

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

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

Add
LIFE Today!
Laughter
Independence
Friends &
Energy

Winter 2017-2018
Vol 9/ Issue 4



Need Tax Help??

Volunteer counselors are trained and ready to assist you with filing your 2017 taxes every **Tuesdays** and **Thursdays** starting February 6 through April 10 in Baraboo. Don't delay in scheduling your appointment for this free service offered in cooperation with AARP and the IRS. **Scheduling appointments begin December 18, 2017.**

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 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 **MUST** be prepared to show a photo ID when 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 a 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.**

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ADRC Office Hours:

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

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

Be The
Reason
Someone
Smiles
Today

Tax Preparation Checklist

Everyone must present:

- ___ Last year's tax return
- ___ Picture identification
- ___ Social Security card(s) - This includes ALL dependents. No other ID can be accepted
- ___ 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 2016 and 2017
 - Note: - Tax payment receipts cannot be used
 - If landlord will not sign your rent certificate, bring any proof that you actually paid the rent---receipts, bank statement showing withdrawals from your account, canceled checks
- ___ Federal and Wisconsin SSI payments, Veterans payments and child support



FROM THE DIRECTOR'S DESK

Susan Blodgett

Aging & Disability Resource Center Director



Let Your Voice Be Heard!

To be a strong and supportive Aging & Disability Resource Center, we need your help!

The ADRC receives funding from the Older Americans Act to provide many of our services such as congregate and home delivered meals, caregiver supports such as respite care, classes like “Stepping On” and “Powerful Tools for Caregivers”, transportation, and most recently, efforts to make Sauk County Dementia Friendly. The Older Americans Act requires that we prepare an “aging plan” every three years to plan for services needed for residents over age 60.

This plan is due to our funder in July. Before then, the ADRC needs to hear from you what services you need from the ADRC. Your comments help us determine the best way to spend funds in Sauk County during the next aging plan's cycle - 2019-2021.

We need to know:

- **What do you need to successfully age in Sauk County?**
- **What is the greatest challenge facing you in the next five years?**

- **What is the greatest challenge facing your family in the next five years?**
- **What is the ADRC doing well, and should continue to do?**
- **What is the ADRC not doing that needs to be done?**

Will you help us get started on our information gathering? You can help in two ways.

First, enclosed in this newsletter is a simple survey: tear it out, fill it in and mail back to the ADRC.

Second, invite me to your next event! If you belong to a community services organization, a church group, a book club, a service organization, contact me to present and at the same time I can gather information from you.

This is your chance to have input into the next three years of ADRC services. Make sure you take this opportunity to let your voice be heard.

I look forward to learning your thoughts.

- - Susan Blodgett



tell me what I need to know to make Sauk County better for seniors!



Cop's Corner

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

What's in your Medicine Cabinet?



When is the last time you looked at your medications? Not the ones you take on a regular basis, but the ones that are expired. The ones your doctor took you off and that pill bottle still sits in the drawer?

The National Pill Take Back sponsored by the Department of Justice and the Drug Enforcement Agency was on October 28, 2017 and local police and the sheriff collected hundreds of pounds of old and unused medications for disposal. Being properly disposed, these drugs stay out of the hands of children, persons who may abuse medications and out of the environment. For years, we would just flush old and unused medications, but we now know the toll this has on our environment. Wisconsin has been 3rd in the nation collecting unused medications, behind California and Texas!

If you still have unused and expired medications, all of the police departments in Sauk County and the Sheriff's office have

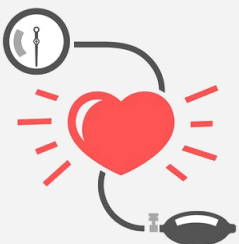
disposal bins in their lobby. Bring us those items and we will make sure they are taken care of. Please be aware there are items we cannot accept due to safety reasons, including:

- Any sort of needle—Diabetic syringes, testing supplies, etc. Those can be disposed of at the hospital or Baraboo District Ambulance Service
- Any thermometers—especially mercury thermometers
- Any type of inhalers or aerosol cans
- Hydrogen peroxide
- IV bags/fluids/IV lines
- Any type of biohazard
- Personal care products—sunscreen, shampoo/conditioner, calamine lotion, hand/body lotion, etc.

Mark R. Schauf,
Chief of Police

Baraboo Police Department

Reedsburg Ambulance Offers Free Blood Pressure Checks at Their Station.



It is important to check your blood pressure regularly and take steps to prevent and control high blood pressure. The Reedsburg Ambulance offers free blood pressure screenings at the Reedsburg Ambulance Station.

Appointments are not needed to get your blood pressure checked. **Anyone may visit the Ambulance Station at 230 Railroad Street, Reedsburg, during office hours, Monday through Friday, 9:00 am to 4:00 pm.** A brochure will be provided with your blood pressure reading and information on maintaining a healthy blood pressure.

Tips for Flu Season

By the GWAAR Legal Services Team



State health officials report that the flu season got an early start in Wisconsin this year. There have already been more confirmed flu cases and

hospitalizations due to the flu in September and October this year than this time in 2016.

The flu, or influenza, is a respiratory disease. Two main types of virus - type A and type B - cause the flu. The flu is a seasonal illness that occurs each winter in Wisconsin and across the United States.

The flu is spread from person to person when droplets of moisture from a person with the flu are spread through the air from coughing, sneezing, or talking. The droplets contain viruses and make another person sick if they are inhaled. Symptoms of the flu usually appear within 1-3 days of inhaling infected moisture droplets.

There are many ways to protect yourself from the illness and from spreading it if you have it, including:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.
- Never share drinking cups, straws, and utensils.
- When possible, avoid being exposed to people who are sick with flu-like symptoms.
- Eat nutritious meals, get plenty of rest, and

do not smoke.

- Frequently clean commonly touched surfaces, like doorknobs, refrigerator handles, phones, and faucets.
- If you're sick, stay home. Get rest, drink plenty of liquids, and avoid using tobacco and alcohol.

Another way to prevent the flu is to get the annual flu shot. The flu shot is safe and effective for people six months old and older. However, there are certain people who are at a greater risk of getting the flu and could have serious health complications if they do come down with the virus.

The Centers for Disease Control strongly encourages the following people to receive the flu vaccination:

- People 65 years old and older;
- People with chronic health issues, like heart disease and diabetes;
- Pregnant women (the flu shot protects the mom-to-be and provides protection for her baby for several months after birth); and
- People who are around other people at work or school.

Supplies of the vaccine are plentiful and available through health care providers and many pharmacies. If you're on Medicare, it is important to note that Medicare Part B covers one annual flu shot. If you are reevaluating your Medicare Part D plan this fall for 2018 coverage, the flu shot is not a vaccine covered by Medicare Part D (your prescription drug plan).

Information about the 2017-2018 flu season can be found in the DHS Weekly Influenza Report.

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!



Bill



Gary

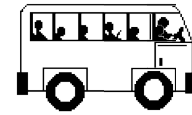


Tom



Dave

Do You Know About These ADRC TRANSPORTATION SERVICES?



The ADRC Transportation Programs have so much to offer seniors and disabled persons within Sauk County. Our goal is to provide independence and mobility. We provide transportation through our Volunteer Driver Escort Service and Taxi Subsidy Programs by calling the transportation office at

(608) 355-3278 or (800)-830-3533

In the coming year look for some new ideas to our ever popular weekly Shopping and Fun Day bus trips. The changes are aimed at enhancing the program and giving the riders more opportunities. To get on the trip schedule call and leave your name, phone number and address on our:

Bus Trip Reservation Line (608) 355-4888.

VOLUNTEER DRIVER ESCORT PROGRAM

The Volunteer Driver Escort Program provides anyone with transportation needs to medical and dental appointments, pharmacy trips, and any other trip that contributes to health and wellness.

Volunteer drivers will pick you up at your door, transport you to your destination and bring you back home. Destinations include locations outside of the Sauk County area. If you are disabled and have special needs, just let us

know so we can appropriately accommodate and transport you to your destinations.

The cost of the service is \$.35 per mile and is calculated as a round trip from and back to the driver's home.

TAXI SUBSIDY PROGRAM

The taxi program provides a half price punch card for rides through your local taxi service in Baraboo, West Baraboo, Reedsburg and Sauk Prairie. Participants must be at least 60 years of age, or have an impairment which affects their ability to operate a motor vehicle. Participants may purchase one discounted taxi punch card per month.

Punch cards are available in the ADRC office during regular business hours, or call the transportation line at (608) 355-3278 to have an application mailed to you. Mail the completed application along with a check or money order to:

**ADRC Transportation
505 Broadway
Baraboo, WI 53913**

SPECIALIZED SHOPPING BUS SERVICE

The ADRC offers weekly bus service on

(Continued on page 8)

(Continued from page 7)

Fridays to local shopping destinations. The trip rotates on a weekly basis in Baraboo, West Baraboo and Lake Delton. Residents in the Spring Green and Plain areas may call and reserve a shopping bus for Richland Center. (3 passenger minimum applies, so get the word out).

The price is \$3.00 for the shopping trips. We

ask if able passengers meet at pre-arranged locations, however, the bus can pick persons with special needs up at their homes.

Please call the ADRC Transportation Reservation Line at (608)-355-4888 at least 48 hours in advance to reserve your seating as space is limited.

**For information on the every popular
FUN DAY TRAVELS see below!**



FUN DAY TRAVEL RESERVATIONS !!!

- To allow everyone a fair opportunity to travel on the Fun-day Travels, we will open reservations up **3 WEEKS PRIOR TO DAY OF TRIP**
- Please call the Reservation line at 608/355-4888.
- You can reserve a spot for yourself and 1 OTHER PERSON.
- We will notify you 24 hours prior to departure regarding pick up times and location

Fun-day travels 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

6 (Wednesday)

Wisconsin Governor's Mansion

12

Greenway Station Shopping Center

19

East Towne Mall / Hobby Lobby

January

9

Columbus Antique Mall

16

Olbrich Botanical Gardens

23

West Towne Mall

30

Sun Prairie Cinema

February

6

Columbus Antique Mall

13

Greenway Station Shopping Center

20

Sun Prairie Cinema

27

Hilldale / Super Target

March

6

West Towne Mall

13

13 - Olbrich Gardens Spring Garden Show

Winter Driving Tips

We are fast approaching the time of year when the roads become snow/ice covered and slippery. Here are some tips from the Wisconsin Department of Transportation on winter driving.

- **Clear snow and ice from all windows and lights** - even the hood and roof - before driving. Not only is it not safe to drive with snow, ice or frosted windows, it is illegal and you can be cited.
- **Turn your headlights on**- Wisconsin law requires that your headlights be on during inclement weather as well as during hours of darkness. Remember that because you can see the road, doesn't mean other drivers can see you in fog, rain, snow or dust.
- **Pay attention.** Don't try to out-drive the conditions. Remember the posted speed limits are for dry pavement.
- **Leave plenty of room for stopping.** Stopping distances increase on slippery roads. Give yourself and others plenty of distance between you and the vehicle in front. Conditions, vehicles, animals, people and other obstructions can cause you and others to react in a moment. ***Give yourself room to live!!***
- **Leave room for emergency/maintenance vehicles and plows.** The law requires you to slow down and/or move over when approaching emergency or maintenance vehicles, including snowplows, parked on the side of the road when they have their flashing lights turned on. If you approach a parked emergency or maintenance vehicle during a winter storm and decide to change lanes be extra careful. The passing lane may be in worse shape than the driving lane. There may also be a snow ridge between the two lanes. Avoid making an abrupt lane change. If approaching a snowplow, stay back at least 200 feet (it's the law!), and don't pass on the right.
- **Know the current road conditions.**

Call **511** or log onto the Dept. of Transportation's Winter Road Conditions Report Webpage.

- **Use brakes carefully.** Brake early. Brake correctly. It takes more time and distance to stop in adverse conditions.
- **Watch for slippery bridge decks**, even when the rest of the pavement is in good condition. Bridge decks will ice up sooner than the adjacent pavement.
- **Don't use your cruise control in wintry conditions.** Even roads that appear clear can have sudden slippery spots and the short touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
- **Don't get overconfident in your 4x4 vehicle.** Remember that your four-wheel drive vehicle may help you get going quicker than other vehicles but it won't help you stop any faster. Many 4x4 vehicles are heavier than passenger vehicles and actually may take longer to stop. Don't get overconfident in your 4x4 vehicle's traction. Your 4x4 can lose traction as quickly as a two-wheel drive vehicle. Watch the ditches. 4X4's are often the vehicles in the ditch, often upside down. Don't be one of them.
- **Do not pump anti-lock brakes.** If your car is equipped with anti-lock brakes, do not pump brakes in attempting to stop. The right way is to "stomp and steer!"
- **Look farther ahead in traffic than you normally do.** Actions by cars and trucks will alert you quicker to problems and give you a split-second extra time to react safely.
- **Remember that trucks are heavier than cars.** Trucks take longer to safely respond and come to a complete stop, so avoid cutting quickly in front of them.
- **Slow Down!** Speed is the fastest way into the ditch or the accident scene!

<http://wisconsindot.gov/>

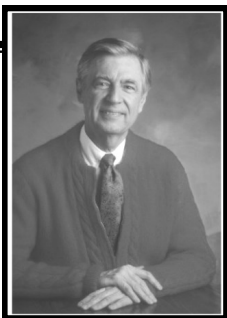


The Volunteer Buzz

Cathy Bindl



"look for the helpers"



When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping". To this day, especially in times of "disaster", I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.

-- Fred Rogers

I heard Mr. Rogers' quote and it really touched my heart. Our world is always filled with so many problems and disasters, both large and small. Our world has natural disasters destroying peoples' homes and communities. We have those suffering their own personal problems. Some are dealing with health issues and others may have challenges that leave them without enough food, heat, transportation, support, etc. One thing is consistent when these problems and disaster happen - there will always be people who are willing to help - just like the ADRC volunteers who are always willing to support their neighbors. I am so privileged to see first hand all the Sauk County ADRC Helpers!

The volunteers do so much more than just drive someone to an appointment, take someone a meal, serve someone a dinner, help answer the phone or mail out the newsletter.

They bring hope, kindness and positivity!

So:

- To all my volunteers who bring a positive attitude to those they help;
- To all my volunteers who encourage people to seek supports from the ADRC;
- To all my volunteers who remind people of the good things that happen here in Sauk County and at the ADRC;
- To all my volunteers who encourage new volunteers so more people's lives can be touched by their kindness;
- To all my volunteers who care about others

Thank you for being a "helper"!

In closing, I challenge you to not only look around and see the helpers. I challenge you to be one of the helpers!

--Cathy

Thank you !!



Thank you to Ragser Chrysler of Sauk City for the donation of the seat belt extender to our volunteer driver escort. This will be very useful to the transportation program and very much appreciated.

Thank you for filling out the survey!

I wanted to thank all the volunteers who took the time to fill out the volunteer survey and share their thoughts. Please know that I will use the information that pertains to the volunteer program to make the program even better. Any comments made that really aren't part of the volunteer program but were for other programs at the ADRC have been forwarded on to them.

One of suggestions a volunteer made was for the ADRC to have clothing and hats available to purchase with an ADRC Volunteer logo.

Soooooooo . . .

I have created the ADRC Volunteer logo.



And . . .

I have contacted Golden Needle Embroidery from North Freedom. And this is what we have worked out for volunteers to purchase embroidered clothing.

Starting January, you are able to order and purchase your clothing directly through Golden Needle. If you have your own shirt that you would like embroidered they will embroider it for you. .

To have a general idea of prices -

- A Gildan brand 50/50 blend polo shirt with a logo embroidered on the left shoulder would be approximately \$13.00 - 15.00
- A hat with the logo embroidered on it would be approximately \$9.00 - 11.00.
- If you have your own shirt that you would like embroidered, the cost of the embroidery would be about \$6.00.

Please contact Golden Needle at 522-3365.

It will take about 2 -3 weeks
for the embroidery to be completed.

WE ARE SEARCHING FOR VOLUNTEERS



Current Volunteer Opportunities

- The Baraboo Dining Center is in need of volunteers to help deliver meals on a regular basis and also volunteers to be substitute home delivered meal drivers.
- The ADRC would like to have you join our Volunteer Driver Escorts team. Driver Escorts drive clients to medical appointments and other trips of necessity. We are especially in need of drivers for the Baraboo, Reedsburg, La Valle, Merrimac and Lake Delton communities.
- The ADRC is looking for drivers for the Spring Green area who to drive people to and from the Senior Meal Program in Spring Green.
- The Reedsburg Dining Center would like to welcome volunteers to help in their dining center. They especially are looking for help on Mondays and Fridays.
- If you would like to volunteer in a way that I haven't thought of - give me a call and we can talk about it!

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

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

For Your Benefit . . . Your Elder Benefit Specialists

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


Call 355-3289

or (800) 482-3710

To confirm site visits or to
schedule office appointments



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

Howard Wynne Apartment	December 5 11:00 - 12:00	January Office Visits Only 	February 6 11:00 - 12:00
Park Place Senior Apartment Reedsburg	December 5 9:30 - 10:30		February 6 9:30 - 10:30
Plain Green TTEC	December 6 1:00-3:00		February 7 1:00-3:00
Spring Green Senior Center	December 20 10:30 to 11:30		February 21 10:30 to 11:30
Spring Green Library	December 20 1:00 to 2:00		February 21 1:00 to 2:00



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

Presented by:

Mindy Shrader and
Pam Fuchs

The next workshop will be:
Tuesday, January 16
at 4:30 p.m.

West Square Building,
Room B30
505 Broadway, Baraboo



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

Sauk/Prairie Community Center	December 21 10:00 to 11:30	January Office Visits Only 	February 15 New Time! 9:00 to 10:30
Merrimac Village Hall	December 20 10:00 - 11:00		February 14 10:00 - 11:00

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.

Aging with Asthma

By the GWAAR Legal Services Team

If you don't have asthma or know someone who does, you may think of it as a mere annoyance, or perhaps something that only affects children and younger people.

However, asthma – a respiratory condition that inflames the lungs and interferes with breathing – is becoming more common in people age 65 years and older. In fact, it is believed that up to nine percent of older adults currently suffer from asthma.

Not only are more older people suffering from asthma, but a new study shows that older adults with asthma are five times more likely to die from medical complications from the condition. This is due to breathing problems generally worsening over time. With age, lungs become less elastic, the chest walls become more rigid, and the muscles that aid in breathing also weaken. The immune system's response to inflammation also decreases with age, so older bodies are simply less able to combat the symptoms of asthma.

Often, too, older individuals have a more difficult time using inhalers because of compromised vision, and declining fine motor coordination and cognition. And that's just people who have access to inhalers - it is estimated that only about half of adults who need inhalers have and use them because the

medications are so expensive (sometimes close to \$300 per month).

Here's what you can do to help yourself or someone else get properly diagnosed and treated for asthma:

1. Don't downplay difficulty with breathing. Sometimes people think breathing difficulties are just a sign of being overweight, out of shape, or just normal as you get older, but many times it can be a symptom of undiagnosed or worsening asthma.
2. Make sure if you have certain health conditions your doctor also considers whether you have asthma. Some conditions that may complicate both diagnosis and treatment of asthma are chronic obstructive pulmonary disease, congestive heart failure, and heart disease.
3. Educate yourself about the varying types of asthma, and make sure to ask your doctor whether you just need a rescue inhaler or ongoing treatment for chronic airway inflammation.
4. If you've grown up with asthma, know that the condition can change and require different treatment as you age.
5. If you do receive medications to treat your asthma and you need financial assistance to afford them, make sure you've met with your Elder Benefit Specialist to determine all public benefits and drug plans that fit your needs.



ASTHMA DOESN'T HAVE TO SLOW YOU DOWN

Percentage of Older Adults Facing Hunger Hasn't Decreased Since the Recession

By the GWAAR Legal Services Team

Although a number of economic indicators have shown that the economy has improved since the recession, one measurement in particular has yet to recover. According to U.S. Census data, the proportion of people over 60 who are “facing hunger” began increasing in 2001. While the number has plateaued in recent years, it has not dropped.



For the general population, the proportion of people who said they had trouble finding meals increased during the recession but began to drop after 2011. These numbers have not returned to pre-recession levels. However, the economic recovery appears to be even slower for older adults.

The Census survey asks 18 questions to determine whether people are considered to be “facing hunger,” including whether they had skipped meals or reduced portion sizes for financial reasons. In 2001, approximately 1.4 percent of respondents over 60 faced hunger, according to Census data. However, that percentage has only increased since then – by 2015, the percentage of adults over 60 who were facing hunger had doubled to 3.1 percent.

Researchers can only speculate why. James Ziliak, an economics professor at the University of Kentucky who authored a recent report on this data, has suggested it could be due to a number of factors, including the fact that older adults have not yet recovered from the drops in wealth that came with the recession. It may also be because many low-income older adults who need meals do not receive them, as a 2015 Government Accountability Office report found.

To learn more about hunger in older adults, please see *The State of Senior Hunger in America in 2015* (<http://www.feedingamerica.org/hunger-in-america/our-research/senior-hunger-research/state-of-senior-hunger-2015.pdf>).



- Thank you to an anonymous donor for the donation to the publishing of the *AddLIFE Today!*
- We would like to thank Joan Litscher for her donation in honor of Volunteer Driver Escort, Bob Jauch, to the Volunteer Driver Escort program.
- Thank you to an anonymous donor for the donation in memory of Kathryn Ahlstrom to the publishing of the *AddLIFE Today!*
- We would like to thank an Gail Lamberty for her donation in memory of Al and Armella Kowalski to the publishing of the *AddLIFE Today!*
- Thank you to an anonymous donor for the donation for the donation to the publishing of the *AddLIFE Today!*
- Thank you to Jennifer Rattan for making the crocheted hats for some HDM clients and to Lucy, Mary and Sister Maureen for donating the yarn.

New Medicare Cards:

What You Need to Know Right Now

By the GWAAR Legal Services Team

Starting September 2017, Medicare recipients began receiving information about the new Medicare cards. You can use this quick guide for any questions you have.

Why is Medicare changing my card? - To help protect your identity.

Current Medicare cards use your Social Security number to identify you. The new cards will use a different, unique number so that the chances of fraud and identity theft are minimized should you ever lose your card.

Will the new Medicare card change any of my program benefits? - No.

If you currently receive any part of Medicare (Part A, Part B, Part C, or Part D), a Medicare Supplement Policy, or any other public benefits (FoodShare, Medicaid, SeniorCare, BadgerCare Plus, etc.), your benefits will not change just because you receive a new Medicare card. If you notice your benefits change, it will be for some other reason (eligibility or a mistake), so you should contact 1-800-MEDICARE or your Elder Benefits Specialist right away.

When will I get my new card? – Between April 2018 and April 2019.

CMS (The Centers for Medicaid and Medicare Services) will begin mailing new cards starting in April 2018, and will slowly roll out new cards to all beneficiaries through April, 2019. It might take a while for you to receive your new card. If you have not received your new card by the end of April, 2019, contact 1-800-MEDICARE or your Elder Benefits Specialist.

Can I keep using the Medicare card I

have? - Yes.

You should continue to use the Medicare card you have now until you receive your new one in the mail. When you get your new card in the mail, read about how you should keep your new card safe and how to shred the old card to best protect your identity.

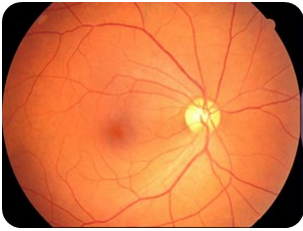
Where can I get more information?

- 2018 Medicare & You Handbook
- The Medicare.gov website: <https://www.medicare.gov/>
- Your local Aging and Disability Resource Center (ADRC)

As always, Medicare and CMS *will not* call or email you regarding your new card – you will only receive information through the mail. Therefore, if anyone calls or emails you about your new or old Medicare number, hang up or delete the message. Additionally, there is no charge for the new Medicare card. Finally, make sure you update your address should you move, and regularly check your mailbox (or have a trusted person check for you) until you get your new card.

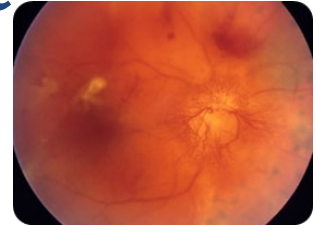


Diabetic Eye Photos Can Help Save Your Sight



Normal Eye

Diabetic Eye Disease



I have diabetes, why do I need an eye check?

- Diabetic eye disease is a leading cause of blindness.
- Anyone with diabetes is at risk, even if his or her vision is good.
- 1 in 4 people with diabetes have this condition.
- Many treatments are available to protect your eyesight.
- Yearly diabetic eye checks are recommended by the American Diabetes Association. They can be performed by your regular eye doctor or using an eye photo test at the UW Specialty Clinic.

What happens at my eye photo test?

We will take photos of each eye using a special camera. You will sit in a chair, place your chin on a chin rest, and look at a green light. You will see a quick flash of light. This is similar to the flash from a regular camera and will not hurt. Patients who had this test describe it as “easy,” “quick,” “painless,” and would recommend it to their family members.

- Eye photos typically take just a few minutes
- Dilating eye drops are usually not needed; people can read and drive afterwards
- The eye photo test is often more affordable than a dilated eye exam

How do I get an eye photo test?

- Ask your primary care provider for a referral to the UW Specialty Clinic at Mile Bluff in Mauston
- If this is your first time at the clinic, it may take 10-15 minutes to register before the eye photo test
- If the clinic is busy, you may need to schedule a future visit for your eye photo test
- If you have any questions, please call Michel Messer at (608) 847-7355
- Cost is \$20. Insurance is not billed.
- Photos may also be performed by your local eye doctor.

How do I get results from my eye photo test?

Your eye photos are reviewed by eye doctors at the University of Wisconsin-Madison who will send the results to you and your primary care provider.

If you have an abnormal test result, you will receive a list of eye doctors in the community who can help you. There are many treatments available, including laser and medications, to protect your vision



UW Specialty Clinic
1040 Division St., Mauston, WI 53948





Holly Schafer

Disability Benefit Specialist

Quinn Hause



COST OF LIVING Social Security Announces 2.0 Percent Benefit Increase for 2018

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million Americans will increase 2.0 percent in 2018, the Social Security Administration announced recently.

The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits) The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700 from \$127,200. Of the estimated 175 million workers who will pay Social Security taxes in 2018, about 12 million will pay more because of the increase in the taxable maximum.



People Receiving Disability Benefits Can Now Report Wages Online

Social Security has expanded its online services to allow people who receive Social Security Disability Insurance (SSDI) benefits and their representative payees to report wages securely online. This service is available through our existing my Social Security portal.

Now, it's faster and easier for SSDI beneficiaries and their representative payees to report wages; they can avoid visiting a field office to report their wages in person, and they can print a receipt of their earnings.

This service will be available for Supplemental Security Income (SSI) recipients in the future. SSI recipients should continue to report wages through SSI Mobile Wage Reporting, SSI Telephone Wage Reporting, or by visiting a local field office.

You and your clients can visit www.socialsecurity.gov today to learn more about this new online service.

How can I get a benefit verification letter?



If you need proof you get Social Security benefits, Supplemental Security (SSI) Income or Medicare, you can request a benefit verification letter online by using your **my Social Security** account. This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter."

(Continued on page 18)

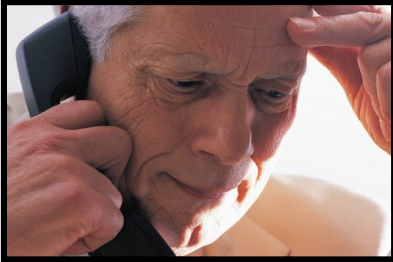
(Continued from page 17)

You can also request proof that you have never received Social Security benefits or Supplemental Security Income or proof that you have applied for benefits.

To set up or use your account to get a benefit verification letter, go to *Sign In Or Create An Account*.

You cannot request a benefit verification letter online for another person, such as a spouse or child.

If you can't or don't want to use your online account, or you need a letter for someone other than yourself, you can call us at **1-800-772-1213 (TTY 1-800-325-0778)**, Monday through Friday from 7 a.m. to 7 p.m.



Is that Phone Call From Social Security?

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

It's the morning of a busy day at home and you get a call from an unknown number. You answer only to find yourself on the receiving end of a threatening message saying your Social Security benefits will stop immediately unless you provide your personal information. It happens every day to thousands of Americans. And it's not Social Security calling. Scammers have many ways to lure their victims into providing information and then stealing their identities. Sometimes they call under a guise of helping you complete a disability application. Protecting your information is an important part of Social Security's mission to secure today and tomorrow. Any request from our agency will come to you as a written notice first. If you do receive a call from one of our representatives, they will provide you with a telephone number and extension.

The Acting Inspector General for Social Security, Gale Stallworth Stone, urges everyone to stay vigilant of impersonation schemes and to not be afraid to hang up.

You must always remember that you're in control. Also remember that Social Security will never do any of the following:

- Call you to demand an immediate

payment;

- Demand that you pay a debt without the ability to appeal the amount you owe;
- Require a specific means of payment, such as requiring you to pay with a prepaid debit card;
- Ask you for your personal information or credit or debit card numbers over the phone; or
- Threaten you with arrest or deportation.

If you receive one of these scam calls or emails, do not provide them with any information.

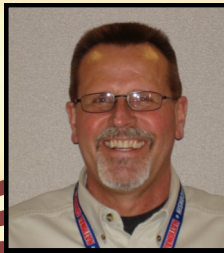
You should:

- Hang up immediately;
- For Social Security impersonations, contact Social Security's Office of Inspector General at <https://oig.ssa.gov/report>.

If you receive a notice from Social Security, please use the telephone numbers provided in the notice sent to you. You can also call 1-800-772-1213 or visit socialsecurity.gov for how to contact Social Security. Remember that scammers try to stay a step ahead of the curve. You can do the same by protecting your information.

Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



VETERANS MESSENGER



Dear Friends,

With the passage of the State budget in late September, we have some big news. Veterans who have a service-connected disability rating of 30% or higher from the VA and did **NOT** enter service as a resident of Wisconsin, now have the WI GI bill extended to their dependents, if the dependents and the veteran have lived in Wisconsin for five consecutive years. For the veteran and the spouse, there is no time limit or degree limit on this benefit. For children of the veteran, the benefit ends at age 26.

All veterans that have a claim in the appeals process, you will likely be getting a letter in the near future from the VA, offering you the opportunity to change to the new appeals process. **BE CAREFUL.** We strongly recommend you discuss the implications of this with our office before making any decisions. The new process is more complex than the current one. While it promises to be faster, it may not always be the best choice. Each of your situations are unique and thus there is no right or wrong answer on which choice to make.

Gulf War Vets — On October 24, 2017, the VA extended the period to claim *gulf-war*

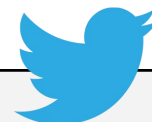
presumptives through December 21, 2021.

Additionally, the VA has removed some of the restrictions for certain homeless veterans to receive benefits. If you are aware of a homeless veteran that had previously been denied access to VA benefits because of their discharge type or length of service, please contact us.

VA is in the process of adjusting the rating schedule for some conditions to include Diabetes, ovary disease, and thyroid. Please contact us if you are service-connected for any of the above.

Here at the Veterans Service Office we are thankful to have had the opportunity to serve you during 2017 and we look forward to continuing that service in the new year. Merry Christmas!

In Your Service,
Tony



Connect with the Sauk CVSO

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

Website: www.co.sauk.wi.us/veteransserviceoffice

Facebook: Sauk County Veterans Service Office

Twitter: @saukcountyvets



General **E-mail** for our office is
Vetservice@saukcountywi.gov



We want to thank the following for their recent donations to the Veterans Care Trust Fund:

Bob O'Brien, VFW Post 7694; American Legion Post 350; Vincent Brunner Family; Betsy Grant; and Anonymous. These tax deductible donations are used to help needy veterans of Sauk County.



Assistant Veterans Service Officer

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

Louie Birkholz

Veterans can get a NO COST flu shot!

The cold and flu season is upon us and the Department of Veterans Affairs has once again teamed up with Walgreens Pharmacies nationwide to allow ***all veterans who are currently enrolled in the VA healthcare system*** to be able walk into any of the over 8000 Walgreens nationally to receive a vaccination ***at no cost***. Vaccinations will be available through March 31, 2018.

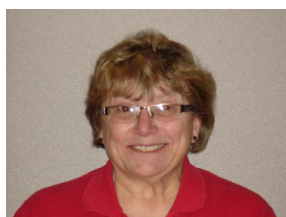
Veterans wishing to receive the no cost vaccination simply need to present a Veterans Identification Card and a photo ID, at any participating Walgreens to receive the vaccination. The Group ID is: ***VAF***

In addition, after the Walgreens pharmacist administers the vaccine Walgreens will transmit that information securely to VA where it becomes part of the patient's electronic medical record.

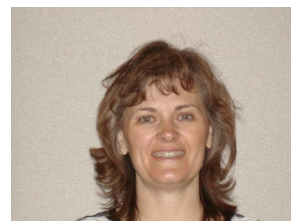
VA is committed to keeping Veteran patients healthy, and during this flu season, vaccination is the best way to prevent the spread of flu. No matter where you live, visit your local VA clinic or Walgreens to get a no cost flu shot.



Veterans Benefit Specialists



Kathy Kent



Pamela Russo

VA Selects Providers for Dental Insurance Program

In September, the Department of Veterans Affairs (VA) announced that it has selected Delta Dental of California and MetLife to once again offer private dental insurance plans as part of the VA Dental

Insurance Program (VADIP). The program was extended until Dec. 31, 2021.



“It is important to provide this care to eligible Veterans, especially those who need lower-cost insurance,” said VA Secretary Dr. David J. Shulkin. “VADIP underscores our commitment to support America’s Veterans and their family members.” Veterans enrolled in the VA health-care system and beneficiaries of the Civilian Health and Medical Program of the VA (CHAMPVA) can enroll in the program.

VADIP offers eligible individuals the opportunity to purchase discounted dental insurance coverage, including diagnostic services, preventive services, endodontic and other restorative services, surgical services and emergency services.

Individuals who enroll in one of the dental insurance plans will pay the entire premium in

(Continued on page 21)

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addition to the full cost of any copayments.

Delta Dental and MetLife previously offered insurance plans as part of the three-year VADIP pilot program. Coverage under the VADIP pilot began Jan. 1, 2013, and more than 115,000 Veterans and CHAMPVA beneficiaries enrolled in the program before it expired in January 2017. Individuals who enrolled in a plan during the pilot period must select and enroll in one of the new plans offered by Delta Dental or MetLife. While the insurance providers will remain the same, plan options, fees and other factors may have changed from those offered during the pilot.

For more information, call 877-222-VETS (8387).

MyVA311 VA at your fingertips

VA is introducing 1-844-MyVA311 (1-844-698-2311) as a go-to source for veterans and their families who don't know what number to call. This new national toll-free number will help eliminate the feeling of frustration and confusion that veterans and their families have expressed when navigating the 1000-plus phone numbers that currently exist.

With 1-844-MyVA311, veterans, families, and caregivers can access information about VA services like disability, pension, healthcare eligibility, enrollment, and burial benefits, in addition to a self-service locator to find the nearest VA facility. And if they're looking for immediate assistance with housing or are having a mental health crisis, MyVA311 will route callers to the Homeless Veterans help line and the Veterans Crisis line.

If you know what number you're calling—keep calling it. None of the existing VA numbers will go away. The future vision is that 1-844-MYVA311 will become a 24/7 one-stop information service platform for all VA services..

Visit VA's new site at www.VETS.gov

If you don't find what you need there, visit www.VA.GOV



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

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. Any questions can be directed to Anthony Gartner at (757) 437-2616.

Second Monday of each month (but not in December & January) there is a Caregiver Support Group - 1:00 p.m. at the United Church of Christ, 6th & Broadway, Baraboo. This support group is designed to address the needs of the caregiver. Please join them. Contact Mary Larson for any questions at (608) 254-7002.

Aging & Disability Specialists

Helping you put the pieces together!



Kari
Edwards



Megan
Fecht



Hannah
Halverson



Rachel
Heinzman



Julie
Mayer



Jim
Pritzkow

To Serve You Better!

Aging & Disability Specialists Satellite Offices and Extended Hours

For your convenience, the ADRC has 3 satellite offices 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. The office will be open every other Thursday, 10:00 a.m. to 12:00 noon. The next days are: November 30, December 14 & 28, January 11 & 25, February 8 & 22 and March 1.

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

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

Please remember we are able to accommodate after hours meetings with someone at their request as our schedule allows. You can always contact the ADRC and leave a message, which will be returned at our earliest convenience.



Understanding the Homestead Tax Credit

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

(Continued from page 22)

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 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 the deadline for filing my 2016 homestead credit claim?

For most claimants, the deadline for filing a 2017 Schedule H or H-EZ is April 15, 2022. If you are a taxpayer with a fiscal taxable year (one ending on a date other than December 31), your deadline for filing Schedule H or H-EZ is 4 years, 3 1/2 months after the end of the fiscal taxable year to which the claim relates.

If I qualify for homestead credit for years prior to 2017, can I file a homestead credit claim for those years?

Homestead credit claims for prior years can be filed up until the filing deadline for each year's claim. A homestead tax credit claim has up to a 5 year look back period. After 5 years the Homestead Tax Credit can't be filed for that year. For example, 2015 Homestead Tax Credit can be claimed up to the date of April 15, 2020.

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 December 18, 2017. If

(Continued on page 24)

(Continued from page 23)

you own your home, you will be required to provide a legible copy of your 2017 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://>



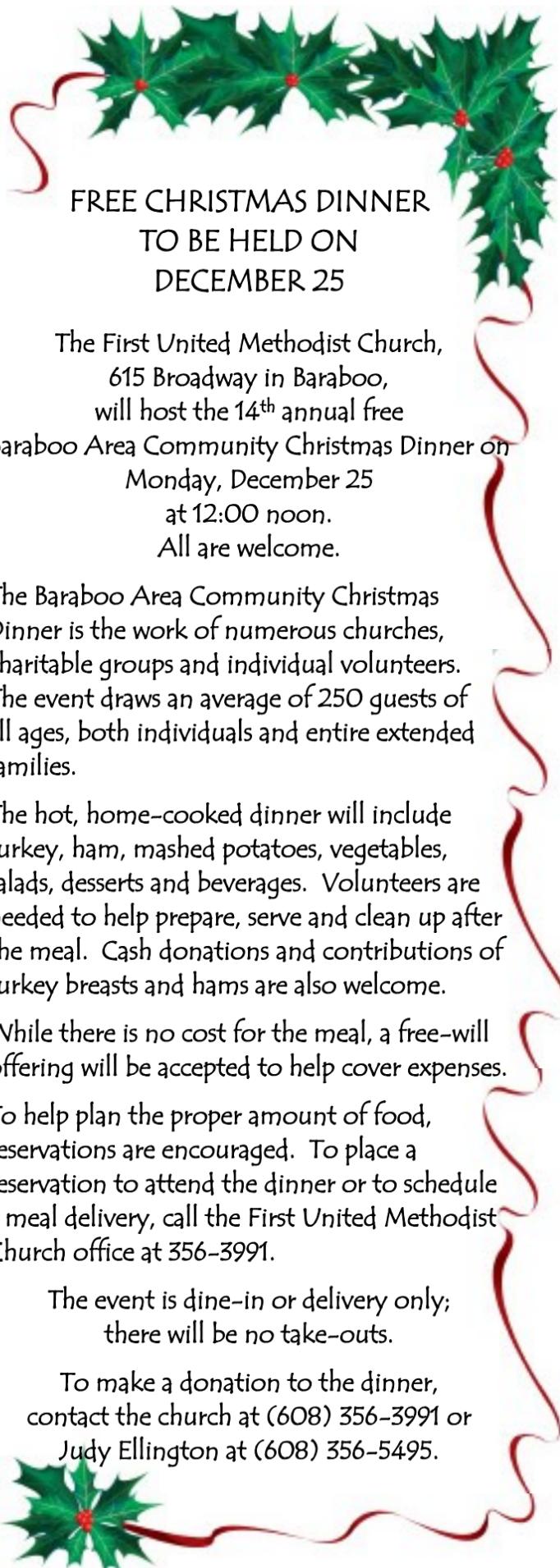
ARE YOU LOOKING TO EARN EXTRA MONEY AND TRAIN PART-TIME?

You can learn new job skills to help you re-enter the workforce! SER-Jobs for Progress, Senior Community Service Employment Program can help if you are 55 years old or older; low income; unemployed; reside in Sauk County and are looking for employment!

SER-SCSEP is funded by the U.S. Department of Labor and focuses on the needs of mature workers, the community and employers. SER-SCSEP is committed to improving the quality of life for low income, financially eligible seniors by assigning them to temporary subsidized training and assisting them in their search for unsubsidized jobs within their community. SER is the steward of federal funds appropriated to recruit train and place eligible persons in subsidized employment training. In return, host agencies receive a temporary supplement to their existing staff at no cost to them. This partnership provides communities with millions of service hours annually that would not be otherwise available.

To see if you are eligible to receive a stipend while training - contact:

Sue Garbisch,
Employment and Training
Specialist
at 920-907-9898 or
email: sgarbisch@ser-national.org



FREE CHRISTMAS DINNER
TO BE HELD ON
DECEMBER 25

The First United Methodist Church,
615 Broadway in Baraboo,
will host the 14th annual free
Baraboo Area Community Christmas Dinner on
Monday, December 25
at 12:00 noon.
All are welcome.

The Baraboo Area Community Christmas
Dinner is the work of numerous churches,
charitable groups and individual volunteers.
The event draws an average of 250 guests of
all ages, both individuals and entire extended
families.

The hot, home-cooked dinner will include
turkey, ham, mashed potatoes, vegetables,
salads, desserts and beverages. Volunteers are
needed to help prepare, serve and clean up after
the meal. Cash donations and contributions of
turkey breasts and hams are also welcome.

While there is no cost for the meal, a free-will
offering will be accepted to help cover expenses.

To help plan the proper amount of food,
reservations are encouraged. To place a
reservation to attend the dinner or to schedule
a meal delivery, call the First United Methodist
Church office at 356-3991.

The event is dine-in or delivery only;
there will be no take-outs.

To make a donation to the dinner,
contact the church at (608) 356-3991 or
Judy Ellington at (608) 356-5495.



Sauk County Foot Clinics Schedule

*Please call the
Health Department
at 355-4338*

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

Baraboo - West Square Building

Tuesdays - Dec. 5 & 19

Tuesday - Jan. 2 & 16

Tuesdays - Feb. 6 & 20

Wednesday - Dec. 20 and Feb. 21

LaValle - Fire Department

Wednesday - Jan. 24

Plain - Plain Green TECC

Wednesday - Dec. 27 & Feb. 28

Reedsburg - Maple Ridge

Tuesday - Dec. 12, Jan. 9 & Feb. 13

Thursday - Dec. 21 & Feb. 15

Reedsburg - Willow Heights

Wednesday - Dec. 13 & Feb. 14

Reedsburg Area Senior Life Center

Wednesday - Jan. 10

Sauk Prairie - St John's Church

Thursdays - Dec. 7 & 14

Thursdays - Jan. 4 & 11

Thursdays - Feb. 1 & 8

Spring Green - Christ Lutheran Church

Tuesdays - Jan. 23

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



Caregiver Connection and Prevention Pointers



*Marina Wittmann
Aging Program Specialist*



As a caregiver, you know how important it is to take care of yourself so you have the energy needed to care for your loved one. Without taking time for yourself, you are at risk for burnout, depression and physical illness. The importance of finding ways to “recharge your battery” cannot be stressed enough. If it has been so long that you cannot remember what it is that gives you energy, here are some suggestions to consider.

1. Attend a caregiver support group
2. Go for a walk – around the block, at the gym, or find a path in your home
3. Take a bubble bath
4. Read a fun book in your favorite chair
5. Call a friend you haven’t talked with in awhile
6. Meditate
7. Take Powerful Tools for Caregivers (*see page 28 for details!*)
8. Listen to music – just listen, don’t do anything else
9. *Make* music – play piano, guitar, sing
10. Have lunch or coffee with a friend
11. Write – a journal, poem, book, letter
12. Play a game of golf – on a golf course, not the computer
13. Participate in an exercise class (contact the ADRC for a listing!)
14. Go for a bike ride

15. Play cards
16. Go to a movie – with a friend or alone
17. Bird watching
18. Visit someone
19. Scrapbook
20. Put a puzzle together
21. Sew or do a craft
22. Get ice cream (or hot chocolate!)



Now that you have some ideas of what you would like to do to *recharge*, how can you make it a reality? Dream it, plan it, do it! Choose an

activity monthly, weekly or even daily, write it on your calendar and keep it a priority to follow through! If you are a 24-7 caregiver this will take additional planning, and possibly additional money (which the ADRC can assist with), but it is well worth it. (How can you put a price on your health?)

When you live with the person you are caring for you will need to be creative in your planning. Sometimes you can re-energize yourself by doing something special in your home while your loved one is napping or engaged in an activity that holds his/her

attention for a predictable amount of time. Resist your urge to always fill this time with chores and instead, treat yourself to “you time.” For other activities, you may need to have someone watch your loved one while you get your well-deserved respite. Several options are available to you including:

- hiring someone privately
- contacting a home care agency (contact the ADRC for the list)
- asking a neighbor, relative, or friend to stay

(Continued on page 28)

Join the New Care Giver Support Group and Loved Ones Social



Do you need time to relax, vent, and problem-solve with other caregivers but can't leave your loved one home alone?

The ADRC is now offering a caregiver support group with respite care FREE of charge. Caregivers can bring their loved one with them to the Support Group and Brightstar Care along with some members of the Dementia Friendly Communities Task Force will provide respite care in the adjourning room for a Loved Ones Social.

The meetings are the second Wednesday of each month at 9:00 a.m. in the West Square Building, Baraboo. Room B24 (for caregivers) and B30 (for loved ones)

**The next meetings are:
December 13 and January 10
There is no meeting in February**

If you are interested in attending the support group and want to take advantage of respite for your loved one, we ask that you call Cathy at the ADRC at 608-355-3289 by the Friday prior to the meeting so respite care and activities can be arranged.



HERE TO SUPPORT YOU!

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

Family Caregiver Support Group

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

Next Meetings:
Tuesday December 19
Tuesday January 16
Tuesday February 20

Grandparent & Relative Caregiver Circle

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

Next Meetings:
Tuesday December 19
Tuesday January 16
Tuesday February 20

Dementia-Specific Caregiver Support Group

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

Next Meetings:
Wednesday December 20
Wednesday January 17
Wednesday February 21
Co-sponsored by the Alzheimer's and
Dementia Alliance

(Continued from page 27)

with your loved one while you get away

Taking care of yourself is so very important, not only to your own self, but to the person you are caring for and all the people who love and care about YOU! Don't push it off another day. Find ways to recharge so that you can be the best caregiver you can be!

*Jane Mahoney
Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources*

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a 6-week workshop that teaches you how to take care of yourself while caring for a loved one. Participants will learn how to reduce stress, improve self-confidence, better communicate feelings, increase ability to make tough decisions, and locate helpful resources. The workshop will run from 1:00 p.m. – 3:30 p.m. at the Reedsburg Health Care Center each Tuesday starting January 9 thru February 13. To register, call Marina at the ADRC (608)355-3289. There is a suggested donation of \$10 for

A Helping Hand at Home

When you need a little help around the house

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



Tai Chi Moving for Better Balance® Offered at **Baraboo Civic Center**

Baraboo Senior Center and Baraboo Parks and Rec. Dept. are co-sponsoring Tai Chi Moving for Better Balance® classes at the gym of the Baraboo Civic Center located at 124 Second Street in Baraboo, on Tues. and Thurs. from 1:00-2:00 pm. Starts on January 9 and goes until March 29. Cost is \$25.00 fee for City of Baraboo residents and \$35.00 for nonresidents. You will receive a DVD and manual. **To register call the Baraboo Parks and Rec. Dept. at 608-355-2760.**

Sauk Prairie Aging Mastery Program®

The Aging Mastery Program consists of 10 classes held over five weeks with materials, speakers, discussions, goal setting and prizes, providing the skills and tools to improve your life. Held at the **Sauk Prairie Community Center** located at 703 Monroe St. in Sauk City, on Mondays starting on March 5 through April 9 with no class on March 19, from 8:30-11:30 pm. **Call 608-643-8386 to register.**

Sip & Swipe Café

The Baraboo Senior Center is now offering Sip & Swipe cafes to provide FREE lessons on tablet computers. A coach will arrange times at the Senior Center located at the Baraboo Civic Center, 124 Second Street, Room 24. Tablets can be checked out.

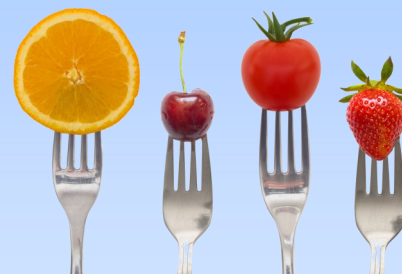


**Call the Center
at 608-356-8464
for more
information**



Nutrition News

Jennifer Kamrowski
Nutrition Coordinator



Don't Forget About Our Home Delivered Meal Drivers



During the Cold Winter Months!

During the winter months there are days when our volunteer Home Delivered Meal drivers must brave the elements to get your lunch to your door!

There is a possibility there will be days during the winter months when the meals will arrive to the dining centers a little later than usual; and the local roads may be more difficult to navigate. On those days your meal may be delivered a little later than usual . . . so your patience will truly be appreciated!

There is also a possibility that if the weather is really bad, meals might be cancelled for that day. Please understand this decision is a very difficult one . . . And it is made with safety in mind!

I'm sure you will agree that your driver's safety is very important. More than one of our drivers have been injured in the past after falling on ice while delivering meals. Please remember to make the necessary arrangements to have your sidewalks and/or driveway cleared of ice and snow.

If the driver feels that your walkway is unsafe, your meal **will not be delivered**. Another very difficult decision to make!

Thank you for your patience and understanding on these difficult winter days . . It makes your driver's challenging day a lot brighter!

Winter Policy & Winter Food Suggestions

There may be days that the dining centers are closed by inclement weather and no home delivered meals will be provided. For those instances, keep some of these easy to prepare foods on hand. They are convenient when you don't feel like cooking and it will ensure you will still be able to have a nutritious meal on your own. Remember to look for sales and stock up when you can!

On the Shelf

- Pasta sauce and Spaghetti
- Macaroni and cheese
- Minute rice
- Reduced-sodium tomato or broth based soups
- Water packed tuna or chicken
- Low fat crackers
- Cereals
- Dried fruits
- Peanut butter



(Continued on page 30)

(Continued from page 29)

In the Refrigerator

- Hard boiled eggs
- Cottage cheese
- Low fat cheese
- Cooked whole white or sweet potatoes
- Sliced lean lunch meats
- Cut vegetables
- Fresh fruit
- Low fat or nonfat yogurt

In the Freezer

- Bread
- English muffins
- Individual packages of low fat cheese
- Small packages of chicken, turkey, ham or lean ground beef
- Bags of vegetables
- Low fat frozen dinners



Listen to the Radio!

When the weather looks threatening be sure to listen to your radio. A decision to close the dining center will be made by 8:00 a.m. that day.

The following radio stations will report the dining center closings:

Reedsburg - WRDB 1400AM

Baraboo - WRPQ 740AM

Richland Center - WRCO 1450 or 100.9FM

Please note that Home Delivered Meals will not be delivered if sidewalks, or driveways are unsafe due to ice or snow.

From Our House to Yours ...

Enjoy this sweet little treat and take a piece of *Our House to your Home!*

Melt-in-your-mouth Pumpkin Cookies

2 cups butter, softened
2 cups granulated sugar
2 teaspoons baking powder
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 eggs
2 teaspoons vanilla

1-15 oz. can pumpkin
4 cups all-purpose flour

Frosting:

½ cup butter
½ cup packed brown sugar
¼ cup milk
1 teaspoon vanilla
3-4 cups powdered sugar (*add until desired consistency/firmness*)
Ground cinnamon sprinkled on top (*optional*)



Preheat oven to 350 degrees. In a large bowl beat 2 cups of butter with an electric mixer on medium speed for 30 seconds. Add granulated sugar, baking powder, baking soda, salt, the 1 teaspoon cinnamon and the nutmeg. Beat until combined. Beat in the eggs and 2 teaspoons of vanilla until combined. Beat in pumpkin. Beat in as much of the flour as you can with the mixer. Stir in remaining flour with a wooden spoon. Drop dough by heaping teaspoons 2 inches apart on ungreased cookie sheets. Bake for 10-12 minutes or until tops are set. Transfer to wire racks to cool.

Our House
SENIOR LIVING

OurHouseSL.com



Preparing For When The Snow Falls

The Senior Nutrition Program of Sauk County will be distributing Blizzard Packs to all home delivered meals participants. All blizzard packs should be delivered the first part of December 2017. Numerous ADRC volunteers and staff have come together to package nearly 600 shelf stable meals into 200 boxes that will help provide our homebound participants with “emergency meals” in the event that winter weather would make it difficult for travel.

The blizzard packs contain approximately 3 meals for participants to have on hand during a blizzard or snowstorm. Each blizzard pack contains 2 shelf stable milk cartons, 1 bottle of water, 1 can of V8 juice, 1 package of hot chocolate, 1 package of instant oatmeal, 1 yogurt, 1 applesauce, 1 protein bar, 1 sleeve of crackers, 1 can of tuna, 1 can of chicken & noodle soup and 1 fruit cup.

It’s not very often that our program closes due to weather, but the ADRC is working towards ensuring a better quality of service to our clients and making sure we are all a little more prepared for the incoming winter weather.

Senior nutrition is important and programs like this help our seniors stay in their homes longer.

For more information or if you would like to volunteer with our senior nutrition program please contact Sauk County Aging and Disability Resource Center at (608)355-3289 or toll free at 800-482-3710

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 12:00 noon

Reedsburg

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

Sauk/Prairie

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




Spring Green

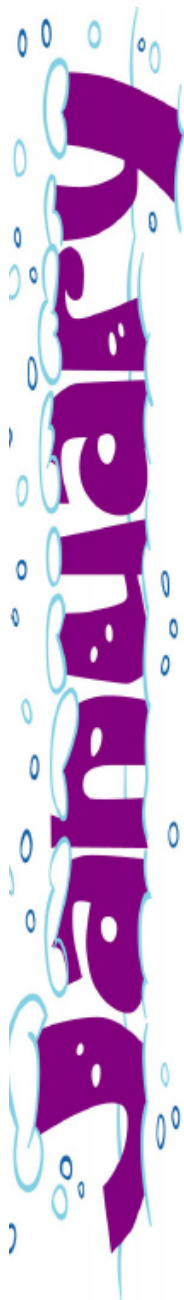
Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 11:30 a.m.


Home Delivered Meals

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



D E C E M B E R

Monday	Tuesday	Wednesday	Thursday	Friday
To CANCEL your meal 24 hours in advance call: _____→	Baraboo: 963-3436 Lake Delton: 393-7214 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Frozen/LaValle: 355-3289	Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk.		1 Fish & Chips (waffle fries) Broccoli Cookie
4 Marinated Chicken Au Gratin Potatoes Dill Carrots Mixed Fruit	5 Sloppy Joe's French Fries Harvest Blend Veggies Fruit Pie	6 Grilled Ham Slices Baked Potato Squash Casserole Dinner Roll, Cookie	7 Roast Beef w/ Gravy Scalloped Potatoes Corn, Dinner Roll Strawberries w/cream	8 Tuna Noodle Casserole Brussel Sprouts Buttered Beets Dinner Roll, Lemon Cake
11 Baked Chicken Breast Au gratin Potatoes Glazed Carrots Dinner Roll, Brownie	12 Meatloaf Baked Potato Brussel Sprouts Strawberries / Dinner Roll	13 Cranberry Glazed Pork Calico Rice / Dinner Roll Green Bean Casserole Honeyed Pears	14 Beef Stew Green Peas Biscuit Peach Cobbler	15 Oven Fried Fish Sweet Potatoes Seasoned Broccoli Dinner Roll / Cookie
18 Marinated Pork Roast Baked Beans Baby Carrots Banana Cake	19 Chicken Sandwich Buttered Corn Squash Casserole Mixed Fruit	20 Goulash Spinach Dinner Roll Fruit Pie	21 Orange Glazed Turkey Creamed Peas French Bread Ice Cream	
	26 Oven Fried Chicken Mashed Potatoes / Gravy Green Bean Casserole Biscuit / Apple Pie	27 Spaghetti w/ Meat Sauce Capri Blend Vegetables Garlic Bread Cookie	28 Pork Roast w/Kraut Au Gratin Potatoes Broccoli / Dinner Roll Frosted Marble Cake	29 Parmesan Crusted Fish Herbed Rice Pacific Blend Vegetables Cream Cheese Brownie



Monday	Tuesday	Wednesday	Thursday	Friday
 8 Marinated Chicken Au Gratin Potatoes Dill Carrots Mixed Fruit	2 Savory Pork Roast Red Bliss Potatoes Capri Blend Vegetables Gelatin Whip / Roll	3 Lasagna Italian Vegetables Garlic Bread Cheesecake	4 Honey Garlic Chicken Stuffing Winter Mix Vegetables Marble Cake -Dinner Roll	5 Fish & Chips (waffle fries) Broccoli Cookie
15 Baked Chicken Breast Au gratin Potatoes Glazed Carrots Dinner Roll, Brownie	9 Sloppy Joe's French Fries Harvest Blend Veggies Fruit Pie	10 Grilled Ham Slices Baked Potato Squash Casserole Dinner Roll, Cookie	11 Roast Beef w/ Gravy Scalloped Potatoes Corn, Dinner Roll Strawberries w/ cream	12 Tuna Noodle Casserole Brussel Sprouts Buttered Beets Dinner Roll, Lemon Cake
22 Marinated Pork Roast Baked Beans Baby Carrots Banana Cake	16 Meatloaf Baked Potato Brussel Sprouts Strawberries / Dinner Roll	17 Cranberry Glazed Pork Calico Rice / Dinner Roll Green Bean Casserole Honeyed Pears	18 Beef Stew Green Peas Biscuit Peach Cobbler	19 Oven Fried Fish Sweet Potatoes Seasoned Broccoli Dinner Roll / Cookie
29 Hearty Chili Cottage Cheese Cornbread Cherry Crisp	23 Chicken Sandwich Buttered Corn Squash Casserole Mixed Fruit	24 Goulash Spinach Dinner Roll Fruit Pie	25 Orange Glazed Turkey Creamed Peas French Bread Ice Cream	26 Friday Fish Cheesy Broccoli Rice Cornbread Mixed Fruit
Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk.				
To cancel meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Frozen/LaValle: 355-3289				

February

Monday	Tuesday	Wednesday	Thursday	Friday
To CANCEL your meal 24 hours in advance call: _____→ _____→	Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Frozen/LaValle: 355-3289		1 Pork Roast w/Kraut Au Gratin Potatoes Broccoli / Dinner Roll Frosted Marble Cake	2 Parmesan Crusted Fish Herbed Rice Pacific Blend Vegetables Cream Cheese Brownie
5 Meatball Stroganoff Buttered Noodles Baked Squash Fresh Fruit (Seasonal)	6 Savory Pork Roast Red Bliss Potatoes Capri Blend Vegetables Gelatin Whip / Roll	7 Lasagna Italian Vegetables Garlic Bread Cheesecake	8 Honey Garlic Chicken Stuffing Winter Mix Vegetables Marble Cake -Dinner Roll	9 Fish & Chips (waffle fries) Broccoli Cookie
12 Marinated Chicken Au Gratin Potatoes Dill Carrots Mixed Fruit	13 Sloppy Joe's French Fries Harvest Blend Veggies Fruit Pie	14 Grilled Ham Slices Baked Potato Squash Casserole Dinner Roll, Cookie	15 Roast Beef w/ Gravy Scalloped Potatoes Corn, Dinner Roll Strawberries w/ cream	16 Tuna Noodle Casserole Brussel Sprouts Buttered Beets Dinner Roll, Lemon Cake
19 Baked Chicken Breast Au gratin Potatoes Glazed Carrots Dinner Roll, Brownie	20 Meatloaf Baked Potato Brussel Sprouts Strawberries / Dinner Roll	21 Cranberry Glazed Pork Calico Rice / Dinner Roll Green Bean Casserole Honeyed Pears	22 Beef Stew Green Peas Biscuit Peach Cobbler	23 Oven Fried Fish Sweet Potatoes Seasoned Broccoli Dinner Roll / Cookie
26 Marinated Pork Roast Baked Beans Baby Carrots Banana Cake	27 Chicken Sandwich Buttered Corn Squash Casserole Mixed Fruit	28 Goulash Spinach Dinner Roll Fruit Pie		Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk. ?? /B v/

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.

AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc. Would you prefer to receive an electronic copy of future issues? Please e-mail the editor at cbindl@co.sauk.wi.us. We will email the latest issue of *AddLIFE Today!*. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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Answer to brainteaser

The dictionary is the only place success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you are willing to pay the price. (Vince Lombardi)

Actual letter = Code Letter

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

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):

- ☐ AARP Tax Preparation Program
- ☐ *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
- ☐ Tele-assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Driver Escort Program
- ☐ Volunteer Programs

Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913



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



Aging & Disability Resource Center
505 Broadway
Paraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED

X



Reedsburg
AREA MEDICAL CENTER

In Cryptography teasers, a phrase has been encoded by replacing letters with other letters. You need to figure out the encoding method and then decode the message to find the answer. Find the answer on page 35. (Hint: **I** (*actual letter*) = **W** (*coded letter*)

BCF HWUBWRXZYP WL BCF RXGP DGZUF LQUUFL
URVFL KFARYF TRYM. CZYH TRYM WL BCF DYWUF TF
VQLB DZP ARY LQUUFL. W BCWXM PRQ UZX
ZUURVDGWLC ZXPBCWXS WA PRQ ZYF TWGGWXS BR
DZP BCF DYWUF. (IWXUF GRVKZYHW)

--- 2019 - 2021 ADRC Aging Plan Survey ---

1) What do you need to successfully age in Sauk County?

2) What is the greatest challenge facing you in the next 5 years?

3) What is the greatest challenge facing your family in the next 5 years?

4) What is the ADRC doing well and should continue to do?

5) What is the ADRC not doing that needs to be done?

6) Additional Comments:

7) Demographic Information:

- I am : Over 60 years of age Under 60 years of age
- I live in the _____ community/area
- I have used ADRC services: Yes No

Place
Stamp
Here

Aging and Disability Resource Center
Attention: Susan Blodgett
505 Broadway
Baraboo, WI 53913
