

Add LIFE Today!

December 2016 - February 2017

Vol 8/ Issue 6

Laughter
Independence
Friends &
Energy



Tax Help Is Here

Volunteer counselors are trained and ready to assist you with filing your 2016 taxes on **Tuesdays** and **Thursdays** starting February 7 in Baraboo. Don't delay in scheduling your appointment for this free service offered in cooperation with AARP and the IRS. **Scheduling appointments begin January 9th.**

Spring Green is again an additional location. Tax assistance will be provided on selected Tuesdays in February, March and April. Please call 608-930-9835 to schedule an appointment for appointments in Spring Green.

Your Social Security card is now required to verify your Social Security number - a Social Security statement is no longer acceptable. If you need to request a new Social Security card, you can go to www.ssa.gov/ssnumber/

Those who are enrolled in an "Obama Care" health insurance program need to bring:

1. Health insurance coverage information for taxpayer, spouse and all dependents.
2. If taxpayer doesn't have full-year coverage — bring info on any monthly coverage.
3. If health insurance was purchased through the Marketplace/Exchange, Form 1095-A. *(This should be received in the mail by January 31.)*
4. Any health care exemptions received from the Marketplace/Exchange.
5. ALL information needed to complete

returns for taxpayer, spouse, and for each dependent that has a filing requirement.

The volunteer tax counselors are trained and certified with AARP and the IRS. They assist with filling certain tax forms and schedules, including Form 1040 and Homestead Tax Credit. The Volunteer Protection Act requires the volunteers stay within the scope of this AARP program. If a counselor finds your return is too complex, they may ask you to seek paid tax assistance.

Everyone participating in the program **MUST** be prepared to show photo identification upon registering, even if they have had their taxes prepared with AARP volunteers in the past. Please note that both spouses must sign returns on their own behalf - one cannot sign for the other. The volunteers are bound by IRS regulations and must strictly enforce these requirements.

Tax counseling is done by appointment only.

Please call the ADRC and ask for an AARP Tax Prep Appointment. **Appointments scheduled in Baraboo will be at the West Square Building. Call 355-3289 or 800-482-3710 to schedule your appointment.**

Appointments in Spring Green will be at the Spring Green Community Church, call 608-930-9835 to schedule an appointment.

See Page 3 for the pre-tax appointment checklist.

Contents at a Glance	
Page	Article
3	Tax Preparation Check List
4	Voice of the Messenger Tony Tyczynski, Veterans Service Officer Same Day Appointments Coming
5 - 6	Veterans Messenger Armed to Farm Upcoming Events
8 - 10	From the Director's Desk Susan Blodgett, ADRC Director Grand Love
10	Welcome Robin Thank Yous
12 - 13	Getting You There Fun-day Travels
14 - 15	The Volunteer Buzz Doing Good is Good for You Watch your Mailbox Volunteer Opportunities
16 - 18	For Your Benefit The Elder Benefit Specialist Schedule I'm Turning 65/Retiring Life Expectancy In Wisconsin Arbitration Clauses Prohibited
19	Cop's Corner Police Use of Force
22 - 23	Here to Help You! I & A Outreach Schedule Homestead Credit
24 - 25	Disability Benefit Specialist Social Security Cost of Living Increase Social Security Q& A
26 - 27	Caregiver Connection/Prevention Pointers Cozy up to Colder Weather Grandparent & Relative Caregiver Circle
28	Important News Regarding Foot Clinics Foot Clinic Schedule
29 - 31	Nutrition News Winter Reminders Dining Center Schedule
32 - 34	Dining Center/HDM Menus

ADRC Office Hours:

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

Tuesday 8:00 a.m. - 7:00 p.m.



*** * NOTICE * ***

Beginning in 2017
the AddLIFE Today!
Newsmagazine
will be reduced to
quarterly publications.

Tax Preparation Checklist



Everyone must present:

- ___ Last year's tax return
- ___ Picture identification
- ___ Social Security card (No longer able to accept any other ID)
- ___ Form SSA-1099 showing Social Security benefit amount for 2016
- ___ Bank account info for direct deposit of any refund

Income information:

- ___ W-2 from each employer (if applicable)
- ___ Unemployment compensation statements
- ___ SSA-1099 (Social Security Benefits) *or* RRB-1099 (Railroad Retirement Benefits)
- ___ 1099 forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B) and documentations showing the original purchase price of your sold assets
- ___ 1099-R form (pension or annuity)
- ___ 1099-MISC showing miscellaneous income

Payment information:

- ___ All forms and canceled checks showing federal and state income tax paid (including quarterly estimated tax payments)

Deductions:

- ___ 1098 form showing home mortgage interest
- ___ Receipts or canceled checks for medical/ dental expenses
- ___ Receipts for prescription medicines
- ___ Receipts for cost of assisted living services
- ___ Receipts for the cost of home improvements
- ___ Receipts for contributions to charity
- ___ Receipts or canceled checks for all tax income and property taxes you paid, as well as records of tax refunds

Credits:

- ___ Dependent care provider information
- ___ Receipts, canceled checks, 1098-E student loan information, or 1098-tuition paid forms related to continuing education
- ___ If you rent/lease your home and are eligible to file a Homestead Credit claim, bring the rent certificate from your landlord with **absolutely no erasures, white outs or any alterations**
- ___ For Homestead Tax Credit - Bring Real Estate Tax bills for 2015 and 2016 or your closing statement if Homestead was sold in 2016.
- ___ Federal and Wisconsin SSI payments, Veterans payments and child support

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



Same-day primary care, mental health appointments coming

Dear Friends,

Honor Flight Update: Most of the World War II and Korean veterans that are going to go on the Honor Flight have now gone, to the point where the most recent flight out of Madison had two-thirds Vietnam era vets. We want to encourage Vietnam Veterans to take advantage of this wonderful opportunity to visit the memorials in Washington, D.C. at no cost. Get your application in. The application can be found at <http://www.badgerhonorflight.org/>

As you head in to the tax season just around the corner, we want to remind you that VA benefits are not taxable.

Our office has gotten 2017 VA calendars in, so stop by to get yours.

As always, be sure to stay up to date with important veteran related items and events on our Sauk County website <https://www.co.sauk.wi.us/veteransserviceoffice>.

**In Your Service,
Tony**

Veterans will have same-day access to primary care appointments and mental health services at Veterans Affairs facilities by December, VA Secretary Bob McDonald promised recently. Addressing the Veterans of Foreign Wars national convention in Charlotte, North Carolina, McDonald said veterans wait an average of five days for primary care, six days for specialty care and two for mental health services, but VA plans to reduce those further.

“You’ve heard many times that VA is broken. So I’ll answer one question: Can the Department of Veterans Affairs be fixed? Can it be transformed? The answer is yes, absolutely. Not only can it be transformed, transformation is well underway and we’re already seeing results,” he said.

The MyVA reform effort is designed to overhaul the VA's administrative practices and improve services, including disability claims processing, health care and outreach to homeless veterans.



We want to thank the following for their recent donations to the Veterans Care Trust Fund: American Legion Post 26, Howard & Karen Diehl, Vietnam Veterans.

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

Veterans Benefit Specialists

Veterans Office

505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us



Kathy Kent ★ Lonie Birkholz ★ Pamela Russo

ARMED TO FARM: use your skills to heal the land, Fall 2016

By Robert Bauer, Southwest Badger RC&D Council, Inc.

Picture a farm. What are you doing there? How does it smell? Who's there with you? If you see yourself with animals, loving the smells of grass and soil, surrounded by friends and family, you'll like this story.

It's a cliché that it's difficult to access farmland in the US (assuming that you aren't lucky enough to inherit land). In my experience, there's plenty of land, but not enough people ready or willing to farm on a scale to sustain a modern lifestyle. Plus, many idealistic people hope to buy land immediately, without putting in the time to develop experience and farming skills through internships, jobs, and renting land. After a down payment and mortgage there is often little cash left over to buy animals, equipment, or pay the bills, and these farms struggle to grow and survive. However, anyone can get into farming without breaking the bank: there are many people who want to help new farmers to gain experience and make sound financial decisions.

For example, a farmer asked me recently to

find someone to operate the farm next year. Food-grade grains, soybeans, and alfalfa hay are the main crops, with pasture available for grazing. It's a turnkey setup: more than 200 acres tillable, multiple tractors, and a farm house. The owner wants to take a backseat after years of building up the soil, accumulating equipment, and perfecting the genetics of his seeds. But the kids don't want to farm. And there's a scarcity of farm kids (the group of people lucky enough to expect to inherit a farm) looking for a farm to operate.

I reached out to my networks for the retiring farmer and soon found a farmer of food-grade organic grain who might be interested to have a satellite farm (the two farms are about 30 miles apart). As we talked, I learned that the organic farmer is mentoring a new farmer who will operate and eventually gain ownership in the business. Through the mentorship, the new farmer persuaded the experienced farmer to transition to organic certification, which took lots of research, work, and patience, but has paid off.

Organic grains, as it turns out, are a big opportunity: the US imported over \$1.2 billion in organic food from abroad last year, according to the USDA. The mentor farmer figured out how to add value to his grains by milling them locally in Sauk County and selling the flour to bakers in Madison. Adding

Ron and Tara Schoepp share with a group of beginning livestock farmers how to use a wooden template to mark

and cut fiberglass fence posts. Ron and Tara grow crops, feed dairy heifers, and raise grass-fed beef in Sauk and Columbia Counties near Lodi, WI. They are willing to share what they know with beginning farmers.



(Continued on page 6)

(Continued from page 5)

organic certification to the farm made it interconnected in other ways: weedy organic grain fields can be cut to be fed as baliage to the beginning farmer's livestock.

If you're a military veteran reading this newsletter you might be asking how all these details relate to you. Here's the bottom line: if you have heavy equipment experience this farmer wants to hire you to operate the farm and help transition it to organic certification. No farming experience is required because you will get that on the job, along with coaching from the farmer. You just need a good attitude and ability to communicate. And like the new farmer whom I mentioned, it could open up opportunities for you to graze livestock or own a farm. Surrounded by a community of folks who want you to succeed, you will be able to turn this farm vision into reality.

As a military veteran, active duty service member, or military retiree, your skills are in demand in agriculture. Contact me at 608-732-1202 to learn about this and other opportunities for veterans in agriculture in Southwest Wisconsin.

Also: There is an opportunity in Portage for someone looking to rent out 100 acres of pasture. The farm is setup with an entire turnkey grazing system, the renter would just need to own the animals & manage the grazing. Contact Robert if interested.

Sign up for the E-Newsmagazine

Any veteran who would like to receive upcoming issues of *AddLIFE Today!* via e-mail, please e-mail kathy.kent@saukcountywi.gov with your name and e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsmagazine.



Upcoming Events

Wills For Veterans

Wills for Veterans will be at Ho-Chunk Casino, Wisconsin Dells on Saturday, December 10, 2016. Limited spots are available. Wills for Veterans is a program sponsored by the State Bar of Wisconsin. It is designed to assist eligible veterans and their spouses or domestic partners in preparing basic estate planning documents.

Veterans and spouses must meet the income and asset requirements (for example, a family of two would need monthly income below \$3,877.50). Wills for Veterans will be preparing a basic will, health care power of attorney, living will, and financial power of attorney. You must complete a Questionnaire prior to a scheduled appointment. You can print the questionnaire and get more information from our website.

This is a great opportunity to get much needed legal documents prepared at no cost right here in Sauk County.

Please contact our office at (608) 355-3260 to make a required reservation.

Veterans meet for Coffee on the second Tuesday of every month from 9-11 a.m., at the MATC Reedsburg. This is an opportunity to meet with other veterans from all eras. You can ask at the MATC Reedsburg reception desk for the meeting area.

Veterans meet for breakfast every Wednesday morning from 7 - 8:30 a.m. at the Reedsburg VFW post 1916 building, at 200 Veterans Drive, Reedsburg. This is an opportunity to enjoy breakfast and talk with other vets.

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



SSM Health St. Clare is holding two free community screenings of the documentary “Being Mortal”.

Tuesday, January 24th 2017

5:30 p.m.- 7:30 p.m.

**West Square Building,
505 Broadway St. Baraboo,
Basement Conference Room B30**

Tuesday, January 31st 2017

2:00 p.m.- 4:00 p.m.

**SSM Health St. Clare Hospital,
707 14th St. Baraboo,
Ringling Room, in the lower level**

After the screening, audience members can participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

Light refreshments provided.

“Being Mortal” delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande’s own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest. The film sheds light on how a medical system focused on a cure often leaves out the sensitive conversations that need to happen so a patient’s true wishes can be known and honored at the end.

“Being Mortal” underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

The free screening is made possible by a grant from The John and Wauna Harman Foundation in partnership with the Hospice Foundation of America.

**Please RSVP to Pam Andersen by Tuesday, January 17, 2017.
608-356-1489 or email pam.andersen@ssmhealth.com**



FROM THE DIRECTOR'S DESK

Susan Blodgett

Aging & Disability Resource Center Director



Grand Love

Grandparents Raising Grandchildren

Our grandchildren have a special place in our hearts. We look forward to spoiling them and being able to do all those things that grandparents do with none of the responsibilities of being a parent. But for many grandparents this has changed.

More and more grandparents have had to take on the role of raising their grandchildren. According to 2012 U.S. Census Bureau reports there were 65 million grandparents in the United States, 7 million (or 10 percent), of which lived with their grandchildren. 2.7 million of these grandparents were raising their grandchildren. About 39 percent cared for their grandchildren for 5 years or more. That was 4 years ago, the numbers are most likely even higher now.

The reasons for this varies. For some, the economy has forced multi-generations to live together to make ends meet. For others, it might have been a divorce, illness, death or the loss of a job. An overwhelming reason is the parent's substance abuse. Millions of grandparents have had to rescue their grandchildren from a life of neglect, chaos and abuse at the hands of an addicted parent. These are families from every walk of life, socio-economic groups, size, shape, and color. Make no mistake, they are families like yours

and mine.

When parents are absent or unable to raise their children, it is often the grandparents who step up and raise the children. This can be very fulfilling in knowing you are giving the grandchildren a safe home and keep the family together. It also has it's challenges. Taking grandchildren into your home is a major adjustment.

Raising grandchildren will bring many emotions. The positive emotions are easy to talk about - the love you have for your grandchildren and the relief of knowing they are safe.

The difficult emotions to acknowledge is the resentment, guilt and fear you might experience. I know many articles focus on what the children are experiencing, but you also need to take care of yourself. Don't be afraid to admit the many feelings you may have.

Many grandparents experience:

Stress and worry. It is a big change in your life when you take on the role of raising a child. You now have the stress of adjusting your schedule to meet the needs of your grandchildren. You worry about how you will

(Continued on page 9)

(Continued from page 8)

be able to meet the financial obligations while being on a fixed income. You worry about what will happen to your grandchildren if something happens to you.

Anger or resentment – As much as you don't want to, you may feel angry and resentful! Your anger might be directed towards the parents of your grandchildren who did not follow through on their responsibilities of being a parent. You might be resentful of friends who still have the freedom of their retirement and may not understand all that you are now having to deal with.

Guilt - You may feel partly responsible for the situation. You may feel that if you would have raised your own child differently they wouldn't have made the choices they did.

Grief - As much as you love your grandchildren, you may also feel like you are grieving your independence and your role of being the "grandparent". You may also be struggling with the loss of a positive relationship with your own child and the difficult situation that led you to becoming the primary caregiver of their children.

Grandparents often feel they don't have the energy for the job they have been handed. But remember, you have experiences that first time parents don't! You have skills you have learned

through the years of raising your own children that will help you.

While raising your grandchildren, remember to take time for yourself. This is not a luxury, it's essential. If you are physically and emotionally spent, you aren't able to be the type of role model the grandchildren need. Make sure you take time to eat healthy meals, exercise regularly and get plenty of sleep. Don't skip doctors appointments or your medication. Take time to do something for yourself that you enjoy. This will renew your spirit.

Remember that you can depend on your grandchildren too. Even very young children can help pick up their toys. Depending on their age, they can assist with household chores. Not only will this help you, it will allow them to know they are needed and to feel proud of doing a job well.

Find support to help you in your situation. A support group will allow you to express your feelings and provide an opportunity to develop friendships with others in a similar situation. Your community or church might offer programs or assistance. The local library may have storytime or play groups where you can connect with others who have children the same age as your grandchildren. This is a great opportunity to find help in navigating the latest issues of raising children.

The ADRC is also here to support you. We are offering a support group for grandparents and relatives who are raising grandchildren at the Sauk Prairie Community Center the third Tuesdays of each month at 6:00 p.m. See page 27 for more information. You may also contact the Caregiver program for assistance and support by calling 355-3289.

If you are interested in online support, I suggest you visit Wisconsin's Family Caregiver Support Programs website at www.wisconsin caregiver.org. This site offers

One thing to remember . . .

as grandparents raising grandchildren, you do the very best you can do. You must not fall into the mistake of thinking that you will fix everything for them. You cannot. The children will continue to face challenges and even uncertainties.

But, one thing you can do is to be sure that no matter what, they know that you will always love them.

(Continued on page 10)

(Continued from page 9)

support to all caregiver and grandparents raising their grandchildren. There is an online forum for caregivers to ask questions and give suggestions. It offers many resources to help you deal with the variety of issues you might face.

-- Susan

Sources:

http://www.huffingtonpost.com/deborah-doucette/grandparents-raising-grandchildren_b_5556815.html#slide=1054376

<http://www.helpguide.org/articles/grandparenting/grandparents-as-parents.htm>

<http://www.gwaar.org>



Free Christmas Dinner in Baraboo

Guests of all ages,
both individuals and entire extended families
are welcome.

The First United Methodist Church, 615 Broadway in Baraboo, will host the 13th annual, free Baraboo Area Community Christmas Dinner on Sunday, December 25 at 12:00 noon. The Christmas Dinner is the work of numerous churches, charitable groups and individual volunteers.

The hot, home-cooked dinner includes turkey, ham, mashed potatoes, vegetables, salads, desserts and beverages.

Volunteers are needed to help prepare and serve the meal, as well as to donate salads, desserts, turkeys and hams.

A free-will offering will be accepted to help cover expenses. Reservations for dinner are encouraged. To place a reservation or schedule a take-out order, call the First United Methodist Church office at 356-3991.

To donate time or food for the dinner, contact the church at 356-3991 or Judy Ellington at 356-5495.

Welcome Robin!

I'm the "new" Robin in the ADRC. My name is Robin Kitzinger and I am the Program Specialist where I perform the accounting related duties for the Aging & Disability Resource Center.

My husband, Ron and I moved to the Reedsburg area 2 years ago. We enjoy motorcycle riding and the beautiful countryside in this area.

I'm enjoying my time here at the ADRC and look forward to helping you from "behind the scenes".

Robin Kitzinger



Thank You

- Thank you to the Rudas for their donation to the Vets Transportation program.
- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Dorothy Sivam for her donation to the publishing of the *AddLIFE Today!*, the Home Delivered Meals and Information & Assistance programs.
- We would like to thank the Zajiceks for their donation to the Dining Center program.



Aging Mastery Program®

National Council on Aging

Baraboo Area Senior Center (BASCO) was selected to improve the health, well-being and independence of rural older adults through the National Council on Aging's Aging Mastery Program (AMP). It consists of 10 courses that combine evidence-informed materials, expert speakers, group discussions, levels of mastery and achievement, and small rewards. The courses are designed to provide the skills and tools needed to achieve improvements in health, remaining economically secure and continuing actively in society.

Aging Mastery Core Curriculum:

1. Navigating Longer Lives: The Basics of Aging Mastery
2. Exercise and You
3. Healthy Eating
4. Sleep
5. Financial Fitness
6. Medication Management
7. Advance Planning
8. Falls Prevention
9. Healthy Relationships
10. Community Engagement

The program is opened to everyone, not only BASCO members. This is the third AMP session offered through BASCO but it will be held at the **Frank Fischer Community Center in Lake Delton**. It will start on Tuesday, March 21 from 10:00-noon and run for 10 weeks. Lunch will be served at the senior meal site located there. There is a \$25 charge for the course which can be fully reimbursed based upon attendance.

This is a wonderful opportunity for older adults to participate in, and reap the benefit of this cutting edge program. We are currently recruiting 30 adults ages 55+ to attend this 10-week educational program. Call the Baraboo Senior Center at 356-8464 for more information.

Support Networks



Imagine, you've awakened in the middle of the night and you can't return to sleep, something is on your mind and it just won't go away. You've been told that you have a life-changing health condition or maybe the trip of a lifetime has become a reality. Who would you contact to share your deepest dreams or concerns?

Some may contact close friends, siblings, parents, or maybe professionals such as doctors, clergy, or a trusted financial advisor. Why confide in any one of these people? Maybe you've known them for a significant amount of time or perhaps you feel comfortable sharing your deepest thoughts and biggest challenges with these individuals.

It could be that they make up what is called your support network!

As we age our support networks often diminish in number just when we need them the most. Our kids move away, relationships change, and some of our closest friends are no longer available. Developing and maintaining our support networks can take effort.

However, the joy and comfort our confidants can provide makes the investment worthwhile.

Support networks are good for your health. They can help you celebrate good times and provide encouragement during bad times. Support networks can help prevent loneliness, reduce stress and can improve your self-confidence and self-worth.



This partnership article is provided by:

Capital Wealth Advisory Group Foundation

Contact: Brian Fruit & Jeannine Mueller
2175 E. Main St, Ste. 201, Reedsburg, WI 53959
608-524-6644

ADRC Transportation

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

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

Look
Who's
Getting
You
There!



Robin



Bill



Gary



Tom



Drive Safely This Winter!

FUN DAY TRAVEL RESERVATION CHANGES !!!

We are making a few changes in the way reservations will be made for the Fun Day Travel Schedules, in order to be fair to those that receive our ADDLIFE mailer later than others.

Effective immediately, reservations will be taken 1 WEEK PRIOR TO THE TRIP. Please call the Reservation line at 608/355-4888. You will still be able to reserve a spot for yourself and 1 OTHER PERSON.

We will notify you 24 hours prior to departure information regarding pick up times & location.



Fun-day Travels

Fun-day travels promote an independent lifestyle, encourage socialization and add some fun to your weekly routine. The trips are designed for adults age 60 and over as well as adults with disabilities.

The round-trip fare is \$5.00 per person, payable to the bus driver.

Passengers are responsible for purchasing their own lunch and any additional admission fees. Pick up locations are determined based on the passenger list.

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

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

To Register Call Fun Day Travels at 355-4888

December Events

December 13	Westgate Mall
December 20	West Towne Mall
December 27	Mustard Museum

January Events

January 3	East Towne Mall & Hobby Lobby
January 10	Target & Hilldale
January 17	UW Geology Museum
January 24	East Towne Mall
January 31	Trader Joe's & HyVee Market

February and Early March Events

February 7	Chazen Art Museum
February 14	East Towne Mall
February 21	WI Veterans Museum & Historical Society Museum
February 28	West Towne Mall & Stein Mart
March 7	Richland Center Walmart & other shopping



The Volunteer Buzz

Cathy Bindl



Doing Good is Good for You!

I recently read an article on a research study done in Britain. The research project was on the link between volunteering and enhanced mental health.

We all have heard that volunteering is beneficial to your well being regardless of your age. Dr. Faiza Tabassum of Southampton Statistical Sciences Research Institute at the University of Southampton in the United Kingdom, said the study has demonstrated that benefits of volunteering is strongly associated with mental health at various points in ones life.

The research used responses over a period of 8 years. The participants answered questions on their mental health status and on their volunteering.

About 20 percent of the people said they had “done unpaid voluntary work”. This was more common for people over 60 years of age and more frequent for women.



The scores of the participants’ mental health were better for those who had volunteered versus those who did not. The best scores were for those who volunteered frequently. The results were consistent “even when marital status, educational attainment, social class, and

state of health were accounted for”.

When the researchers looked at the benefits of volunteering in conjunction with a person’s age they learned that age did play a role in the mental health of those volunteering. The link between volunteering and mental health was only apparent in those who were 40 years of age or older.

Tabassum’s report noted that a person who is involved in volunteering will have or develop more resources, a larger social network, and more confidence which in turn leads to better physical and mental health.

Volunteering provides a sense of purpose, especially to those who viewed their sole purpose as earning a paycheck but are no longer working. Volunteering regularly helps one to contribute to their community. Especially among older people volunteering keeps them from being isolated.

I know none of this seems new. But it does remind us all that volunteering is that you do for others and also for yourself!

There are so many ways to volunteer. If you would like to volunteer with the ADRC, please contact me at 355-3289. But also know, there are many places in your community to volunteer - your local hospital, church, animal shelter, school, hospice care, Habitat for Humanity, the Kid’s Ranch, your local 4-H clubs, - the list is endless.

So Volunteer!
Do it for your Mental Health!



***Watch your
Mailbox!!***

To All My Wonderful Volunteers!

The ADRC has been informed that we need to have yearly updates of all our ADRC volunteer's information on file. So, I will be mailing you a letter in December to request the information you will need to provide me with:

There will be an update my volunteer application form (it's amazing how quickly people change there phone numbers!!!), and a background check form (if you haven't filled one out in the last four years)

You will also be asked to provide a copy of your current auto insurance if you use your vehicle for volunteering either as a driver escort or as a home delivered meal driver.

If you are a driver escort and did not have your vehicle inspected this fall, please contact the Sauk County Highway Department at 355-4855 to schedule a vehicle inspection.

Thank you for your help!

Cathy



The greatest gift you can give someone is your time. Because when you give your time, you are giving a portion of your life that you will never get back.

--Anonymous

**WE ARE
SEARCHING
FOR
VOLUNTEERS**



**Current Volunteer
Opportunities**

- The ADRC would like to welcome you to join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity. We would welcome drivers especially in the Reedsburg, Loganville and Merrimac communities.
- The Sauk County Dining Centers would like to welcome volunteers to help in their dining center especially for the Sauk Prairie Dining Center and/or be a substitute home delivered meal driver. We welcome substitute home delivered meal drivers in all the locations.

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

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

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

***Thank you to
Crystal Grand Music Theatre
for providing a wonderful lunch for
our newsletter volunteers.***

For Your Benefit . . . Your Elder Benefit Specialists

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

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



Mindy - coming to you: Walk in appointments

Howard Wynne Apartment	December 6 11:00 to 12:00	 Appointments Only During January	February 7 11:00 to 12:00
Park Place Senior Apartment Reedsburg	December 6 2:00 to 3:00		February 7 2:00 to 3:00
Plain Green TTEC	December 7 1:00-3:00		February 1 1:00 - 3:00
Spring Green Senior Center	December 21 10:30 to 11:30		February 15 10:30 to 11:30
Spring Green Library	December 21 1:00 to 2:00		February 15 1:00 to 2:00



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

Presented by:

Mindy Shrader and
Pam Fuchs

**Tuesday January 10
at 4:30 p.m.**
West Square Building,
Room B30
505 Broadway, Baraboo

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



Pam - coming to you: Walk in appointments

Sauk/Prairie Community Center	December 8 10:00 to 11:30	 Appointments Only During January	February 9 10:00 to 11:30
Merrimac Village Hall	December 21 10:00 - 11:00		February 15 10:00 - 11:00



Life Expectancy in Wisconsin is 79.6 Years

By the GWAAR Legal Services Team

The Department of Health Services recently released a report regarding life expectancy by county, sex, and race/ethnicity in Wisconsin. The data used for this report was gathered from 2010 to 2014.

The report examined economic determinants of life expectancy. According to the study, life expectancy generally increases with income. In fact, there is a growing life expectancy gap between folks in the lowest income bracket to those in the highest income bracket.

Life expectancy for a Wisconsinite during this time period (2010-2014) averaged 79.6 years. Life expectancy for women was 81.8 years, compared to 77.3 years for men.

The Hispanic population had the longest life expectancy of 86.9 years of the race/ethnicity groups. Life expectancy among the Asian population was the second longest at 85.3 years, followed by Caucasians (79.8), African Americans (73.8), and American Indians (72.8).

Menominee County had the lowest life

expectancy of 72.5 years; whereas Kewaunee County had the highest with 82.0 years.

Below is a table of the five counties with the longest and shortest life expectancies.

Longest Life Expectancy:

Kewaunee	82.0
Ozaukee	81.8
Pierce	81.6
Waukesha	81.5
Taylor	81.5

Shortest Life Expectancy:

Menominee	72.5
Washburn	76.7
Sawyer	77.1
Ashland	77.5
Milwaukee	77.6

To view the full report, please visit <https://www.dhs.wisconsin.gov/publications/p01551.pdf>



May you live a long life full of gladness and health

-Irish Blessing



CMS Rule Prohibits Arbitration Clauses in Nursing Home Admissions Contracts

By the GWAAR Legal Services Team

In September 2016, the Centers for Medicare and Medicaid Services (CMS) issued a ruling that prohibits any nursing home that receives federal funding from requiring residents to agree to binding arbitration as an alternative to court.

Many nursing homes across the country have a provision in the admission contract which the resident (or legal decision-maker) must sign agreeing to resolve disputes through arbitration and forego legal rights to bring a lawsuit in the state court system. While arbitration is generally less costly than a lawsuit in court, it is typically considered to be more favorable to the nursing home. In agreeing to arbitration, consumers give up rights and protections under state laws and courts.

The time of admission into a nursing home is typically a very stressful time for a prospective resident and his/her family. The person's health may have suddenly declined or a caregiver may have left or passed away. Available beds in nursing homes are often

difficult to find, especially in rural communities. These factors, in addition to lack of understanding regarding the arbitration clause, result in most people signing the admissions contract containing the arbitration provision, without an awareness or appreciation of what it means.

The CMS ruling is scheduled to take effect on November 28, 2016. Thereafter, any nursing home which requires a resident to enter into an arbitration agreement before a dispute arises (typically upon admission) will be cut off from federal funding. This ruling only pertains to residents admitted to a nursing home *after* November 28, 2016.

The American Health Care Association has already filed a lawsuit in federal court to challenge CMS' ban on arbitration agreements. The American Health Care Association states that the ban on arbitration agreements "clearly exceeds CMS' statutory authority and is wholly unnecessary to protect residents' health and safety." The group has asked the court to put a hold on the ruling until the court renders a decision on the lawsuit. On October 28th, the United States Supreme Court announced that it will hear the case. A decision is expected by June 2017.

Sources:

The New York Times, *U.S. Just Made It a Lot Less Difficult to Sue Nursing Homes*, September 28, 2016, accessed October 25, 2016. www.nytimes.com

www.ModernHealthcare.com *Obama Administration Cracks Down on Nursing Homes' Use of Binding Administration*, September 30, 2016, accessed October 25, 2016.





Cop's Corner

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



Police Use Of Force

Police use of force has been very much in the news lately and some questions about how police use force have been asked. I was hoping to take a moment to discuss use of force in Wisconsin and more locally here in Sauk County.

Police use force every day, all day. That is because our very presence is defined as force. If it sounds a bit foolish, I can prove it. If you have ever been driving down the road and took your foot off the gas pedal and checked your speed because you saw a squad car, the officer used force on you. Force is simply making a person do something and it ranges from our presence, like in this example, to physical alternatives like hand techniques and intermediate weapons, like a TASER, to the use of deadly force. Deadly force is used by use of a firearm or other means that the likely result is death. We use a continuum of force to determine which option is best for the situation and we can only use the amount of force necessary to gain compliance.

Police use of force is no small issue and we take it very seriously. We work hard to use alternatives to force such as talking and communication, but in the end, sometimes that does not work. Persons who are assaultive to the public are often also

assaultive to the police. We need to protect ourselves and the public. Situations where force is used are tense, dynamic, and rapidly evolving and we are always reviewed on the use of force either by our agency or through the courts.

The range of force is a much larger conversation and it is one we need to have in our communities, state and nation. Here in Sauk County, police agencies work very hard and train above the minimum requirements to better protect our citizens. We complete static training like shooting at a target, but also do a lot of interactive training, working on the alternatives to physical force. As officers, peaceful resolution is always best. The problem is sometimes we do not get to dictate the outcome we would like.

What I want to stress is that here, in Sauk County, law enforcement has worked diligently to prevent use of force through training, but we have also prepared for the worse that the streets can send us. Your law enforcement officers are part of our community and serve with distinction and honor to provide the best in police service.

Mark Schauf
Baraboo Police Chief



Tai Chi Offered at Baraboo Senior Center

Tai Chi is a series of individual dance-like movements that flow smoothly from one form to another in a sequence. When done, Tai Chi combines elements of movement, mind and meditation, making it a mind-directive moving experience. Studies have shown that older adults experience many health benefits from practicing Tai Chi.

These include:

- Improved functional balance and physical performance
- Reduced frequency of falls and risk of falling
- Lowered blood pressure
- Improved cardiovascular and respiratory function
- Improved sleep quality
- Enhanced life independence and overall health

The Tai Chi classes will be held in the gymnasium of the Baraboo Civic Center on Tuesdays and Thursday from 1:00-2:00 p.m. starting January 10 and run for 12 weeks until March 30 with a final class on Friday, March 31.

**Contact the
Baraboo Senior Center
at 356-8464
for more information.**

Check your Carbon Monoxide Detectors

Carbon monoxide is the leading cause of accidental poisoning deaths in the United States, according to the Centers for Disease Control. On average, carbon monoxide poisoning sends about 450 people per year to the emergency room in Wisconsin, according to the Wisconsin Environmental Public Health Tracking Program.

To protect your family from carbon monoxide, follow these simple safety tips:

- Make sure you have working CO detectors. All homes and duplexes in Wisconsin are required to have CO detectors on every level including the basement, but not the attic or storage areas.
- Have your furnace or wood-burning stove inspected annually to make sure it is structurally and functionally sound and vents properly to the outside of your home.
- Never run a gasoline or propane heater or a grill (gas or charcoal) inside your home or an unventilated garage. Any heating system that burns fuel will produce carbon monoxide. Use a battery-powered detector where you have fuel burning devices but no electric outlets, such as in tents, cabins, RVs, and boats with enclosed cabins.
- Never run a car in an enclosed space. If a vehicle is running, you must have a door open to the outside.
- Generators should be run a safe distance from the home. Never run a generator in the home or garage, or right next to windows or doors.

Breathing carbon monoxide displaces the oxygen in the blood and can cause death within minutes at high levels. Symptoms of overexposure to carbon monoxide are often mistaken for the flu and include headaches, fatigue, dizziness, shortness of breath/ chest pain, nausea/vomiting, and confusion. If you experience any of these symptoms, or your carbon monoxide detector sounds an alarm, head outside immediately for fresh air and call 911.

For more information on carbon monoxide poisoning, visit: <https://www.dhs.wisconsin.gov/air/co.htm>

Legal and Financial Planning Seminar

A workshop for families that provides an overview of key legal and financial planning issues for older adults.

Wednesday, December 7

5:30 - 7:30 p.m.

Oak Park Place, 800 Waldo St., Baraboo

Financial planning is important for everyone but for families impacted by a long-term illness like Alzheimer's it is a necessity. The cost of Alzheimer's treatment and care can quickly drain a person's savings and retirement accounts.

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) is offering a free Legal and Financial Planning Seminar for families on Wednesday, December 7 from 5:30 – 7:30 p.m. at Oak Park Place, 800 Waldo St., in Baraboo.



Attorney Jeffrey P. Clark, Boardman & Clark LLP, will present an overview of key legal and financial planning issues for older adults. Learn about basic estate planning, advance directives, wills/trusts, guardianship,

funeral pre-planning, medical assistance, long-term care insurance, and ways to pay for care.

Attorney Clark maintains a general practice in Poynette with an emphasis in real estate, estate planning and probate, elder law and medical assistance planning.

You will learn about:

- **Basic estate planning**
- **Advance Directives**
- **Guardianship**
- **Programs and services to help you**
- **Various ways to pay for care**
- **Medicaid and Family Care Eligibility**
- **Asset preservation**
- **Open questions**

Pre-registration is requested.

To register call
the Alzheimer's & Dementia Alliance of WI
at 608.232.3400 or 888.308.6251

Free, but a donation is appreciated
to cover the cost of the materials.

Light refreshments and handouts provided.

No solicitations will be made.

For more information
on local programs and services offered
by ADAW visit www.alzwwisc.org
or contact Janet Wiegel,
outreach specialist for Sauk County,
at 608.742.9055.



2825 Hunters Trail, Portage
608.742.9055 or toll-free 888.308.6251
www.alzwwisc.org

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



Rachel
Heinzman



Julie
Mayer



Megan
Fecht



Hannah
Halverson



Jim
Pritzkow

To Serve You Better!

Aging & Disability Specialists Satellite Offices and Extended Hours

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

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

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

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. and is open every other Thursday from 10:00 a.m. to 12:00. The dates being December 1, 15 & 29, January 12 & 26 and February 9 & 23. No appointments are needed.

The **Baraboo** office has extended hours on Tuesdays evenings until 7:00 p.m.. Feel free to stop in or telephone to discuss services available, options or ask any questions you may have.

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

HOMESTEAD CREDIT



Tax season is just around the corner! The homestead credit program is designed to soften the impact of property taxes and rent on persons with lower incomes. A homestead credit claim may be filed using Schedule H -EZ or Schedule H.

Am I eligible?

You may be able to claim homestead credit if:

- You occupied and owned or rented during the year a home, apartment, or other dwelling that is subject to Wisconsin property taxes.
- You are a legal resident of Wisconsin all year.
- You are 18 years of age or older at the end of the year.
- Your household income was less than \$24,680.
- You cannot be claimed as a dependent for the year on someone else's federal income tax return. (**Note:** This qualification does not apply if you are 62 years of age or older at the end of the year.)
- You (and your spouse, if married) will not claim farmland preservation credit for the same year or the veteran's and surviving spouse's property tax credit based on the same property taxes.

Which tax schedule form do I use to file?

You may be able to file Schedule H-EZ if:

- You (and your spouse, if married) have taxable and nontaxable income only from wages, interest and

(Continued on page 23)

dividends, unemployment compensation, pensions and annuities (including social security benefits), alimony and child support, cash public assistance, and gambling winnings.

- You (and your spouse, if married) did not repay any amount during the year that was included as nontaxable household income on a prior year's homestead credit claim.
- You did not become married or divorced during the year.
- Your home was used only for personal purposes while you lived there during the year (for example, no rental or business use).
- Your home was located on one acre of land or less.
- You did not sell your home during the year.
- Your spouse (if you are married) was a legal resident of Wisconsin all year and you resided with your spouse all year.
- If you are married, you and your spouse did not maintain separate homes during any part of the year (including one spouse in a nursing home).

All other claims for homestead credit must be filed using Schedule H.

How is my credit calculated?

The credit is based on the relationship of household income to the amount of property taxes and rent. The maximum credit allowed is \$1,168. Household income includes all taxable and certain nontaxable income, less a deduction of \$500 for each qualifying dependent. If household income is \$24,680 or more, no credit is available. Property taxes are those levied during the year, regardless of when they are paid. Rent includes only those amounts actually paid for the year.

What is my deadline for filing?

For most claimants, the deadline for filing a 2016 Schedule H or H-EZ is April 15, 2021. If you are a taxpayer with a fiscal taxable year (one ending on a date other than December

31), your deadline for filing is 4 years, 3 ½ months after the end of the fiscal taxable year to which the claim relates. If you qualify for the homestead credit for years prior to 2016, you can file claim for those years up until the filing deadline for each year's claim. The deadline is four years following the original due date of a tax return. Currently, it is possible for you to file back to 2012. The deadline for the 2012 tax year is April 18, 2017. If you wait until after this date, you would only be able to file back to 2013.

Where can I receive assistance filing my claim?

If you are eligible and need assistance applying, you may contact the ADRC to schedule an appointment with an AARP tax volunteer beginning January 9, 2017. If you own your home, you will be required to provide a legible copy of your 2016 property tax bill. If you rent, you will be required to provide a rent certificate completed and signed by your landlord. This tax form includes information about the rented home and the amount of rent paid.

PLEASE NOTE: The rent certificate needs to be completed with no edits (i.e. no erasures, use of liquid correction pens or crossed out items). Rent certificates that are not clean copies are rejected by the Wisconsin Department of Revenue. If you need copies of any forms to file your claim, you may call or stop into the ADRC.

You may also contact any Department of Revenue office for help in preparing your claim. You can call (608)266-8641 (Madison) or email questions to DORHomesteadCredit@wisconsin.gov. You may also write to the Wisconsin Department of Revenue Mail Stop 5-77, PO Box 8949, Madison WI 53708-8949 for assistance.

*The above information was obtained from Wisconsin Department of Revenue website (<https://www.revenue.wi.gov/individuals/homestead.html>).



Holly Schafer

Disability Benefit Specialist

Quinn Hause



Social Security Cost of Living Increase

By the GWAAR Legal Services Team

Based on the increase in the Consumer Price Index, Social Security and Supplemental Security Income will receive a 0.3 percent Cost of Living Adjustment (COLA) for 2017.

Estimated Average Monthly Social Security Benefits Payable in January 2017:

	Before 0.3% COLA	After 0.3% COLA
All Retired Workers	\$1,355	\$1,360
Aged Couple, Both Receiving Benefits	\$2,254	\$2,260
Aged Widow(er)	\$1,296	\$1,300
All Disabled Workers	\$1,167	\$1,171

In addition to an increase in Social Security Retirement payments based on the 2017 COLA, there are a variety of other changes for income thresholds and exemptions for 2017:

	2016	2017
SSI Federal Payment Standard		
◇ Individual	\$733/mo.	\$735/mo.
◇ Couple	\$1,100/mo.	\$1,103/mo.
Maximum Taxable Earnings (OASDI only)	\$118,500	\$127,200
Retirement Earnings Test Exempt Amounts		
◇ Under Full Retirement Age	\$15,720/yr.	\$16,920/yr.
◇ Year Reaches Full Retirement Age	\$41,880/yr.	\$44,880/yr.
Maximum Social Security Benefit	\$2,639/mo.	\$2,687/mo.
Quarter of Coverage	\$1,260	\$1,300
Social Security Disability Thresholds:		
◇ Non-Blind Substantial Gainful Activity	\$1,130/mo.	\$1,170/mo.
◇ Blind Substantial Gainful Activity	\$1,820/mo.	\$1,950/mo.
◇ Trial Work Period	\$810/mo.	\$840/mo.

Source: <https://www.ssa.gov/news/press/factsheets/colafacts2017.pdf>



Social Security Questions & Answers

Question:

Can I complete business with Social Security online?

Answer:

There are many things you can do on Social Security's website. You can conduct most of your Social Security business with us online at www.socialsecurity.gov/onlineservices. You can get an estimate of future benefits, find out if you qualify for benefits now, and even apply for benefits. You can complete a number of other tasks online, too. You can estimate your retirement benefit using our *Retirement Estimator*, which allows you to get an instant, personalized estimate of your future benefit based on different retirement ages and scenarios. You can even open your own *my Social Security* account to plan for and manage your benefits. In some areas, you can even request a replacement Social Security card using your *my Social Security* account. Open or access your *my Social Security* account today at www.socialsecurity.gov/myaccount.

Question:

I get Social Security because of a disability. How often will my case be reviewed to determine if I'm still eligible?

Answer: How often we review your medical condition depends on how severe it is and the likelihood it will improve. Your award notice tells you when you can expect your first review using the following terminology:

- * Medical improvement expected—If your condition is expected to improve within a specific time, your first review will be six to 18 months after you started getting disability benefits.

- * Medical improvement possible—If improvement in your medical condition is possible, your case will be reviewed about every three years.

- * Medical improvement not expected—If your medical condition is unlikely to improve, your case will be reviewed about once every five to seven years.

For more information, visit www.socialsecurity.gov.

We are like a
Snowflake
All different in our own
Beautiful way

- unknown



Caregiver Connection and Prevention Pointers



Marina Wittmann
Aging Program Specialist

Cozy up to Colder Weather

Prepare your Home for Winter



Living in Wisconsin, we all know the inevitable – WINTER, and it's here before we know it! On the one hand, we have beautiful landscapes of glistening snow on trees. But on the

other, we have potentially serious home and outdoor hazards due to winter weather. When you prepare for the hazards of winter, you will be more likely to stay safe and healthy in the winter months.

Prepare your Home

Many of us prefer to stay indoors in the winter, but staying inside has no promise of safety. Take these steps to keep your home warm and safe in the winter. Winterize your home by installing weather stripping, insulation, and storm windows*. Also, make sure you get your gutters cleaned out and have any repairs done to your roof before the snow flies. Get your heating system professionally checked to make sure it's working properly, clean, and has enough ventilation outside. It is always a good idea to check your smoke detectors and carbon monoxide detectors to make sure they are functioning properly.

Equip in Advance for Emergencies

Power outages and the inability to leave one's

house are two common emergencies that occur during winter months. Stock up on food that needs no refrigeration or cooking and stock water for drinking and personal cares. If storms are predicted, ensure your cell phone is fully charged, as well as flashlights. An up-to-date emergency kit is a must! This kit can include a weather radio, candles, matches, flashlights, batteries, medicine, band aids, blankets, and many other items.

Outdoor Precautions

If you plan to do any outdoor activities in the winter months, be aware of these steps you can take to protect yourself from the potentially harsh conditions. Wear appropriate clothing: layers of light yet warm clothing, mittens, hats, scarves, and water proof boots. Make sure you have plenty of salt to de-ice your sidewalks and any areas where you may be walking. Other outdoor precautions include: being aware of the wind chill factor, working slowly when doing chores, taking a buddy and the emergency kit when you plan to be outside for an extended period of time, and always carry a cell phone. More information on winter safety can be found on the Centers for Disease Control and Prevention website (www.cdc.gov).

*If you need assistance preparing your home for winter, please call the ADRC – many resources are available for you.

Grandparent and Relative Caregiver Circle



The purpose of this circle is to give grandparents and relative caregivers a safe place to express feelings, frustrations, and to seek comfort and guidance in others who are also caring for their grandchild or relative's children.

Sauk Prairie Community Center
730 Monroe Street
3rd Tuesday of each month at 6:00pm
December 20th
January TBD
February 21st

Call Marina at 355-3289 with questions.



HERE TO SUPPORT YOU!

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

Join us for **Caregiver Support Group** which meets the 2nd Thursday of each month at 9:00 a.m. in the basement of the West Square Building (505 Broadway) in Baraboo. Follow the signs!

The next meetings are scheduled for:

Thursday, December 8

Thursday, January 12,

and

Thursday, February 9

Let's Talk About Medicines is a free one-hour educational program developed by Wisconsin Health Literacy to help participants obtain a better understanding of how to more safely and effectively use medicine, which can lead to better health.

Program topics include:

- Understanding the main parts of a prescription medicine label
- How to read special instructions on the label
- Types of containers and labels
- Dosage instructions and strategies to remember to take your medicine
- Information about over-the-counter (OTC) medicines and potential interactions
- Basic storage techniques and more!

Each participant is provided with a **free pillbox** and workbook to take home, plus the chance to enter into a cash prize drawing at the end of the program. This project is supported by Security Health Plan.

This **FREE** one-hour program will be held at the Sauk Prairie Community Center dining room in Sauk Prairie on Wednesday December 14th from 12:00 until 1:00. Registration is required. To register, call Marina at the ADRC (608)355-3289. If you wish to eat at the dining center beforehand, please call Melody 24 hours in advance at (608)963-3437. On the menu that day: cranberry glazed pork loin, calico rice, green bean casserole, and honeyed pears!





Important News Regarding The Sauk County Foot Clinics

With Sauk County Home Care being discontinued, there has been an effort to keep the Sauk County Foot Clinics available. These clinics have been around since 1998, staffed by trained professionals at seven different sites throughout the county, serving over 1700 client visits annually. A decision has been reached, with County Board approval, to bring the Foot Clinic management back to the Health Department. The County Board voted on November 15, 2016 to continue the Foot Clinics as a one-year trial in order to explore the ability of the program to be self-sustaining.

The fee for services for the foot clinic program will have to be raised from \$25.00 to \$30.00 per visit. Please note that the Health Department will attempt to keep the same schedule, the foot clinics may all be moved from the current afternoon time slots to morning time slots.

The Health Department is committed to continuing to provide a quality service, with a nurse and CNAs at every clinic. They have a strong commitment to having a nurse available in order to do foot assessments, and will continue to provide appropriate medical referrals as needed when issues arise. The Health Department would appreciate your support as we work to continue access of care with this valuable program.

Call to schedule your appointment today at 524-7513. After January 1, 2017 please call 355-3290.

Foot Clinic Schedule

To schedule a foot care appointment call Sauk County Home Care at **524-7513**

The cost for foot clinic visit is \$25.00.

As of January, 2017

*Call the Health Department at **355-3290**.*

The cost for the foot clinic visit will increase to \$30.00.

Baraboo - West Square Building

Tuesdays - December 6 & 20,

Tuesday - January 3 & 17

Tuesdays - February 7 & 21

Wednesday - December 21 & February 15

LaValle - Fire Department

Wednesday - January 25

Plain - Plain Green TECC

Wednesday - December 28 & February 22

Reedsburg - Maple Ridge

Tuesday - December 13, January 10 & February 14

Reedsburg - Willow Heights

Wednesday - December 14 & February 8

Reedsburg Area Senior Life Center

Wednesday - January 11

Sauk Prairie - St John's Church

Thursdays - December 1 & 8

Thursdays - January 5 & 12

Thursdays - February 2 & 9

Spring Green - Christ Lutheran Church

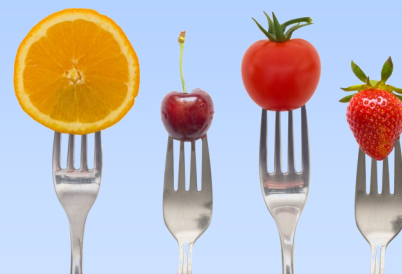
Tuesdays - January 24

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



Nutrition News

Jennifer Kamrowski
Nutrition Coordinator



winter reminders

Safety First!



During winter months, please make arrangements to have your sidewalks and driveway cleared of snow and ice. Your volunteer will not deliver your lunch to your home if walkways are unsafe.

Don't Forget to Let People Know!

It's even more important when winter comes to remember:

If you know you will be away for an appointment or any reason to please contact your local Dining Center or meal provider the day before to cancel your meal for that day. Your lunch will not be left if you are not at home (there are no exceptions to this rule as this is a food safety issue).



If you have changes to your address, phone number, or emergency contact information: Please contact your local Dining Center with your updated information.

Listen to the Radio!!

Inclement Weather Cancellations of Dining Centers & Home Delivered Meals

Dining Centers may be closed when the weather turns unsafe. The Nutrition Coordinator will contact local radio stations to inform them of the closures



The following radio stations will report the Dining Center closings:

- Baraboo-WRPQ 740AM
- Reedsburg-WRDB 1400AM
- Richland Center-WRCO 1450 AM or 109.9 FM

Home delivered meal service will be cancelled if the Dining Centers are closed.

What's in Your Cupboard?

Make Sure You Have Some Shelf-Stable Food!

Foods that can be safely stored at room temperature, or "on the shelf," are called "shelf stable."

An unexpected blizzard, tornado, flood or

power outage can create food-safety and supply problems. In order to be prepared for such emergencies, experts advise keeping a three-day supply of food and water on hand.

As you prepare your three-day food supply,

(Continued on page 30)

(Continued from page 29)

keep the following in mind:

- Store food you like and normally eat.
- Consider small can sizes which provides just the number of servings you will consume at one time. If your power is off, refrigerating leftovers is not an option.
- Keep a manual can opener
- If you don't have an alternative way to boil water, do not include instant foods.
- Choose shelf-stable foods that do not require a refrigerator or freezer for storage.
- Even though high-energy, high protein foods aren't part of your daily diet, have some available as your body may need the "extra fuel" during an emergency.

- Don't forget bottled water! It's recommended to have at three day supply with at least one gallon per person per day.
- Stock up on foods that have a long shelf life.



Stock your cupboards now with some shelf stable food

Some suggested foods to include in your cupboard for an emergency are:

- **Crackers and unrefrigerated tortillas** are a good replacement for bread and they

(Continued on page 31)



From Our House to Yours!

Stovetop Apple Crisp for Two

For the Topping

- | | | |
|-----------------------------|--------------------|------------------------------------|
| • 2 Tbsp butter | • 1 tsp vanilla | • scant 3/4 cup old fashioned oats |
| • 2 packed Tbsp brown sugar | • 1/2 tsp cinnamon | • 1/4 cup sliced almonds |
| • 1-1/2 Tbsp maple syrup | • pinch of salt | |

For the Apples

- | | | |
|-------------------------------------------------------------------------------------|--------------------|-----------------------------|
| • 2 Tbsp butter | • 1/2 tsp cinnamon | • 1 packed Tbsp brown sugar |
| • 2 medium-sized tart apples, peeled then cut into bite-sized pieces (about 2 cups) | | |

Directions:

For the Topping: Add the butter, brown sugar, maple syrup, vanilla, cinnamon, and salt to a medium-sized saute pan over medium heat then stir until melted and bubbly. Add oats and almonds then cook, stirring often, especially near the end, until mixture is very fragrant and slightly toasted, 4-5 minutes. Scrape onto parchment paper or a plate. Set aside to cool.

For the Apples: Add butter, brown sugar, and cinnamon to the same skillet then stir until melted and bubbly. Add apples then turn heat down slightly and saute for 2 minutes. Cover skillet with a lid then saute, stirring occasionally, until apples are tender but still have a little bit of a bite, 3-5 more minutes.

Scoop apples into bowls then top with crisp topping and serve with ice cream or whipped cream if desired.

This recipe brought to you from the kitchens of Our House Senior Assisted Living.
Visit us in Baraboo, Reedsburg, and Wisconsin Dells

(Continued from page 30)

have a longer shelf life than bread.

- **Peanut Butter** is a great source of energy and chock full of healthy fats and protein. An added bonus is it doesn't need to be refrigerated!
- **Nuts, trail mixes and pretzels** are convenient snacks. The small, vacuum packed containers help them stay fresh.
- **Granola bars and power bars** are both healthy and filling. The individually sealed packages usually stay fresh for 6 months.
- **Cereals** that are individually packaged so they don't become stale after opening.
- **Canned fruit, applesauce, canned or bottled fruit juice** can provide vitamins and fiber.
- **Dried fruits** such as raisins, prunes, apricots, etc. are a great alternative when fresh fruit isn't available.
- **Canned soups and chili** can be eaten straight out of the can if needed. They provide a variety of nutrients. Look for low-sodium options.
- **Canned vegetables, canned vegetable juice, canned vegetable soups, tomato sauce** can provide essential nutrients. Make sure you have a can opener!
- **Canned tuna, salmon, chicken, or turkey** usually lasts at least two years in the pantry. Vacuum-packed pouches have a shorter shelf life but still last at least six months.

Stock your shelves now so if an emergency hits you are prepared!

Source: <http://www.realsimple.com>



Dining Center Schedule

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

Baraboo

Highpointe Commons
1141 12th St., Baraboo
Phone 963-3436
Lunch served at 11:00 a.m.

Lake Delton

Frank Fischer Center
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-8701
Lunch served at 11:30 a.m.

Reedsburg

Willow Heights
800 Third St., Reedsburg
Phone 963-3438
Lunch served at 11:30 a.m.

Sauk/Prairie

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

Spring Green

Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 11:30 a.m.

Home Delivered Meals Only


North Freedom-Railroad Inn Café (also offers an in-house lunch special for seniors)

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.

DECEMBER




Monday	Tuesday	Wednesday	Thursday	Friday
Note: Meals are subject to change occasionally. Dining Site meals include coffee & milk. Home Delivered include milk.				
To Cancel a Meal, call: <i>Reedsburg:</i> 963-3438 <i>Frozen & La Valle Route:</i> 355-3289 (ADRC) <i>Spring Green:</i> 588-7800 <i>Baraboo:</i> 963-3436				
5 Marinated Chicken Breast Buttered Pasta Dill Carrots Pineapple Tidbits Roll	6 Sloppy Joe on Bun French Fries Harvest Blend Veggies Pie	7 Grilled Ham Slices Baked Potato Squash Casserole Roll Cookie	8 Roast Beef & Gravy Scalloped Potatoes Seasoned Carrots Strawberries w/Topping Bread	9 Tuna Noodle Casserole Brussels Sprouts Buttered Beets Lemon Cake Bread
12 Baked Chicken Breast Alfredo Sauce Buttered Bowties Glazed Carrots Brownie & Roll	13 Meatloaf Baked Potato Brussels Sprouts Iced Pound Cake Roll	14 Cranberry Glazed Pork Loin Calico Rice Green Bean Casserole Honeyed Pears Bread	15 Beef Stew Green Peas Biscuit Peach Pie	16 Oven Fried Fish Sweet Potatoes Seasoned Broccoli Cookies Roll
19  Goulash Spinach Pie Roll	20 Marinated Pork Roast Baked Beans Baby Carrots Banana Cake	21 Breaded Chicken on Bun Squash Casserole Buttered Corn Rice Pudding	22 Fried Fish Cheesy Broccoli Rice Cornbread Fruit Mix	23 ADRC Closed No Meals Delivered Happy Holidays!
26 ADRC Closed No Meals Delivered Happy Holidays!	27 Oven Fried Chicken Mashed Potatoes Green Bean Casserole Biscuit Cherry Crisp	28 Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Assorted Cookies	29 Pork Roast w/ Sauerkraut Au Gratin Potatoes Broccoli Frosted Marble Cake Bread	30 Parmesan Fish Herbed Rice Pacific Blend Vegetables Fresh Apple Slices Bread

January

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>ADRC Closed No Meal Delivery</div> <div><div>HAPPY NEW YEAR</div></div>	<div>3</div> <div>Honey Mustard Pork Loin Red Bliss Potatoes Capri Blend Vegetables Seasonal Fresh Fruit Bread</div>	<div>4</div> <div>Lasagna Italian Vegetables Garlic Bread Cheesecake</div>	<div>5</div> <div>Lemon Pepper Chicken Bread Stuffing Winter Mix Vegetables Raspberry Parfait Square Roll & Gravy</div>	<div>6</div> <div>Beef Stew Biscuit Garlic Green Beans Mint Truffle Brownie</div>
<div>9</div> <div>Marinated Chicken Buttered Pasta Dill Carrots Pineapple Tidbits Roll</div>	<div>10</div> <div>Sloppy Joe on Bun French Fries Harvest Blend Veggies Pie</div>	<div>11</div> <div>Grilled Ham Slices Baked Potato Squash Casserole Roll Cookie</div>	<div>12</div> <div>Roast Beef & Gravy Scalloped Potatoes Seasoned Carrots Strawberries w/ Topping Bread</div>	<div>13</div> <div>Tuna Noodle Casserole Brussels Sprouts Buttered Beets Lemon Cake Bread</div>
<div>16</div> <div>Baked Chicken Breast Alfredo Sauce Buttered Bowties Glazed Carrots Brownie & Roll</div>	<div>17</div> <div>Meatloaf Baked Potato Brussels Sprouts Iced Pound Cake Roll</div>	<div>18</div> <div>Cranberry Glazed Pork Loin Calico Rice Green Bean Casserole Honeyed Pears Bread</div>	<div>19</div> <div>Beef Stew Green Peas Biscuit Peach Pie</div>	<div>20</div> <div>Oven Fried Fish Sweet Potatoes Seasoned Broccoli Cookies Roll</div>
<div>23</div> <div> Goulash Spinach Pie Roll</div>	<div>24</div> <div>Marinated Pork Roast Baked Beans Baby Carrots Banana Cake</div>	<div>25</div> <div>Breaded Chicken on Bun Squash Casserole Buttered Corn Rice Pudding</div>	<div>26</div> <div>Fried Fish Cheesy Broccoli Rice Cornbread Fruit Mix</div>	<div>27</div> <div>Herbed Pork Cubes New Potatoes Herbed Green Beans Frosted Angel Food Cake Roll</div>
<div>30</div> <div>Chili Carrot & Celery Sticks Cornbread Dutch Apple Pie</div>	<div>31</div> <div>Oven Fried Chicken Mashed Potatoes, Gravy Green Bean Casserole Biscuit Cherry Crisp</div>	<div>Note: Meals are subject to change on occasion. Dining site meals include milk & coffee. Home delivered include milk.</div> <div>To Cancel Your Meal: Reedsburg: 963-3438 Sauk Prairie: 963-3437 Frozen & La Valle Route: 355-3289 (ADRC) Spring Green: 588-7800 Baraboo: 963-3436</div>		

February



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Assorted Cookies	2 Pork Roast w/ Sauerkraut Au Gratin Potatoes Broccoli Frosted Marble Cake Bread	3 Parmesan Fish Herbed Rice Pacific Blend Vegetables Fresh Apple Slices Bread
6 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Lemon Whip	7 Honeyed Mustard Pork Loin Red Bliss Potatoes Capri Blend Vegetables Seasonal Fresh Fruit Bread	8 Lasagna Italian Vegetables Garlic Bread Cheesecake	9 Lemon Pepper Chicken Bread Stuffing Winter Mix Vegetables Raspberry Parfait Square Roll & Gravy	10 Beef Stew Biscuit Garlic Green Beans Mint Truffle Brownie
13 Marinated Chicken Buttered Pasta Dill Carrots Pineapple Tidbits Roll	14 Sloppy Joe on Bun French Fries Harvest Blend Veggies Pie	15 Grilled Ham Slices Baked Potato Squash Casserole Roll Cookie	16 Roast Beef & Gravy Scalloped Potatoes Seasoned Carrots Strawberries w/ Topping Bread	17 Tuna Noodle Casserole Brussels Sprouts Buttered Beets Lemon cake Bread
20 Baked Chicken Breast Alfredo Sauce Buttered Bowties Glazed Carrots Brownie & Roll	21 Meatloaf Baked Potato Brussels Sprouts Iced Pound Cake Roll	22 Cranberry Glazed Pork Loin Calico Rice Green Bean Casserole Honeyed Pears Bread	23 Beef Stew Green Peas Biscuit Peach Pie	24 Oven Fried Fish Sweet Potatoes Seasoned Broccoli Cookies Roll
27 Goulash Spinach Pie Roll	28 Oven Fried Chicken Mashed Potatoes, Gravy Green Bean Casserole Biscuit Cherry Crisp	Note: Meals are subject to change on occasion. Dining site meals include milk & coffee. Home delivered include milk.		
To Cancel Your Meal: Reedsburg: 963-3438 Sauk Prairie: 963-3437 Frozen & La Valle Route: 355-3289 (ADRC) Spring Green: 588-7800 Baraboo: 963-3436				

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

If you know of someone who would enjoy receiving the *AddLIFE Today!* Newsmagazine - Let us know! Do you have a family member or friend 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 on vacation, or are moving, or if you want to be removed from this mailing list.

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
1	T	U	R	K	E	Y	T	R	A	C	K	S	E	C	N	E	F	L	I	A	R
2	Q	G	U	S	E	S	E	E	G	G	N	I	Y	L	F	B	O	W	T	I	E
3	X	O	B	L	E	W	E	J	H	S	A	D	N	R	U	H	C	E	I	F	S
4	N	I	E	W	E	Z	A	M	N	E	D	R	A	G	L	L	E	R	H	Z	N
5	X	D	D	O	C	E	A	N	W	A	V	E	S	E	F	C	I	T	H	J	O
6	U	D	Y	L	F	O	O	H	S	K	U	R	X	Q	B	S	A	S	C	Z	W
7	N	B	R	O	K	E	N	D	I	S	H	E	S	Y	H	P	T	M	T	K	B
8	E	R	O	E	U	Z	P	F	T	D	L	W	G	C	S	E	K	X	A	L	A
9	S	L	A	I	S	S	X	E	M	I	Z	C	H	D	L	T	A	T	P	E	L
10	R	G	P	T	D	D	N	S	A	D	O	A	R	R	J	S	R	K	E	E	L
11	E	R	N	U	S	N	E	R	G	N	I	A	H	A	E	W	A	N	H	Z	
12	W	E	N	I	O	P	T	N	T	N	K	O	C	E	E	S	M	E	I	W	T
13	L	J	M	B	R	S	I	R	P	N	I	O	Y	O	S	U	P	E	N	R	L
14	B	I	N	A	L	G	A	H	U	L	B	K	F	L	T	O	I	X	X	E	O
15	I	U	V	I	P	R	N	R	S	S	A	L	F	S	A	H	N	H	B	T	G
16	S	G	A	N	Y	L	D	I	L	D	I	T	O	C	M	T	E	N	L	A	C
17	D	N	A	W	A	X	E	A	D	F	N	G	E	Z	R	R	A	K	I	W	A
18	S	B	I	S	V	S	D	L	E	D	T	E	C	S	O	U	P	U	L	K	B
19	G	F	U	B	S	D	Z	A	E	U	E	X	I	N	T	O	P	H	K	C	I
20	E	E	B	Y	E	N	O	H	E	A	A	W	C	R	S	C	L	U	S	T	N
21	W	A	P	R	A	E	B	Y	L	F	A	N	H	F	N	E	Y	O	Y	O	

Word Search Answer/Hints

The words below are listed with their starting row and column

ANVIL 17:5	GARDEN MAZE 4:14	RAIL FENCE 1:21
BEAR PAW 21:7	HONEY BEE 20:8	SHOO FLY 6:9
BOW TIE 2:16	IRISH CHAIN 3:19	SNAILS TRAIL 18:1
BROKEN DISHES 7:2	JACOBS LADDER 10:15	SNOWBALL 3:21
CHURN DASH 3:17	JEWEL BOX 3:8	STORM AT SEA 20:15
CONTRARY WIFE 9:12	KINGS X 14:12	SUNBONNET SUE 16:1
COURTHOUSE STEPS 20:16	LOG CABIN 13:21	TREE OF LIFE 9:18
DRESDEN PLATE 6:2	MAPLE LEAF 13:3	TURKEY TRACKS 1:1
DRUNKARD S PATH 16:7	NINE PATCH 13:19	WATERWHEEL 17:20
FLYING GEESE 2:15	OCEAN WAVES 5:4	WEDDING RINGS 20:12
FRIENDSHIP STAR 21:15	PINEAPPLE 13:17	YO YO 21:18

Donation Designation Form

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

Please designate this donation:

In Memory of _____ or

In Honor of _____

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

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- ☐ *AddLIFE Today!* Publishing
- ☐ Care for the Caregiver Program
- ☐ Caregiver Support Programs
- ☐ Dining Center Program
- ☐ Disability Benefit Specialist Program
- ☐ Eat Better, Move More Program
- ☐ Elder Benefit Specialist Program
- ☐ Fun-day Travels Program
- ☐ Health Promotion Programs
- ☐ Helping Hand at Home Program
- ☐ Home Delivered Meals Program
- ☐ Information & Assistance Programs
- ☐ Living Well with Chronic Conditions
- ☐ Prevention Programs
- ☐ Shopping/Grocery Bus Program
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- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
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505 Broadway
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CHANGE SERVICE REQUESTED

X

*When snow falls
nature listens*

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2000 North Dewey Avenue, Reedsburg, WI 53959
608-524-6457
www.ramchealth.com



Quilt Blocks

You can find the name of the quilt blocks in the grid by looking Diagonal, Forward, Backward, Up, and Down.

TURKEY TRACKS ECNEFLIAR
QGUSEE EGGNIYLBOWTIE
XOBLEWEJHSADNRUHCEIFS
NIEWEZAMNEDRAGLLERHZN
XDDOCEANWAVESEFCITHJO
UDYLF OOH SKURXQBSASCZW
NBROKENDISHESYHPTMTKB
EROEUZPFTDLWGCSEKXALA
SLAISSXEMIZCHDLTATPEL
RGPTDDNSADOARRJSRKEEL
ERNUSNERGNIAHAAEWANH Z
WENIOPTNTNKOCEESEIWT
LJMBRSIRPNIOYOSUPENRL
BINALGAHULBKFLT OIXXEO
IUVIPRNRSSALFSAHNHBTG
SGANYLDILDITOCMTENLAC
DNAWAXEADFNGEZRRAKIWA
SBISVSDLEDTECSOUPULK B
GFUBSDZAEUEXINTOPHKCI
EEBYENOHEAAWCRSCLUSTN
WAPRAEBYYLFANHFNEYOYO

- ANVIL
- BEAR PAW
- BOW TIE
- BROKEN DISHES
- CHURN DASH
- CONTRARY WIFE
- COURTHOUSE STEPS
- DRESDEN PLATE
- DRUNKARD S PATH
- FLYING GEESE
- FRIENDSHIP STAR
- GARDEN MAZE
- HONEY BEE
- IRISH CHAIN
- JACOBS LADDER
- JEWEL BOX
- KINGS X
- LOG CABIN
- MAPLE LEAF
- NINE PATCH
- OCEAN WAVES
- PINEAPPLE
- RAIL FENCE
- SHOO FLY
- SNAILS TRAIL
- SNOWBALL
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- WATERWHEEL
- WEDDING RINGS
- YO YO