

A Quarterly Newsmagazine for Adults with Disabilities, Older Adults, Veterans, and Their Families

Contact: ADRC at 355-3289 or 800-482-3710 — Veterans Service Office at 355-3260



## It's Farmers Market Time

Each summer the ADRC helps distribute the Senior Farmers Market Nutrition checks which the USDA provides to seniors to encourage them to shop at local farmers markets and to eat more fresh vegetables and fruits. Eligible households receive \$25.00 in checks which are spent just like cash at approved farmers markets and farm stands

To qualify, you must be a resident of Sauk County and over the age of 60 (or Native Americans over the age of 55). Your annual income is at or below \$22,311 for an individual or \$30,044 for a couple.

We have a limited number of checks and they will be given out on a first come first serve basis. We encourage you to sign up for the Senior Farmer's Market checks at the location that is most convenient for you.

If you are unable to come to the distribution date, you may have a proxy (a person you give permission to pick up the checks for you). The proxy **must have a signed note from you** and may pick up checks for no more than four people. The proxy will be filling out the application for you so make sure they know your date of birth, address, phone number and that you qualify for the checks.



### Senior Farmers Market Distribution Dates!

#### Plain

Kraemer Library

910 Main St

Monday, June 12

1:00 - 3:30 pm

#### Wisconsin Dells

Tribal Aging Unit Dining Center

E8863 Winneshiek Dr

Wisconsin Dells

Tuesday, June 13

11:30 am - 12:30 pm

#### Sauk Prairie

Sauk Prairie Community Center

730 Monroe St

Front Lobby

Wednesday, June 14

9:00 am - 12:00 pm

#### Reedsburg

Reedsburg City Hall

134 S Locust St

Friday, June 16

9:00 - 11:30 am

#### Baraboo

West Square Building

Room B24

Tuesday, June 20

1:00 - 4:00 pm

Contents at a Glance	
Page	Article
3	<b>From the Director's Desk</b> Susan Blodgett, ADRC Director Health Care - What Does It Mean To Me?
4	Don't Mess With My Medicare
6 - 8	<b>Getting You There</b> History of Falling Increases Crash Risk Question For You Fun-day Travels
10 - 11	<b>The Volunteer Buzz</b> Magic is Happening
12 - 14	<b>For Your Benefit</b> The Elder Benefit Specialist Schedule I'm Turning 65/Retiring Update on Advance Access to Medicare
14	Foot Clinic Schedule
15	Thank You's
16 - 17	<b>Disability Benefit Specialist</b> Plenty to Know about Disability Benefits! Training For Those Who Serve Social Security Q & A
18	<b>Cop's Corner</b> Brake for Pedestrians
19	<b>Voice of the Messenger</b> Tony Tyczynski, Veterans Service Officer
20 - 21	<b>Veterans Messenger</b> Vets Invited to Big Top Parade Mental Health Care Refund on Taxes for Injured Vets Upcoming Events
22 - 25	<b>Here to Help You!</b> I & A Outreach Schedule Meet Kari Home Care Services
26 - 28	<b>Caregiver Connection/Prevention Pointers</b> Home Care Services (continued) Support Group Schedule
29 - 31	<b>Nutrition News</b> Ways to Combat Mindless Eating Dining Center Schedule
32 - 34	Dining Center/HDM Menus

## ADRC Office Hours:

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

**Tuesday 8:00 a.m. - 6:00 p.m.**

*Don't  
Let  
Yesterday*



*Take Up  
Too Much  
Of Today*



## FROM THE DIRECTOR'S DESK

*Susan Blodgett*

*Aging & Disability Resource Center Director*



# Health Care

## What Does It Mean to Me?

MEDICARE



HEALTH INSURANCE

Medicare and the healthcare system in the United States is on the minds of many of us. One in three Americans is covered by Medicare or Medical Assistance, but we all have benefitted by their existence.

Medicare was signed into law by President Lyndon Johnson and began covering older Americans on June 30, 1965. Medicare was created because people over the age of 65 found it virtually impossible to get private health insurance coverage. Medicare has made access to health care a universal right for all Americans once they reach the age of 65.

Because of both, Medicare and Medical Assistance, the barriers to medical care for America's most vulnerable citizens - the aging adults and people living in poverty - have been greatly reduced. This has significantly helped improve the health of all Americans. The implementing of Medicare has contributed greatly to the life expectancy from when the Medicare law went into effect. Older adults are living longer and healthier, and children who now have access to healthcare due to Medical Assistance are growing into healthier teenagers and adults according to the Center for Children and Family at Georgetown University's Health Policy Institute.

Not only did Lyndon Johnson's law increase access to healthcare insurance through Medicare, it also eliminated the practice that

hospitals and other health care facilities had of denying treatment to people based on their financial class, religion or race.

Through the years adjustments have been made to the programs resulting in the availability to affordable prescription medicines, access to long term facilities and reporting of health care providers and facilities quality of care by requiring them to document and make public information such as infection rates, volume and readmission rate.

In 2010, the Affordable Care Act made changes so more people would be covered by health insurance. Medical Assistance was expanded to cover more low-income people and worked to cover the middle range of citizens who made too much money to qualify for Medical Assistance but weren't able to afford private health insurance on their own.

The new administration is planning to make adjustments and changes to the current health care system. Janet Zander, the Advocacy & Public Policy Coordinator at Greater Wisconsin Area Aging Resources, will be presenting an informational meeting in Spring Green on June 19 to help you understand what is being proposed, how it will affect you and what you can do to let your voice be heard at the State and Federal level. For more information on this meeting see page 4.



**Don't Mess  
With My  
Medicare**

## **Do Healthcare Reform Proposals Put Seniors at Risk?**

Learn how various healthcare reform proposals could directly impact your Medicare and other healthcare programs for older adults. Get information on action steps you can take to protect these critical programs.

**Monday, June 19, 2017, 1:00 - 3:30 p.m.  
Wisconsin Riverside Resort  
S13220 Shifflet Rd, Spring Green, WI 53588**

**To register, please call the ADRC  
at 355-3289 or 800-482-3710  
by June 12th at 4:30**

**If you need transportation, please call  
ADRC Transportation at 355-3278 or 800-830-3533  
by June 12th at 4:30**



**Organized by the Wisconsin Aging Advocacy Network & the Greater Wisconsin Agency on Aging Resources.**





## RESEARCH VOLUNTEERS WANTED!

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urinary incontinence or accidental bowel leakage sometimes! Researchers at the University of Wisconsin-Madison are testing a workshop designed to give women the tools they need to take control of their symptoms.

Mind over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that includes information, group activities, and simple exercises to do at home. We are looking for volunteers to give us feedback about how well the workshop works.

The Mind over Matter workshops will be held at the Baraboo Area Senior Citizen Organization (BASCO) located at 124 Second St., Room 24, Baraboo, WI

Volunteers will be asked to complete the following activities:

- Attend three workshops (one every other week) this spring or fall.
- Complete a survey questionnaire that takes about 30 minutes at three separate times.
- Be available to attend both the spring and fall workshops, though you will only be invited to one or the other
  - ◊ Spring Workshop will be June 1, 15 & 29, 2017
  - ◊ Fall Workshop will be September 28, October 12 & 26, 2017

You can receive up to **\$50** for participating in this research program! To learn more, call Diane at BASCO at 356-8464.

## SAUK COUNTY IS ON IT'S WAY TO BEING A DEMENTIA FRIENDLY COMMUNITY!



Sauk County Sheriff's  
Department training



Downtown Family  
Dental of Baraboo

Congratulations to the members of Sauk County's Sheriff's Department and to the staff of Downtown Family Dental of Baraboo. Both of these organizations have been trained to be Dementia Friendly!!

# ADRC Transportation

Medical Transportation Line: 608-355-3278 or 800-830-3533

Fun-day Trip Reservation Line: 608-355-4888

Look  
Who's  
Getting  
You  
There!



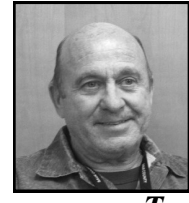
Robin



Bill



Gary



Tom

## Meet David

Hello, My name is David Sonntag and I am the newest member of the ADRC Transportation Team.

I am married to my wife Marilyn, have four adult children (2 girls and 2 boys) and enjoy our four grandsons.

I have a deep background in public service having served 40 years in law enforcement and recently retired as the Chief of Police for the City of Phillips, WI. I am also a veteran having served 30 years in the US Army, WI National Guard and the Army Reserve. I have served as

a volunteer fire fighter, EMT and taught at several adult learning institutions.



My life has been dedicated to helping people and the ADRC has provided me with the opportunity to continue helping people. I am proud to serve with the wonderful people in the ADRC and look forward to serving my new community in Sauk County.

## History of Falling Increases Crash Risk for Older Drivers

*New partnership promotes safety and mobility by preventing falls*

A recent study from the AAA Foundation for Traffic Safety suggests that seniors and their families should view falls as a possible early indicator of risk behind the wheel.

According to the research, older drivers with a history of falling are 40 percent more likely to be involved in crashes than their peers. In light of the connection established by this report, AAA Wisconsin is partnering with the Wisconsin Institute for Healthy Aging (WIHA) to sponsor the *Stepping On* initiative in

communities throughout the state.

“Drivers age 60 and older are involved in more than 400,000 crashes each year, and it’s important that we find ways to keep them and others safe on the road,” said Nick Jarmusz, director of public affairs for AAA Wisconsin. “This research is critical because it shows that falls prevention initiatives like *Stepping On* can help identify and reduce the risk for a crash.”

Falls can increase crash risk by causing injuries such as wrist fractures or broken legs that can make it difficult for older drivers to steer or brake to avoid a crash. They can also increase an individual's fear of falling, which can lead to a decrease in physical activity that weakens driving skills. *Stepping On* is a scientifically-researched prevention program proven to reduce the incidence of falls among participants by 50%.

"Falls are a big problem everywhere, but especially in Wisconsin," said Betsy Abramson, executive director of WIHA. "We rank second in fall-related deaths in the U.S. – more than twice the national rate. This partnership with AAA Wisconsin is a significant step in building awareness of the impact of falls, engaging older adults in an intervention like *Stepping On*, and ultimately, in decreasing falls and car crashes amongst older adults in Wisconsin."

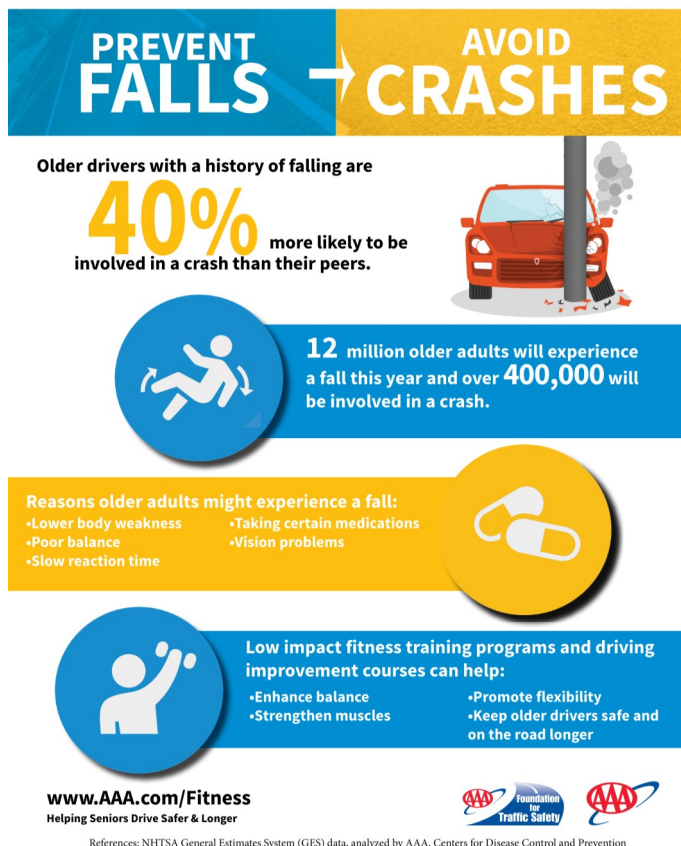
*Stepping On* workshops are offered by various healthcare and local aging service providers

such as aging offices and Aging & Disability Resource Centers (ADRCs) throughout the state, administered by WIHA. Since 2007, over 12,000 older adults in Wisconsin have participated in the program. WIHA anticipates that with the help of AAA Wisconsin, 2,000 new participants will be able to attend workshops in 2017. For more information about classes, dates, and locations, visit [www.wihealthyaging.org/stepping-on](http://www.wihealthyaging.org/stepping-on).

Additional resources for older drivers from AAA, including online or classroom RoadWise Driver courses and the CarFit program, can be found at [www.SeniorDriving.AAA.com](http://www.SeniorDriving.AAA.com).

The Wisconsin Institute for Healthy Aging (WIHA) is a 501(c)(3) non-profit clearinghouse for evidence-based healthy aging programs in Wisconsin. Together with partners all across the state, WIHA helps Wisconsin residents take steps to improve their health and well-being as they age by providing researched and proven programs to better manage on-going health problems, assist family caregivers, and reduce the risk of falls and the injuries they cause through the *Stepping On* program. For more information or to find a workshop in Wisconsin, visit [wihealthyaging.org](http://wihealthyaging.org).

Established by AAA in 1947, the AAA Foundation for Traffic Safety is a 501(c)(3) not-for-profit, publicly-supported charitable educational and research organization. Dedicated to saving lives and reducing injuries on our roads, the Foundation's mission is to prevent crashes and save lives through research and education about traffic safety. The Foundation has funded over 300 research projects designed to discover the causes of traffic crashes, prevent them and minimize injuries when they do occur. Visit [www.AAAFoundation.org](http://www.AAAFoundation.org) for more information on this and other research.



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AAA of Wisconsin





## How Would You Like To Purchase Taxi Tickets Once A Month In Your Community?

We are looking to offer limited hours in Reedsburg and Prairie du Sac/  
Sauk City for Taxi Ticket purchases only.  
Hours would be 8:00 -12:00 OR 1:30-4:30  
Location to be determined.

PLEASE LET US KNOW HOW YOU FEEL  
By calling the ADRC office at 608/355-3289

### FUN DAY TRAVEL RESERVATIONS !!!

Changes are being made to be fair to all due to the timing and receipt of our newsletter.

- Reservations are taken up to 2 WEEKS PRIOR TO DAY OF TRIP
- Please call the Reservation line at 608/355-4888.
- You can reserve a spot for yourself and 1 OTHER PERSON.
- We will notify you 24 hours prior to departure regarding pick up times and location



## Fun-day Travels

Fun-day travels promote an independent lifestyle, encourage socialization and add some fun to your weekly routine. The trips are designed for adults age 60 and over as well as adults with disabilities. The round-trip fare is \$5.00 per person, payable to the bus driver. Passengers are responsible for purchasing their own lunch and any additional admission fees. Pick up locations are determined based on the passenger list.

**For reservations, call the Fun-day Travels number: 608-355-4888.**

**You can make a reservation for yourself and one other person!**

### To Register Call Fun Day Travels at 355-4888

#### June Events

June 6	East Towne Mall and Hy Vee Supermarket– East
June 13	Marcus Theater \$5 Matinee -Sun Prairie
June 20	Greenway Station / Hilldale Mall / Target
June 27	New Glarus Swiss Village / Brewery Tour/ Maple Leaf

#### July Events

July 11	Capital Square / WI Vets and WI Historical Museums
July 18	Westgate / Hy Vee Market - Whitney Way
July 25	Olbrich Botanical Gardens Blooming Butterflies (Free to group)

#### August Events

August 1	Harrisburg School / Cedar Grove Cheese Factory
August 8	Greenway Station / Target / Hilldale Mall
August 15	Upper Wisconsin Dells Boat Tour
August 22	Lost Canyon Horse drawn tour / Cindy's Café w/ WI Dells Antique Mall
August 29	East Towne Mall / Cabella's





St♥Clare HOSPITAL GoldenCare

# Upcoming Events

## AARP DRIVER SAFETY CLASS



with Instructor, Gary Zarcone  
St Clare Hospital, Ringling Rooms  
Thursday, June 29, 2017

Registration at 12 Noon

Class: 12:30pm – 4:30pm

\$15 AARP Member    \$20 Non Member

### What Will I Learn by Taking the Course?

You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. You will also learn about:

- Reducing traffic violations, crashes, and chances for injuries.
- Maintaining proper following distance at all times.
- The safest way to change lanes and make turns at intersections.
- Minimizing the effect of dangerous blind spots.
- Properly using safety belts, air bags, and anti-lock brakes.
- Maintaining physical flexibility.
- Continuing to monitor your own and others' driving skills and capabilities.

After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others

- Though geared for drivers age 50 and older, the course is open to people of any age.
- AARP membership is not required to take the course.
- Contact your Auto Ins. Co. you may receive a reduction in your premium.

**THERE IS NO FINAL TEST TO PASS.**

**PLEASE REGISTER WITH GOLDENCARE - 608-356-1407**

### Healthy Benefits of Good Nutrition

with Food Demonstrations

A Life Style Change

with St♥Clare HOSPITAL's Dietitian, Rachel Roser  
St♥Clare HOSPITAL, Ringling Room

Thursday, July 13, 2017

10:30am-12:00 Noon

Call St♥Clare HOSPITAL's GoldenCare for Reservation - (608) 356-1407





# Magic is Happening

On May 11th, we celebrated the magic our Aging & Disability Resource Center volunteers bring to others through their generosity and service. The Volunteer Appreciation Breakfast was our opportunity to acknowledge all of the ADRC

volunteers. It was a great day! We enjoyed a delicious breakfast and was entertained by Magician Jacob Carignan and his lovely assistant Caitlin Hause. I

was extremely thankful that Jacob didn't making any of my wonderful volunteers disappear! It was a great opportunity to say *THANK YOU* and tell our volunteers how much we appreciate all they do.



In 2016, the ADRC volunteers donated over 16,305.75 hours of their time and talents to help others. That is valued at \$376,228.39. (Value of Hours

determined by the Greater Wisconsin Agency on Aging Resources, Inc. Current Wisconsin Mean Hourly of \$23.56). What a difference their volunteering has made in Sauk County.

We would like to congratulate all of our volunteers who have reached special longevity markers for their service.

## 25+ Years!!

Donna Druckrey

## 20+ Years

Buddy Bethke, Donna Fae Kruse, Marian Licht, Wayne Pertzborn, Char Rose, Lonita Schulze and Fannie Wisinger

## 15+ Years

Art Behnke, Phyllis Johnson, Donna and Ralph Soeldner,

## 10+ Years

Leslie Bednar, Michelle Commings, Judith Connick, Phil Craker, Joan Fedkenheuer, Louise Garfoot, Carol Hehenberger, Shirley Hess, Ellen Jerrett, Carol Keskey, Carol Schanke-Brylla, Dorothy Sivam, Jim Thering, and Laurie Zimprich

## 5+ Years

Shirley Albers, Mary Armstrong, Linda Benda-Middlesworth, Jan Brown,

Sandy Cohoon, June Dills, Julie Eckert,  
 Ruth Falk, Henry Ferstl, Ruthie Fiegel,  
 Edith Fredericks, Mary Sue Gabel,  
 Larry Hinyup, Ed Huffman, Bob Jauch,  
 Marion Johnson, Sally Johnson, Kathy  
 Kienow,  
 Lynn King, Art Klein, Eileen Klepper,  
 John Kopp, Mary Ann Kopp, Linda Kosak,  
 Bob LeCount, Mavis Lone-Tree,  
 Darleen Maier, Harry Michael, Vera Mihlbauer,  
 Gen Mohar, Sharon Mueller, Faye Nelson,  
 Frances Pete, Alice Popp, Joe Ryan,  
 Pat Satterstrom, Thomas Sawyer, Betty  
 Schultz,  
 Shirley Slaney, Colleen Smith, James Smith,  
 Carol Stollenwerk, Brad Vlasak, Janet Wall,  
 Fanou Walton, Marie and Vern Weisensel,  
 Pauline Wiseheart, and Agnes Woodbury

It's truly magical to work with all of our  
 volunteers who are willing to share of  
 themselves to help others.

If you are interested in joining this wonderful  
 volunteer team, please contact me at 355-3289  
 or 800-482-3710.

— *Cathy*

## Truly Committed To Their Community!

I would like to take this time to thank the staff  
 of Reedsburg Area Medical Center and the  
 Reedsburg National Bank.

These two organizations have been supporting  
 the Reedsburg community by having some  
 staff members deliver our home delivered  
 meals to clients in Reedsburg. Their support is  
 greatly appreciated by the ADRC and all those  
 they serve!

## WE ARE SEARCHING FOR VOLUNTEERS



### Current Volunteer Opportunities

- The ADRC would like to welcome you to join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity.
- The Reedsburg Dining Center would like to welcome volunteers to help in their dining center. They especially are looking for help on Mondays and Fridays.
- The Baraboo Dining Center is in need of volunteers to help deliver meals on a regular basis and also volunteers to be substitute home delivered meal drivers.
- If you would like to be a volunteer in a way that I haven't thought of - give me a call and we can talk about it!

If you have any question about volunteering,  
 don't hesitate to give me a call. I'd love to  
 talk with you!

**Give me a call and  
 we can discuss how YOU  
 can make a difference  
 in your community.**

**Contact Cathy at  
 355-3289 or 800-482-3710**



# For Your Benefit . . . Your Elder Benefit Specialists

Mindy Shrader serving the western part of Sauk County  
and  
Pam Fuchs serving the eastern part of Sauk County

Call 355-3289  
or (800) 482-3710  
To confirm site visits or to  
schedule office appointments



**Mindy - coming to you:  
Walk in appointments**

Howard Wynne Apartment	June 6 11:00 to 12:00		August 1 11:00 to 12:00
Park Place Senior Apartment Reedsburg	June 6 2:00 to 3:00	July 11 2:00 to 3:00	August 1 2:00 to 3:00
Plain Green TTEC	June 7 1:00-3:00	July 12 1:00-3:00	August 2 1:00 - 3:00
Spring Green Senior Center	June 21 10:30 to 11:30	July 19 10:30 to 11:30	August 23 10:30 to 11:30
Spring Green Library	June 21 1:00 to 2:00	July 19 1:00 to 2:00	August 23 1:00 to 2:00



**Pam - coming to you:  
Walk in appointments**

Sauk/Prairie Community Center	June 8 10:00 to 11:30	July 13 10:00 to 11:30	August 10 10:00 to 11:30
Merrimac Village Hall	June 14 10:00 - 11:00		August 9 10:00 - 1100



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

Presented by:  
Mindy Shrader and  
Pam Fuchs

The next workshop will be:  
**Tuesday, July 11**  
**at 4:30 p.m.**  
West Square Building,  
Room B30  
505 Broadway, Baraboo

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those who are continuing to work. It is designed to help you make informed retirement decisions.

# Update on Lawsuit that Advances Access to Medicare

By the GWAAR Legal Services Team

Every year thousands of Medicare patients receive physical therapy and other treatment to recover from a fall or medical procedure, as well as to help cope with disabilities or chronic conditions including multiple sclerosis, Alzheimer's or Parkinson's diseases, stroke, and spinal cord or brain injuries. The Medicare program is administered by the Centers for Medicare & Medicaid Services (CMS), which is a federal agency within the United States Department of Health and Human Services.

On January 18, 2011, six Medicare patients and seven nationwide patient organizations sued CMS over Medicare coverage. Medicare contractors were improperly imposing an improvement standard to trigger Medicare coverage. The law does not require that the patients' condition improve. *Rather, Medicare should cover the care if the care will maintain the patient's condition or prevent or slow further deterioration.*

In October of 2012 the parties settled the lawsuit. The settlement provided that Medicare coverage does not depend on the "potential for improvement

from the therapy, but rather on the beneficiary's need for skilled care." The settlement also required CMS to update its policies and conduct a nationwide educational campaign. The



educational campaign would ensure Medicare contractors applied the correct standard.

The settlement is commonly referred to as the *Jimmo* Settlement because the lead plaintiff in the class-action suit was named Glenda Jimmo. Glenda Jimmo lost her right leg due to complications resulting from diabetes. A private Medicare contractor denied her coverage for nurses and home health aides because her condition was "unlikely to improve." But the key criterion should have been whether she had a demonstrated need for skilled care, regardless of her recovery prognosis.

Despite the settlement, CMS continued to deny coverage and care based on the improvement standard, according to the national nonprofit group the Center for Medicare Advocacy. "Three years after the *Jimmo* Settlement we are still hearing daily about providers who never heard of the case and patients who can't get necessary care based on an improvement standard," said Judith Stein, executive director of the Center for Medicare Advocacy, in a news release.

On March 1, 2016, the Center for Medicare Advocacy filed a motion with the federal court to end the non-compliance. The motion sought for CMS to end use of the improvement standard. The motion sought to require CMS to fulfill the "failed" campaign to educate providers and Medicare decision-makers on the settlement's policies.

The federal court found that CMS breached the settlement agreement. On February 1, 2017, the federal court ordered:

(a) A Corrective Action Plan that included, among other things, that CMS should:

(Continued on page 14)

(Continued from page 13)

- 1) Develop a web page with links to public documents about the settlement;
- 2) Develop a web page to answer Frequently Asked Questions about the settlement; and
- 3) Provide additional training for contractors and adjudicators about the settlement.

(b) CMS to issue a corrective statement that the Medicare program covers skilled nursing care and skilled therapy *when a beneficiary needs skilled care to maintain function or to prevent or slow decline or deterioration* (provided all other coverage criteria are met).

CMS must fully implement the Corrective Action Plan by September 4, 2017.

Regarding the Corrective Action Plan and Corrective Statement, Ms. Stein stated “we are hopeful this will truly advance access to Medicare and necessary care for people with long-term and debilitating conditions.”



Q: What did the pig say at the beach on a hot summer's day?

A: I'm bacon!

Q: What do sheep do on sunny days?

A: Have a baa-baa-cue.

Q: Why do golfers carry an extra pair of socks?

A: In case they get a hole in one



## Sauk County Foot Clinics Schedule

### Please Note the New Phone Number

Call the Health Department at **355-4338**

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

### Baraboo - West Square Building

Tuesdays - June 6 & 20

Tuesday - July 18

Tuesdays - August 1 & 15

Wednesday - June 2, July 19 & August 16

### LaValle - Fire Department

Wednesday - July 26

### Plain - Plain Green TECC

Wednesday - June 28 & August 23

### Reedsburg - Maple Ridge

Tuesday - June 13, July 11 & August 8

Thursday - June 15 & August 17

### Reedsburg - Willow Heights

Wednesday - June 14 & August 9

### Reedsburg Area Senior Life Center

Wednesday - July 12

### Sauk Prairie - St John's Church

Thursdays - June 1 & 8

Thursdays - July 6 & 13

Thursdays - August 3 & 10

### Spring Green - Christ Lutheran Church

Tuesdays - July 25

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



# Thank you

From the AARP Tax Aide Volunteers

The AARP Tax Aide Volunteers would like to thank the following people for their donations:

- Harley Schneider
- Jean Vander Wegen
- Fay Alu
- Wayne Gilmour
- Pat Satterstrom
- Joyce Sinkule
- Debbie Choate
- Richard and Sharon Musser
- Donna and Bud Balfanz

IN CASE OF  
EMERGENCY

BE  
PREPARED

Sauk County Emergency  
Management Director Jeff  
Jelinek will give a brief

presentation on surviving severe weather, family preparedness, and active on-going violence survival tips. He will also discuss social media options to keep informed during a disaster or emergency.

***There is No Reservations Required for the presentation.*** If you would like to eat at the dining center please see page 31 for dining reservation information!

**Spring Green Dining Center**

117 S Washington St, Spring Green  
June 19 at 11:15 a.m.

**Reedsburg Dining Center**

800 Third St, Reedsburg  
June 21 at 11:30 a.m.

**Baraboo Dining Center**

1141 12th St, Baraboo  
June 22 at 11:00 a.m.

**Sauk Prairie Dining Center**

730 Monroe St, Sauk City  
June 23 at 12:00 noon



- Thank you to the Wayne Gilmour for the donation of paper to the ADRC office.
- We would like to thank Alida Valk for the donation to the AARP Tax Preparation program.
- Thank you to Joyce Gasser for her donation to the AARP Tax Preparation program and the publishing of the *AddLIFE Today!*
- We would like to thank Donna Harden for her donation to the AARP Tax Preparation program.
- Thank you to the Council of Catholic Women, St. Joseph Parish for their donation to the Home Delivered Meal program.
- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Leon and LaVerne Braun for their donation to the AARP Tax Preparation program.
- We would like to thank an anonymous donor for their donation to the AARP Tax preparation program and the publishing of the *AddLIFE Today!*
- Thank you to Donald & Donna Huinker for their donation to the AARP Tax Preparation program in memory of Don A. Huinker.
- We would like to thank Linda Ennis for her donation to the publishing of the *AddLIFE Today!*
- Thank you to Jerry & Patricia Bullard for their donation to the Home Delivered Meal program



Holly Schafer

## Disability Benefit Specialist

Quinn Hause



# There's Plenty You Should Know About Social Security Disability Benefits!



Life is unpredictable. When something interrupts your plans, it's good to know there's a way to supplement your income, in case of an unexpected life event.

Social Security has a strict definition of disability based on your inability to work and provide for yourself and your family. Disability benefits are available only to people with impairments so severe that they prevent any kind of significant, profitable work. Social Security pays only for total disability. No benefits are payable for partial disability or for short-term disability.

They pay disability via two programs: the Social Security Disability Insurance program, for people who have worked and paid Social Security taxes long enough to be eligible, and the Supplemental Security Income program, which pays benefits based on financial need.

When you apply for either program, They will collect medical and other information

by Jim Borland,  
Acting Deputy Commissioner for Communications  
Social Security Administration

from you. Our disability examiners will make a decision about whether or not you can do work that you did before, adjust to other work because of your medical condition, and if your disability has lasted or is expected to last for at least one year or is likely to result in death.

Certain factors may speed or delay the decision in your case, like the nature of your disability and how quickly they can get your medical records. They may also need to send you for an additional medical examination at no cost to you.

For more information and assistances please contact the Aging & Disability Resource Center at 608-355-3289 or 800-482-3710.

The **Disability Benefit Specialist** (DBS) program is a service of Wisconsin's Aging & Disability Resource Centers. Disability Benefit Specialists are experts at working on behalf of those with a disability.

There is ***NO CHARGE*** for Disability Benefit Specialist Services



## Interdisciplinary Training for those who Serve Vulnerable Adults and Seniors

By Social Security Administration

The Social Security Administration (SSA) is pleased to present this Representative Payee Interdisciplinary Training series. It includes useful modules to educate individuals and organizations about the roles and responsibilities of serving as a representative payee, elder abuse and financial exploitation, effective ways to monitor and safely conduct business with the banking community, and ways to recognize the changes in decisional capacity among vulnerable adults and seniors.

Although SSA initially developed this training to ensure that representative payees have key information that will assist them with serving our customers, we soon recognized that this training would be beneficial to all who work with or assist the most vulnerable. It is our hope that this training will provide further insight, broaden community awareness, educate members of the public, and provide key resources related to the growing incidence of elder abuse, neglect and financial exploitation.

SSA collaborated with the following partners to develop this training series:

- Administration on Aging within the Administration for Community Living
- Consumer Protection Financial Protection Bureau
- Senior Corps programs which are funded by the Corporation for National and Community Service
- Anne Arundel County Department of Social Services
- City of Chicago Department of Family & Support Services
- Wells Fargo and its Financial Education Program Hands On Banking
- National Adult Protective Services Association
- Rush University Medical Center

### Training Videos

[https://www.ssa.gov/payee/rp\\_training2.html](https://www.ssa.gov/payee/rp_training2.html)



# Social Security Questions & Answers

**Question:** I suspect that someone I know is collecting Social Security disability benefits when they shouldn't be. What is the best way for me to report fraud?

**Answer:** You can report fraud online at <http://oig.ssa.gov/report> or call the Social Security Fraud Hotline at 1-800-269-0271. Social Security has zero tolerance for fraud and uses many proven tactics to prevent fraud, waste, and abuse. Our Office of the Inspector

General is relentless in its pursuit of people who conceal work activity while receiving disability benefits. We investigate and seek prosecution for people who receive benefits for a child or children who aren't under their care, or who fail to notify Social Security of the death of a beneficiary and continue to receive and cash checks of the deceased. We also depend on you to help stop fraud.





# Cop's Corner

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



## Brake for Pedestrians

In our busy lives we often drive with a purpose. We are trying to get to work or to that next meeting and our vehicles are the tools to get us there. While we are driving we need to be courteous and considerate of others, especially pedestrians.

Every year Sauk County law enforcement investigates vehicle crashes involving pedestrians. Most of these are serious injury to the pedestrian and could be avoided by driving within posted speed limits, stopping for signs or signals, being attentive to what we are doing and yielding to pedestrians in crosswalks.

Wisconsin State Statutes govern the requirement to stop for pedestrians at controlled intersections such as with a traffic signal, uncontrolled intersections and where there is an adult school crossing guard.

Drivers must yield to a pedestrian who has stepped off the curb in a crosswalk, who is crossing with a traffic signal showing a "WALK" sign or with the assistance of an Adult Crossing Guard showing a "STOP" sign.

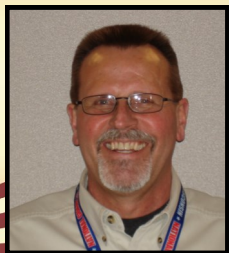
The police departments have identified these violations as a primary safety concern for our citizens and will be working on enforcement throughout the county. Citations for violations of these statutes are \$175.30 and assesses 4 points on a driver's license.

So let's slow down, and give pedestrians a "brake" out there. We all are responsible for safety.

--Mark Schauf  
Chief of Police  
Baraboo Police Department

## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



VETERANS MESSENGER



### Dear Friends,

It has come to the VA's attention that a phone line has been set up by an unknown party to potentially "mimic" the Veterans Choice Program (VCP) phone line. This imposter phone line may be intended to reach Veterans who inadvertently dial the VCP number incorrectly. We want you to know that we are taking this seriously and to keep you aware of the steps the VA is taking. VHA Office of Community Care (VHA CC) has reported the "mimic" line to the VA Office of Inspector General for a possible civil or criminal investigation.

The phone line established to "mimic" the VCP phone line is 1-**800**-606-8198. You know you have reached the wrong VCP phone line when:

- The phone line offers callers a \$100 rebate **if** the caller provides a credit card.

- The phone line does **not** state the caller has reached U.S. Department of Veterans Affairs or the VCP phone line.

**Be aware** that this phone number incorrectly confirms callers had reach the VCP *if* the caller asks that question.

The correct VCP phone line is 1-**866**-606-8198. This line is for Veterans to check their eligibility for the VCP and ask questions about the program.

If you are unsure if you have reached the correct phone line, hang up and dial 1-**866**-606-8198 again. The phone line will state the called **has** reached the U.S. Department of Veterans Affairs.

**In Your Service,**  
**Tony**



We want to thank the following for their recent donations to the Veterans Care Trust Fund: Mary Martha Circle/Ramona Burton; DAV Auxiliary 8; Lachmund-Cramer Post 7694; American Legion Post 350; Bob O'Brien; Lands End; Florence Jagow (quilts); and Anonymous.

These tax deductible donations are used to help needy veterans of Sauk County. We also want to remind you that you can designate the Sauk County Veterans Care Trust Fund, Code 1115 on your Pierce's Rewards Card, and all money we receive goes to help needy Sauk County veterans.



### ***Assistant Veterans Service Officer***

Veterans Service Office  
505 Broadway  
Baraboo, WI 53913  
Telephone (608) 355-3260  
[www.co.sauk.wi.us](http://www.co.sauk.wi.us)

*Louie Birkholz*

### **Veterans Invited to Appear in Baraboo's Big Top Parade—July 22, 2017**

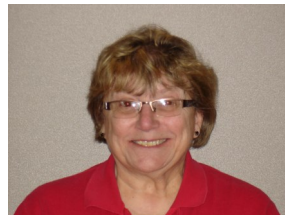
Attention, All Sauk County Veterans!  
Baraboo's Big Top Parade planners would like to honor your service to our country by inviting you to appear in this year's parade on Saturday, July 22 at 11:00 a.m. in downtown Baraboo. Veterans may walk the route, if they wish, or accommodations will be provided for those who prefer to have a ride in the parade.

If you wish to participate, please contact Dennis Kluge at (608) 393-0643 or [klugedmk@gmail.com](mailto:klugedmk@gmail.com) no later than June 30. Parade planners need to know the number of veterans who will appear in the parade in order to have appropriate accommodations for them and to provide information to participants as to when and where they should report the day of the parade.

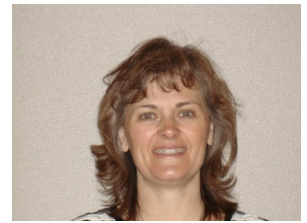
The 75-unit Baraboo's Big Top Parade and all-day Circus Celebration commemorate the city's unique circus heritage. Now in its fifth year, the Big Top Parade has proven to draw large crowds. An estimated 20,000 spectators attended last year's event. To learn more about Baraboo's Big Top Parade & Circus Celebration, visit [www.bigtopparade.com](http://www.bigtopparade.com).



### ***Veterans Benefit Specialists***



*Kathy Kent*



*Pamela Russo*

### **VA to Offer Mental Health Care to 'bad paper' Veterans**

The Department of Veterans Affairs will begin making mental health care services available to veterans with less-than-honorable discharges who urgently need it, VA Secretary David Shulkin told lawmakers recently. "We are going to go and start providing mental health care to those with other than honorable discharges," Shulkin testified to the House Committee on Veterans' Affairs. "I don't want to wait. We want to start doing that. Discharges that are other than honorable, including a "general" discharge, are known as "bad paper" and can prevent veterans from receiving federal benefits, such as health care, disability payments, education and housing assistance.

Lawmakers and veterans advocates have said service members with bad paper were, in many cases, unjustly released from the military because of mental health issues. They estimate 22,000 veterans with mental illnesses have received other than honorable discharges since 2009. It also aims to give the benefit of the doubt to veterans who seek to correct their military records.

### **New Law Allows Injured Vets To Get Refund On Taxes They Were Never Meant To Pay**

Taxes have been mistakenly withheld as far back as the First Gulf War. Thousands of veterans injured in combat could soon be able to recoup taxes erroneously collected from their disability severance pay due to a new law signed by former President Obama.



About 13,800 veterans separated from the military due to their injuries might have been affected, the nonprofit group National Veterans Legal Service Program estimates. Due to an accounting error, as much as \$78 million in taxes deducted over decades from the lump sum payments.

Federal law considers the severance payments tax exempt. However, the nonprofit group said the Defense Finance and Accounting Service system was automatically making deductions since 1991, meaning troops injured in conflicts spanning from the Gulf War to the wars in Iraq and Afghanistan might have been taxed thousands of dollars improperly.

“Many of them I spoke to were hearing of this issue for the first time,” said Tom Moore, an attorney and manager of the Lawyers Serving Warriors project at the nonprofit group. The average tax payment was \$5,650, he said. The Combat-Injured Veterans Tax Fairness Act requires the Defense Department to calculate what money is owed to whom and provide veterans the option to reclaim the taxes.



Lands' End recently donated \$1,000 to the Veterans Care Trust Fund. Here Candy Baumgart, left, and Marlene Lawton, right, from Lands' End, present the check to Sauk County Veterans Service Officer Tony Tyczynski.



## Upcoming Events

**July 8, 2017 – Poker Run.** VFW Post 1916 Riders Group of Reedsburg will be starting at Jay's Power Center parking lot any time after 8 a.m. Not a large group ride, benefits the Badger Honor Flight program. \$20 per rider/driver and \$5/each passenger. Contact Matt Ison with questions at (608) 524-1970.

**August 20, 2017 – 2<sup>nd</sup> Annual VIPER Ride – Visually Impaired Patriots Experiences the Road, Inc.** E-mail questions to [info@theviperride.org](mailto:info@theviperride.org)

**September 11-14, 2017 Vets Journey Home Wellness Retreat at Camp American Legion.** Contact Penney for more info at [pkayjohns@earthlink.net](mailto:pkayjohns@earthlink.net)

**Camp American Legion** has many special weeks this summer. More information can be obtained by calling the Camp at (715) 277-2510. Examples of the weeks offered are: Homeless & at-risk veterans; Women veterans; Korea & Vietnam Veterans; Post 9/11 Veterans; Veterans Recovery; and Diabetes.

On **every second Sunday** of the month, The Reedsburg VFW Post 1916 hosts a breakfast buffet from 8:00 am - noon. Adults - \$8.00, children ages 4-11 \$3.00. They serve omelets, scrambled eggs, French toast, pancakes, sausage, biscuits and gravy,



### Connect with the Sauk CVSO

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

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

**Facebook:** Sauk County Veterans Service Office

**Twitter:** @saukcountyvets

General **E-mail** for our office is [Vetservice@saukcountywi.gov](mailto:Vetservice@saukcountywi.gov)



## Aging & Disability Specialists - Helping you put the pieces together!



Rachel  
Heinzman



Julie  
Mayer



Megan  
Fecht



Hannah  
Halverson



Jim  
Pritzkow

To  
Serve You  
Better!

### Aging & Disability Specialists Satellite Offices and Extended Hours

For your convenience, the ADRC has satellite offices in Reedsburg, Sauk Prairie and Spring Green and extended hours in Baraboo.

The **Reedsburg** satellite office is in the Reedsburg Human Service Building at 425 6th St and is open every Wednesday from 8:00 a.m. to 12:00 p.m. No appointments are needed.

The **Sauk Prairie** satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m. No appointments are needed

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. and is open every other Thursday from 10:00 a.m. to 12:00. The dates are: June 1, 15 & 29, July 13 & 27 and August 10 & 24. No appointments are needed

The **Baraboo** office has extended hours on Tuesdays evenings until 6:00 p.m. Feel free to stop in or telephone to discuss services available, options or ask any questions you may have.

If you would like further information call the ADRC at 355-3289 or 800-482-3710.

We are revising our Tuesday evening office hours. Beginning June 1, 2017, we will be open until 6:00 p.m. Please remember that we are able to accommodate after hours meetings with someone at their request as our schedule allows. You can always contact the ADRC and leave a message, which will be returned at our earliest convenience.



## Meet Kari Edwards

Hello! My name is Kari Edwards and I am excited to be the newest Information and Assistance Specialist at the ADRC. I have enjoyed meeting and getting to know the ADRC staff and am very impressed with how friendly and knowledgeable everyone is.

I have a Master's Degree in Social Work from Ohio State University. My prior work experiences include being an Information & Referral Specialist for community resources, being an Adoption Social Worker, and being a Case Manager at Sauk Prairie Hospital.

I am looking forward to learning about all that the ADRC has to offer and providing assistance to the residents of Sauk County!

# *Home Care Services for Seniors*

Rather than moving into a long-term care facility as they age, many older adults prefer to stay at home for as long as possible. This may be the right choice for you if you only need minor assistance with your daily activities and enjoy a close network of nearby family and friends. These guidelines explore the range of home care services available to help you maintain your independence in the comfort of your own home.

## **Is home care right for my loved one or me?**

It's natural to want to stay at home as you grow older. However, taking a step back to look at the big picture can help you decide whether staying at home for the long term truly is the right step for you. Too often, decisions to leave home are suddenly made after a sudden loss or emergency, making adjustments all the more painful and difficult. Take a look at your options, your budget, and some of the alternatives.

### ***Deciding Whether to Stay at Home.***

Your home situation is unique, and several factors will weigh in on the best choice for you. Here are some of the issues in evaluating your options:

**Location and accessibility.** Where is your home located? Are you in a rural or suburban area that requires a lot of driving? If you're in an area with more public transit, is it safe and easily accessible? How much time does it take you to get to services such as shopping or medical appointments?

**Home accessibility and maintenance.** Is your home easily modified? Does it have lots of steps or a steep hill to access? Do you have a yard that needs to be maintained?

**Support available.** Do you have family and friends nearby? How involved are they? Are

they able to provide you the support you need? Many older adults prefer to rely on family to provide help, but as your needs increase, they might not be able to fill in all the gaps. It's important to consider proximity to community services and activities.

**Isolation.** If it becomes difficult or impossible for you to leave home without help, isolation can rapidly set in. You may not be able to participate in hobbies you once loved, stay involved in community service that kept you motivated, or visit with friends and family. Losing these connections and support is a recipe for depression.

**Medical conditions.** No one can predict the future. However, if you or a loved one has a chronic medical condition that is expected to worsen over time, it's especially important to think about how you will handle health and mobility problems. What are common complications of your condition, and how will you handle them?

**Finances.** Making a budget with anticipated expenses can help you weigh the pros and cons of your situation. Alternate arrangements like assisted living can be expensive, but extensive in-home help can rapidly become expensive as well, especially at higher levels of care and live-in or 24-hour coverage.



*(Continued on page 24)*



## ***What Can Help Me Stay at Home?***

You may be used to handling everything yourself, dividing up duties with your spouse, or relying on family members for help. But as circumstances change, it's good to be aware of all the home care services available that can help. What you may need depends on how much support you have, your health, and your financial situation.

**Household Maintenance.** Keeping a household running smoothly takes a lot of work. If you're finding it hard to keep up, you can look into laundry, shopping, gardening, housekeeping, and handyman services. If you're having trouble staying on top of bills and appointments, fiscal and healthcare management may also be helpful.

**Transportation.** It's a key issue for older adults. Maybe you're finding it hard to drive or don't like to drive at night. Investigating transportation options can help you keep your independence and keep your social network. You may look into local transportation like buses, reduced fare taxis, and senior medical transportation.

**Home Modifications.** If your mobility is becoming limited, home modifications can go a long way towards making home more comfortable. This can include things such as grab bars in the shower, ramps to avoid or minimize the use of stairs, or even installing new bathrooms on the ground floor.

**Personal Care.** Help with activities of daily living, such as dressing, bathing, feeding, or meal preparation, is called personal care or custodial care. You can hire help with personal care, ranging from a few hours a day to live-in care. People who provide this level of care include personal care aides, home care aides, and home health aides. Home health aides might also provide limited assistance

with things such as taking blood pressure or offering medication reminders.

**Health Care.** Some health care services can be provided at home by trained professionals, such as occupational therapists, social workers, or home health nurses. Check with your insurance or health service to see what coverage is available, though you may have to cover some cost out of pocket. Hospice can also be in-home.

**Day Programs.** Day programs, also called senior daycare, can help you keep busy with activities and socialization during the day, while providing a break for caregivers. Some day programs are primarily social, while others provide limited health services or specialize in disorders such as early stage Alzheimer's.

## ***Involving loved ones in home care services.***

Everyone has different family structures and support. In deciding your own options, take a look at your own family structure, culture, and the expectations you and family members might have. You may have already made alternate plans, preferring to keep family as little involved as possible. Perhaps you and your family want to work out a system where caregiving by family is your primary support for staying in the home. Or it could be that work, health issues or location of your family may not make this feasible. Your family could live far away and prefer that you live with them or move close instead, which would mean giving up a local support system. While this conversation may not be easy, it's better to discuss these issues earlier than to wait for an emergency when options may be more limited. An independent opinion, such as a home assessment by a geriatric case manager, can be helpful in defusing family tensions too. You have the final decision as to where you want to live, but input from family members is also

(Continued on page 25)



*(Continued from page 24)*

helpful. Are they worried about your safety or a health problem such as Alzheimer's that will eventually require heavy care? Listening to concerns and keeping communication open is key. Even if you have strong family support, be open to the idea of having other help too. Many people have an initial feeling of "not wanting strangers in the house." But caregiving can be physically and emotionally exhausting, especially if it is primarily on one person such as a spouse. Your relationships will be healthier if you are open to the idea of getting help from more than one source.

### ***Finding the RIGHT Home Care Services for You.***

**Start with your Networks.** Sometimes the best referrals come through family, friends, neighbors, or colleagues. There may be a neighbor interested in brief check-ins or providing yard maintenance, for example. If you're part of a local church or synagogue, there may be meals or socialization activities available. Ask the people you know if they have care providers they have used and trusted. Your doctor or other healthcare professional may be able to provide referrals as well.

**Utilize Older Adult Resources.** Your local Area Agency on Aging, Eldercare resources, or senior centers are good places to start. For home health care you should check with your doctor or other healthcare professional to get the referral process started, and find out exactly what is covered by insurance.

**Agency or Independent Provider?** As you search for home care services, especially personal care and health care, you will probably start getting referrals from full-service agencies, registries, and independent providers. Which is the best option? Here are some issues to consider when considering an agency, registry, or independent provider:

**Full Service Agencies** usually come at a higher cost. However, agencies also provide prescreened applicants who have already had background checks. Since the caregiver works for the agency, tax issues and billing can be simpler. You can also check the licensing history of agencies and find out if they are bonded for issues like theft. If a caregiver quits or is not working out, a replacement can be rapidly provided, and coverage may also be provided if a caregiver calls in sick.

**Registries and Independent Providers** come at a lower cost, but require careful legwork on your part. You need to be aware of any tax and Social Security requirements since in most cases you will be hiring a home care helper as an employee. It's also good to consider careful background checks and identity verification, since there is no independent verification. You are responsible for backup coverage in case of illness or sudden termination. Even if you are considering these options due to a word of mouth referral, it's good to be aware of these issues.

### ***Tips for Hiring Home Care Providers***

How you go about hiring home care providers will partially depend on what kind of help you are looking for. For example, hiring someone to handle shopping or yard maintenance is different from someone to provide hands-on or live-in care. However, there are some basic tips to keep in mind. Remember that the more time and homework you spend in the initial hiring process, the better the chances of success.

**Interview several candidates, in person, before hiring.** You could do an initial interview at a public place if you wanted to meet the person first before bringing them to your home. Even if you are working with an

*(Continued on page 26)*



# Caregiver Connection and Prevention Pointers



*Marina Wittmann  
Aging Program Specialist*

## Home Care Services for Seniors (continued)

*(Continued from the Aging & Disability Specialist column on page 25)*

agency, it's important to meet the person who has been matched to make sure it is the right fit.

**Be Specific** about the tasks that you need, and be sure that the person you are considering is comfortable with those tasks. Ask open-ended questions to assess the person's experience and competence with these tasks. If you're hiring an independent provider, it's a good idea to make a contract outlining the tasks, payment procedures, and termination procedures.

**Understand what's covered.** What exactly is covered in a contract? Are there additional fees that apply to specific services or add-ons? If needed, what are the procedures for termination or requesting another provider?

**Check references carefully.** Always check references carefully from more than one source. Listen carefully to the person's tone and information. Are they enthusiastic about the candidate, or are the answers vague and short? Also, look for unexplained gaps in references.

**Do background checks on top candidates.** If you're working through an agency, background checks are often provided, but you'll want to check exactly what is covered and how the check is done. If you're considering an independent provider, you can check on the Internet, your local police department, legal aid service, or an attorney for referrals to individuals or companies that do this.

**Move on if it's not the right fit.** It's especially important that you feel comfortable with your provider, since this person is providing services in the privacy of your own home. If you don't, try talking to the provider to see if that helps. Sometimes miscommunication can be ironed out. If not, don't be afraid to find another provider and give your current provider notice.

### ***I'm worried my loved one is not safe at home. What should I do?***

Perhaps you've noticed that your loved one's home has become much messier than it used to be, or that he or she is wearing stained, dirty clothes. Maybe it's clear that your loved one hasn't had a bath for a while. Or when you open the refrigerator, there is hardly any food inside. Or you may be worried sick about a recent fall. It can be frightening and painful to see a loved one who is losing the ability to care for him- or herself. Sometimes, declines can happen gradually. Or a sudden change in health, recent fall, depression, or loss of a key local support can trigger difficulty. Regardless of the reason, if you're worried about safety or the condition of the home, it's important to bring it up with your loved one to see what can be done.

### ***Tips on talking to your loved one:***

**Try to find the real reasons behind resistance.** A seemingly resistant loved one

*(Continued on page 27)*

(Continued from page 26)

could be frightened that he or she is no longer able to do tasks that were formerly so easy, or chronic untreated pain may be making it difficult. It might be more comfortable to deny it and minimize problems. Perhaps they are grieving the loss of a loved one, or frustrated at not being able to connect with friends. If your loved one has a hard time getting out and is losing support, they are also at risk for depression.



**Express your concerns as your own, without accusing.** A loved one might be more open to your honest expressions of concern. For example, instead of saying “*It’s clear you can’t take care of yourself anymore. Something needs to be done,*” try “*I’ve really been worried about you. It hurts me to think that you might not be getting everything you need. What do you think we should do?*”

**Respect your loved one’s autonomy and involve him or her in decisions.** Unless your loved one is incapacitated, the final decision about care is up to him or her. You can help by offering suggestions and ideas. For example, what home care services might bridge the gap? If you’re worried that home care might not be enough, what other options are available? You can frame it as something to try temporarily instead of trying to impose a permanent solution.

**Enlist other help.** Does your loved one know others who have used home care services, or have had to move? Talking to others who have had positive experiences can sometimes help remove fear of the unknown. You may want to consider having a meeting with your loved one’s doctor or hire a geriatric care manager. Sometimes hearing feedback from an unbiased third party can help a loved one realize that

things need to change.

### ***Is your loved one becoming incapable of making decisions?***

Are you worried that your loved one is putting him or herself in danger? Someone with worsening memory problems, for example, may forget to turn the gas off or wander outside and get lost. This may be a concern with diseases such as later stage Alzheimer’s disease or other dementias, Parkinson’s disease, or stroke.

If you have the opportunity, it’s best to bring this up before your loved one has reached the level of incapacity, although it’s a hard conversation to have. If your loved one has designated someone with durable power of attorney in case of incapacity, then that person can make decisions if your loved one is no longer able to. If not, then you may need to petition for guardianship or conservatorship. You may want to consult an advocacy group and an elder law attorney to best understand your options.

If you find yourself in this type of situation, it may be in your best interest to contact the Aging and Disability Resource Center. We are able to review private pay options with you that are available within Sauk County and if you are unable to afford these services, there may be other options available depending on your situation. It is never too early to get in touch with us to learn about your options. Contact us today at (608) 355-3289 or (800) 482-3710 and request to speak with one of the intake workers or Information and Assistance Specialists. There is no cost to you to meet with one of our staff members. We look forward to serving you!

Article printed with permission from:

<https://www.helpguide.org/articles/senior-housing/home-care-services-for-seniors.htm>,

Authors: Joanna Saisan, M.S.W., and Monika White, Ph.D.



**Powerful Tools for Caregivers** is a 6-week workshop that teaches you how to take care of yourself while caring for someone else. Participants will learn how to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions, and locate helpful resources.

The workshop will run from 9:00am – 11:30am at the West Square Building in Baraboo each Wednesday starting June 28<sup>th</sup> thru August 2<sup>nd</sup>. To register, call Marina at the ADRC (608)355-3289.



Learn the Tools to help you  
be the best Caregiver you can be!

## A Helping Hand at Home

*When you need a little help around the house*

Do you have a Helping Hand at Home list- ing? If you do, check the "updated date" on the front page. If your list is more than a couple months old, please call the ADRC. The Helping Hand at Home list is updated frequently and we want to make sure you get the most up-to-date list. Thank you!



## HERE TO SUPPORT YOU!

Need a place to vent? Need people to talk to who understand your caregiving situation? Want to learn new ways to approach caregiving situations?

### Family Caregiver Support Group

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
3rd Tuesday of each month  
5:00pm-6:00pm  
Light dinner will be provided.

Next Meetings:  
Tuesday June 20th,  
Tuesday, July 18th and  
Tuesday August 15th

### Grandparent Circle

Sauk Prairie Community Center  
730 Monroe St, Sauk City  
6:00 - 7:00 p.m.

Next Meetings:  
Tuesday June 20th,  
Tuesday, July 18th and  
Tuesday August 15th

### Dementia-Specific Caregiver Support Group

Senior Life Center  
2350 North Dewey Avenue, Reedsburg  
3rd Wednesday of the month  
12:00 Noon - 1:30pm

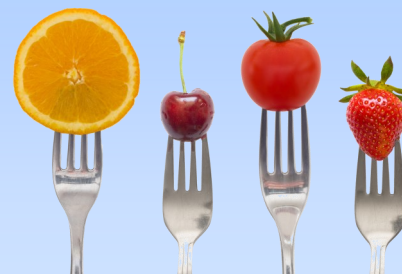
Next Meetings:  
Wednesday June 21,  
Wednesday July 19, and  
Wednesday August 16  
Co-sponsored by the Alzheimer's and  
Dementia Alliance





# Nutrition News

Jennifer Kamrowski  
Nutrition Coordinator



## Eat Right

### Food, Nutrition and Health Tips

#### Shop Smart - Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats

#### A Quick Guide to Reading the Nutrition Facts Label

##### *Start with the Serving Size*

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g	29%	90g
of which sugars	10.5g	26.3g		70g
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		
*Guideline daily amounts				
Vitamins/Minerals	100ml contains	250ml contains		

##### *Check Out the Total Calories and Fat*

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

##### *Let the Percent Daily Values Be Your Guide*

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values (DV) are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember: percent DV are for the entire day - not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

##### *The High and Low of Daily Values*

- 5 percent or less is low - try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high - try to aim high in vitamins, minerals and fiber

##### *Limit Fat, Cholesterol and Sodium*

- Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:
- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100%

(Continued on page 30)

**Prep Time**  
4 hours 15 min

**Serves**  
12-16 people

## Old Fashioned Strawberry Icebox Cake

### Ingredients

19 oz graham crackers  
2 lbs fresh strawberries  
3½ cups heavy cream  
1 banana sliced thin  
2 tsp vanilla  
¼ tsp salt  
½ cup powdered sugar



### Instructions

1. Mix powdered sugar, vanilla, and salt with the heavy cream in a bowl. Beat until mixture holds stiff peaks.
  2. Spread a thin layer of heavy cream mix in a 9x13 pan to coat the bottom.
  3. Layer graham crackers across the center of the pan, breaking them as needed to fit around the top and bottom edges.
  4. Spread a thick layer of heavy cream mix over grahams and top with a hearty layer of sliced strawberries.
  5. Place graham crackers on top of strawberries, then add heavy cream mix, with a layer of thinly sliced bananas.
  6. Repeat the graham-strawberries-cream layers 1 more time (3 times total) and you should reach the top of the pan.
  7. Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely.
  8. Top with a few sliced strawberries or whole strawberries
- Serve chilled.*



*This recipe was brought to you by the kitchens of  
Our House Senior Living!  
Visit us in Baraboo, Reedsburg, and Wisconsin Dells*

*(Continued from page 29)*

DV or less per day.

- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Sodium - high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients.

### *Get Enough Vitamins, Minerals and Fiber*

- Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for % DV of these nutrients.

### *Additional Nutrients*

- Carbohydrates - There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- Sugars - simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

### *Check the Ingredient List*

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Effective January 2006, manufacturers are required to clearly state if food products

*(Continued on page 31)*

(Continued from page 30)

contain any ingredients that contain protein derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

*What Health Claims on Food Labels Really Mean*  
FDA has strict guidelines on how certain food label terms can be used. Some of the most common claims seen on food packages:

- **Low calorie** - Less than 40 calories per serving.
- **Low cholesterol** - Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** - 25% less of the specified nutrient or calories than the usual product.
- **Good source of** - Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- **Calorie free** - Less than 5 calories per serving.
- **Fat free / sugar free** - Less than 1/2 gram of fat or sugar per serving.
- **Low sodium** - Less than 140 mg of sodium per serving.
- **High in** - Provides 20% or more of the Daily Value of a specified nutrient per serving.
- **High fiber** - 5 or more grams of fiber per serving.

FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

From: eatright.gov

## Dining Center Schedule

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

### Baraboo

Highpointe Commons  
1141 12th St., Baraboo  
Phone 963-3436

*Lunch served at 11:00 a.m.*

### Lake Delton

Frank Fischer Center  
20 Wisconsin Dells Pkwy S, Lake Delton  
Phone: 393-8701

*Lunch served at 11:30 a.m.*

### Reedsburg

Willow Heights  
800 Third St., Reedsburg  
Phone 963-3438

*Lunch served at 11:30 a.m.*

### Sauk/Prairie

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

*Lunch served at 12:00 noon*

### Spring Green

Spring Green Senior Center  
117 S Washington St., Spring Green  
Phone 588-7800


*Lunch served at 11:30 a.m.*

### Home Delivered Meals

**Remember you are to call and cancel your meal 24 hours in advance.** We know this isn't always possible, but would like to avoid wasting food.

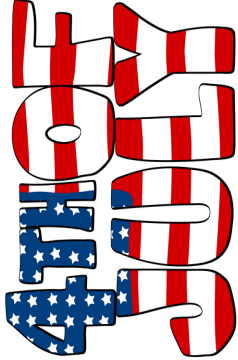





Monday	Tuesday	Wednesday	Thursday	Friday
<b>Note:</b> Meals are subject to change on occasion. Dining site meals include milk & coffee. Home delivered meals include milk. <b>To CANCEL your meal 24 hours in advance, call:</b>	Reedsburg: 963-3438 Spring Green: 588-7800 Baraboo: 963-3436 Sauk Prairie: 963-3437 Frozen & La Valle Routes: 355-3289 (ADRC)		<b>1</b> Spaghetti w/ Italian Meat Sauce; Garlic Bread Garden Vegetables Cookie	<b>2</b> Fried Fish Cheesy Broccoli Rice Dinner Roll Blonde Brownie
<b>5</b> Cheesy Hash Browns & Ham: Cornbread Southern Green Beans Caramel Apple Bar	<b>6</b> Mambo Pork Roast Au Gratin Potatoes Broccoli; Bread Pineapple Cake	<b>7</b> Oven Fried Chicken Baked Potato Salad Cole Slaw Carrot Cake	<b>8</b> Spaghetti w/ Italian Meat Sauce; Garlic Bread Italian Vegetables Fruit Fluff	<b>9</b> Hamburger on a Bun Baked Beans Relish Plate Peaches: Cookie
<b>12</b> Bratwurst & Sauerkraut Steak Fries Seasoned Peas Fruit Salad Mix	<b>13</b> Italian Meatloaf Scalloped Potatoes Baked Squash; Bread Caramel Cake	<b>14</b> Honey Bbq Chicken Macaroni Salad Broccoli; Dinner Roll Angel Brownie	<b>15</b> Macaroni & Cheese Ring Bologna Italian Vegetables Watermelon Slice	<b>16</b> Glazed Ham Potato Casserole Scalloped Corn: Bread Applesauce Jell-O Salad
<b>19</b> Hot Dog on a Bun Baked Beans Pea Salad Cookie	<b>20</b> Honey Glazed Meatballs Mashed Potatoes; Bread Garden Vegetables Frosted Lemon Cake	<b>21</b> Ham w/ Pineapple Baked Sweet Potato Baked Zucchini; Bread Cookie	<b>22</b> Honey Mustard Chicken Garden Rice Green Beans; Bread Butterscotch Pudding	<b>23</b> Pork Roast Roasted New Potatoes Blended Vegetables Bread; Fruit Cup
<b>26</b> Chicken & Pasta Alfredo Glazed Carrots Dinner Roll Brownie	<b>27</b> Scalloped Potatoes w/ Ham; Dinner Roll Seasoned Broccoli Rhubarb Crisp	<b>28</b> Roast Beef Sandwich Potato Salad Cole Slaw Peach Cobbler	<b>29</b> Chicken Drumsticks Calico Rice; Bread Creamed Peas Honeyed Pears	<b>30</b> Hamburger on a Bun Potato Chips; Relish Tray Cinnamon Apples Cookie





Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sloppy Joe Macaroni Salad Asparagus Spears Lemon Bar	 <b>11</b> Mambo Pork Roast Au gratin Potatoes Broccoli/Dinner roll Pineapple Cake	<b>5</b> Bratwurst & Sauerkraut Potato Chips/Cole Slaw Fruit Parfait Assorted Cookies	<b>6</b> Spaghetti w/Meat Sauce Garden Vegetables Garlic Bread Chocolate Chip Cookie	<b>7</b> Fried Fish Cheesy Broc. Rice Dinner Roll Blonde Brownie
<b>10</b> Cheesy Hash browns Ham Green beans/Cornbread Carmel Apple Bar	<b>11</b> Mambo Pork Roast Au gratin Potatoes Broccoli/Dinner roll Pineapple Cake	<b>12</b> Oven Fried Chicken Baked Potato Salad Cole Slaw Carrot Cake	<b>13</b> Spaghetti w/Meat Sauce Italian Vegetables Garlic Bread Fruit Fluff	<b>14</b> Hamburgers on a Bun Baked Beans Relish Plate Peaches / Cookie
<b>17</b> Bratwurst & Sauerkraut Steak Fries Seasoned Peas Fruit Salad	<b>18</b> Italian Meatloaf Scalloped Potatoes Baked Squash Carmel Cake / Roll	<b>19</b> Honey Bbq Chicken Macaroni Salad Broccoli / Dinner Roll Angel Brownie	<b>20</b> Ring Bologna Macaroni & Cheese Italian Vegetables Watermelon Slice	<b>21</b> Baked Glazed Ham Baked Potato Casserole Scalloped Corn Applesauce Gelatin
<b>24</b> Hot Dog on a Bun Baked Beans Pea Salad Oatmeal Cookie	<b>25</b> Honey Glazed Meatballs Mashed Potatoes Garden Vegetables Lemon Cake / Roll	<b>26</b> Ham w/Pineapple Baked Sweet Potato Baked Zucchini Dinner Roll / Cookie	<b>27</b> Honey Mustard Chicken Garden Rice Green Beans / Roll Butterscotch Pudding	<b>28</b> Pork Roast Roasted New Potatoes German Blend Veggies Roll / Fruit Cup
<b>31</b> Chicken Alfredo Glazed Carrots Dinner Roll Brownie	<b>NOTE: WE ARE CLOSED ON TUESDAY JULY 4TH FOR THE HOLIDAY</b>		Note: Meals are subject to change on occasion. Dining site meals include milk & cof- fee. Home delivered meals include milk. To CANCEL your meal 24 hours in advance, call:	Baraboo: 963-3436 Lake Delton 393-7214 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 ADRC 355-3289

# August

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Note:</b> Meals are subject to change on occasion. Dining site meals include milk &amp; coffee. Home delivered meals include milk. To <b>CAN-CEL</b> your meal 24 hours in advance, call:</p> <p><b>7</b> Sloppy Joe Macaroni Salad Asparagus Spears Lemon Bar</p> <p><b>14</b> Cheesy Hash browns Ham / Green Beans Corn bread Carmel Apple Bar</p> <p><b>21</b> Bratwurst &amp; Sauerkraut Steak Fries Seasoned Peas Fruit Salad</p> <p><b>28</b> Hot Dog on a Bun Baked Beans Pea Salad Oatmeal Cookie</p>	<p><b>1</b> Scalloped Potato &amp; ham Seasoned Broccoli Rhubarb Crisp Dinner Roll</p> <p><b>8</b> Chicken Fried Steak German Potato Salad Mixed Vegetables Biscuit/Gravy / Pie</p> <p><b>15</b> Mambo Pork Roast Au Gratin Potatoes Broccoli / Roll Pineapple Cake</p> <p><b>22</b> Italian Meatloaf Scalloped Potatoes Baked Squash Carmel Cake / Roll</p> <p><b>29</b> Honey Glazed Meatballs Mashed Potatoes Garden Vegetables Lemon Cake / Roll</p>	<p><b>2</b> Roast Beef Sandwich Potato Salad Cole Slaw Peach Cobbler</p> <p><b>9</b> Bratwurst &amp; Sauerkraut Potato Chips Cole Slaw / Cookie Fruit Parfait</p> <p><b>16</b> Oven Fried Chicken Baked Potato Salad Cole Slaw Carrot Cake</p> <p><b>23</b> Honey Bbq Chicken Macaroni Salad Broccoli / Roll Angel Brownie</p> <p><b>30</b> Ham w/ Pineapple Baked Sweet Potato Baked Zucchini Dinner Roll / Cookie</p>	<p><b>3</b> Chicken Drumsticks Calico Rice Creamed Peas / Roll Honeyed Pears</p> <p><b>10</b> Spaghetti w/Meat Sauce Garden Vegetables Garlic Bread Cho Chip Cookie</p> <p><b>17</b> Spaghetti w/Meat Sauce Italian Vegetables Garlic Bread Fruit Fluff</p> <p><b>24</b> Ring Bologna Macaroni &amp; Cheese Italian Vegetables Watermelon Slice</p> <p><b>31</b> Honey Mustard Chicken Garden Rice Green Beans / Roll Butterscotch Pudding</p>	<p><b>4</b> Hamburger on a Bun Potato Chips Relish Plate / Cookie Cinnamon Apples</p> <p><b>11</b> Fried Fish Cheesy Broc Rice Dinner Roll Blonde Brownie</p> <p><b>18</b> Hamburger on a Bun Baked Beans Relish Plate / Peaches Assorted Cookies</p> <p><b>25</b> Baked Glazed Ham Baked Potato Casserole Scalloped Corn / Muffin Applesauce Gelatin</p> <p>Baraboo: 963-3436 Lake Delton 393-7214 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 ADRC 355-3289</p>

For *AddLIFE Today!* questions or comments,  
please contact Cathy Bindl at 355-3289  
or email at cbindl@co.sauk.wi.us.

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Answer to Brainteaser:

1. griddle (E)
2. flutter (F)
3. treason (A)
4. mustard (A)
5. giraffe (F)
6. tornado (N)
7. fixture (R)

Bussword: FANFARE

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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:

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505 Broadway, Room 102  
Baraboo, Wisconsin 53913





*A society grows great  
when old men plant trees  
whose shade they know they shall  
never sit in.*

- - *Greek proverb*

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www.ramchealth.com

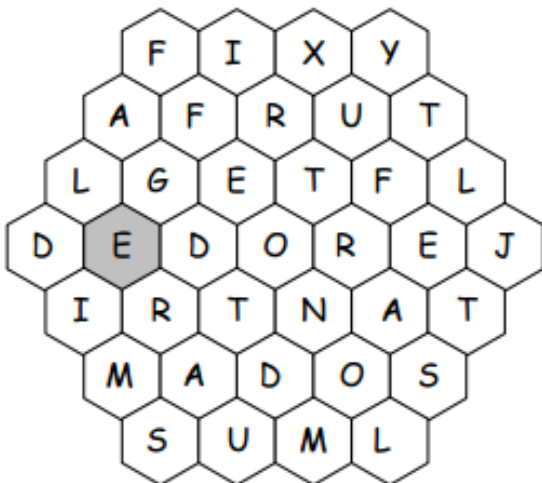


by Ann Richmond Fisher

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The shaded E and the six letters surrounding it spell GRIDDLE, which matches one of the clues below.

Find 7-letter words for the remaining clues. Shade the center letter of each word.



- Flat cooking pan - **GRIDDLE**
- Wave gently \_\_\_\_\_
- Betrayal \_\_\_\_\_
- Spicy condiment \_\_\_\_\_
- Long-necked mammal \_\_\_\_\_
- Swirling windstorm \_\_\_\_\_
- Something permanently attached \_\_\_\_\_

Now unscramble all 7 of the shaded center letters to spell the BUZZWORD:

Clue: Showy display \_\_\_\_\_