Spring 2024

Volume 16 Issue 1 AddLIFE Today Newsletter!



Aging & Disability Resource Center: 608-355-3289 Veterans Service Office: 608-355-3260

A quarterly newsmagazine for adults with disabilities, older adults, veterans, and their families.

Older Americans Month 2024 **Powered by Connection**

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.

- · Research facts about the mental, physical, and emotional health benefits of social connection and how it contributes to overall well-being.
- Find activities that help older adults engage, like community events, social clubs, and volunteer opportunities.
- Connect with local services, such as transportation, that can help older adults overcome obstacles to achieving or maintaining meaningful relationships.
- Encourage organizations to host a connection-centric event or program focused on older adult mentors to youth, peer-to-peer support, or similar efforts.
- Challenge professional and personal networks to prioritize meaningful social connections and share the benefits.
- Inspire others to share what connection means to them on social media using the hashtag #PoweredByConnection.





ADRC Services Quick Guide



Information & Assistance

ADRC I&A Social Workers are available to discuss your unique situation and provide free options counseling. Do you want to stay in your home? Need help with cleaning, personal cares or transportation? Interested in Meals on Wheels? We are here to answer questions you have!



Find Nourishment & Socialization

Join us at our dining sites for lunch! Or if you are over 60 and homebound due to illness, disability or isolation, you may be eligible for Meals on Wheels.



We'll Get You There

The ADRC sells discounted taxi tickets to individuals age 60 and older and those with disabilities. We also transport clients to out-of-town medical appointments. Check out our Fun-Day and Shopping Busses for social excursions!



Benefits for YOU!

ADRC's Elder and Disability Benefit Specialists help with determining benefits or helping appeal denials. Have questions about Medicare, Medicaid, SSI, SSDI, Social Security, Senior Care, Food Share? Your benefit specialists are here to help!



A Healthy Life

Take one of our Evidence-Based workshops - Stepping On for falls prevention and Powerful Tools for Caregivers.



For Family Caregivers

The ADRC offers funding for respite, support group info, and access to our Dementia Care Specialist who works with families who have a loved one living with dementia.



Build Yourself & Your Community

Want to find a new purpose or passion? Volunteer for us! We are always looking for new faces to join our volunteer team.

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Celebrate Older Americans Month with a <u>FREE</u> Sauk County Park Pass!







In honor of Older Americans Month, the ADRC, in conjunction with Sauk County Park & 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.



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





FROM THE DIRECTOR'S DESK AT THE ADRC



Thank you!

We would like to THANK YOU for sharing your thoughts on the 2025-2027 Aging Plan Survey! Your responses are helping us plan goals we want to accomplish in the next three years, and beyond. Our Aging Plan team analyzed your responses and the three topics with the highest number of responses were: **Transportation Options**, **In-Home Care Support**, and **Affordable Housing**. You also shared some amazing ideas about services or events in other communities that might be helpful to older adults in Sauk County such as Cycling without Age, Continuing Education for older adults, and involving youth in programs with older adults. In your responses, there were some requests for services that we already provide and some questions about existing services. So we thought we should clarify what we do and how the programs work.

- **Discounted Taxi Punch Cards** we provide half-priced taxi punch cards for the communities of Baraboo, West Baraboo, Sauk Prairie, and Reedsburg. Individuals age 60 and older or who have a disability are eligible for one punch card per month at a discounted rate. To get a punch card, give our office a call and request a form be mailed to you. Then fill out the form, enclose a check with your payment, and mail it back to the ADRC. Once we get your form and payment, we will mail you a punch card and receipt. You can also stop in the office to purchase one! ADRC (608)355-3289
- Fun-Day Travels and Shopping Bus Our Fun-Day Travels and Shopping Bus trips happen weekly on Wednesdays and Thursdays. The schedule is posted in the AddLIFE Newsletter and on our ADRC website. Round trip fare is \$8 for the Fun-Day Travels and \$5 for the Shopping Bus. If you are looking to get out there and socialize, these trips are for you! Some of the very popular trips include Epic tours, Olbrich Gardens, Henry Vilas Zoo, and the State Fair! Reservations can be made no earlier than 3 weeks before the trip date. Trip line: (608)355-4888
- **Transportation to Doctor Appointments** we offer that! We have volunteers and paid staff who take clients to out-of-town medical appointments for a fee of \$0.35 per mile. To be eligible for the discounted rate of \$0.35/mile, individuals cannot be enrolled in a Long Term Care program. Transportation Line: (608)355-3278
- Adult Day Care (especially memory care) adult day care is available in Sauk County! Give our office a call and we can share that info with you: (608)355-3289.
- Lunch for older adults the ADRC has dining sites located in Sauk City, Reedsburg, Baraboo, and Lake Delton. Our meals run on a contribution basis and range from \$4 \$6.50/meal depending on the site. If you are looking for a home-cooked meal while socializing with your peers, the ADRC dining sites are the place to be. Our menu includes anything from Roast Beef to Baked Chicken Thighs and Honey Glazed Ham to Roast Pork Loin!

 Continued...

...Continuing the Aging Plan Conversation!



If you have any questions about any of the services or programs we offer, please don't hesitate to reach out to our office! Additionally, if you didn't get a chance to complete our initial Aging Plan Survey and would like to share your thoughts and ideas, we still welcome that! You can call to request a survey be mailed to you or find it on our website (https://www.co.sauk.wi.us/adrc/aging-unit-plan).

The next step in our Aging Plan process is to hold multiple focus groups throughout Sauk County. This gives us a chance to talk with a group of individuals to hear their thoughts on the results of the survey and what we can do about it! If you belong to a group of any kind (church group, coffee club, womens/mens club, social group, exercise group, community group, service group, etc), let's set up a time to meet! And if you don't belong to a group but would still like to share your ideas on how we can best serve older adults in Sauk County, call us! We can invite you to a scheduled focus group or just have a conversation about what your ideas are. The survey and focus groups are opportunities for you to advocate for yourself and those you care about.

Advocacy Starts with YOU!

Advocacy is the ability to speak up on your behalf effectively. You have the right to speak up about issues that affect your well-being. Sometimes, we don't feel comfortable advocating for ourselves or others. But self-advocacy is a skill that must be learned and practiced. First, you must understand yourself, your values, and your needs. What's important to you and your future? What are your needs and what needs to happen to make sure those needs will be met?

Benefits of Self-Advocacy

- 1. You EMPOWER yourself by practicing and advocating for yourself and others
- 2. You take control of your own life by understanding what matters most to you and why.
- 3. You become a better decision-maker by understanding your needs and the needs of others. You have an increased sense of self-awareness that allows you to make good decisions.
- 4. You become connected to others who share the same beliefs.
- 5. You become more open-minded to perspectives you may not have considered before.

You have opportunities to advocate for yourself and others, as mentioned above - complete the Aging Plan Survey, attend a focus group, or speak with ADRC staff about what's important to you. Give us a call (608)355-3289.



Looking for more advocacy opportunities? Check out Page 13 for information about Aging Advocacy Day. Additionally, the ADRC will be holding a "How to Contact Your Local Representatives" training that will give participants skills and tips for advocating for issues affecting older adults. The training will occur this Summer 2024 and will be in the next AddLIFE Newsletter!

NEED SOMEONE TO TALK TO?

Call UpliftWI

By Wisconsin Department of Health Services



The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, UpliftWI can be reached at (534) 202-5438 daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

"We're pleased to partner with Mental Health America of Wisconsin on this expansion of peer services in Wisconsin," said DHS Deputy Secretary Deb Standridge. "The peer-to-peer support offered by UpliftWI is a proven way to get people the help they need and stay healthy. This service is going to improve lives by providing preventive care for people experiencing stress or other challenges in their lives."

Callers to UpliftWI speak to certified peer specialists with diverse life experiences stationed across the state. A certified peer specialist is a person who has navigated their own mental health and substance use challenges, completed a training course, and passed a state exam that tests their skills and knowledge about how to support others. They use their personal experiences to help callers identify and pursue their own wellness goals and will share information about community resources if requested. Callers are not required to provide their name, address, or other identifying information.

"The goal of UpliftWI is to help callers feel connected, understood, and less isolated in an effort to prevent mental health and substance use crises," said Mental Health America of Wisconsin Chief Operating Officer Brian Michel, the leader of the team responsible for the service. "We all have times of challenge. UpliftWI is a safe place to share those challenges with a supportive voice who will listen in confidence without judgment or criticism."

UpliftWI is funded by a \$600,000 annual grant awarded to Mental Health America of Wisconsin in 2022. The grant comes from Wisconsin's share of funding allocated to mental health and substance use services from the American Rescue Plan Act and will be available through 2025.

UpliftWI adds to Wisconsin's growing network of peer services that now includes statewide options

for support by phone, drop-in, and overnight stays. Drop-in support is available at one of 11 state-funded peer recovery centers. Eight of those centers focus on mental health support and three focus on substance use support. Overnight stays are available at one of the six state-funded peerrun respites. People need to call ahead to arrange a respite stay of up to one week.

Anyone experiencing mental health and substance emergencies should call, text, or chat the 988 Suicide & Crisis Lifeline. If the emergency is lifethreatening, call 911.





The Volunteer Buzz

Volunteer Coordinator Keri Luther

National Volunteer Week is April 21-27!



National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It is about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. This year marks the 50th anniversary of the volunteer program at the Aging & Disability Resource Center (formerly the Commission on Aging). Our Volunteers serve their neighbors as escort drivers for medical transportation, dining center help, they deliver meals to people in their homes, assist with administrative upkeep, and so much more! During National Volunteer Week please join the ADRC as we applaud the tremendous contribution of time and energy by this outstanding group of volunteers committed to serving their community and neighbors. Whether you volunteer every single day or an hour here and there, your time and effort is so appreciated. We truly could not do what we do without all our dedicated volunteers. Thank you, ADRC volunteers, from the bottom of a grateful heart! It is a privilege to work with you!

Whether you can share an hour a week or an hour a month, we encourage you to find a way to volunteer. Please take a few minutes to look at and consider the volunteer opportunities that are available through the ADRC! Tell your friends, tell your neighbors, help me spread the word – **OUR VOLUNTEERS ARE THE BEST!**

Do you have a few extra hours during the week? Are you looking for a way to make a difference in our communities? Please consider joining us for one or more of the following Volunteer opportunities:

- Volunteer Escort Drivers: Provide transportation to Sauk County residents to medical appointments. You choose the days and hours you want to be available and receive mileage reimbursement.
- Home Delivered Meal Drivers: Deliver meals from local dining center out of Baraboo, Reedsburg, Lake Delton, and Sauk City. Volunteers can deliver once a week, twice a month or even as a fill-in. Routes take on average about an hour and receive mileage reimbursement.
- Dining Center Help: Reedsburg needs help package meals for Home Delivery Meal Drivers. Sauk City needs help packaging meals and serving meals to those that dine in.
- Clerical Support: Fill-in assisting in a variety of office duties such as phone coverage and greeting clients.

Want to help your community and join a great group of Volunteers?

Contact me to get started! (608)355-3289

<u>keri.luther@saukcountywi.gov</u>
Or apply online: <u>www.co.sauk.wi.us/adrc/volunteer-opportunities</u>

One of the great joys of my job is to hear your stories ... stories from passengers praising their volunteer drivers ... stories from meals on wheels clients about their volunteers ... stories of friendships being formed ... stories of reconnecting with "long, lost, friends". I would love to hear more stories and share them during Volunteer Appreciation Week! If you would like to share a story, give me a call or email me.

Keri Luther – Volunteer Coordinator 608-355-3289 or email keri.luther@saukcountywi.gov



For Your Benefit... Your Elder Benefit Specialists

Mindy Shrader Serving the Western Part of Sauk County



Pam Fuchs Serving the Eastern Part of Sauk County



SeniorCare Coverage of Respiratory Synctial Virus Vaccines

By the GWAAR Legal Services Team

You may have heard about the new respiratory syncitial virus (RSV) vaccines for older adults. RSV is a respiratory virus that typically causes cold-like symptoms in healthy adults and older children but can lead to more serious illness, like pneumonia, as well as hospitalizations and even death in very young children and older adults. The new vaccines will help protect older adults against severe illness from RSV. Talk to your healthcare provider about whether the RSV vaccine is right for you and any other vaccines you might need to help prevent illness.

As of September 5, 2023,
SeniorCare covers RSV vaccines for
SeniorCare members when the vaccine
is administered in a pharmacy. Prior
authorization is not required for these
vaccines. If you have other health
insurance, your pharmacy should bill
that insurance first before submitting
the claim to SeniorCare. If your
pharmacy is unable to provide the
RSV vaccine for you, pharmacy staff
should refer you to another pharmacy
that can provide the vaccine.



Please note that adult BadgerCare Plus and Medicaid members must receive the RSV vaccine at their doctor's office. BadgerCare Plus and Medicaid will not cover the RSV vaccine if it is administered at a pharmacy



Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

plain Library



1:00-3:00pm March 20th April 17th May 15th 1:30-3:30pm
March 21st
April 18th
May 16th



I'm Turning 65/Retiring-Now What?

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those continuing to work.

<u>Baraboo</u>

Time: 4:30pm

When: Tuesday, March 5th

Where: West Square Bldg

RmB24

Reedsburg

Time: 4:30pm

When: Tuesday, May 21st

Where: Reedsburg Library

Pre-registration is required: (608)355-3289





Meg Allen, Nutrition Coordinator



Sauk City



Lake Delton



Reedsburg Country Club



Frozen Route Driver



Reedsburg



Baraboo

March for Meals - #SaveLunch!

The Sauk County ADRC Nutrition Program will be participating in #SaveLunch, a nation-wide campaign led by Meals on Wheels America designed to rally support for older adults and protect the essential services that make it possible for so many to stay healthy and independent at home. In honor of the Older Americans Act Nutrition Program anniversary, we have activities planned in the month of March including a celebration of community champions with Meals on Wheels route ride-alongs. We will also launch a paper plate campaign to send messages about the importance and positive impact of senior nutrition programs to members of Congress!

Across the country March for Meals and #SaveLunch events commemorate the historic day in March 1972 when the Federal Older Americans Act was amended to include a nutrition program for adults 60 years and older. More than 50 years later 12 million older Americans are still threatened by or experience hunger and one in three feels lonely. That is why Meals on Wheels programs across the country are joining forces to raise awareness and support to ensure that we can continue to address food insecurity and malnutrition, combat social isolation, and improve health for decades to come. A review of 38 research studies by Meals on Wheels America shows the effectiveness of homedelivered meals as an evidence-based solution to reducing hunger and social isolation for older adults. Home delivered meals have been found to:

- Improve food security and nutrition
- Reduce costly health care services
- Reduce social isolation and loneliness

"Now is an important time for us to unite to ensure that Meals on Wheels is there for all of our senior neighbors in need," said Ellie Hollander, President and CEO of Meals on Wheels America. "In the face of soaring demand and costs that surpass our current resources, we need to come together as communities to bridge the gaps. I encourage you to participate by donating, volunteering, or speaking out for seniors throughout March to play your part. We can't do it alone – it takes all of us to save lunch for our seniors."

In 2023 the Sauk County ADRC nutrition program served 6,602 dine-in meals to more than 560 individuals. 39,931 home delivered meals were provided to over 500 individuals, not including carry-outs or blizzard pack meals. 990 home-delivered breakfast meals were delivered as well. This was made possible through a combination of Federal/State Older Americans Act funds, Sauk County tax dollars, donations, participant contributions, and countless volunteer hours.

The number of adults in Sauk County age 60 and older is growing. To continue to meet the needs in our community, the Nutrition Program would welcome your support. For information on how you can volunteer or donate visit the ADRC website: https://www.co.sauk.wi.us/adrc or call 608-355-3289.

ADRC Dining Sites

Suggested Contribution:

\$4/meal for dining sites and Meals on Wheels, \$6.50/meal at Reedsburg Country Club

Find monthly menus on our website or call the ADRC office for a hard copy: https://www.co.sauk.wi.us/adrc/nutrition-and-dining-centers | (608)355-3289



Meals on Wheels

Available for qualified individuals who are homebound and have nutritional need. Call the ADRC office to inquire: (608)355-3289



More

B

Baraboo Dining Site

Highpoint Commons, 1141 12th Street, Baraboo In-Person Dining: Monday thru Thursday 11:30am, Call Jill for reservations (608)963-3436



Lake Delton Dining Site

Frank Fischer Center, 20 Wisc Dells Pkwy S In-Person Dining: Monday thru Friday 11:30am, Call Pat for reservations (608)393-7214



Sauk/Prairie Dining Site

Sauk Prairie Community Center, 730 Monroe St, Sauk City In-Person Dining: Mondays, Tuesdays, & Thursdays Noon, Call Torill for reservations (608)963-3437



Reedsburg Dining Site

Cornerstone Church, S3111 Ableman Rd, Reedsburg Carry Outs Available Call Julianne for Carry Out availability (608)963-3438





My Meal, My Way Soup & Salad

Reedsburg Country Club, 3003 E Main St, Reedsburg
In-Person Dining; Wednesdays & Thursdays
11:30am - 1:30pm | No Reservation Needed
*Days of service will change based on the golf season. When in doubt, call us.







Senior Fair

Presented by Oak Park Place, Baraboo
Tuesday, April 16 • 10:00 AM to 3:00 PM
Baraboo Civic Center—124 2nd St., Baraboo, WI
Visit our vendor booths for helpful resources
in healthcare, finances, estate planning, etc.
For information or questions, call 608-355-4111 or
email mburch@oakparkplace.com



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

Sheila Klicko for AddLIIFE Today

Anonymous for HH@H & Volunteer Program

Kathy Kienow for HDM Program

Glenda Woosley for Annual Donation

Gail Lamberty In Memory of Al & Armella Kowalski for AddLIFE Today

Kelly & David Bryant

Mary L Risgaard

Mary Luckhardt Klemm

Kathy Kieler & Byron Russell for Caregiver Program

Barbara Salveson

Albert & Geraldine Olson for HDM Program

Anonymous In Memory of Alvin Loos for EBS Program

The Raasch Family/Stephanie Heitl In Memory of Harvey Raasch for HDM Program

Your donations are greatly appreciated!

The Baraboo Area Wide Parkinson's Group is inviting all friends and former colleagues of the Commission on Aging/ADRC to join us to celebrate Sylvia Kriegel and honor her many years of devotion and knowledge to those who faced medical concerns in all of Sauk County.

Date: Monday, April 15th, 2024

Time: 1:30pm-4:00pm

(2:30pm-time to share a fond memory, hug or card)

Place: First Cong. United Church of Christ 131 6th Ave, Baraboo (handicap accessible)

For any questions reach Geri Schoenoff 608-356-3473 Chermain- Baraboo Area Wide Parkinson Group

SAVE THE DATE AGING ADVOCACY DAY 2024 Tuesday, May 14, 2024 | Madison, WI

Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience is necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and Afternoon visits with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.



Contact: Janet Zander 1414 MacArthur Rd. Madison, WI 53714

janet.zander@gwaar.org

(608) 228-7253

#WIAgingAdvocacyDay #WIAAD24



Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments, drug stores, and other personal trips. This service is available to Sauk County residents aged 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 aged 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. The prices are:

• Baraboo: \$20.00

• 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.

Reedsburg: \$17.50

Sauk: \$15.00

Taxi Ticket sales can be done by mail, over the phone with a debit/credit card, or at the main ADRC office at: 505 Broadway, Suite 234, Baraboo, WI 53913.

To get information or request an application for taxi tickets, call the ADRC Receptionist at (608)355-3289.

Shopping Bus & Fun Bus

Shopping Bus takes riders to various shopping places, typically on Wednesdays alternating between Delton, Madison East, Baraboo, and West Madison is now **\$5.00** per passenger.

Fun Bus tours happen usually on Thursdays. The price is now \$8.00 per passenger (plus any applicable entry fees and lunch). The prices for Shopping and Fun Bus are for all riders with no exceptions.

Thank you from the ADRC Transportation Department

FUN BUS

SHOPPING BUS

March

7-WRDB Radio Station Tour, Reedsburg

14-Deke Slayton/Bicycle Museums, Sparta

Adult\$5/Sr\$4

19-Portage Movie Theater, \$5 (Tuesday)

28-National Mustard Museum, Middleton

<u>April</u>

4-St. Vinnies- Prairie Du Sac/Waunakee/Portage/Baraboo

11-Reedsburg County Club- Soup & Salad Lunch \$6.50

16-Portage Movie Theater, \$5.00 (Tuesday)

25-Johnson Creek Outlet Mall

<u>May</u>

2-Amish Shops-Hillpoint/Ironton/Loganville

9-Sauk City Senior Lunch \$4.00

16-UW Arboretum (Thursday)

23-Olbrich Garden- \$6.00/members free

30-Ft. McCoy and/or National Guard Museum

June

6-Madison Mallards- approx. \$16/start time 6:05

(Note: sign up will open as of 4/01/24 & must pay the \$16 upon signing up) 24 spots reserved.

12-Reedsburg Country Club-Senior soup & salad lunch \$6.50 (Wednesday)

18-Sun Prairie Movie Theater- (members\$6/non-members\$7) (Tuesady)

27-Midcontinent Railway-Coach Adults \$24/Sr \$22

Locomotive \$ Caboose also available for higher rates.

Trips are subject to change or cancellation with little notice.

<u>April</u>

3-Madison West Towne

10-Lake Delton Area

17-Madison East Towne

24-Baraboo Area

<u>May</u>

1-Madison West Towne

8-Lake Delton Area

15-Madison East Towne

22-Baraboo Area

29-Madison West Towne



<u>June</u>

5-Lake Delton Area

13-Madison East Towne

19-Baraboo Area

26-Madison West Towne



How to Reserve A Fun-Day Trip:

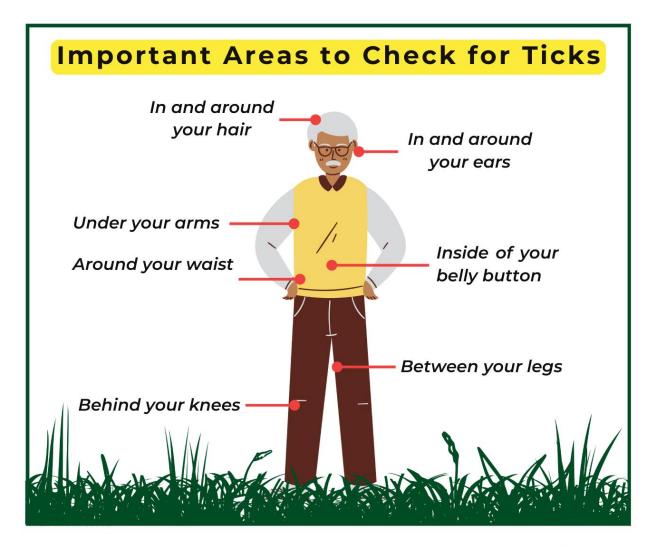
To allow everyone a fair opportunity to travel with us, we will not accept reservations until 3 weeks before the trip date. Example: trip is 9/28/24, reservations can start 9/7/24.

Last reservations taken on Monday the week of the trip.

You must call the ADRC reservation number (608)355-4888 to make reservations. Please do not call the main Transportation line to make a reservation. Leave a message with name, phone number, city of residence, trip name/date and if you are in a wheelchair. We will contact you 1-2 days before the trip with time of pickup.



As you start to spend more time outside this spring, remember to check yourself for ticks. Diseases, like Lyme disease, can be spread to a person or animal through a tick bite.

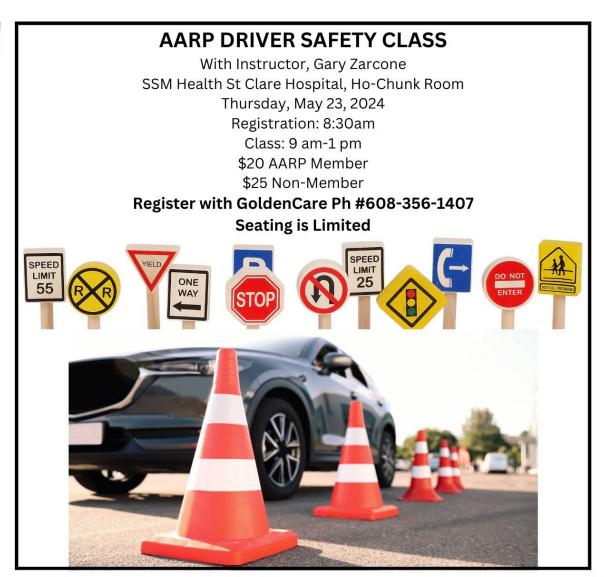


If you are worried that you may have been bitten by a tick, watch for any fevers, chills, sweats, rashes, muscle aches, joint pain, headaches, fatigue, nausea, and vomiting. If you have any of those symptoms within 30 days of a possible tick bite, talk to your doctor.



For more information about ticks in Wisconsin, please visit https://www.dhs.wisconsin.gov/tick/wisconsin.htm





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 adjust common age-related changes in vision, hearing, and reaction time. You will also learn:

- Reducing traffic violations, crashes, and chances for injuries.
- Always maintain proper following distance.
- The safest way to change lanes and make turns at intersections.
- Minimizing the effect of dangerous blind spots.
- Effectively use safety belts, air bags, and anti-lock brakes.
- Maintain physical flexibility.
- Continuing to monitor your own and other's driving skills and capabilities.

After completing the course, you will 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 Insurance Company, you may receive a reduction in your premium.



Advances in treatment for dementia are occurring every day. We have several new medications that show promise in reversing some of the physical issues that are impacting the brain of individuals with dementia. This is wonderful and encouraging. The amazing efforts of scientists, researchers, medical professionals, and educators are paying off.

Science also tells us that lifestyle and mental health have huge effects on our brain's well being. This is true for individuals with or without dementia. Sleep, diet, exercise, stress reduction, support, engagement, and ongoing learning are critical to brain health. Improving these will help stave off dementia and slow its effects for someone with a diagnosis. All people should be encouraged and supported to make changes in these areas. This is as important as any new medication. As the



saying goes, "Do something now that your future self will thank you for".

The Sauk County Aging and Disability Resource Center and other organizations have programs that can assist with engagement, support, and learning.

In 2024 the ADRC will offer a 6 week "Powerful Tools for Caregivers" class and a day-long "Caregiver Boot Camp".

There are numerous in-person and online support groups and educational events from various sources the Center can direct people to.

Continued...

The ADRC runs a vibrant monthly support group for caregivers of those with a dementia diagnosis at the Reedsburg Library. Also vibrant is the current monthly Memory Café held at the Fusch Center in Reedsburg. A Memory Café is an event tailored for the caregiver and the person with dementia to attend together. At the event there is social time, discussion and activities designed to meet the needs of the attendee with a dementia diagnosis. It also allows the caregiver some social time in a supportive, fun, and relaxing setting.

The ADRC is currently trying to reinvigorate a Memory Café at the Sauk City Community Center. It will be held the 3rd Wednesday of every month, 9:30-11:00am.

Please call the ADRC for questions regarding this or any event. Support, information, and assistance is available to all residents of Sauk County.



ILSP PROGRAM UPDATE

The ADRC continues to take applications for the Independent Living Support Pilot. This program can provide up to \$7,200 for Sauk County residents with less than \$3,700 per month in income with the goal of maintaining independence and assisting people to remain in their current living situation. It can pay for caregiving, housekeeping, yardwork, equipment, technology, and some renovations when they can be linked to a physical need and increased independence. Those who are in a facility or a managed long term care program are not eligible as they are receiving services covered by the pilot already. As a first time, untested program, the pilot has experienced some delays due to administrative issues and adaptation of criteria for covered services. This has continued but has improved and stabilized recently. The ADRC is working through these changes and attempting to minimize any delays or issues. We are working with those earlier applicants to rectify past issues. Please contact the ADRC at 608-355-3289 and ask for the Independent Living Specialists with questions or to schedule an initial appointment.



Kurt Goeckermann

Brenda Carey-Schick



Information & Assistant Specialists



Jim Pritzkow

Providing Information about Resources

in Sauk County



Julie Maver



Rachel Heinzman



Hannah Halverson



Kari Edwards



Kim Fiske



Walk-Ins Available in YOUR Community! Come see our I&A's at:

Baraboo Dining Center

Highpoint Commons, 1141 12th St Last Tuesday of each month, 11am-1pm

Good Neighbor Clinic

95 Lincoln Ave, Prairie du Sac; 1-4pm Second & Fourth Wednesday of each month

Ho Chunk Nation Tribal Aging Unit

E8863 Winneshiek Dr, Wis Dells 2nd Tuesday of the month, 11:30am-12:30pm

Sauk Prairie Community Center, Dining Center

730 Monroe St, Sauk City First Tuesday of each month, 11am-1pm

Reedsburg ADRC Office

Human Services Building, 425 6th St, Reedsburg Every Wednesday, 8am-12pm

Frank Fischer Senior Center

20 Wisconsin Dells Parkway, Wisc Dells Third Monday of each month, 11:30am-12:30pm

St. Vincent DePaul Resource Center

1906 North St, Prairie du Sac First Wednesday of the month, 8:30am-11:30am

Our Information & Assistant Specialists are available Monday thru Friday from 8am-4:30pm at the West Square Building in Baraboo

505 Broadway Suite 234 Or simply give us a call and ask to speak with them.





Tips for Taking Medicines Safely as You Age

Medicines are intended to help us live longer and healthier lives, but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines. The following tips can help you safely take and keep track of all your medicines.



Know What You're Taking

Mixing certain medicines can cause unpleasant and sometimes serious side effects. Make sure you know about all medicines and supplements you take, including:

- · Prescription medications
- Over-the-counter (nonprescription) drugs
- Vitamins

- Dietary supplements
- Herbal remedies

Be sure your doctor and pharmacist are also aware of everything you take. Also, tell your health care provider about alcohol, tobacco, and drug use.. These substances can have harmful interactions with certain medications and may change the way your medicines work.

Ask Questions About Your Medicines

Ask your doctor or pharmacist any questions you have about your medications. Possible questions include:



- When will the medicine start working? How will I know if it's working?
- What are common side effects of this medication? What should I do if I experience serious side effects?
- Is it safe to drive while taking this medicine?
- Should I take the medicine with food?
- What should I do if I forgot to take my medicine?

Keep Track of Your Medicines

Make a list of all prescription medicines, over-the-counter drugs, vitamins, and dietary supplements you take. Keep one copy of the list in a safe place at home and one in your wallet or purse.





This list should include the:

- Name of each medicine or supplement
- Amount you take
- Time(s) you take it

For prescription medicines, also include the:

- · Name of the doctor who prescribed it
- · Reason it was prescribed

Follow Instructions

When you have a prescription filled, read everything on the prescription label and any paper handouts that come with the medicine. Follow the instructions carefully. Here are some dos and don'ts for taking your medicines the right way:



- OD take the right dose. Don't take a large dose of a medicine, thinking it will help you more, and don't skip or take half doses of a prescription drug to save money. Talk with your doctor or pharmacist if you can't afford the medicine.
- OD take medicine on time. Some people use meals or bedtime as a reminder to take their medicine. You can also use charts, calendars, timers, or smartphone apps to help you remember when and how to take your medications each day.
- **DO report problems**. Call your doctor right away if you have any trouble with your medicines. There may be something else you ca take.

- DON'T stop taking your medicine abruptly.

 If you have uncomfortable side effects,
 write them down so you can report them to
 your doctor or pharmacist accurately.
- **DON'T share medicines**. Do not take medicines prescribed for another person or give yours to someone else.
- ON'T take medicine in the dark. Turn on a light so you don't make a mistake.

Store and Dispose of Medicines Safely

 Keep your medicine out of the reach of children and pets. If you take any prescription pain medicines (for example, morphine or codeine), keep them in a locked cabinet or drawer.



- Check the expiration dates on your medication bottles and discard any unusual or expired medicines as soon as possible. Timely disposal of medicines can reduce the risk of others taking them accidentally or misusing the medications on purpose.
- Ask your doctor or pharmacist how to safely discard expired or unneeded medications.

People age 65 and older tend to take more medicines than those in any other age group, often because they have several diseases or other health problems at the same time. Taking multiple medications can be expensive and difficult to track. It also can increase the risk of side effects and other unintended problems.

If you are concerned that you might be taking too many medications, or you can't afford all your medications, have a conversation with your health care provider about whether there are any you could safely reduce or stop. But don't stop taking your medicine before talking with your doctor.

To learn more please visit: www.nia.nih.gov/medication-safety

National Institute on Aging Information Center 800-222-2225 | 800-222-4225 (TTY) niaic@nia.nih.gov | www.nia.nih.gov/health







from the kitchen of
Maplewood Sauk Prairie
maplewoodsaukprairie.com

Chicken Bacon Ranch Wrap

- 2 bunches leaf lettuce washed and dried
- 4 thin slices of tomato
- 2 thin slices of onions
- 4 cups cooked fajita strip chicken or chicken breast
- 3 cups shredded cheddar cheese
- 2 strips crispy bacon
- 2 large tortillas
- Hellmanns's Ranch dressing

Cook your bacon until it is nice and crip. Use a "flat-pan" for the bacon and it will keep the strips flat.
Assemble the wraps by laying the large tortillas down. Layer with lettuce tomat

tortillas down. Layer with lettuce, tomatoes, onions, chicken, bacon, and cheese. Tightly wrap the tortillas.

rightly wrap the tortillas.

Use Hellmann's Ranch Dressing for the dipping sauce.



Travel with BASCO in 2024

(Baraboo Area Senior Citizen Organization)

May 16th, 2024

"Beautiful"- The Carole King Musical at the Fireside Theater \$120 per person, includes bus, meal & show

May 30th, 2024

Milwaukee Brewers vs Chicago Cubs

At the American Family Field

\$100 per person, includes bus, game & food voucher

Payments are due in FULL when signing up.

Need more information contact BASCO: (608)356-8464 or booseniors@gmail.com

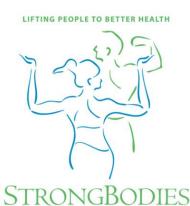
Strength Training Program Coming to Sauk Prairie Community Center

The StrongBodies Program, an 11-week exercise program for middle-age and older adults, will be offered at the Sauk Prairie Community Center on Tuesdays and Thursdays from 1:30 p.m. until 3:00 p.m. starting April 16th, 2024. StrongBodies includes progressive strength training, balance, and flexibility exercises. Some sessions also include optional health and wellness educational programming after the exercise session concludes. The series will be led by Danielle Sander, Health & Well-Being Educator at the University of Wisconsin-Madison Sauk County Extension.

The StrongBodies Program is based on years of research on how strength training and proper nutrition improves the health of adults of all ages. Strength is a critical factor in living healthier, more active lives. Strength training not only builds muscle mass, but also improves bone density, reduces falls, improves arthritis symptoms, and increases flexibility. The program is appropriate for both sedentary and active adults.

Current Sauk County StrongBodies Programs are held in Baraboo at the West Square Building on Tuesday and Thursday mornings and in Reedsburg at the Reedsburg Area Medical Center on Monday and Wednesday mornings. Program cost varies based on location, but ranges from \$35 to a suggested contribution of \$20 per 11 to 12 week session.

To register for the Sauk Prairie StrongBodies Program or for more information on other offerings, please visit Sauk County's StrongBodies webpage at https://sauk.extension.wisc.edu/strong-bodies, call the Extension Office at (608)355-3250 or email danielle.sander@wisc.edu.





Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



Benefits of Strength Training:

- Reduced risk for chronic diseases:
 - Diabetes
- Osteoporosis
- High Blood Pressure ◆ Arthritis
- Heart Disease
- Some Cancers
- Increased:
 - Strength
 - Muscle mass

Baraboo West Square Building 505 Broadway St., Baraboo

Tuesdays & Thursdays 10am -11:30am April 16, 2024 - June 27, 2024 Sauk Prairie Community Center 730 Monroe St., Sauk City

Tuesdays & Thursdays 1:30pm -3:00 p.m. April 16, 2024 - June 27, 2024

Class Registration begins March 1, 2024.

Register online at https://forms.gle/ u3QQZpQ2LuvHEXz88, scan the QR code, pick up a registration form at the Sauk Prairie Community Center, or visit the Sauk County Extension Office. Call (608)355-3250 for more info.













Quinn Hause

Holly Schafer

Get Your Benefit Verification Online with my Social Security

Social Security is with you throughout life's journey, providing tools and information to help secure today and tomorrow for you and your family. Our online services allow you to do business with us from the comfort of your preferred location at your convenience. You can get up-to-date information without sitting in traffic or waiting in lines or on the phone. There may come a time, like when applying for a mortgage, loan, or housing, when you need proof of your retirement, disability, Supplemental Security Income (SSI), or Medicare benefits. We can provide you with a benefit verification letter, sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You may also need proof that you have never received Social Security benefits or SSI or proof that you have applied for benefits. You can get a benefit verification letter online instantly by using your personal my Social Security account.

If you don't have an account, you can create one at any time. It's easy, convenient, and secure. To set up your account, visit www.ssa.gov/myaccount and select, "Create an Account." Because protecting you and your identity is important, we use strict identity verification and security features. You can use one of two credential service providers to verify your identity: Login.gov or ID.me.

For Login.gov:

- Select "Sign in with Login.gov."
- Select "Create an account."
- Follow the rest of the steps.

For ID.me:

- · Select "Sign in with ID.me."
- Select "Create an ID.me account."
- Follow the rest of the steps.

Note:

- If you already have a Login.gov or ID.me account, you can select the appropriate button to sign in and access your personal my Social Security account.
- Customers who have a foreign address can register and sign in with ID.me to access their personal my Social Security account.

Once you create your account, you can instantly view, save, or print your official benefit verification letter. With your personal my Social Security account, you can do a lot more. If you receive benefits, you can:

- Check your benefit and payment information and your earnings record.
- Change your address and phone number. (Social Security beneficiaries in the U.S. only)



- Change direct deposit of your benefit payment. (Social Security beneficiaries in the U.S. only)
- · Request a replacement Medicare card.
- Get a replacement SSA-1099 or SSA-1042S for tax season.

If you do not receive benefits, you can:

- Check the status of your application or appeal.
- Get your Social Security Statement to review estimates of your future retirement, disability, and survivors' benefits.
- View your earnings to verify the amounts that we posted are correct.
- See the estimated Social Security and Medicare taxes you've paid.

In most areas of the U.S., you can also use your personal my Social Security account to request a replacement Social Security card, as long as you meet certain requirements. Your personal my Social Security account is the fastest, most efficient way to get your benefit verification letter.

What You Can Do Online

Go to www.ssa.gov

Apply for Benefits

You can apply for many different Social Security benefits at www.ssa.gov/applyonline. These include:

- · Social Security retirement and spouse's benefits.
- Social Security disability benefits (and Supplemental Security Income (SSI) if you apply at the same time and meet other criteria).
- Medicare only and Extra Help with Medicare prescription drug costs.

Access your personal my Social Security Account

Go to www.ssa.gov/myaccount

If you are not receiving benefits, you can:

- Get instant, personalized retirement benefit estimates.
- Get instant estimates for spouse's benefits.
- Get instant proof that you do not receive benefits.
- Check your benefit application status.
- Instantly get your Social Security Statement to see disability and survivors benefit estimates and other important information tailored to you.
- Request a replacement Social Security card (in most areas in the U.S. only).
- Opt out of mailed notices for those available online.

If you are receiving benefits, you can:

- · Get an instant benefit verification letter.
- Get an instant replacement Form SSA-1099/SSA-1042 Social Security Benefit Statement.
- Change direct deposit (Social Security beneficiaries in the U.S. only).
- Change your address (Social Security beneficiaries in the U.S. only).
- · Opt out of mailed notices for those available online.
- Report wages if you are working and receiving disability benefits or SSI.
- · Request a replacement Medicare card.
- Request a replacement Social Security card (in most areas in the U.S. only).

Continued...

Other things you can do online

- You may be able to pay an overpayment debt online in full or with partial payments.
- If your application for disability benefits was denied for medical or non-medical reasons, you can request an appeal online or continue working on an appeal you already started.
- Tell us you want to apply for SSI and we can schedule an appointment to help you.
- You can now access many services online if you live outside of the United States. Learn more about what you can do with your personal my Social Security account.

www.ssa.gov/overpayments www.ssa.gov/benefits/disability/appeal.html www.ssa.gov/benefits/ssi www.ssa.gov/foreign

Contacting Us (SSA)

There are several ways to do business with us including online, by mail, by phone, and in person. If you cannot use our online services, we can help you by phone when you call our national toll-free 800 number. If you don't have access to the internet, we offer many automated services by telephone, 24 hours a day, 7 days a week, so you may not need to speak with a representative. Call us toll-free at 1-800-772-1213 or at our TTY number, 1-800-325-0778, if you're deaf or hard of hearing. We provide free interpreter services upon request. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the day. We are less busy later in the week (Wednesday to Friday) and later in the month.

If you live outside of the United States, visit the Social Security Office of Earnings & International Operations page to find the office that serves your country of residence.



Are you a new voter? Have you recently moved and will now be voting at a new polling location? Start or update your registration at https://myvote.wi.gov

Other Voting Information

Nonprofit VOTE (<u>www.nonprofitvote.org</u>) is a nonpartisan resource for up-to-date information on state elections. Find state-specific information and use the voter engagement resource library to help you provide voter and encourage voter participation. (www.nonprofitvote.org/resource. For more information about non-partisan efforts to increase voting turnout and participation in the electoral process among members of Wisconsin's disability community, check the Wisconsin Disability Vote Coalition at <u>www.disabilityvote.org</u>

Stay Informed on Voting in Wisconsin

Find your polling place, your elected officials, learn when the next election is in your area, what's on the ballot and more at http://www.myvote.wi.gov

Reliable Information About Absentee Voting in Wisconsin

The Wisconsin Elections Commission has produced these six new informational videos about the absentee voting journey. If you want to share them, all videos can be viewed and downloaded from the WEC's Vimeo page https://www.vimeo.com/showcase/7545193

The ADRC will be offering transportation rides for voting. Please call our office at 608-355-3289

Romance Scams



Adults of all ages are going online in hopes of finding love and companionship. But seeking romantic bliss online can have a major downside: Cyberspace is full of scammers eager to take advantage of lonely hearts, and their ranks are growing. The Federal Trade Commission (FTC) received some 56,000 complaints about romance scams in 2021, more than triple the 2017 total, and reported monetary losses from such cons jumped sixfold over the same period, to \$547 million.

The con typically works something like this: You post a dating profile and up pops a promising match — good-looking, smart, funny and personable. Supposed suitors might also reach out on social media; more than a third of people who lost money to a romance scam in 2021 reported that it started on Facebook or Instagram, according to the FTC. They'll use pictures of an attractive person, of course; check out Social Catfish's list of the top 100 photos used for catfishing (using a fake identity to lure someone into a romantic relationship) in 2022. This potential mate claims to live in another part of the country or to be abroad for business or a military deployment. But he or she seems smitten and eager to get to know you better, and suggests you move your relationship to a private channel like email or a chat app.

Over weeks or months, you feel yourself growing closer. You make plans to meet in person, but for your new love something always comes up.

Then you get an urgent request. There's an emergency (a medical problem, perhaps, or a business crisis) and your online companion needs you to send money fast, usually via gift cards, prepaid debit cards, cryptocurrency, or a bank or wire transfer.

They'll promise to pay it back, but that will never happen. Instead, they will keep asking for more until you realize it's a scam and cut them off.

Romance scams can overlap with or evolve into other forms of fraud. For example, international criminal gangs use dating sites to recruit unwitting "money mules" to launder ill-gotten funds through their bank accounts or other means. And con artists are increasingly luring supposed sweethearts into fraudulent cryptocurrency investments.

The older the target, the heavier the financial toll. The median individual loss from a romance scam for people 70 and over was \$9,000 in 2021, according to the FTC, compared to \$2,400 across all age groups.

Warning Signs

- Your new romantic interest sends you a picture that looks more like a model from a fashion magazine than an ordinary snapshot.
- The person quickly wants to leave the dating website and communicate with you through email or instant messaging.
- They lavish you with attention. Swindlers often inundate prospective marks with texts, emails and phone calls to draw them in.
- They repeatedly promise to meet in person but always come up with an excuse to cancel.
- They make a sudden request for money to deal with an emergency or make a sure-fire investment.

How to protect yourself from this scam

- Take it slowly. Ask your potential partner a lot of questions and watch for inconsistencies that might reveal an impostor.
- Talk to family and friends about a new love interest and pay attention if they have concerns.
- Check an online suitor's profile photo using <u>Google's image search</u>. If the same picture shows up elsewhere with a different name attached to it, that's a sign a scammer may have stolen it.
- Be wary of flirtatious and overly complimentary emails. Paste the text into a search engine and see whether the same words show up on websites devoted to exposing romance scams.
- Cut off contact immediately if you begin to suspect that the individual may be a swindler.
- Notify the dating site or the maker of the dating app on which you met the scammer.
- Be wary even if you're the one who made first contact. Scammers flood dating websites with fake profiles and wait for victims to come to them.
- Limit the amount of personal information you provide in a dating profile or to someone you've chatted with only online. Scammers can exploit details like your last name or where you work to manipulate you or to commit identity theft.
- Never share intimate photos to an online acquaintance. They could end up being used for <u>sextortion</u>.
- Don't send cash, cryptocurrency or <u>gift cards</u> or put money on a reloadable debit card for someone you've only interacted with online you'll never get it back.



Written by a Member of the Sauk County Chief's Association

Report Suspicious Activity

Have you ever witnessed something suspicious and got the feeling someone was breaking or about to break the law? If you see suspicious activity, immediately report it to your local law enforcement and describe specifically what you observed to include the following:

- Who or what you saw;
- · When you saw it;
- · Where it occurred; and
- Why it's suspicious

Make sure you have your local law enforcement non-emergency phone number programmed into your phone or easily accessible at any time. If there is an emergency, dial 911. Don't be embarrassed or ashamed to call police. Officers will check on the matter and determine what is taking place. Some of these occurrences may have a simple explanation or may turn out to be nothing. Don't take the chance; call police.

Here is a list of local law enforcement agencies within Sauk County:

- Sauk County Sheriff's Office (608)355-4495
- Reedsburg Police Department (608)524-2376
- Baraboo Police Department (608)355-2720
- Lake Delton Police Department (608)254-7571
- Wisconsin Dells Police Department (608)253-1611
- Spring Green Police Department (608)588-2125
- Plain Police Department (608)546-2034
- Town of La Valle Police Department (608)985-7695



The Department of Homeland Security encourages everyone "If you see something, say something". We all play a role in keeping our community safe, so stay alert.

Patrick Cummings, Chief of Police Reedsburg Police Department



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.



COLORING PAGE PROVIDED BY:









Dear Friends,

We moved to the first floor of the West Square Building. This new space has given us the opportunity to have offices to serve you better as well as engage in additional support with our community partners. You can find us in room 102.



Please continue to contact our office if you have any questions about filing claims and benefits. The VA currently has a back log but do not hessite to reach out to us. It is best to use our office to file your claims.

It is best to reach out to us at vetservice@saukcountywi.gov

I am proud of the team that has been put together to serve Sauk County Veterans, Families and Military Community. As we make changes to operations look on our web page at

<u>https://www.co.sauk.wi.us/veteransserviceoffice</u> and LIKE us and FOLLOW us on Facebook at www.facebook.com/SaukVets or Instagram at www.instagram.com/saukvets/ for updates and events!

Our service continues, please look at volunteering in our communities. Serve Locally,

Give Locally!!

In Your Service,

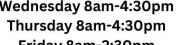
Tony Tyczynski,

CVSO

Monday 8am-4:30pm

Tuesday 10am-4:30pm Wednesday 8am-4:30pm

Friday 8am-2:30pm





We would like to share with you the information to restore the **Baraboo Veterans Memorial**. The new Memorial Section and Restoration is a great way to Honor all Veterans in our community. If you have any questions, please send them to:

 Friends of the Baraboo Veterans Honor Roll P.O. Box 37 Baraboo, WI 53913



VETERANS SERVICE STAFF:

Tony Tyczynski- Sauk County Veterans Service Officer

Mark Ard- Assistance County Veterans Service Officer Sandy Deich- Veterans Administrative Manager Becky Held- Benefit Specialist Kristi Redd- Benefit Specialist Jane Aionesei- Veterans Receptionist

"Monthly & Upcoming Events with Save the Dates"

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.

Monthly Events:

Women Veteran's Coffee - Looking for a new location.

American Heroes Cafe – Every Friday 7am-10am at Festival Foods, 615 Linn St., Baraboo.

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



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 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.

Other upcoming events:

The Wisconsin Veterans Museum is dedicated to the people of Wisconsin who served in the armed forces and honors and affirms the role of all veterans in shaping Wisconsin military history and that of the nation. The Wisconsin Veterans Museum is an educational activity of the Wisconsin Department of Veterans Affairs, see link below: https://wisvetsmuseum.com/



The Veterans Care Trust Fund Trustees

Our organization is dedicated to serving veterans in Sauk County with Housing, Food, Clothing, Emergency Vehicle Repair, Career Necessity Equipment, and other hand-up assistance.

Over the last two years we have included Mental Health Assessments to assist veterans with filing VA Claims. This program has proven successful by partnering with the Sauk County Veterans Service Office. Over this period, because of your generosity we have been able to assist 42 Sauk County Veterans receive VA benefits that they earned.

If you are able to support our efforts to make a difference in our veteran community, you can contribute by way of check mailed to the address below. We thank you so much for your kind consideration of our request and we hope to hear from you soon.

Sauk County Veterans Care Trust Fund

P.O. Box 315 Baraboo, WI 53913 James P & Michael Sullivan
American-Legion Post #383 Auxiliary
in Lone Rock for VetsRoll.org*

CABLO ADMISSION:
FREE

SAT, MARCH 2, 2024 11:00 AM - 7:00 PM

Lone Rock (WI) Community Hall

Entertainment: Eight (8) hours of fun!!
11:00 am - 12:00 pm: Bingo
11:00 am - Lunch Table Open
4:00 - 7:00 pm: Crossfire Band

Fundraisers:

Live Auction at 1pm - 3pm Raffles • 11am - 3pm Meat paddles • 12 Noon - ?

Dance proceeds will go to raise funds for sending more WWII to Vietnam Era Veterans to Washington, DC on May 19-22, 2024!!

For more info contact:

Lisa Bowen at 608-929-4690

Food...Pop...
Ice Cold Beer!!



^{*} VetsRoll, Inc (dba VetsRoll.org) is a WI non-profit corporation and an IRS 501(C)(3) public charity dedicated to providing safe ground transportation for our Veteran war heroes to see their memorials in Washington, DC!! Your donations may be 100% tax deductible (consult your financial advisor for more information).

For AddLIFE Today! questions or comments, please contact Yvette Ledezma at (608) 355-3289 or email at yvette.ledezma@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 yvette.ledezma@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:
	[] 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
	[] Tele-Assure Program
	[] Turning 65/Retirement Workshops
	[] Veterans Transportation Program
	[] Volunteer Programs

<u>Kindly make checks payable to:</u> 'ADRC'

505 Broadway St, Room 234 Baraboo, WI 53913

We also accept credit cards! Call the ADRC to inquire (608)355-3289 or donate directly here: www.co.sauk.wi.us/adrc/donations



CHANGE SERVICE REQUESTED

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



APRIL Search

BLOSSOMS BREEZE

BUMBLEBEE

BUNNY

BUTTERFLIES

CATERPILLAR

DAYLIGHT

EASTER

EGGS

FLOWERS



GARDEN HONEY

LADYBUG

MARCH

MAY

NATURE

RAINBOW

SPRING

SUNFLOWERS

SUNSHINE

THUNDERSTORMS



В	U	Т	Т	Ε	R	F	L	1	Ε	S	С	Н	Α
U	В	N	R	Ε	Т	S	Α	Е	D	F	S	0	S
М	Q	Α	Α	С	G	Н	1	Z	Ε	Н	R	Ν	M
В	K	Т	1	Α	М	Α	Υ	Е	J	С	Е	Е	R
L	K	U	Ν	Т	L	М	L	Е	S	R	W	Υ	0
Е	L	R	В	Ε	Ν	1	Р	R	1	Α	О	В	Т
В	Α	Ε	0	R	R	S	Е	В	Q	М	L	R	S
Ε	D	S	W	Р	T	W	V	Χ	Z	0	F	Z	R
Е	Υ	Р	Α	1	0	S	U	N	S	Н	1	Ν	Ε
В	В	R	F	L	W	S	Υ	S	R	Q	Α	G	D
Α	U	1	F	L	Н	L	0	N	Р	R	G	S	N
С	G	N	D	Α	1	М	М	0	U	S	T	V	U
Е	U	G	Ν	R	S	G	Α	R	D	Ε	N	W	Н
S	Χ	Χ	K	Υ	J	D	Α	Υ	L	1	G	Н	Т