many thoughts and ideas, we are focusing on the three uppermost concerns you shared with us. The concerns that seemed to be on many of your minds were regarding economic issues, such as living on a fixed income, funding for senior benefits and services being cut and the lack of affordable housing and services.

Another issue which was frequently commented on was transportation struggles or the lack of transportation in the rural areas of Sauk County.

And finally, many of you commented on the difficulty you, or others who you know, experience due to feeling and being isolated.

This list of concerns is a great place to start in evaluating the goals we set in our Aging Plan. You have helped us identify the issues and concerns that you have, now we need to try and find a way to make things better. Again, we are asking your help! We need to hear from you as to what ideas you have taken to help lessen these issues and concerns for

people in Sauk County.

I would love to hear from you. Tell me what you think needs to be done. We can start by you inviting me to your next coffee clutch, church group meeting, book club, service organization meeting, etc. and telling me what the ADRC should do to help make living in Sauk County better!

Not part of any organized group? Give me a call at 355-3289. If I'm not able to answer the phone, leave me a message! You can also email me at: [susan.blodgett@saukcountywi.gov](mailto:susan.blodgett@saukcountywi.gov) and tell me your ideas. Together, we are hoping to take a step forward in solving these issues for you and your neighbors in Sauk County

*~ Susan Blodgett*







ENGAGE AT EVERY AGE: MAY 2018

Every May we observe of Older American's Month. The theme for 2018 is Engage at Every Age, which emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and *Engage at Every Age!*

We all have heard taking care of yourself through exercise, healthy food choices and not smoking help you age well. But staying engaged with your family and your community help you age well too!

Too often as people get older they begin

spending more and more time home alone. Isolation can lead to depression, which is not good for your health.

Research has shown that those who maintain an active lifestyle are less likely to develop certain disease and have a longer lifespan. They are happier and suffer less depression. Staying engaged also improves their thinking ability. Studies have shown that in a group of older adults who took an intensive 4 week acting course had noticeable improvement in memory, comprehension, creativity and problem-solving abilities.

So during Older American's Month, we are challenging you to get out and be active! Go to community events, play cards or other games with friends, try a new restaurant, take up a new hobby, volunteer to help in your community, go exploring in one of the county parks, reconnect with old friends. The list is endless in how you can *Engage at Every Age!*

During May, the ADRC, in junction with the Sauk County Parks and Recreation Department, will again provide certificates allowing senior citizens into the Sauk County parks and boat landings for free on Wednesdays during the month of May. This certificate not only allows the holder free access into the parks and boat landings, but also anyone riding with them in their vehicle. There is no limit on the number of times you can use your certificate during May. So get out and enjoy one or all of Sauk County's nine (9) parks and boat landings. To get a certificate stop in or call the ADRC at 608-355-3289 to have one mailed to you.







# Cop's Corner

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

## Tax Fraud and Identity Theft

I know we discussed this last year at this time, but it is so important, I would like to readdress the issues of Tax fraud and ID thefts, especially with the changes to the tax code.

It seems that this time of year, the local police get a lot of calls about tax scams and theft of identity complaints. A little information can go a long way to protecting yourself. Do not become a victim because a person is using the change to the tax code against you!

**Beware  
of a wolf  
in sheep's  
clothing...**



The most common tax scam we hear of is a phone call made by a robot dialer who tells the caller that the IRS is launching an investigation and if they want to avoid being arrested, they need to call and wire money or provide access to a bank account.

The first problem with the scam is that the IRS will not call you. If you are being audited, you would be contacted by an IRS agent in person who will present proper credentials. Any call made via the phone should be suspect to you and you need to follow up before sending money or allowing anyone access to your bank accounts. If you pay, it is extremely difficult for local law enforcement to track the bad guys and the chances of getting your money back are almost none. Never divulge information over the phone to anyone you do not know,

even if you believe it is an official.

With changes to the tax code, it may be a little confusing and you may have questions. Seek information from the sources you trust that are the Government sites of the IRS!

The second type of issue we see this time of year is identity theft through tax return fraud. This is where your identity is stolen to file a tax return for fraudulent return monies. The following is from the IRS web site and has some helpful hints:

### Know the warning signs

Be alert to possible tax-related identity theft if you are contacted by the IRS or your tax professional/provider about:

- More than one tax return was filed using your SSN.
- You owe additional tax, refund offset or have had collection actions taken against you for a year you did not file a tax return.
- IRS records indicate you received wages or other income from an employer for whom you did not work.

### Steps to take if you become a victim

If you are a victim of identity theft, the Federal Trade Commission recommends these steps:

- File a complaint with the FTC at [identitytheft.gov](http://identitytheft.gov).
- Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
  - Equifax, [www.Equifax.com](http://www.Equifax.com), 1-800-766-0008

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- ◇ Experian, [www.Experian.com](http://www.Experian.com), 1-888-397-3742
- ◇ TransUnion, [www.TransUnion.com](http://www.TransUnion.com), 1-800-680-7289

- Contact your financial institutions, and close any financial or credit accounts opened without your permission or tampered with by identity thieves.

If your SSN is compromised and you know or suspect you are a victim of tax-related identity theft, the IRS recommends these additional steps:

- Respond immediately to any IRS notice; call the number provided or, if instructed, go to [IDVerify.irs.gov](http://IDVerify.irs.gov).
- Complete IRS [Form 14039](#), Identity Theft Affidavit, if your efiled return rejects because of a duplicate filing under your SSN or you are instructed to do so. Use a fillable form at [IRS.gov](http://IRS.gov), print, then attach the form to your return and mail according to instructions.
- Continue to pay your taxes and file your tax return, even if you must do so by paper.

If you previously contacted the IRS and did not have a resolution, contact us for specialized assistance at 1-800-908-4490. We have teams available to assist.

A little prevention may save a lot of pain in the very near future. Protect your identity and yourself. The IRS has advised that due to the number of ID thefts in recent years, that returns may be delayed.

Mark Schauf  
Baraboo Police

## AARP DRIVER SAFETY CLASS

with Instructor, Gary Zarcone  
St Clare Hospital, Ringling Rooms  
Thursday, May 3, 2018



**Registration at 12 Noon**

Class: 12:30pm – 4:30pm

\$15 AARP Member

\$20 Non Member

### What Will I Learn by Taking the Course?

You will learn about current rules of the road, how to operate your vehicle more safely in today's challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. You will also learn about:

- Reducing traffic violations, crashes, and chances for injuries.
- Maintaining proper following distance at all times.
- The safest way to change lanes and make turns at intersections.
- Minimizing the effect of dangerous blind spots.
- Properly using safety belts, air bags, and anti-lock brakes.
- Maintaining physical flexibility.
- Continuing to monitor your own and others' driving skills and capabilities.

After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others

- Though geared for drivers age 50 and older, the course is open to people of any age.
- AARP membership is not required
- Contact your auto insurance company you may receive a reduction in your premium.

**THERE IS NO FINAL TEST TO PASS.**

**PLEASE REGISTER WITH  
GOLDENCARE  
608-356-1407**





# 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!



Bill



Gary

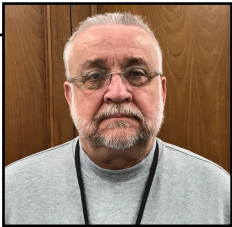


Tom



Dave

## Welcome our new bus drivers



Hi - My name is Jeff Hanke and I'm fairly new to the ADRC. I started my van driver position early in November. I really like to drive. I really like to interact with senior citizens. So it's a perfect fit with ADRC! I have driven vans and buses for senior living complexes in Iowa and Missouri. I also have driven school buses, rescue squads and fire trucks. I make it a priority to give passengers a safe and as comfortable as possible of a ride as I can. (Wisconsin roads don't help with the later) I look forward to meeting everyone that uses the ADRC transportation program.

Hello - My name is Niklaus (Nik) Imobersteg. I am the newest member of the ADRC driver crew. I am excited and honored to have the opportunity to use my chauffeur, community caretaker, and military experience to help the ADRC provide services to our citizens.



I was born and raised in Switzerland. During a curiosity visit to Wisconsin 35 years ago, I met a wonderful lady to whom I'm still married to today. We live in Prairie du Sac and enjoy the recreational opportunities the waters and parks Sauk County has to offer.



## ADRC TRANSPORTATION SERVICES

With the coming of 2018, the ADRC Transportation Services are seeing new and exciting changes. We have read your survey comments and hope the changes we are making will meet your needs and desires. We are enhancing the Shopping and Fun Day Bus trips, and starting in May, we will be adding a

special events bus which will travel based on scheduled events.

**VOLUNTEER DRIVER ESCORT**  
**(608)355-3278 or (800)830-3533**

The Volunteer Driver Escort program

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(Continued from page 7)

provides those with transportation needs to medical and dental appointment's, pharmacy trips, shopping and any other trip that contributes to meet the needs of our citizens. Our volunteer drivers will pick you up at your home, transporting you to your destination and bring you back home. Destinations include locations outside of the Sauk County area.

The cost of the service is still the low cost of \$.35 per mile and is calculated as a round trip

from and back to the driver's home. **We are pleased to announce we now have a new handicap accessible van for those who require this need. Call us for the cost per trip for this service.**

### **TAXI SUBSIDY PROGRAM** **(608)355-3289**

The taxi program provides one half price punch card per month for rides through your local taxi service in Baraboo, West Baraboo,

(Continued on page 9)



#### **FUN DAY TRAVEL RESERVATIONS !!!**

- To allow everyone a fair opportunity to travel on the Fun-day Travels, we will open reservations up **3 WEEKS PRIOR TO DAY OF TRIP**
- Please call the Reservation line at 608/355-4888.
- You can reserve a spot for yourself and 1 OTHER PERSON.
- We will notify you 24 hours prior to departure regarding pick up times and location

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!**

<b>To Register Call Fun Day Travels at 355-4888</b>	
<b>March</b>	
6	West Towne Mall
13	Olbrich Gardens Spring Garden Show
20	East Towne Mall and Surrounding Stores
27	Badger Ordinance Museum And Fawn Creek Winery
<b>April</b>	
3	WI Capital Building Tour
10	EAA Aviation Adventure Museum (\$8.50 Admission)
17	Sun Prairie Cinema
24	NBC 15 TV Station and Camp Randall Tours
<b>May</b>	
1	Johnson Creek Outlet Mall
8	International Crane Foundation / Cindy's Café / WI Dells Antique Mall
15	Necedah Wildlife Refuge (Bring Binoculars)
22	Henry Vilas Zoo
29	Fort McCoy and Camp Douglas Museums
<b>June</b>	
5	Swiss Colony and New Glarus Brewery Tours
12	Milton House Tour - Milton, WI



*(Continued from page 8)*

Reedsburg and Sauk Prairie. Participants must be at least 60 years of age, or have an impairment or disability which affects their ability to operate a motor vehicle.

Punch cards are available in the ADRC office during regular business hours, or you can simply call the ADRC at (608) 355-3289 and we will send you an application. Once completed, mail the application with a check or money order to the ADRC Transportation Office and we will send you a taxi punch card.

### **SPECIALIZED SHOPPING BUS**

We are making bold changes to the Specialized Shopping Bus. We have two new bus drivers and a new list of destinations. We are adding a rotation of destinations to shop. Starting in April, we will be adding the West and East sides of Madison to the routes, removing these destinations from the Fun Day Trips. Buses will go to a centralized location and will take passengers to desired shopping locations. The shopping bus will remain on Friday's rotating each week to Baraboo Walmart, East Towne Mall, Lake Delton Walmart, and West Towne Mall. The driver will transport passengers to other stores from these locations, based on the passenger needs and the distance to the locations. We hope to excite and encourage other areas in Sauk County so we can expand participation and services to a greater numbers of citizens.

Round Trip bus fare remains at just \$3.00 per person. We ask able bodied passengers meet at pre-arranged locations, however, the bus can pick up persons with special needs at their homes.

**To ride call the ADRC Transportation Reservation Line (608) 355-4888 at least 48 hours in advance to reserve your seating as space is limited.**

### **FUN DAY TRAVELS**

These day trips are designed to promote an independent lifestyle for persons over the age of 60, or who have an impairment or disability. When you look at the schedule you will find affordable destinations that are fun filled and provide a lively social environment during the ride as well as the destination.

**Round Trip fare is only \$5.00 and is payable to the driver when entering the bus.** Passengers are responsible for bringing or purchasing their own lunch and to pay any admission fees if they apply. Pickup locations are determined on the passenger reservation list. Care takers ride free.

**For reservations call (608) 355-4888**

**(NOTE: To allow everyone a fair opportunity to travel, we will not accept reservations until three weeks prior of the trip.)**

### **SPECIAL EVENTS BUS** **TRANSPORTATION RESERVATIONS** **(608) 355-4888**

The Special Events Bus will start in May of this year. The bus will not have a set day of travel as it will travel on the dates and times of events. We look forward to trips such as matinees at the Palace Theater, Madison Mallards games, Concert on the Square and much more. As we are still setting up trips we are unable to post them in the newsletter. You can learn of the trips by riding the Fun and Shopping Bus or calling the Transportation Reservation line which will list up coming trips, dates and costs. The trip will remain at \$5.00 but entry fees, meals, etc.. will be the responsibility of the passengers.

**For reservations call (608) 355-4888**

**(NOTE: Reservations will be accepted (3) three weeks prior to the event. )**

# Vaccination Rates Still Too Low in Adults, Says CDC

Among the many treatments for diseases, vaccines are the safest and most cost-effective form of preventive medicine in the United States. Despite a rise in vaccination rates between 1993 and 2013, low rates of routinely recommended immunizations remains among adults 50 years and older. In 2015, there were 14.1 million cases of vaccine-preventable diseases attributable to unvaccinated adults. The CDC states that this data highlights the need for continuing efforts to increase adult vaccination coverage to reduce the consequences of vaccine-preventable diseases among adults.

The Sauk County Health Department and the Baraboo Area Senior Citizen Organization are offering an educational presentation on adult vaccinations to inform and encourage those adults to be vaccinated. Dr. Jon Temte will give the presentation. Dr. Temte is the chair for the Wisconsin Counsel of Immunization

Practices, a Professor at the Department of Family Medicine & Community Health and at the University of Wisconsin School of Medicine and Public Health. Please join us **April 12, 2018 from 11:00am – 12:00am at the West Square Building, 505 Broadway St., Baraboo.** A light lunch will be provided. RSVP appreciated, but not necessary – Diane Pillsbury (608) 356-8464.

The Sauk County Health Department will be available to answer any questions regarding these vaccines and resources for those without health coverage. If you are unable to attend and would like more information regarding adult vaccines, you may contact Barb Walsh RN at the Sauk County Health Department (608) 355-4306.



## Looking for New Instructors

In the Spring Green & Sauk Prairie Areas

LIFTING PEOPLE TO BETTER HEALTH



### STRONGBODIES

Does this sound interesting to you?  
Contact Cassidy Walsh  
Sauk County Health Department  
(608) 355-3290  
[cassidy.walsh@saukcountywi.gov](mailto:cassidy.walsh@saukcountywi.gov)  
<https://fyi.uwex.edu/strongwomenwisconsin/>



### STRONGWOMEN

HOW TO BECOME A STRENGTH TRAINING LEADER

- Want to make a difference in your community?
- No lifting experience needed
- Cost of training and equipment will be covered



HEALTH DEPARTMENT

**For more information,  
contact  
Sauk County Health Department  
Cassidy Walsh  
608-355-3289**



## WOMEN FARMLAND OWNERS INVITED TO FREE CONSERVATION DISCUSSION AND FIELD TOUR

Women who own or manage farmland in and around Sauk County are invited to a free conservation discussion and field tour on Wednesday, April 11, at the West Square Building, Meeting Room B-24, 505 Broadway, Baraboo. Coffee and registration begin at 9:00 a.m. This event includes a discussion and lunch at the West Square Building, a bus tour of Echo-Y Farm, operated by the winners of the Wisconsin Land+Water *Conservation Farmer of the Year* designation for 2018. The bus will return to the West Square Building no later than 3:30 p.m.

Space is limited. Please RSVP by 4:00 p.m. Friday, April 6 to Sadie Schroeder, Sauk County Conservation, Planning, and Zoning, at [sadie.schroeder@saukcountywi.gov](mailto:sadie.schroeder@saukcountywi.gov) or (608) 355-4842.



Women now own or co-own nearly half of Midwest farmland, and an increasing number of women are now managing land inherited from their family or spouse. Many women landowners have questions about tenant oversight, soil and water quality, conservation goals, and professional resources. The

program offers a peer-to-peer, informal discussion format facilitated by female conservation experts who can explain resources available such as USDA cost share program, loans, leases, and other tools. The learning circle method of conservation outreach to woman farmland owners was developed by Women, Food, and Agriculture Network (WFAN) for its *Women Caring for the Land*<sup>SM</sup> program\*.

This event is sponsored by Sauk County Conservation, Planning, and Zoning in collaboration with the Wisconsin USDA-NRCS, and USDA-FSA.

For more information, tune in to AM1400 WRDB's "News & Views" at 10:00 a.m. on Wednesday, March 28.

\*WFAN is a non-profit organization providing networking, education and leadership development opportunities for women engaged in all aspects of sustainable agriculture. Visit [www.wfan.org](http://www.wfan.org). For more conservation information from WFAN for women farmland owners, visit the program's website, [www.womencaringfortheland.org](http://www.womencaringfortheland.org).

## AGING MASTERY COMES TO SAUK PRAIRIE!

Baraboo Area Senior Center is pleased to be collaborating with the Sauk Prairie Community Education Services to bring the Aging Mastery Programs (AMP) to Sauk Prairie. Developed by the National Council on Aging, AMP consists of 10 courses that combine evidence-informed materials, expert speakers, group discussions, levels of mastery and achievement, and small rewards.

### Aging Mastery Program Core Topics:

- Navigating Longer Lives: The Basics of Aging Mastery
- Exercise and You
- Healthy Eating
- Sleep
- Financial Fitness
- Medication Management
- Advance Planning
- Falls Prevention
- Healthy Relationships
- Community Engagement

AMP will be presented in a new five-week format covering two topics each day. Location is the Sauk Prairie Community Center at 730 Monroe Street, Sauk City on Mondays, March 5-April 6 with no class on March 26, from 8:30-11:30 a.m. The cost is \$25.00. The program is available to all older adults. If you would like information on AMP, or to register, call the Sauk Prairie Community Education Services at 608-643-8386.





# The Volunteer Buzz

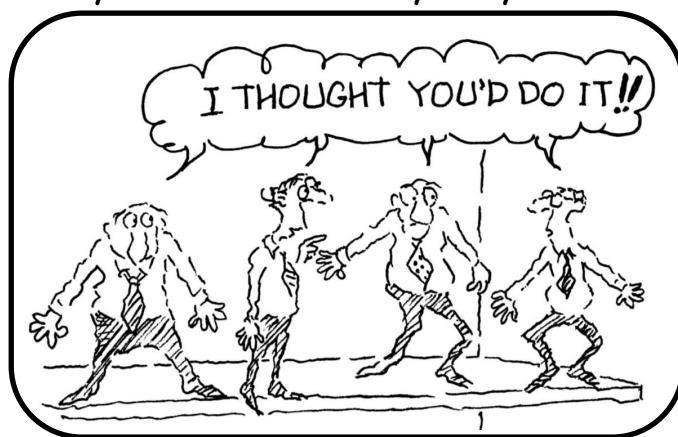
*Cathy Bindl*



## You Are Somebody ... and we need you!

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it.

Somebody got annoyed about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



This is what I battle with when I try to recruit new volunteers. So often people just assume that someone else will volunteer to help meet the needs of our seniors.

Currently, I have six volunteers who travel on a regular basis from the community they live to neighboring communities to deliver meals to home bound seniors. I am proud by these kind and generous volunteers. But how do I connect with people who live in those communities to encourage them to volunteer and help their neighbors?

We have a need in Spring Green and Baraboo to help deliver meals. You could help meet this need by volunteering to be a regular volunteer who delivers meals one or more days per week or as a substitute volunteer who is willing to help out when there is a need. As a volunteer you will be donating an hour or so of your

time to drive to your neighbors in needs and bring them a hot, nutritious meal. The ADRC is able to reimburse the cost of your mileage. These meals are so important to those who receive them and the friendly face of the volunteer is so welcomed. Please consider volunteering as a home delivered meal volunteer.

We also have a need for volunteers to help in the dining centers, especially in the Sauk/Prairie and Reedsburg areas. These volunteers help package the home delivered meals and help to serve the congregate diners at the dining center. What better way to spend time, then to help others and enjoy making new friends!!

I would love to talk with you about these wonderful opportunities. Give me a call! - Cathy at 355-3289



One of suggestions a volunteer made was for the ADRC to have clothing and hats available to purchase with an ADRC Volunteer logo.

Sooooooo . . .

I have created the ADRC Volunteer logo.



And . . .

I have contacted Golden Needle Embroidery from North Freedom. And this is what we have worked out for volunteers to purchase embroidered clothing.

You are able to order and purchase your clothing directly through Golden Needle. If you have your own shirt that you would like embroidered they will embroider it for you. .

To have a general idea of prices -

- A Gildan brand 50/50 blend polo shirt with a logo embroidered on the left shoulder would be approximately \$13.00 - 15.00
- A hat with the logo embroidered on it would be approximately \$9.00 - 11.00.
- If you have your own shirt that you would like embroidered, the cost of the embroidery would be about \$6.00.

Please contact Golden Needle at 522-3365.

It will take about 2 -3 weeks for the embroidery to be completed.



Thank you to BrightStar for providing lunch for the newsletter volunteers.



## **WE ARE SEARCHING FOR VOLUNTEERS**

### **Current Volunteer Opportunities**

- The Baraboo Dining Center is in need of volunteers to help deliver meals on a regular basis and also volunteers to be substitute home delivered meal drivers.
- The ADRC would like to have you join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity. We are especially in need of drivers for the Baraboo, Reedsburg, La Valle, Merrimac and Lake Delton communities.
- The Sauk/Prairie Dining Center would like to welcome volunteers to help in their dining center.
- The ADRC is looking for drivers for the Spring Green area who to drive people to and from the Senior Meal Program in Spring Green.
- The Reedsburg Dining Center would like to welcome volunteers to help in their dining center. They especially are looking for help on Mondays and Fridays.
- If you would like to volunteer in a way that I haven't thought of - give me a call and we can talk about it!

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

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

# For Your Benefit . . . Your Elder Benefit Specialists

Mindy Shrader serving the western part of Sauk County  
and  
Pam Fuchs serving the eastern part of Sauk County

Call 355-3289

or (800) 482-3710

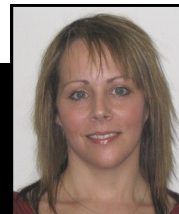
To confirm site visits or to  
schedule office appointments



## Mindy - coming to you: Walk in appointments

Plain Green TTEC	March 7 1:00-3:00	April 4 1:00-3:00	May 2 1:00-3:00
Spring Green Senior Center	March 21 10:30 to 11:30	April 18 10:30 to 11:30	May 16 10:30 to 11:30
Spring Green Library	March 21 1:00 to 2:00	April 18 1:00 to 2:00	May 16 1:00 to 2:00

## Pam - coming to you: Walk in appointments



Sauk/Prairie Community Center	March 15 9:00 to 10:30	April 19 9:00 to 10:30	May 17 9:00 to 10:30
Merrimac Village Hall	April 11 10:00 - 11:00		

## I'm Turning 65/Retiring: Now What?

### Know Your Options!

Presented by: Mindy Shrader and Pam Fuchs

The next workshops will be:

Tuesday, March 13 and Tuesday, May 15 at 4:30 p.m.  
West Square Building, Room B30, 505 Broadway, Baraboo



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



# New Medicare cards

protect your personal information



Starting in April 2018, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud.

Fraudsters are always looking for ways to get your Social Security Number so we're removing Social Security Numbers from all Medicare cards to make them safer.

Your new card will have a new Medicare Number that's unique to you. The new card will help protect your identity and keep your personal information more secure. Your Medicare coverage and benefits stay the same.

And there's more good news—Medicare will automatically mail your new card at no cost to the address you have on file with Social Security. There's nothing you need to do! If you need to update your official mailing address, visit your online [my Social Security account](#).

Once you get your new Medicare card, take these 3 steps to make it harder for someone to

steal your information and identity:

1. Destroy your old Medicare card right away.
2. Use your new card. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards. They are ready to accept your new card when you need care.
3. Beware of people contacting you about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. Treat your Medicare Number like you treat your Social Security or credit card numbers. Remember, Medicare will never contact you uninvited to ask for your personal information.

For more information about your new Medicare card, visit [go.medicare.gov/newcard](https://go.medicare.gov/newcard). You can also visit Medicare.gov for [tips to prevent Medicare fraud](#).

**Q. Why did the farmer plant a seed in his pond?**

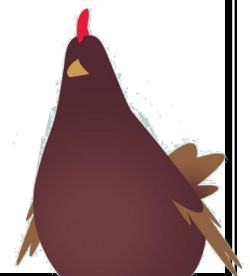
**A. He was trying to grow a water-melon**

**Q. Why do hens lay eggs?**

**A. If they dropped them, they'd break.**

**Q. Why can't you tease egg whites?**

**A. They can't take a yolk.**





## Medicare Provides Annual Doctor Visits, but Not Regular Physicals

*By the GWAAR Legal Services Team*

Did you know that Medicare pays for a “Welcome to Medicare Visit” and an “Annual Wellness Visit?” It is important to recognize that neither of these visits are physical exams.

The Welcome to Medicare Visit is a one-time preventative visit. The visit must happen within one year of Medicare Part B enrollment. The goals of the visit are health promotion, disease prevention, and detection. This Welcome to Medicare Visit includes a review of your medical and social history related to your health, as well as education and counseling about preventive services. Your doctor will obtain your height, weight, body mass index, blood pressure, and conduct a vision test. The Welcome to Medicare Visit allows you to talk to your doctor about important screenings and vaccines you may need.

In addition to the Welcome to Medicare Visit, Medicare covers an Annual Wellness Visit. The Annual Wellness Visit is similar to the one-time Welcome to Medicare Visit. The Annual Wellness Visit focuses on your plan for preventive care in the upcoming year. The first Annual Wellness Visit provides a Health Risk Assessment, which will be updated in future years. If you didn’t receive a Welcome to Medicare Visit, you can still have an Annual

Wellness Visit.

Medicare will only cover the Annual Wellness visit once every 12 months. Your Annual Wellness Visit should also not be scheduled within 12 months of your Welcome to Medicare visit.

When you schedule these appointments, you must state that you are scheduling the Welcome to Medicare Visit or Annual Wellness Visit. If you do not specify this, you likely will receive a regular physical exam. **Medicare will never cover a routine physical exam.**

### What do these services cost?

You do not pay anything for the Welcome to Medicare Visit or the Annual Wellness Visit, if your doctor accepts Medicare assignment.

If your doctor performs additional tests or services during either visit, for example blood tests or lab work, the standard the Medicare Part B coinsurance (80/20%) and deductible will apply.

**Note:** People who are enrolled in Medicare Savings Account (MSA) plans pay 100% of the Medicare re-approved amount for their health costs (including preventive services) until their deductible is met.





## New Shingles Vaccine Is On Its Way!

Shingles is caused by the varicella zoster virus, which almost all older Americans harbor from getting childhood chickenpox. If you're over age 80, you stand a one-in-three to one-in-two chance of getting shingles. Shingles symptoms include a painful, itchy rash that develops on one side of the body, lasting for two to four weeks. The pain associated with shingles is often described as burning, shooting or stabbing. Lingering and debilitating nerve pain may occur after contracting shingles, which is why preventing it is so important.

The currently available shingles vaccine, called Zostavax, prevents roughly half of shingles cases in people over age 60. The new vaccine, Shingrix—expected to be available by early 2018—has been shown to prevent more than 90 percent of shingles cases, even at older ages. The new vaccine may also protect people with compromised immune systems, which is helpful for older individuals who may be undergoing chemotherapy or transplants, have H.I.V., or take steroids. This is because the new shingles vaccine is a non-live vaccine; the old vaccine was made with a weakened live virus.

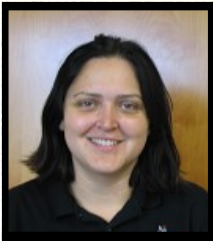
The old vaccine will remain on the market, but the Centers for Disease Control and Prevention (CDC) will be making Shingrix its preferred vaccine and will recommend it for all adults over age 50 and younger individuals with compromised immune systems. Medicare and Medicaid will update its coverage of Shingrix as soon as the CDC publishes its recommendations.

Even if you've already received the old vaccine, it is recommended to also get the Shingrix vaccine because of how much more effective it is. Of course, as with any vaccine, talk with your healthcare provider about the pros and cons for your individual health needs.

*By the GWAAR Legal Services Team*



- Thank you to Patricia Bullard for her donation to the Home Delivered Meal program.
- We would like to thank Michelle Spink for her donation to the Home Delivered Meal program.
- Thank you to the Halvorsens for the donation to the Home Delivered Meal program.
- We would like to thank Polly Antes for her donation to the home delivered meal program.
- Thank you to Audrey Sinnott for her donation to the AARP Tax Preparation program and publishing of the *AddLIFE Today!*
- We would like to thank Jerry and Patricia Bullard for their donation to the Home Delivered Meal program.
- Thank you to an Marcia Swanson for here donation in honor of David Swanson to the Disability Benefit Specialist program.
- We would like to thank Dorothy Sivam for her donation to the Home Delivered Meal program.
- Thank you to an anonymous donor for the donation of paper to the ADRC office.



Holly Schafer

## Disability Benefit Specialist

Quinn Hause



# my Social Security SIMPLIFIES YOUR LIFE

For more than 80 years, Social Security has helped secure today and tomorrow with information, tools and resources to meet our customers' changing needs and lifestyles.

So many people buzz through extremely busy and complicated schedules these days. A smartphone in one hand, a computer in front of them, and a digital task list that never seems to end.



Most organized people agree that planning ahead is a great way to simplify your life. Whether you're planning tomorrow's schedule, next summer's vacation, or your retirement. We have a suggestion that can help you simplify your life when it comes to Social Security. If you haven't already (you should add it to your task list), open your own personal **my Social Security** account.

What's **my Social Security**? It's a free, secure, online account that allows you immediate access to your personal Social Security

information. During your working years, you can use my Social Security to view your Social Security Statement to check your earnings record and see estimates of the future retirement, disability and survivor benefits you and your family may receive based on your earnings. If you already receive Social Security benefits or have Medicare, you can use my Social Security to check your benefit information, change your address and phone number, change your electronic payment methods, obtain a benefit verification letter, get a replacement Medicare card, or get a replacement SSA-1099 or SSA-1042S for the tax season. Check it out and sign up for my Social Security at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

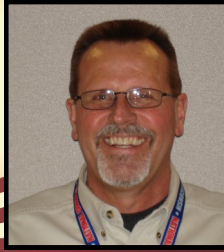
After checking your online Social Security Statement, be sure to visit our Retirement Estimator. Like **my Social Security**, you can use it as many times as you'd like. The Retirement Estimator lets you compute potential future Social Security benefits by changing variables, such as retirement dates and future earnings. You may discover that you'd rather wait another year or two before you retire to earn a higher benefit. To get instant, personalized estimates of your future benefits just go to [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

There are many tools at [www.socialsecurity.gov](http://www.socialsecurity.gov) that are simple and convenient to use.



## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



VETERANS MESSENGER



### Dear Friends,

I want to thank the leaders and members of all the veterans service organizations that serve Sauk County. These veterans are very important to all of us. They are often unrecognized and underappreciated for the advocacy work they do on a regular basis. I don't have space here to name the many hard working folks that come to mind, but you know who you are. The strong partnership they have developed with the Sauk County Veterans Service Office has resulted in many veterans learning about and accessing their benefits, who otherwise might not have. Additionally, they are on the front lines in the communities guiding, directing, and assisting our veterans in a multitude of ways.

### THANK YOU!

I want to strongly encourage any veterans that are reading this, who do not belong to one or more of these fine organizations, please consider joining. Not only do you have an opportunity to have a direct impact on your communities by belonging, you are also supporting these organizations who lobby on a daily basis to protect and improve the benefits you have earned with your service. If you would like to learn more, please contact me. I would be more than happy to

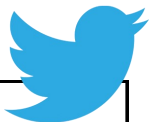
direct you to an appropriate organization. We, as veterans, must look out for each other, and belonging to a service organization is one, if not the best way to do this.

### NEW TEAM MEMBER

We would like to welcome Sandy Deich to our office. She will be our Administrative Support, helping with answering your phone calls & questions, helping with benefits, paperwork, and many other things. Sandy says "Hi! I have been married to Darren for 24 years and we have 4 children, 2 dogs, a rabbit, 6 chickens, and a large garden. I love music, history, and adventures. It was my love of adventure and history that helped me as I moved to many places while Darren was in the Army.

I have lived in Baraboo since 2004 and I love the community of people and the peaceful surroundings. I am excited about working here at the Sauk County Veterans Service Office because the work we do helps the men and women I have met along the way, and it is a service to those we ask to give up so much. Stop in and say hi when you are in our area!"

### In Your Service, Tony



#### Connect with the Sauk CVSO

Stay up to date with important veteran related items and events:



**Website:** [www.co.sauk.wi.us/veteransserviceoffice](http://www.co.sauk.wi.us/veteransserviceoffice)



**Facebook:** Sauk County Veterans Service Office

**Twitter:** @saukcountyvets

**General E-mail** for our office is  
[Vetservice@saukcountywi.gov](mailto:Vetservice@saukcountywi.gov)



We want to thank the following for their recent donations to the Veterans Care Trust Fund: American Legion Posts 26; 242; 350; VFW Posts 987; 7694; 2336; Vincent Brunner Family; Michael St John; Don Schultz; Robert O'Brien; Greg Halvorson Family; Dean & Pat Fuller; John Gillespie; Dick & Kitty Hause; and Anonymous. These tax deductible donations are used to help needy veterans of Sauk County.

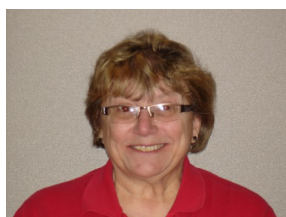


*Louie Birkholz*

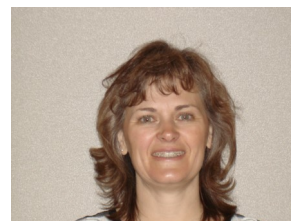
***Assistant Veterans Service Officer***

Veterans Service Office  
505 Broadway  
Baraboo, WI 53913  
Telephone (608) 355-3260  
[www.co.sauk.wi.us](http://www.co.sauk.wi.us)

***Veterans Benefit Specialists***

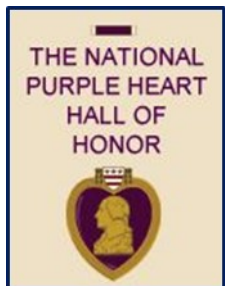


*Kathy Kent*



*Pamela Russo*

**The National Purple Heart  
Hall of Honor**



The National Purple Heart Hall of Honor is a New York State Historic site administered by the New York State Park Commission. Dedicated on November 10, 2006, the Hall's

mission is to collect, preserve, and share with the public the stories of Purple Heart recipients. It is the first and only facility in the nation dedicated to honoring this country's Purple Heart recipients.

The Purple Heart is one of the most recognized and respected medals awarded to members of the U.S. armed forces who are killed or wounded by enemy action, and The Hall of Honor is dedicated to those recipients of this award who paid that price for our freedom.

The primary way in which Purple Heart recipients are honored is through enrollment in The Roll of Honor electronic database which is accessible in The Hall's main gallery and on its website, [www.thepurpleheart.com](http://www.thepurpleheart.com). Because there is no comprehensive list of recipients upon which to draw, however, Purple Heart recipients are encouraged to become members of the Roll of Honor by completing an enroll form and submitting it to the National Purple Heart Hall of Honor. Family members and friends may also enroll Purple Heart recipients, living or deceased, by completing an enrollment form and providing supporting evidence. Enrollment forms can be down loaded from

the website listed above, by contacting the National Purple Heart Hall of Honor, or by visiting your local Veterans Services Officer. Enrollment is voluntary and free of cost.

Help us honor and preserve the stories of these deserving men and women by enrolling them today in the National Purple Heart Hall of Honor.

The National Purple Heart Hall of Honor  
P.O. Box 207

Vails Gate, New York 12584-0207

Phone: (845) 561-1765

[www.thepurpleheart.com](http://www.thepurpleheart.com)

**Veteran ID Cards now available**

Veterans can now go online and order their new identification cards. Official ID cards are now available to all veterans free of charge by visiting the Department of Veterans Affairs website at [www.vets.gov](http://www.vets.gov)

Every veteran - past, present, and future - can now prove their military service without the added risk of identity theft. These ID cards will make life a little bit easier for our veterans and serve as a constant reminder that our brave men and women in uniform deserve all the care and respect a grateful nation can offer.

To request an ID card, veterans must visit [www.Vets.Gov](http://www.Vets.Gov), click on "Apply for Printed Veteran ID Card" on the bottom left of the page and sign in or create an account. When ordering online, veterans will need to upload a copy of a valid government issued ID (drivers license/passport), a copy of a recent photograph to be displayed on the card and will need to provide service-related details.

## Veterans Administrative Support



*Sandy Deich*

Once ordered, the Veteran ID Card will be printed and mailed directly to the veteran.

Veterans can also call the Vets.Gov Help Desk at 1-855-574-7286 if they are having difficulties with the online process.

### THANK YOU



Thank you to the American Legion Post 26 for the \$2,500 donation to the Sauk County Veterans Trust Fund. They

donated the tips from the 2017 Sauk County Fair beer stand. This donation will be used to help needy Sauk County veterans.

Pictured is Sauk CVSO Tony Tyczynski, and George Stopper representing the AL Post 26.

VFW Post 987 of Baraboo recently donated \$2,000 to the Sauk



County Veterans Trust Fund. The donation was monies obtained from the Buddy-Poppy Campaign donations from within the community.

Pictures with CVSO Tony & Assistant CVSO Louie, are Jerry Parchem & Rod Werner from the VFW Post.



## Upcoming Events

There are veterans that meet for coffee on the **second Tuesday of every month** from 9—11 a.m. at 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.

Check out the new American Heroes Cafe inside the Festival Foods in Baraboo! **Every Friday** the Cafe will offer free donuts and coffee to veterans 8:00 a.m. - 12:00 p.m.

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 and gravy, and other amenities.

The American Legion Post 172 has a walleye feed on the **third Saturday of each month** in the months September—November, and January—April. The feed is held from 4:00—7:30 p.m. at 106 E. Walnut in North Freedom, WI. Any questions can be directed to Anthony Gartner at (757) 437-2616.

**Second Monday of each month** (but not in December & January) there is a Caregiver Support Group - 1:00 p.m. at the United Church of Christ, 6th & Broadway, Baraboo. This support group is designed to address the needs of the caregiver. Please join them. Contact Mary Larson for any questions at (608) 254-7002.



## Aging & Disability Specialists

Helping you put the pieces together!



Kari  
Edwards



Megan  
Fecht



Hannah  
Halverson



Rachel  
Heinzman



Julie  
Mayer



Jim  
Pritzkow

## To Serve You Better!

### Aging & Disability Specialists Satellite Offices and Extended Hours

For your convenience, the ADRC has 3 satellite offices and extended hours in Baraboo.

The **Baraboo** office will be open on designated Tuesday evenings. Beginning in March, the ADRC will be open until 6:00 p.m. on the following Tuesdays: March 13 & 20, April 17, and May 15.

As always, after hours appointments are available upon request and availability.

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. The office will be open every other Thursday, 10:00 a.m. to 12:00 noon. The next days are: November 30, December 14 & 28, January 11 & 25, February 8 & 22 and March 1.

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

Please remember we are able to accommodate after hours meetings with someone at their request as our schedule allows. You can always contact the ADRC and leave a message, which will be returned at our earliest convenience.

*Ask for help not because you're weak,  
But because you want to remain strong.*

— Les Brown



# Which is which?

**Medicare** is a federal health insurance program for those 65 and older or certain populations such as younger people with disabilities or End-Stage Renal Disease. There are different parts of Medicare that cover certain services:

- **Part A (Hospital Insurance):** This covers inpatient hospital stays, home health services, hospice care, and skilled nursing care with a qualifying three-day hospital admission. Part A is premium-free if you or your spouse receive or are eligible to receive Railroad or Social Security retirement benefits or you have been receiving Railroad or Social Security disability benefits for 24 months. There is a \$1,340 deductible per 60-day event and per day coinsurance costs depending on the length of your hospital stay.
- **Part B (Medical Insurance):** This covers medically necessary outpatient services including doctor visits, therapies, medical supplies, lab tests, preventive services, outpatient surgical procedures, durable medical equipment, etc. The current monthly premium for 2018 is \$134. You can have the premium deducted monthly from your Social Security benefit or billed quarterly if not receiving retirement benefits. There is also a \$183 per year deductible. Part B covers 80% of the cost of covered services.
- **Part C (Medicare Advantage Plans):** This is a type of Medicare health plan offered by private companies contracted with Medicare to provide Part A and Part B

benefits. These plans may also include prescription drug coverage or offer additional coverage like vision, hearing, and dental. The monthly premium varies by plan.



- **Part D (Prescription Drug Coverage):** This provides prescription drug coverage. The amount of your monthly premium, deductibles, copayments, and/or coinsurance varies by plan. You may qualify for Extra Help to pay the costs of Medicare prescription drug coverage if you meet certain income and asset requirements.

There are Medicare supplements or “Medigap” policies sold by insurance agents that pay the 20% of charges leftover after Medicare pays first. The amount of your premium varies by plan.

You may also be able to get help paying for your Medicare premiums, deductibles, coinsurances, and copayments through a Medicare Savings Program if you meet certain

*(Continued on page 24)*

(Continued from page 23)

income and asset requirements. Income limits range between \$1,011.67 and \$1,365.75 per month for an individual and \$1,371.67 and \$1,851.75 per month for a married couple. The asset limits for these programs are \$7,560 for an individual and \$11,340 for a married couple. Countable assets include resources like money in a checking or savings account, stocks, and bonds. Countable assets do not include your home, one car, burial plot, up to \$1,500 for burial expenses if you put that money aside, furniture, and other household or personal items. If you qualify for a Medicare Savings Program, you automatically qualify for Extra Help paying for Medicare prescription drug coverage.

**Medicaid** is a joint federal and state health insurance program for people with limited income and assets. Eligibility requirements vary by state. In Wisconsin, there are several different Medicaid programs—categorically needy Medicaid, Medicaid deductible program, Medical Assistance Purchase Plan (MAPP), and BadgerCare Plus, to name a few. Program requirements, including income and asset limits, depend on the program.

Please contact the ADRC at (608)355-3289 if you need help signing up for any parts of Medicare, want to explore Medicare coverage options or want to see if you are eligible for Medicaid, a Medicare Savings Program or Extra Help. You may also apply for Medicaid programs online at [www.access.wisconsin.gov](http://www.access.wisconsin.gov), by phone at (888)794-5556 or by completing a paper application obtained from the ADRC or Sauk County Human Services department.

\*Information for this article was reproduced from [www.medicare.gov](http://www.medicare.gov).



## Sauk County Foot Clinics Schedule

*Please call the  
Health Department  
at 355-4338*

*The cost for the foot clinic visit  
is \$30.00.*

### **Baraboo - West Square Building**

Tuesdays - March 6 & 20

Tuesday - April 3 & 17

Wednesday - April 18

Tuesdays - May 1 & 15

### **LaValle - Fire Department**

Wednesday - March 28 & May 23

### **Plain - Plain Green TECC**

Wednesday - April 25

### **Reedsburg - Maple Ridge**

Tuesday - March 13, and April 10

Thursday - April 19

Tuesday - May 8

### **Reedsburg - Willow Heights**

Wednesday - April 11

### **Reedsburg Area Senior Life Center**

Wednesday - March 14 & May 9

### **Sauk Prairie - St John's Church**

Thursdays - March 1 & 8

Thursdays - April 5 & 12

Thursdays - May 3 & 10

### **Spring Green - Christ Lutheran Church**

Tuesdays - March 27 & May 22

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



# Dementia Support

## ***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, March 27 from 5:30 – 7:00 p.m. at Reedsburg Public Library, 370 Vine St., in Reedsburg to learn the effects of dementia that impact safety, how to increase safety while decreasing confusion, and ways to use cues to maintain independence.

## ***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.

Learn ways dementia affects communication and get tips and strategies to help family and friends more effectively and compassionately communicate with loved ones on Tuesday, April 24 from 5:30 - 7:00 p.m. at Portage Public Library, 253 W. Edgewater St., in Portage.

For more information on these programs or if you have specific questions, contact Janet at 608.742.955 or [janet.wiegel@alzswisc.org](mailto:janet.wiegel@alzswisc.org). Additional family education programs and resources available at [www.alzswisc.org](http://www.alzswisc.org).

The Alzheimer's and Dementia Alliance of Wisconsin is holding office hours in the ADRC office the first Tuesday of each month from 11:00 a.m. - 1:00 p.m.

Janet Wiegel, from the Alzheimer's and Dementia Alliance of Wisconsin (ADAW), serves as the Outreach Specialist for Columbia, Marquette, and Sauk Counties. Janet's role as an Outreach Specialist is to support those with Alzheimer's and dementia and their caregivers and family member.

Janet knows that when you are diagnosed with any form of dementia you have many questions and concerns. She knows that when a family member or friend is diagnosed you want to learn how to support them. She is a listening ear and will be able to gently provide guidance, information, resources and services to help you. Janet reminds you that each person's journey with dementia is different, so she is able to help you discover techniques to support your situation.

If you would like to meet with Janet at the ADRC office, please call her at 608-742-9055 or 608-697-2838 to schedule an appointment. Janet will also see people on a walk-in basis if the schedule allows.





# Caregiver Connection and Prevention Pointers



*Marina Wittmann  
Aging Program Specialist*



## Don't Let a Fall Cramp your Style!

According to the Centers for Disease Control (CDC), more than one out of four older adults fall each year (Home and Recreation Safety – CDC, 2017). Maybe you have slipped on some ice, tripped over a lamp cord, or simply lost your footing. Maybe you know someone who has fallen in the last year. After a fall, you can have a fear of falling, which can lead to being isolated from society because you are afraid of falling again. So what risk factors might increase your chance of falling and what are some things you can do to prevent a fall? Continue reading to find out!

Each and every day, we run across dozens of potential fall hazards. Now it is up to us to keep those potential fall hazards as potential and not actual fall hazards. Let's talk about our environment as it relates to falls. To discuss ALL environmental hazards would take me too long, so I will touch on a couple common environmental fall hazards. First: throw rugs. Now, they may be functional, have sentimental value, and don't seem "that bad", but they are a serious fall hazard. Think of some ways you can repurpose the rug – clean it and hang it on the wall or put it in a place where there is no foot traffic. Next, when out and about in the community, do you notice stairs without sturdy handrails or cracks in the sidewalks? Do not be afraid to speak up to property owners because you might be saving yourself, someone

you love, or a stranger from a serious fall. Even if you don't normally use a cane, it may be a good idea to take one when you are out in the community. That way, if you come across stairs without a railing, you have an extra support that will give you confidence to climb those stairs without trouble. Our environment poses many potential fall hazards like poor lighting, uneven stairs, poorly maintained sidewalks in the winter, curbs, lack of sturdy railings, and clutter. Think and look ahead when you are out so you can notice the fall hazards before you take a tumble.



So what are some other things you can do to prevent a fall? Our *Stepping On* falls prevention workshop is full of information to help answer that question. Some fall-related discussion points in our *Stepping On* workshop includes checking your medications, having your vision checked yearly, building strength and balance with daily exercise, and ensuring you are wearing proper footwear. Take a *Stepping On* workshop to help you avoid a dangerous and costly fall so that you can keep doing the things you love. In just seven weeks, you will learn: to identify and remove fall

*(Continued on page 27)*

(Continued from page 26)

hazards in your home and outside, how vision, hearing, medication, and footwear affect your risk of falling, and how to get back on your feet the right way if you do fall. Our next *Stepping On* workshop will take place at the Spring Green Library from March 26 thru May 7 in the afternoons. There is a suggested donation of \$10 for the workshop, which includes an exercise manual! Call Marina at the ADRC to register, as spots are limited (608)355-3289. We hope to see you there!

### Join the New Care Giver Support Group and Loved Ones Social



Do you need time to relax, vent, and problem-solve with other caregivers but can't leave your loved one home alone?

The ADRC is now offering a caregiver support group with respite care FREE of charge. Caregivers can bring their loved one with them to the Support Group and Brightstar Care along with some members of the Dementia Friendly Communities Task Force will provide respite care in the adjourning room for a Loved Ones Social.

The meetings are the second Wednesday of each month at 9:00 a.m. in the West Square Building, Baraboo. Room B24 (for caregivers) and B30 (for loved ones)

**The next meetings are:  
Wednesdays, March 14, April 11, May 9**

If you are interested in attending the support group and want to take advantage of respite for your loved one, we ask that you call Cathy at the ADRC at 608-355-3289 by the Friday prior to the meeting so respite care and activities can be arranged.



### 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?

#### **Family Caregiver Support Group**

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
3rd Tuesday of each month  
5:00pm-6:00pm  
Light dinner will be provided.

Next Meetings:  
Tuesday, March 20  
Tuesday, April 17  
Tuesday, May 15

#### **Grandparent & Relative Caregiver Circle**

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
6:00 - 7:00 p.m.

Next Meetings:  
Tuesday, March 20  
Tuesday, April 17  
Tuesday, May 15

#### **Dementia-Specific Caregiver Support Group**

Senior Life Center  
2350 North Dewey Avenue, Reedsburg  
3rd Wednesday of the month  
12:00 Noon - 1:30pm

Next Meetings:  
Wednesday, March 21  
Wednesday, April 18  
Wednesday, May 16  
Co-sponsored by the Alzheimer's and  
Dementia Alliance



## Powerful Tools FOR Caregivers

Are you a wife, husband, son, daughter, relative or friend who takes on tasks that a loved one can no longer do? These tasks may include arranging medical appointments, preparing meals, managing finances, cleaning, grocery shopping, or assisting with daily living tasks like dressing, grooming, and bathing. Do you feel the need to check on them to ensure their well-being? Do you worry about them being home alone? If you answered “yes” to any of the above questions, you are a CAREGIVER and though you may think these are just things you do for people you love, do not downplay the importance of your assistance, time, and worry. Powerful Tools for Caregivers is a 6-week workshop that teaches you how to take care of yourself while taking care of a loved one. Participants will learn how to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions, and locate helpful resources. The workshop will run in two locations in Sauk County. One workshop will be held at the Sauk County Health Care Center in Reedsburg, running six consecutive Thursdays, starting April 19 thru May 24 from 9:00-11:30am. The second workshop will be held at the Sauk Prairie Community Center in Sauk City, running six consecutive Thursdays starting April 19 thru May 24 from 1:30-4:00pm. There is a \$10 suggested donation for the workshop. Please call Marina Wittmann at the ADRC to register (608)355-3289.

## Memory Cafés: All Are Welcome



A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, can come together. The Memory Café meets monthly to visit, share common interests, and enjoy refreshments. Each monthly Café is unique and offers a program or activity that's fun and chosen by participant's interest. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

**Sauk City Memory Café**  
**Thursdays: March 15, April 19 and May 17**  
**9:30—11:00 am**  
**Sauk Prairie Community Center**  
**730 Monroe St, Sauk City**



## A Helping Hand at Home

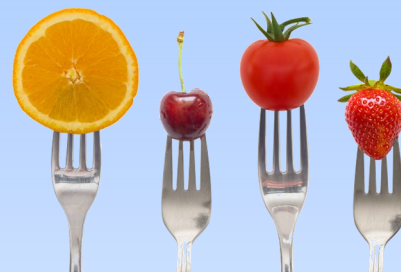
*When you need a little help around the house*

Do you have a Helping Hand at Home listing? If you do, check the “updated date” on the front page. If your list is more than a couple months old, please call the ADRC. The Helping Hand at Home list is updated frequently and we want to make sure you get the most up-to-date list. Thank you!



# Nutrition News

Jennifer Kamrowski  
Nutrition Coordinator



One- and two-person households are a growing sector in the United States. According to the 2000 census, the U.S. has more than 61 million one- and two-person households. They all have something in common: They need to eat!

Sometimes, cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals.

## *Plan for More Convenient and Economical Cooking*

Planning makes a difference in eating healthy meals. Set a goal to plan menus for a week at a time, and incorporate your "planned-overs." For example, making a small roast on Sunday could provide the planned-over meat for a sandwich on Monday and a vegetable beef stir-fry on Tuesday.

To help plan, read your recipes ahead of time and refer to the grocery store fliers for other ideas. Organize your shopping list based on the grocery store layout. Keep a list on the refrigerator so jotting down when you need flour, sugar or other items is easy.

## *Reduce Your Favorite Recipes*

Choose recipes that fit with your tastes and time requirements. Whether you're a 20-something single person or an "empty nester couple" with grown children, you don't need to throw out your favorite family recipes. You can adapt many of them to fit your current household size.

Try these tips to help reduce your recipes:

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two eggs and remove 2 to 4 tablespoons of liquid (if present) from the recipe. Consult the Reducing Recipes chart

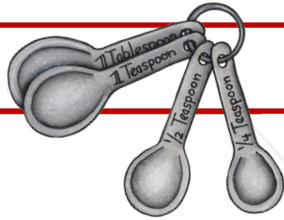
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below to help you reduce recipes.

- If a recipe calls for a can of beans or soup

## Reducing Recipes



### Making Half a Recipe

When the recipe calls for:	Use:
1/4 cup.....	2 tablespoons
1/3 cup.....	2 tablespoons and 2 teaspoons
1/2 cup.....	1/4 cup
2/3 cup.....	1/3 cup
3/4 cup.....	6 tablespoons
1 tablespoon.....	1 1/2 teaspoons
1 teaspoon.....	1/2 teaspoon
1/2 teaspoon.....	1/4 teaspoon

### Making One-third of a Recipe

1/4 cup.....	1 tablespoon + 1 teaspoon
1/3 cup.....	1 tablespoon + 2 1/3 teaspoons
1/2 cup.....	2 tablespoons + 2 teaspoons

and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.

- Add seasonings gradually. Sometimes you may need to add more (or less) of the spice to reach the desired flavor.
- Check for doneness of halved recipes five to 10 minutes sooner than the original recipe.
- Keep notes about what works — and what doesn't!

## Stock Your Pantry, Refrigerator and Freezer

Avoid the “there’s nothing to eat” dilemma by having some items on hand in your pantry:

- Flour, sugar, baking soda, baking powder
- Condiments, herbs and spices
- Rice and pasta

- Dried beans and lentils
- Canned tomatoes and sauce

Keep some time-saving ingredients available, too. Consider purchasing prewashed, precut fruits and vegetables if that fits your budget. While usually more expensive than buying the whole product, they may be in more convenient amounts for your needs. Frozen or canned fruits and vegetables are other options available in containers of various sizes.

Prepared pasta sauce, boneless chicken breasts and frozen bread dough are “speed scratch” ingredients that can make “homemade” meals fast to prepare. Frozen vegetables and chicken breasts allow you to use just what you need, too.



## Shop for Good Nutrition and Value

Most grocery stores carry thousands of items. While at the grocery store, try these tips to reduce time and choose nutritious items.

- Shop during off-hours. Try not to shop while you’re hungry because you might be encouraged to add extra items to your cart.
- Consider buying items in bulk if you can repackage and store the items. Items such as fruit may spoil before you can eat it all.
- Compare Nutrition Facts labels to get the most nutrition for your money.
- Compare “unit prices” on foods. Sometimes

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the item that has the lower unit price isn't the "best deal" if you tire of the food before you use it all. You also may want to bring a calculator to help compare prices.

### *Choose Healthy Cooking Methods*

Baking, broiling, steaming and stir-frying are examples of heart-healthy cooking. Try using cooking spray instead of shortening to grease pans. Make a one-pot meal by adding vegetables to cooking meat and pasta. Save time by cooking items in a microwave or by steaming.

### *Use Your Leftovers/"Planned-overs"*

### *Creatively*

Making family-sized recipes can provide you with leftovers for future meals. Freeze the remaining food in meal-sized containers. Be sure to label the containers with the contents and date to avoid "surprise meals" later!

What if you don't like "leftovers"? Consider them as "planned-overs" and try them in completely different recipes. For example, add leftover fruit to muffin, quick bread or pancake batter. Freeze planned-over vegetables and use in stews, soups and other dishes. Use extra bread to make French toast, bread pudding or stuffing. Use planned-over meat in tacos, soup or stir-fry, or on salads.

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## PEACH DUMP CAKE FOR ONE

**PREP TIME:** 5 MINUTES

**COOK TIME:** 20 MINUTES

**YIELD:** 1 SERVING

### INGREDIENTS:

- 1 (4 oz.) container diced peaches in juice, drained
- 2 teaspoons brown sugar
- 1/2 teaspoon cinnamon, divided
- 2 tablespoons dry cake mix (vanilla or yellow)
- 1 tablespoon butter, sliced in 3 equal pieces
- vanilla ice cream, for serving

### DIRECTIONS:

1. Preheat oven to 350°F. Grease a 6 oz. ramekin with butter or non-stick spray.
2. Place peaches in even layer in bottom of ramekin. Top with brown sugar and 1/4 teaspoon cinnamon.
3. Spread dry cake mix on top and then lay butter slices evenly on top of cake mix layer. Lastly, top with remaining 1/4 teaspoon cinnamon
4. Bake for 18 - 20 minutes, until the top is golden and the edges are bubbling slightly.
5. Let rest for 5 minutes and top with vanilla ice cream and dive in!



(Continued from page 31)

*Liven up your menus with these ideas:*

- Use planned-over macaroni to make pasta salad or quick casseroles. Add planned-over vegetables or meat.
- Make mini-pizzas by topping English muffins with planned-over spaghetti sauce, vegetables and shredded cheese.
- Add chopped onions, mushrooms, peppers and cooked meat to canned spaghetti sauce. Serve spaghetti sauce over noodles one day, then add kidney beans and chili seasoning for another meal.
- Top a microwave-baked potato with planned-over chili and cheese.
- Mix chopped yellow squash, green peas and grated carrots with a prepared rice mix.
- Spice up canned tomato soup by adding chopped green onion, celery and some garlic powder.

<https://www.ag.ndsu.edu/publications/food-nutrition/cooking-for-one-or-two>



Menus for April and May will be available at the dining centers and will be given to the home delivered meal clients when the menus have been finalized.

If you do not attend the dining center regularly and would like a menu mailed to you please call the ADRC at 355-3289 and one will be mailed to you.

## 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.*

### 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.*

### Plain



**My Meal, My Way**  
Schnitzelbank Restaurant  
1170 Main St  
Plain, WI

*Breakfast served Thursdays and Fridays  
9:00 a.m.—11:00 a.m.  
No Reservations Needed*

### 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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Frozen/LaValle: 355-3289</p>	<p><b>Note:</b> Meals are subject to change on occasion. Site meals include milk &amp; coffee. Home Delivered meals include milk.</p>			
<p>5 Hearty Chili Cottage Cheese Cornbread Cherry Crisp</p>	<p>6 Oven Fried Chicken Mashed Potatoes / Gravy Green Bean Casserole Biscuit / Apple Pie</p>	<p>7 Spaghetti w/ Meat Sauce Capri Blend Vegetables Garlic Bread Cookie</p>	<p>8 Pork Roast w/Kraut Au Gratin Potatoes Broccoli / Dinner Roll Frosted Marble Cake</p>	<p>9 Parmesan Crusted Fish Herbed Rice Pacific Blend Vegetables Cream Cheese Brownie</p>
<p>12 Meatball Stroganoff Buttered Noodles Baked Squash Fresh Fruit (Seasonal)</p>	<p>13 Savory Pork Roast Red Bliss Potatoes Capri Blend Vegetables Gelatin Whip / Roll</p>	<p>14 Lasagna Italian Vegetables Garlic Bread Cheesecake</p>	<p>15 Honey Garlic Chicken Stuffing Winter Mix Vegetables Marble Cake -Dinner Roll</p>	<p>16 Fish &amp; Chips Broccoli Cookie</p> 
<p>19 Marinated Chicken Au Gratin Potatoes Dill Carrots Mixed Fruit</p>	<p>20 Sloppy Joe's French Fries Harvest Blend Veggies Fruit Pie</p>	<p>21 Grilled Ham Slices Baked Potato Squash Casserole Dinner Roll, Cookie</p>	<p>22 Roast Beef w/ Gravy Scalloped Potatoes Corn, Dinner Roll Strawberries w/ cream</p>	<p>23 Tuna Noodle Casserole Brussel Sprouts Buttered Beets Dinner Roll, Lemon Cake</p>
<p>26 Baked Chicken Breast Au gratin Potatoes Glazed Carrots Dinner Roll, Brownie</p>	<p>27 Meatloaf Baked Potato Brussel Sprouts Strawberries / Dinner Roll</p>	<p>28 Cranberry Glazed Pork Calico Rice / Dinner Roll Green Bean Casserole Honeyed Pears</p>	<p>29 Beef Stew Green Peas Biscuit Peach Pie</p>	<p>30</p> 

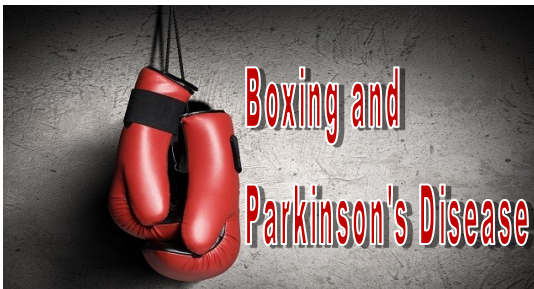


# April is Parkinson's Awareness Month

Parkinson's is a movement disease which is chronic and progressive. It affects many in our community and nearly one million in the United States. Research is being conducted, but cause is still unknown. Presently there is no cure.

Fifteen years ago, the Baraboo Area Parkinson's Support Group began because they saw a need for those with Parkinson's Disease to connect with others dealing with the same disease. **The Parkinson's Disease Support Group meets on the 3rd Monday of each month, from 2:00 pm to 4:00 pm at the First Congregational Church located at 131 6th Avenue in Baraboo.**

The first hour of each meeting provides information related to Parkinson's Disease and the second hour is a time to socialize.



The Parkinson's Disease Support Group has also started a non-combat BOXING exercise. This BOXING program is evidence based and proven to improve balance, flexibility, strength, as well as improving posture and decreases stiffness. BOXING with peers brings a special bond of socialization and

comradery. This program needs certified instructors, a special gym environment and equipment. You do need to have medical clearance from your doctor.

Exercise is extremely effective in enhancing quality of life, flexibility and ease of living for the person with Parkinson's Disease.

**The BOXING program meets at Pulse Fitness, 501 Hitchcock St, Baraboo twice weekly on Tuesdays and Fridays from 10:15 to 11:30.**

For information about the Parkinson's Disease Support Group or the BOXING program call:

Sylvia Kriegl  
at 608-356-7096  
email: skpolka@yahoo.com

OR

Geri Schoenoff  
at 608-356-3473  
email: gschoenoff@gmail.com



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](http://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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Answer to Brainteaser

House or Ice	IGLOO
Friday or Relaxed	CASUAL
Quiet or Still	CALM
Seat or Suit	(4) JUMP
Candy or Toy	(5) STORE
Himalayas or Climb	(12) MOUNT EVEREST
Doofus or Idiot	(4) FOOL

## 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



Remember that  
life's greatest lessons  
are usually learned  
at the worst times and  
from the worst mistakes.

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CHANGE SERVICE REQUESTED

X

This Broken Word Puzzle is provided to you by:



Reedsburg Area Medical Center  
2000 North Dewey Avenue, Reedsburg, WI 53959  
608-524-6487  
www.ramchealth.com

Find out the answers using the grouping of letters and the "two clues".

how to play

- Combine groups of letters to create words;
- Each answer has two clues;
- ( ) shows how many letters each answer has;

CLUE	(# of letter) ANSWER
House or Ice	(5) _ _ _ _ _
Friday or Relaxed	(6) _ _ _ _ _
Quiet or Still	(4) _ _ _ _
Seat or Suit	(4) _ _ _ _
Candy or Toy	(5) _ _ _ _ _
Himalayas or Climb	(12) _ _ _ _ _ _ _ _ _ _
Doofus or Idiot	(4) _ _ _ _

MOU	CASU	MP	JU
NTEV	EST	STO	LM
CA	OL	IGL	AL
FO	ER	OO	RE