ADDLIFE TODAY!

A QUARTERLY NEWSMAGAZINE FOR ADULTS WITH DISABILITIES, OLDER ADULTS, VETERANS, AND THEIR FAMILIES.

CONTACT: ADRC 608-355-3289 OR 800-482-3710 | VETERANS SERVICE OFFICE 608-355-3260

SPRING 2020 | VOLUME 12 | ISSUE 1

OLDER AMERICANS MONTH 2020: MAKE YOUR MARK

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, Make Your Mark, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

- **Volunteer your time.** Local schools, shelters, food kitchens, and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music, or science?
- **Share your story.** There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.
- **Get involved in your neighborhood.** Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Please join the ADRC in strengthening our community-see page 32 for a listing of volunteer opportunities!

Source: www.acl.gov/oam

CONTENTS AT A GLANCE

3	Thank You
4	From the Director's Desk
5-6	Disability Benefit Specialists
7-9	Transportation
10-13	For Your Benefit...Your Elder Benefit Specialists
13	Welcome Barbara!
14-16	FAQs About Skilled Nursing Facility Denials of Medicare Coverage
16	Sauk County Foot Clinic Schedule
17	Sauk County Institute of Leadership
18-19	Cop's Corner
19	Dementia Communication Tips & Strategies
20-22	Nutrition News
23-24	Caregiver Connections and Prevention Pointers
25-26	Aging & Disability Specialists
27-29	Veterans Messenger
30	AARP Driver Safety Class
31	Memory Screens
32	The Volunteer Buzz
33	FREE Sauk County Park Passes
34	Dementia Live @ Reedsburg Area Senior Life Center
35	Disclaimers and Donations

THE ADRC WILL BE CLOSED ON APRIL 10TH AND MAY 25TH

THE ADRC WOULD LIKE TO THANK THE FOLLOWING INDIVIDUALS FOR THEIR GENEROUS DONATIONS!

- Tim and Katherine Clisch in memory of Virginia Safran for the Home Delivered Meal Program
- Eileen, Ron, Tom, Mary, and Sandy Safran in memory of Virginia Safran for the Home Delivered Meal Program
- Gene Hackbarth in memory of Virginia Safran for the Home Delivered Meal Program
- Patricia Ann Bullard for Caregiver Programs
- Sandra Jordan in memory of Virginia Safran for the Home Delivered Meal Program
- Carrie & John Arneson in memory of Virginia Safran for the Home Delivered Meal Program
- Dennis & Joan Breunig for Aging Programs

The ADRC would like to thank Gani Ahmetaj and his family for allowing us to host the My Meal, My Way breakfast at Schnitzelbank in Plain for the last two years. We would also like to thank the diners who continued to support this program. We are sad to see the Schnitzelbank Restaurant close and wish the best for Gani and his family in their future endeavors.

Celebrate Older Americans Month this May!

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. The ACL has announced "Make Your Mark" as the theme for 2020.

This theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The ADRC has again partnered with the Sauk County Parks & Recreation Department to offer free Sauk County Park Passes to Sauk County Seniors for the month of May. Check out page 33 for more information and how to get a pass!

Looking for a way to Make Your Mark this Older Americans Month? Become an ADRC Volunteer! See page 30 for a listing of all volunteer opportunities!

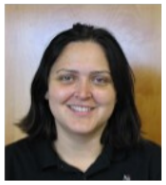
Source: www.acl.gov/oam

Susan Blodgett
ADRC Director

DISABILITY BENEFIT SPECIALISTS

Quinn Hause

Holly Schafer



Beware of Social Security Scams

Social Security phone scams are the #1 type of fraud reported to the Federal Trade Commission and Social Security. Over the past year, these scams—misleading victims into making cash or gift card payments to avoid arrest for Social Security number problems—have skyrocketed. Social Security encourages you to use the new online form to report Social Security phone scams to disrupt the scammers and help us reduce this type of fraud, and reduce the number of victims.“ We are taking action to raise awareness and prevent scammers from harming Americans,” said Andrew Saul, Commissioner of Social Security. “I am deeply troubled that our country has not been able to stop these crooks from deceiving some of the most vulnerable members of our society.”

Social Security employees will occasionally contact you by telephone or mail for business purposes if you have ongoing business with the agency. However, Social Security employees will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

Remember that Social Security employees will never threaten you. If there’s a problem with your Social Security record, Social Security will mail you a letter. If Social Security needs you to submit payments, the agency will provide instructions in the letter, including options to make those payments. “Awareness is our best hope to thwart the scammers,” said Gail Ennis, Inspector General for Social Security. “Tell your friends and family about them and report them to us when you receive them, but most importantly, just hang up and ignore the calls.”

Scams come in many different forms.
Social Security is at the forefront of keeping your online data secure, but you play a vital role in safeguarding your personal information too. Scammers commonly target people who are looking for Social Security program and benefit information. You might receive an advertisement in the mail, but it could be from a private company or even a scammer. U.S. law prohibits people and businesses from using words or emblems that mislead others. Their advertising can’t lead people to believe that

...continued on next page

they represent, are somehow affiliated with, or endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare).

If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General Fraud Hotline
Social Security Administration
P.O. Box 17768
Baltimore, MD 21235

Scams can also happen online. A growing tactic for scammers is to use online dating sites. According to the United States Postal Inspection Service's recent messaging, before starting an internet-based relationship, we should always keep our personal details to ourselves until you meet face-to-face. Next, do an internet search of the other person's name and the town they claim to be living in.

Here are indications that someone may not be who they say they are:

- A mismatch between their name and the name embedded in their email address.
- There are obvious spelling and grammar errors.
- They asked if you would send or receive money/packages on someone else's behalf.
- They need money right away due to a medical emergency, or they need a visa or air tickets. Or, a business opportunity arose that was too good to turn down. Can you wire a loan?

If anyone asks for your Social Security number, never give it to them. And if they are specifically pretending to be from Social Security, please report the information to the Office of the Inspector General at 1-800-269-0271 or online. Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. For more information, please visit the Office of the Inspector General's website.

Join Us for the 5th Annual Aging Advocacy Day!

May 12, 2020 | Madison, WI

Join advocates from around the state to help educate state legislators about issues affecting older adults and caregivers!

No experience is necessary, training will be provided prior to meetings with state lawmakers at the Wisconsin State Capitol.

Make a difference!
Let your voice be heard!

FREE Transportation to the Capitol will be provided by the Sauk County ADRC. Bus seating is limited. Contact Marina Wittmann at the ADRC to sign up for the bus and to register for the day, or register at GWAAR.com

ADRC TRANSPORTATION

STACI DANKERT
TRANSPORTATION
COORDINATOR

SAFE DRIVING TIPS

Before you leave home:

- Plan to drive on streets you know
- Only drive to places that are easy to get to and close to home
- Avoid risky spots like ramps and left turns
- Add extra time for travel if you must drive when conditions are poor
- Limit how much you drive at night
- Don't drive when you are stressed or tired

While you are driving:

- Always wear your seat belt and make sure your passengers wear their seat belts too
- Wear your glasses and/or hearing aids, if you use them
- Stay off your cell phone
- Avoid distractions such as eating, listening to the radio, or chatting
- Use your window defrosters to keep both the front and back windows clear

Source: https://www.nia.nih.gov/health/older-drivers

LOOK WHO'S GETTING YOU THERE!

TOM HEMBERGER

JEFF HANKE

TOM CLARKSON

ARVIN KASKE

HILLARIE ACKERMAN

GORDY YOUNG

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

FUN BUS TRIPS

March

3 - Portage Theater
10 - Olbrich Gardens Spring Flower Show ($3 Admission)
17 - Lunch at Marty's in Reedsburg ($3 Bus)
24 - Wisconsin Veterans Museum/WI Capitol Building Self-Guided Tour
31 - Lunch at Eagle Inn in Prairie du Sac ($3 Bus)

April

7 - Sun Prairie Cinema
14 - Mischler's Amish Country Store in Dalton, WI
21 - Bumper/Ramp Bowling & Lunch at Thunderbird Lanes
28 - Henry Villas Zoo

May

5 - Kohl Center
12 - Kohler Company
19 - Channel 15 TV
26 - Fort McCoy

June

2 - Trek Bicycle in Waterloo, WI
9 - Lambeau Field Legendary Tour ($25 admission)
16 - Big Cats in Rock Springs, WI (Small Admission TBD)
23 - Epic (2:00 PM Tour)
30 - Jelly Belly Factory in Pleasant Prairie, WI

SHOPPING BUS

March

5- Madison West Side
12 - Baraboo / Lake Delton
19 - Madison East Side
26 - Baraboo / Lake Delton

April

2 - Madison West Side
9 - Baraboo / Lake Delton
16 - Madison East Side
23 - Baraboo / Lake Delton
30 - Madison West Side

May

7 - Baraboo / Lake Delton
14 - Madison East Side
21 - Baraboo / Lake Delton
28 - Madison West Side

June

4 - Baraboo / Lake Delton
11 - Madison East Side
18 - Baraboo / Lake Delton
25 - Madison West Side

A friendly reminder:
As a courtesy to all bus riders, please be at agreed upon pick up locations at the scheduled time to ensure trips run on time. Thank You!

LOOKING TO VOLUNTEER?
ADRC TRANSPORTATION IS LOOKING FOR YOU!

The ADRC is in great need of Volunteer Escort Drivers in the Baraboo and Reedsburg communities!

Do you have spare time and want to give back to your community? Do you have reliable transportation and like to drive? If so, we would love to have you on our team! Our Volunteer Escort Drivers provide transportation to medical appointments and other trips of necessity.

When considering being a driver, know that you are reimbursed your mileage but are volunteering your time. You are driving only when you want to and there is no obligation to drive a certain number of trips. If we call and ask you to drive and you have other plans or just want a break, you simply tell us "no".

Have questions?
Want more information?
Ready to volunteer?

Contact Brianna Wipperfurth:
brianna.wipperfurth@saukcountywi.gov
(608) 355-3289

FOR YOUR BENEFIT...
YOUR ELDER BENEFIT SPECIALISTS

CALL 355-3289 OR 800-482-3710 TO

CONFIRM SITE VISITS OR SCHEDULE OFFICE APPOINTMENTS

PAM FUCHS
SERVING THE EASTERN
PART OF SAUK COUNTY

MINDY SHRADER
SERVING THE WESTERN
PART OF SAUK COUNTY

Mindy | Coming to You

Walk-In Appointments:

Plain Library | 1:00-3:00 PM
March 4th, April 1st, May 6th

Spring Green Library | 1:00-3:00 PM
March 18th, April 22nd, May 20th

Pam | Coming to You

Walk-In Appointments:

Merrimac Village Hall | 10:00-11:00 AM
March 11th, May 13th

Sauk Prairie Community Center | 1:30-3:00 PM
March 12th, April 9th, May 14th

Welcome to Medicare
Presented by Mindy Shrader & Pam Fuchs

This workshop is for people turning 65 or becoming newly eligible for Medicare. It discusses Medicare and additional options available to those signing up for Medicare. It is designed to help you make informed decisions regarding your Medicare health insurance.

Next Workshops:
March 17 & May 19
4:30 PM
Room B30
West Square Building
505 Broadway St
Baraboo, WI 53913

HOW YOUR INCOME MIGHT BE AFFECTING YOUR MEDICARE PREMIUMS

by the GWAAR Legal Services Team

If you are on Medicare and you have higher income, you may have to pay a higher monthly premium for your Part B and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay IRMAA, so most people are not affected.

Whether you have to pay an IRMAA depends on your tax filing status and yearly income from two years ago. That means that in 2020, your IRMAA will be based on your 2018 tax return, as shown in the table below.

If your yearly income in 2018 (for what you pay in 2020) was:			*You pay each month (in 2020) for* ***Part B***	*You pay each month (in 2020) for* ***Part D***
File individual tax return	*File joint tax return*	*File married & separate tax return*		
$87,000 or less	*$174,000 or less*	*$87,000 or less*	*$144.60*	*Your plan premium*
above $87,000 up to $109,000	*above $174,000 up to $218,000*	*Not applicable*	*$202.40*	*$12.20 + your plan premium*
above $109,000 up to $136,000	*above $218,000 up to $272,000*	*Not applicable*	*$289.20*	*$31.50 + your plan premium*
above $136,000 up to $163,000	*above $272,000 up to $326,000*	*Not applicable*	*$376.00*	*$50.70 + your plan premium*
above $163,000 and less than $500,000	*above $326,000 and less than $750,000*	*above $87,000 and less than $413,000*	*$462.70*	*$70.00 + your plan premium*
$500,000 or above	*$750,000 and above*	*$413,000 and above*	*$491.60*	*$76.40 + your plan premium*

If you believe that your IRMAA is wrong, the Social Security Administration (SSA) may recalculate it. However, this will usually happen only if you have had a life-changing event. SSA considers these situations to be life-changing events:

- Death of a spouse
- Marriage
- Divorce or annulment
- You or your spouse stopping work or reducing the number of hours you work
- Involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
- Loss of pension
- Receipt of settlement payment from a current or former employer due to the employer's closure or bankruptcy

continued on next page

You may also ask SSA to recalculate your IRMAA if you filed an amended tax return, if the IRS provided incorrect income information to SSA, or if there is a more recent tax return available.

If you have an IRMAA in 2020 and you experienced one of these life-changing events, contact an Elder Benefit Specialist. You will need to show proof that a life-changing event occurred. For example, if you recently got married, you should be prepared to show your marriage certificate. If SSA finds that your IRMAA was incorrect, you will be refunded for any higher premiums that were already paid (the difference between the IRMAA premium and the standard premium amount).

BADGERCARE PLUS CHANGES START FEBRUARY 1, 2020

by the GWAAR Legal Services Team

The Wisconsin Department of Health Services (DHS) recently announced changes to BadgerCare Plus. These changes will affect adults ages 19-64 who are not pregnant and who do not have dependent children living with them. On November 1, 2019, DHS mailed information about these changes to current members who are childless adults. Members will receive a separate letter that provides more detail about the changes at their renewal. These changes include:

- **Emergency room copay.** Members will be charged a copay of $8 if they visit the ER for care in a situation that is not an emergency. The $8 copay will not apply if the provider determines the visit to be an emergency. The provider's decision will be based on the patient's symptoms, rather than the final diagnosis. Please note that federal law requires hospital emergency rooms to screen every patient who seeks emergency care and to stabilize or transfer those with medical emergencies, regardless of health insurance status or ability to pay. BadgerCare Plus members who are tribal members, the child or grandchild of a tribal member, or who qualify for Indian Health Services do not have to pay emergency room copays.
- **Monthly premiums**. BadgerCare Plus members who are childless adults and who have incomes over 50% of the Federal Poverty Level will be charged up to $8 each month for their entire household. In 2019, 50% of the Federal Poverty Level was $520 per month for a household of one or $705 per month for a household of two. These numbers will likely change for 2020. Members who do not pay all owed premiums by the end of their certification period will lose eligibility for six months. BadgerCare Plus members who are tribal members, the child or grandchild of a tribal member, or who qualify for Indian Health Services do not have to pay monthly premiums. In addition, members who are homeless, were homeless at any point in the last 12 months, have been residing in a medical institution for at least 30 days, or who have a disability will not have to pay monthly premiums.

- **Optional health survey.** Members will be given the option to complete a health survey. If members are required to pay monthly premiums, they can reduce their monthly premium by reporting healthy behaviors like wearing a seat belt, exercising, and not smoking. Premiums may be reduced to as low as $4 per month based on members' answers to this survey.
- **Treatment needs question**. To be eligible for BadgerCare Plus, members must answer a question about their drug use during the last 12 months and, if applicable, their willingness to enter treatment. Their answer will not affect their health care benefits in any way. If an applicant or member does not answer this question, the applicant or member will not be eligible for BadgerCare Plus as a childless adult. Please note that there is no drug test requirement for BadgerCare Plus.
- **Coverage of residential substance use disorder (SUD) treatment.** Federal law used to restrict coverage of SUD treatment in residential facilities for BadgerCare Plus members. However, as of February 1, 2020, SUD treatment in residential facilities will be available to all BadgerCare Plus members and other individuals who receive full-benefit Medicaid. This is the only change being made to BadgerCare Plus health care benefits at this time.

These changes will go into effect for new applicants on February 1, 2020. These changes will affect current BadgerCare Plus members who are childless adults at their next renewal after February 1, 2020. Both new applicants and current members will be required to pay a copay for any non-emergency visits to the emergency room after February 1, 2020.

As with all benefits, members should notify their income maintenance agency about any changes in income or family size to determine if their eligibility will change or whether they will be required to pay a premium. If you have any questions about whether these changes affect you, please contact your county's Aging and Disability Resource Center.

Welcome Barbara!

I may look familiar to some since I was behind the front desk at the Baraboo Public Library as a Circulation Assistant for 7 years. Yes, I love books and films and music! I moved to Baraboo about 8 years ago after living in Chicago and then Baltimore. My roots are in the Midwest. I grew up in Scandia, Minnesota and received my degree from UW Stevens Point. I love living in Sauk County and exploring our beautiful natural areas. Currently, my favorite place to travel is northern Michigan where my daughter is attending school. I look forward to greeting you at the ADRC front desk and connecting you with our wonderful specialists and resources.

FAQs About Skilled Nursing Facility Denials of Medicare Coverage

by the GWAAR Legal Services Team

Q: I am in a Skilled Nursing Facility (SNF) for rehabilitation after being in the hospital, and I just received a notice that my coverage will end in two days. My doctor says I still need therapy at least 5 times per week. What can I do?

A: On the notice you received there should be a phone number for a Quality Improvement Organization or QIO. A QIO is the independent reviewer authorized by Medicare to review the decision to end services. If you want an expedited appeal, you must make that request no later than noon of the day before the date that coverage will end. (If you miss that appeal deadline, you may still have further appeal rights, just not for an expedited appeal). The QIO will notify you of its decision within 12-36 hours, depending on if you have original Medicare or a Medicare Advantage plan. You have the right to submit additional information to the QIO. For example, you may ask the physician who ordered your care or the therapists providing the care to submit a written statement explaining why you continue to need daily skilled care. Note: Livanta is the QIO for Wisconsin. Their phone number is 888-524-9900.

Q: I appealed to the QIO and they upheld the decision to end coverage. What can I do now?

A: You can ask the QIO to reconsider its decision by telephone or in writing. Again, you may submit additional information to support your case. You have sixty (60) days to submit this appeal.

Q: I won! The QIO overturned the insurance company's denial of my SNF coverage. I'm in the clear now, right?

A. Not necessarily, we're sorry to say. All SNF cases are reviewed by insurance companies on a weekly basis, so you may receive another denial next week or the following week. Those denials will need to be appealed as well if you wish to continue receiving coverage.

Q. The QIO denied coverage again after my second appeal. Is there anything else I can do?

A. On the QIO's denial notice there should be information about how to request a hearing in front of an Administrative Law Judge (ALJ). Unfortunately, ALJ hearings and decisions are not expedited. This means that you may have to wait a long time (several months) before your hearing is held. Further, while the ALJ is supposed to issue a decision within 90 days of receipt of the request for hearing, it often takes longer. To get a hearing decision as soon as possible, be sure to write "Attn: Beneficiary Mail Stop" on the envelope containing your appeal.

Q: I received a denial of coverage, but the staff at the SNF say I can just apply for Medicaid. Should I just do that instead of dealing with all these appeals?

A: It is your choice whether or not you wish to apply for Medicaid, but there are pros and cons to consider. First, you may need to spend down your assets before you qualify for Medicaid. If you have a legitimate appeal on your Medicare denial, you may do that unnecessarily. Also, if Medicaid pays for some of your services, you may be subject to Estate Recovery. This is where the state seeks to recover some of the costs of your care from your

continued on next page

estate. For more information on Wisconsin's Estate Recovery Program, visit: https://www.dhs.wisconsin.gov/medicaid/erp.htm There may also be other considerations you have before applying for Medicaid. For more information or assistance, contact an Elder Benefit Specialist.

Q: Medicare is denying coverage for my rehab in a SNF because they say I was not in the hospital for three days prior to arriving at the SNF. But I was in the hospital for three days before being transferred to the SNF! What gives?

A: You may have been in the hospital under "observation status" for all or some of those days. If that is the case, you should have received a Medicare Outpatient Observation Notice (MOON). If this happens, you have options to appeal. For more information on this issue, visit: https://www.medicareadvocacy.org/self-help-packet-for-medicare-observation-status/

Q: I still reside in the SNF, but my therapies have been cut to only two or three times per week. I am also not receiving any special nursing care, but it's not safe for me to go home yet. Will Medicare cover my room and board?

A: No, your room and board will not be covered because you do not need and/or are not receiving daily skilled services. However, Medicare Part B or your advantage plan may still cover the cost for the therapy services you do receive.

Q: I plan to appeal the denial of coverage. Do I need to continue receiving therapy (or skilled nursing services) every day?

A: Yes. One of the requirements to get Medicare coverage of your room and board in the SNF is that you continue to receive daily skilled services such as physical therapy or skilled nursing care. This means, if you plan to appeal, you will need to keep getting the services but risk being on the hook for the cost of care if lose your appeal. Again, however, Medicare Part B or your advantage plan may still cover the cost of the therapy.

Q: My SNF coverage was denied because the insurance company (or Medicare) says that I "plateaued," but if I don't continue receiving therapy every day, I might start losing all the progress I've made. Can the insurance company do that?

A: No. In 2013 there was a class action lawsuit called Jimmo v. Sebelius. This lawsuit settled, and the result of that settlement is that Medicare beneficiaries who received care in skilled nursing facilities, home health care, and outpatient therapy could no longer be denied Medicare coverage on the basis that they were not improving or did not demonstrate a potential for improvement. For more information about your rights under Jimmo, visit: https://www.medicareadvocacy.org/toolkit-medicare-skilled-nursing-coverage-and-jimmo-v-sebelius/

Q: Okay, so what can I do to try to prevent being stuck with these charges? How can I prevent getting denied, and if I do get denied, try to increase my likelihood of winning my appeal?

1. Make sure you have a physician's signed order to go to the SNF and for rehab/skilled therapy services (if applicable).

continued on next page

2. Make sure your nurses and therapists take detailed notes of your daily care.
3. Respond to any denials as quickly as possible and ask the facility to include ALL care notes with your appeals. If possible, include a letter from your physician with your appeals.
4. Make sure you continue receiving skilled nursing services every day or skilled therapy services at least 5 days per week if your doctor ordered them even if the advantage plan/Medicare says they are no longer covered.

For more information, visit: https://www.medicareadvocacy.org/self-help-packet-for-expedited-skilled-nursing-facility-appeals-including-improvement-standard-denials/

For questions or assistance with SNF denials, contact your local Elder Benefit Specialist. To locate an Elder Benefit Specialist visit: https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm

Sauk County Foot Clinic Schedule

Baraboo - West Square Building
Tuesdays | March 3 & 7, April 7 & 20, May 5 & 19
Wednesdays | April 15

Lake Delton - Frank Fischer Center
Wednesdays | March 4, April 1, May 6

La Valle - Fire Department
Wednesdays | March 25 & May 27

Oak Park Place - Reserved for OPP Residents
Wednesdays | March 18 & May 20

Plain - Kramer Library
Wednesdays | April 22

Reedsburg | Maple Ridge
Tuesdays | March 10, April 14, May 12
Thursdays | April 16

Reedsburg - Senior Life Center
Wednesdays | March 11 & May 13

Reedsburg - Willow Heights
Wednesdays | April 8

Sauk Prairie - St. John's Church
Thursdays | March 5 & 12, April 2 & 9, May 7 & 14

Spring Green - Christ Lutheran Church
Tuesdays | March 24 & May 26

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

Please call the Health Department at 355-4338.

The cost for the foot clinic visit is $30.00.

SCIL Sauk County Institute of Leadership

What is the next step in your leadership journey? The Sauk County Institute of Leadership (SCIL) is a leadership development program that empowers, engages, and equips participants to make a positive difference in Sauk County. The nine-month program kicks off with an overnight retreat in September followed by eight day-long workshops that are held throughout the county on the second Thursday of each month from October to May. Each interactive SCIL session blends leadership skill development with an examination of emerging community issues.

SCIL has a rich history of success. Alumni routinely note a more comprehensive understanding of community issues and leadership practices. They also demonstrate a new confidence to take on leadership roles in their homes, communities, and workplaces. SCIL graduates cite improvements in their effectiveness as decision makers and leaders in their current roles. They also value the opportunity to grow and develop a diverse network of local resources and contacts.

Applications are due June 1st ($75 discount is available if the application is received my May 1st). Additional information including the application is available at http://saukcountyinstituteofleadership.org/

Please contact Ellen Klima at the UW-Platteville Continuing Education Institute located on the Baraboo/Sauk County campus at (608) 355-5220 or klimae@uwplatt.edu

Photo Credit: Morgan McArthur

Cop's Corner

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

Tax Fraud & Identity Theft

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!

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.
- Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
  - Equifax, www.Equifax.com, 1-800-766-0008
  - Experian, www.Experian.com, 1-888-397-3742
  - TransUnion, 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.

continued on next page

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.
- 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, 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

Communication Tips & Strategies

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

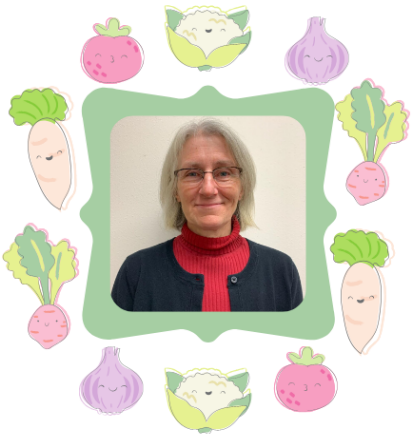
On Tuesday, April 28 from 5:30 - 7:00 p.m. at Oak Park Place, 800 Waldo St., in Baraboo, Outreach Specialist Janet Wiegel will share ways dementia affects communication and give tips and strategies to help family and friends more effectively and compassionately communicate with loved ones.

Educating yourself on important matters and advanced planning are one of the keys to making this journey easier. The Legal and Financial Planning seminar presented by Jeffrey Clark and the ABC's of Alzheimer's and Dementia presented by Brenda Reisdorph, RN will be held at the Baraboo Area Senior Center from 5-7 PM on March 18th and April 15th respectively.

For more information on these programs or if you have specific questions, contact Janet at 608.742.9055 or janet.wiegel@alzwisc.org. Additional family education programs and resources available at www.alzwisc.org.

Alzheimer's & Dementia Alliance OF WISCONSIN

NUTRITION NEWS



MEG ALLEN, NUTRITION COORDINATOR

NEW DINING OPTIONS IN BARABOO & REEDSBURG!

The traditional dining sites in Sauk County serve a delicious lunch for many older adults in our communities. The ADRC invites you try our two newest venues featuring the My Meal, My Way nutrition program. With My Meal, My Way, eligible older adults can enjoy an affordable and nutritious meal served in a comfortable restaurant setting.

In Reedsburg we are partnering with the Reedsburg Country Club, 3003 East Main Street. Diners may make a trip through the expansive salad bar and pair it with a cup of freshly made soup. The My Meal, My Way soup and salad bar option is available on Tuesdays and Thursdays from 11:30 AM to 1:30 PM.

In Baraboo the My Meal, My Way program is hosted by the Four Star Restaurant, 1011 8th Street. At the Four Star, there is a special My Meal, My Way menu with choices for either a hearty, healthy breakfast or lunch. The program runs on Mondays and Wednesdays from 10:30 AM to 1:00 PM.

You are eligible for the My Meal, May Way dining option if you are 60 years of age or older. You may also participate if you are eating with your spouse who is an eligible diner, or if you are a disabled child eating with an eligible parent. Eligible diners are welcome to eat for a suggested donation of $5.00. No reservations are required!

Like the meals at the dining centers, the My Meal, My Way meals have been nutritionally analyzed and approved to meet the Federal Senior Meal requirements. As a result, substitutions are not allowed.

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

The goal of the My Meal, My Way program partnerships is to increase the variety of meal choices, add flexibility to the dining times, and increase the opportunity for socialization with people of all ages in a welcoming setting.

We encourage you to venture out and try the new My Meal, My Way dining options!

Dining Center Schedule

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

NEW! BARABOO: MY MEAL, MY WAY
Four Star Family Restaurant
1011 8th St, Baraboo
Breakfast/Lunch Served Mon & Wed
10:30 am - 12:30 pm
No Reservations Needed

NEW! REEDSBURG: MY MEAL, MY WAY
Reedsburg Country Club
3003 E. Main St, Reedsburg
Soup & Salad Bar Served Tues & Thurs
11:30 am - 1:30 pm
No Reservations Needed

BARABOO
Highpointe Commons
1141 12th St, Baraboo
Phone: 963-3436
Lunch served at 11:00 am

REEDSBURG
Boys and Girls Club
300 Vine St, Reedsburg
Phone: 963-3438
Lunch served at 11:30 am

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

LAKE DELTON
Frank Fischer Senior Center
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-7214
Lunch served between 11:30 am - 12:30 am
No Reservations Needed

PLEASE NOTE THAT THE PLAIN: MY MEAL, MY WAY DINING SITE AT THE SCHNITZELBANK RESTAURANT IS CLOSED AS OF FEBRUARY 14, 2020

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

Menus for April and May will be available at the dining centers and will be given to home delivered meal clients when they are finalized. If you do not regularly attend the dining center regularly and would like a menu mailed to you, please call the ADRC at 608-355-3289 and one will be mailed to you.

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	3 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix	4 Goulash Brussel Sprouts Wheat Roll Cookie	5 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread/Ice Cream	6 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread/Pie
9 Chili Cottage Cheese Biscuit Cherry Crisp	10 Oven Fried Chicken Mashed Potatoes/Gravy Green Bean Casserole Biscuit/Ice Cream Sammy	11 Italian Meat Sauce Spaghetti/Garlic Bread Capri Blend Veggies Pudding Parfait	12 Cran Glazed Pork Loin Au Gratin Potatoes Broccoli/Dinner Roll Honeyed Pears	13 Baked Fish Herbed Rice Pacific Blend Veggies Dinner Roll/Fruit Mix
16 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie	17 Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll/Jell-O Whip	18 Lasagna Italian Veggies Garlic Bread Fruit Mix	19 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll/Frosted Cake	20 Fried Fish Waffle Fries Broccoli Cookie
23 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Pie	24 Roast Turkey Rice Pilaf/Wheat Roll French Cut Green Beans Oatmeal Raisin Cookie	25 Grilled Ham Slice Scalloped Potatoes/Roll Butternut Squash Ice Cream Fudge Bar	26 Roast Beef/Gravy Mashed Potatoes Scalloped Corn/Dinner Roll Strawberries w/Whip	27 Tuna Noodle Casserole Green Peas/Dinner Roll Buttered Beets Lemon Cake
30 Chicken Teriyaki Rice Pilaf/Wheat Roll Asian Veggies Peach Pie	31 Meatloaf Baked Potato/Wheat Roll Brussel Sprouts Sliced Strawberries	To cancel a Home Delivered Meal or make a Dining Site reservation, call:	Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289	NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.

Caregivers Have Rights, Too!

Jane Mahoney, Older American's Act Consultant-Caregiver Support Specialist, GWAAR

It happens gradually. She needs a little help balancing the checkbook and there are bills on the counter not getting paid. The layer of ice on the roads and sidewalks leaves you nervous about a fall so you stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more and more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home without your help.

The next things you notice involve your own life - when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry, and frustrated? The answers are enmeshed with your new "job" that you didn't realize you had.

Caregiving is like another job. You choose to do it and truly want to do it. But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts, and energy and it can chip away at your physical and emotional health. But don't dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one too.

If you are a caregiver, please know that **you have the right to:**

- Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier, and a better caregiver for your loved one!
- Continue having a life of your own-one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss, and depression. Acknowledge these feelings and find someone to talk to about them.
- Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- Accept the positive feelings-appreciation, love, forgiveness, gratitude-bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver end.

If you need help finding resources for home care services, support groups, or other caregiving issues, please call Marina Wittmann at the ADRC, (608) 355-3289

CAREGIVER SUPPORT GROUPS

General Family Caregiver Groups

Oak Park Place | Baraboo | 4th Tuesday @ 6:00 PM
Contact Mary Brewer | 355-4111
First Congregational Church | Baraboo | 2nd Monday @ 2:00 PM
Contact Mary Larson | 254-7002
VA Clinic* | Baraboo | 4th Monday @ 1:30 PM
Contact Meghann Schmitt | 256-1901 ext 13059
*caregiver of enrolled veteran or enrolled veteran who is a caregiver

Parkinson's Specific Groups

First Congregational Church | Baraboo | 3rd Monday @ 2:00 PM
Contact Sylvia Kriegl | 356-7096
Wellspring | Prairie du Sac | 3rd Monday @ 3:00 PM

Dementia Specific Groups

Reedsburg Senior Life Center | 3rd Wednesday @ Noon
Contact Janet Wiegel | 742-9055
Maplewood | Sauk City | 4th Tuesday @ 3:00 PM
Contact Theresa Grimes | 643-3383
Spring Green Library | 4th Monday @ 1:00 PM
Contact Janet Wiegel | 742-9055
Memory Cafe | Sauk Prairie Community Center | 3rd Tuesday @ 9:30 AM
Contact Janet Wiegel | 742-9055
Memory Cafe | Fusch Community Center Reedsburg | 2nd Friday @ 10:00 AM
Contact Janet Wiegel | 742-9055

Relatives as Parents Program (Grandparents & Relatives Raising Children)

Tin Roof Dairy | Baraboo | 3rd Tuesday @ 6:00 PM
Contact Melody Reber | 355-3289 (ADRC)

Powerful Tools For Caregivers

If you are a family caregiver, you understand both the rewards and challenges of caregiving. But when stresses and difficulties that often come with caregiving become overwhelming, it is important to take care of yourself too. That is where Powerful Tools for Caregivers comes in! In just six weeks, Powerful Tools for Caregivers can help you identify and manage the physical, emotional and financial challenges that family caregiving can present and connects you with other caregivers who are facing the same feelings and challenges that you may be facing. Call Marina at the ADRC for information about upcoming classes (608)355-3289.

AGING & DISABILITY SPECIALISTS

HELPING YOU PUT THE PIECES TOGETHER!

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 17, April 21, and May 19. As always, after hours appointments are available upon request and availability.

The **Lake Delton** office is in the Frank Fischer 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 5, March 19, April 2, April 16, April 30, May 14 & May 28.

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

VOTER ID FREQUENTLY ASKED QUESTIONS

SOURCE: THE WISCONSIN ELECTIONS COMMISSION

When will I be required to show a photo ID to vote?

- You will need to show an original copy of an acceptable photo ID to vote at your polling place or to cast an in-person absentee ballot at your municipal clerk's office.
- You will also be required to provide a photocopy of your ID to cast an absentee ballot by mail, with certain exceptions for military and permanent overseas voters and permanent absentee voters.
- The photo ID requirement is in effect for all elections after April 2015.

What IDs are acceptable?

- These are acceptable for voting purposes, and can be unexpired or expired after the date of the most recent general election (currently, the November 6, 2018 election):
  - A Wisconsin DOT-issued driver license, even if driving privileges are revoked or suspended, and with or without a star in the right-hand corner.
  - A Wisconsin DOT-issued identification card, with or without a star in the right-hand corner
  - Military ID card issued by a U.S. uniformed service
  - A U.S. passport
  - An identification card issued by a federally recognized Indian tribe in Wisconsin (May be used even if expired before the most recent general election.)
  - A photo identification card issued by a Wisconsin accredited university or college that contains date of issuance, signature of student, and an expiration date no later than two years after date of issuance. Also, the university or college ID must be accompanied by a separate document that proves enrollment. (May be used even if expired before the most recent general election.)
- These photo IDs are also acceptable for voting purposes, but must be unexpired:
  - A veteran's photo identification card issued by the Veterans Health Administration of the federal Department of Veterans Affairs
  - A certificate of naturalization that was issued not earlier than two years before the date of an election at which it is presented
  - A driving receipt issued by Wisconsin DOT (valid for 45 days)
  - An identification card receipt issued by Wisconsin DOT (valid for 45 days)

Do I need a special voter photo ID card?

- No. There is no such thing as a "Wisconsin Voter ID Card." The new Voter Photo ID Law uses existing photo IDs for people to prove their identity before voting.

How do I get a free photo ID to vote?

- You can get a free state ID card from the Division of Motor Vehicles if you do not already have a Wisconsin driver license.

Veterans Messenger

Dear Friends,

For those of you that may not have heard, the Assistant Veterans Service Officer for the past 5 years, Louie Birkholz, has retired. It is with great pleasure I wish to welcome Rick Erickson as our new Assistant CVSO. We are very fortunate to have somebody of Rick's knowledge, intelligence, ambition, and passion for helping veterans access the benefits they earned with their military service. As you will notice with Rick's bio below, he is experienced and fully accredited veterans' representative, and you can have confidence in working with him.

If you are planning to use the new benefit of being able to access military base privileges, please be aware they may not allow a guest to enter with you. It is up to each individual base if they will allow a guest or not.

We have already begun our Post/Chapter visits for 2020, so make sure and watch for when we will be visiting your local service organizations regularly monthly meeting to update you on all the new & exciting things happening in the world of veterans benefits and services. This is also a chance to meet Rick.

We would also like to remind you that when you call our office, you are likely to get our voicemail. If you would like a faster response to your questions, we would recommend you email the office at vetservice@saukcountywi.gov There are 5 of us in the office and any of us should be able to get back to you sooner. Calling repeatedly will not make it any more likely you will get a quicker response.

In Your Service,
Tony

Meet our New Assistant CVSO, Rick Erickson

I have been serving as a Veterans Service Officer since 2018. I joined the Sauk County team part time in November of 2019 and was brought on full time in January of 2020. I served in the United States Marine Corp from 2003-2007 as an Artillery Scout/ Forward Observer. There is nothing more satisfying to me than assisting Veterans in receiving every benefit they have earned through their service to this country.

I currently reside in Wisconsin Dells with my two daughters. Together we enjoy activities like playing cards, swimming, taking hikes, and cooking together. I also enjoy hunting and fishing.

It is an honor to work here in Sauk County and continue to serve my fellow Veterans on a daily basis. I hope that I can have a positive impact on the lives of Sauk County Veterans and their families.

Veterans' Family Camp - A Free Weekend Retreat for Veterans and their Families May 1-3, 2020

What is Veterans' Family Camp?

Twice a year, a free Veterans' Family Camp Weekend is held at Easter Seals Wisconsin Camp Wawbeek in Wisconsin Dells for military veterans and their families. One weekend takes place in the spring (May 1-3, 2020) and one in the fall (September 18-20, 2020). These weekends are meant for families to reconnect with each other and network with other veterans while having a fun and relaxing weekend with many optional planned activities. Activities include: fishing, archery, high-ropes course, arts and crafts, making s'mores, and other "Dells" activities such as a trip to a water park.

Who can attend?

Family members may include spouses, children, significant others, parents, grandparents, etc. and are open to all veterans, recently-returned or those whose service was far in the past. Private family lodging, food, all activities and trips are included, in a beautifully-wooded 400 hundred acre setting just outside the city of Wisconsin Dells.

Additional Information

If you, or someone you know, is a veteran who might be interested, please contact our camp office via e-mail or by phone at 608-237-1979. To find out how to register for Veterans' Family Camp, visit our registration page. The Veterans' Family Camp weekend is offered at no cost to the veterans or their families through generous contributions to Easter Seals Wisconsin.
https://camp.eastersealswisconsin.com/veterans-family-camp

National Veterans Golden Age Games | June 22-27, 2020 | Madison, WI

This is the premier senior adaptive rehabilitation program in the United States, and the only national multi- event sports and recreational seniors' competition program designed to improve the quality of life for all older Veterans, including those with a wide range of abilities and disabilities. The National Veterans Golden Age Games is one of the most progressive and adaptive rehabilitative senior sports programs in the world. For more information, visit the event web site at www.veteransgoldenagegames.va.gov

Thank you!

We want to thank the following for their recent donations to the Veterans Care Trust Fund: Post 26 Baraboo, and various individuals.

These generous, tax-deductible donations are used to help needy veterans of Sauk County in various ways: to help veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

Upcoming Events

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

The Dells Judo Club (4 years - adult) Held on Tuesday & Friday from 6-8 p.m. at the Delton Sportsman's Club (off Hwy P), E9602 Berry Rd, Wisconsin Dells, WI 53965. The first month is free for veterans, per our Facebook video on December 14, 2018. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. https://www.facebook.com/WisconsinDellsJudoDojo/

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.

Pamela Russo
Programs Coordinator

Kathy Kent
Veterans Benefit Specialist

Sandy Deich
Veterans Benefit Specialist

AARP DRIVER SAFETY CLASS

with Instructor, Gary Zarcone
St. Clare Hospital, Ho-Chunk Room
Thursday, April 23, 2020
Registration: 12:00 Noon | Class: 12:30 am – 4:30 pm
$15 AARP Member | $20 Non-Member
Register with GoldenCare: 608-356-1407

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:

- 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.

- Geared for drivers at any age.
- AARP membership is not required to take the course.
- No Final Test to pass. Certificate of Completion given.
- Contact your Auto Ins. co., you may receive a reduction in your premium.

SSMHealth

MEMORY SCREENS

Gina Laack, Dementia Care Specialist

Your brain is the most important part of your body. It controls every organ and is in charge of every movement, task and function that you complete daily. Medical advancements in recent years have helped to keep our physical bodies living longer and longer however advancements have lagged in keeping our brains healthy just as long. We go to the doctor for routine checkups and preventative screenings, however when was the last time you considered having a brain check-up done? Have you been making sure that your brain is as healthy as the rest of your body?

The Aging and Disability Resource Center of Eagle Country serving Crawford, Juneau, Richland and Sauk Counties offers free and confidential memory screens, also known as “brain check-ups.” A memory screen is a wellness tool that helps to identify possible changes in memory and cognition. The screens help to determine a baseline of a person’s cognitive functioning so future changes can be monitored. The screen is free and confidential and only takes 10 minutes to complete. The screen does not provide a diagnosis, however if changes are detected the ADRC staff can help the individual follow up with a physician and also provide information on resources available.

Memory screens can help with early detection in memory and cognitive changes. Why is early detection important? Changes associated with memory and cognition could be due to a health condition that may be reversible such as an infection, thyroid, medication side effect, pain, dehydration, depression and many others. If a person may be living with irreversible cognitive changes often times associated with dementia, it allows the individual to prioritize and be proactive in planning for the future. Just as blood pressure, cancer, diabetes or stroke screenings contribute to prevention and better treatment, so do memory screens. If you are interested in having a memory screen completed or would like to be connected to the Regional Dementia Care Specialist contact the Aging and Disability Resource Center of Eagle Country Baraboo Office at 608-355-3289.

National Volunteer Week is April 19-25!

Hello and Happy Spring! National Volunteer Week is April 19-25, so I wanted to take a moment to say a heartfelt THANK YOU to all of our wonderful ADRC volunteers! Whether you volunteer every single day or an hour here and there, your time and effort is so appreciated by everyone here at the ADRC. We truly could not do what we do without all of our dedicated volunteers. Have you thought about volunteering but were not sure what oportunities were out there? The ADRC offers a number of opportunities as listed below:

- Volunteer Escort Driver: Provides transportation to Sauk County residents that age 60 or older, and/or disabled, who are unable to drive, do not have family or friends available to drive them, or have no means or transportation to medical appointments and other trips of necessity.
- Dining Center Helper: Assist setting up the dining room, serving the meals, cleaning up, etc. at your local dining center, as well as helping package meals for home delivery.
- Home Delivered Meal Driver: Pick up meals at the local dining center and deliver meals to home bound adults in your community who are 60 or older and/or disabled.
- Substitute Home Delivered Meal Driver: Filling in occasionally when a Home Delivered Meal Driver is not able to deliver their route. We would contact you to see if you are available as soon as we know a substitute is needed.
- Clerical Support: Assist with a variety of office duties to aid the ADRC in providing information. Provide telephone coverage when ADRC staff is unavailable to do so.
- Other: Do you have a talent or skill not listed and feel it would be an opportunity to help others? Tell us about it!

The ADRC currently has a growing need for Home Delivered Meal Drivers in the Reedsburg and Baraboo communities. Want to help your community and join a great group of volunteers? Contact me to get started! brianna.wipperfurth@saukcountywi.gov or (608) 355-3289

-Brianna

Celebrate Older Americans Month with a FREE Sauk County Park Pass!

In honor of Older Americans Month, the ADRC, in conjunction with the Sauk County Parks & Recreation Department, will again be providing free park passes to Sauk County residents age 60 and over, allowing access into the Sauk County parks and boat landings for free on Wednesdays in the month of May. This pass 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 pass during the approved dates.

TO GET A PASS, STOP IN TO THE ADRC,
OR CALL (608) 355-3289
TO HAVE ONE MAILED TO YOU!

Family, friends and professional caregivers —
experience the challenges and struggles of a person living with dementia.

Reedsburg Area Senior Life Center, along with the Aging and Disability Resource Center of Eagle Country Baraboo Office are hosting a DementiaLive® experience.

This event will give participants the opportunity to gain true empathy for what persons with dementia deal with each day.

Using specialized gear participants will gain a deeper understanding of what it's like to live with the cognitive impairments and sensory changes of dementia.

Learn valuable tips and tools to improve communications and care.

Friday, April 17

7:45 AM - 5:00 PM

- Reedsburg Area Senior Life Center, 2350 N Dewey Ave, Reedsburg
- Sign up for a one-hour training session at:
  7:45 AM, 9:00 AM, 10:15 AM, 12:00 PM, 1:15 PM, 2:30 PM or 3:45 PM
- Space is limited.
  Registration is required.
  Call Gina Laack, Regional Dementia Care Specialist, to reserve your spot today.

608-548-3954

Brought to you by:

DEMENTIA Live®

AGE-u-cate® Training Institute

ADRC Aging & Disability Resource Center of Eagle Country
Serving Crawford, Juneau, Richland and Sauk Counties

Reedsburg Area Senior Life Center

For AddLIFE Today! questions or comments, please contact Brianna Wipperfurth at (608) 355-3289 or email at brianna.wipperfurth@saukcountywi.gov

If you know of someone who would enjoy receiving the AddLIFE Today! Newsmagazine, let us know! Do you have a friend or family member 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 to be on vacation, are moving, or if you would like to be removed from this mailing list. AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc

Would you prefer to receive an electronic copy of future issues? Please email the editor at brianna.wipperfurth@saukcountywi.gov and we will email you the latest issue of AddLIFE Today!. Thank you for helping us reduce postage costs as well as the amount of paper generated!

Statements or expressions of opinions here are those of the authors and not necessarily those of the Aging & Disability Resource Center. In no event will the authors, the editors, the reviewers, or the publishers be liable for any damages resulting from use of this material. The publication of any information provided by an AddLIFE Today! partner is not to be construed as an endorsement of the product or service offered unless the article specifically states there is such endorsement or approval.

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 towards the following program(s):

[ ] AARP Tax Preparation Program
[ ] AddLIFE Today! Publishing
[ ] Caregiver Support Programs
[ ] Dining Center Program
[ ] Disability Benefit Specialist Program
[ ] Elder Benefit Specialist Program
[ ] Helping Hands at Home Program
[ ] Home Delivered Meals Program
[ ] Information & Assistance Program
[ ] Powerful Tools for Caregivers
[ ] Stepping On
[ ] Shopping/Grocery/Fun-Day Bus Programs
[ ] Tele-Assure Program
[ ] Turning 65/Retirement Workshops
[ ] Veterans Transportation Program
[ ] Volunteer Programs

Kindly make your checks payable to:

'ADRC'

505 Broadway St, Room 102

Baraboo, WI 53913

And in the end, it's not the years in your life that count, it's the life in your years

-Abraham Lincoln

NONPROFIT ORG
U.S. POSTAGE PAID
BARABOO, WI
PERMIT NO. 65

CHANGE SERVICE REQUESTED

Aging & Disability Resource Center
505 Broadway St
Baraboo, WI 53913

C	W	Z	R	A	S	O	M	I	M	S	A	S	L	N	C
L	N	J	Z	E	J	H	P	Y	I	X	C	A	I	O	A
T	U	L	I	P	W	W	N	L	Q	Q	O	F	D	G	L
X	P	R	R	E	W	O	L	F	N	U	S	F	O	A	I
S	R	U	Z	M	E	Y	L	T	W	B	U	L	F	R	L
L	X	I	C	P	R	C	H	F	H	E	S	O	F	D	N
C	A	R	N	A	T	I	O	N	N	U	C	W	A	P	C
W	R	R	M	M	S	L	R	L	G	R	W	E	D	A	B
C	O	A	E	T	A	U	L	A	U	L	O	R	N	N	P
R	R	R	L	W	P	R	R	H	G	M	I	C	U	S	T
A	H	E	R	S	O	B	I	N	P	F	B	L	B	E	A
U	F	S	K	A	U	L	P	G	V	Q	C	I	Y	P	Z
I	R	R	M	S	Y	F	F	S	O	F	B	D	N	B	E
B	A	G	H	W	H	N	T	X	U	L	L	K	E	E	T
L	A	V	E	N	D	E	R	S	A	O	D	W	S	L	T
R	E	W	O	L	F	E	N	O	C	W	G	X	H	Z	A

APRIL SHOWERS BRING MAY FLOWERS WORD SEARCH

- AMARYLLIS
- CONEFLOWER
- LARKSPUR
- LILY
- PEONY
- SUGARBUSH
- THISTLE
- YARROW
- CARNATION
- CORNFLOWER
- LAVENDER
- SAFFLOWER
- SUNFLOWER
- TULIP
- COLUMBINE
- DAFFODIL
- LILAC
- MIMOSA
- SNAPDRAGON
- TAZETTA
- WAXFLOWER
- MARIGOLD