

# From Our Intern: Mini Newsletter

Contact ADRC at 355-3289 or 800-482-3710

Veterans Service Office at 355-3260

## Farewell from our Intern

Some of the things that I have worked on recently are playing Bingo with clients, and a Pen Pal program. I am also currently working on putting together a recipe book with some of our clients as well. I would like to thank the ADRC for giving me this amazing opportunity to be apart of their team for this school year. While interning with the ADRC, I have been able to learn many new things and it has helped me to grow professionally and as an individual. I have also really enjoyed getting to know some of our clients, volunteers, and staff.

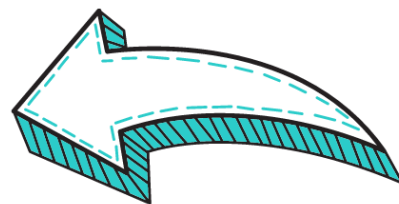
-Chantel Ellis-Jesus





# WE HEARD YOU – NOW TELL US MORE!

Do you have ideas on how the ADRC could develop or improve services for older adults in Sauk County? We want to hear your ideas! We will take your ideas and mold them into our Aging Plan for 2022-2024. Open the camera on your smart phone, point it at the QR code below, and be directed to our survey!



The link to the survey is also on the ADRC website:

<https://www.co.sauk.wi.us/adrc>. If you would like a paper survey mailed to you, call Marina or Brianna at the ADRC (608) 355-3289.



Pam Kul-Berg is the new regional Dementia Care Specialist (DCS) for Eagle Country (serving Sauk, Juneau, Crawford and Richland counties), replacing the position vacated by Gina Laack, who has transitioned to being the manager of the ADRC of Juneau County. Pam had previously been the regional Dementia Care Specialist for the South West ADRC (Aging and Disability Resource Center)—covering Grant, Green, Iowa and Lafayette counties for the past 3 years. In the more distant past, Pam has worked with a variety of people with disabilities in a variety of settings, such as rehab centers, nursing homes, inpatient hospitals, and community support programs. For the past 10 years before working as a DCS, she had been active in a local long-term care facility in Muscodia, assisting with the quality of life care of individuals with dementia. Before that, she led therapeutic support groups at an inpatient psychiatric hospital and was a Community Support Program case manager in Milwaukee. She is enthusiastic about meeting and helping families struggling with the complications associated with the dementia disease.

Welcome To  
Our New  
Dementia  
Care  
Specialist!



# 2021 FARMERS' MARKET CHECK DISTRIBUTION



Each summer, the ADRC helps distribute the Senior Farmers' Market Nutrition checks. These checks are provided to older adults by the USDA to encourage shopping at local farmer's markets and eating more fresh fruits and vegetables. Eligible households receive \$25.00 in checks which are spent just like cash at **approved** farmer's markets and farm stands in the state of Wisconsin.

To qualify, you must be a resident of Sauk County, over the age of 60 (or age 55 if you are Native American), and your annual income must be below \$23,828 for an individual or \$32,227 for a couple.

We have a limited number of checks and they will be given out on a first come, first served basis.

**Due to COVID-19, we will again be distributing checks through the mail to prioritize staff and client safety. The distribution process is as follows:**

1. Call the ADRC (355-3289) to schedule an appointment
2. When your appointment time arrives, be close to your phone and a staff member will call you and fill out the application with you
3. Staff will then mail the completed application to you to sign
4. Mail your signed & completed application back to the ADRC (505 Broadway St, Baraboo, WI 53913)
5. Once we receive your signed & completed application, we will mail the checks to you

**PLEASE NOTE THAT NO CHECKS WILL BE  
MAILED OUT BEFORE JUNE 1ST.**



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

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.



**Save the Dates:**  
**Mon., May 10 & Wed., May 12, 2021**

# **Aging Advocacy Online Events**

**WAN** Advocacy  
Wisconsin Aging  
| Advocacy | Network

### **Schedule:**

**May 12, 1-3:00 p.m.**  
**Issue Training &  
Skill Building**

**May 12, 1-2:00 p.m.**  
**Meetings with your  
state legislators**

**For more information:**  
[gwaar.org/aging-advocacy-online-2021](http://gwaar.org/aging-advocacy-online-2021)

**#WIAgingAdvocacyOnline**





# Staying at Home... Living Alone?

Adapted from Wits Workout, Unit 18 – The World Over, University of Illinois Extension

Do you or someone you know live alone? As we practice social distancing, living alone can begin to feel lonely. Social distancing really means physical distancing or staying away from other people. Social isolation and loneliness can be bad for our health, but there are many ways for people to stay socially connected with friends and family, even if they are not able to visit in person. Read on for ideas to use yourself or share with others:

## **Stay connected**

- Make phone calls or write letters. Talk about more than just the weather. Reminisce about a family photo, pull out an old joke book, ask meaningful questions.
- Video chat with friends, family, and neighbors.
- Video conference a family dinner or a game night or visit a virtual museum together.
- If you have a smartphone or tablet, try a new app! Technology can help you connect in fun, new ways.
- Brainstorm a list of people whom you could reach out to and plan to do so.

## **Take good care of yourself**

- If you need medical care/advice, stay home and call your doctor or clinic. In an emergency, call 9-1-1. If you become sick or feel unwell, be sure to let a family member or friend know and ask them to check on you by phone or video chat every day.
- Get outdoors as much as you can. Sit on your porch, go for a walk, work in your yard, or plant a container garden.

- Maintain a regular routine, including mealtimes and bedtimes.
- Perform random acts of kindness. Send notes or cards to a local residential care facility or donate to a local food bank or shelter.
- Begin or continue a gratitude practice. Make a list of things you are thankful for or send a note or letter of gratitude to someone.
- Consider a new hobby or revive an old one. Try learning a new language, line dancing or playing bridge online.
- Check some things off your to do list. Organize those family photos or clean out those closets.
- Try to move your body every day in ways that are safe for you.

It's OK to ask for help. If you are feeling distressed, call the National Disaster Distress Helpline at 800-985-5990 for emotional support.

## **Get organized**

Post a contact list on your fridge or near your phone, include: the name and number of your doctor and pharmacy, family contacts, neighbors, and other frequently called numbers.

## **Know where to find resources**

<https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>

<https://fyi.extension.wisc.edu/covid19/2020/04/09/stay-at-home-tips-what-to-do-if-you-live-alone/>



## *BBB Tip: Don't Share Your COVID-19*

### *Vaccine Card on Social Media*

By Better Business Bureau

**Got your COVID-19 vaccine? Great job!** But don't share a photo of your vaccination card on social media. The self-identifying information on it makes you vulnerable to identity theft and can help scammers create phony versions.

**What to watch out for:** You got your COVID-19 inoculation, and you are excited to share the good news and encourage others to do the same. You take a selfie holding your vaccination card and post it to Facebook, Instagram, or another social media platform. Unfortunately, your card has your full name and birthday on it, as well as information about where you got your vaccine. If your social media privacy settings aren't set high, you may be giving valuable information away for anyone to use.

**Share safely on social media:** If you want to post about your vaccine, there are safer ways to do it. You can share a photo of your vaccine sticker or set a frame around your profile picture.



## **Medicare Covers COVID-19 Vaccine**

By Medicare

Pharmaceutical manufacturers are distributing the vaccine to federally and state-approved locations to start the vaccination of priority groups. Each state has its own plan for deciding who they'll vaccinate first and how residents can get vaccines. Contact your local health department for more information on COVID-19 vaccines in your area. Medicare covers the vaccine at no cost to you. There is no copayment/ coinsurance, no deductible. Be sure to bring your Medicare card so your health care provider or pharmacy can bill Medicare.

### **Be alert for scammers trying to steal your**

**Medicare number.** Medicare covers the vaccine at no cost to you, so if anyone asks you for your Medicare number to get early access to the vaccine, you can bet it is a scam.

### **Here's what to know:**

- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to a vaccine.

- Do not share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

Con artists may try to get your Medicare number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

Protect yourself from Medicare fraud. Guard your Medicare card like it is a credit card. Remember:

- Medicare will never contact you for your Medicare number or other personal information unless you have given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare number. Do not do it.
- Medicare will never visit you at your home.
- Medicare cannot enroll you over the phone unless you called first.



is offering **FREE** transportation  
- details below

## Need a Ride to Get Vaccinated?



Over the age of 60 & homebound?  
18 or older and disabled?

Call Christine to schedule a ride, M - F 10 am - 2 pm

**608.355.4452**

**Note: If you are enrolled in a Long Term Care program or other Medicaid program, please consult with your care manager before calling.**

# **!Update!**

## *Reedsburg Country Club*

As of May 1st, the Reedsburg Country Club My Meal, My Way will have new days of service. They will be open on Tuesdays and Thursdays from 11:30am until 12:30pm, serving soup and salad both days. The best way to reserve a meal is to call the day before: (608)524-6000 and select option 2 for the bar. If nobody answers please leave a message! This program is offered to adults 60 and older and is available for a suggested donation of \$5/meal. New diners will be asked to fill out a brief form.

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

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

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## Spring Word Search



APRIL	JUNE
BASEBALL	MARCH
BLOOM	MAY
BUNNY	NEST
BUTTERFLY	PASSOVER
CHICK	PUDDLE
EASTER	RAINBOW
EGGS	RAINCOAT
FLOWERS	SEEDS
GREEN	SHOWERS
GROW	SPRING
HATCH	UMBRELLA