

AddLIFE Today!

A QUARTERLY NEWSMAGAZINE FOR ADULTS WITH DISABILITIES,
OLDER ADULTS, VETERANS, AND THEIR FAMILIES
CONTACT: ADRC AT 608-355-3289 OR 800-483-3710
VETERANS SERVICE OFFICE AT 608-355-3260

Older Americans Month – Age My Way: May 2022

Older adults play a vital, positive role in our community – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.



Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their community, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:



- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong community. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join the Sauk County ADRC in strengthening our community this May!

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Bright
Ideas
Wanted!

BRIGHT IDEAS WANTED!

Do you have a bright idea? A suggestion on how we can serve you better? Let's hear it! We have added a Bright Ideas form on the ADRC website:

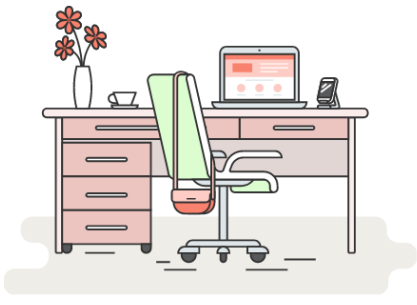
www.co.sauk.wi.us/adrc/bright-ideas-wanted

Leave us your bright idea and we will do our best to implement it with what our staff time and budget allows. Also note we will be posting a physical Bright Ideas box at the ADRC in the future so keep an eye out for that, too!

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

- Kelly & David Bryant for the Home Delivered Meals Program
- Ruth & Roger Reimer for the Elder Benefit Specialist Program
- Patricia Ann Bullard for Volunteer Programs
- Karen & Howard Diehl for the Veterans Transportation Program
- Anonymous for the Elder Benefit Specialist Program
- Diane Zins, in memory of Larry Zins, for the Helping Hands at Home Program
- Judy & John Bryant, in honor of Kelly & David Bryant, for the Home Delivered Meals Program
- Glenda Woosley for the Home Delivered Meals Program
- Jeannie Marg for the donation of hats & shawls for Meals on Wheels clients





Susan Blodgett

From the Director's Desk

Fraud Alert - Scammers Targeting COVID Testing Options

From the Wisconsin Senior Medicare Patrol

Our country continues to be subjected to the restraining influence of the COVID pandemic. Despite our fatigue, we need to be vigilant to ward off the disease. And the recent surge of Omicron cases reminds us to be cautious in order to protect our health and the wellbeing of others around us.

A recent development in limiting transmission is the increase in access to testing. There are four approaches to testing:

- Order test kits to be delivered to your home
- Purchase test kits and obtain reimbursement from your private insurance company
- Go to a COVID testing site
- Go to your doctor's office for testing

The government is making it easier to test for COVID. Unfortunately, scammers are once again taking advantage of the COVID predicament by selling illegitimate test kits and setting up fraudulent testing locations. These fraudsters work really hard to sell you useless and misleading tests and to steal your identity at the same time. Everyone is a target.

It is critical that you be aware of the potential for fraud and be able to find legitimate testing kits and locations. Here are some tips.

- To receive free testing kits sent right to your home, go to covidtests.gov. For those who may have difficulty accessing the internet or need additional help to place their orders, call 1-800-232-0233. Each address that orders will receive four kits. If you live at an address with multiple dwellings, be sure to put your apartment or condo number in the street address line (not in the apartment/suite/other box). Failure to do so will result in a message that your address has already ordered kits.
- You can also purchase home test kits at area pharmacies. Your Page Title private insurance company is required to reimburse your expense. Some insurance companies will make tests available to their members through other means. Be sure to check with your insurance provider about how and where to get your free test kits before you buy them. Special note: if you are on Original Medicare, Medicare will not cover or reimburse you for a home test kit. Your best approach is to request test kits from the website covidtests.gov

- Testing sites are popping up in most communities. Please check with your local Health Department as to which locations are authorized. You can also go to covidtests.gov to find various locations. Scroll down and you'll see a listing of pharmacies. In addition to the pharmacies listed, you can scroll just a bit further to Health Centers and click on "Find a Health Center Near You".
- Get vaccinated and boosted! Vaccines are the best way to prevent getting COVID and to minimize the effects of the illness should you get infected. They are widely available. To find a location to get a vaccination or a booster, go to: Vaccines.gov or call: 1-800-232-0233 for assistance.

Red Flags / Don't accept:

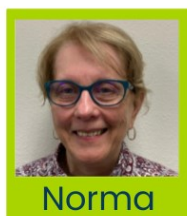
- Someone calling or coming to your door selling kits, or handing them out, in exchange for your Medicare number.
- A testing site that asks for a Social Security Number, a credit card, bank account information, or payment of any kind -- that is likely fraud.
- A pop-up, walk-in, no-appointment-needed site that is not associated with the Health Department. It is recommended that people should seek testing through their health care provider or testing sites that are operated by a city/county/state or public health department.

Vaccines, boosters, and improved testing options are offering us increased opportunities to socially engage with others and to venture into our communities. You can substantially reduce your risk of becoming ill or transmitting COVID to others with these common-sense preventive measures and you can guard against fraud by steering clear of the fraudsters who are only too eager to help themselves to your money and your identity.

Please contact Senior Medicare Patrol if you or a family member has questions or concerns about fraud or abuse surrounding COVID. Also, if you feel that you have unwittingly given out your Medicare number, we can talk with you about some steps you can take. We can be reached through our toll-free Helpline, 888-818-2611 or through our website, www.smpwi.org. All calls are confidential.



A big THANK YOU to the Reedsburg Utility Commission for their generous donation of \$250 to the Reedsburg Meals on Wheels program. We used the donation to give our Reedsburg Meals on Wheels clients a warm fleece scarf as a Christmas gift. Clients loved them!



Norma
Baraboo



Annie
Reedsburg



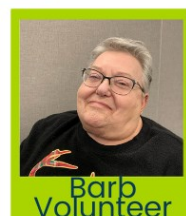
Torill
Sauk
Prairie



Pat
Lake
Delton



Donna
The Shed
Spring
Green



Barb
Volunteer
Reedsburg
Country
Club

We welcome Annie to the ADRC Nutrition Team! Annie replaces Brittany at the Reedsburg Dining Site. Thank you Brittany for all you did for the ADRC and clients!

Thank you SSM Health St. Clare Foundation!

Before the snow flies each year, the ADRC Nutrition Program distributes Blizzard Packs to Meals on Wheels clients. The intention is for the Blizzard Packs to be used in case the ADRC is unable to safely deliver a meal due to snowy or frigid temperatures. In these Blizzard Packs are shelf-stable foods such as soup, crackers, fruit cups, peanut butter, dried fruit, applesauce, nuts, granola bars, juice, and powdered milk. This project was funded in part by a Healthy Community Partnership Grant from the SSM Health St. Clare Foundation. We are grateful for the funding to offset the cost of roughly 225 Blizzard Packs for Meals on Wheels clients in Sauk County.



An Update from The Shed in Spring Green

The ADRC is sad to announce our My Meal, My Way partnership with The Shed in Spring Green will end effective April 1, 2022. The Shed has reluctantly decided to close its doors, due to worker shortage. We want to thank Wynn and Mark and the staff at The Shed for partnering with us for the last two years to serve soup and salad to many older adults in Sauk County. We wish them the best of luck moving forward! Please note: ADRC staff will be working hard to find a new location for our My Meal, My Way restaurant program and will share any updates on our Facebook page (@adrcsauk) and in the Newsletter.



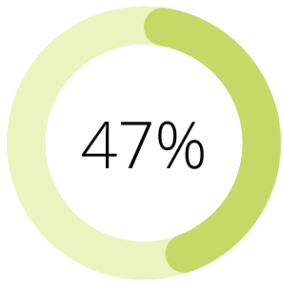
Sauk County Meals on Wheels

We Put on the Miles for your Meals!

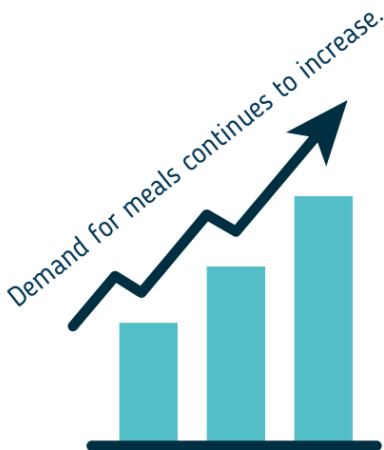
Sauk County ADRC Staff and Volunteers put on 1,180 miles EACH WEEK to deliver Meals on Wheels to Sauk County Older Adults! That's a one-way trip from Baraboo to Boston!



6 in 10 Meals on Wheels clients only had between 0-3 visitors in the last week. That's why our Meals on Wheels volunteers are so vital!



47% of Meals on Wheels clients lack companionship Some of the Time or Often.



The Sauk County ADRC delivered over 62,000 Meals on Wheels & Breakfast Meals to 540 Sauk County Older Adults in 2021!



WE'RE CELEBRATING!

In 1972, President Nixon amended the Older Americans Act of 1965 to include the National Senior Nutrition Program. Sauk County's Nutrition Program began 5 years later, in 1977. This March, we are celebrating those 50 years Nationally, and 45 years here in Sauk County!

How is this all possible??

5 Dining Sites

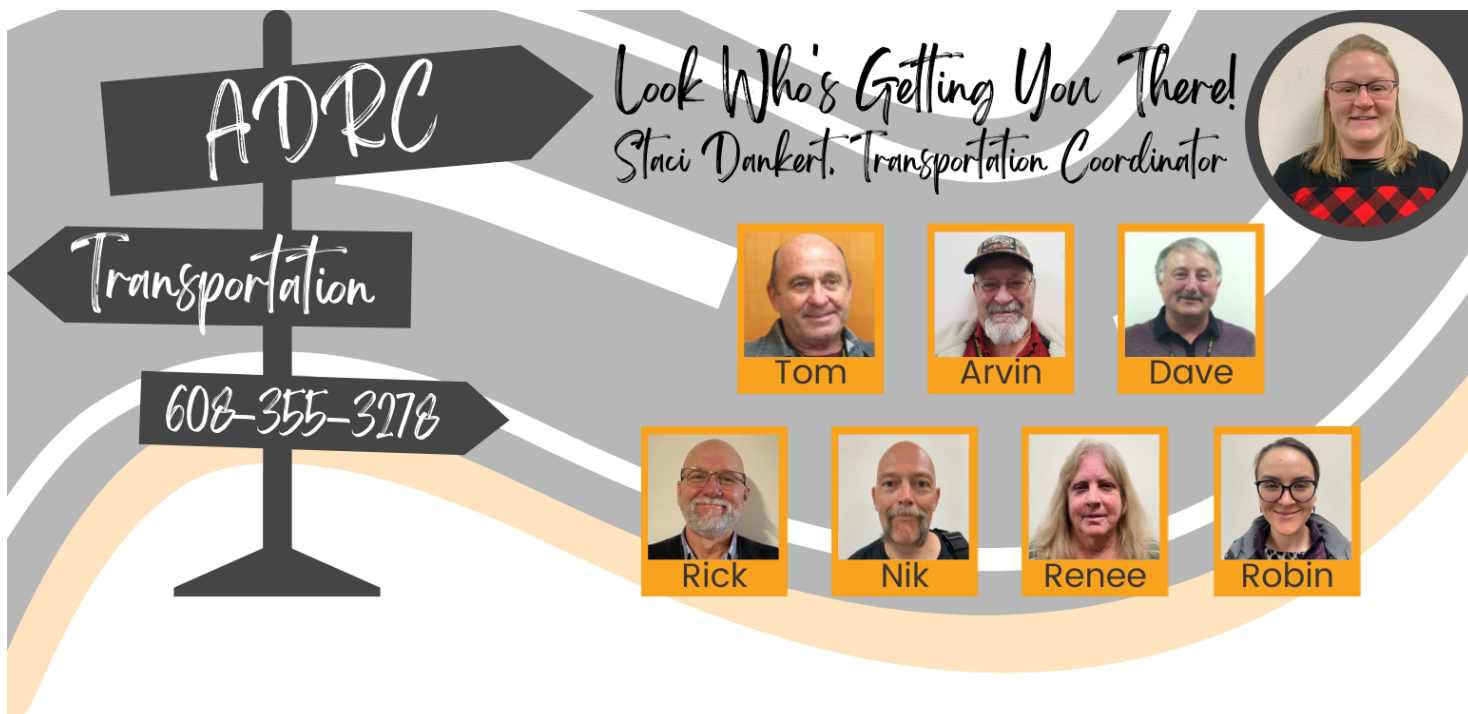
15 Paid Staff Members

41 Meals on Wheels Volunteer Drivers

10 Dining Site Volunteers

Time, miles, and dedication by ADRC staff and volunteers!





How To Know When It's Time to Retire from Driving

By the GWAAR Legal Services Team

Mobility and accessibility are important to our independence and overall mental and physical well-being. In most cases, driving has provided us the ability to work, provide for our families, socialize, and live independently. Removing the ability to drive can feel debilitating, but driving isn't our only tool to access the world around us.

There are many reasons why it may become unsafe for a person to continue driving. Some signs it might be time to hang up the keys include:

- Making unsafe decisions like failing to observe traffic signs, driving at the wrong speed, or not using turn signals
- Making errors such as not obeying laws at intersections, hitting curbs, or poor lane control
- Not reacting quickly to various circumstances
- Mixing up the gas and brake pedals
- Forgetting where you are going or how to find familiar places
- Taking longer to return home from a routine drive than normal
- Anger or confusion while driving
- Car crashes, new dents or dings on the vehicle, or receiving multiple traffic tickets or warnings

If any of these unsafe driving situations are familiar to you, you can set up a comprehensive driving evaluation with an occupational therapist specializing in driving rehabilitation. The occupational therapist will give you a more objective evaluation of your driving capacity and help determine strategies to help you retain independence and mobility when your amount of driving is reduced. An evaluation from an objective third party could come in handy if a friend or family member has expressed concern but you do not agree there is a problem.

continued on next page

A national database of driving specialists can be found on the American Occupational Therapy Association's website.

Whether or not it is still safe for you behind the wheel will depend entirely on your individual circumstances. Because of this, there's not one specific age that people should retire from driving. However, according to AAA, healthier and more active older adults are outliving their ability to drive safely by an average of 7-10 years.

The best thing to do is make a transportation plan before driving becomes an issue for you. You may find that creating a plan is more empowering for you because you'll have a say in your transportation before you're unable to drive.

The Alzheimer's Association has a driving contract where you can give your permission to a trusted loved one to help you when it's your time to stop driving. This can be particularly useful if you are in the early stages of Alzheimer's or are afraid that you will have a hard time committing to driving retirement when the time comes.

Keep in mind that it is totally natural to fear such a big change, and you may mourn the loss of your ability to drive. However, if you plan ahead with your loved ones, the transition will be a lot easier for everyone involved.

Part of creating this plan is figuring out who you can count on when you need help. You are definitely not in this alone, and it may help ease your fears to know exactly who is willing and able to help you if you eventually need it.

You can also take steps now to reduce your reliance on driving, such as getting your groceries and prescriptions delivered to you. There are many transportation resources listed in this article, but you can try asking a friend or family member if they can recommend any services and/or show you how to use them. There are plenty of transportation options available to help you get to where you need to be, such as:

- Family members and friends
- Taxi services
- Volunteer driver services
- Public transportation (bus, train)
- Biking or walking if possible
- WisDOT Transit Assistance Programs
- Community Resource Finder
- Eldercare Locator
- Non-Emergency Medical Transportation (NEMT)

Welcome Robin

to the ADRC Transportation Team!
Robin will be in the office scheduling rides, driving clients to medical appointments, and assisting with the nutrition program.

If you are new to using some of these services like public transportation or reserving a taxi, it can be helpful to learn how to use them now and know who to contact if you need help, so that you're already used to it. Since everyone's situation is unique, the Alzheimer's Association can provide more information and support if you call 800-272-3900.

While older adults are more likely to make safe decisions behind the wheel like wearing seatbelts, they are less likely to survive severe crashes than any other age group. There are several reasons for this, including age-related fragility and their vehicles being less likely to have advanced safety features. If you are planning to continue driving for quite some time, it will be important to learn about the different safety features available in newer cars and the importance of driving a vehicle with those capabilities.

Here are some more transportation resources for adults in Wisconsin who cannot drive:

- GWAAR website <https://gwaar.org/transportation3>
- Your Local Aging and Disability Resource Center (ADRC) www.co.sauk.wi.us/adrc
- Wisconsin Association of Mobility Managers (WAMM) <https://wi-mm.org>
- United Way's 211 – Call 211 on your phone
- AAA's Senior Driver Safety & Mobility Program <https://exchange.aaa.com/safety/senior-driversafety-mobility/>
- AARP "We Need to Talk" Online Workshop <https://learn.aarp.org/we-need-to-talk-onlineworkshop>
- Alzheimer's Association Dementia and Driving <https://www.alz.org/help-support/caregiving/safety/dementia-driving>
- National Transportation Resources <https://www.alz.org/media/Documents/national-seniortransportation-resources.pdf>
- WisDOT Transit Assistance Programs <https://wisconsindot.gov/Pages/doing-bus/local-gov/astnce-pgms/transit/default.aspx>



After four years of arranging Fun Day and shopping buses and driving residents to their appointments, Jeff has decided to hang up the keys and retire. He truly enjoyed his time interacting with Sauk County residents. He will be missed and we wish him a wonderful retirement!



Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments, grocery/drug stores, and other personal trips. Masks are required at this time. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Eligible passengers include those who are ambulatory and/or those who use assistive devices such as walkers, canes, and power chairs. The cost to the passenger is \$0.35 per mile starting from and ending at the volunteer driver's home. Transportation staff do their very best to find the closest volunteer driver to keep costs to the passenger at a minimum. To schedule transportation, please call the Transportation Office at (608) 355-3278 at least 48 business hours prior to your scheduled appointment. The office is open Monday through Friday from 8:00 a.m. to 4:30 p.m. excluding holidays.

Taxi Subsidy Program

The Taxi Subsidy program offers half-price taxi tickets for rides through taxi services in Baraboo, West Baraboo, Reedsburg, and Sauk Prairie. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Taxi Tickets are good for 10 one-way rides within the city limits.

Taxi Ticket Prices

- Reedsburg: \$17.50
- Sauk Prairie: \$15.00
- Baraboo: \$15.00
- West Baraboo: \$7.50 - West Baraboo taxi tickets cannot be used alone. They must be used along with the Baraboo tickets when traveling to, from and within the village of West Baraboo.

Taxi Ticket sales will continue by mail for the foreseeable future. This is to reduce the number of people coming into the ADRC's limited office space. Please do not come to the ADRC office to purchase a taxi ticket. We kindly ask you to send in an application and payment by mail instead. Please continue sending taxi ticket applications and payments to the ADRC via mail to: 505 Broadway, Baraboo, WI 53913. Call (608) 355-3289 with any questions. Thank you for your cooperation.

A drop box has been installed outside the West Square Building by the parking lot entrance. You can put your payment and application in an envelope labeled "ADRC" and place it in the drop box. We will then process applications the next business day.

Medication and Grocery Pickup

We are offering a \$3.00 grocery and medication pickup and delivery. Place an order online through your grocery store or pharmacy and let us pick it up and deliver it to your home! You must pre-pay for your groceries or medications before we pick them up. We will only pick up and deliver within Sauk County. Please call the transportation office BEFORE you place your grocery/medication order. A \$3.00 fee will be due upon delivery. Please call (608)355-3278 to schedule a pick up/delivery.

Shopping Bus and Fun Day Travels are still suspended due to Covid.



Assistive Technology Can Help YOU!

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, housekeeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution, but with social distancing in place, this may not be a great option. Another way of making your caregiving tasks more manageable is using Assistive Technology.

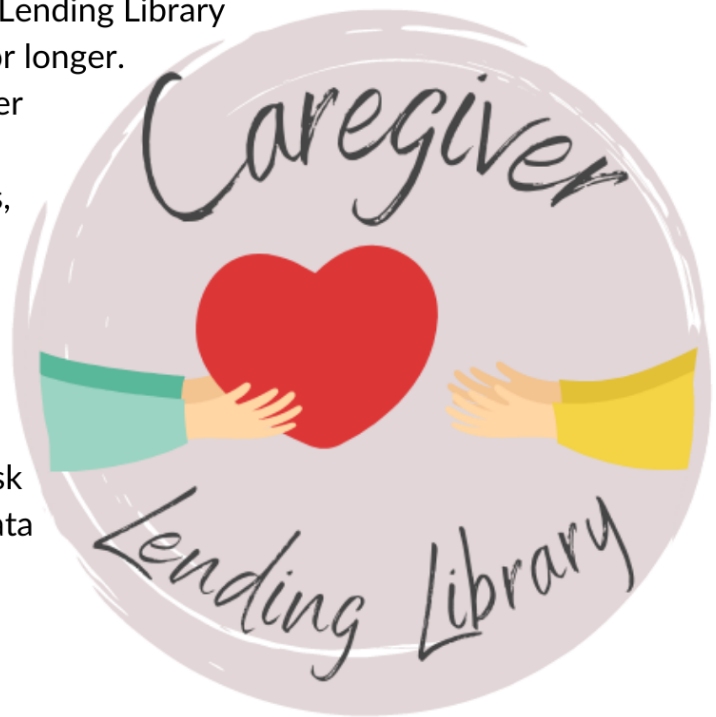
Assistive technology is an item, piece of equipment, or product that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors allowing them to eat on their own. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things more independently which can be important to the person's mental health.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat.

Helping people become aware of the assistive technology devices that are available is a challenge. Some are common items, like a long-handled reacher, back scratcher and a jar opener. But there are a lot of very innovative products that you have likely never heard of.

The Sauk County ADRC has a new Caregiver Lending Library for caregivers to borrow items for 6 months or longer.

Here are a few items currently in our Caregiver Lending Library: iPads, Amazon Fire Tablets, Electronic Pill Dispensers, Teepa Snow DVD's, several books, and hands-on activities. If you are interested in exploring the full list of items on our Caregiver Lending Library, contact Marina Wittmann at the ADRC (608) 355-3289. If you wish to borrow items from our Caregiver Lending Library, we will ask you to fill out a brief demographic form for data reporting purposes only.



Marina Wittmann
Aging Program Coordinator

Article by: Jane Mahoney, OAA Consultant
Greater Wisconsin Agency on Aging Resources



The State of Wisconsin recently increased funding to expand the Dementia Care Specialist Program statewide. The ADRC is excited to announce our very own Dementia Care Specialist for Sauk County – Kurt Goeckermann!

Kurt and his family have resided in Baraboo since 1998. For almost 30 years, in his role as a social worker in several long-term care settings, he has been working with people, families and caregivers who are living with a dementia diagnosis. He is looking forward to providing education, support and resource information to those with the same challenges in the larger Sauk County community.

The main goals of the Dementia Care Specialist Program are to assist and provide support to individuals living with dementia as well as caregivers and help create dementia friendly communities. If you would like to learn more about the Dementia Care Specialist Program or are in need of services, please contact the ADRC at (608)355-3289.



Aging & Disability Specialists

Helping you put the pieces together!



Jim
Pritzkow



Julie
Mayer



Rachel
Heinzman



Hannah
Halverson



Kari
Edwards



Kim
Fiske

Gov. Evers Announces \$18 Million to Help Wisconsin Families Pay Water Bills

Rent and utility assistance programs still available for households in need

MADISON — Gov. Tony Evers announced \$18 million in funding is available through the Low Income Household Water Assistance Program (LIHWAP) to provide water utility assistance to Wisconsin families. The program was authorized as part of an emergency effort to respond to COVID-19 and marks the first time that these water assistance funds have been made available for Wisconsin residents.

“We know Wisconsinites are stretched thin with businesses facing supply chain challenges and Wisconsin families seeing costs in their everyday lives go up, and we want them to know that help is available, especially now during the winter season,” said Gov. Evers. “These critical funds will help alleviate some of the financial stress families are facing and ensure that folks have the resources they need to make ends meet.”

To date, \$86,176,302 in benefits have been provided to 20,096 households for rental, utility, and other housing assistance needs through the Wisconsin Emergency Rental Assistance (WERA) program, and since the start of the heating season in October, the Wisconsin Home Energy Assistance Program (WHEAP) has issued benefits to 74,765 households totaling \$41,027,864. The average heating and electric benefits are \$392 and \$182, respectively.

“We want to make sure folks in Wisconsin know that you can get help with paying for water, energy, internet costs, and rent,” said DOA Secretary Joel Brennan. “No one should be left without heat or means to pay their bills during the holiday season.”

The Wisconsin Department of Administration (DOA) is working with Energy Services, Inc. (ESI) for LIHWAP application intake. Eligibility is based on household income, household size, and the household's water and utility burden. Residents may be eligible if they earn 60 percent of the state median income level or less. Eligible applicants for LIHWAP first need to apply and qualify for WHEAP. Wisconsin residents interested in applying should call 1-800-506-5595.

"We want folks to know that anyone who meets the income guidelines and needs help should apply for water, energy, or rental assistance," said DOA Division of Energy, Housing, and Community Resources Division Administrator Susan Brown. "You can apply even if you haven't had COVID-19 or gotten sick. So many families have lost hours, wages, or had their costs increase for the basic things they need to live during the pandemic. Many individuals and households can qualify and should call 2-1-1 or 800-506- 5595—don't wait."

Rent and additional utility assistance is also available through the WERA program. The DOA has partnered with Wisconsin Community Action agencies and ESI to accept applications and distribute rental, internet, and utility assistance. Residents of Brown, Dane, Milwaukee, and Waukesha counties and the cities of Madison and Milwaukee can apply directly to their local government's rental assistance provider. Wisconsin residents who wish to apply should call 2-1-1 or visit the DOA website for more information.

COVID-19 Booster Doses



Adults who were unvaccinated had **5x higher risk of infection** compared with adults who were fully vaccinated with a booster.

Who?

Everyone ages 12 and older should get a booster.

When?

At least 5 months after your second Pfizer or Moderna shot, or 2 months after Johnson & Johnson

Where?

<https://www.co.sauk.wi.us/publichealth/covid-19-vaccination-sites>

or call 1 (608) 355-3290 ext. 3



FOR YOUR BENEFIT...YOUR ELDER BENEFIT SPECIALISTS



Pam Fuchs

**SERVING THE EASTERN
PART OF SAUK COUNTY**

Mindy Shrader

**SERVING THE WESTERN
PART OF SAUK COUNTY**



Due to COVID-19 there will be no Elder Benefit Specialist site visits or group Welcome to Medicare presentations. Appointments by phone and limited in person appointments are available for Welcome to Medicare education and assistance.

MEDICAL DEBT LAWSUITS ON THE RISE

By the GWAAR Legal Services Team

A recent collaborative study by Yale and Stanford researchers found that medical debt lawsuits filed by Wisconsin hospitals have increased by 37 percent over the period from 2001 through 2018. African American patients and patients living in rural communities were the most likely to get sued. Roughly half of the lawsuits resulted in wage garnishments. Surprisingly, non-profit hospitals were more likely to sue than for-profit hospitals and just five percent of Wisconsin's hospitals accounted for a full 25 percent of all lawsuits filed.

Unfortunately, medical debt lawsuits often arise because patients are unaware of the steps they can take to address the debt and respond to collection actions. Proactive benefits eligibility screening may be the most effective way to reduce the burden of medical debt, but a timely screening for retroactive eligibility can also help cover expenses. Patients should also inquire about a hospital's financial assistance policies. For debts in collection, patients should seek advice about their rights to insist upon validation of debts and be free from harassment by collection agencies. When a medical debt ends up in court, patients need to understand the importance of responding to the summons and complaint, as well as post-judgment court filings such as garnishment demands.

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 2022, your IRMAA will be based on your 2020 tax return, as shown in the table below.

If your yearly income in 2020 (for what you pay in 2022) was:			You pay each month (in 2022) for Part B:	You pay each month (in 2022) for Part D:
File individual tax return	File joint tax return	File married & separate tax return		
\$91,000 or less	\$182,000 or less	\$91,000 or less	\$170.10	Your plan premium
above \$91,000 up to \$114,000	above \$182,000 up to \$228,000	Not applicable	\$238.10	\$12.40 + your plan premium
above \$114,000 up to \$142,000	above \$228,000 up to \$284,000	Not applicable	\$340.20	\$32.10 + your plan premium
above \$142,000 up to \$170,000	above \$284,000 up to \$340,000	Not applicable	\$442.30	\$51.70 + your plan premium
above \$170,000 and less than \$500,000	above \$340,000 and less than \$750,000	above \$91,000 and less than \$409,000	\$544.30	\$71.30 + your plan premium
\$500,000 or above	\$750,000 or above	\$409,000 or above	\$578.30	\$77.90 + 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

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 2022, and you experienced one of these life-changing events, or you believe that SSA is using incorrect tax information, contact your local SSA office. You will need to show proof that a life-changing event occurred or provide a copy of your tax return. 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).



Searching for a NEW job?

The ADRC currently has openings for Van Drivers. Responsibilities of an ADRC Van Driver include but are not limited to: transporting passengers and goods, assisting passengers in/out of vehicles including securing wheelchairs, completing required paperwork, maintaining cleanliness of county-owned vehicles and more. Interested? Or know someone who is interested? Apply today! Online application can be found here: <https://www.governmentjobs.com/careers/saukwi> or go to the Sauk County website: www.co.sauk.wi.us and select the Employment button on the bottom of the screen. If you have any difficulty completing the application, call the ADRC (608)355-3289 and we can assist.

Other Sauk County Departments also have openings that can be found on the same website mentioned above. Check it out!



Coloring Page Provided by:





Social Security's Top 5 Data Privacy Resources

Are you looking for better ways to stay safe online? As you know, Security is in our name. We are committed to protecting your personal information and take this responsibility seriously. We keep this commitment in mind when we collect information from you to carry out our mission.

As we celebrate Data Privacy Week, we are sharing our top five privacy resources:

1. A great first resource is opening your personal my Social Security account. Your secure my Social Security account helps you keep track of your earnings records and identify any suspicious activity.
2. Our Privacy page is a central source of information on our Privacy Compliance Program. You can learn more about the Privacy Act of 1974, submit a Privacy Act request, and review our privacy policies and reports.
3. In our blog post, 10 Ways to Protect Your Personal Information, we cover steps you and your loved ones can take to protect your data.
4. Our factsheet, How You Can Help Us Protect Your Social Security Number and Keep Your Information Safe, provides details to safeguard your private information.
5. Our Guard Your Card infographic helps you and your loved ones understand when you need to show your Social Security card – and when you do not.

We encourage you to review these resources and partner with us to protect your most important information. Please share these resources with your friends and family – and post them on social media.

Social Security Can Help You Start or Return to Work

If you rely on Supplemental Security Income (SSI) payments or Social Security Disability Insurance (SSDI) benefits and want to start or return to work, we can help.

Ticket to Work (Ticket) is a program that supports career development for SSDI beneficiaries and SSI recipients who want to work and progress toward financial independence. The Ticket program is free and voluntary. Learn more about the Ticket to Work program or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET.

In addition to the Ticket to Work program, the Plan for Achieving Self-Support (PASS) program also helps people with disabilities return to work. A PASS allows you to set aside resources and other income besides your SSI for a specified period. With a PASS you can pursue a work goal that will

reduce or eliminate your need for SSI or SSDI benefits.

How does a PASS help someone return to work?

We base SSI eligibility and payment amounts on income and resources (items of value that the person owns). PASS lets a person with a disability set aside money and items they own to pay for items or services needed to achieve a specific work goal. The objective of the PASS is to help people with disabilities find employment that reduces or eliminates the need for SSI or SSDI benefits. You can read all about the PASS program in our publication, *Working While Disabled—A Guide to Plans for Achieving Self-Support*.

The PASS must be in writing and we must approve the plan. To start, contact your local PASS Cadre or local Social Security office for an application (Form SSA-545-BK). You can also access the form on our website. Ticket to Work service providers, vocational counselors, or a representative or relative can help you write a PASS.

For more information about PASS, read *The Red Book – A Guide to Work Incentives*.

Your job isn't just a source of income — it can be a vehicle to independence or the beginning step to fulfilling your dreams. Let our Ticket to Work program or PASS program help you achieve your goals.

Understanding Social Security Disability Benefits

Disability is something most people don't like to think about, but the chances that you'll become disabled are greater than you realize. Studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching full retirement age.

Social Security pays disability benefits through two programs:

1. The Social Security Disability Insurance (SSDI) program.
2. The Supplemental Security Income (SSI) program.

Social Security Disability Insurance (SSDI)

Social Security pays benefits to people who can't work because they have a medical condition that's expected to last at least one year or result in death. Federal law requires this very strict definition of disability. In addition to meeting our definition of disability, individuals must have worked long enough — and recently enough — under Social Security to qualify for SSDI benefits. While some programs give money to people with partial disability or short-term disability, Social Security does not.

SSDI is funded through payroll taxes. Recipients have worked for years and have contributed to the Social Security trust fund in the form of Social Security taxes – received under either the Federal Insurance Contributions Act for employees or the Self-Employment Contributions Act for the self-employed. These taxes translate into Social Security “credits.” Qualified dependents of a disabled

work may also receive benefits even though they may not have worked.

The amount needed for a work credit changes from year to year. In 2021, for example, you earn one credit for each \$1,470 in wages or self-employment income. When you've earned \$5,880, you've earned your four credits for the year.

Supplemental Security Income (SSI)

SSI provides payments to people with disabilities who have low income and few resources. Although Social Security manages the program, the SSI program is funded by general tax revenues and is not paid for from Social Security taxes. Also, SSI benefits are not based on your work history.

How You Qualify

It's important to know which benefits you may qualify to receive. Please read our publications, Disability Benefits and Supplemental Security Income (SSI), for more information. You can also see if you meet the requirements for disability benefits on our How You Qualify page. When you apply for either program, we'll collect medical and other information from you and make a decision about whether or not you qualify for benefits.

You can apply online for retirement, spouse's, Medicare, or disability benefits.

Articles from SSA.gov





Dear Friends,

We are bringing our office to you. There will be two accredited representatives available to discuss any and all your VA benefit questions, to include service-connected disability claims, education, health care, survivors benefits, and more. We will be at the La Valle Town Hall, 101 W Main Street, La Valle, on Tuesday, April 12 from 9:00 a.m. – 3:00 p.m. No appointments necessary, just stop in to ask your questions and say hi if you are in the area.

There is also a Veterans Coffee get together that meets weekly on Thursdays at the Legion Hall in La Valle from 8-10 AM. The hall is located at 116 W Main St, LaValle.

We want to remind you it is important to make an appointment before coming in our office to see us. If you call and we don't answer, please leave a voice mail. The voice mail is set up to go to all of us for a faster response time. If you call and we don't answer, leave a message with your name and number, and who you are trying to get in touch with. Also, if you would like a faster response to your questions, we would recommend you email the office at vetservice@saukcountywi.gov

In Your Service,

Tony

Veterans' Recruitment Appointment

Veterans' Recruitment Appointment (VRA) is an excepted authority that allows agencies to appoint eligible veterans without competition. If you:

- are in receipt of a campaign badge for service during a war or in a campaign or expedition; OR
- are a disabled veteran, OR
- are in receipt of an Armed forces Service Medal for participation in a military operation, OR
- are a recently separated veteran (within the last 3 years), AND separated under honorable conditions (this means an honorable or general discharge), you are VRA eligible.

You can be appointed under this authority at any grade level up to and including a GS-11 or equivalent. This is an excepted service appointment. After successfully completing 2 years, you will be converted to the competitive service. Veterans' preference applies when using the VRA authority.

For more information contact U.S. Office of Personnel Management, 1900 E Street, NW,
Washington, DC 20415, 202-606-1800

Veterans Family Camp

Twice a year, a free Veterans Family Camp weekend is held at Easterseals Wisconsin Camp Wawbeek in Wisconsin Dells for military veterans and their families. One weekend takes place in the fall (September 23-25, 2022) and one in the spring (2023 – April 28-30, 2023). 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 boat tour adventure.

Who can attend?

Family members may include spouses or significant others, children, parents, grandparents, etc. The camp is available to all veterans, recently-returned or those whose service was far in the past. Semi-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- 1551. To register for Veterans Family Camp, visit our registration page. The Veterans Family Camp weekend is offered at no cost to the veteran or their family through generous contributions to Easterseals Wisconsin.

Sauk County/WI State Park Pass Info

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.

The Interagency Annual Military Pass provides free entrance to national parks and other federal recreation areas to current U.S. military members and their dependents, U.S. military veterans, and Gold Star Families. The entrance fee waiver does not cover expanded amenity or user fees for activities such as camping, transportation, special recreation permits, reservation fees or special tours.

In national parks that charge an entrance fee, a veteran will need to present one of the following forms of identification to receive a free Interagency Military Pass:

- Department of Defense Identification Card (non-expired CAC Card)
- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veterans designation on a state-issued U.S. driver's license or identification card.

It's especially important to obtain the Interagency Military Pass to display on the vehicle dashboard at unstaffed sites. At sites that do not issue annual Interagency Military Passes, showing the above forms of identification will allow free entrance.

Veterans can also obtain a free Military Pass online through the USGS Store. There is a \$10 online processing fee. Find more information on the passes at

<https://www.nps.gov/planyourvisit/passes.htm>

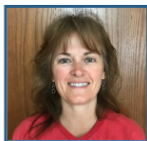
Upcoming Events

Please check with these organizations before attending any 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 or check with the organizations.

- The Reedsburg Thurber-Greenwood VFW Post 1916 breakfast will be served every second Sunday from 8:00 A.M-12:00 P.M. Please stop by and enjoy breakfast if you can. Menu items include: Made to order omelets, scrambled eggs, breakfast sausage, hash browns, homemade buttermilk pancakes, biscuits and gravy, applesauce, bagels with cream cheese, toast, and drinks of your choosing. Pricing: \$10 per person; Children under 10 are \$1 for each year of age.
- 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. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. <https://www.facebook.com/WisconsinDellsJudoDojo/>
- There is a Veterans Coffee get together that meets weekly on Thursdays at the Legion Hall in La Valle from 8-10 AM. The hall is located at 116 W Main St, LaValle.

Thank You!

We want to thank all those that have recently donated to the Veterans Care Trust Fund. Because of your generous, tax-deductible donations we have been able to help needy veterans of Sauk County in various ways. We have helped veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.



Pamela
Russo
Programs
Coordinator



Rick
Erickson
Assistant
CVSO



Sandy
Deich
Veterans
Benefit
Specialist



Susan
Stoddard
Veterans
Benefit
Specialist

CHICKEN CURRY

FOR 2

Ingredients

1 small onion, sliced
1 tablespoon plus 1/3 c. water, divided
2 pre-cooked chicken breasts
1 small apple, peeled and chopped
1/4 cup raisins
3 tablespoons butter
1/4 teaspoon garlic powder
1 teaspoon curry powder
1/4 tsp. ground ginger
1/8 teaspoon seasoning salt
1-1/2 teaspoons all-purpose flour
1 teaspoon chicken bouillon granules
1/2 c. sour cream
3/4 teaspoon cornstarch
Hot cooked rice, can be white or brown



Directions

On Stove Top: Sauté onions, chicken, raisins, and apples in 3 Tbsp. butter for 5 minutes. Add seasonings: garlic powder, curry powder, ginger, and seasoning salt.

Wet ingredients:

Mix water with cornstarch, flour, and bouillon. Stir in sour cream, whisk together. Add to the pan with the hot chicken mixture. Cook on medium heat for 5 minutes or until sauce is thickened. Serve over cooked rice.

Complimentary recipe From Maplewood's kitchen



This recipe is far from mundane. When you want something to intrigue your tastebuds and get you out of the winter doldrums, Chicken Curry is it!

We hope you love this recipe as much as our residents. The ease, use of common ingredients, and refreshing flavor will have you looking forward to this comfort food entrée.

Help with Ordering Free At-Home COVID-19 Tests

On January 14, the White House announced a new initiative to help ensure Americans have COVID-19 tests on hand in case they are needed. The website to order at-home testing kits -- at no cost -- is now live and accepting orders. People who do not have Internet access or who need additional assistance with ordering can call **1-800-232-0233** (TTY 1-888-720-7489) to place their orders.

The Eldercare Locator and the Disability Information and Assistance Line (DIAL) also can assist older adults and people with disabilities with placing orders if they need additional help, connect people to accessible instructions, and help with administering the tests. Both phone lines are staffed Monday-Friday from 8 a.m. to 7 p.m. (Central).

- Older adults can call the Eldercare Locator at 800-677-1116 Monday-Friday or visit the website to chat live or browse resources.
- People with disabilities can contact DIAL by calling 888-677-1199 or by emailing DIAL@usaginganddisability.org. The DIAL information specialists are trained to work with people of various communications abilities, including spending as much time as needed to understand callers. Deaf and hard-of-hearing people can reach DIAL using the 711/Video Relay Service (VRS). To use this free service, simply dial 711 to be connected via text with a communications assistant. (For people who do not communicate through speech, sign language or VRS, email is the best option to communicate with DIAL.)

Two important notes:

- There **are** enough kits to fill orders for every residential address in the country.
- Orders will begin shipping at the end of January, for both people who placed their orders via the online form in the days when only the online form was available and those who began ordering when the phone lines became available.



January 21, 2022



Calendar of Events

Saturday, April 16th | 9 AM - 2 PM Brat Stand | Pierce's Baraboo

Saturday, May 7th | 9 AM - 2 PM Brat Stand | Pierce's Baraboo

Sunday, May 15th | 7 AM - 12 Noon Pancake Breakfast | Thunderbird Lanes

Thursday, May 19th | Departure Time TBD | New York Trip

Saturday, May 28th | 9 AM - 2 PM Brat Stand | Pierce's Baraboo

BASCO Presents:
New York City &
The Statue of
Liberty
May 19-25, 2022

For more information &
reservations contact:

Senior Center
608-356-8464

or

Nora Schmidt
608-448-7972

7 Days, 6 Nights,

BASCO Members - \$790 per person, double occupancy

Non Members - \$840 per person, double occupancy


Price includes:

- Motorcoach transportation
- 6 nights lodging - including 4 consecutive nights in the NYC area
- 10 meals: 6 breakfasts & 4 dinners
- Great experiences & beautiful sights!
- Full Day Guided Tour of NYC. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and more!
- Visit Ellis Island & Liberty Island - home of the Statue of Liberty!
- Visit the stunning One World Observatory!

For more pictures, video, and information visit:

www.GroupTrips.com/BarabooAreaSeniorCenter

CELEBRATE OLDER AMERICANS MONTH WITH A FREE SAUK COUNTY PARK PASS!



Call the ADRC at
608-355-3289
to have a pass mailed
right to you!

In honor of
Older Americans
Month, the ADRC, in
conjunction with Sauk
County Parks & Recreation,
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, but also anyone riding with them in their
vehicle. There is no limit to the number of times you can use your
pass during the approved dates.



Dealing with Frustration, Anger, & Guilt

More than 110,000 people ages 65 or older currently live with Alzheimer's disease in Wisconsin. Many others live with early-onset Alzheimer's, other forms of dementia, or memory impairment. Many thousands of family caregivers provide unpaid care for a loved one with Alzheimer's or dementia.

In addition to sadness, a dementia diagnosis can also carry strong emotions of anger. For caregivers, these feelings of anger, guilt, and frustration can be disturbing and worrisome. If not recognized or acknowledged, these feelings can be harmful to the caregiver and the person in their care.

One of the first things to do is **get information**. Denial is not a friend in these circumstances. While it may feel more comfortable to avoid learning about Alzheimer's or dementia, education can help. Learn about the disease and the care needed. Read information from reputable books and websites, attend a support group, and talk to professionals. Finding information can build a path to slowly gaining acceptance.

It's also vital to **be proactive** when facing your emotions. Identify warning signs of anger or frustration and how and when you react to them. When you are feeling frustrated, does your body respond physically? Does your jaw clench, or do you find your muscles tightening? Do you react to anger by feeling tired or sad? Learning to recognize these symptoms can help you notice them in a heated moment and can help pinpoint behaviors or events triggering these feelings. If possible, try distancing yourself from the stressful situation by taking a break, going for a walk, or doing other calming activities.

Please talk about your feelings with someone you trust or write them down. Develop a support system of friends, counselors, and family who you can talk to about your situation. You may find it helpful to develop a mantra you can repeat to yourself in times of stress.

ADAW is your partner in the journey. If you are facing the challenges of a dementia diagnosis, call us to arrange a care consultation. Sauk County Dementia Outreach Specialist Janet Wiegel is available to provide information and support. Call Janet at 608-697-2838 or email janet.wiegel@alzisc.org.

Adopt-a-Route

AN EASY AND EFFECTIVE WAY TO
BECOME MORE INVOLVED IN YOUR COMMUNITY!



Five days a week the Aging & Disability Resource Center delivers hot, nutritious meals to homebound older-adults across Sauk County through our Meals on Wheels Program. In recent months, this program has averaged around 650 meals delivered each week. A recent participant survey showed that:

- 16% of Sauk County Meals on Wheels recipients **only visitor** in a week is their meal delivery volunteer
- 40% receive **no more than 1-3 visits a week** from someone outside of the Meals on Wheels Program
- 33% of participants get **half** of their daily food intake from the program

How Can You Help?

Adopt-a-Route! We are looking for business and organizations that are interested in assembling a team of employees or members who would like to commit to delivering meals and giving back to their community. Want to cover one day a month? Great! One day a week? Even better! Our program is incredibly flexible and can be tailored to your availability. The ADRC has routes in Baraboo, Reedsburg, and Sauk City, Monday-Friday, each one lasting just about an hour.



MEALS on WHEELS
AMERICA

2022 MEMBER

Want to Learn More?

Contact: Marina Wittmann, Aging Program Coordinator
marina.wittmann@saukcountywi.gov | (608) 355-3289

Cop's Corner



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

Disabled Parking Permits

The use of parking stalls restricted for those with Disabled Parking Permits is a great benefit for those of us with mobility issues, but there are some things to keep in mind. The police often receive complaints about some simple issues that can easily be remedied.

There are two permit types, permanent and temporary. Both have rules for their use. Both **MUST** be displayed when using handicap parking areas. This is easy when you have a permanent designation on a license plate, but is something to remember if you have the hang tag. That tag should not be hanging while operating but must be displayed hanging when you park and exit the vehicle. Failure to hang this is actually a violation of the law.

You cannot lend the pass to another party. The person to whom the pass is issued must be in the vehicle and must be getting out of the vehicle to go into a business or location that the stall is being used. You cannot remain in the vehicle and have another non-qualified individual running into the store.

Vehicles with disabled cards or plates are subject to the same traffic and parking rules: No parking areas, Fire hydrants, Fire lanes, Within a crosswalk. There is only the added benefit of parking in the handicap stalls. Many stalls also have the large cross hatching for wheelchair accessibility. It is important to remember that these are not additional parking spots, but access isles for loading of wheelchair individuals. Parking in the cross hatch is a violation and could result in a parking citation.

Recent laws increased the fines for parking in a disabled/handicap stall to \$150.00. Though our goal is to have these stalls available for the citizens that need them, failure to use the spots and permits correctly could result in a hefty fine.



Disabled Plate



Red Temp Hang Tag



Blue Permanent Hang Tag

MAKE YOUR PLAN TO VOTE: APRIL 5, 2022



Step 1: Check your voter registration status at myvote.wi.gov.

- Call your Municipal Clerk for assistance. Find your Clerk at myvote.wi.gov/en-US/MyMunicipalClerk.

Step 2: Register or re-register (if you moved since the last election).

- April 5th Statewide Election Deadlines:
 - Deadline to register online or by mail: March 16
 - Deadline to register in person at your Municipal Clerk's Office: April 1
 - Register at your polling place: April 5

Step 3: Fill out a registration form if you are not registered.

- Register online at myvote.wi.gov, or by mail, or in-person on Election Day.
- You will need a WI driver's license or WI ID card.

Step 4: To vote by mail, request an absentee ballot ASAP!

- Online: Request at myvote.wi.gov
- By Mail: Mail your completed absentee ballot request to your clerk with a copy of your photo ID.
- In Person: Complete the request form at your clerk's office.

Step 5: Learn about the candidates at vote411.org

Step 6: Complete your absentee ballot and ballot envelope

- Carefully follow the directions. Use a black pen to complete your ballot.
- Complete your absentee ballot in the presence of a witness, who is not a candidate, is at least 18 and is a US citizen. The witness must verify that you completed the absentee ballot but should not see your choices. Need a witness? Check with your Municipal Clerk.
- Put our absentee ballot in the return envelope and seal it. Your witness must sign the return envelope and write their address on the line marked "Signature of Witness".
- Sign and date the return envelope on the line "Signature of Voter".

Step 7: Return the completed witnessed absentee ballot ASAP.

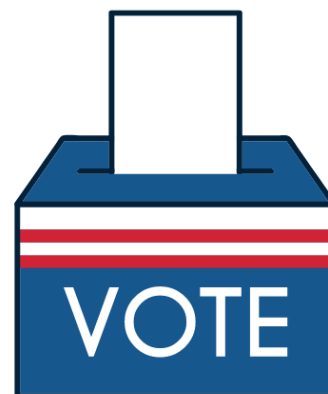
- Your absentee ballot must be received by 8 PM on election day. **As soon as possible** return your completed, witnessed absentee ballot by mail, in-person or at a secure drop box. **DO NOT WAIT!**
- Check with your Municipal Clerk for locations and schedules to drop off your completed, witnessed and sealed absentee ballot. Some municipalities provide witnesses at these locations.
- If you mail your ballot, mail it back as soon as possible to allow time for delivery. The US Post Office recommends at least a week.

Step 8: If you choose to vote in person, bring your photo ID.

- In-Person Absentee Voting (Early Voting): In advance of Election Day, your municipal clerk may offer in-person absentee voting and voter registration. Contact Clerk for information.
- Election Day: 7am - 8pm

QUESTIONS:

- Disability Rights Wisconsin Voter Hotline: 1-844-347-8683; info@disabilityvote.org
- Wisconsin Elections Commission: 1-866-VOTE-WIS; elections.wi.gov/
- WI Disability Vote Coalition: disabilityvote.org/



Monday Coffee Connect

VIRTUAL SUPPORT TO FILL YOUR CAREGIVING CUP



Caring for someone living with dementia?

Connect with local dementia specialists virtually from the comfort of your home!

Join to ask questions, gain support, and brainstorm strategies to get through this time together with three local Aging & Disability Resource Center (ADRC) Dementia Care Specialists.

Come with a cup of coffee or tea to interact via Zoom. Video or by phone.

Fill your cup and start your week off right!

**Monday's
10:00 - 11:00 AM**

**Join us for any
and/or all
meetings.**



Call Pam to Register: 608-548-3954

For AddLIFE Today! questions or comments,
please contact Marina Wittmann at
(608) 355-3289 or email at
marina.wittmann@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
marina.wittmann@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):

- ☐ 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

Be your own
Kind of
BEAUTIFUL



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

CHANGE SERVICE REQUESTED

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

Spring Word Search

- SPROUT
- SHOVEL
- BREEZE
- GRASS
- BUMBLEBEE
- BASEBALL
- TADPOLE
- BUTTERFLY
- CHIRP
- GARDEN
- DAFFODIL
- LADYBUG
- PUDDLE
- ROBIN
- SUNSHINE
- BUNNY
- POLLINATE
- RAIN
- SHOWERS

