



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 2019  
Vol II / Issue I

## May is Older Americans Month!

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to help them stay healthy and active.

This year's Older Americans Month theme is *Connect, Create, Contribute*. The goal of this theme is to encourage older adults and their communities to:

- **Connect with friends, family, and services that support participation**
- **Create by engaging in activities that promote learning, health, and personal achievement**
- **Contribute time, talent, and life experience to benefit others.**

The Aging & Disability Resource Center of Eagle Country - Baraboo Office provides services, support, and resources to older adults year-round. Contact the ADRC at 608-355-3289 for more information on how you can **Connect, Create, and Contribute!**

# contents at a glance



page	article
3	Thank You!
3	Get Ready, Get Set, Garden!
4	From the Director's Desk
5-8	For Your Benefit, Your Elder Benefit Specialists
8	Foot Clinic Schedule
9-12	Transportation
13	Cop's Corner
14-15	Disability Benefit Specialists
16-19	Veteran's Messenger
20-21	Aging & Disability Specialists
22-23	Caregiver Connections & Prevention Pointers
24	The Volunteer Buzz
25	Welcome Gina Laack, DCS
26-29	Nutrition News
30	BASCO
31	GoldenCare, AARP Driver Safety Class
32-33	Take Meds Seriously/Wisconsin's Most Dangerous Leftovers
34	Dementia Support

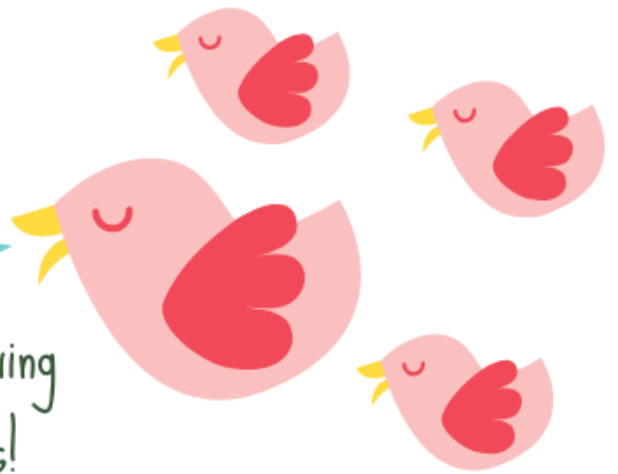
## ADRC Office Hours

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

The ADRC will be closed  
on April 19th & May 27th



# Thank You!



The ADRC would like to thank the following individuals for their generous donations!

- Patricia Bullard to the Home Delivered Meal Program
- John and Denise Schroeder to the Home Delivered Meal Program
- Lawrence and Patricia Johnson, in honor of Larry Jensen, to the printing of the AddLIFE Today! Newsmagazine
- Anonymous to the Nutrition Program
- Oak Park Place to Stepping On
- Anonymous to the printing of the AddLIFE Today! Newsmagazine

## Get Ready, Get Set, Garden!

Get Ready, Get Set, Garden is an event for anyone interested in gardening. It is sponsored by the Sauk Co. Association for Home and Community Education (HCE) and will be held Saturday, April 6, at the West Square Building in Baraboo. Presenters, craft classes, a bake sale, lunch, and silent auction will be part of the fun and educational day. Check the UW Extension office or the ADRC office for brochures.



# From the Director's Desk

Susan Blodgett - ADRC Director



## Fake News-What it is and How to Spot it

By the GWAAR Legal Services Team

“Fake news” isn’t exactly new, but we’ve heard the term a lot lately. In general, “fake news” refers to news stories that do not have accurate facts, sources, or quotes. Sometimes these stories are intentionally designed to mislead readers. Other times, these stories are written as humor or satire. Often, these stories are meant to be “clickbait.” That is, their purpose is to attract attention and encourage readers to click on a link because the writer will earn more money if more people look at a story.

Recently, there has been concern about “fake news” and the amount of misinformation on social media websites, like Facebook and Twitter. A study published in January 2019 looked at the social media posts of a group of 1,300 Facebook users in 2016. (You can read the full study here: <http://advances.sciencemag.org/content/5/1/eaau4586>). Overall, over 90 percent of the group did not share any articles from websites that are considered fake news publishers. However, researchers found that some age groups were more likely to share “fake news” articles to their Facebook friends. This was true regardless of education level or political beliefs. It’s not clear why some Facebook users are more likely to share “fake news” online.

However, it’s important for people of all ages to think carefully before sharing misinformation on the internet. Facebook has provided some tips to help users spot “fake news”:

1. Be skeptical of headlines. False news stories often have catchy headlines in all caps with exclamation points. If shocking claims in the headline sound unbelievable, they probably are.
2. Look closely at the link. A phony or look-alike link may be a warning sign of false

news. Many false news sites mimic authentic news sources by making small changes to the link. You can go to the site to compare the link to established sources.

3. Investigate the source. Ensure that the story is written by a source that you trust with a reputation for accuracy. If the story comes from an unfamiliar organization, check its "About" section to learn more.

4. Watch for unusual formatting. Many false news sites have misspellings or awkward layouts. Read carefully if you see these signs.

5. Consider the photos. False news stories often contain manipulated images or videos.

Sometimes the photo may be authentic but taken out of context. You can search for the photo or image to verify where it came from.

6. Inspect the dates. False news stories may contain timelines that make no sense, or event dates that have been altered.

7. Check the evidence. Check the author's sources to confirm that they are accurate. Lack of evidence or reliance on unnamed experts may indicate a false news story.

8. Look at other reports. If no other news source is reporting the same story, it may indicate that the story is false. If the story is reported by multiple sources you trust, it's more likely to be true.

9. Is the story a joke? Sometimes false news stories can be hard to distinguish from humor or satire. Check whether the source is known for parody, and whether the story's details and tone suggest it may be just for fun.

10. Some stories are intentionally false. Think critically about the stories you read, and only share news that you know to be credible.





*For Your Benefit...*

## *Your Elder Benefit Specialists*

*Call 355-3289 or 800-482-3710 to confirm  
site visits or schedule office appointments*

### **Mindy-Coming to You: Walk-in Appointments:**

#### **Plain Library:**

March 6th, 1:00-3:00 pm  
April 10th, 1:00-3:00pm  
May 1st, 1:00-3:00 pm

#### **Spring Green Library:**

March 20th, 1:00-3:00pm  
April 24th, 1:00-3:00pm  
May 22nd, 1:00-3:00pm

### **Pam-Coming to You: Walk-in Appointments:**

#### **Sauk Prairie Community Center:**

March 21st, 9:00-10:30am  
April 18th, 9:00-10:30am  
May 16th, 9:00-10:30am

**Merrimac Village Hall:**  
April 10th, 10:00-11:00am

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

**Presented by Mindy Shrader  
& Pam Fuchs**

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.

**Next workshops:  
March 19th & May 21st**

**4:30 pm**

**Room B30**

**West Square Building  
505 Broadway St  
Baraboo, WI 53913**

**Mindy Shrader serving the  
western part of Sauk County**



**Pam Fuchs serving the  
eastern part of Sauk County**



# *Coupons for Medicare Beneficiaries and the Federal Anti-Kick Back Statute*

*By the GWAA Legal Services Team*

Drug companies provide coupons that can reduce or eliminate the cost of patients' out-of-pocket copayments for certain drugs. As with most coupons, the reason the drug companies provide the coupons is to encourage patients to buy the drug. Although coupons reduce individual patients' costs, coupons may increase the cost of prescription drugs for health insurers.

A 2013 study from *The New England Journal of Medicine* found that 58 percent of coupons were for brand-name drugs for which a lower cost generic alternative was available. Manufacturer coupons oftentimes encourage patients to obtain more expensive brand-name drugs when lower cost alternatives are available. These coupons may reduce beneficiaries' immediate out-of-pocket costs, but if the individuals are enrolled in a Part D plan, the Part D program's costs may increase, ultimately increasing costs to Part D enrollees.

To address this and other issues, Congress enacted a federal law commonly referred to as the anti-kickback statute. The anti-kickback statute prohibits giving anything of value to people covered by a federal healthcare program to gain their business. Manufacturers may be liable under the anti-kickback statute if they offer coupons to induce the purchase of drugs paid for by federal health care programs including Medicare Part D.

Despite the anti-kickback statute, surveys have found that approximately 6 to 7 percent of surveyed seniors reported using manufacturer coupons toward their copayment for Medicare paid prescription drugs. Applying these results

to the population of 36 million Part D beneficiaries means more than 2 million Part D beneficiaries could use coupons to cover prescription drugs.

The consequences for violating the anti-kickback statute are steep. Criminal penalties can include fines up to \$25,000 and a five-year prison term per kickback violation. Civil penalties can be as much as \$50,000 per kickback violation in addition to three times the amount of damages sustained by the government. In addition, a violation can result in exclusion from federal health care programs including Medicare and Medicaid, and parallel loss of state licensure, hospital privileges, and participation in managed care contracts. The penalty may apply to both the party receiving the kickback and the party making the kickback – upon a showing that the violation was “knowing and willful.”

As one example, Walgreens recently agreed to pay \$50 million to the federal government and states to settle allegations that it illegally gave discounts to federal healthcare program beneficiaries to encourage them to fill their prescriptions at Walgreens. Walgreens enrolled hundreds of thousands of Medicare, Medicaid, and TRICARE beneficiaries into its Prescription Savings Club, which gave members discounts on drugs and rebates on other Walgreens-branded products such as household, baby care, and grocery items.

# *Choosing an Elder Law or Estate Planning Attorney who is Familiar with Medicaid Laws*

*By the GWAAR Legal Services Team*

Elder law is a legal specialty area focused on the specific legal needs of older adults. Elder law attorneys have a wide variety of expertise with trust and estate planning, Medicare, Social Security, retirement, guardianships, health and long-term care planning, public benefits including Medicaid, and many other legal issues affecting older adults.

That said, not all elder law attorneys are familiar with every aspect and every detail of the law that may affect older adults. Some elder law attorneys may be well-versed in estate planning and guardianships but not know much about Medicaid law.

If you are in a Medicaid program or are likely to ever need Medicaid, especially for any type of long-term care, it is important to find an elder law attorney who is experienced in Medicaid law (sometimes called “Medicaid planning.”) Even if this attorney focuses on drafting a will or a trust for you, it is important that the attorney is aware of and can spot potential issues with Medicaid in the future.

The issues related to Medicaid that could arise, could be prevented, or that could be minimized may include:

**Eligibility** – For example, an estate plan with careful attention to Medicaid planning could include setting up burial trusts or other types of exempt assets that may make someone eligible for Medicaid services.

**Divestment penalties** – Long-term care Medicaid programs have income and asset limits to qualify. If someone gives money away or sells something for less than fair market value in order to qualify for Medicaid, that could be seen as a

divestment and the Medicaid recipient would be subject to related penalties. An attorney who is familiar with Medicaid laws may be able to find ways to prevent this from happening or lessen its impact.

**Estate Recovery** – Medicaid law allows the state to recover some costs that were paid on behalf of a Medicaid recipient. This includes placing a lien on the person’s home and/or making a claim against their estate. An attorney who is familiar with Medicaid laws may be able to help with estate recovery as a potential issue.

The types of Medicaid services that may be affected by these issues include long-term care nursing home Medicaid, Medicaid recipients who are considered “institutionalized” in the hospital, and community-based waiver programs such as Family Care, IRIS, Community Options Program (COP), and others. Also, it does not matter whether you are currently a member of any of these programs, if there is even a possibility that you may need these services in the future, it is a good idea to find an attorney who is familiar with Medicaid laws.

Please note that ADRC staff and Elder Benefit Specialists do not provide estate or Medicaid planning services or advice. You will need to contact a private attorney for that. Below are some resources to help you find one, and again, if Medicaid is a concern for you, make sure to ask that attorney if they are familiar with Medicaid laws and Medicaid planning.

National Academy of Elder Law Attorneys (NAELA) [www.naela.org](http://www.naela.org)

Continued on page 12



continued from page 11...

NAELA is a professional association of attorneys that is dedicated to improving the quality of legal services provided to people as they age. NAELA can help locate an attorney who specializes in Elder Law issues including Medicaid planning.

State Bar of Wisconsin Lawyer Referral and Information Service (LRIS)

- (800) 362-9082
- <http://www.wisbar.org/forPublic/INeedaLawyer/Pages/Lawyer-Referral-Request.aspx>

LRIS is a service provided by the State Bar of Wisconsin that assists prospective clients in finding an attorney to represent them given their specific legal needs. Attorneys referred through LRIS agree to charge no more than \$20.00 for the first consultation, up to 30 minutes.

Martindale-Hubbell

- <http://www.martindale.com/Find-Lawyers-and-Law-Firms.aspx>

Martindale-Hubbell, in existence since 1868, operates an expansive online database of attorneys, law firms, and more. The database also includes both peer and client ratings for attorneys. Prospective clients can search for attorneys based on name, law firm affiliation, location, practice area, and more.

Avvo

- <http://www.avvo.com/find-a-lawyer>

Avvo, founded in 2007, is another online database that includes comprehensive tools for locating attorneys and law firms as well as finding answers to a variety of legal questions. Avvo's attorney database also includes ratings and reviews of individual attorneys and allows prospective clients to search by state, city, and practice area.

Friends, Family, and Personal Referrals

Friends, family, and business colleagues have often either hired attorneys themselves or know someone who has. Discussing others' personal experiences can be extremely helpful in locating the right attorney.



## Sauc County Foot Clinic Schedule



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

Tuesdays-March 5 & 19

Tuesdays-April 2 & 16

Wednesdays-April 17

Tuesdays-May 2 & 21

### **Lake Delton-Frank Fischer Center**

Wednesdays-March 6, April 3, & May 1

### **La Valle-Fire Department**

Wednesday-March 27 & May 29

### **Plain-Kraemer Library**

Wednesday-April 24

### **Reedsburg-Maple Ridge**

Tuesdays-March 12, April 9, May 14

Thursday-April 18

### **Reedsburg-Senior Life Center**

Wednesdays-March 13 & May 8

### **Reedsburg-Willow Heights**

Wednesday-April 10

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

Thursdays-March 7 & 14,

April 4 & 11, May 2 & 9

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

Tuesdays-March 26 & May 28

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

**Please call the Health Department  
at 355-4338**

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



# ADRC TRANSPORTATION

LOOK WHO'S GETTING YOU THERE!



**TOM  
HEMBERGER**



**DAVE  
SONNTAG**



**JEFF  
HANKE**



**NIK  
IMOBESTEG**



**BILL  
TOBIAS**



**TOM  
CLARKSON**

## ADRC TRANSPORTATION SERVICES

*"Our Mission is to provide Mobility & Independence to Senior and Disabled Citizens"*

The ADRC Transportation Programs have so much to offer seniors and disabled citizens within Sauk County. Our transportation services include our Volunteer Escort Driver program, Taxi subsidy program, Weekly Shopping Busses, and Fun Day Travel Busses.

If you haven't tried these services, you are missing out!

### Volunteer Escort Driver Program

The Volunteer Driver Escort Program is just as it appears. We have the most generous people in Sauk County giving their time and use of their vehicles to provide mobility to our Senior and Disabled citizens.

This program costs only \$.35 per mile as calculated from the driver's home to pick up the client, transport them and wait for them in most cases to take them home. The cost to the client helps cover the driver's costs for fuel. These wonderful folks provide qualified clients with transportation for medical and dental appointments, pharmacy trips, social activities, shopping and any other trip

that contributes to health and wellness of the client. Volunteer drivers will pick you up at your door, transport you to your destination and bring you back home. Destinations include locations outside of the Sauk County area. If you are disabled and have special needs, just let us know so that we can appropriately accommodate and transport you to your destinations.

To use the Volunteer Escort Services,  
Call (608) 355-3278

*Note: Except for special cases, we do not transport passengers from communities with taxi services to destinations within that community.*

**MEDICAL TRANSPORTATION LINE: 608-355-3278 OR 800-830-3533**  
**FUN-DAY TRIP RESERVATION LINE: 608-355-4888**



## Shop Your Way - Shopping Bus Service

The ADRC offers a weekly bus service on Thursday's to shopping destinations. The destination rotates on a weekly basis in Baraboo-Lake Delton, Madison Westside and Madison Eastside. Drivers will take you to a central location and from there, YOU DECIDE where you want to shop... The driver will transport you to a location of your choosing within five miles of the central location. See the shopping bus schedule in Add Life for the weekly destination.

The price is \$3.00 for the shopping trips and includes the return trip. We ask that passengers meet at pre-arranged pick-up locations; however, the bus may pick up persons with special needs at their homes if arrangements are made in advance with Transportation Staff.

For reservations, call the ADRC Transportation Reservation line at (608) 355-4888.

We will return your call one day prior to the trip to confirm your reservations and pick-up time.

If you are a new participant or have questions (Please no reservations requests), you can call the main transportation line at 608-355-3278. ATTENTION Spring Green and Plain area Residents!! We are looking to extend our shopping bus services to shopping into Richland Center with alternating trips into the Madison areas. Come join the fun!!

Call the Transportation Office (608) 355-3278 for more information. (3 passenger minimum applies, so get the word out). NOTE: Please call at least 48 hours in advance of the trip to reserve your seat as space is limited. You may reserve seating for up to four total passengers. Pickup times are determined after the passenger lists are completed and we will contact you with the time the drivers will pick you up the day prior to the event.

## Fun Day Travels

Fun day trips are designed to promote a healthy, mobile and independent lifestyle for persons over the age of 60, or that have an impairment or disability. Fun Day Travels promotes fun and engaging social interactions, making and renewing friendships, and just getting out of the house for an adventure. Our wide variety of destinations are designed to be fun, affordable, and sometimes educational. These trips provide a lively social environment during the ride as well as at the destinations. Examples of destinations we have gone are- EAA Museum; Field of Dreams, IA; WI State Fair; Dubuque IA Arboretum and Botanical Gardens; Governor's Mansion Tours; Ft McCoy and Volk Field and so many more fun destinations. Check out the schedule of destinations in the Add Life and the bus monitors for upcoming trips. Come join in the fun!!

Round Trip fare is only \$5.00, regardless of the destination, and is payable to the driver when entering the bus. Trips with entrance fees are the responsibility of the passengers. Trips include stops for lunch for which the passengers are responsible for purchasing their own lunches. Pickup locations are determined on the passenger reservation list and caretakers 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.)

NOTE: Please call at least 48 hours in advance of the trip to reserve your seat as space is limited. You may reserve seating for up to four total passengers)

Pickup times are determined after the passenger lists are completed and we will contact you with the time the drivers will pick you up the day prior to the event.

ATTENTION Spring Green and Plain area Residents!! We are looking to extend our Fun Day bus services into the Spring Green, Plain, and surrounding areas. Bring a friend or three and come join the fun!! Call the Transportation Office (608) 355-3278 for more information. (A 3 passenger minimum applies to bus trips).



## Taxi Subsidy Program

There has been a change in the taxi Punch Card program. This program is now managed by our receptionist, Sandy, in the ADRC Office reception area. This change allows for more direct customer service and better access to the clients wishing to use the Taxi Subsidy Program. Taxi punch cards provide 10 one-way rides provided by your local taxi service within Baraboo, West Baraboo, Reedsburg and Sauk Prairie. Travel outside of the municipalities is an extra cost.

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 and we will send you an application. Once completed simply mail the completed application with a check or money order to:

ADRC Transportation  
505 Broadway  
Baraboo, WI 53913

**\*\*New Phone # (608) 355-3289\*\***

NOTE: Due to the large volume of users, we are now only able to issue one voucher per client per month.





## We Need More Volunteer Drivers!

We are looking for compassionate and caring persons that have reliable transportation, want to fulfill a sense of purpose and have time to help others, this may be for you. Potential drivers would be joining our team of wonderful volunteers that provide rides for seniors and disabled citizens for medical appointments and other personal needs. Drivers are reimbursed based on their mileage at the current IRS mileage rates and for meals outside of Sauk County.

If you are interested in hearing more, contact Dave Sonntag at 608-355-3378 or Brianna Wipperfurth at 608-355-3289.

## 2019 Spring/Summer Shopping Bus Schedule

3/7	Baraboo
3/14	West Towne
3/21	Baraboo
3/28	East Towne
4/4	Baraboo
4/11	West Towne
4/18	Baraboo
4/25	East Towne
5/2	Baraboo
5/9	West Towne
5/16	Baraboo
5/23	East Towne
5/30	Baraboo

## 2019 Spring/Summer Fun Bus Schedule

### March

- 5 – Channel 27 TV, 9:30 tour
- 12 – Sun Prairie Cinema
- 19 – Olbrich Gardens – Tropical Tessellations, free admission
- 26 – Badger Ammunition Museum – free will donations

### April

- 2 – Mischler's Amish Country Store, Dalton, WI
- 9 – WRCO Radio Station Tour, Richland Center
- 16 – Sun Prairie Cinema
- 23 – Cedar Grove Cheese, Plain, \$3.00
- 30 – Fast Corporation – Fiberglass Molding (Bucky Badger etc)

### May

- 7 – Sassy Cow Ice Cream, Columbus, \$4.00 admission
- 14 – Henry Vilas Zoo
- 21 – Fort Winnebago, Portage – \$5.00/Retired Military free
- 28 – Volk Field Air National Guard Base

### June

- 4 – Epic Medical Records, Verona
- 11 – 1897 Clark County Jail & Museum, Neillsville – \$3.00





# COP'S CORNER

THE COP'S CORNER HAS BEEN WRITTEN BY A MEMBER OF  
THE SAUK COUNTY CHIEF'S ASSOCIATION

## ACCIDENT REPORTING

If you have ever been in a crash or bumped another car, you know it can be stressful. Sometimes however, people wonder when the police should be notified. Wisconsin Statutes require duties to report by any driver involved in a crash. These are applicable in the following areas:

- Highway or Roadway
- Premises held for public use (Business parking lots)
- Premises provided for employees
- Premises provided for tenants with 4 or more units (rental building parking lots)

Drivers are required to:

- \* Any person involved in a crash resulting in injury or death of any person or in damage to a vehicle which is driven or attended by any person shall immediately stop such vehicle at the scene or as close to thereto as possible and shall return to and render aid.
- \* The operator shall, upon request, present their driver's license.
- \* The operator shall render aid to the other party.

Under State Statute, the operator of any vehicle involved in a crash with damage in excess of \$1,000 to any one vehicle or property, or any injury, shall notify local law enforcement by the quickest means possible. It does not take much to get \$1000 in damage in modern vehicles. Bumpers cost more than this to replace!

If a vehicle strikes an unattended or parked vehicle, or property adjacent to the highway (roadway), the operator is to stop and locate the owner of the damaged item. They are also to make a report to law enforcement if the damage is in excess of \$1,000, or someone is injured.

Penalties for non-reporting range from a fine for property damage crash with a parked vehicle to a crime if an attended vehicle is struck. This would cause a criminal arrest, and if someone is injured, the crime is a felony, including a mandatory license revocation.

Traffic crashes do happen, and it is important that the police be notified so we can investigate and properly report to the State.

Mark Schauf  
Baraboo Chief of Police





Holly Schafer

# Disability Benefit Specialists Scam Awareness



Quinn Hause

By educating yourself and knowing how to identify and report scams,  
you can stay several steps ahead of thieves

## Secure Your Identity

The Social Security Administration (SSA), like many government agencies and businesses, continues to expand its electronic services. With a few clicks online, citizens can apply for Social Security benefits, view their Social Security Statement, or request a new or replacement Social Security card, for example.

As you do more business with SSA and other entities online, it is increasingly important to protect your personal information. These electronic services are generally safe and secure, but if your personal information falls into the wrong hands, identity thieves could misuse that information and access your online accounts, with SSA and other entities.

Identity theft affects millions of people each year and can have serious financial and identity-related effects. Protect yourself by securing your personal information, understanding the threat of identity theft, and exercising caution.

## 10 Tips to Protect Personal Information

1. Always protect your Social Security number. Don't carry your card in your wallet—and keep it in a safe place at home. Don't give it out unnecessarily or accidentally.
2. Never give out your personal information over the phone or in an email to someone who asks for it. Social Security may contact you, but they will have your information in their records and won't ask for it.

3. Verify the identity of someone claiming to be from Social Security by calling your local Social Security office, or 1-800-772-1213, SSA's toll-free customer service number.
4. Shred any piece of paper that contains personal information such as your name, birth date, and Social Security number. Identity thieves look through trash for information.
5. Regularly check your financial accounts for suspicious transactions.
6. Request a free credit report from each of the three credit bureaus every year. Visit [www.annualcreditreport.com](http://www.annualcreditreport.com).
7. Install and maintain strong anti-virus software on all of your computing devices.
8. Make your passwords complicated so others cannot easily access your accounts. Use sentences or phrases that you can easily recall.
9. Never click on a link sent in an unsolicited email or text message—type in the web address yourself. Only provide information on secure websites you trust.
10. Do not believe calls, emails, or texts saying you need to pay a fee to collect lottery winnings or to resolve an issue with the government. Stay up to date on current fraud scams at [oig.ssa.gov/newsroom/scam-awareness](http://oig.ssa.gov/newsroom/scam-awareness).

## Take Action/Report Scams If You Suspect Identity Theft

- The Federal Trade Commission has many resources to help you report and recover from identity theft. Contact the Federal Trade Commission at 1-877-ID-THEFT (438-4338) or visit [www.identitytheft.gov](http://www.identitytheft.gov).



• You may report suspicious activity or communications claiming to be from the Social Security Administration to the Social Security Fraud Hotline. Contact Social Security Fraud Hotline at -800-269-0271 or visit <https://oig.ssa.gov/report>.

• If you believe you have been a victim of an IRS Impersonation Scam, please report that activity to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or visit

[https://www.treasury.gov/tigta/contact\\_report\\_scam.shtml](https://www.treasury.gov/tigta/contact_report_scam.shtml).

• You can report suspected Medicare fraud in any of these ways by calling 1-800-MEDICARE (1-800-633-4227), visit <https://forms.oig.hhs.gov/hotlineoperations/report-fraud-form.aspx> or Call the Office of the Inspector General at 1 800 HHS TIPS (1 800 447 8477).

• Place a fraud alert on your credit record with one of the three credit bureaus:

Equifax (1-866-349-5191)

Experian (1-888-397-3742)

TransUnion (1-800-680-7289)

• Contact your financial providers (banks, credit card companies, etc.) to flag irregular transactions.

• Check your Social Security earnings statement online to make sure your reported wages are correct. Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

• Block electronic access to your Social Security accounts. Visit [https://secure.ssa.gov/acu/IPS\\_INTR/blockaccess](https://secure.ssa.gov/acu/IPS_INTR/blockaccess).

Please be alert and safe. Protect yourself!

Article from SSA.gov

*"An optimist is  
the human  
personification  
of spring"  
- Susan J.  
Bissonette*



# VETERAN'S MESSENGER

## VOICE OF THE MESSENGER

TONY TYCZYNSKI,

VETERANS SERVICE OFFICER



Dear Friends,

In February the new appeals process for VA claims went into effect. The transition to this new process went fairly well by our measure. The success rate in the process seems to be similar to the old, but the turnaround time is much faster. It is more important than ever to work with our office if you get a VA rating that is not favorable, as this new process has three different “lanes” that an appeal can be filed in, and choosing the correct one is a decision that is best made with the insight and advice of the advocates in our office.

Other changes at the VA are with the health care side, and they are regarding the Mission Act signed into law by the President June 2018. VA health care will change beginning in June 2019. There will be a variety of expanded services available from the VA and Care in the Community that may be paid for by the VA. The final rules are expected to be published in June 2019. I cannot emphasize enough how important it is to make sure all veterans using VA health care clearly and completely understand these changes; failure to do so may result in you owing money unnecessarily. The staff of your CVSO offices expects to get extensive training over the next several months to make sure we understand the changes and are able to assist you through this transition.

In Your Service,  
Tony

## AGENT ORANGE UPDATE

Certain veterans that served in certain areas at certain times are eligible for presumptive service-connection based on their service if they get certain diseases. The biggest group of veterans that this affects are Vietnam veterans. Agent Orange is a toxic herbicide that was used in not only Vietnam, but also other parts of Southeast Asia, including Korea & Thailand.

Additionally, there was a recent court case that proposes to potentially expand the people affected to Blue Water Navy personnel that served in the territorial waters (12 miles) of Vietnam. While this is encouraging news, it is likely this fight is far from over; however, it does provide the occasion to remind these Blue Water veterans that if they have any of the conditions that are listed below, they should contact our office to file a claim, even though the VA has yet to concede they were exposed to herbicides. The reason to file now is



that when the VA does concede that the Blue Water veterans were exposed, if they had previously filed a claim, the VA may pay them some retroactive benefits.

The following are the most common conditions related to exposure to herbicides.

Cancer: Many different types

AL Amyloidosis: A rare illness that happens when an abnormal protein (called amyloid) builds up in your body's tissues, nerves, or organs (like your heart, kidneys, or liver) and causes damage over time

Diabetes Mellitus Type 2

Ischemic Heart Disease: A type of heart disease that happens when your heart doesn't get enough blood (and the oxygen the blood carries).

Parkinson's Disease

If you have an illness you think is caused by contact with Agent Orange—and you don't see it listed here—you can still file a claim for disability compensation. You will need to show that you have a disability and include a doctor's report or a hospital report stating that your illness is believed to be caused by contact with Agent Orange.

### **SAUK COUNTY/WI STATE PARK PASS INFORMATION**

We want to remind our Sauk County veterans that if you are a resident of Sauk County and an honorably discharged veteran who uses or visits the Sauk County parks & boat landings, you are eligible for ONE free Sauk County park sticker.

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

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

Veterans with a National Park Pass can access Devil's Lake State Park at no cost because a portion of the park is federally funded (the Ice Age Trail). We discovered through the Wisconsin Department of Natural Resources that Veterans with the National Park Pass can also access these other amazing State Parks for free: 1. Kettle Moraine Northern Unit, 2. Mill Bluff, 3. Drumlin, 4. Chippewa Moraine, 5. Interstate, 6. Horicon State Wildlife Refuge, 7. Two Creeks Buried Forest, 8. Cross Plains.

In order to qualify for the National Park Pass, you have to be over 65 years old or be a veteran with a service-connected disability (rated at 0% or higher). If you feel you have a disability that has not been recognized by the VA, it is never too late to claim that disability. Contact our office for more information. If you don't have a service-connected disability and are over 65 the lifetime pass will cost \$80; the lifetime pass is \$10 for disabled veterans of any age.

Find more information on the passes at <https://www.nps.gov/planyourvisit/passes.htm>

#### **Connect with the Sauk CVSO**

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

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

Facebook: Sauk County Veterans Service Office

General E-mail for our office:

[vetservice@saukcountywi.gov](mailto:vetservice@saukcountywi.gov)

## UPCOMING EVENTS

For more information on the following upcoming events that are for veterans/to support veterans, please see our website.

There are veterans that meet for coffee on the second Tuesday of every month when classes are in session at MATC-Reedsburg, from 9—11 a.m. This is an opportunity to meet with other veterans from all eras. Contact Barb Knopf with any questions at (608) 415-8967

Every Friday the American Heroes Cafe inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 a.m. - noon.

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. 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. Contact Mary Larson for questions at (608) 254-7002.

There are also caregiver support programs available through VA health care.

# THANK YOU

We want to thank the following for their recent donations to the Veterans Care Trust Fund: Joe Neiman; Bob O'Brien; Anonymous; AL Post 350; Vincent Brunner Family.

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



Louis Birkholz  
Assistant Veterans  
Service Officer



Pamela Russo  
Veterans Benefit  
Specialist



Kathy Kent  
Veterans Benefit  
Specialist



Sandy Diech  
Veterans  
Administrative Support



# MILITARY VETERANS ...THIS ONE IS FOR YOU!



This is reaching out to any Military Veteran (Past & Present) that may have been overlooked in the early notices. If you are that Veteran...or a Mom, Dad, child, or spouse of a Military Veteran...Consider having that Veteran come join the other Military Veterans in the Baraboo Circus Celebration Parade this summer on Saturday, July 20th.

Annually the Baraboo community hosts the Parade and sets aside a section for recognizing Military Veterans - young & more seasoned. YOU ARE INVITED to be recognized by riding or walking in the Parade. Although the weekend in Baraboo has a host of events planned, it is the Parade that has great importance to our Veterans - the highlight of the weekend! The Saturday morning parade draws tens of thousands of spectators from across the Midwest.

Several years ago the Parade Committee wished to highlight one of the area's great resources - that being the area's strong population of Veterans (Past & Present) covering all Military Service Groups that may have served stateside or abroad. If that soldier ever recited that 'oath' to defend this great country and brought home honorable discharge - YOU are who the Committee is calling out to.

As in past years, our Veterans will be one of the early units in the Parade. With colors proudly waving, you as a Veteran will be greeted by a standing crowd of 20,000+ local and visiting onlookers. This is one of those opportunities for our area Veterans to receive Baraboo & Sauk County's appreciation for your military service. There will be space for individuals or units that wish to walk from different area Veteran Posts/Chapters, space for Veterans not associated with a Veteran unit today, space for (pre-approved) military vehicles, as well as our provided Veteran rides (convertibles & people haulers). It is our plan to have enough transportation on hand to give every Veteran a ride if wanted. The route this year matches that from last - we will depart from 7th & Broadway at 11:00 A.M. sharp, so your members should be on Broadway (between 7th & 8th Ave) by 10:00 A.M.

On behalf of the Parade Committee and myself - we would like to invite you as an individual, your Post/Chapter (if you have one) to attend the 2019 Baraboo Parade. As I am tasked with getting all the Veterans staged for the Parade, I would ask that either as a group or individually you contact me directly. I do need close numbers to insure that we have enough transportation to meet all the necessary needs. I can be reached via phone at (608) 393-0643 or by email at klugedmk@gmail.com. If you have any questions, or wish I attend your Post/Chapter meeting for a face-to-face invitation, so not hesitate to contact me. I will make every attempt to attend your group meeting if wanted.

Dennis Kluge, 2019 Parade Committee (Veterans Section)





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



## **ADRC Satellite Offices and Extended Hours**

**For Your Convenience, the ADRC has four satellite offices and extended hours in Baraboo.**

The **Baraboo** office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 p.m. on the following Tuesdays: March 19, April 23, & May 21. As always, after hours appointments are available upon request and availability.

The **Lake Delton** office is in the Frank Fisher Senior Center at 20 Wisconsin Dells Parkway South and is open every Tuesday from 11:00 a.m. to 1:00 p.m. No appointments are needed.

The **Reedsburg** office is in the Reedsburg Human Services 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 Community Library at 230 E Monroe St. The office will be open every other Thursday from 10:00 a.m. to 12:00 p.m. The next days are: March 7, March 21, April 4, April 18, May 2, May 16, & May 23.

**If you would like further information,  
call the ADRC at 355-3289 or 800-482-3710. Some dates subject to change.**



**Jim  
Pritzkow**



**Julie  
Mayer**



**Rachel  
Heinzman**



**Hannah  
Halverson**



**Megan  
Fecht**



**Kari  
Edwards**



# Home Improvement Project Ideas for Aging in Place

## By the GWAAR Legal Services Team

Are you planning to stay in your home for as long as you can? If so, you're not alone.

According to research by the National Conference of State Legislatures and the AARP Public Policy Institute, nearly 90 percent of people over the age of 65 want to stay in their homes for as long as possible. Unfortunately, most homes are not designed for aging in place. However, there are some remodeling projects that can help people of all ages live more comfortably in their homes.

- Consider smart home products like thermostats, lighting, or doorbells. Adjust your home's temperature, turn the lights on or off, or see who is at your door with the push of a button or with a voice command.
- Take steps to prevent falls. Add handrails on both sides of a stairway. If your house has front steps, consider changing your entryway so that there is a sloping walkway rather than steps. An overhang over your main entrance will shield you from rain and snow and reduce your risk of falling on slippery pavement. In addition, pay attention to floor surfaces. Hardwood floors can be slippery, but adding area rugs can create a tripping hazard. On the other hand, carpeting reduces the risk of tripping and can help cushion a fall. However, wheelchairs and walkers might not easily roll over carpet.
- Get creative with your home's layout. Having a bedroom and full bathroom on the first floor means you will not have to climb stairs every day. In addition, if you move the laundry to the main floor, you will not have to carry a laundry basket up and down stairs.

- Think about how to make your bathroom accessible to people of all ages, heights, and mobility. A walk-in tub or curbless shower eliminates the need to step over the edge of a bathtub or shower. In addition, a taller toilet can make it easier to sit down and stand up. Finally, make sure your bathroom walls can accommodate grab bars.

- Maintain independence in your kitchen. Consider adding rollout shelves or pullout drawers for storage so that you do not have to bend over as much. A microwave at counter height and seated work spaces make food preparation easier for people who have trouble standing. Finally, ranges or cooktops with controls on the front eliminate the need to reach across hot burners.

- Do not forget about outlets, switches, and doorknobs. Consider putting outlets and switches where they can be reached by someone who is sitting. Light switches that do not require grasping will be easier to use. Doors with levers rather than doorknobs are easier to use by people who have arthritis or who simply have their hands full.

Costs will vary depending on where you live and the specific project. Some of these suggestions can easily be added to remodeling or maintenance projects you may already be planning, and others can be done by you or a family member in an afternoon. Most importantly, think about your own priorities and life-style to determine which adjustments will best meet your needs.





**Marina Wittmann**  
Lead Aging  
Specialist

# Caregiver Connections & Prevention Pointers



The Aging and Disability Resource Center (ADRC) of Sauk County provides the highest level of educational programs designed for YOU! The ADRC currently offers two evidence-based programs: Stepping On for falls prevention and Powerful Tools for Caregivers. You may have heard the phrase “evidence-based programs” before and wondered what that actually means! According to the Wisconsin Institute for Healthy Aging (WIHA), an evidence-based program is one that has been researched and scientifically-proven to work. Stepping On is PROVEN to help older adults prevent falls by 30%. Powerful Tools for Caregivers is PROVEN to help older adults improve self-care behaviors such as increasing self-confidence and better coping with challenges of caregiving.

## **Stepping On**

Stepping On is proven to reduce falls and improve confidence in avoiding fall hazards. How significant is the problem in Wisconsin and in Sauk County? According to the Department of Human Services, in 2016, 25% or 1 in 4 Wisconsin residents reported a fall– a number that is still the same today! The total cost in Wisconsin for

all hospital related visits were at least \$771 million! Unfortunately, Sauk County is in the highest category of fall-related hospitalizations. Although these numbers are staggering and scary, we can do something about that! There are many factors that cause older adults to fall but Stepping On is designed to talk about those risk factors and help reduce the risk of falling. The 7-week workshop will help participants learn to identify and remove home fall hazards, to choose safe footwear, to get up after a fall, strength and balance exercises, how vision and medication affect your fall risk, and much more! Workshops are available throughout the year and available in all areas of Sauk County. Call us to find a workshop near you!

## **Powerful Tools for Caregivers**

Powerful Tools for Caregivers is proven to improve self-confidence in caregivers who are caring for a loved one. A caregiver is a wife, husband, son, daughter, relative, or friend who takes on tasks that a loved one can no longer do. These tasks can be anything from arranging medical appointments to assisting with daily living tasks like dressing, grooming, and bathing.

According to AARP, Wisconsin has 578,000 family caregivers who provide 538 million hours of care – worth an estimated \$7 billion! Caregivers spend a lot of time caring for their loved one – but sometimes neglect their own needs. Powerful Tools for Caregivers is a 6-week workshop that gives caregivers the confidence and support to better care for their loved ones – and themselves. One participant stated, “caregiving is easier when you are better prepared to face the challenges that arise.” If you or someone you know would like to participate in Powerful Tools for Caregivers, call Marina at the ADRC for class info.

As quoted by Albert Einstein, “Life is like riding a bicycle. To keep your balance, you must keep moving.” The ADRC Prevention Program strives to keep you moving. Whether it is learning strategies to prevent a fall or learning self-confidence techniques, we want to help you keep moving and learning each day so that you can be the best you can be! Contact Marina at the ADRC for any questions regarding our prevention or caregiver programs.



### **Family Caregiver Support Group**

Sauk Prairie Community Center

730 Monroe St, Sauk City

3rd Tuesday of Each Month, 5:00-6:00 p.m.

Light Dinner will be provided.

Next Meetings:

Tuesday-March 19, April 16, May 21

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

Sauk Prairie Community Center

730 Monroe St, Sauk City

3rd Tuesday of each month, 6:00-7:00 p.m.

Next Meetings:

Tuesday-March 19, April 16, May 21

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

Reedsburg Area Senior Life Center

2350 N. Dewey Ave, Reedsburg

3rd Wednesday of each month, 12:00-1:30 p.m.

Next Meetings:

Wednesday-March 20, April 17, May 15

### **Caregiver Support Group & Loved Ones Social**

West Square Building

505 Broadway St, Baraboo

2nd Wednesday of each month, 9:00-11:00 a.m.

Room B30 for Caregivers & B24 for Loved Ones

Next Meetings:

Wednesday-March 13, April 10, May 8

Group respite is available for this group for free from Brightstar Care. If you are interested in respite, you must call Susan at the ADRC by the Friday prior to the meeting so respite care can be arranged.

(608) 355-3289





Brianna Wipperfurth  
Program Coordinator

# The Volunteer Buzz

**National Volunteer Week is April 7-13!**

Hello and Happy Spring!

National Volunteer Week is April 7-13, so I wanted to take the time to say a sincere **THANK YOU** to all of our great ADRC volunteers! Whether you are a Home Delivered Meal Driver, Staff Support, a Volunteer Escort Driver, or anything in between, your hard work and dedication to the ADRC and those we serve has not gone unnoticed! This year marks the 45th anniversary of the volunteer program at the Aging & Disability Resource Center (formerly the Commission on Aging). For 45 years our volunteers have dutifully served their friends and neighbors across Sauk County, and for that we are forever grateful. No matter if you have an hour a day or an hour a year, I encourage you to find a way to volunteer. Together we can make an impact in Sauk County!

**-Brianna**

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## LOOKING TO VOLUNTEER?

THE SAUK COUNTY AGING & DISABILITY RESOURCE  
CENTER IS LOOKING FOR ROCK STARS LIKE YOU!

The ADRC is always looking for dedicated individuals to support their community as Home Delivered Meal Drivers, Dining Site Helpers, Volunteer Escort Drivers, Office Support, and so much more!

Whether it is a few hours a week or a few days a month, let's get you connected! If you would like to learn more about volunteer opportunities, contact Program Coordinator, Brianna Wipperfurth at (608) 355-3289 or [brianna.wipperfurth@saukcountywi.gov](mailto:brianna.wipperfurth@saukcountywi.gov)






## *Welcome Gina Laack, Dementia Care Specialist for the ADRC of Eagle Country!*

Gina Laack is the new Dementia Care Specialist (DCS) for the ADRC of Eagle Country serving Juneau, Crawford, Sauk, and Richland Counties coming on board for the region in August. Gina is from the Mauston area and graduated from the University of Wisconsin-Eau Claire in 2010 with a Bachelor of Social Work degree. Gina's passion is working with and advocating for the aging and disabled populations. She has over 7 years of experience working in the long term care setting where she worked on a daily basis with people living with dementia and their care caregivers and loved ones. During her experience in long term care she witnessed the effects that dementia has on an individual and their loved ones from the very early stages of the disease to the end stages. The mission of the Dementia Care Specialist Program through the state of Wisconsin is to support people with dementia and their caregivers in order to ensure the highest quality of life possible. In order to accomplish this mission, the dementia care specialists (DCSs) have four main goals:

- 1.) Provide free information and assistance to adults with memory or cognitive concerns, or who have been given a dementia diagnosis.
- 2.) Provide information and support to family members and friends who are caregivers
- 3.) Help develop dementia-friendly communities where people with dementia can remain active and safe, and caregivers can feel supported
- 4.) Train other staff at the ADRCs and other county and municipal offices and businesses to be dementia-capable

According to the Wisconsin Department of Health Services, there were an estimated 115,000 persons living with dementia across the state of Wisconsin in 2015. This number is projected to grow to 242,000 persons by 2040. Gina's hope is to increase awareness throughout the region and to help enhance the lives of those living with dementia by providing resources and guidance to individuals and caregivers who are facing the challenges of the disease daily.





Jennifer Kamrowski  
Nutrition Coordinator

## The Reedsburg Dining Center is MOVING!



Sauk County is pleased to announce that the Reedsburg Dining Center will be relocating to the Boys and Girls Club as of April 1st, 2019.

The Boys and Girls Club is located at 300 Vine Street in Reedsburg.

The Reedsburg Dining Center is currently located in the Willow Heights Building at 800 3rd Street. We are thankful to Willow Heights for being so accommodating to our site's needs over the years!

The goal of the move to the Boys and Girls Club is to expand our Reedsburg location and make the site more community friendly. Sauk County hopes that this relocation will allow us to serve more meals to more members of the Reedsburg community while providing them with a warm and friendly atmosphere. We are thrilled that the new location at the Boys and Girls Club will give our senior nutrition clients the opportunity to integrate with the younger generations at the club.

The Reedsburg Dining Center will continue to serve meals at Willow Heights through Friday, March 22nd, 2019. The Dining Center will reopen at the new location inside the Boys and Girls Club on Monday, April 1st, 2019.

Please come and visit our NEW location at the Boys and Girls Club, Monday, April 1st!

For RESERVATIONS, call Lisa at (608) 963-3438



# Vitamin D

## What is Vitamin D?

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It's also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis.

## Chief functions of Vitamin D:

Vitamin D promotes calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations to enable normal mineralization of bone to prevent hypocalcemic tetany. (Side effects to low vitamin D levels)

It's also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Without sufficient vitamin D, bones can become thin, brittle or misshapen. Vitamin D sufficiency prevents rickets in children and osteomalacia in adults.

Together with calcium, vitamin D also helps protect older adults from osteoporosis.

Vitamin D has other roles in the body, including modulation of cell growth, immune functions and reduction of inflammation.

## Sources of Vitamin D:

Most people meet at least some of their vitamin D needs through exposure to sunlight. In the winter, cloud cover may make this process more difficult. Sunlight may be a major source of vitamin D for some, but the vitamin D RDAs are set based on minimal sun exposure.

Very few foods in nature contain vitamin D. The flesh of fatty fish (such as salmon, tuna and mackerel) and fish liver oils are among the best sources.

Fortified foods provide most of the vitamin D in the American diet. For example, almost all of the U.S. milk supply is fortified voluntarily with

100 IUs of vitamin D. Other fortified foods would be orange juice, yogurt, margarine cheese, egg yolks and some cereals are fortified with vitamin D.

Vitamin D supplements are available to help prevent deficiency. Please consult your doctor before doing so.

## Recommended Dietary Allowances (RDAs) for Vitamin D

	MALE	FEMALE
400 IU=10mcg		
0 – 12 months	10 mcg	10 mcg
1 – 50 years	15 mcg	15 mcg
51 – 70 years	15 mcg	15 mcg
70 – 110 years	20 mcg	20 mcg
Pregnancy		15 mcg
Lactating		15 mcg


Older adults are at highest risk for deficiency:

Older adults are at increased risk of developing vitamin D insufficiency in part because as they age, skin cannot synthesize vitamin D as efficiently, they are likely to spend more time indoors or become homebound and they may have inadequate intakes of the vitamin. Ingesting RDA levels of vitamin D from foods and/or supplements provide these individuals with adequate amounts of this nutrient.

Diseases and Conditions associated with low Vitamin D levels:

- Osteoporosis • Cancer • Multiple Sclerosis
- Hypertension • Diabetes 1 & 2 • Infection
- Cardiovascular disease • Chronic pain • Athletic performance
- Depression • Incontinence • Overall mortality • Cognitive impairment in older adults
- Aging • Muscle function and falls • Obesity
- Rheumatoid arthritis • Inflammatory bowel disease (IBS)

-Facts sourced from NIH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Note:</b> Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk.	To cancel meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Lake Delton: 393-7214 Frozen/LaValle: 355-3289			<b>1</b> Oven Fried fish Sweet Potatoes Seasoned Broccoli Cookies / Dinner Roll
<b>4</b> Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	<b>5</b> Swedish Meatballs Buttered Noodles Broccoli Mixed Fruit	<b>6</b> Goulash Brussel Sprouts Pie Dinner Roll	<b>7</b> Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread/ Ice Cream	<b>8</b> Parmesan Fish Herbed Rice Winter Mix Vegetables Cornbread / Cookies
<b>11</b> Hearty Chili Biscuit Cottage Cheese Cherry Crisp	<b>12</b> Oven Fried Chicken Mashed Potatoes/ Gravy Green Bean Casserole Biscuit/ Ice Cream Sand	<b>13</b> Spaghetti w/ Meat Sauce Capri Blend Vegetables Garlic Bread Pudding Parfait	<b>14</b> Pork Roast & Kraut Au gratin Potatoes Broccoli / Dinner Roll Frosted Marble Cake	<b>15</b> Baked Fish Herbed Rice Pacific Blend Vegetables Fruit Mix / Dinner Roll
<b>18</b> Meatball Stroganoff Buttered Noodles Fresh Baked Squash PB Brownie	<b>19</b> Roast Turkey & Stuffing Capri Blend Vegetables Gelatin Whip Dinner Roll	<b>20</b> Lasagna Garlic Bread Italian Vegetables Mixed Fruit	<b>21</b> Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll & Frosted Marble Cake & Milk	<b>22</b> Fried Fish Waffle Fries Broccoli Cookies & Milk
<b>25</b> Sloppy Joe French Fries Harvest Mix Veggies Pie & Milk	<b>26</b> Roast Turkey & Gravy Rice Pilaf Wheat Roll Frosted Cake & Milk	<b>27</b> Grilled Ham Slices Scalloped Potatoes Fresh Baked Squash Wheat Roll & Fruit Mix	<b>28</b> Roast Beef & Gravy Baked Mashed Potatoes Scalloped Corn Strawberries w/Whipped Topping	<b>29</b> Tuna Noodle Casserole Green Peas & Buttered Beets Dinner Roll Lemon Cake & Milk

# Banana Oatmeal Muffins

This recipe is brought to you by  
Maplewood-Sauk Prairie  
245 Sycamore St, Sauk City, WI 53583  
www.maplewoodsaukprairie.com  
608-643-3383



## Ingredients:

· 1 1/2 cups all-purpose flour · 1 teaspoon baking soda · 1 cup rolled oat · 1/2 teaspoon salt · 1/3 cup vegetable oil · 1/2 cup white sugar · 1 egg · 1/2 teaspoon vanilla extract · 2 teaspoons baking powder · 3/4 cup milk · 1 cup mashed bananas

## Directions:

- Combine flour, oats, sugar, baking powder, baking soda and salt in a bowl. In a large bowl, beat the egg lightly. Stir in the milk, oil and vanilla.
- Add the mashed bananas and combine thoroughly.
- Stir the flour mixture into the banana mixture until combined.
- Line a 12-cup muffin tin with paper bake cups and divide the batter among them.
- Bake at 400 degrees F for 18-20 minutes.

## 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 (Through March 22nd)

Willow Heights  
800 3rd St, Reedsburg  
Phone: 963-3438

Lunch served at 11:30 a.m.

### Reedsburg (After April 1st)

Boys and Girls Club  
300 Vine St, Reedsburg  
Phone: 963-3438

Lunch served at 11:30 a.m.

### Lake Delton

Frank Fischer Senior Center  
20 Wisconsin Dells Pwky S, Lake Delton  
Phone: 393-7214

Lunch served between 11:30 a.m - 12:30 p.m.

No Reservations Needed

### Sauk/Prairie

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
Phone: 963-3437

Lunch served at 12:00 noon

**Plain: My Meal, My Way**  
Schnitzelbank Restaurant

1170 Main St, Plain

Breakfast served Thursdays & 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 when possible.



Menus for April & May will be available at the dining centers & will be given to the home delivered meal clients upon their finalization.

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



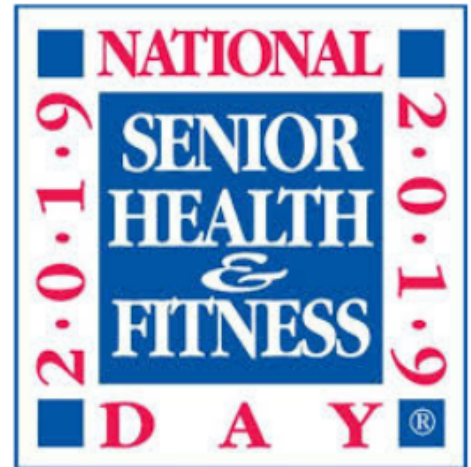
# National Senior Health and Fitness Day

Presented by: Baraboo Area Senior Citizen Organization & Baraboo Parks, Recreation, & Forestry

Wednesday,  
May 29th, 2019  
Baraboo Civic  
Center Gym  
11:00 am–1:30 pm  
FREE & FUN!

Featuring:

- Fitness Demos
- Health Booths
- Blood Pressure Screenings
- Healthy Eating Talks
- Door Prizes!
- Concludes with Free Grandparent/Grandchild Fun Walk



## Aging Mastery Program®

The Aging Mastery Program offers 10 classes, held over five weeks, with materials, speakers, discussions, goal setting and prizes, providing skills and tools to improve your life.

Location: Sauk Prairie Community Center at 730 Monroe Street, on Mondays starting April 1 - April 29, from 9:00-11:00 a.m.

Cost is \$25.00.

Call 608-643-8386 to register.

Topics Covered:

Navigating Longer Lives: The Basics of Aging Mastery, Exercise & You, Healthy Eating, Financial Fitness, Medication Management, Falls Prevention, Sleep, Healthy Relationships, Advances Planning, Community Relations

Call 608-643-8386 to register.

## Sip & Swipe Café

The Baraboo Senior Center is offering Sip & Swipe Cafes providing FREE lessons on tablet computers through the Baraboo High School.

A coach will arrange times and location.

Tablets can be checked out. Call the Center at 608-356-8464 for more information.

## PALS Starting Up in Baraboo!

Physical Activity for Life Success (PALS) is a new exercise program that encourages adults 60+ to become and stay physically active. This program is designed for those who have not exercised regularly, would like to get started exercising and are able to move and participate in a group-lead class. It is a 10-week program that meets one hour three times a week. One day a week there is an additional 30-minute lifestyle/educational session. At the end of the session, participants receive a follow-up call at home for several months, to encourage them to stay active and to help with any barriers to exercising.

PALS can make the transition from a sedate life to exercising regularly easy and fun. Participants rotate between stations, each featuring a different exercise. Hopefully participants will feel better and want to be more active when the class is done.

Class size is limited to 10 and the class is FREE! It is held at the Baraboo Civic Center Gym at 124 Second Street. Monday, Wednesday & Fridays from 11:00-noon, April 15-June 21. Call the Center at 608-356-8464 for more information.

# AARP DRIVER SAFETY CLASS

with Instructor, Gary Zarcone

St Clare Hospital, Ho-Chunk Room

Thursday, May 16, 2019

Registration: 12:00 Noon

Class: 12:30 am – 4:30 pm

\$15 AARP Member

\$20 Non Member

## What Will I Learn by Taking the Course?

You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly 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 to take the course.
- Contact your Auto Ins. Co. you may receive a reduction in your premium.
- **THERE IS NO FINAL TEST TO PASS.**

**PLEASE REGISTER WITH GOLDENCARE**

**608-356-1407**





Take**Meds**  
Seriously

THE BIGGEST DRUG PROBLEM

ISN'T ON THE STREETS

IT'S IN YOUR BATHROOM.

Get a **FREE** lock box or bag to safely  
store your medications.

Safe storage saves lives.

Don't let your medication fall into the wrong hands. Your prescription drugs may be accessed without your knowledge by young children, family members of all ages, outside visitors, or help hired to work in your home.

Call today! **608-355-4338**

Linda Jenkins, CNA, Sauk County Health Department

[Linda.Jenkins@saukcountywi.gov](mailto:Linda.Jenkins@saukcountywi.gov)

*Prescription drug safety starts with you.*



## SAFE STORAGE OPTIONS

### What are your medication storage needs?

- **Size** How many medications or other products (such as pet meds or tobacco) do you need to protect? What size container do you need? Do you need more than one?
- **Refrigerate? Portable?** Do the medications you want to protect need to be refrigerated? Will you need to carry the container around? Do you need a container that fits in a bag or purse?
- **Ease of access** What kind of lock would work best: keys or a combination lock? Consider how many people will need to access the unit.



# WISCONSIN'S MOST DANGEROUS LEFTOVERS.



To prevent misuse, dispose of unused or expired medicine. Never flush or pour it down the drain– it can contaminate our water supply. Here are 3 ways you can safely get rid of unneeded prescription drugs:

- 1** Bring them to a drug take back location such as a local police department. To find locations, visit [www.DoseOfRealityWI.gov/Drug-TakeBack](http://www.DoseOfRealityWI.gov/Drug-TakeBack)
- 2** Purchase official mail-back packages from your doctor, pharmacy, or police station and mail medicine to the Wisconsin Drug Enforcement Agency. Avoid leaving packages in unsecured mailboxes.
- 3** Call us for FREE drug deactivation pouches. At home, add water and medications to the pouch. Then throw it away– it's biodegradable and, once deactivated, safe for landfills.

**Call today for a free drug deactivation pouch!**  
**608-355-4338** or email [Linda.Jenkins@saukcountywi.gov](mailto:Linda.Jenkins@saukcountywi.gov)  
Linda Jenkins, CNA, Sauk County Health Department

## **STAYING ACTIVE AND ENGAGED WHEN LIVING WITH DEMENTIA**

For individuals diagnosed with Alzheimer's or other forms of dementia, and their loved ones, it is important to know that there are things they can do to help cope with the symptoms of the disease. Studies show that eating healthy and staying active, both physically and mentally, can have a positive impact on how the disease progresses. Often individuals experiencing memory loss or other cognitive impairment become isolated from society but it is important for those with dementia to stay active and involved in their community.

Attending a Memory Café can be a wonderful stress-free opportunity for those with dementia, care partners, and families, to stay engaged. The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) hosts a monthly Memory Café. It meets on the third Thursday of each month from 9:30 – 11:00 a.m. at Café Connections inside the Sauk Prairie Community Center, 730 Monroe St., Sauk City. Each café is unique and offers a program or activity that's fun and chosen by participants' interests

Contact Janet Wiegel, Dementia Outreach Specialist serving Sauk and Columbia counties, for more information about the Memory Café and other support services at 608.742.9055 or visit [alzwissc.org](http://alzwissc.org).

### **For Caregivers: Family Education Program**

Family Dynamics in the Dementia Journey: Discover ways dementia impacts families and the value of recognizing and accepting each person's strengths and weaknesses as caregivers.

Tuesday, April 23

5:30 – 7:00 p.m.

Oak Park Place

800 Waldo St., Baraboo



For *AddLIFE Today!* questions or comments,  
please contact Brianna Wipperfurth at 355-3289  
or email at  
[brianna.wipperfurth@saukcountywi.gov](mailto:brianna.wipperfurth@saukcountywi.gov)

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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"IF WE HAD NO  
WINTER, THE  
SPRING WOULD NOT  
BE SO PLEASANT."  
-JANE BRADSTREET



## 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:\_\_\_\_\_

In Honor of:\_\_\_\_\_

I want my donation to go to the following program(s):

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- ☐ Powerful Tools for Caregivers
- ☐ Stepping On
- ☐ Shopping/Grocery/Fun-Day Bus Programs
- ☐ Tele-Assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
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- ☐ Volunteer Programs

Kindly make your checks payable to:

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Baraboo, WI 53913





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things like fresh air  
and sunshine are  
hard to beat."  
Laura Ingalls  
Wilder*

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