

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 *ADRC* Today!

Laughter
Independence
Friends &
Energy

Summer 2018
Vol 10/ Issue 2

FARMER'S MARKET



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

To qualify, you must be a resident of Sauk County and over the age of 60 (or Native Americans over the age of 55). Your annual income is at or below \$22,459 for an individual or \$30,451 for a couple.

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

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

After all the distribution dates have passed, if there are any Senior Farmers Market Nutrition checks left and you weren't able to get them they can be picked up at the ADRC office.



Senior Farmers Market Distribution Dates!

Spring Green
Spring Green Public Library
230 E. Monroe St
Monday, June 11
1:00 - 3:30 pm

Wisconsin Dells
Tribal Aging Unit Dining Center
E8863 Winneshiek Dr
Tuesday, June 12
11:30 am - 12:30 pm

Lake Delton
Frank Fischer Senior Center
20 Wisconsin Dells Pkwy South
Tuesday, June 12
1:00 p.m. - 2:00 p.m.

Sauk Prairie
Sauk Prairie Community Center
730 Monroe St, Front Lobby
Wednesday, June 13
9:00 am - 12:00 pm

Reedsburg
Reedsburg City Hall
134 S Locust St
Monday, June 18
9:00 - 11:30 am

Baraboo
West Square Building -Room B30
Tuesday, June 19
1:00 - 4:00 pm

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ADRC Office Hours:

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



- Thank you to an anonymous donor for the donation to the Transportation program.
- We would like to thank an Paul Lute for his donation in memory of Helen Lute to the Home Delivered Meal program.
- Thank you to an anonymous donor for the donation in memory of Bill Wermuth to the Veterans Transportation program.
- We would like to thank Mr. & Mrs. William Biesek for their donation to the publishing of AddLIFE Today!
- Thank you to Don and Mark Heinke for their donation to the AARP Tax Prep program.
- We would like to thank Alida Valk for her donation to the AARP Tax Prep program.
- Thank you to the anonymous volunteer who is provided sweet treats from a local bakery to all the home delivered meal clients in Sauk County.
- We would like to thank Patricia Ann Bullard for her donation to the Home Delivered Meal program.
- Thank you to the Merrimac Women's Club for their donation to the Aging program.
- We would like to thank an anonymous donor for the donation in memory of Jackson Sullivan to the Prevention programs and the publishing of AddLIFE Today!
- Thank you to Selma Ruda for her donation to the AARP Tax Prep program.
- We would like to thank John & Susan Fletcher for their donation in honor of the AARP Tax Preparers to the AARP Tax Prep program.



FROM THE DIRECTOR'S DESK

Susan Blodgett
Aging & Disability Resource Center Director



What you can do . . . for you!

Loneliness.... an unpleasant emotional response to isolation. Many of you identified loneliness as an issue in the surveys, asking what you need to age successfully in Sauk County that you returned at the beginning of 2018

We will develop programs over the next 3 years to combat loneliness. However, what about right now?

On Tuesday, May 29, the ADRC and the Village of Lake Delton will open a Senior Gathering site at the Frank Fischer Building at 20 Wisconsin Dells Parkway South, Lake Delton. Everyone is welcome. The site will open at 9:30 a.m. and be open until 2:30 p.m., Monday through Friday, with the exception of holidays.



Lunch will be served (for a suggested donation of \$4.00) anytime between 11:30 a.m. - 12:30 p.m., Monday through Thursday lunch will consist of a hot meal; and on Fridays a salad bar will be available.

Activities will include board and card games, painting classes, chair Yoga and Zumba Gold exercise classes, chair and foot massage, textile design, and many others. An ADRC staff

member will be on site most Tuesdays. We will have speakers throughout the rest of this year. On June 28, Mindy Schrader will present from 12:30 p.m. -2:30 p.m. the “I’m Turning 65/ Retiring: Now What? Know Your Options” presentation.

This Senior Gathering site is for you. Even if you do not know anyone who will be there, come connect with the ADRC staff. We would love to meet you.

Another MAJOR issue you may want to know about:



Many people were unable to travel to Milwaukee or Madison to give testimony to keep SeniorCare. This very important program is being considered for another 10-year waiver. If granted, the program will be available in Wisconsin for another 10 years.

However, “testimony” is needed as to why this program is important to you. On the back of this page, there is a form for you to send to the Wisconsin Department of Health Services by either fax, email or mail. If they receive your testimony by June 7th, they will forward your comments with the request for the Waiver. The more “testimony” submitted, the more the Federal Government will know how important Senior Care is to Wisconsin.

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



Nik



Jeff



Tom



Dave



Welcome Lisa !

My name is Lisa Johnson. I was hired at the ADRC department to help out in the office and out in the field as a Van Driver. I currently work as a home healthcare aide/CNA, which gives me the opportunity to meet new people on a daily basis. Being able to see a different aspect of working with our senior citizens is a plus! I'm so excited to be here!

Transportation News

The ADRC Transportation staff has had some changes that we want to share with you. Gary Fish has retired after approximately 15 years of dedicated service to the senior and Disabled Community. We thank Gary and wish him the best in his retirement.

Bill Tobias is also leaving us as a primary bus driver for semi-retirement. He will continue his Meals on Wheels route and will be a substitute driver to cover trips when needed.

We welcome Jeff Hanke, Nik Imobersteg and Lisa Johnson to our staff and look forward to many years of service with them.

Changes in the Shopping Bus

The Specialized Shopping Bus has been changed to better serve you. **The Shopping Bus will now run on Thursdays.** The shopping bus will go to Madison West Side, Baraboo /Lake Delton area, and Madison East Side. You tell us where you want to shop and **we will take you within a five (5) mile radius of the East or West Towne Malls.** This allows you to shop at most of

the popular area stores with each trip, like Target, Costco, Greenway Station and more .

Dates and destinations are:

June 7	Baraboo/Lake Delton
June 14	Madison East Side
June 21	Baraboo/Lake Delton
June 28	Madison West Side
July 5	Baraboo/Lake Delton
July 12	Madison East Side
July 19	Baraboo/Lake Delton
July 26	Madison West Side
August 2	Baraboo/Lake Delton
August 9	Madison East Side
August 16	Baraboo/Lake Delton
August 23	Madison West Side
August 30	Baraboo/Lake Delton
September 6	Madison East Side

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Special Events Bus

We are happy to announce the pilot for our new Special Events Bus beginning June 20. This bus will run not on a regular schedule, but will run on dates and times of the events. This bus may run on longer trips and more hours during the day. The bus ride is still only \$5.00 but **some events may** have larger admission fees. The schedule for the pilot program is-

To Register Call at 355-4888	
Wednesday, June 20	Dane County Farmers Market Madison
Wednesday, June 27	Madison Mallards Baseball (\$8-\$12.00 depending on seating)
Thursday, July 12	LaCrosse River Queen Mississippi River Boat Tour (\$15.50)
Wednesday, July 18	Concert on the Square – Don't Stop Believin'
Wednesday, July 25	Field of Dreams, Dyersville, IA (Free Admission)
Wednesday August 1	Madison Mallards Baseball (\$8.00 - \$12.00 depending on seating)
Wednesday, August 8	Wisconsin State Fair
Wednesday August 15	Green Lake Boat Tour (\$14.95 includes refreshments) Visit to the Republican House
Wednesday, August 22	Villa Louis (Tours are \$10.50) Prairie Du Chien, WI

Fun Day Travel

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.

- 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
- You can reserve a spot for yourself and ONE OTHER PERSON.
- You will be notified 24 hours prior to departure regarding pick up times and location

To Register Call at 355-4888	
June 5	Milton House Inn and Underground Railroad Museum Tours (\$6.00 Admission)
June12	New Glarus– Swiss Village Museum \$9.00- New Glarus Brewery Tour
June19	Upper Wisconsin Dells Boat Tour (Free Bus Ride—\$10.00 Admission)
June26	Dubuque Arboretum & Botanical Gardens– Free Admission
July10	Sauk County Fair—Baraboo, WI
July17	Wisconsin's First Capitol – Belmont, WI
July24	ADRC Transportation Senior Day Picnic, Devils Lake State Park - Bring your favorite Dish to Pass
July31	Olbrich Gardens Blooming Butterflies
August 7	Alp & Dell Cheese Factory & Store– National Historic Cheese Making Center - Monroe
August 14	Mustard Museum and Clausen's European Bakery, Middleton, WI
August 21	Henry Vilas Zoo - Madison, WI
August 28	Wisconsin River Paper Making Museum –Wisconsin Rapids
September 7	Wisconsin Quilt Expo - Alliant Energy Center,

We hope you enjoy the changes. Please let us know how we are doing. Please complete and drop off the survey comment cards on the

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buses. The surveys are essential to our funding and letting us know to how to better serve you. There are also envelopes for those who may wish to donate to the Transportation Program. Drivers may not accept gratuities, however, donations can be used to cut costs for admission fees, assist financially challenged clients and to provide other services. Your generosity is greatly appreciated.



All Are Welcome At
NAMI
Sauk County Support Group

Our mission is to advocate, educate and support those with a mental illness and their families.

As the NAMI Affiliate, we meet the first Thursday of the month at 6:00 pm - 7:00 pm at the West Square Building, 505 Broadway, Baraboo.

We invite you to attend the largest grassroots mental health organization in the nation.

NAMI—Sauk County
National Alliance on Mental Health
608-469-2574
NAMI.saukco2016@yahoo.com



Let The Sun Shine

The *Solar Sauk County* program has reached its first benchmark of 50 kilowatts (kW), triggering savings that apply to everyone who goes solar through the program. The program, which began in March, allows individual home and commercial property owners to access lower prices for solar installations through the power of volume purchasing. As such, at each interval of 50, 125, and 200 kW of solar capacity that the program participants collectively achieve, the price of solar is reduced.

“I always wanted to try it and Sauk Solar gave me the opportunity” said Jon Fuhlbohm of Reedsburg. Fuhlbohm was one of the first to

go solar through Solar Sauk County and already has his solar array installed. “I have used no net energy since the installation last week,” he said. “I just love it!”

Through July, MREA will provide free, public, one-hour long educational sessions called Solar Power Hours all over Sauk County for prospective participants to learn how solar energy works and to answer questions. The program’s website, SolarSaukCounty.com, includes a sign up form that area residents can fill out for an estimate, or to receive general program updates and Solar Power Hour announcements.

The next Free Educational Solar Power Hour presentations are:		
May 23, 2018, Wednesday	2:30 PM	Green TTEC Building, 1110 Leed Parkway, Plain
May 23, 2018, Wednesday	5:30 PM	Kraemer Library, 910 Main St, Plain
June 6, 2018, Wednesday	2:00 PM	West Square Building, Rm B24, 505 Broadway, Baraboo
June 6, 2018, Wednesday	6:00 PM	Driftless Glen Distillery, 300 Water St, Baraboo



The Volunteer Buzz

Cathy Bindl



Together we make the ADRC Volunteer Family



On May 2nd, we celebrated our ADRC Volunteer “Family” The Volunteer Appreciation Breakfast was our opportunity to acknowledge and remind ourselves that being a family means you are a part of something very wonderful! We enjoyed a delicious breakfast and celebrated the volunteer “family” that we are. But like we all know, sometimes families have “issues” so to add to the fun we played a great game of “Family Feud”. Thank you to the volunteers who were the wonderful contestants! The breakfast was a great opportunity to say *THANK YOU* and tell our volunteers how much we truly appreciate all they do.

markers for their service.

20+ Years

Buddy Bethke, Donna Fae Kruse, Marian Licht, and Wayne Pertzborn,

15+ Years

Art Behnke and Dorothy Sivam,

10+ Years

Leslie Bednar, Linda Benda-Middlesworth, Michelle Commings, Judith Connick, Phil Craker, Ruth Falk, Joan Fedkenheuer, Louise Garfoot, Carol Hehenberger, Shirley Hess, Ellen Jerrett, Carol Keskey, Carol Schanke-Brylla, Betty Schultz, Jim Thering, Janet Wall, and Laurie Zimprich

5+ Years

Shirley Albers, Mary Armstrong, Joe Baker, Ronda Baugher, Linda Baumgarten, Donna Bichanich, Joan Bomkamp, Jan Brown, Sandy Cohoon, Rosella Davis, June Dills, Julie Eckert, Ruthie Fiegel, Mary Sue Gabel, Marian Gasner, Connie Harrison, Larry Hinyup, Marilyn Horstman, Ed Huffman, Bob Jauch, Marion Johnson, Sally Johnson, Mary Kalepp, Dan Kettner, Kathy Kienow, Art Klein, Eileen Klepper, Opah Kohlmeyer, Linda Kosak, Larry Laughren, Bob LeCount, Darleen Maier, Ann McManaway, Harry Michael, Vera Mihlbauer, Sharon Mueller, Sandy Naquin, Faye Nelson, Jane O’Brien, Frances Pete, Rita Pickar,

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In 2017, the ADRC volunteers donated over 15,218.35 hours of their time and talents to help others. That is valued at \$367,370.97. (Value of Hours determined by the Greater Wisconsin Agency on Aging Resources, Inc. Current Wisconsin Mean Hourly of \$24.14). What a difference their volunteering has made in Sauk County.

We would like to congratulate all of our volunteers who have reached special longevity

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Alice Popp, LaVina Powers, Joe Ryan,
Pat Satterstrom, Connie Sawyer,
Thomas Sawyer, Gerry Schultz,
Nancy Schwanke, Violet Singleton,
Shirley Slaney, Colleen Smith, James Smith,
Lorraine Steinhorst, Karen Stieve,
Carol Stollenwerk, Ruth Van Tassel,
Brad Vlasak, Fanou Walton,
and Pauline Wiseheart,

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

If you are interested in joining this wonderful
volunteer "family", please contact me at 355-3289
or 800-482-3710. — *Cathy*

**AARP Tax Program
Looking for Volunteers!**

The AARP Tax Program helps so many people
in Sauk County. Consider being a volunteer this
next tax season.

**Volunteer for AARP Foundation
Tax-Aide Tax Preparation!**

Contact: PATRICIA A. SCHMITZ
AARP Tax Aide Coordinator for the Sauk County,
at 608-524-0918

Golden Needle Embroidery from North
Freedom will embroider clothing for any ADRC
Volunteer who would like to purchase it.

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. .

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 Spring Green Dining Center is in **great need** of volunteers to help deliver meals in Spring Green.
- The ADRC is looking for drivers for the Spring Green area who would drive people to and from the Senior Meal Program in Spring Green.
- 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.
- The Sauk/Prairie Dining Center would like to welcome volunteers to help in their dining center.
- 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**

Plain Green TTEC	June 6 1:00 to 3:00	July 11 1:00 to 3:00	August 1 1:00 to 3:00
Spring Green Senior Center	June 20 10:30 to 11:30	July 25 10:30 to 11:30	August 22 10:30 to 11:30
Spring Green Library	June 20 1:00 to 2:00	July 25 1:00 to 2:00	August 22 1:00 to 2:00



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

Presented by:

Mindy Shrader and Pam Fuchs
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.

The next workshops will be:

**Thursday, June 28
at 12:30 PM**

**Frank Fischer Senior Center
20 Wisconsin Dells Pkwy South,
Lake Delton**

&

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



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

Sauk/Prairie Community Center	June 14 9:00 to 10:30	July 19 9:00 to 10:30	August 16 9:00 to 10:30
Merrimac Village Hall	June 13 10:00 to 11:00		August 8 10:00 to 11:00



Please Join Us.....



WEDNESDAY, JUNE 27TH, 2018

TWO LOCATIONS AND TIMES TO CHOOSE FROM!

10AM-11AM

**WASHINGTON SQUARE APARTMENTS OR
400 WASHINGTON STREET,
PRAIRIE DU SAC**

1PM-2PM

**DONAHUE TERRACE APARTMENTS
227 1ST AVENUE,
BARABOO**

.....for an informational session hosted by your local Aging and Disability Resource Center. Learn all about programs and resources available to you right here in your community!

EVERYONE IS WELCOME!

*Light refreshments will be provided

* Call 608-355-3289 with any questions



Watch Your Mailbox! New Medicare IDs on the Way!

By the GWAAR Legal Services Team

The Centers for Medicare and Medicaid Services (CMS) announced it will start mailing the new Medicare cards with the new Medicare Beneficiary Identifier (MBI) in April 2018. The cards will be mailed out in phases by geographic region. Wisconsin Medicare beneficiaries can expect to receive their new cards after June 2018.

The new Medicare cards are still red, white, and blue, but they no longer have your Social Security number, gender, signature, or other personal information that could compromise your identity. Each person who is enrolled in Medicare will receive a new card with his or her new MBI. The MBIs are 11 characters long, and they are randomly assigned so there is no connection to your other personal data.

Here is the mailing schedule:

- Delaware, the District of Columbia,

Maryland, Pennsylvania, Virginia, West Virginia: April-June 2018

- Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, Oregon: April-June 2018
- Arkansas, Illinois, Indiana, Iowa, Kansas, Minnesota, Nebraska, North Dakota, Oklahoma, South Dakota, **Wisconsin:** After June 2018
- Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont: After June 2018
- Alabama, Florida, Georgia, North Carolina, South Carolina: After June 2018
- Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, Wyoming: After June 2018
- Kentucky, Louisiana, Michigan, Mississippi,

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Missouri, Ohio, Puerto Rico, Tennessee,
Virgin Islands: After June 2018

Before the mailing begins, you should make sure Medicare has your correct address. The Social Security Administration (SSA) will be preparing and mailing the cards. If you need to update your address, you can contact SSA at ssa.gov/myaccount or by calling 800-772-1213.

Make sure to check your mailbox regularly until your new card arrives. At the latest, you will receive your new card by December 2019. You should continue to use the Medicare card you have now until you receive your new one in the mail. Once your new card arrives, you should

destroy your old Medicare card and start using your new card right away. Remember: you should only give your new MBI to doctors, pharmacists, other health care providers, your insurance company, or people you trust to work with Medicare on your behalf.

CMS **will not** call or email you about your new card – you will only receive information by postal mail. Beware of anyone who contacts you about your new Medicare card. Scammers have already tried to trick beneficiaries into providing personal information or paying money for their new cards. Your new card is free. If anyone calls or emails you about your new or old Medicare number, hang up or delete the message.

Free Dental Care!



By the GWAAR Legal Services Team

Who: WI Dental Association's Mission of Mercy

What: Free dental care for children and adults

Where: Exposition Center at WI State Fair Park, 8200 W. Greenfield Ave., West Allis, WI 53214

When: Friday, June 22 and Saturday, June 23, 2018

Doors open at 5:30 a.m. both days.

No appointments—first come, first served.

FAQ's

Q: Is there an income or asset limit?

A: No, anyone who needs dental care can come.

Q: What is the charge for services? Do I need to have insurance?

A: All work is done at no charge by volunteers donating their time.

Q: What type of work can be done at the event?

A: Cleanings, fillings, extractions, and limited treatment partials can be done. Dentures and

denture repairs cannot be done at this clinic.

Q: Do I need to bring photo identification?

A: No. Photo ID, Social Security numbers, and other personal documentation is NOT required.

Q: Do I need to bring anything?

A: Bring a list of your current medications and medical conditions. You may be standing in line for several hours, so feel free to bring a lawn chair, a book, a water bottle, and other necessary items.

Q: Who will be providing the care and treatment?

A: The WI Dental Association has approximately 1,000 volunteers including dentists, specialists, dental hygienists, administrative staff, and community volunteers who help out at this event.

Q: What if I need an interpreter?

A: Interpreters will be available to assist patients who speak Spanish, Hmong, or American Sign Language.

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Q: Can a person under guardianship come?

A: Yes, provided their legal guardian accompanies them and authorizes care.

Q: What if I am in pain now?

A: Please do not wait for treatment. Go to a dentist, doctor, or emergency room if you are

in pain now.

Q: Where can I go to get more information?

A: <https://www.wda.org/wda-foundation/mission-of-mercy/patients> and <https://www.wda.org/wp-content/uploads/2018/03/2018-MOM-Flyer-FINAL.pdf>



Tips for Remembering

By the GWAAR Legal Services Team

We all forget or misplace things. It may not be Alzheimer's, dementia, or signs of old age. It's probably not even a "senior moment." Instead, you may just need some tips for remembering everyday things!

- **To remember something you need to take with you:** Take the thing that needs to leave the house and stick in it a plastic bag or tote, then hang that bag right from the inside doorknob of the door you usually walk out of.
- **To remember where you parked:** As soon as you park, look to see what section you're in. Create a mental snapshot. If you're in section 3D, imagine three dogs chasing each other around your car. Or, take an actual snapshot with your camera phone! You may also, without fail, park under a light post.
- **To keep from forgetting something you're carrying around:** If you're in the habit of leaving your umbrella or scarf behind, put it on top of something that will move when you get up to go, such as your chair or your purse.
- **To remember the things you always leave the house with:** Make up a mantra composed of three items that you typically misplace. For example, you could hum (in your head) "phone, keys, purse" to the tune of "Mary Had a Little Lamb," or another simple song.
- **To remember where you place your wallet/keys every time:** The next time you put something down somewhere, pause a moment to notice where you've placed it, and then in your mind blow it up. Literally. Blow it up in your head. If you visualize the explosion in enough detail, you won't forget where you put it.
- **To remember to turn something off:** Most of the time you probably do turn off the stove, the coffeepot, and the iron. But if you find yourself frequently guessing or sometimes truly forgetting, make an effort to be mindful of the critical moment when you flip the switch. Say out loud, "Oven is off." "Iron is unplugged."
- **To remember everything on your grocery list:** Make up a story using the items you need - the more absurd and dramatic, the better. "A chicken was eating cornflakes when a car burst through the wall. A monkey was driving, throwing oranges out the window; he honked wildly as he drove off a cliff into a lake filled with milk..." The narrative will take you from item to item until you reach the end of your list.



Holly Schafer

Disability Benefit Specialist

Quinn Hause



Reporting Changes is Your Responsibility

by Doug Walker, Deputy Commissioner,
Social Security Communications

If you receive benefits from Social Security, you have a legal obligation to report changes, which could affect your eligibility for disability, retirement, and Supplemental Security Income (SSI) benefits. You must report any changes that may affect your benefits immediately, and no later than 10 days after the end of the month in which the change occurred.



Changes you need to report range from a change of address to traveling outside the USA for 30 consecutive days. For a list of reporting responsibilities under disability, read the publication What You Need to Know When You get Social Security Disability Benefits, and for SSI, read What You Need to Know When You Get Supplemental Security Income. If you receive retirement benefits, What You Need to Know When You Get Retirement or Survivors Benefits is helpful.

Life changes can affect your benefits. You may be due additional payments, or you may be overpaid and have to pay us back because you didn't report the overpayment in a timely manner. The SSI program may apply a penalty

that will reduce your benefits if you fail to report a change, or if you reported



the change later than 10 days after the end of the month in which the change occurred. If you fail to report changes in a timely way, or if you intentionally make a false statement, we may stop your SSI, disability, and retirement benefits. We may also impose a sanction against your payments. The first sanction is a loss of payments for six months. Subsequent sanctions are for 12 and 24 months.

You can report your change online at www.socialsecurity.gov, or by calling toll free at 1-800-772-1213. If you're deaf or hearing-impaired call TTY 1-800-325-0778. Mail the information to your local Social Security office or in person if you prefer. If you receive SSI, you should ask about our options to use the automated toll-free SSI Telephone Wage Reporting Service or the free SSI Mobile Wage Reporting Smartphone app.

If you receive benefits and need to change your address or direct deposit, you can conveniently do so by creating a my Social Security account at www.socialsecurity.gov/myaccount.

Get the right check, in the right amount, at the right time, by reporting changes right away!



Social Security Questions & Answers

Q. Who can get Social Security disability benefits?

A. Social Security pays benefits to people who can't work because they have a medical condition that's expected to last at least one year or result in death. Federal law requires this very strict definition of disability. While some programs give money to people with partial disability or short-term disability, Social Security does not.

Q. How do I meet the earnings requirement for disability benefits?

A. In general, to get disability benefits, you must meet two different earnings tests:

- A recent work test, based on your age at the time you became disabled; and
- A duration of work test to show that you worked long enough under Social Security.



Q. When should I apply?

A. You should apply for disability benefits as soon as you become disabled.

Q. How does Social Security make their decision?

A. Social Security use a five-step process to decide if you're disabled.

1. *Are you working?*

If you're working and your earnings average more than a certain amount each month, we generally won't consider you to be disabled. The amount changes each year, 2018 is \$1180

If you're not working, or your monthly earnings average to the current amount or less, the state agency then looks at your medical condition.

2. *Is your medical condition "severe"?*

For you to be considered to have a disability by Social Security's definition, your medical condition must significantly limit your ability to do basic work activities — such as lifting, standing, walking, sitting, and remembering — for at least 12 months. If your medical condition isn't severe we won't consider you to be disabled. If your condition is severe, we proceed to step three.

3. *Does your impairment(s) meet or medically equal a listing?*

Our list of impairments (the listings) describes medical conditions that we consider severe enough to prevent a person from completing substantial gainful activity, regardless of age, education, or work experience. If your medical condition (or combination of medical conditions) isn't on this list, the state agency looks to see if your condition is as severe as a condition on the list. If the severity of your medical condition meets or equals the severity of a listed impairment, the state agency will decide that you have a qualifying disability. If the severity of your condition doesn't

(Continued on page 16)

(Continued from page 15)

meet or equal the severity level of a listed impairment, the state agency goes on to step four.

4. Can you do the work you did before?

At this step, we decide if your medical impairment(s) prevents you from performing any of your past work. If it doesn't, we'll decide you don't have a qualifying disability. If it does, we'll proceed to step five.

5. Can you do any other type of work?

If you can't do the work you did in the past, we look to see if there's other work you can do despite your impairment(s). We consider your age, education, past work experience, and any skills you may have that could be used to do other work. If you can't do other work, we'll decide that you're disabled. If you can do other work, we'll decide that you don't have a qualifying disability.



Sauk County Clean Sweep

Fees for Tires

Car and light truck tires	\$3
Car and light truck tires w/rims	\$5
Ag and semi tires	\$13
Ag and semi tires w/rims	\$25
<13" tires	\$ 1
<13" w/ rims	\$ 3

CHECKS for tires will be accepted payable to Sauk County Treasurer.

What is Not Accepted:

- Pharmaceuticals, IVs, needles
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste
- Compressed gas cylinders
- Recyclables, yard and household waste
- Asbestos
- Demolition materials
- Mattresses

Small businesses and agricultural producers must pre-register at least 1 week prior to the event by contacting Sauk County directly at (608) 355-3245.

Saturday, June 2nd, 2018, 8:30 – Noon

Old Sauk County Landfill: E8795 Evergreen Lane, Baraboo

Items accepted for **no charge** include: pesticides, cleaners, paint, batteries, light bulbs, motor oil, and a wide variety of electronics.

For more information call 608-355-3245

or email: sadie.schroeder@saukcountywi.gov

Resource Solutions will accept the following items at Clean Sweep:

No charge: CPU's, Computer Printers, Speakers, Scanners, Fax Machines, Vacuum Cleaners, Phones, Laptops, Record Players, Tape Players, CD Players iPods, VCR's, DVD Players, Beta Tape Players, Electrical Saws, Drills, Calculators, UPS's, Paper Shredders, Coffee Machines, Heaters, Game Systems, Sewing Machines, Electronic Toys, Most Household Electronics

- **\$10** – Hard Drive Removal and Destruction
- **\$15** – Microwaves, Treadmills, Large Copy Machines
- **\$20** – Small AC Units, mini fridges, dehumidifiers
- **\$25** - Stoves, washers, dryers, dishwashers, large copy machines, lawn mowers (oil/gas drained, tires removed), hot water heaters
- **\$35** – Refrigerators & Large Freezers
- **\$20** - All monitors, CRT & flat screen
- **\$20** - CRT/Flat Screen TVs 29" and under
- **\$40** - CRT/Flat Screen TVs - 30"-49"
- **\$60** - CRT/Flat Screen TVs - 50" and up, projection, wooden console

Please make checks payable to **Resource Solutions**.

Contact Resource Solutions at (608) 244-5451 regarding items not included on this list.

Voice of the Messenger
Tony Tyczynski,
Veterans Service Officer



★ ★ VETERANS MESSENGER ★ ★

Dear Friends,

Now that Memorial Day is behind us and hopefully we all took some time to reflect on those that made the ultimate sacrifice in giving their lives for the freedoms we enjoy every day, summer is here.

As we seek to improve the level of service & provide a timely response to all inquiries for information, please keep the following in mind. We have four people in the office that are fully accredited claims representatives and veterans benefit specialists (they include myself, Kathy, Pamela, and Louie), and very soon Sandy will be accredited as well.

Here are a couple of things that will allow us to serve you better:

- Please give the person that answers the phone the opportunity to assist you with your question or information we need to make note of. The person that picks up the phone here is very capable of answering your questions or relaying information to others in the office. If you do end up leaving a message for one of us to return your call, please allow two business days for us to get back to you.

- We enjoy nothing more than seeing our veterans in person and will always do our best to serve you regardless. If you want to talk with one of us in particular, please make an appointment, so that we will be available for you.
- E-mailing is a great option to communicate with the office or to get us information you wish to share with us. It is best to use our office email (vetservice@saukcountywi.gov) instead of our individual emails, to ensure you get the best & fastest response.

**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: Ken Alt; Vincent Brunner Family; William Bergman; 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

Smithsonian Museums in Washington DC

A friend of our office recently came back from a week of visiting the Smithsonian museums in Washington DC and turned us on to some Veteran perks! She learned that "if you have a copy of your DD214 OR your VA card, you do NOT have to make a reservation to get into any of the museums. You also do NOT need to wait in any lines. You simply go to the head of the line and show them your VA card and tell them you're a Veteran. Every museum is well-trained to serve vets. You get in immediately; no wait, no reservations. Every single museum. Without a reservation for a time slot to get in, you may not be able to get into the museums you want to see the most. Using your government-issued ID also allows you the freedom to stay as long as you want and leave when you like since you don't have to meet the time frame of a reservation at any other museum. A SUPER perk for all vets!"

Sauk County/WI State Park Pass Info

We want to remind our Sauk County veterans that if you are a resident of Sauk County and an honorably discharged veteran who uses or visits the Sauk County parks & boat landings, you are eligible for ONE free Sauk County park sticker. We will need to verify your military service and proof of residency. If you would benefit from this, please stop by our office with proof of residency & your DD214 if we do not have one in our files.

We ask that you only get this sticker if you plan to use it.

Veterans Benefit Specialists



Kathy Kent



Pamela Russo

Veterans with a National Park Pass can access Devil's Lake State Park at no cost because a portion of the park is federally funded (the Ice Age Trail). We discovered through the Wisconsin Department of Natural Resources that Veterans with the National Park Pass can also access these other amazing State Parks for free: 1. Kettle Moraine Northern Unit, 2. Mill Bluff, 3. Drumlin, 4. Chippewa Moraine, 5. Interstate, 6. Horicon State Wildlife Refuge, 7. Two Creeks Buried Forest, 8. Cross Plains.

In order to qualify for the National Park Pass, you have to be over 65 years old or be a veteran with a service-connected disability (rated at 0% or higher). If you feel you have a disability that has not been recognized by the VA, it's never too late to claim that disability. Contact our office for more information. If you don't have a service-connected disability and are over 65 the lifetime pass will cost \$80; the lifetime pass is \$10 for disabled veterans of any age.

Find more information on the passes at <https://www.nps.gov/planyourvisit/passes.htm>

Discharge Upgrade Website

The Department of Defense, through a joint initiative with the U.S. Department of Veterans Affairs, has launched a new web-based tool that will provide customized guidance to veterans who desire to upgrade or change the conditions of their military discharge. <https://www.vets.gov/discharge-upgrade-instructions>

Veterans Administrative Support



Sandy Deich

Saturday, June 2, 2018—Military Working Dog Tribute Dedication at 1:00 p.m., at the Highground Veterans Memorial Park in Neillsville, WI.

June 12, 2018—Bus tour of the Veteran's Memorial in Arcadia, and the High Ground Veteran's Memorial in Neillsville. \$25 per seat. Call Bartley Mauch for getting signed up—(608) 393-1287.

June 30 - July 1, 2018—Stars and Stripes at the Mid-Continent Railway Museum. Celebrating Freedom at North Freedom. All Veterans, Retired, Active Duty, or Reserve Military Ride Free in Coach Class all weekend. (608) 522-4261

July 1, 2018—Milwaukee County Zoo - Military/Veterans Family Day. Enjoy free zoo admission & parking from 9:00 a.m. - 5:00 p.m. Admission tickets will be available from your local CVSO office **after May 29**, for Active military and veterans residing in Wisconsin. Tickets are required for entry and will be available for immediate family only, with a limit of 10 tickets per family.

Saturday, July 21, 2018—The 2018 Parade Committee would like to invite veterans to take advantage of the opportunity to walk/ride in the Big Top Parade this summer. Rides will be provided. Dennis Kluge is the contact person if you want to participate in the veteran section of the parade. Please contact him at (608) 393-0643 to let him know if you will be there and for any questions.



Upcoming Events

There are veterans that meet for coffee on the **second Tuesday of every month** from 9—11 a.m. at 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.

Check out the new American Heroes Cafe inside the Festival Foods in Baraboo! **Every Friday** the Cafe will offer free donuts and coffee to veterans 8:00 a.m. - 12:00 p.m.

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!

ADRC Satellite Offices and Extended Hours

For your convenience, the ADRC has 3 satellite offices and extended hours in Baraboo.

The **Baraboo** office will be open on designated Tuesday evenings. Beginning in March, the ADRC will be open until 6:00 p.m. on the following Tuesdays: June 19, July 10, July 17, and August 21. As always, after hours appointments are available upon request and availability.

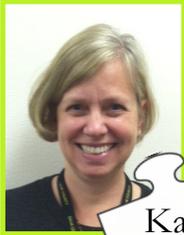
The **Lake Delton** satellite office is in the Frank Fischer Center at 20 Wisconsin Dells Pkwy South and is open every Tuesday from 11:00 a.m. to 2:00 p.m. No appointments are needed.

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: June 14 & 28, July 12 & 26, August 9 & 23.

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



Kari
Edwards



Megan
Fecht



Hannah
Halverson



Rachel
Heinzman



Julie
Mayer



Jim
Pritzkow

Pets, Service Animals and Rental Properties



Do I need permission to get a pet?

Probably! If you are currently in a lease, check your lease **before** you get a pet. If your lease requires permission to have a pet or to add a pet, make sure you get permission from your landlord **in writing** and keep a copy for your records. A landlord may just add the change to your lease. Make sure both you and the landlord initial and date the change. If your landlord refuses to allow you to have a pet, wait until you move to a pet-friendly apartment.

If you're looking for a new apartment, make sure that you have permission **in writing** to have a pet.

(Continued on page 21)

What can happen if I get a pet without permission?

You could be evicted if it is prohibited in your lease. This would be a non-rent violation. The type of notice the landlord can give you, and whether you have a chance to rehome the pet and avoid an eviction, will depend on several factors. Please contact the Tenant Resource Center for more information at (608) 257-0006. Being evicted makes it hard to find housing, can affect your credit, and does not relieve you from paying rent unless the landlord finds someone new to move in or your lease ends.

If one tenant has a pet, does the landlord have to allow everyone to have pets?

No. The landlord may give pet permission to some tenants and not others as long as they do not discriminate against certain tenants because of membership in protected class, such as race, religion, sex, etc., or do it in retaliation against a tenant for enforcing their rights. It is not illegal for a landlord to discriminate against certain animals or breeds, as long as they are doing it for everyone.

What if I have a disability and depend on a service or companion animal?

This is a special situation, where landlords must allow animals even if they have a “no pet” policy. A service or companion animal should **not** be considered a pet. A service or companion animal should be treated, from the landlord’s perspective, like a piece of medical equipment. Because of federal fair housing laws that require landlords to allow reasonable accommodations for tenants with disabilities, the following apply:

- ◊ Landlords may not prohibit a service animal or companion animal from living in the unit
- ◊ Landlords may not charge the tenant extra “pet” rent or “pet” security deposit.
- ◊ Landlords may not apply other “pet policy” rules like breed or weight

restrictions.

There are two exceptions, when a landlord can deny a service or companion animal:

- ◊ If the landlord lives in the unit, and they or a member of their immediate family have an allergy to the animal.
- ◊ If the animal has aggressively threatened someone. (This must be the specific animal in question, and not based on beliefs about their breed or weight.)

While the Americans with Disabilities Act gives specific guidelines for what are and are not “service animals,” The Act says that “emotional support animals that do not qualify as service animals under the Department’s title III regulations may nevertheless qualify as permitted reasonable accommodations for persons with disabilities under the FH Act and the ACAA.”

The tenant may be required to provide a note from a physician that verifies the service or companion animal is needed as an accommodation to the person with the disability. Even though the animal does not need to be a certified service or companion animal and apartment applicants are not required to state anything about the animal on an application, tenants may be required to provide a letter upon request after they move in. This letter should be from a medical professional, and should include 2 important parts:

- ◊ Tenant has a disability (the medical professional doesn’t need to state the kind of disability)
- ◊ That the animal is necessary to treat the disability that tenant possesses (no certification or specification of what the animal does to treat the disability is necessary)

If the landlord refuses to allow the service or companion animal, you may contact:

- ◊ U.S. Department of Housing and Urban Development (HUD)

(Continued from page 21)

- ◊ Fair Housing Centers
- ◊ Disability Rights Wisconsin is a statewide organization that provides information about the legal rights of persons with disabilities.
- ◊ Your local ADRC

How do I find landlords that rent to pet owners?

Check the regular rental listings- many landlords advertise that they allow pets. Some humane societies also keep lists of landlords who rent to people with pets.

Can landlords charge pet owners higher security deposits?

The State of Wisconsin imposes no limits on security deposit amounts. Landlords may charge pet owners more, but they must follow all the same laws about returning it. “Non-refundable” pet deposits are illegal.

Can landlords charge pet owners more for rent?

Yes, landlords may charge a monthly pet fee of whatever amount they choose. It is always worth trying to negotiate if you feel the extra amount is unreasonable. However, you should plan some extra time for this and **get everything in writing.**

Can landlords automatically withhold money from pet owners’ security deposits?

No, landlords may only charge for actual damages. If your pet did damage the apartment, the landlord may charge you for the repairs. If you are paying additional rent for your pet and being charged from your security deposit, make sure you’re not being double charged. If your landlord charges for pet damages, you can ask them to credit you for the amount you’ve paid in pet fees. Ask to see receipts for charges a landlord claims. If you feel you are being charged unfairly, contact the Tenant Resource Center at (608) 257-0006 for more information.

***Reprinted with permission from the Tenant Resource Center



We all know that exercise is good for us. It can control our weight, combat certain diseases, and help boost our energy. But did you know it could also be one of the best things to do for our brains?

In recent studies done at the University of British Columbia and the University of Illinois, researchers found regular, moderate aerobic exercise appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Why? Directly it stimulates chemicals in the brain that affect the health and growth of brain cells. Indirectly it improves mood and sleep and reduces stress and anxiety, all of which have been found to contribute to brain impairment.

So what should we do? Get moving! Participants in the British Columbia study walked briskly for one hour, twice a week. But your memory can improve doing anything that gets your heart pumping to the extent that you break out in a light sweat – gardening, climbing the stairs, even dancing! Start with just a few minutes a day and increase the time by 5 to 10 minutes every week until you reach your goal.

The Alzheimer’s Association predicts by 2050 nearly 14 million Americans could be living with Alzheimer’s. Let’s all encourage each other to literally **take the steps** needed to combat this disease.

This partnership article is provided to you by:

The Pines Senior Living (608) 643-5433	1050 Prairie Street, Prairie du Sac www.pinesprairiedusac.com
Meadow Ridge Senior Living (608) 356-8770	1700 Jefferson Street, Baraboo www.meadowridgebaraboo.com
Meadows Assisted Living & Memory Care (608) 588-2101	477 Rainbow Road, Spring Green www.meadowsspringgreen.com



Cop's Corner

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



Accident Reporting

We all hope it never happens, but it will to some of us this year. Traffic crashes happen, sometimes they are minor in a parking lot and some are more damaging. Wisconsin Statutes require duties of any driver involved in a crash.

These are applicable in the following areas:

- Highway or roadway
- Premises held for public use (business parking lots)
- Premises provided for employees
- Premises provided for tenants with 4 or more units (rental building parking lots)

The duties require:

- ◇ Any person involved in a crash resulting in injury or death of any person or in damage to a vehicle which is driven or attended by any person shall immediately stop such vehicle at the scene or as close to thereto as possible and shall return to and render aid.
- ◇ The operator shall, upon request, present their driver's license.
- ◇ The operator shall render aid to the

other party.

Under State Statute, the operator of any vehicle involved in a crash with damage in excess of \$1,000 to any one vehicle or property, or any injury, shall notify local law enforcement by the quickest means possible.

If a vehicle strikes an unattended or parked vehicle, or property adjacent to the highway (roadway), the operator is to stop and locate the owner of the damaged item. They are also to make a report to law enforcement if the damage is in excess of \$1,000, or someone is injured.

Penalties for non-reporting range from a fine for property damage crash with a parked vehicle to a crime if an attended vehicle is struck. This would cause a criminal arrest, and if some one is injured, the crime is a felony, including a mandatory license revocation.

Traffic crashes do happen, and it is important that the police be notified.

Chief Mark Schauf
Baraboo Police Department

Dementia Support

Dementia has an impact on many aspects of a person's daily living. One area where you may see signs is changes in behavior. Behavior changes are a symptom of dementia and are caused because the person is not able to respond in the usual way due to cognitive changes in the brain. By understanding the common symptoms of Alzheimer's disease and what other factors influence problem behaviors, you can better understand why your loved one might be acting in an unusual or frustrating way.

It is important to recognize that individuals with dementia are doing the best they can and they often don't have the ability or insight to understand that a behavior is disruptive and needs to change. In fact, their reaction might make perfect sense to them in the way their brain is currently interpreting and understanding the world.

When responding to behavior changes, first ask yourself, is it a problem? Is it unsafe, disturbing or distressful and if so to what extent? Is it a problem for the person with dementia, for others or for yourself? If the behavior is not harmful to anyone and is not disturbing to the person, you may choose to do nothing. This is often the simplest and easiest thing to do. By getting angry and upset when your loved one behaves in a certain way, may be more upsetting for them. This can lead to frustration and hurt feelings for both you and your loved one.

By looking closely at the behavior and what is happening around it, we can better understand what might be influencing behavior, and these may be things that we can change. Behavior changes tell us something. Behaviors are a form of communication - maybe alerting us to something that needs to be adapted or done

differently.

Attend "Understanding & Responding to Behavior Changes" program on Tuesday, July 24 from 5:30 – 7:00 p.m. in Room B24 of the West Square Building in Baraboo to learn more. Free. No registration required. Contact Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin (ADAW), at 608.742.9055 for details.

This program supported by funds raised through ADAW's annual Alzheimer's Walk. Step Forward and Give Hope to individuals and families impacted by dementia in your community by joining the Sauk County Alzheimer's Walk Saturday, September 15 at Mary Rountree Evans Park in Baraboo. Visit www.alzswisc.org for details.



The Alzheimer's and Dementia Alliance of Wisconsin is holding office hours in the ADRC office the first Tuesday of each month from 11:00 a.m. - 1:00 p.m.

Janet Wiegel, from the Alzheimer's and Dementia Alliance of Wisconsin (ADAW), serves as the Outreach Specialist for Sauk County. Janet's role as an Outreach Specialist is to support those with Alzheimer's and dementia and their caregivers and family member.

If you would like to meet with Janet at the ADRC office, please call her at 608-742-9055 or 608-697-2838 to schedule an appointment. Janet will also see people on a walk-in basis if the schedule allows.

Dementia Friendly Sauk County Ribbon Cutting Cereomony



Dementia Friendly Sauk County is making a difference for those effected by dementia who live in our communities.

In April, 2017, the Dementia Friendly Sauk Task Force began their journey to make Sauk County a Dementia Friendly community. Our goals:

- 1) Educate the community by increasing awareness and understanding of dementia type diseases.
- 2) Decrease the stigma of the disease
- 3) Forster community involvement
- 4) Improve lives of those with dementia and those who care for someone with memory challenges.

We have worked to educate people about dementia and have reached out to businesses and organizations in Baraboo to become dementia friendly trained.

On March 7th, we held a Ribbon Cutting



Ryan, from Downtown Family Dental, shares how the training has helped their staff better support clients who may have dementia.



City of Baraboo's Mayor Palm acknowledged for helping kick-off the initiative.



Nicole, from Sauk County's Sheriff Department, accepts their certificate.

ceremony to recognize the 23 businesses that were trained at that time. Currently the Dementia Friendly Communities Task Force has trained 30 businesses and organizations and a total of 1304 individuals.

It is our hope that through the efforts of our DFC Task Force and the businesses and organizations who have learned about dementia, Baraboo and Sauk County will continue to be a wonderful place for everyone, especially those who are affected by dementia.

The following businesses were recognized at the first Dementia Friendly Ribbon Cutting.

**Baraboo Fire Department - Baraboo Rotary - Baraboo Senior Center - Baraboo State Bank
BrightStar Nurses - City of Baraboo Employees - Community First Bank - Corner Drug Store
Curves - Daughters of Isabella - Downtown Family Dental - Forward Services Corporation
Hometown Pharmacy Clinic - LSM Chiropractic - Oak Park Place - Optimists of Baraboo
Sauk County Conservation, Planning & Zoning - Sauk County Corporation Counsel
Sauk County Department Heads - Sauk County Sheriff Department - WCCU Credit Union
Wegner CPA - Village Family Dental**

Look for the Dementia Friendly sticker in their window signifying they are dementia friendly trained.





Caregiver Connection and Prevention Pointers



*Marina Wittmann
Aging Program Specialist*

MUSIC CAN ENHANCE YOUR LIFE

“Let me call you sweetheart, I’m in love with you. Let me hear you whisper that you love me too. Keep the love-light glowing in your eyes so blue. Let me call you sweetheart, I’m in love with you.”

Reading the words of a song you love can stir up some wonderful feelings. Hearing the song from the first dance on your wedding day can take you back in time. And what about the emotions you feel while listening to the war songs that were so popular when you or your spouse were serving in the war.

Music is a powerful tool in so many ways. Whether you need to reduce stress, relieve loneliness, or are looking for a way to connect with a loved one, music can be a curative answer for both the caregiver and the one being cared for.

Listening to music can be enjoyable and beneficial for anyone. Hearing music from your youth promotes memory and opens the window to laughter or tears. Caregiving brings about a wide range of emotions including joy, sadness, frustration and guilt. Music reaches into your soul like nothing else, bringing to the surface those feelings that are often unnamed. Releasing pent up emotions through music can be healing and renewing.

Music can reach a person whose ability to communicate is affected by dementia, stroke or other disease. Listening to favorite songs with your loved one is a wonderful way to share time together. Music helps a person feel calm and relaxed, reduces stress and promotes wellness. Playing soothing music during a meal

might increase the amount eaten, or make unpleasant tasks, such as bathing or grooming, more bearable.

For the past or current performer, playing an instrument or singing offers a way to express feelings that are hard to put into words. Picking up an instrument or singing out loud is fun and is a great way to remember the “good old days.” The goal isn’t to impress anyone, just to express yourself and have fun. Making music for or with a grandchild can also be a delightful activity. And for the person who has never played an instrument before, beating on a drum or shaking a tambourine to some music can be fun as well as relieve stress.

Try enhancing your life by adding music to your day. Turn on some upbeat music in the morning to get you going. Try something familiar and relaxing during mealtimes. Find your old favorites to enjoy with a loved one for an extra special afternoon, then listen to soft, slow music in the evening to help prepare for a good night’s sleep.

So, dig up those old songbooks, find a good radio station or ask your grandchild to look up your favorite songs online and see where the music takes you.

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



Stepping On is a falls prevention course that has been shown to reduce falls by 30%.

Are you over 60 years old and have fallen in the past year or have a fear of falling?

This workshop may be for you!

This workshop includes an exercise manual, talks about medication, vision, footwear, safety, home fall hazards, and much more.

Our next workshop will be held in REEDSBURG.

Call Marina Wittmann at the ADRC for workshop dates, times, and to register!

Please note: those who rely on walkers or wheelchairs or have a cognitive impairment (like dementia) may not be suitable for this workshop.



Join the 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 adjoining 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:

Wednesdays, June 13, July 11, & August 8

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.

Memory Cafés: All Are Welcome

A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, can come together. The Memory Café meets monthly to visit, share common interests, and enjoy refreshments. Each monthly Café is unique and offers a program or activity that's fun and chosen by participant's interest. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

Sauk City Memory Café
Thursdays: June 21, July 19 and August 16
9:30—11:00 am
Sauk Prairie Community Center
730 Monroe St, Sauk City





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

Family Caregiver Support Group

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

Next Meetings:

Tuesday, June 19, July 17 and August 21

Grandparent & Relative Caregiver Circle

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

Next Meetings:

Tuesday, June 19, July 17 and August 21

Dementia-Specific Caregiver Support Group

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

Next Meetings:

Wednesday, June 20, July 18 and August 15
 Co-sponsored by the Alzheimer's and Dementia Alliance



Sauk County Fair
July 9 - 15

Stop by and visit with the ADRC staff and the Dementia Friendly Sauk County Task Force at our informational booth during the Sauk County Fair.

Refreshments will be provided
Chair Yoga
with Tatsiana O'Neil
 St Clare Hospital, Ringling Rooms
 Thursday June 14, 2018
 10:30am-12noon
Wear comfortable clothing and shoes, we'll be doing some demonstrations and exercise!
Please call for Reservation
(608) 356-1407
St♥Clare HOSPITAL's GoldenCare
 Sponsored by: **St♥Clare HOSPITAL's GoldenCare**
 and **St♥Clare Health Care Foundation**

BRAIN HEALTH EDUCATION PROGRAMS



AT THE BARABOO SENIOR CENTER

Boost Your Brain Health

Tuesday, June 5, 4:00-5:00 p.m.
 Learn to reduce your risk of Alzheimer and dementia.

We all Forget

Tuesday, July 10, 4:00-5:00 p.m.
 Learn what is normal for our brains as we age, how our memories work, and what to do if you are concerned about yourself or a loved one.

Understanding Alzheimer's & Dementia

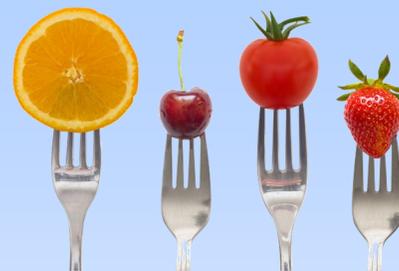
Tuesday, August 7, 4:00-5:00 p.m.
 Learn the difference between Alzheimer's & dementia, what caused dementia and more.

Janet Wiegel of the Alzheimer & Dementia Alliance will be the speaker. All programs will be held at the Baraboo Senior Center located at 124 Second Street, Room 24 in Baraboo. Call the Senior Center at 356-8464 for more information.



Nutrition News

Jennifer Kamrowski
Nutrition Coordinator



Celebrating My Meal, My Way Grand Opening

Jennifer, Sauk County's ADRC Nutrition Coordinator and Maggie, the Dining Site Manager at Schnitzelbank welcome you to **My Meal, My Way!**

On April 12 the Sauk County ADRC's Senior Nutrition Program celebrated the Grand Opening of the **My Meal, My Way** Breakfast Meal. The day was enjoyed by all! Thank you to the following businesses for their donation of door prizes: Country Cross Roads, Ederer Do It Best, Cedar Grove Cheese, Cheese Maker, Straka Meats, Honey Creek Market, Plain Kwik Trip and Schnitzelbank.

This pilot program encourages seniors to eat a healthy meal while enjoy time socializing with others at a local restaurant. We have had 155 unduplicated diners take part in this program since we started. Having seniors to come and

enjoy a delicious meal and share in good conversation with friends is what this pilot program is all about!

The menu consists of 5 nutritious meal choices:

- Eggs & Ham
- Biscuit & Gravy
- Guten Morgen (Good Morning) Breakfast
- Pancakes & Egg
- Gemüse Hash & Ei (Vegetable Hash and Egg)

The cost is a recommended donation of \$4.00. People have asked us who is eligible to eat from the **My Meal, My Way** for the price of a donation? So, if you are a seniors 60 + , if you are not yet 60 but are eating with your spouse who is an eligible diner or if you are a disabled child eating with your parent who is an eligible diner you are able to order from the My Meal, My Way Menu. If you aren't eligible, you are welcome to come and order off the

(Continued on page 30)



Susan Blodgett, ADRC Director and Gani Ahmetaj, owner of the Schnitzelbank Restaurant cutting the Grand Opening Ribbon.

(Continued from page 29)

Schnitzelbank's menu and still join in the great fellowship.

This is how the program works at the restaurant:

- Register or sign in with Senior Meal Program Staff. If it is your first time, you will be asked to fill out a new dinner form, after that you will only need to sign your name when coming to the restaurant.
- Put your donation in the My Meal, My Way donation box and the waitress will give you the My Meal My Way menu.
- Choose one of the breakfast options from the My Meal, My Way menu and place your order with the waitress.
- Enjoy your meal.
- Reservations are not required
- Limit 1 meal per day.
- All seniors 60 + are welcome regardless

- of your ability to donate
- The recommended minimum donation is \$4.00 per meal, which includes the tip.
- Donations are confidential.



We would like to thank everyone for their support in making this pilot program successful!!

STUFFED PEPPERS FOR TWO



MAKES: 2 servings

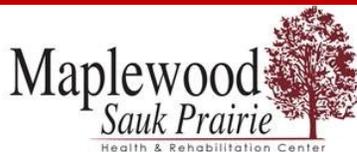
TOTAL TIME: Prep: 20 min. Bake: 50 min.

INGREDIENTS

- 2 medium green peppers
- 1 can (8 ounces) tomato sauce, divided
- 1/4 cup uncooked instant rice
- 1 tablespoon chopped onion
- 3 tablespoons shredded cheddar cheese, divided
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg, beaten

DIRECTIONS

1. Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes. Drain and rinse in cold water; set aside.
2. In a bowl, combine beef, 1/4 cup tomato sauce, rice, 2 tablespoons cheese, onion, Worcestershire sauce, salt, pepper and egg; mix well. Stuff the peppers; place in an ungreased 1-1/2-qt. baking dish. Pour the remaining tomato sauce over peppers. Cover and bake at 350° for 45-60 minutes or until meat is no longer pink and peppers are tender.
3. Sprinkle with remaining cheese; return to the oven for 5 minutes or until cheese is melted.



This recipe brought to you from Maplewood - Sauk Prairie
245 Sycamore St, Sauk City, WI 53583
www.maplewoodsaukprairie.com
608-643-3383



Sauc 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 - June 5 & 19

Wednesday - June 20

Tuesday - July 3 & 17

Tuesdays - August 7 & 21

Wednesday—August 15

LaValle - Fire Department

Wednesday - July 25

Plain - Plain Green TECC

Wednesday - June 27 & August 22

Reedsburg - Maple Ridge

Tuesday - June 12, July 10, and August 14

Thursday - June 21 and August 16

Reedsburg - Willow Heights

Wednesday - June 13 & August 8

Reedsburg Area Senior Life Center

Wednesday - July 11

Sauk Prairie - St John's Church

Thursdays - June 7 & 14

Thursdays - July 5 & 12

Thursdays - August 2 & 9

Spring Green - Christ Lutheran Church

Tuesdays - July 24

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.

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.

Reedsburg

Willow Heights

800 Third St., Reedsburg

Phone 963-3438

Lunch served at 11:30 a.m.

Lake Delton

Frank Fischer Center

20 Wisconsin Dells Pkwy S, Lake Delton

Phone: 393-8701

Lunch served between 11:30 a.m. - 12:30 p.m.

No Reservations Needed

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.

Plain: My Meal, My Way

Schnitzelbank Restaurant

1170 Main St

Plain, WI

Breakfast served Thursdays and Fridays

9:00 a.m.—11:00 a.m.

No Reservations Needed

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.

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk.</p>	<p>To cancel meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Frozen/LaValle: 355-3289</p>			<p>1 Baked Glazed Ham Bkd Potato Casserole Scalloped Corn Applesauce Jell-O Salad</p>
<p>4 Roast Beef / Gravy Mashed Potatoes Seasoned Carrots Chilled Fruit Cup</p>	<p>5 Lemon Pepper Chicken Garden Rice Green Beans /Dinner Roll Banana Pudding</p>		<p>7 Cheeseburgers (Bun) Chips / Tomato Slices Pea Salad Watermelon Slices</p>	<p>8 Cheese Ravioli Garlic Bread Baked Zucchini Jell-O w/Fruit</p>
<p>11 BBQ Chicken Bowtie Pasta Glazed Carrots Brownie</p>	<p>12 Roast Beef Sandwich Potato Salad Cole Slaw Peach Cobbler</p>	<p>13 Scalloped Potatoes with Ham / Buttered Corn Seasoned Broccoli Ice Cream</p>	<p>14 Chicken Drumsticks Calico Rice Creamed Peas Cookies</p>	<p>15 Hamburgers (Bun) French Fries Country Blend Veggies Cinnamon Apples</p>
<p>18 Sloppy Joes Macaroni Salad Broccoli & Cauliflower Cookies</p>	<p>19 Breaded Chicken / Gravy German Potato Salad California Veggies Apple Pie</p>	<p>20 Bratwurst / Kraut Baked Beans Cole Slaw Fruit Parfait / Van Waters</p>	<p>21 Orange Glazed Ham Fresh Baked Squash Twice Baked Potato Ice Cream</p>	<p>22 Fried Fish Peas & Carrots Baked Potato Wedges Mint Truffle Brownies</p>
<p>25 Fried Chicken / Gravy Baked Mashed Potatoes 3 Bean Salad Carrot Cake</p>	<p>26 Roast Pork w/Plum Sauce/ Veggie Blend Au Gratin Potatoes Pineapple Cake</p>	<p>27 Corned Beef / Kraut Boiled potatoes Dinner Roll Sherbet</p>	<p>28 Chicken Teriyaki / Rice Stir Fry Veggies Dinner Roll Cho. Pudding Parfait</p>	<p>29 Hamburgers (Bun) Baked Beans Relish Plate / Peaches Cookies</p>

July

2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Brat w/ Kraut Sweet Potato Fries Seasoned Peas Fruit Salad	3 Glazed Meatloaf Scalloped Potatoes Baked Squash Caramel Cake	4  4	5 Ring Bologna Mac & Cheese Italian Veggies Watermelon Slices	6 Baked Glazed Ham Bkd Potato Casserole Scalloped Corn Applesauce Jell-O Salad
9 Roast Beef / Gravy Mashed Potatoes Seasoned Carrots Chilled Fruit Cup	10 Lemon Pepper Chicken Garden Rice Green Beans /Dinner Roll Banana Pudding	11 Baked Fish Buttered Noodles Scalloped Corn Frosted Cake	12 Cheeseburgers (Bun) Chips / Tomato Slices Pea Salad Watermelon Slices	13 Cheese Ravioli Garlic Bread Baked Zucchini Jell-O w/Fruit
16 BBQ Chicken Bowtie Pasta Glazed Carrots Brownie	17 Roast Beef Sandwich Potato Salad Cole Slaw Peach Cobbler	18 Scalloped Potatoes with Ham / Buttered Corn Seasoned Broccoli Ice Cream	19 Chicken Drumsticks Calico Rice Creamed Peas Cookies	20 Hamburgers (Bun) French Fries Country Blend Veggies Cinnamon Apples
23 Sloppy Joes Macaroni Salad Broccoli & Cauliflower Cookies	24 Breaded Chicken / Gravy German Potato Salad California Veggies Apple Pie	25 Bratwurst / Kraut Baked Beans Cole Slaw Fruit Parfait / Van Wafers	26 Orange Glazed Ham Fresh Baked Squash Twice Baked Potato Ice Cream	27 Fried Fish Peas & Carrots Baked Potato Wedges Mint Truffle Brownies
30 Fried Chicken / Gravy Baked Mashed Potatoes 3 Bean Salad Carrot Cake	31 Roast Pork w/Plum Sauce/ Veggie Blend Au Gratin Potatoes Pineapple Cake		Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals in- clude milk.	To cancel meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Spring Green: 588-7800 Frozen/LaValle: 355-3289



2018

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<p>6 Brat w/ Kraut Sweet Potato Fries Seasoned Peas Fruit Salad</p>	<p>7 Glazed Meatloaf Scalloped Potatoes Baked Squash Caramel Cake</p>	<p>8 Honey BBQ Chicken Macaroni Salad Broccoli Brownie A la Mode</p>	<p>9 Ring Bologna Mac & Cheese Italian Veggies Watermelon Slices</p>	<p>10 Baked Glazed Ham Bkd Potato Casserole Scalloped Corn Applesauce Jell-O Salad</p>
<p>13 Roast Beef / Gravy Mashed Potatoes Seasoned Carrots Chilled Fruit Cup</p>	<p>14 Lemon Pepper Chicken Garden Rice Green Beans /Dinner Roll Banana Pudding</p>	<p>15 Baked Fish Buttered Noodles Scalloped Corn Frosted Cake</p>	<p>16 Cheeseburgers (Bun) Chips / Tomato Slices Pea Salad Watermelon Slices</p>	<p>17 Cheese Ravioli Garlic Bread Baked Zucchini Jell-O w/Fruit</p>
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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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**BE THE
REASON
SOMEONE
SMILES
TODAY**

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





When it rains
 look for
RAINBOWS.
 When it's dark
 look for **STARS**

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

Aging & Disability Resource Center
 505 Broadway
 Baraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED X

This Broken Word Puzzle is provided to you by:



Reedsburg Area Medical Center
 2000 North Dewey Avenue. Reedsburg, WI 53959
 608-524-6487
www.ramhealth.com

6 Digit Numbers

1	6	2	2	6	1	2	5	6	2	2	1	7
6	6	5	4	7	6	6	5	8	2	8	7	8
3	6	5	0	7	4	5	6	4	0	9	2	4
4	2	1	3	2	8	4	3	7	4	4	5	2
9	7	4	3	8	4	3	8	9	3	6	0	6
6	3	7	9	7	1	4	2	1	2	8	6	0
9	5	9	9	4	9	6	4	9	1	1	2	1
6	7	1	4	5	1	4	4	5	8	8	9	3
3	5	4	2	7	9	1	9	5	1	4	1	6
8	2	4	5	6	7	1	4	7	7	3	6	8
3	5	7	9	2	5	9	0	8	4	6	9	0
1	9	7	2	7	2	5	2	3	6	4	6	2
9	4	9	7	6	7	3	1	2	3	5	1	9

Find and circle all of the 6 Digit Numbers that are hidden in the grid.

The numbers may be hidden in any direction.

- 106248
- 154259
- 162261
- 225479
- 236462
- 479158
- 489238
- 494114
- 496963
- 496974
- 532137
- 546183
- 563824
- 564237
- 605271
- 653921
- 662735
- 751951
- 908469