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

AddLIFE Today!

WINTER 2019/2020 | VOL 11 ISSUE 4

A Note From AARP:

We are sorry to announce that due to a shortage of local AARP volunteer leaders, AARP Foundation Tax-Aide will not be providing free tax assistance in Columbia, Marquette, and Sauk Counties for Tax Year 2019. The following sites will not open in February 2020.

- Columbia County Health & Human Services Building (Portage)
- Marquette County UWEX (Montello)
- Sauk County Aging & Disability Center (Baraboo)

While we are always actively recruiting new volunteers from the community, and there is always the possibility that with community involvement we could still provide tax service at these locations, at this time we are concentrating our efforts on recruiting and training that will allow us to reopen area sites in 2021. Starting in January 2020, taxpayers needing tax assistance can check the Tax-Aide Site Locator for the closest locations or call 888-227-7669 toll-free. The Tax-Aide Site Locator is found at http://www.aarpfoundation.org/taxhelp.

The ADRC is in GREAT NEED of Meals on Wheels Volunteers in Reedsburg

See Page 4 for more details!

New My Meal, My Way Options Coming Soon!

The ADRC is partnering with restaurants in Baraboo and Reedsburg to offer new breakfast and lunch options for older adults for a suggested donation of $5!
Be on the look out for more information coming soon!

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The ADRC will be closed on December 24, December 25, December 31, January 1, and January 20.

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

- Carole Moore for Aging Programs
- Faye Templin for the Dining Center and Home Delivered Meal Programs
- Dorothy Sivam for the publishing of AddLIFE Today! and the Elder Benefit Specialist Program
- Anonymous for Prevention Programs
- Betty Telvick in honor of Marvin Telvick for the Helping Hands at Home Program and the Shopping/Grocery/Fun-Day Bus Programs
- Anonymous for Dementia Care Support Programs
- Patrick & Bridget Flood in Memory of Kevin McCluskey for the Helping Hands at Home Program
- Mildred Lentz in Memory of Kevin McCluskey for the Shopping/Grocery/Fun-Day Bus Programs
- Anonymous for the publishing of AddLIFE Today!
- Anonymous for the Transportation Program
- Patricia Bullard for Aging Programs
- Gail Lamberty in Memory of Al & Armella Kowalski for the publishing of AddLIFE Today!
- Anonymous for the Family Caregiver Support Program

Looking to Volunteer?
We're looking for you!

The Sauk County ADRC is in GREAT NEED of Volunteers to deliver Meals on Wheels in Reedsburg. Do you have an hour to spare a day? What about an hour a month? As a Volunteer, you have the flexibility to help out every day or every now and then! Home Delivered Meal Volunteers pick up meals at their local dining center and deliver them to homebound adults in their community who are 60 or older and/or disabled. These meal routes typically take under an hour from start to finish.

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

If you are interested in giving back to your community, contact Brianna Wipperfurth, Volunteer Coordinator to get started!

brianna.wipperfurth@saukcountywi.gov or 608-355-3289

Wisconsin Disability Vote Coalition

The Wisconsin Disability Vote Coalition is a non-partisan effort to help ensure full participation in the electoral process for individuals with disabilities. Voters with disabilities are underrepresented at the polls and may experience barriers to voting. ADRCs can connect voters to help with overcoming these barriers. The Wisconsin Election Commission (1-866-VOTE-WIS) and the Disability Rights Wisconsin Voter Hotline (844-DIS-VOTE/ 844-347-8683) are ready to provide assistance. We also invite you to check out our videos and other resources on our website, and to follow us on Facebook. To be added to our email list, email us at info@disabilityvote.org with your request.

Check Us Out!

- On Facebook: www.facebook.com/wisconsindisabilityvote
- Our Website: www.disabilityvote.org
- Disability Rights Wisconsin Voter Hotline: 844-DIS-VOTE / 844-347-8683
- Email: info@disabilityvote.org

The Wisconsin Disability Vote Coalition is a non-partisan effort to help ensure full participation in the electoral process for individuals with disabilities including registering to vote, casting a vote, and accessing polling places. It is a project of Disability Rights Wisconsin and the Wisconsin Board for People with Developmental Disabilities.

Barbara Beckert, Disability Rights Wisconsin
barbara.beckert@drwi.org / 414-292-2724

Susan Blodgett
ADRC Director

Disability Benefit Specialists

Quinn Hause

Holly Schafer

Social Security Announces 1.6 Percent Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 percent in 2020. The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits) The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to $137,700. The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to $18,240. (We deduct $1 from benefits for each $2 earned over $18,240.) The earnings limit for people turning 66 in 2020 will increase to $48,600. (We deduct $1 from benefits for each $3 earned over $48,600 until the month the worker turns age 66.) There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

Medicare Information

Information about Medicare changes for 2020, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2020 are announced. Final 2020 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

Your COLA Notice

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

My Social Security is a secure, convenient way to receive COLA notices online and save the message for later. You can also opt out of receiving notices by mail that are available online. Be sure to choose your preferred way to receive courtesy notifications so you won't miss your secure, convenient online COLA notice.

Remember, Social Security services are free of charge. No government agency or reputable company will solicit your personal information or request advanced fees for services in the form of wire transfers or gift cards. Avoid falling victim to fraudulent calls and internet “phishing” schemes by not revealing personal information, selecting malicious links, or opening malicious attachments. You can learn more about the ways we protect your personal information and my Social Security account.

History of Automatic Cost-Of-Living Adjustments (COLA)

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975. Before that, benefits were increased only when Congress enacted special legislation.

Beginning in 1975, Social Security started automatic annual cost-of-living allowances. The change was enacted by legislation that ties COLAs to the annual increase in the Consumer Price Index (CPI-W).

The change means that inflation no longer drains value from Social Security benefits.

Any Questions or Concerns you may call your local Social Security Office or The Aging and Disability Resource Center at 608-355-3289.

ADRC Transportation

Welcome Staci!

Hi there! My name is Staci Dankert and I am the new Transportation Coordinator for the Sauk County ADRC. I am excited to help you with all of your transportation needs! I have degrees in both Accounting and Health Care Management from the University of Minnesota – Crookston. I am no stranger to Sauk County. I grew up here and for the last 7 years, I have worked for the Sauk County Health Department as their Quality Improvement Coordinator. I live in La Valle with my husband, Jeremy and two children, Gunnar and Aspen. I enjoy spending time with my family, cooking, and gardening.

Taxi Ticket Changes

As of January 1, 2020, the City of Baraboo and West Baraboo will have a new taxi service. Abby Vans Inc. will be operating Baraboo Transit. This means there will be a few changes to the ADRC Taxi Ticket Voucher Program. The changes are as follows:

- Instead of a punch card, Abby Vans will provide a booklet containing 10 vouchers.
- Clients who are over age 60 or disabled will still be able to purchase the booklets from the Sauk County ADRC for $15 for Baraboo and $7.50 for West Baraboo.
- The cab driver will take one voucher per one-way ride out of the booklet instead of punching a card.
- The ADRC will not begin selling the voucher booklet until January 5.
- Abby Vans will continue to accept any remaining punches you have on a current punch card.

A few reminders:

- Baraboo Transit has always been a shared ride service.
- Please allow 30 minutes after your pick up to arrive at your destination. For example, you have an appointment at 11 am, please plan your pick up time for 10:30 am.
- This only affects the Baraboo taxi service for Baraboo and West Baraboo.

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

Drive Safe this Winter

As the weather turns from fall to winter, remember to adjust your driving.

We want you to get to and from your destinations with as little trouble as possible, arriving safely no matter if you are having to travel through snow, ice, sleet, or freezing rain.

Winter Driving Tips

- Put some extra clothing and emergency items in your vehicle. Assemble a basic emergency kit including an extra pair of gloves, weather-resistant pants and/or coat, a pair of boots, a blanket, jumper cables, a flashlight with extra batteries, and a windshield scraper. Don't forget to add a few protein bars.
- Make sure that your car is checked over for the winter weather. Don't forget to check and clean your headlights and taillights, especially in stormy weather. Keep your windows clean and make sure the defrosters work well.
- Remember to adjust your speed if the weather turns bad and leave additional space between you and the car in front of you.

- Pay extra attention to bridges as they are more susceptible to ice.
- Skip the cruise control when you are driving in the winter. Your cruise control feature may respond to unexpected road conditions and accelerate when you are not intending and planning it to.
- Keep a bag of kitty litter in the trunk, both for added ballast to offer better traction and to put under the wheels if you need to get yourself out of a slippery spot.
- Don't be over confident in your four-wheel drive vehicle. You may get going quicker than others, but you can't stop faster. Four-wheel vehicles can lose traction as quickly as two-wheel drive.
- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don’t try to get moving in a hurry. And take time to slow down for a stoplight.
- Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can.
- Let someone else do the driving. Climb into a warm vehicle and be dropped off right at the front door. Take advantage of the transportation services offered by the ADRC!

Winter Shopping Bus

December
5 - Madison West Side
12 - Baraboo / Lake Delton
19 - Madison East Side
26 - **NO BUS**
January
2 - Baraboo / Lake Delton
9 - Madison West Side
16 - Baraboo / Lake Delton
23 - Madison East Side
30 - Baraboo / Lake Delton
February
6 - Madison West Side
13 - Baraboo / Lake Delton
20 - Madison East Side
27 - Baraboo / Lake Delton
March
5 - Madison West Side
12 - Baraboo / Lake Delton
19 - Madison East Side
26 - Baraboo / Lake Delton

Changes to Winter Fun Day Travels

We are changing the Fun Day Travels schedule for the months of January, February and March. Instead of offering Fun Day Travels every week, we would like to offer them every other week. On the opposite weeks, we are offering a lunch bus. There are many great restaurants in the surrounding areas that are worth checking out; Mexican, Chinese, Italian, American, etc. The bus fare would be $3.00 per person and the cost of lunch would be your expense.

Winter Fun Bus

December
3 - Governor's Mansion Christmas Tour
10 - Old World Christmas Market, Elkhart Lake
17 - Christmas Lights Tour (PM)
24 - NO BUS, Christmas Eve
31 - NO BUS, New Years Eve
January
7 - Lunch @ Jose's (Mexican), Baraboo, $3 Bus
14 - Baraboo Fire Dept Tour, $3 Bus, Lunch at the Log Cabin
21 - Lunch @ #1 Kitchen (Chinese), Sauk City, $3 Bus
28 - Portage Theater
February
4 - Lunch @ Cracker Barrel, Wisconsin Dells, $3 Bus
11 - Sun Prairie Cinema
18 - Lunch @ Sauk City Family Restaurant, $3 Bus
25 - WI Historical Museum/WI Capitol Building Self Guided Tour
March
3 - Portage Theater
10 - Olbrich Gardens Spring Flower Show
17 - Lunch @Marty's, Reedsburg, $3 Bus
24 - WI Veterans Museum/WI Capitol Building Self Guided Tour
31 - Lunch @ Eagle Inn, Prairie du Sac, $3 Bus

A Friendly Reminder: As a courtesy to all bus riders, please be at agreed upon pick up locations at the scheduled time to ensure trips run on time. Thank You!

For Your Benefit...
Your Elder Benefit Specialists

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

Mindy-Coming to You Walk-In Appointments:

Plain Library
1:00-3:00 pm:
December 11, February 5

Spring Green Library
1:00-3:00 pm:
December 18, February 19

Pam-Coming to You Walk-In Appointments:

Sauk Prairie Community Center
9:00-10:30 am:
December 12
NEW TIME FOR 2020-1:30-3:00 pm
January 9, February 13
Merrimac Village Hall
10:00-11:00 am:
December 11, January 8

Welcome to Medicare Presented by Mindy Shrader & Pam Fuchs

This workshop is for people turning 65 or becoming newly eligible for Medicare. It discusses Medicare and additional options available to those signing up for Medicare. It is designed to help you make informed decisions regarding your Medicare health insurance.

Next Workshop:
January 21, 4:30 PM
Room B30
West Square Building
505 Broadway St
Baraboo, WI 53913

Pam Fuchs serving the eastern part of Sauk County

Mindy Shrader serving the western part of Sauk County

Public Benefits and Immigration: The New Public Charge Rule

By the GWAAR Legal Services Team

In order for a person to enter the U.S. or get a green card, there has always been a test to identify who may end up depending on the government as their main source of support, otherwise called a "public charge." If the government decided a person was "likely at any time to become a public charge" in the future, it could deny a person admission into the U.S. or lawful permanent residence ("green card") status.

This test is administered by an immigration officer, who looks at a range of factors including age, health, income, assets, resources, education/skills, family members they support, family members who will support them, and affidavits of support. The test has always involved "heavily weighed factors" – both positive and negative - and has always considered cash assistance for income maintenance as a negative factor.

Beginning October 15, 2019, a new public charge rule broadens the list of public benefits it will consider.

Who does the Public Charge rule apply to?

- Anyone seeking admission into the U.S. or lawful permanent resident status (green card)

Who is NOT affected by the Public Charge rule?

- Green card holders who are applying for U.S. Citizenship
- Refugees
- Asylees
- Survivors of trafficking, domestic violence, or other serious crimes
- VAWA self-petitioners (Violence Against Women Act)
- Special immigrant juveniles
- Certain people paroled into the U.S.

What benefits will be considered?

- Any Federal, State, Local or Tribal cash assistance for income maintenance, including TANF, SSI and general assistance programs, and Long-Term Care Medicaid. These benefits were considered under the old rule. Use of these benefits prior to and after October 15, 2019 will be considered.
- **New**: Medicaid (with the exceptions of emergency services, children under 21 years old, pregnant women and 60 days post-partum). Use of these benefits on or after October 15, 2019 will be considered.
- **New:** Supplemental Nutrition Assistance Program (SNAP) (formerly known as "food stamps," called FoodShare in Wisconsin). Use of these benefits on or after October 15, 2019 will be considered.
- **New:** Federal Public Housing, Section 8 housing vouchers and Section 8 project-based rental assistance. Use of these benefits on or after October 15, 2019 will be considered.

What Benefits will not be considered?

- Medicare Part D Low-Income Subsidy (LIS)/Extra Help
- Disaster relief
- Emergency medical assistance
- Entirely state, local or tribal programs (other than cash assistance)
- Benefits received by imigrant's family members
- CHIP

- WIC
- School Breakfast and Lunch
- Energy Assistance (WHEAP)
- Transportation vouchers or non-cash transportation services
- Non-cash TANF benefits
- Tax credits, including the Earned Income Tax Credit and Child Tax Credit
- Advance premium tax credits under the Affordable Care Act
- Pell grants and student loans
- Community resources such as homeless shelters or food pantries

One of the most important things to keep in mind is that only the receipt of public benefits by the applicant are considered – not receipt by family members. For example, if a mother receives SSI and Medicaid, it will not affect her son's application for a green card. In addition, receiving public benefits does not automatically make a person inadmissible. All factors mentioned above (such as age, health, education, etc.) must still be considered. Also, the new public charge rule has nothing to do with current rules regarding deportation.

There are currently many lawsuits pending against this new rule, so changes may be coming in the future. If you have questions about how this rule might affect you, it is best to seek advice from an immigration attorney or advocacy group.

You can visit this website to locate immigration resources in your area: https://www.immigrationadvocates.org/nonprofit/legaldirectory/search?state=WI

An Obvious Sign of Scams: Payment in Gift Cards

By the GWAAR Legal Services Team

Recently, a resident of Wisconsin received a threatening call from someone saying he was from the Social Security Administration. The resident was told there was a warrant out for her arrest, and that she needed to cooperate or she would be arrested. He told her exactly how many minutes away the local Dollar General store was from her house, which is where he told her to buy $200 worth of eBay gift cards. The caller then instructed her to give him the redemption codes on the gift cards. The resident was obviously scared, and complied. After she met this first demand, the caller told her she needed to get another $500 worth of gift cards to get out of trouble. Luckily, on her drive back to the store, she realized this may be a scam and went to the sheriff's office instead.

Gift cards have become a popular way for scammers to steal money because they are nearly as untraceable as cash and are much more transferable. In previous scams, imposters would ask you to wire money to them but, increasingly, they tell you to go put money on a gift card.

How the scams work

The caller will often tell you to go buy a popular gift card from iTunes, Google Play, Amazon, or in the case above, eBay. The caller will tell you to get the card at a particular store near you such as Walmart, Target, Walgreens, CVS, or a dollar store. They may even have you buy several cards at several stores. Sometimes, the caller will stay

on the phone with you while you go to the store. Once you buy the card, the caller will demand the gift card number and PIN on the back of the card. Those numbers let the caller immediately get the money loaded onto the card. Once the caller has those numbers, the money is gone, and usually without a trace.

Examples of the types of callers

- Someone may claim to be from the Social Security Administration, telling you that you owe money and if you fail to pay you risk losing your monthly benefit check.
- A caller may pretend to be from law enforcement, a court, or an attorney's office, threatening arrest, court appearance, or bailing a family member out of jail.
- Someone might call you and claim to be from the IRS, collecting back taxes or fines.
- The callers might say they're from tech support, asking for money to fix your computer. They may try to tell you that they've detected a virus on your computer that they will help you remove.
- Someone might even say he or she is a family member with an emergency and needs money right now.
- Callers pretend to be from a utility company, telling you to pay your bill by gift card or they'll cut off your power or water.
- Sellers on online auction sites who ask for gift cards will ask to "buy" big items like cars, motorcycles, boats, RVs, tractors and electronics.
- Someone may pose as a service member to get your sympathy, saying he has to sell something quickly before deployment and
- Callers will say you've won a so-called prize for a sweepstakes you probably never entered – but first you have to use a gift card to pay fees or other charges.
- A caller may buy something from you, probably online, and will send a check for more than the purchase price. The caller will then ask you to give them the difference on a gift card, and the check will bounce.

What all of these callers have in common is an urgent need for you to send money right away. The most important takeaway? Gift cards are not used — and cannot be used — to pay bail, taxes or court fines. Gift cards are just that – gifts.

What if you paid a scammer with a gift card?

If you paid a scammer with a gift card, tell the company that issued the card right away. When you contact the company, tell them the gift card was used in a scam. Ask them if they can refund your money. If you act quickly enough, the company might be able to get your money back. Also, tell the store where you bought the gift card as soon as possible. In the case above, the EBS helped the client notify the Dollar General store, which agreed to educate employees about these scams. You can also do the following:

- Tell the **Federal Trade Commission** about any type of scam or fraud you detect at ftc.gov/complaint, or call toll-free: 1-877-FTC-HELP.
- Report it to your state **Attorney General** (for a list of state offices, visit naag.org).
- From **FTC**: https://www.consumer.ftc.gov/articles/paying-scammers-gift-cards
- From **AARP**: https://www.aarp.org/money/scams-fraud/info-2019/gift-card-fraud.html

Securing of Vehicles and Homes

If you watch the news out of Madison, the reports of stolen vehicles and entry to vehicles and homes are rampant, almost a daily occurrence. The challenge that we have; it happens here in Sauk County too! There are targeted groups of adults and juveniles that load up and target neighborhoods all over Southern Wisconsin, looking to make you a victim.

I recall at a young age my mother telling me that "locks keep honest people honest". Although I understand the rationale, in my years of being a police officer I have learned that locks prevent crimes of opportunity as well. In an extraordinarily high percentage, we hear of people leaving their cars or homes unlocked and then they become victims. What is increasingly concerning is that these offenders are doing things like using the garage door opener in a car to gain entry to a house, sometimes when families are home. They are stealing property and keys, eventually stealing cars. We have had several throughout the area that have turned into high speed police pursuits, which is just dangerous.

We can all do our part to reduce these crimes of opportunity and it is very simple:

- Lock vehicles and homes, even when the vehicles are parked in the driveway.
- Do not leave items of value in your vehicle and visible.
- Lock the doors to our homes and garages or sheds.
- Do not start your vehicle to warm it up and leave it unattended or unlocked.
- If you see something, say something. Report things to the police.

It seems so simple but the impact will be enormous of we all take just a few easy steps.

Mark Schauf
Chief of Police
Baraboo Police Department

NAMI

The National Alliance for the Mentally Ill has monthly meetings at the West Square Building in Baraboo. These meetings are held on the first Thursday of the month at 6:00 pm.

Spring Green Community Center

The Spring Green Community Center will be having an open house during Country Christmas, December 7th from 10-3 and December 8th from 11-3. There will be entertainment and light refreshments.

Winter Word Search

Avalanche
Cardinal
Evergreen
Hockey
Icicles
Polar
Snowsuit
Blanket
Cocoa
Fireplace
Holidays
Mittens
Reindeer
Traditions
Bobsled
Earmuffs
Frosty
Holly
Pinecone
Snowflake

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

Aging & Disability Specialists

Helping you put the pieces together!

For Your Convenience, the ADRC has four satellite offices and extended hours in Baraboo.

The **Baraboo** office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 p.m. on the following Tuesdays: December 17, January 21, and February 18. As always, after hours appointments are available upon request and availability.

The **Lake Delton** office is in the Frank Fischer Senior Center at 20 Wisconsin Dells Parkway South and is open every Tuesday from 11:00 a.m. to 1:00 p.m. No appointments are needed.

The **Reedsburg** office is in the Reedsburg Human Services 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 Community Library at 230 E Monroe St. The office will be open every other Thursday from 10:00 a.m. to 12:00 p.m. The next days are: December 12, December 26, January 9, January 23, February 6, & February 20.

If you would like further information, call the ADRC at 355-3289 or 800-482-3710. Some dates subject to change.

Jim Pritzkow

Julie Mayer

Rachel Heinzman

Hannah Halverson

Megan Fecht

Kari Edwards

Check Your Beneficiary Designations!

By the GWAAR Legal Services Team

When was the last time you checked the beneficiary designations on your retirement and other investment accounts? When you sign up for a 401(k) or any other bank or investment account, you are asked to name a beneficiary who will receive the money in the account when you pass away. Many people fill out the form and forget who is listed as a beneficiary on an account. Some people even leave the beneficiary designation blank when they open an account.

Although many people make sure that important documents like wills are updated when necessary, they often overlook beneficiary designations on financial accounts. If it's been awhile since you checked, you may find that your designated beneficiary is not who or what you think it should be. For example, if you named a charity as your beneficiary many years ago, that charity may no longer exist. If you're divorced, your ex-spouse may still be listed as a beneficiary. If you didn't choose a beneficiary or your named beneficiary has passed away, your beneficiary may be determined by federal or state law or by the plan document that governs your retirement accounts. Whatever your beneficiary statement says will trump your will. Fortunately, changing your beneficiary isn't hard to do. If you do not remember who you've chosen as a beneficiary, you can request a copy of your beneficiary forms from your financial institution. You can revoke your beneficiary designation and choose a new beneficiary with a change of beneficiary form. You can also add additional beneficiaries. If you change or add beneficiaries, make sure that your account administrator has received the form. Beneficiary designations are only effective if they are received by the account administrator before the account owner dies.

You should check your estate plan periodically, including your will, power of attorney documents, and any beneficiary designations. You should also check these documents after major life events, like marriage or divorce. If you have any questions about your beneficiary designation, you should contact your financial institution. If you have questions about any other documents in your estate plan, you should contact an estate planning attorney.

To find an estate planning attorney near you, you can contact the State Bar of Wisconsin's Lawyer Referral and Information Service at (800) 362-9082 or search online here: https://www.wisbar.org/forPublic/INeedaLawyer/Pages/Lawyer-Referral-Request.aspx

16th ANNUAL FREE CHRISTMAS DINNER TO BE HELD AT BARABOO FIRST UNITED METHODIST CHURCH, DECEMBER 25TH

The First United Methodist Church, 615 Broadway in Baraboo, will host the 16th annual free Baraboo Area Community Christmas Dinner on Wednesday, December 25th at 12:00 noon. All are welcome.

The Baraboo Area Community Christmas Dinner is the work of numerous churches, charitable groups, and individual volunteers. Last year the event drew more than 300 guests of all ages, both individual and entire extended families.

The hot, home-cooked Christmas Dinner with all the trimmings is dine-in or delivery to the homebound whose addresses are within the Baraboo School District: there are no take-outs. While there is no cost for the meal, a free-will offering is accepted to help cover expenses.

Volunteers are needed to help prepare, serve, and clean up after the meal. Cash donations and contributions of turkey breasts and hams (not spiral, please) are also welcome.

In order to plan for the proper amount of food, reservations are encouraged. To place a reservation to attend the dinner or schedule a meal delivery for the homebound, please lwave a voicemail at (608) 448-6238 through Friday, December 20th. To volunteer, please call the First United Methodist Church office at (608) 356-3991. To make a cash donation, you may send a check or money order to FUMC, 615 Broadway, Baraboo, WI 53913, with the notation "Christmas Dinner".

SAUK COUNTY FOOT CLINIC SCHEDULE

Baraboo-West Square Building
Tuesdays: Dec 3 & 17, Jan 7 & 21, Feb 4&18
Wednesdays: Dec 18 & Feb 19
Lake Delton-Frank Fischer Center
Wednesdays: Dec 4, Jan 3, Feb 5
La Valle-Fire Department
Wednesday: Jan 22
Oak Park Place
Reserved for Oak Park Place Residents
Wednesday: Jan 22
Plain-Kraemer Library
Thursday: Dec 26
Wednesday: Feb 26
Reedsburg-Maple Ridge
Tuesdays: Dec 10, Jan 14, Feb 11
Thursdays: Dec 19 & Feb 20
Reedsburg-Senior Life Center
Wednesday: Jan 15
Reedsburg-Willow Heights
Wednesdays: Dec 11 & Feb 12
Sauk Prairie-St John's Church
Thursdays: Dec 5 & 12, Jan 2 & 9, Feb 6 & 13
Spring Green-Christ Lutheran Church
Tuesday: Jan 29

At the foot clinic appointment you will receive a foot soak, nails trimmed, callouses filed, and your feet inspected by Sauk County Health Department aids and nursing staff.
Please call the Health Department at 355-4338.
The cost for the foot clinic visit is $30.00.

Oh SNOW!

The ADRC is looking for people who do snow removal in Sauk County.

Individuals must pass a background check and would then be added to the Helping Hands at Home List. Contact Marina Wittmann at the ADRC for an application! (608) 355-3289

Save the Date

Wisconsin Alzheimer's Advocacy Day 2020
Tuesday, February 11, 2020
Best Western Premier Park Hotel
22 S. Carroll Street, Madison, WI

Join advocates from across Wisconsin as we educate our state legislators about the impact of Alzheimer's disease

Contact the ADRC if you are interested in transportation to this event
608-355-3278

The Volunteer Buzz

Brianna Wipperfurth
Program Coordinator

Volunteering Helps Us as We Age!

By the GWAAR Legal Services Team

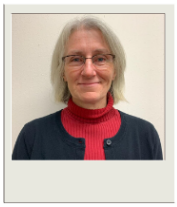
A national study of health and well-being funded by the National Institute on Aging reports how volunteering as we age has numerous benefits. The following are the highlights of the study:

- Older adults volunteering 10 or fewer hours a month feel more satisfied with life, like themselves, and have good relationships with others. Volunteering provides opportunities to make friends and gain self-esteem from seeing how volunteering benefits others. (Interestingly, the study suggests that volunteering more than 10 hours may actually cause stress).
- Making charitable donations of any size is linked to greater well-being. For older adults limited by health problems, giving money may provide a way to stay involved and connected.
- Older people who volunteer report feeling more cheerful, more peaceful, more satisfied, and more full of life.
- Volunteering fulfills the need to contribute to future generations by passing on skills or knowledge.
- Those who have more social contact through volunteering have better mental functioning (thinking clearly, remembering details) as they age.
- Volunteering helps older adults without major social roles (not an employee, a partner, or a parent) maintain a sense of purpose such as having goals, aims, and direction.
- Volunteering provides meaningful activities or new roles that sustain self-identity and purpose.

The full study can be found from MIDUS (Midlife in the United States) at http://www.midus.wisc.edu/newsletter/volunteering.pdf.

Interested in volunteering for the ADRC? I would be glad to get you started. The ADRC is always looking for Home Delivered Meal Drivers, Volunteer Escort Drivers, Office Support, Dining Center Helpers and more! Call or email me for more information. brianna.wipperfurth@saukcountywi.gov or (608) 355-3289.

- Brianna Wipperfurth



Nutrition News

Welcome Meg!

Meg Allen joins the ADRC as Nutrition Coordinator, following a rewarding year with Kids Ranch and sixteen equally rewarding years of service to the City of Baraboo at the Baraboo Public Library. She holds a BS in Chemistry and an MA in Library and Information Studies, both from the University of Wisconsin-Madison. Meg and her husband Scott have a daughter, Claire, and live in a fixer-upper farmhouse in the Town of Washington with their old dog Chandler. Her favorite place to be is outdoors - in her own five-acre woods or in the piney woods up north -hiking, camping, skiing, paddling, or doing absolutely nothing at all.

Emergency Preparedness

Be prepared. We've all heard that phrase. A parent, a teacher, a Scout troop leader, someone tries to impress on us the importance of planning ahead. If you're like me, chances are at some point, you may have ignored that advice and regretted it. Now is a great time to put those words of wisdom into action and make some advance preparations for what winter might have in store for us.

Emergency Food Supply

Consider putting together an emergency, non perishable food supply. Food for three days should be sufficient for most situations. Choose foods that require no refrigeration and minimal, or no preparation or cooking. Some examples include:

- Juices-bottles, cans, powdered, or juice boxes
- Individual fruit cups
- Dry cereal-hot or cold
- Canned tuna or chicken
- Canned soup, chili, spaghetti, or ravioli
- Peanut butter
- Crackers, cookies, or protein bars
- Hot cocoa, tea, instant coffee, or other instant drinks
- Nuts or trail mix

Other Needs

In addition to food, and depending on your preferences, health conditions, and storage space, there are a number of other items you may want to have on hand, particularly in a power outage should occur due to a winter storm:

- 3-5 gallons of fresh water for each member of the household
- A manual can opener if you are able to use
- A battery-operated radio, flashlights, and extra batteries
- Extra blankets, coats, hats, and gloves

- Non-perishable food for pets
- Candles and matches or a lighter
- Hand wipes or baby wipes
- A first aid kit
- At least one week of prescription and over-the-counter medications on hand at all times

A power outage can present a serious problem if you rely on a medical device. Talk to your health care provider about how to prepare. If you live alone, be sure to make arrangements for someone to check on you.

Each household is different, so developing your own plan and list of supplies is a great idea. Take the time now to think about what you'll need and pull those items together. When winter storms arrive you'll be glad you did!

(Sources: Greater Wisconsin Agency on Aging Resources and UW Extension)

Dining Center Schedule

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

NEW! BARABOO: MY MEAL, MY WAY
BREAKFAST/LUNCH SERVED
MORE INFORMATION COMING SOON

NEW! REEDSBURG: MY MEAL, MY WAY
SALAD BAR & SOUP SERVED
MORE INFORMATION COMING SOON

REEDSBURG
Boys and Girls Club
300 Vine St, Reedsburg
Phone: 963-3438
Lunch served at 11:30 am

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 when possible.

BARABOO
Highpointe Commons
1141 12th St, Baraboo
Phone: 963-3436
Lunch served at 11:00 am

LAKE DELTON
Frank Fischer Senior Center
20 Wisconsin Dells Pwky S
Lake Delton
Phone: 393-7214
Lunch served between
11:30am-12:30pm,
No Reservations Needed

SAUK/PRAIRIE
Sauk Prairie Community Center
730 Monroe St, Sauk City
Phone: 963-3437
Lunch served at 12:00 noon

PLAIN: MY MEAL, MY WAY
Schnitzelbank Restaurant
1170 Main St, Plain
Breakfast served Thur. & Fri.
9:00 am - 11:00 am
No Reservations Needed

Winter Weather Affects Your Home Delivered Meals

During the winter months, there are days when our volunteer drivers for home delivered meals must brave the elements to get lunch to your door!

There is a possibility that there will be days during the winter months when roads might be a little more difficult to navigate than normal. On those days your meal may be delivered a little later than usual, and your patience will truly be appreciated!

We're sure you will agree that our driver's safety is very important. Please remember to make the necessary arrangements to have your sidewalks and/or driveway cleared of ice and snow. Our volunteers will not deliver to your home if the walkways are unsafe. Thank you!

Listen to the Radio!

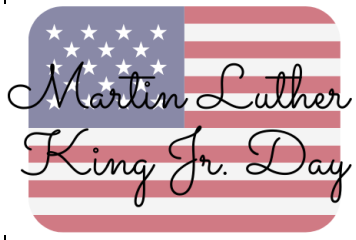
When weather looks threatening, be sure to listen to your radio. A decision to close the dining center will be made by 8 am that day. The following radio stations will report the dining center closings:

Reedsburg - WRDB 1400 AM
Baraboo - WRPQ 740 AM
Richland Center - WRCO 1450 or 100.9 FM

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie	3 Roast Turkey Bread Stuffing Capri Blend Veggies Roll/Jell-O Whip	4 Lasagna Italian Veggies Garlic Bread Fruit Mix	5 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll/Frosted Cake	6 Fried Fish Waffle Fries Broccoli Cookies
9 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Pie	10 Roast Turkey Rice Pilaf/Wheat Roll French Cut Green Beans Oatmeal Raisin Cookie	11 Grilled Ham Slices Scalloped Potatoes Butternut Squash/Roll Ice Cream Fudge Bar	12 Roast Beef/Gravy Mashed Potatoes Scalloped Corn/Roll Strawberries w/ Whip	13 Tuna Noodle Casserole Green Peas Buttered Beets Roll/Lemon Cake
16 Chicken Teriyaki Rice Pilaf/Wheat Roll Asian Veggies Peach Pie	17 Meatloaf Baked Potato Brussel Sprouts/Roll Sliced Strawberries	18 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Roll/Marble Cake	19 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp	20 Oven Fried Fish Tartar Sauce Sweet Potatoes/Broccoli Wheat Roll/Cookie
23 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	All Dining Sites will be CLOSED on December 24-25		26 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread/Ice Cream	27 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread/Pie
30 Chili Cottage Cheese Biscuit Cherry Crisp	All Dining Sites will be CLOSED on December 31	NOTE: Meals are subject to change on occasion. Site meals include coffee & milk. Home Delivered Meals include milk.	To cancel a meal or make a Dining Site reservation, please call: Sauk Prairie: 963-3437 Baraboo: 963-3436	Reedsburg: 963-3438 Lake Delton: 393-7214 La Valle: 355-3289 Frozen: 355-3289

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.	To cancel a Home Delivered Meal or make a Dining Site reservation, call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289		2 Cran Glazed Pork Loin Au Gratin Potatoes Broccoli Roll/Honeyed Pears	3 Baked Fish Herbed Rice Pacific Blend Veggies Roll/Fruit Mix
6 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie	7 Roast Turkey Bread Stuffing Capri Blend Veggies Jell-O Whip/Roll	8 Lasagna Italian Veggies Garlic Bread Fruit Mix	9 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Roll/Frosted Cake	10 Fried Fish Waffle Fries Broccoli Cookie
13 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Assorted Pie	14 Roast Turkey Rice Pilaf/Roll French Cut Green Beans Oatmeal Raisin Cookie	15 Grilled Ham Slices Scalloped Potatoes Butternut Squash Roll/ Ice Cream Fudge Bar	16 Roast Beef & Gravy Baked Mashed Potatoes Scalloped Corn/Roll Strawberries w/Whip	17 Tuna Noodle Casserole Green Peas Buttered Beets Roll/Lemon Cake
	21 Meatloaf Baked Potato Brussel Sprouts Roll/Sliced Strawberries	22 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans/Roll Frosted Marble Cake	23 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp	24 Oven Fried Fish Tartar Sauce Sweet Potatoes/Broccoli Roll/Cookie
27 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	28 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix	29 Goulash Brussel Sprouts Roll Cookie	30 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread/Ice Cream	31 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread/Pie

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili Cottage Cheese Biscuit Cherry Crisp	4 Oven Fried Chicken Mashed Potatoes/Gravy Green Bean Casserole Biscuit/Ice Cream Sammy	5 Italian Meat Sauce Spaghetti/Garlic Bread Capri Blend Veggies Pudding Parfait	6 Cran Glazed Pork Loin Au Gratin Potatoes Broccoli/Roll Honeyed Pears	7 Baked Fish Herbed Rice Pacific Blend Veggies Roll/Fruit Mix
10 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie	11 Roast Turkey Bread Stuffing Capri Blend Veggies Jell-O Whip/Roll	12 Lasagna Italian Veggies Garlic Bread Fruit Mix	13 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Roll/Frosted Cake	14 Fried Fish Waffle Fries Broccoli Cookie
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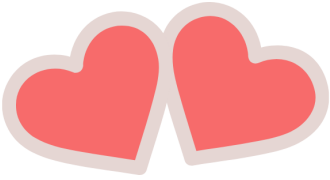
24 Chicken Teriyaki Rice Pilaf Asian Veggies/Roll Peach Pie	25 Meatloaf Baked Potato Brussel Sprouts Roll/Sliced Strawberries	26 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans/Roll Frosted Marble Cake	27 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp	28 Oven Fried Fish Tartar Sauce Sweet Potatoes/Broccoli Roll/Cookie
NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.	To cancel a Home Delivered Meal or make a Dining Site reservation, call:	Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289		

Veteran's Messenger

Voice of the Messenger

Tony Tyczynski
Veterans Service Officer

Dear Friends,

I want to use the occasion of the VA granting Agent Orange presumptives to Blue Water Navy veterans, to remind all of you that surviving spouses of these veterans are potentially eligible for significant benefits. Sadly, many of the veterans that are now eligible have passed away, but this does not mean that their surviving spouses aren't eligible to apply. Please help us get the word out. Also, I want to remind all of you at this time that ALS (also known as Lou Gehrig's Disease) is a presumptive for all veterans that had 90 days or more of service. This would also open the door for benefits for the surviving spouse of a veteran who passed away from ALS. If you are a Blue Water Navy Veteran or the surviving spouse of a Blue Water Navy veteran, now is the time to contact our office and get your claim started.

In Your Service,

Tony

Blue Water Navy Vietnam Veterans Act of 2019

Due to a recent law change, you may be eligible for VA benefits. The new law (Public Law 116-231, Blue Water Navy Veterans Act of 2019):

- Extends presumption of herbicide exposure to service within the offshore waters of the Republic of Vietnam, and
- Provides a potential earlier effective date for conditions that were previously denied a service connection.

How This May Affect You

You were previously denied service-connected benefits for an herbicide-related disability, and you may now be eligible. You may also be eligible for a potential retroactive effective date if VA grants service-connected benefits under the new law for an herbicide-related disability you previously claimed on or after September 25, 1985, and before January 1, 2020, that was subsequently denied.

Eligibility Criteria

You may apply for benefits if you believe the following criteria are met:

1. You served aboard a US Navy or Coast Guard ship on the offshore "blue waters" of the republic of Vietnam between January 9, 1963, and May 7, 1975, VA will presume herbicide exposure if your service included:
   a. Duty or visitation within the Republic of Vietnam itself, or

b. Travel on a vessel in the inland waterways of the Republic of Vietnam, or
c. Travel on a vessel within the eligible offshore waters as listed in Public Law 116-23.

2. You can provide us with evidence or identify any evidence that we can gather on your behalf, such as a diagnosis or treatment for one or more of the conditions noted in 38 C.F.R. 3.309(e), listed below:
   - Amyloid light-chain (AL) amyloidosis
   - Chloracne or other acneform disease consistent with chloracne
   - Parkinson's disease
   - Peripheral neuropathy, early-onset
   - Porphyria cutanea tarda
   - Chronic B-cell leukemias
   - Diabetes mellitus type 2
   - Ischemic heart disease
   - Lymphoma, Hodgkin's
   - Lymphoma, Non-Hodgkin's
   - Multiple myeloma
   - Prostate cancer
   - Respiratory cancers (lung, bronchus, larynx, or trachea)
   - Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma, or mesothelioma)

Commissary & Exchange Privileges Expanding

Starting Jan. 1, all Department of Veterans Affairs service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers will be eligible to shop at commissaries and exchanges on base, and to use certain morale, welfare and recreation facilities. All veterans with VA service-connected disability ratings of 0 to 90 percent are newly eligible.

Service-connected disabled and other veterans who are newly eligible will use their veterans' health ID card, or VHIC to gain access to the installation, and to shop. Defense officials have added the capability of scanning the VHIC card at most installations' front gate scanning systems. The balance of the Army installations will have the capability by the end of September, 2020, but most of the remaining installations don't have facilities that offer the benefits, she said, such as commissaries and exchanges.

The fiscal 2019 National Defense Authorization Act expanded the pool of eligible shoppers. The expansion also applies to Coast Guard facilities. The law also included Medal of Honor recipients, but they already had shopping privileges. Previously, veterans with 100 percent service-connected disabilities were able to shop; now all with service-connected disabilities can shop.

The benefit extends to MWR programs that are "revenue-generating facilities," according to the law. One example is golf courses. This is the largest expansion of eligible customers in more than 60 years, and officials at the departments of defense, Veterans Affairs and Homeland Security have been planning for the rollout for more than nine months.

Don't have a VHIC card, but you're eligible?
Officials have also come up with a system that will allow access for about 37,000 veterans who qualify for the new benefits, but aren't eligible for the VHIC. The only eligible veterans who aren't currently eligible for a VHIC are those veterans with a zero percent service-connected disability rating whose income exceeds the Housing and Urban Development indices.

The VA will provide a letter to these disabled veterans indicating they are eligible for these privileges, even if not eligible for the VHIC.

That letter, along with a driver's license, passport or other authorized form of ID, will allow these newly eligible shoppers access to the installation, and allow them to use the privilege at commissaries, exchanges and designated MWR facilities.

This is similar to the process for veteran caregivers. The benefit applies to the primary caregiver of wounded/injured veterans who are registered in the VA caregiver program. The VA will post a memo to VA.gov for caregivers, to be used for access at the front gate, along with a driver's license, passport or other authorized form of ID.

Can my spouse shop, too?
Theoretically, no. However, your spouse and family members can come into the stores with you, but they just can't buy anything.

That said, it might take longer to get on base if they're with you.

The procedures for access to the installation require people without a DoD-issued credential to stop at the visitor control center to undergo a check for criminal history and terrorism indicators, Maxwell said. If the check is successful; if the person's credential presented can be enrolled; and the installation has installation access control system enrollment capabilities, guests may be able to enroll for recurring access for later visits with their sponsor.

Upcoming 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: Vincent Brunner Family; Greenwood Auxiliary; American Legion Post 242; DAV Auxiliary; Bob O'Brien; American Legion Post 350; Anonymous.

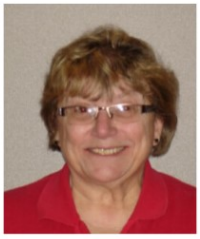
These tax-deductible donations are used to help needy veterans of Sauk County.

Pictured with Tony Tyczynski is Marlene Powell and Jackie Martz for the Greenwood Memorial Post 987 Auxiliary

Louie Birkholz
Assistant
Veterans
Service Officer

Pamela Russo
Veterans
Benefit
Specialist

Sandy Deich
Veterans
Administrative
Support



Kathy Kent
Veterans
Benefit
Specialist

Caregiver Connections & Prevention Pointers

Marina Wittmann, Aging Program Coordinator

Winterize to Prevent Falls

Below are five simple steps that YOU can take today to reduce falls. Share these steps with other older adults and adults with disabilities in your community.

1. Raise Awareness
   a. Share these six simple steps to prevent falls: find a good balance and exercise program, talk to your health care provider about your fall risk, regularly review your medications with your doctor or pharmacist, get your vision and hearing checked annually and update your eyeglasses, keep your home safe by removing tripping hazards, and talk to you family members for their support.
2. Winterize shoes, boots, and assistive devices
   a. Attach spike-less ice and shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
   b. Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online or at local pharmacies.
   c. Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
3. Carry kitty litter for slick surfaces
   a. Carry a zip lock bag filled with a lightweight kitty litter and cast it out ahead when slick surfaces appear.
4. Screen for fall risk
   a. Ask health care providers to screen for fall risk (the STEADI fall risk screening tool is a great option)
5. Give the gift of falls prevention
   a. Encourage your adult children to give fall-proofing gifts:
      i. Fall alarm systems that are motion triggered without hitting a button
      ii. Higher toilets in the home
      iii. Replace multi-focal glasses with single vision eyeglass lenses
      iv. Grab bars in bathroom and next to outside steps or inside thresholds
      v. Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances
      vi. Cover the entryway to the home and provide a table to set down bags when finding keys
      vii. Shorter days mean more time in the dark-give tiny flashlights to attach to keys, hats, and coat buttons

-Mindy Oxman Renfro, PT, PhD, DPT; Chair, American Physical Thryapy Association's AGPT Balance & Falls SIG; Lead, Montana's Falls Free Coalition; University of Montana Rural Institute/MonTECH programs.

Help make this season a safe, warm, and wonderful one. For more information about our Stepping On falls prevention workshop, contact Marina at the ADRC, (608) 355-3289.

Congratulations to our recent Stepping On and Powerful Tools for Caregivers graduates! A big thank you to the following guest speakers for our Stepping On workshop: Physical Therapist Hannah Johnson, Officer Travis Hilliard, Pharmacist Nicole Sandberg, Vision Expert Brent Perzentka, Past Participants Joe & Roger, and the Sauk Prairie Community Center. Thank you for another successful workshop! Also a big thank you to Oak Park Place for hosting our Powerful Tools for Caregiver workshop. Call Marina at the ADRC if you are interested in either Stepping On or Powerful Tools workshops.

General Family Caregiver Groups

- Oak Park Place in Baraboo, 4th Tuesday @ 6pm | Contact Mary Brewer | 355-4111
- First Congregational Church in Baraboo, 2nd Monday @ 2pm | Contact Mary Larson | 254-7002
- VA Clinic* in Baraboo, 4th Monday @ 1:30pm | Contact Meghann Schmitt | 256-1901 ext. 13059
  *caregiver of enrolled veteran or enrolled veteran who is a caregiver

Parkinson's Specific Groups

- First Congregational Church in Baraboo, 3rd Monday @ 2pm | Contact Sylvia Kriegl | 356-7096
- Wellspring in Prairie du Sac, 3rd Monday @ 3pm | Contact Deb Fanta | 592-7860

Dementia Specific Groups

- Reedsburg Senior Life Center, 3rd Wednesday @ Noon | Contact Janet Wiegel | 742-9055
- Maplewood in Sauk City, 4th Tuesday @ 3pm | Contact Theresa Grimes | 643-3383
- Spring Green Library, 4th Monday @ 1pm | Contact Janet Wiegel | 742-9055
- Memory Cafe at Sauk Praire Community Center, 3rd Thursday @ 10:30am | Contact Janet Wiegel | 742-9055
- COMING SOON - Memory Cafe at Fusch Community Center-Reedsburg, 2nd Friday @ 10am | Contact Janet Wiegel | 742-9055

Relatives as Parents Program

- Tin Roof Dairy in Baraboo, 3rd Tuesday @ 6pm | Contact Melody Reber | 355-3289 (ADRC)

Powerful Tools for Caregivers

- A 6-week evidence based workshop that teaches caregivers how to take care of themselves while caring for a loved one | Contact Marina at 355-3289 (ADRC)

It's Cold Outside!

Use these affordable tips to prepare yourself and your home from the winter chill.

Prepare Your Home for Winter

- Switch your ceiling fan to reverse. (Blades will go counterclockwise when you look at it.
- Help your heating system. Have it inspected by a pro, duct work cleaned, and filters replaced. Wrap hot water heater in a water heater blanket.
- Prep for zone heating. Zone heating gadgets like electric blankets and space heaters allow you to use heat as you need it, where you need it.
- Close off unused rooms and closets.
- Cover windows. Caulk or tape around the edge of loose windowpanes. Heavy drapery can help cut heating costs. A window insulation kit can help seal off drafts.
- Plug up gaps. Check for cracks and gaps near windows, outlets, and doors. Have them caulked to plug the leaks. Draft proof your door by using weather stripping.
- Set your thermostat. Use a programmable thermostat and heat only when you are there. Turning down three degrees can save money. No programmable thermostat-save by adjusting thermostat manually each day.
- Check smoke detectors and fire extinguishers.
- Winterize yourself. Dress appropriately and have winter blankets and warm drinks on hand, like hot chocolate, tea, or coffee. These can warm you up in minutes.
- Keep radiators clear. Make sure furnishings; window coverings, etc. do not cover it. Clean your radiator as dirt and dust can absorb heat.

Prepare Your Car for Winter

- Get an oil change. Service your car. The oil used should have the right viscosity for this time of year.
- Replace your windshield wiper blades. Fill up your windshield washer reservoir with windshield washer fluid. Make sure your heater and defroster are working properly.
- Give your battery a little TLC. Check the battery's posts and connections for corrosion and that it has all the water it needs.
- Examine belts and hoses. When servicing your car, have belts and hoses checked for wear and tear.
- Check your tire pressure. Tires must be properly inflated to ensure proper traction.
- Prepare an emergency kit. Store it in your trunk during the winter months.
- Keep the gas tank full. A full tank will help prevent the gas lines from freezing.

Prepare Your Health for Winter

- Get your flu shot.
- Drink your fluids. Staying hydrated helps prevent viruses and bacteria from taking hold after exposure to them.
- Stretch/warm up before shoveling snow. Cold, tight muscles are more prone to injury.

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

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S	E	I	B	A	B	N	E	W	Y	E	A	R	S	E	V	E	Y
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