Add LIFE Today!

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

Summer 2020

Volume 12 | Issue 2

Please see page 3 for important information regarding changes to this year's Farmers' Market Check Distribution

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

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(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Farmers' Market Check Distribution

PLEASE READ FOR CHANGES

Each summer, the ADRC helps distribute the Senior Farmers' Market Nutrition checks. These checks are provided to seniors 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** farmers' markets and farm stands.

To qualify, you must be a resident of Sauk County and over the age of 60 (or age 55 if you are Native American), and your annual income must be below $23,606 for an individual or $31,894 for a couple.

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

Due to COVID-19, we have had to make some changes to the distribution process in order to prioritize staff and client safety. The NEW process for receiving Farmers' Market Checks 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, Baraboo, WI 53913).**
5. **Once we receive your signed and completed application, we will mail the checks to you.**

Thank you in advance for your patience as we navigate this new process, it is truly appreciated! Please contact the ADRC with any questions, (608) 355-3289.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

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

- Lawrence and Laura Novak, in memory of Carol Novak, for Caregiver Support Programs
- Betty Telvick, in memory of Marvin Telvick, for Transportation Programs
- Patricia Ann Bullard for Respite Care and Home Delivered Meals
- Diane K Williams, in memory of Helen Wenzel, for Nutrition Programs
- Larry Schluter for Nutrition Programs
- Mary Rose Canepa for the Home Delivered Meal Program
- William and Kristine Podolak for the Home Delivered Meal Program
- Evelyn Nachreiner for the Home Delivered Meal Program

The ADRC will be CLOSED on July 3rd

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Susan Blodgett
ADRC Director

Fraud Surrounding COVID-19 is On the Rise

from the Wisconsin Senior Medicare Patrol

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes. And because older adults are at greater risk for serious illness from this virus, they are at increased risk of being targets.

During this medical crisis facing our nation, it is important to have the facts surrounding COVID-19, to be aware of the potential for scams, and to know what you can do to protect yourself.

Currently there is no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no "cure". However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

Key Points

Beware of anyone contacting you in person, on the computer or by phone, claiming to have a cure or vaccine.

- Do not give your Medicare number, Social Security number, or any personal information in response to unsolicited calls, text, email, or home visits.
- Hang up (or shut the door) on anyone who claims they have a test kit for the virus.
- Be suspicious of anyone offering anything related to COVID-19 such as testing kits, any supplies, or treatments.
- Don't succumb to fear-based tactics of scammers. Cut off those who make you afraid and contact familiar sources instead.

Also, remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you, they will not ask for your insurance number or financial information.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

What Does Medicare Cover in Relation to COVID-19?

from the Wisconsin Senior Medicare Patrol

- Medicare Part B covers COVID-19 tests when ordered by your doctor or health care provider on or after February 4, 2020.
- Medicare covers all medically necessary hospitalizations, including extra days in the hospital for patients who had to stay longer under COVID-19 quarantine.
- There is no vaccine for COVID-19 at this time; however, if one becomes available, Medicare Part D will cover it.
- Medicare also recently expanded coverage of telehealth services to enable beneficiaries to access a wider range of services from their provider without having to travel to a facility.
  - This includes access to doctors, nurse practitioners, clinical psychologists, and licensed clinical social workers.
  - During this emergency, there are also more options for the ways your provider can talk with you under this provision.

What You Can Do

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) looking for errors or claims for products or services that weren't received.
- Follow the instructions currently outlined by the CDC, the governor, and your living complex.
- Be prepared to take further action if instructed in response to COVID-19.

How Your Wisconsin Senior Medicare Patrol Can Help

SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, abuse, and errors; DETECT potential fraud, abuse, and errors: and to REPORT your concerns. SMP helps educate and empower Medicare beneficiaries in the fight against health care fraud. SMP can help you with your questions, concerns or complaints about potential fraud and abuse issues. SMP can also provide information and educational presentations. Toll-free Helpline: 888-818-2311

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

For Your Benefit...
Your Elder Benefit Specialists

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

Pam Fuchs
serving the eastern
part of Sauk County

Mindy Shrader
serving the western
part of Sauk County

Due to COVID-19, there will be no Elder Benefit Specialist Site Visits or Welcome to Medicare Presentations until further notice.

Unemployment Insurance and Coronavirus-Related Layoffs

by the GWAAR Legal Services Team

Due to social distancing measures to help prevent the spread of coronavirus, many employers have needed to lay off employees. Unemployment insurance in Wisconsin is available for employees who lose their jobs through no fault of their own. Employees must file weekly claims online to collect their weekly check. The first week, however, is called the "waiting week," and claimants are not eligible for a payment that week.

Typically, to qualify for unemployment, claimants must perform four work search activities per week. These activities could include applying for a job, posting a resume on a job site, going to a job interview, completing an online course through the job center, among others. However, most employees who are laid off due to coronavirus intend to return to their jobs when social distancing measures end.

To address this problem, on March 17th, Governor Evers issued an executive order waiving work search requirements for claimants who are laid off due to coronavirus. His order will also ensure that claimants who are otherwise eligible but out of work due to coronavirus are considered available for work and therefore eligible for benefits. Gov. Evers also proposed eliminating the one-week waiting period in the 2019-2021 state budget. That proposed change awaits approval by the legislature.

However, although the work search requirement is waived, claimants are still required to register with the Wisconsin Job Service and complete a resume before they are eligible to receive a benefit check.

For more information on coronavirus/COVID-19 and Wisconsin Unemployment Insurance visit: https://dwd.wisconsin.gov/covid19/public/ui.htm

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Income Earned from Census Employment Will Not Count for FoodShare

by the GWAAR Legal Services Team

Effective March 1, 2020, people working as temporary, part-time census takers will not have their income counted as earned income for FoodShare.

This does not change previous policies that do count income for BadgerCare Plus, the Wisconsin Share Child Care Subsidy Program, and Wisconsin Works (W-2).

Census income remains excluded for members receiving Medicaid for the Elderly, Blind or Disabled.

Skilled Nursing Facility Discharge Appeals

by the GWAAR Legal Services Team

Starting on June 8, 2019, Livanta took over as the Medicare Quality Improvement Organization (QIO) for Wisconsin. As a QIO, Livanta reviews Medicare beneficiary discharge appeals from hospitals and skilled nursing facilities. Livanta also investigates Medicare beneficiaries' quality of care concerns from health facilities such as receiving the wrong medication, lack of treatment or improper treatment while in the hospital, or being discharged from the hospital without proper care instructions.

If a Medicare beneficiary has a concern about being discharged from skilled nursing care or rehabilitation services prematurely, the person should call Livanta in order to appeal. It is not required that anything be in writing for this appeal. Livanta then performs its review of the discharge and makes a determination within 72 hours.

Livanta has recently reported receiving extremely high numbers of discharge appeals from Medicare beneficiaries. This means that Livanta staff are not always able to answer phone calls live as they come in, and some people may be instructed to leave a voicemail. For purposes of requesting an appeal, it is sufficient to leave a voicemail. Be sure to leave a comprehensive message with the Medicare beneficiary's name, a direct call back phone number (a cell phone number is preferred—not a facility phone number), and indicate that you are appealing a discharge. Livanta will return the phone call to obtain any further information needed for the appeal.

For more information about Livanta, visit its website
https://www.livantaqio.com/en/states/wisconsin

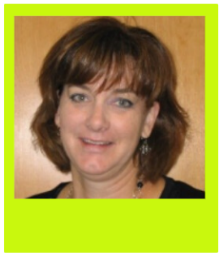
The Livanta Helpline number to file an appeal is 888-524-9900.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

AGING & DISABILITY SPECIALISTS

HELPING YOU PUT THE PIECES TOGETHER!

Jim Pritzkow



Julie Mayer

Rachel Heinzman

Hannah Halverson

Megan Fecht

Kari Edwards

NOTICE: Due to COVID-19, there will be no site visits at our satellite offices in Reedsburg, Spring Green, Lake Delton, and Sauk Prairie, or extended office hours in Baraboo until further notice. If you would like more information, call the ADRC at 355-3289 or 800-482-3710.

Need Help With Medicare Costs?

by the GWAAR Medicare Outreach Team

Many people with Medicare find it difficult to afford all their monthly expenses. If you have limited income and resources, you may qualify for help paying your Medicare related costs. Medicare Savings Programs (MSP) are federally funded programs administered by each individual state. These programs help pay some, or all, of the Medicare premiums, deductibles, copayments and coinsurance for those who are eligible. There are different MSPs, each with different income and asset eligibility limits.

You may qualify for a MSP if your monthly income is at or below $1,435 ($1,939 for a married couple) (*2020 income limits) and your assets are under $7,860 ($11,800 for a married couple). If you are enrolled in a MSP, you automatically qualify for Part D Extra Help, a Medicare program that helps people pay for their Medicare prescription drug coverage. To learn more, or for assistance in determining if you are eligible, contact the intake worker at (608) 355-3289.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

JOIN US FOR TWO VIRTUAL EVENTS WITH LOCAL AUTHOR, BLOGGER, AND SPEAKER, KERI OLSON!

SUNNY SIDE UP

WEDNESDAY, JUNE 17TH | 2:00 P.M.

JOIN FOR A CONVERSATION ABOUT WAYS TO SEE THE SUNNY SIDE OF THIS UNUSUAL TIME

THANKSGIVING EVERY DAY

WEDNESDAY, JULY 1ST | 2:00 PM

LEARN WAYS TO ADD JOY TO YOUR LIFE BY ADOPTING AN ATTITUDE OF GRATITUDE

PRESENTATIONS ARE OFFERED AT NO COST. PRE-REGISTRATION IS REQUIRED TO GET ONLINE ACCESS INFORMATION TO ATTEND. REGISTRANTS CAN ATTEND EITHER BY PHONE OR ONLINE.

TO REGISTER, CONTACT GLAACK@CO.JUNEAU.WI.US OR 608-548-3954

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

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Utility Rules Suspended Temporarily

by the GWAAR Legal Services Team

Governor Evers has suspended several utility-related administrative rules due to the COVID-19 public health emergency. In response, the Public Service Commission of Wisconsin (PSC) directed regulated utilities in the state to take the following actions for the duration of the emergency:

1. Stop utility disconnection for nonpayment for all customers, including commercial, industrial, and farm accounts. Previously this applied to residential accounts only;
2. Cease assessing late fees to customer accounts;
3. Halt the practice of requiring deposits from customers for reconnection of service;
4. Allow deferred payment agreements for all customers who request them;
5. Remove any administrative barriers for customers establishing or reestablishing utility service; and
6. Authorize water utilities to provide budget billing arrangements to customers. Electric and natural gas utilities are allowed to do this under current rules.

If you have questions or concerns about your utility service, or just need more information, call our Consumer Affairs team: 1-800-225-7729 or 1-608-266-2001 (local). Information available at: https://psc.wi.gov/Pages/NewsEvents/UtilityCOVID19Resources.aspx

Internet Resources for Wisconsin Residents during Public Health Emergency

By the GWAAR Legal Services Team

Several Internet Service Providers (ISPs) are offering free or low-cost internet access options in response to the COVID-19 health emergency.

Contact providers in your area to see what is available, as there may be daily updates. Providers who have already put emergency access programs in place include:

- **AT&T**
- **Astrea Connect**
- **Baldwin LightStream**
- **Bertram Internet**
- **Bug Tussel Wireless**
- **CenturyLink**
- **Cellcom**
- **Charter Communications**
- **Cirrinity/Wittenberg Telephone Company**
- **Comcast**
- **Grantsburg Telcom**
- **MHTC**
- **Mosaic Telecom**
- **Northwest Communications**
- **NSight Telservices**
- **Sprint/T-Mobile**
- **TDS**
- **U.S. Cellular**
- **Verizon**
- **WiConnect Wireless**

In addition, the Public Service Commission of Wisconsin (PSC) is keeping an updated list on its website: https://psc.wi.gov/Pages/Programs/BroadbandEmergencyInternetResources.aspx

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A Message from Volunteer Michelle:

Sixteen years ago, I started as a volunteer for the Aging and Disability Resource Center. I was working here for Sauk County. At the time, I lived in Portage so I could not go home for lunch. Most of my lunch breaks were spent window shopping or actual shopping. It was a little rough on the pocketbook.

One day on announcements, I saw a notice put out by the ADRC (Commission on Aging) at that time, looking for volunteer drivers. I stopped down to the office and they gave me a rundown of what it was all about. It intrigued me so I thought why not- I'll give it a try.

The volunteer coordinator, who was Jackie at the time, took me on the first day to show me the ropes. We picked up the meals and off we went to our first stop. And it was that first day, and that first stop that hooked me.

Her name was Mary*. Mary was standing at the window, looking out waiting for us. When we pulled up, she was waving at us so hard that I thought her arm would fall off!! We got to the door, and Jackie introduced me, and little, tiny 90 pound Mary gave me a hug that practically took me off my feet!

As the days went on, and my deliveries to Mary continued, I met her family, and I toured her garden, and I toured her house, and she showed me her sewing, her photos, and many of her cherished treasures she had around her home. All of this in about a 2-3 minute stop everyday! But best of all, she had a prized teddy bear collection of probably over 100 teddy bears.

Then Mary had a stroke. The dining center didn't get notified right away and so I went to the house to deliver Mary's meal and was greeted by her daughter who told me that Mary was gravely ill and would most likely not be returning home. While I was there, she gave me a teddy bear from Mary's collection. It's was actually two bears- one bigger bear holding a little bear. She said, "Mom loved you like you were her own. I'd really like you to have these hugging bears to remember her by."

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

I still have those bears and think of Mary fondly. She's not the only Mary that I've had- I had another Mary that would tell me every day that she loves me. And I had a Linda* who gave me a Hershey Kiss every day. And a Lucy* who gave me cookies. And the list goes on.

Besides my human friends, I've had my furry friends too- Puddles, Jack and now my personal favorite-Snickers- my best buddy. Snickers lets the whole house know that I have arrived with lunch!

Delivering for the last 16 years, I've had some of the most rewarding experiences and heart-warming connections that I have ever had. If you have the time, or if you're lucky, the opportunity to volunteer- even once or twice a week, I encourage you to do so. You could be the one human connection that they get that day.

*Names have been changed for client confidentiality

The ADRC is forever grateful for our wonderful volunteers and all they do to support their communities.
In 2019, ADRC volunteers donated over 13,904 hours of their time and talents, valued at $349,268.48! Our staff and clients appreciate everything our volunteers do and we can't wait to see them all again soon!

-Brianna

Are you an ADRC Volunteer with a story to tell? We want to hear from you!

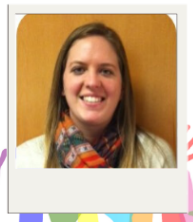
Submit a message about your experience as an ADRC Volunteer for a chance to be featured in our next newsletter! Submissions can be sent to:

brianna.wipperfurth@saukcountywi.gov
or
ADRC
attn: Brianna Wipperfurth
505 Broadway St
Baraboo, WI 53913

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Caregiver Connections + Prevention Pointers

Marina Wittmann | Aging Program Coordinator



Tips for Mindfulness & Coping with Anxiety

By Cynthia Weiss

Amid ever-changing information around the COVID-19 pandemic, many people are experiencing heightened stress and anxiety."Anxiety is not right, and it is not wrong. It is just part of the human experience," says Kristin Lothman, a mind-body counselor with Mayo Clinic's Department of Integrative Medicine and Health. "Healthy anxiety calls us into action to be safe, to take care of the people that we love and to arrive at the present moment experience with resilience." "There are many strategies to manage anxiety," Lothman says. "I recommend developing a self-care practice. Elements of that could include journaling, exercise, yoga, meditation and prayer." Another way to cope with anxiety is to practice mindfulness, Lothman says. "Mindfulness is about paying attention on purpose to the present moment. And I believe mindfulness is a powerful tool we can use right now." Lothman adds that mindfulness is about focus and awareness. "The best way I can connect is to not be distracted, to be present, to engage in eye contact," she says. To calm the body and mind, Lothman suggests a guided meditation – a practice of relaxed concentration where you follow the instructions of a narrator related to breathing and imagery. Breathing exercises are also valuable, especially for younger children. "You might practice these three or four times a day. Maybe not the entire meditation but even if you can get in 10 breathes that may be enough to notice a shift in your inner experience," Lothman says. Check out the visualization practice on the next page!

Used with permission of Mayo Foundation for Medical Education and Research, all rights reserved.
Source: https://newsnetwork.mayoclinic.org/discussion/covid-19-tipsformindfulness-coping-with-anxiety/

Due to COVID-19, the Sauk County Foot Clinic is postponed until further notice. We will reach out to you when we are able to make appointments. Thanks for your patience.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

A Visualization Practice to Call on a Compassionate Friend

1. **Sit in a comfortable position.**
2. **Focus on the gentle rhythm of your breath** and use it as an anchor for this practice.
3. **You can place your hand over your heart,** if you choose, to bring a warmness to your experience.
4. **Imagine that you are in your own safe place**—somewhere you feel relaxed and protected.
5. **Imagine a welcomed visitor coming to your safe place**. It can be someone you know or an imaginary friend.
6. **Bring a worry or a concern you have to mind.** Then, share that thought with your compassionate friend.
7. **Notice how it feels to share.** Imagine your visitor responding with what you need to hear right now.
8. **Notice anything that may have shifted** and how you relate to your worry or concern now. When you're done sharing, imagine your friend kindly leaving.

Relatives as Parents Program Virtual Support Groups:

Wisconsin Adoption & Permanency Support is offering virtual support groups via ZOOM each week. Anyone in Wisconsin that fits one of these groups is welcome to join; you must register to get Zoom link. Visit wisapsp.eventbrite.com to register.

- Adult adoptees: Wednesdays @ 7:30 p.m.
- Adoptive/guardianship parents of middle & older grade children: Tuesdays @ 10:00 a.m.
- Adoptive/guardianship parents of young children: Thursdays @ 10:00 a.m.
- Any adoptive & guardianship parents/caregivers: Thursdays @ 6:30 p.m.

There is a 1,000 year old Cherry Blossom Tree in Japan that has lived through storms, earthquakes, tsunamis, wars, famines, as well as the 2011 nuclear explosion in Fukushima. This tree, named Takizakura, is a symbol of strength and resiliency – something we all need during this difficult time. The tree's caretaker, Sidafumi Hirata says, "This tree has lived so long, and the longer you live, the more bad events you see. More tragedies. So she will see more bad things, but she'll also see good – life is layers, layers of bad and good." Nevertheless, in mid-April, the tree burst its pink flowers like it has for over 1,000 years. The tree will bloom again and again. As will we!

Source: NPR; Kat Lonsdorf

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

alzheimer's association®

Wisconsin teleconference/ webinar Family Caregiver Support Groups

For Persons Living with Mild Cognitive Impairment (MCI):

2nd Wednesday, 10:00-11:00 am

General Family Caregivers:

1st & 3rd Tuesdays, 5:30-7:00 pm

2nd & 4th Thursdays, 1:00-2:30 pm

Family Caregivers for a Loved One with Dementia Living at a Facility:

Fridays, 10:00-11:30 am

Male Family Caregivers:

2nd Wednesday, 6:30-8:00 pm

3rd Wednesday, 5:30-6:30 pm

3rd Thursday, 10:00-11:00 am

4th Thursday, 1:00-2:30 pm

Family Caregivers for a Loved One with Dementia in the Early Stages:

2nd Tuesday, 9:30-11:00 am

2nd Wednesday, 3:00-4:30 pm

4th Tuesday, 10:00-11:30 am

Spanish Speaking Family Caregivers:

2nd Tuesday, 10:00-11:30 am

Grupo de Apoyo en Español:

2do Martes de cada mes, 10:00-11:30 a.m.
Llame a Virginia Zerpa 414-431-8811

Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD):

3rd Wednesday, 6:00-7:30 pm

To attend any of our Support Groups please verify your attendance by calling 800.272.3900

You will receive connection information after you register

www.alz.org/wi **24/7 Helpline 800.272.3900** **Hablamos Español, 414.431.8811**

Updated 4/20

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Changes to Wisconsin Home Energy Assistance Program (WHEAP) Eligibility

By the GWAAR Legal Services Team

In response to the COVID-19 crisis, the Department of Administration (DOA) has adjusted the eligibility requirements for residents who are seeking heating and electric assistance through the Wisconsin Home Energy Assistance Program (WHEAP).

Eligibility will now be based on the household's previous month of income, rather than the former requirement of the previous three months of income. This move was made to ensure those who are recently affected by the COVID-19 response are able to receive assistance quickly. Eligibility requirements are available below:

INCOME GUIDELINES FOR THE 2019-2020 HOME ENERGY PLUS PROGRAM YEAR 60 PERCENT OF STATE MEDIAN INCOME GUIDELINES.

Household Size	*One Month Income*
1	*$ 2,389.42*
2	*$ 3,124.67*
3	*$ 3,859.83*
4	*$ 4,595.08*
5	*$ 5,330.33*
6	*$ 6,065.50*
7	*$ 6,203.33*
8	*$ 6,341.25*

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations.

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors. However, if the gross income for your household is less than the amount shown on the chart above, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program(WHEAP) and how to apply,please call 1-866-HEATWIS (432-8947), or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Tax Filing Deadline Extended to July 15

By the GWAAR Legal Services Team

Both federal and Wisconsin income tax filing and payment due dates have been automatically extended to July 15, 2020. This is because of the President's declaration of a national emergency due to the COVID-19 pandemic. Taxpayers do not need to file any additional forms to qualify for this tax filing and payment relief. Payment can be deferred until July 15, 2020, regardless of the amount owed. This deferment applies to all taxpayers,including individuals, trusts and estates, corporations and other associations, as well as those who pay self-employment tax.

The Internal Revenue Service (IRS) encourages taxpayers who are owed a refund to file as soon as possible. Federal tax refunds are still being issued within 21 days. In addition, the Wisconsin Department of Revenue (DOR) is still processing returns and issuing refunds and other credits, including the Homestead Credit and the Earned Income Tax Credit.

The IRS encourages anyone who hasn't filed a tax return for 2019, 2018, or a previous year to act now. Congress recently passed the Coronavirus Aid, Relief, and Economic Security Act (CARES Act), which includes certain tax credits and rebates for those who filed a return for 2019 and/or 2018. The IRS will use the information on the Form SSA-1099 or Form RRB-1099 to generate Economic Impact Payments to recipients of benefits reflected in the Form SSA-1099 or Form RRB-1099 who are not required to file a tax return and did not file a return for 2018 or 2019. This includes individuals who receive Social Security Retirement or Social Security Disability Insurance benefits and railroad retirees who are not otherwise required to file a tax return. People who receive only Supplemental Security Income or certain VA benefits and who have not filed taxes for 2019 or 2018 because their income is very low may need to complete a form in order to receive a stimulus check. More information will be forthcoming.

In addition, people who have not filed federal tax returns for Tax Year 2016 and are owed a refund still face an April 15, 2020, deadline to file their return. This deadline has not been extended. Current law requires the 2016 return to be filed by April 15, 2020.

The IRS will continue to monitor issues related to the COVID-19 virus, and updated information will be posted at https://www.irs.gov/coronavirus. The DOR will post updates related to the COVID-19 virus at: https://www.revenue.wi.gov/Pages/News/2020/wi-covid-19.aspx.

FRUIT WORD SEARCH

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

- APPLE
- BANANA
- GRAPE
- KUMQUAT
- MANGO
- PEAR
- APRICOT
- BLUEBERRY
- GRAPEFRUIT
- LEMON
- ORANGE
- PINEAPPLE
- AVOCADO
- CHERRY
- KIWI
- LIME
- PEACH
- STRAWBERRY

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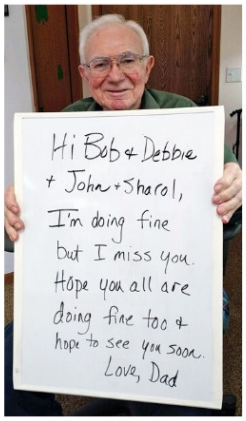
(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Hello from ElderSpan!

Residents at Meadow Ridge Senior Living in Baraboo, Meadows Assisted Living and Memory Care in Spring Green and The Pines Senior Living in Prairie du Sac have been adjusting to the "new normal" of not being able to visit face-to-face with friends and family members due to Covid-19 and the closing of their campuses to non-essential visitors. Many are sharing email messages, sending ecards and chatting over Skype, which brings lots of smiles and reassurance. One resident even celebrated her 101st birthday virtually with family! Staff members have also stepped up to do the hair and nails of residents while facility salons are closed. Many buildings have participated in the Happy Heart Hunt, helping to spread happiness and love during these unprecedented times. A special thank you to all of the community members who have supported our buildings in some way, shape or form the past couple of weeks. We appreciate you!



SUMMER WORD SEARCH

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

- AUGUST
- BEACH
- HOT DOGS
- OUTSIDE
- SUN
- VACATION
- BARBECUE
- CAMPING
- ICE CREAM
- PICNIC
- SWIMSUIT
- WATERMELON
- BASEBALL
- GARDEN
- JULY
- POPSICLE
- TRAVEL

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(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Nutrition News

Meg Allen, Nutrition Coordinator

As with most other areas of our daily lives, the meal program has gone through a series of changes as we are learning to live with COVID-19. To protect the health and safety of both our diners and our volunteers, beginning April 13 we suspended daily, hot, home-delivered meals and carry-outs and started providing weekly delivery of frozen meals instead. Dining site managers are calling clients daily to provide the wellness check that is such an important part of the program.

The soup and salad bar options at Reedsburg Country Club and The Shed in Spring Green have been closed since mid-March, as has the breakfast and lunch option at the Four Star Restaurant in Baraboo. Currently we are working toward a phased re-opening. Curbside pickup of soup and salad at The Shed and at the Reedsburg Country Club is underway as a first step.

While much has changed, our commitment to the health and well-being of our diners has not. The meal program is still here to provide nutritious, well-balanced meals as well as a friendly voice and a listening ear on the other end of the line. Please know that ADRC staff are working hard on plans to safely resume daily hot meal delivery and congregate meals. Staff and volunteers want to see your smiling faces as soon as it is safe for everyone. We are in this together and more importantly, we will get through this TOGETHER! For current information about the nutrition program, please call 608-355-3289.

My Meal, My Way for adults over 60 is BACK for soup and salad curbside pickup!

Our host will sign you in. We will not collect donations during pickup. Rather, we will send you a donation letter at the end of the month. If you have not dined with our program before, you must be 60 or older and will need to fill out a new diner form on the day of pickup. We ask for a suggested donation of $5 per meal. Call the ADRC with any questions! (608)355-3289

- Call the Reedsburg Country Club @ 524-6000 Option 2 one day in advance to reserve a soup and salad.
- Open on Mondays & Wednesdays from 11:30am - 1:30pm starting May 18th.
- When you arrive, stay in your vehicle and staff will deliver your meal right to you!

- Call The Shed @ 588-9049 one day in advance to reserve a soup and salad.
- Open on Wednesdays and Thursdays from 11:00am - 1:00pm starting May 20th.
- When you arrive, call 588-9049 to let staff know you are there. Stay in your vehicle and staff will deliver your meal right to you!

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

ADRC Transportation

Staci Dankert, Transportation Coordinator

The Transportation Department is here for you!

Transportation services to medical and dental appointments, grocery/drug stores, and other personal trips are available. Please call the Transportation Office at (608) 355-3278 to schedule a ride or with any questions. The office is open Monday through Friday from 8:00 a.m. to 4:30 p.m. excluding holidays.

At this time, it is unclear as to when the Fun Day Travels or the Shopping bus will be running again. Please stay tuned for updates.

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

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

LOOK WHO'S GETTING YOU THERE!

Tom Hemberger

Jeff Hanke

Tom Clarkson

Arvin Kaske

Hillarie Ackerman

Gordy Young

Medical transportation Line: 608-355-3278 or 800-830-3533
Fun-Day Trip Reservation Line: 608-355-4888

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Monday Coffee Connect

Virtual Support to Fill Your Caregiving Cup

Caring for someone living with dementia?

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

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

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

Fill your cup and start your week off right!

Mondays

10:00 – 11:00 am

Join us for any and/or all of the dates!

May 4, 11, 18
June 1, 8, 15, 22, 29
July 6, 13, 20, 27
August 3, 10, 17, 24, 31

Register by calling Gina Laack Dementia Care Specialist ADRC of Eagle Country (608)-548-3954.

After registering you will receive the Zoom video link and directions on how to connect.

ADRC
Aging & Disability Resource Center

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

WISCONSIN WELL WOMAN PROGRAM

Covering: Adams, Columbia, Dodge, Grant, Green, Iowa, Juneau, Lafayette, Richland and Sauk Counties

DO YOU NEED A MAMMOGRAM AND CAN'T AFFORD IT?

You may be eligible for services AT NO COST TO YOU:

- **Woman age 35-64**
- **Have no health insurances or high deductibles**
- **Your annual household income meets guidelines**

(Up to $31,900 for 1 person; $43,100 for 2 persons. Call for larger families guidelines)**
****Net taxable income for farm families and self-employed persons**

Call Jennifer to see if you qualify:
(608) 847-9455
Toll-free 1-866-735-9616

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Veterans Messenger

Dear Friends,

I just want to take this opportunity to emphasize the importance of the VA exams in regards to a veterans claim for a service-connected disability. These exams, which are commonly referred to as comp exams are extremely important. Up until a couple of years ago these exams were done by the VA Medical Centers (VAMC). To a large degree the exams are all now done by contractors. These contractors are private, for profit entities that do the exams at the request of the Veterans Benefits Administration (VBA). Here are a few important things to note regarding contractors:

- They do these exams in various locations outside of the VAMC. Depending on what type of exam VBA requests, a veteran is not required to travel beyond either 50 or 100 miles. Contractors may offer incentives for veterans to travel beyond this distance, but it is up to the veteran whether or not they want to take the incentive. If the veteran decides they do not want to travel further, the contractor is required to return the exam request and the VA will give it to another contractor who will hopefully get the exam closer for the veteran. The exam contractor will pay the veteran mileage regardless of how far they travel for the exam.
- Many of the contract examiners are very inexperienced, so it is important that the veteran let us know if they did not feel the exam was conducted properly or was in a location that was unsuitable. It is more important than ever before, that veterans talk to our office as soon as they are contacted by one of these contractors for an exam, and speak with us a few days prior to attending the exam so we can make sure you understand what to expect. Remember, the exam, good or bad, will become a permanent part of your VA claim file and is the key piece of evidence that the VA decision makers look at.
- As was the case when the VA did all the comp exams, there are good and bad contract examiners. This is another important reason why communication with our office as a part of that process is crucial. Occasionally it may make sense to take documents with you to the exam to make it easier for the examiner to get a background and better understanding of your claim.

And also, if you have been denied service connection for hearing loss and/or tinnitus in the past, contact us because we may have alternatives to VA examiners where you have an opportunity to get a more favorable outcome.

For those of you that may not have heard, our Senior Benefit Specialist for the past 26 years, Kathy Kent, has retired. I want to personally thank Kathy for her many years of superb service to our veterans. I also want to welcome Susan Stoddard as our new Benefit Specialist. Please read Susan's bio below and help us welcome her to our office. As usual, if you would like a faster response to your questions, we would recommend you email the office at vetservice@saukcountywi.gov

In Your Service,
Tony

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Meet our new Benefit Specialist, Susan Stoddard

I have worked for Sauk County since 1998, and was just hired in March of 2020 in the Sauk County Veterans Service Office. I started working for Sauk County in Human Services, and then served the aging population of Sauk County at the Commission on Aging office from 1999-2003. From 2003-2020 I served the people of Sauk County at the Sheriff's Department as a 911 dispatcher.

I have 4 children and 6 grandchildren and live in Merrimac with my husband, Brad. Some refer to me as an "Army Brat" as my dad served in the Air Force for 20 years. My daughter and son are both veterans with my son currently serving in the Army National Guard. My son-in-law is serving in the Army on active duty and almost at his 20 year mark!

I enjoy having multiple flower and vegetable gardens and enjoy quilting in the winter months. I really enjoy working in the Veterans Service Office and it is an honor serving those that have served our Country. I look forward to learning more about the benefits that each of you have earned and look forward to meeting all our Veterans!

Local Donations

Please consider that many members of our community including veterans are struggling to make ends meet. If you have the means and ability to do so please consider donating to local community charities, food banks, etc. In Sauk County each one of our towns are unique with their own needs and services. Giving locally helps people in our own neighborhoods and throughout our county during this time of need as well as into the future.

Local veteran posts (for example, VFW, American Legion, and others) have fundraisers and accept donations to support their scholarships and needy veterans. The Veterans Care Trust Fund also helps needy veterans of Sauk County in various ways including from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more. Please contact our office for more information on the Veterans Care Trust Fund.

Honor Fellow Veterans as a Caring Presence
Volunteers Needed to Make Vet-to-Vet Visits

A willing listener who can relate to military culture. A caring presence who knows what it's like to serve. A friendly face at a difficult time. That's a Vet-to-Vet volunteer. Is it you? Agrace HospiceCare seeks U.S. veterans across southern Wisconsin to make volunteer visits to other local veterans who are nearing the end of life. Visit veterans in their homes or in long-term care facilities, offering conversation, attention, and companionship. Detailed training is provided, flexible schedules, no minimum time commitment, intangible rewards. Share your time to lift the spirits of other veterans: Be the warm "welcome home" they need! To learn more or schedule training, call Caitlin at Agrace HospiceCare at (800) 553-4289

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Upcoming Events

Please check with these organizations before attending any events.

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

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

Every Friday the American Heroes Cafe inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 a.m. - noon.

The American Legion Post 172 has a walleye feed on the third Saturday of each month in the months September—November, and January—April. The feed is held from 4:00—7:30 p.m. at 106 E. Walnut in North Freedom, WI. Questions can be directed to Anthony Gartner at (757) 437-2616.

Thank you!

We want to thank the following for their recent donations to the Veterans Care Trust Fund: American Legion Post #350, Reedsburg in memory of Arthur Nachtigal; and numerous individuals. These generous, tax-deductible donations are used to help needy veterans of Sauk County in various ways: to help veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

Pamela Russo
Programs Coordinator

Rick Erickson
Assistant CVSO

Sandy Deich
Veterans Benefit Specialist

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Cop's Corner

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

COVID-19 Safety

Safety has never been more at the forefront of our thought than in the last weeks because of COVID 19. It is a specific and identifiable threat to all of our safety due to the highly contagious nature of it, combined with the myriad of health impacts at various stages. We have to be sure that we do not let the fear of this specific threat, open us to ones that are financial or jeopardize our home and property. Bad people doing bad things use fraudulent claims and jump on the bandwagon to get to your money. As we increase our dependence on internet payments, remote banking and even socialization, we have to be aware of the threat of people to steal out identification and our money.

Here are some tips to consider:

- If there is something, you are buying to try to stay safe like hand sanitizer or a face mask, know that there are counterfeit items out there. If a deal for an item seems too good, it probably still is!
- There are few "proven" and supported new chemical or technology for cleanup and disinfectant. The best ways are the old ways like washing hands. Beware anyone offering some magic solution.
- Be very careful about sharing your information via phone. If a person asks for your identifiable information to "confirm" whom they are talking to, take time to consider what the need is. Did you place the call to a known reputable phone number?
- Make sure you are sure of the security of a web site or other means you are giving information to for payments or purchases.
- Make sure you are checking bank statements for unusual charges regularly!

The Wisconsin Department of Agriculture, Trade and Consumer Protection is a great location if you have questions or to see if there are other complaints about businesses. Their web site has a lot of useful information on COVID 19 and other topics to keep you safe from fraud and other predators looking for your money.
https://datcp.wi.gov/Pages/News_Media/Covid19.aspx

Mark Schauf
Baraboo Police

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Imagine...

KEEP WISCONSIN WARM FUND

HEAT For Heroes™

...facing Wisconsin's bitter cold winter without a warm home or summer's blistering heat without power. Then having to make the tough choice between eating, heating and keeping the power on. Unfortunately over 200,000 of our neighbors in need will face this difficult decision. Many are Veterans,elderly, and disabled or some are just young working families struggling to meet their basic survival needs. For them heat a "basic necessity" has become an unaffordable luxury. Don't be left out in the cold alone or be threatened with heat stroke this summer.

For a hand up call Energy Services for Sauk County today at

1-800-506-5596

OR

Apply Online at:
ESI.HELP

With pride or lack of awareness of resources available being a major barrier, we are also asking family, friends, and neighbors to come forward to identify those most vulnerable with their unmet needs. Together we will provide the help necessary to obtain all the required information to qualify.

Who may qualify for home energy assistance?

- ☑ Households that pay heating costs directly to a fuel or utility company and have an active utility account. Households whose heating costs are included in their rent, may qualify.
- ☑ Students enrolled at least part time have additional eligibility requirements. Please contact us for more information.
- ☑ Households whose total gross income for the one month immediately preceding the month of application are at or below the amount shown for your family size (see chart to right).

homeenergy+

NEW ENERGY ASSISTANCE GROSS INCOME GUIDELINES

NUMBER IN HOUSEHOLD	GROSS INCOME LIMIT (1 MONTH)
1	$2,389.42
2	$3,124.67
3	$3,859.83
4	$4,595.08
5	$5,330.33
6	$6,065.50
7	$6,203.33
8	$6,341.25

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Disability Benefit Specialists

Holly Schafer

Quinn Hause

WARNING!

Be on the lookout for fake calls and emails. Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. **HANG UP**
2. **DO NOT GIVE MONEY OR PERSONAL INFORMATION**
3. **REPORT THE SCAM AT OIG.SSA.GOV**

Be Alert

Social Security may call you in some situations but will **never:**

- Threaten you
- Suspend your Social Security number
- Demand an immediate payment from you
- Require payment by cash, gift card, pre-paid debit card, or wire transfer
- Ask for gift card numbers over the phone or to wire or mail cash

Be Active

- If you receive a questionable call, hang up and report it at *olg.ssa.gov*
- Don't return unknown calls
- Ask someone you trust for advice before making any large purchase or financial decision
- Don't be embarassed to report if you shared personal information or suffered a financial loss
- Learn more at *olg.ssa.gov/scam*
- Share this information with others

What to Look For

- The caller says there is a **problem** with your Social Security number or account..
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers **pretend** they are from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not.**
- Callers threaten you with arrest or other legal action.

Source: Social Security Administration

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Evening Conversations with Pam & Gina

Thursdays
7:30-8:30 PM
Starting May 28th
Online or by Phone

ADRC
Aging & Disability Resource Center

Join us weekly for a relaxed conversation about caregiving for someone living with dementia. We will share stories, struggles and successes.

If you want to participate or have questions, contact Pam at 608-426-4295 or Gina 608-548-3954.

Summer Crossword

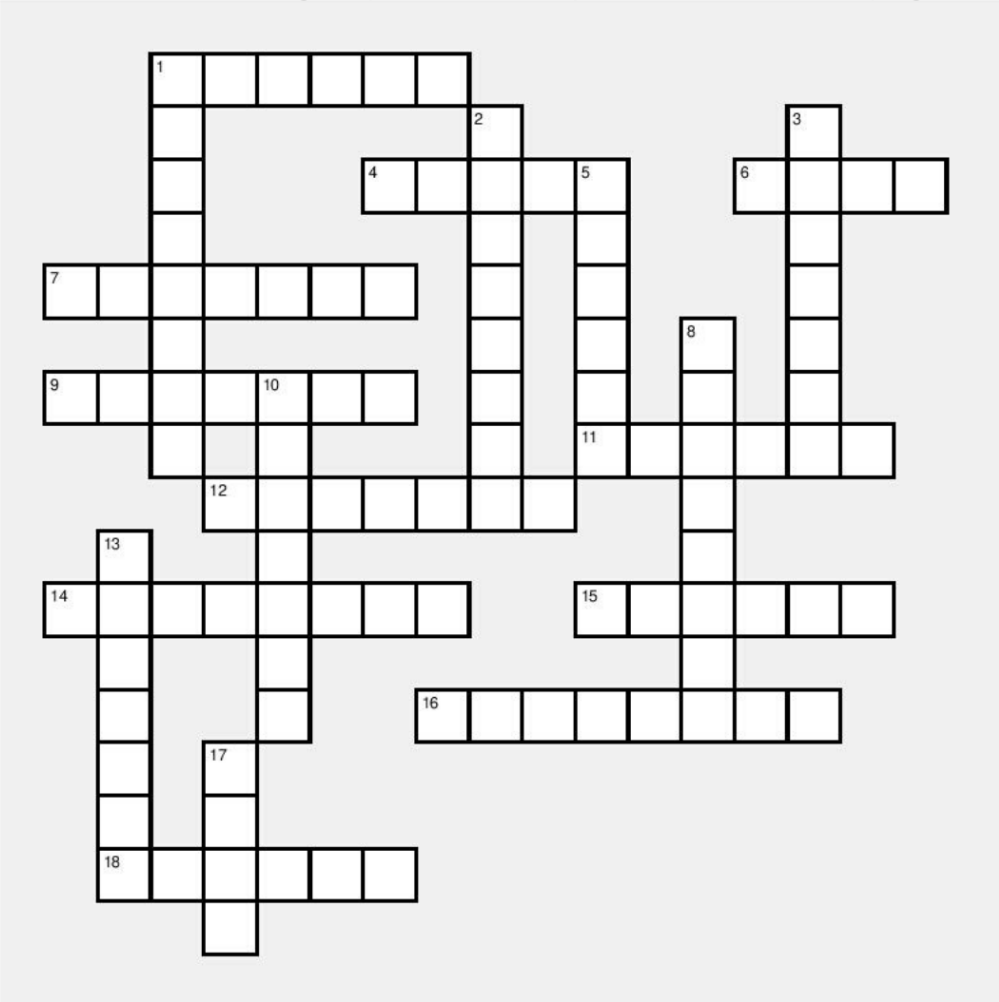
Free Crossword Puzzle, Compliments of © Memory-Improvement-Tips.com. Solution on page 34

ACROSS

1) Beachgoer's pride
4) Surfer's hangout
6) Dog days month
7) Rod & reel sport
9) Disk you whisk
11) Make a bed?
12) Roughing it, perhaps
14) Treat on a stick
15) Alfresco meal
16) Parlor treat
18) Bermuda _____

DOWN

1) Beach attire
2) Worker's respite
30 Not indoors
5) Tramping on the trail
8) Outdoor cookout
10) Lake activity
13) Ballpark fare
17) Summer cooler



(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Save Money on Your Electric Bill Today!

Powered Up Baraboo, a local, all-volunteer non-profit working to address the increasingly negative effects of the climate crisis, encourages you to order free energy-saving items from Focus on Energy. (If you pay an electric bill, you've already paid into the fund that provides these items.)

Go to Free Items (https://focusonenergy.techniartmarketplace.com) to choose a kit and Focus will mail it to you free of charge. The choices include light bulbs, water saving items, and special power strips. You can also purchase additional discounted bulbs and energy saving items at Focus on Energy Market Place (https://focusonenergymarketplace.com/)

Replace just one of your 60 watt "regular" light bulbs with an LED and your savings over a year will more than pay for a 10 bulb package in this offer. (Note: We recommend that you choose "warm white" LED bulbs. They are similar to the "soft white" bulbs you're used to.)

If you do order the free and/or discounted energy saving items, tell us about it at Baraboo Saves (info@poweredupbaraboo.org). We'd like to know how many people from our area have participated and how many more we need to reach out to.

Finally, Powered Up Baraboo is also putting together information on other incentives to help you pay for your energy bills and take steps to reduce your energy use. If you would like to receive information about reducing your energy bills, send us your contact information to Baraboo Saves (info@poweredupbaraboo.org). You can also express interest in Powered Up's energy savings projects via the website http://www.poweredupbaraboo.org) and the Powered Up Facebook group (https://www.facebook.com/groups/983400942059247/?ref=share).

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Summer Smoothie

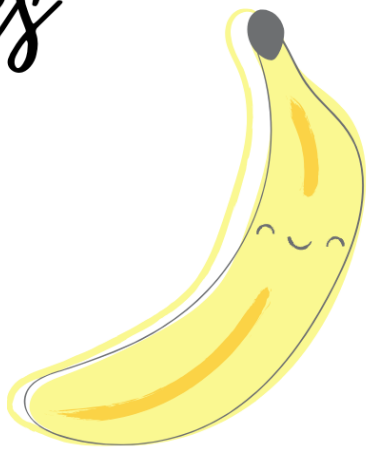
INGREDIENTS

- 1 CUP LOW-FAT MILK
- 1/2 CUP LOW-FAT VANILLA YOGURT
- 1 NECTARINE, SLICED
- 1 BANANA, BROKEN IN HALF
- 1/2 CUP CARROTS (FROZEN, CANNED, OR SHREDDED FRESH)
- 1 CUP ICE CUBES

DIRECTIONS

- PLACE ALL INGREDIENTS IN A BLENDER
- BLEND UNTIL SMOOTH, ADDING MORE MILK OR ICE AS NEEDED

Banana Pancakes



INGREDIENTS

- 1 BANANA, PEELED
- 1 SMALL EGG
- 6TBSP MILK
- 1/2 TBSP VEGETABLE OIL
- 1/2 CUP PANCAKE MIX

DIRECTIONS

- MASH BANANAS IN A BOWL. STIR IN EGG, MILK, AND OIL. ADD PANCAKE MIX TO BANANA MIXTURE, STIR UNTIL MOIST.
- LIGHTLY GREASE A FRYING PAN OVER MEDIUM HIGH HEAT. POUR 1/4 CUP BATTER ONTO PAN. WHEN BUBBLES APPEAR, FLIP THE PANCAKE. SERVE HOT AND ENJOY!

Source: https://hungerandhealth.feedingamerica.org/healthy-recipes/
Recipes have not been nutritionally analyzed.

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Asking for Help

Everyone needs help from time to time. Sometimes there is an urgent need such as a sudden illness or the death of someone close. Sometimes it is just a tough week when lots of little things go wrong. And still other times we simply find we are unable to do all the things we used to do. As a caregiver, the responsibilities can feel purely overwhelming at times. Whatever the case, we all find ourselves in a position where we need a little bit of help.

It can be so hard to ask for help! We are taught to take care of ourselves and see asking for help as a sign of weakness. We may tell ourselves that it will get better or that there isn't anything anyone else can do anyway. As a caregiver, we may feel that no one else can really do our job. We may even talk ourselves into thinking we actually don't need help, but deep down, we know we could use some assistance. Admitting that we need help is the first step to getting help.

When you are ready to ask for help, be specific in what you need the most. Sometimes you need something tangible like a some groceries or medications delivered, a ride to an appointment, your house cleaned or a meal prepared. Other times you may just need someone to talk. If you're not sure what you need, ask a friend, relative or counselor to help you. Write down your needs. Allowing yourself to name your needs can be hard, but it is a necessary step to getting help.

While you review your list of needs, determine the times you need help the most so that you may arrange for help ahead of time. Then think about the people you know who you might be able to help. Consider asking neighbors, people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked to help. There also may be people at the Aging & Disability Resource Center that could offer assistance.

The next step is directly asking for help. It is best to be specific in your request, "Could you pick up some groceries for me sometime today or tomorrow?" or "Would you be able to take me to an appointment next Monday?" or "Could we schedule a phone this week? I just need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it also makes it easier for the person helping to know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to get someone who can assist you.

Sometimes when people offer to help it may catch you off guard and you can't think of anything you need right at that moment. To remedy this, keep a pencil and paper handy and write down the various things you could use help with as you think of them. Then when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you need and it also allows people to choose something that they feel most comfortable with.

continued on next page

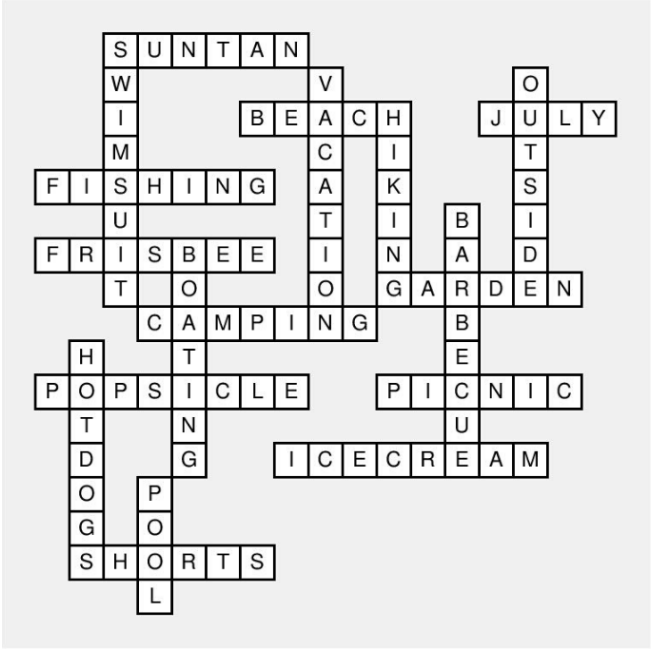
(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

Once you have successfully allowed others to assist you, continue to evaluate your situation. Needs change. You may find that you no longer need what you did before. Or there may be different areas where help is needed. Just make sure you are getting all your needs met so you can be as healthy and happy as possible.

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

The Public Service Commission of Wisconsin wants to let you know about three things we are doing to help residents connect to internet and phone service.

1. Internet and Phone Helpline 1 (608) 267-3595 M-F 7:45 – 4:30 a customer service phone line for people who need help locating phone or internet service, a Consumer Affairs staff person will walk through internet and phone service options, share any discount information and provide information about Lifeline eligibility and enrollment.
2. Emergency Internet Resources Website https://psc.wi.gov/Pages/Programs/BroadbandEmergencyInternetResources.aspx Many internet service providers are offering low-cost, discounted and free access options in response to the COVID-19 health emergency. The geography served, eligibility for offers, type of discount and length of time varies. This website compiles the information the Commission currently has.
3. Open Wi-Fi tool for Drive Up Internet https://maps.psc.wi.gov/apps/PublicWiFiLocations/ An online tool that can assist users in finding free-to-use public broadband locations in their area. These are emergency internet locations for when residents who don't do not have access to the internet at home. The buildings are closed but the Wi-Fi connections remain accessible.



Solution to Summer Crossword
from page 30
Free Crossword Puzzle, Compliments of © Memory-Improvement-Tips.com

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

If you know of someone who would enjoy receiving the AddLIFE Today! Newsmagazine, let us know! Do you have a friend or family member who cannot read AddLIFE Today! because of poor eyesight? AddLIFE Today! is also available on cassette tape. For more information, please call the ADRC at (608) 355-3289 or (800) 482-3710.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going to be on vacation, are moving, or if you would like to be removed from this mailing list. AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc

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

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Donation Designation Form

I want to help the Aging & Disability Resource Center to continue its mission and dedication of service to older adults and individuals with disabilities and their families.

Please designate this donation:

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I want my donation to go towards the following program(s):

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505 Broadway St, Room 102

Baraboo, WI 53913

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505 Broadway St
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CHANGE SERVICE REQUESTED

Weather Word Search

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil or use a marker to highlight the letters.

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

- CIRRUS
- COLD FRONT
- CONDENSATION
- CONDUCTION
- CONVECTION
- CORIOLIS EFFECT
- CUMULUS
- DEW POINT
- DOLDRUMS
- EVAPORATION
- GLOBAL WINDS
- HIGH PRESSURE
- HORSE LATITUDE
- HUMIDITY
- LOCAL WINDS
- LOW PRESSURE
- METEROLOGIST
- OCCLUDED FRONT
- PRECIPITATION
- RADIATION
- SATURATED
- STATIONARY FRONT
- STRATUS
- TRANSPIRATION
- UNSATURATED
- WARM FRONT

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