

*Enhance Your Life  
and the Lives of  
Others!*

# Add **WIFE** Today!

Laughter  
Independence  
Friends &  
Energy

April - May 2011

*Vol 3 Issue 2*

**A Bi-Monthly Newsmagazine for Adults with Disabilities, Older Adults, Veterans, and Their Families**



## **Wisconsin Makes National News:**

What does it all mean to the ADRC and the people it serves?

Every day your ADRC team of professionals receives questions about the changes being made and proposed in Madison. All the protests and TV commercials are in response to the Budget Repair Bill which has been passed and the 2012-2013 Budget Proposal which has not yet been approved.

**The best thing you can do is to become informed.** Seek information that is factual and unbiased before you form opinions. Then decide what, if anything, you wish to do about the facts. If you disagree with the policies set by the Budget Repair Bill or being proposed in the 2012-2013 Budget, call your state legislator. The ADRC has a brochure entitled ***“How to Contact Your Legislator”*** that can assist you .

Here are some of the pertinent changes:

- ◆ The Secretary of the Department of Health Services now has the authority to change eligibility criteria, premiums and co-pays for all Medicaid (not Medicare) programs. Medicaid provides access to health care for poor families and those who are elderly, blind or disabled.
  1. Only the Joint Finance Committee will hear of these changes rather than all of the legislators in the Senate and Assembly as in the past.
  2. It is likely to be more difficult to qualify for Medicaid and more expensive to access health care.

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## Director's Notes

Trish Vandre, ADRC Director



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- ◆ Proposed changes to SeniorCare: to require people to enroll in Medicare Part D and pay the out of pocket costs of their plan. The least expensive prescription drug plan through Medicare Part D in Wisconsin this year costs \$177.60 and has a \$310 annual deductible as well as co-pays. The average plan costs \$43.96 a month, or \$527 a year, according to the Kaiser Family Foundation.
- ◆ Proposed changes to FamilyCare: to require waiting lists for enrollment into FamilyCare to be established after June 20, 2011. This means that very few new members will be enrolled after that date. People in need of in-home services will have to seek nursing home care, family and friends will have to provide care or they may go without needed care.
- ◆ Potential changes in transportation: reduced funding for transportation services may be a consequence of changes in collective bargaining rights.
- ◆ Proposed changes to access to public benefits: to reduce and centralize the locations at which people may apply from each of 72 locations in each county to 55 locations statewide and make it an automated computer or phone system.

This has been a time of strong feelings and opinions. Remember that everyone's opinion is valid and that it is important to

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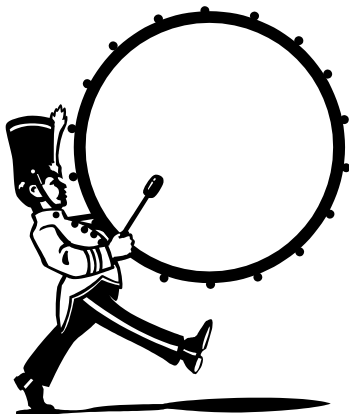
ask questions of someone who differs with you such as:

- ◆ What are we trying to accomplish? How will that help?
- ◆ Who will be affected? How?
- ◆ How much will it cost and from whom?
- ◆ Will there be other effects that maybe they don't see and you could point out?

Keep a cool head and an open heart. Share your thoughts and visions for Wisconsin with your legislators. You elected them to represent you and your opinion counts! This is the essence of **ADVOCACY!**

Be Well,  
**Trish**

**Q. Why is everyone so tired on April 1?**



**A. Because they've just finished a long, 31 day March!**

**Voice of the Messenger**  
**Tony Tyczynski,**  
**Veterans Services Director**



**Dear Friends,**

Thank you to Tom and Stefani Walsh Miller who recently donated \$250 to the Veterans Care Trust Fund. They gave the donations received from their annual Open House at "Beauty" Hair Salon in Milwaukee. This generous donation will allow us to help needy veterans of Sauk County. Please contact us if you would like to make a tax-free donation.

**Veteran Employment Specialist,** Gene Degnar is here the second Monday each month to assist veterans with employment issues. To meet with Gene, please call (608) 242-4888. **Madison Vet Center Counselor,** Jennifer Gruba is here each month to help combat veterans and their family with readjustment and other counseling. To meet with Jennifer, please call (608) 264-5342.

A friendly reminder to veterans who are in VA health care or receiving compensation or pension - our office is here to serve you. It may be in your best interest to get help with and submit all paperwork, forms and correspondence for the VA through our office. We want to be there for you.

Please check out our new **Facebook** page. We are using this as an additional way to get information regarding benefits to you quickly and accurately. Please find us as the Sauk County Veterans Service Office. We continue to update our website regularly at [www.co.sauk.wi.us](http://www.co.sauk.wi.us). There are a lot of changes to both State and Federal benefits. I encourage you to use these as well as local media outlets to stay informed.

**In Your Service,**

**Tony**



## **Volunteer Vantage Point**

Mary Jane Percy  
Volunteer Coordinator

### **National Volunteer Week April 10th - 16th**

[From Wikipedia] “In general terms, volunteering is the practice of people working on behalf of others or a particular cause without payment for their time and services. Volunteering is intended to promote good or improve human quality of life, but people also volunteer for their own skill development, to meet others, to have fun, and a variety of other reasons.”

There are nearly 300 volunteers positions in the ADRC’s volunteer programs and our volunteers range in age from 5 to 95!! These volunteers serve their neighbors as escort drivers for medical transportation, dining center staff, provide labor for home improvement projects and are computer mentors. They deliver meals to people in their homes, assemble our AddLIFE Today! mailings, prepare taxes and help coordinate and lead special events. In 2009, the dollar amount of the in-kind contribution of time of these tireless volunteers was \$375,407. The numbers have been tabulated for 2010, and they will be revealed at the annual Volunteer Appreciation Breakfast in May.

During National Volunteer Week please join me as the ADRC applauds the tremendous contribution of time and energy by this wonderful group of volunteers committed to serving their neighbors in Sauk County. Thank you ADRC volunteers, once again, from the bottom of a very grateful heart! It is a privilege to work with you ...You are a huge blessing in my life!

**Save the Date**  
**Volunteer Appreciation Breakfast**  
**Wednesday**  
**May 11, 2011**  
**Voyageur Inn**  
**Reedsburg**



### **Happy Hearts !!**

Thank you to Erica May, Adeline Nolden, Paige Nolden, Samantha Nolden, Jonathan Sabatke, Jesica Smith and Miranda Stoldt of Baraboo’s 4-H Club and their leader Kelli Nolden !! They made and donated Valentine’s Day cards to be delivered with our home delivered meals in Reedsburg and Baraboo. There were enough cards left over to decorate both dining centers. They were absolutely beautiful . . . and very much appreciated. Thank you!!

Thank you to the Zimmerman Nursing Home for another year of Valentine’s Day gift bags that were delivered with our home delivered meals in Reedsburg. They were packed full of all kinds of goodies . . . and very much appreciated. Thank you!!

(This is a great example that volunteers can help at any age.)



### **Living Well With Chronic Conditions**

**Classes are now forming !!**

For more information about these classes, please read the article on page 15.

## Would You Believe ... 1,293 Years!

When I total all of the years that our volunteers have given to all of our programs (and I have got the paperwork to back this up) it totals 1,293 years! You all continue to WOW me!! Those names in **bold** letters have moved up to a new category ... congratulations!! And THANK YOU!!

### 25+ Years!!

Katherine Hausner, **Audrey Wendt**

### 20+ Years

**Cletus & Dorothy Alt**, Walt Darling,  
**Donna Druckrey**, Marjorie Faber,  
Edna Hineman, Charles Moritz, **Char Rose**

### 15+ Years

Ruth Derrickson, Jean Kinsman,  
Donna Fae Kruse, Lonita Schulze,  
Lorraine Williams, Fannie Wisinger, **Ellen Young**

### 10+ Years

Buddy & Virginia Bethke, Don & Nola Fearing,  
**Keni Gillingham**, John Kinsman, Jim Kuehn,  
Marion Licht, Marveline Miller, Bernice Mueller,  
Wayne Pertzborn, Jim Quandt, Caroline Siberz,  
Elaine Smelcer, Donna & Ralph Soeldner

### 5+ Years

Carl Alexander, Gladys Anliker,  
Mary Baumgarten, Art Behnke, John Bernien,  
**Ruth Breneman**, Michelle Commings,  
**Phil Craker**, Ruth Falk, Bev Feierabend,  
Roger Friede, **Bill Grosz**, Ruth Haase,  
**Carol Hehenberger**, Peg Holloway,  
Lorraine Holm, Ellen Jerrett, Phyllis Johnson,  
**Doug McHone**, **Sam Noble**, Barb Opperman,  
Lavern & Verdi Peper, Mary Prem, Jane Prouty,  
**Randy Rabine**, Nancy Roesler, Stanley Schrank,  
Dorothy Sivam, **Dean Skare**, **Nola Sprecher**,  
**Paul Takkunen**, **Jim Thering**, **Tom White**,  
Betty Wolfrath, Laurie Zimprich

PS - I admit to being human ... so ...  
if I've got the wrong information  
PLEASE let me know!

## Foot Clinic Schedule

To schedule a foot care appointment call Sauk County Home Care at 355-4313

The cost for foot clinic visit is \$23.00.

### Baraboo - West Square Building

Tuesdays - April 5 & 19

Tuesdays - May 3 & 17

Wednesday - April 20

### LaValle - Fire Department

Wednesday - May 25

Wednesday - July 27

### Merrimac - Village Hall

Wednesday - May 18

Wednesday - July 20

### Plain - American Legion Hall

Thursday - April 28

Thursday - June 23

### Reedsburg - Maple Ridge

Tuesday - April 12

Thursday - April 21

Tuesday - May 10

Thursday - May 19

### Reedsburg - Willow Heights

Wednesday - April 13

### Sauk Prairie - St John's Church

Thursdays - April 7 & 14

Thursdays - May 5, 12 & 26

### Spring Green - The Meadows

Tuesday - May 24

Tuesday - July 26

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



Ashley Nedeau-Owen

## Getting You There!

Sylvia Kriegel



**Aging & Disability Resource Center Transportation Line:  
608-355-3278 or 800-830-3533**

### Still Serving You!

There is a great deal of confusion about the current political goings on in Wisconsin. I am frequently asked, "What does it mean for **The Bus**?" Does either the Budget Repair Bill or the Governor's proposed budget put any of the ADRC's transportation programs at risk? As written - yes, but the answer I can give now is - we can't be certain yet.

The ADRC will continue to provide as much transportation as our budget allows. If you happen to be in need of transportation, call the transportation line at 608-355-3278 or toll free at 800-830-3533. We will let you know what your options are and will assist you in

finding the most suitable transportation for your need.

**The Bus** continues to serve Sauk County residents with service between Reedsburg, Lake Delton and Baraboo every Wednesday and Friday and service between Sauk City, Prairie du Sac, Bluffview and Baraboo every Monday, Tuesday and Thursday. While brochures are available in more than three dozen locations as well as on **The Bus**, call the transportation line for specific information about your first trip on **The Bus**. We'll help you get started and will continue to assist you to use **The Bus**.

### AARP Driver Safety Class

The AARP Driver Safety Program (formerly known as 55 Alive) is the nation's first and largest refresher course for drivers age 50 and older. This class has helped millions of drivers remain safe on today's roads.

If you have never taken this course, or if it has been more than three years since your last class, NOW IS THE TIME! "Tune Up" your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.

Thursday, April 14

St. Clare Hospital, 707 14th St, Baraboo

12:30 pm - 5:00 pm

Call St. Clare's Golden Care office to register 356-1407

\$12.00 with proof of AARP membership

\$14.00 for non-members

The fee must be paid at the time of the class.

Please make your check payable to: AARP Driver Safety

If you pre-pay on-line please print out and bring your receipt with you.

Thank you to Bill Grosz who gives of his time and energy to teach this class!



# Powerful Tools for Caregivers



**Powerful Tools for Caregivers** is a 6-session class for family caregivers of older adults who have Alzheimer's, Parkinson's, memory loss, or any other chronic disease, long-term illness or disability. It offers tools to help caregivers thrive; improve communication with family members, doctors and service providers, make tough decisions, set goals, and much more. You will benefit from this class whether assisting a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. A copy of *The Caregiver Helpbook*, a 232 page handbook for caregivers will be provided for free, courtesy of Sauk Prairie Memorial Hospital.

This popular six-week series will meet for 2 ½ hours each week. The class is limited to 14 people. For more information or to register, contact instructors Sue Nagelkerk, Sauk County Family Living Educator, at 355-3250 or Carol Olson, Alzheimer's & Dementia Alliance at [carol.olson@alzwissc.org](mailto:carol.olson@alzwissc.org)

**When:** Fridays  
February 25 thru April 1  
9:00 am to 11:30 am

**Where:** Sauk Prairie Memorial Hospital

**Pre-registration is required:** 355-3250

## Medication From Vending Machine

Hospitals are using a vending machine to dispense medication to patients. The Instymeds Corporation of Minneapolis, Minnesota provides and services the Instymeds Prescription Medication Dispenser. An Instymeds machine is available for use in the St. Clare Hospital lobby.

This allows patients served in the emergency room, urgent care, or day procedure, to receive their prescribed medications immediately. Patients begin to experience the benefits of the prescribed medications sooner.

The doctor's nurse would enter the prescription in to the computer and issue the patient a voucher. The electronic entry does include insurance information. Patients with insurance are charged their standard co-pay. The machine accepts cash, debit, or credit cards. The patient follows simple on screen instructions to enter the voucher codes and receive a full prescription from the dispenser. A phone allows patients to speak immediately with a representative for any questions. The triple bar code check insures safe dispensing.

RedPharmDrug a subsidiary of Instymeds provides an inventory control system. Medications are purchased from RedPharmDrug and the inventory is electronically monitored in real time. So the machine is always available for use by patients.

This partnership article provided by:

HOME CARE PATH



608-432-4286

[seniorcare@homecarepath.com](mailto:seniorcare@homecarepath.com)

[www.homecarepath.com](http://www.homecarepath.com)

*For Your Benefit*  
From Your Benefit Specialist

Call (608) 355-3289  
or (800) 482-3710

To confirm site visits or  
to schedule office appointments



**DEB HARVEY**  
Coming to you:

Plain Library	April 13 1:00 to 3:00	May 11 1:00 to 3:00
Spring Green Senior Center	April 20 10:30 to 11:30	May 18 10:30 to 11:30
Spring Green Library	April 20 1:00 to 2:00	May 18 1:00 to 2:00
Sauk/Prairie Community Cntr	April 21 10:00 to 11:30	May 19 10:00 to 11:30
Merrimac Village Hall	April 21 8:30 to 9:30	May 19 8:30 to 9:30

**Coming to you:**

**Baraboo, Bluffview, Loganville,  
Lime Ridge, LaValle, Reedsburg  
Elderly Benefit Specialist  
Out of the Office Until Further  
Notice**

The ADRC encourages the older adults of Baraboo, Bluffview, Loganville, Lime Ridge, LaValle, and Reedsburg who are seeking benefits counseling, normally provided in their community, to contact the ADRC office at 355-3289 or (800) 482-3710 for assistance.



**2011 Transition Rights to Medications Under Medicare Part D Transition Policy: A Critical Protection**

The Centers for Medicare and Medicaid Services (CMS) requires that sponsors of Medicare Part D prescription drug plans provide

beneficiaries with access to transition supplies of needed medications to protect them from disruption and give adequate time to move over to a drug that is on a plan's formulary, file a formulary exception request or, particularly for Low Income Subsidy (LIS) recipients, enroll in a different plan.

In early 2011, transition rules will be particularly important for low income beneficiaries who were automatically reassigned to new plans, which may or may not cover their medications. Transition protections are also important as all plans change their formularies each year, so even people who remain in the same plan may find their plan no longer covers their medications or has newly imposed utilization management requirements.

To ensure your medication supply is not inappropriately disrupted it is important to understand the CMS Minimum Transition Requirements. CMS requires Part D plans to establish transition policies to ensure beneficiaries who are stabilized on a medication are not left without coverage -

- ◆ When they first enroll in a Part D plan.
- ◆ When they are moving to a new plan that does not cover their current drug, including when that move is midyear.
- ◆ When, at the start of a new plan year, the plan in which they currently are enrolled drops coverage of a drug they are taking or imposes new utilization management restrictions on that drug.
- ◆ When they experience a change in level of care



(e.g., hospital to a nursing facility, nursing facility to home, or out of hospice status to standard Medicare, etc.).

For all enrollees: Plans must provide a one time fill - 30 day supply (unless a lesser amount is prescribed) - of an ongoing medication within the first 90 days of plan membership. This includes new members as well as continuing members on the same plan but when the formulary of the plan has changed. The drugs that are included are all Part D drugs even if they are not on the plan formulary. Any utilization requirements must be waived during the transition period. The 90 day period is not calendar based and runs even if the period extends over two plan years (e.g., a November enrollment). Note this transition supply does not include non-Part D drugs and does not cover multiple fills. For example, if a doctor only prescribes a pain medicine in 14 day batches, the transition will only cover one batch.

Plans must mail a written notice explaining the transition supply is temporary, including instructions for identifying appropriate substitutes; notice of the right to request a formulary exception; and instructions on how to file an exception request. The notice must be mailed within 3 business days of the temporary fill. If, at the point of sale, a plan cannot determine whether a newly written prescription is for ongoing drug therapy or not, the plan must assume the prescription is ongoing and apply transition policies.

Residents in a long-term care (LTC) facility or other institution get further protections. Plans must provide a 31day supply during the first 90 days and must honor multiple 31 day fills during the first 90 days. After 90 days the plans must provide a 31 day emergency supply while an exception is being processed.

Early refill edits may not be used to deny an

enrollee access to a refill upon admission or discharge from a facility. When members leave facilities, plans should permit fills of prescriptions in the week before discharge to avoid gaps or delays. Also extension of transition supplies is required on a case-by case basis until an “appropriate and meaningful transition can be effectuated.” Per the Prescription Drug Benefit Manual, “A Part D sponsor may need to make arrangements to continue to provide necessary drugs to an enrollee via an extension of the transition period, on a case-by case basis, to the extent that his or her exception request or appeal has not been processed by the end of the minimum transition period. It is vital that sponsors give affected enrollees clear guidance regarding how to proceed after a temporary fill is provided, so that appropriate and meaningful transition can be effectuated by the end of the transition period. Until that transition is actually made, however, either through a switch to an appropriate formulary drug, or a decision is made regarding an exception request, continuation of drug coverage is necessary, other than for drugs not covered under Part D.”



## **New Health Insurance Rules**

Beginning July 1, 2010, Health Insurers and agents are required to use a new uniform application form for all individual major medical health insurance policies. This form is the only permitted format for and has the only allowed questions. This requirement applies to any comprehensive health care plan offered by an insurer that provides individual or family coverage, including coverage provided by an

*(Continued on page 10)*

association plan under a group policy that is underwritten on an individual basis. This policy does not apply to limited-scope dental and vision policies, specified disease policies, short-term medical policies, long-term care and Medigap policies, hospital indemnity policies, and other limited-benefit insurance products.

If an insurer allows applicants to select from available deductible, copayment, coinsurance levels, provider networks, and/or payment options during the application process, the information must be collected in a separate form, filed with the OCI. Authorizations,

releases and other required notices will also need to be provided to applicants in a separate form from the individual uniform application form.

Electronic and verbal applications are permitted but the insurer may not alter the content of any question. Applicants must answer each question and insurers may not automatically populate answers to the questions on the individual uniform application. A printed copy of an application that is completed electronically or verbally over the telephone must be in the same format as appears in the rule.

### Better Sleep

90% of people with sleep apnea do not know that they have it. Although episodes of choking or gasping for air may occur hundreds of times throughout the night, a person may not have any recollection of struggling for breath. Usually it is the bed partner who first notices a problem. If left untreated, this common disorder can be life-threatening.

Warning signs and symptoms of sleep apnea include:

- ◆ Frequent silences during sleep due to breaks in breathing (apnea)
- ◆ Choking or gasping during sleep
- ◆ Loud snoring
- ◆ Sudden awakenings to restart breathing or waking up in a sweat
- ◆ Daytime sleepiness and feeling un-refreshed upon awakening



Here is a nice simple questionnaire-

- ◆ Have you been told that you snore?
- ◆ Are you often tired during the day?
- ◆ Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep?
- ◆ Do you have high blood pressure or on medication to control high blood pressure?

If you answer yes to two or more of these questions you are at risk for obstructive sleep apnea, a potentially serious condition. Contact your provider for information on getting an evaluation for a possible sleep disorder. A simple device worn over night can give you a report that shows whether your night time breathing is in the normal range or if you may have a pathological breathing disorder such as Obstructive Sleep Apnea.

This partnership article brought to you by:  
The Sleep Medicine Department  
Reedsburg Area Medical Center  
2000 N. Dewey Ave, Reedsburg  
608-524-6487



The Sleep Medicine Department at Reedsburg Area Medical Center is offering FREE sleep screening for the community as a better sleep awareness project. Simply call them at (608) 768-6258 to make arrangements to pick up the screening device. It is a simple, comfortable device that is worn during sleep.

## Social Security Question and Answer

### Question:

My mother receives Supplemental Security Income (SSI) benefits. She may have to enter a nursing home later this year. How does this affect her SSI benefits?

### Answer:

Moving to a nursing home can affect your mother's SSI benefits but it depends on the type of facility. In some cases, the SSI payment may be reduced or stopped. Whenever your mother enters or leaves a nursing home, assisted living facility, hospital, skilled nursing facility, or any other kind of institution, it is important that you tell Social Security. Call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778). We can answer specific questions and provide free interpreter services from 7 am to 7 pm, Monday through Friday. We also provide information by automated phone service 24 hours a day.

### Question:

What is a disability trial work period?

### Answer:

The "trial work period" allows Social Security disability beneficiaries to test their ability to work for at least nine months without losing benefits. During the trial work period, you can receive full benefits no matter how much you earn, as long as you remain disabled and you report your work activity. The trial work period continues until you have completed nine trial work months within a 60-month period. Find more information about available work incentives in Social Security's publication *Working While Disabled—How We Can Help* at [www.socialsecurity.gov/pubs/10095.html](http://www.socialsecurity.gov/pubs/10095.html).

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## Major Change in SeniorCare

The Governor's biennial budget (AB 40/SB 27) proposes a major change in the SeniorCare program. Beginning January 1, 2012, all applicants for the SeniorCare prescription drug program must also apply for Medicare Part D. This means that SeniorCare will no longer be an alternative to Part D. It will function more as a supplement or wrap-around. Older adults who in the past preferred the \$30 per year SeniorCare premium will be required to pay hundreds of dollars for Medicare Part D as well. Depending on which drugs you need to have covered, the additional premium (based on this year's Part D plans) might be \$180 per year or \$1600 per year in addition to the \$30 SeniorCare premium.

The SeniorCare program has been popular and successful as an alternative to Medicare Part D. Older adults in search of prescription drug coverage have preferred SeniorCare, as much as 2 to 1 in some circumstances. In addition, under the SeniorCare program, the drug company rebates go to the state and result in lower costs to the taxpayer. SeniorCare and other DHS prescription drug programs generated \$239.6 million in drug company rebates in the most recent year. Also the SeniorCare program currently has a \$20 million surplus which is being taken to balance the state budget.

If you have more questions about the change in the SeniorCare program that are currently before the legislature, you may want to call you legislator for an explanation.



# Disability Benefit Specialist

Natalie Wilmot

Happy Spring! I would like to take a moment to provide you with a brief summary of some changes you may notice when contacting me for information on applying for Social Security Disability Insurance or Supplemental Security Income.

My phone message will address the date and my availability. When you are directed to my phone line by referral or if we are working on an open and current claim, please leave one message. When I receive my messages, I listen to all of them at the same time, write them down in a logbook with the date, time, person calling and message. When people leave several messages, more time is spent on again logging another call with the same concern. The old adage “the squeaky wheel gets the grease” does not apply. Each and every case I work on is different. It has different components, it has different requirements that have to be completed and some determined emergencies and need to be dealt with immediately.

Rest assured your phone call has been received, logged and you will either get a return phone call or a letter via the US Mail addressing your concerns. Letters are usually sent if its a complex answer and/or has directions that the person has to follow to ensure the outcome they desire is obtained.

You will also hear, “If you are calling about applying for Social Security Disability Benefits or would like the information about the application, please press 0 (zero) for an operator now, and ask to speak with an intake

social worker.”

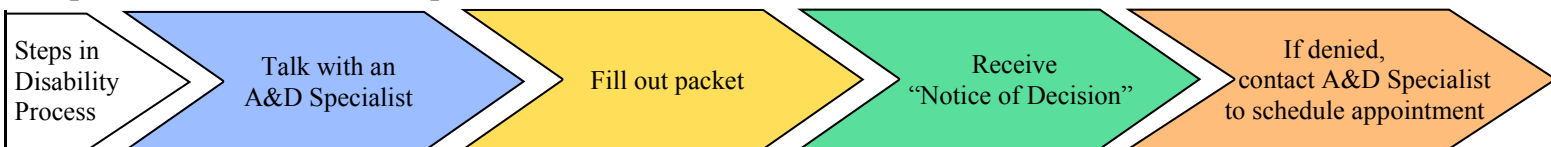
This is a new procedure in the ADRC office. Any individual calling to obtain information on how to start an application for disability benefits will speak to one of the four Aging and Disability Specialists. They will listen, take your information, and will forward you the packet on how to start the application process. This packet is filled with step by step information regarding eligibility, submitting the application and the overall process to receive a decision. You will follow the directions provided to you in your application. Once a decision is made you may receive a “Notice of Decision” from the Social Security Administration. If you are denied benefits, this letter will direct you on how to appeal or ask for a “Request for Reconsideration” If you need assistance with understanding the process, you can contact the ADRC and speak to one of the Aging and Disability Specialists. They will then determine a referral to the Disability Benefit Specialist and schedule an appointment for you to meet with me. When you come to your appointment, you need to bring the Notice of Decision letter with you.

Please also remember you need to have a scheduled appointment to be seen by the Disability Benefit Specialist. If you do not have an appointment unfortunately we will not be able to meet.

If you have any questions all you need to do is call the ADRC or stop in to meet with the intake Aging and Disability Specialist. We will then help you move forward.

Sincerely,

Natalie Wilmot  
Disability Benefit Specialist



## You May Benefit From New Pre-Existing Condition Insurance Plan

Do you find it hard to obtain health insurance due to pre-existing conditions? You may be eligible for the new Pre-Existing Condition Insurance Plan — a program for people who have a pre-existing medical condition and have been without health insurance coverage for at least six months.

People with pre-existing conditions face daunting challenges — and high costs — when they shop for health insurance. This new plan covers physician and hospital services and prescription drugs. Premiums vary by state. Annual out-of-pocket expenses for enrollees are capped.

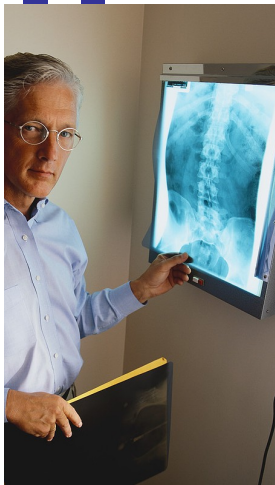
Details about the program and how to apply may vary depending on what State you live in. In some States, the U.S. Department of Health and Human Services, with the help of the U.S. Office of Personnel Management and the U.S. Department of Agriculture's National Finance Center, will run the Pre-Existing

Condition Insurance Plan; other States have asked to run the program themselves.

Regardless of which State you live in, to qualify for the program you must be a U.S. citizen or legal resident, and you must have been uninsured for at least six months. In addition, you must have a pre-existing condition or have been denied insurance coverage because of a medical condition.

For more information, call the Pre-Existing Condition Insurance Plan at 1-866-717-5826 (TTY 1-866-561-1604) between 8:00 a.m. and 11:00 p.m. Eastern Time. Or visit [www.pcip.gov](http://www.pcip.gov) and select “Find Your State” to learn about eligibility and how to apply.

By Karyl Richson  
Social Security Public Affairs Specialist  
Milwaukee, WI



### A Note Received at the ADRC

*We would like to recognize Natalie Wilmot for her guidance, unending efforts and positive attitude - - - from the very first day of our acquaintance.*

*Since that day, late last summer, with numerous emails and frequent phone calls - - - she has gone above and beyond!!!!*

*What a valuable staff member you are so fortunate to employ!*

*What a caring individual! What a blessing she has been to us!*

*Thank you*

*Sincerely,  
Gary and Mary Schultz*



**DAWN a place to gather information on state and national disability policies and issues.**  
[www.dawninfo.org](http://www.dawninfo.org)

## **DAWN:**

### **Disability Advocates: Wisconsin Network.**

DAWN is a grassroots, statewide network of people who care about disability issues. The DAWN will focus on issues affecting people with any kind of disability and will include people with disabilities, family members, friends, organizations and others. This network will allow people throughout the state to stay informed about important public policy issues and will give members of the network information to advocate for these issues.

DAWN will provide you with current information on state and national disability policies and issues. This information can be used to advocate for better disability policies, programs and funding. Visit the website at [www.dawninfo.org](http://www.dawninfo.org)

## **More Seniors Eligible For The Medicare Savings Plan!**

We have received an update on the Medicare Savings Plan Program from the Center for Medicare and Medicaid expanding the number of people eligible for Medicare Savings Plans. It might now include you!!

Medicare Savings Plans are for Medicare recipients who are paying a premium of between \$95--\$115 per month for Medicare Part B basic benefits. The vast majority of Medicare recipients pay this premium and it is usually deducted from their Social Security check. However, for those with limited incomes and assets, this premium may be waived completely and the money is added back into the Social Security Check.

There are income and asset limits that you must meet to qualify and these have recently increased so now more people are eligible for the waiver. In addition, you may receive significant assistance with your Part D (Drug Plan) benefits.

Here are the new limits:

Single (including widowed)	Married
Income limit: \$1,245.13/month	Income limit: \$1,674.88/month
Asset limit: \$6,680	Asset Limit: \$10,020

If you exceed these limits, you may still be eligible under certain conditions. Please contact Mike Lew at the ADRC (355-3289) to schedule a personal and private review to determine your eligibility.

You may save yourself up to \$5,000 per year depending upon your situation.



**Take Charge!**

**Learn to  
have fun again!**

**Live WELL  
with  
Chronic  
Conditions!**

## The Free “Living Well with Chronic Conditions” Program is Returning

We are happy to announce the “Living Well with Chronic Conditions” program is returning to the area. This program, developed at Stanford University, was designed for persons of all ages who suffer from chronic medical conditions and want to live a fuller, more exciting and interesting life. Thousands of people have completed the program and have reported less pain, fewer trips to the doctor and hospital, and a more satisfying and happier life. It will be offered by trained facilitators at no charge to the participants. It is a six week program that lasts about 2.5 hours a week. The books and materials will be provided free of charge.

If you are interested, please contact Mary Jane at the Aging and Disability Resource Center at 355-3289. Please tell us the days and times that would work best and the area that would be most convenient for you. Based upon this information, we will schedule a time and place most convenient for the majority.

If you have any questions about the program, please let us know.

Don't let pain or medical problems rule your life!



**Happy  
Memorial  
Day**

A hero is someone who has given his or her life to something bigger than oneself. ”



## FREE Medication Take Back Day

Saturday, October 30, 2010 • 9 am – Noon  
Sauk Prairie Memorial Hospital's **Main  
Entrance on Prairie Ave., Prairie du Sac**

A drive-thru medication drop off site will be set up where staff will collect and safely dispose of any old, unneeded or expired vitamins, herbals, over-the-counter and prescription medications. Sharps containers will also be available upon request for used needles/lancets.



SAUK PRAIRIE MEMORIAL  
HOSPITAL

Sponsored by the SPMH Foundation as part of its From the Heart series. Special thanks to the Sauk City and Prairie du Sac Utilities, Sauk Prairie Police Department and SPMHC volunteers.

Please keep your pills in the ORIGINAL LABELED prescription bottles and scratch off your name.

## Aging & Disability Specialists

Here to Help you!



Jim  
Pritzkow



Lisa  
Karau



Quinn  
Hause



Abigail  
Musselman



### I'm Heading to the Nursing Home - Now What?

For many people the idea of admission to a nursing home is a scary thought. Questions like: How much is it going to cost? Will they take my house? Will my entire life savings be taken? What happens to my spouse? These are very valid concerns and issues that people will most likely face at some point in their life.

As many of you know, there are many stories and myths as to what happens concerning nursing home admissions. In this article, I would like to clear up some of the misconceptions that are out there and shed some light on the realities of nursing home admissions.

#### Myth #1

I have to private pay the entire cost as soon as I am admitted to the nursing home.

This myth has some partial truth to it. If a person goes to the nursing home straight from home with no hospital discharge, the answer is “yes”, they would private pay from the first day they are admitted to the nursing home. However, if they are discharged from a hospital and they were in the hospital for

three days or more, Medicare will pay for the first 20 days at 100%. After those 20 days are up, Medicare will cover up to eighty days at 80%. Private funds or supplemental insurance would need to cover the remaining 20%. After the eighty days are done, then they would need to private pay 100% or enroll in Nursing Home Medicaid to cover the costs.

#### Myth #2

All of my life savings will be taken by the nursing home.

As with most myths, there is an element of truth in this as well. As explained above, persons coming off a qualifying hospital discharge (3 days or more) will not have to pay until day twenty-one, or if they have supplemental insurance, till day one-hundred-one. After day one-hundred-one, persons will need to either private pay or apply for Medicaid. This is where it can get expensive. In most situations, the person would have to private pay until their total assets are down to \$2,000. This would then qualify them for Medicaid. Medicaid would then cover at 100%.

#### Myth #3

The nursing home will take my house to pay for my stay.

This myth also has some truth to it from a certain perspective. As stated above, all assets will need to be used, and the house can be an asset. There are exceptions to this rule. One exception is that if someone is planning to return home, the house is not viewed as an asset, and therefore exempt. Another exemption is if there is a spouse or disabled child still living in the home. If this is the case, the house is also exempt. Another exception is if the home is in another



person's name. Currently, the State of Wisconsin has a five-year look back when Medicaid is being explored. So, the house would need to be given away more than five years ago not to be counted.

**Myth #4**  
My spouse will not have enough money to survive if I am admitted to the nursing home.

This myth is not true. When a person is admitted to a nursing home and they have a spouse still living in the community, the nursing home will, in most cases, let the spouse in the community continue to receive at least a portion of the nursing home spouse's income to help maintain them in the community. This is called Spousal Impoverishment. In this scenario, the nursing home spouse will contribute a portion of their income to pay for their care. This is called Patient Liability. This Patient Liability is calculated individually for each nursing home resident and it is based on the income of each spouse. Patient Liability applies to private pay timelines as stated in Myth #1.

**Myth #5**  
I won't have enough money to maintain my home if I go to the nursing home.

This myth is also not true. When someone is admitted to the nursing home, an individual Patient Liability is calculated. This Patient Liability will take into account the costs associated with maintaining the home of the resident. This applies to residents who are planning on returning home.

◆◆◆

This is not an all-inclusive list of the myths that are out there. Nor do there explanations apply to every situation. There are many

unique situations that may contradict the explanations listed above. This is meant to be a general explanation and clarification of some of the major issues surrounding nursing home admissions. Please contact the Aging & Disability Resource Center at 608-355-3289 for a more personalized explanation as it relates to your individual situation.

Helping You Understand!!

Free Presentation!!!

### Care Options - What You Need to Know!

This is an opportunity for you to learn from a panel of representatives from home health care, assisted living, and nursing home organizations.

You will learn what services each offers and how they may be able to assist you and your loved ones now and in the future.

Date: June 15  
Time: 4:30pm - 6:30 pm  
West Square Building,  
505 Broadway  
Baraboo, WI  
Room B-30

A light dinner will be provided

Registration is appreciated but not required.  
Please call 355-3289 to register



505 Broadway \* Baraboo \* Wisconsin \* 53913\* Telephone - 608-355-3260  
www.co.sauk.wi.us



Kathy Kent  
*Veterans  
Benefit Specialists*  
Pamela Russo



### Benefits Provided to Caregivers

The VA is launching the first in a series of new and enhanced services supporting family caregivers of seriously ill and injured Veterans. In May 2010, President Obama signed the Caregivers and Veterans Omnibus Health Services Act of 2010 legislation authorizing VA to establish a wide range of new services to support certain caregivers of eligible Post 9/11 Veterans. "Caregivers make tremendous sacrifices every day to help Veterans of all eras who served this nation," said Secretary of VA Eric K. Shinseki. "They are critical partners with VA in the recovery and comfort of ill and injured Veterans, and they deserve our continued training, support and gratitude."

In addition to new benefits and services for eligible Veterans disabled in the line of duty since 9/11/01, VA will also begin providing enhanced benefits and services to caregivers of Veterans of all eras already enrolled in VA care, including access to VA's toll-free Caregiver Support Line: 1-855-260-3274; expanded education and training on caring for Vets at home; support services such as counseling, support groups and referral services; enhanced website for caregivers.

Some of the new benefits are restricted to the caregivers of the most seriously ill and injured Post 9/11 Veterans. Those additional benefits include a monthly stipend; health care coverage; travel expenses, including lodging and per diem while accompanying Veterans undergoing care; respite care; mental health services and counseling.

Each VA medical center has designated

*(Continued on page 19)*

### VA Publishes Final Regulation to Aid Veterans Exposed to Agent Orange



Veterans exposed to herbicides while serving along the demilitarized zone (DMZ) in Korea will

have an easier path to access quality health care and benefits under a Dept. of Veterans Affairs (VA) final regulation that will expand the dates when illnesses caused by herbicide exposure can be presumed to be related to Agent Orange.

Under the final regulation published in the Federal Register, VA will presume herbicide exposure for any Veteran who served between April 1, 1968 and August 31, 1971 in a unit determined by VA and the Dept. of Defense to have operated in an area in or near the Korean DMZ in which herbicides were applied. (Previously, VA recognized that Agent Orange exposure could only be conceded to Vets who served in certain units along the Korean DMZ between April 1968 and July 1969).

VA encourages Veterans with covered service in Korea who have medical conditions that may be related to Agent Orange to submit their applications for access to VA health care and compensation as soon as possible so the agency can begin processing their claims. Please contact our office at 355-3260 for more information.



Caregiver support coordinators who will assist eligible Veterans and caregivers in understanding and applying for the new benefits. VA also has a Caregiver Support Web page, [www.caregiver.va.gov](http://www.caregiver.va.gov) which will provide general information once final regulations are published.

## Veteran's Health Research Study on Pain



The VA is conducting a study aimed at understanding brain function of pain in Gulf War veterans with Muscle and Joint Pain and Rheumatoid

Arthritis. They are asking for patients as well as healthy volunteers to participate in a two day study conducted at the VA Medical Center and UW–Madison. They will be assessing responses to painful heat stimuli on two separate occasions and undergo a functional brain imaging scan. Participants will receive \$150 for their time and effort. If you wish to participate, please call 608-262-2457 and leave your name and phone number and mention “Health Study on Pain”. They need your help!

## Reunion for 322<sup>d</sup> Chemical Co (Depot) of Baraboo and Fort Bragg

Mark your calendars for the reunion on October 8, 2011 at the Voyageur Inn in Reedsburg. It's been 50 years and there are over 300 names to contact as the reunion includes anyone that was in the unit before, during, or after Fort Bragg. Let the committee members listed below know if you have not been contacted, and check with others you know from the unit to see if they have been contacted.

Please contact the following for more information: Phil Craker (608) 524-3152; Lester Breunig (608) 643-3938; Dean Fuller (608) 356-4507; Tom Hoesly (608) 254-7085.

## Wish List For Tomah

If you are doing some house cleaning and don't know what to do with some items, please consider donating to the Veterans Assistance Foundation in Tomah. They need **personal care items** such as toothbrushes, toothpaste, combs, shaving cream, liquid hand soap, bath towels, washcloths, dental floss, shampoo and conditioner, disposable shavers, fingernail and toenail clippers; **Laundry items** such as fabric softener sheets, mesh type laundry bags, and sewing kits; **Recreational items** such as craft and model kits, board games, pens and pencils, stationery, greeting cards, envelopes and stamps, movies, books; good used **Clothing items** such as house slippers, underwear, men's jeans, socks and tennis shoes, t-shirts, hats and gloves; and **Household Supplies** like sugar or sugar substitute, plastic coffee mugs, or pillows.

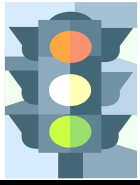
While donations of any kind are always welcome, please call the Center at (608) 372-1280 before making any donations. Cash donations are also appreciated. The residents and staff are so thankful for your kind thoughts and generous support.



## Sign up for the Electronic Newsletter

If you would like to take advantage of receiving upcoming issues of AddLIFE Today! via e-mail, please e-mail [kkent@co.sauk.wi.us](mailto:kkent@co.sauk.wi.us)

with your name and e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsletter.



# Ready - Set - Live Well

We are doing great in keeping our 2011 New Year's Resolution to "Prepare"! So as we move from winter to spring we find ourselves with a whole new list of ways to prepare! So let's move on to our homes - inside and out!



## Inside Your Home:

**Cleaning** - Clean away the cobwebs that have mysteriously appeared over winter. Do a thorough dusting of the furniture, window sills, doors and baseboard. Clean the floors and windows. Wipe off the finger prints from the walls and the duct from the light fixtures. Give your plants a welcome shower. Finish up by adding your personal touches.

**Don't Forget!** - Inspect and clean dust from the covers of your smoke and carbon monoxide alarms.

**Clean your clothes dryer exhaust duct, damper and space under the dryer.** The build up of lint can make the dryer work less efficiently and create a fire hazard.

**Out with the old** - Spring is a wonderful time to purge our homes from the "stuff" that we really don't need. What a great way to help others by donating no longer needed items or make a little extra spending money by having a garage sale.

**Keep it cool** - now is the time to change your warm weather bedding and clothing. Pack away your fall and winter items.

Change the direction on your ceiling fans to push the warm air up and away.



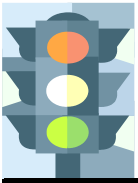
## Outside Your Home:

**Clean the rain gutters on your home.** Make sure they gutters are attached securely and draining away from your foundation to prevent water in your basement.

**Repair the cracks in concrete.** Cracks less than 1/4" can be repaired by applying concrete caulk. For larger cracks you will need to use concrete patch.

**Examine your roof carefully.** Look for damaged, worn, curling or missing shingles. Also, look for moisture or surface discoloration in your attic. The earlier you find a roof problem, the better.

**Examine window and door flashing, seals or weather stripping.** If sealants around the openings are no longer pliable and continuous, reseal and caulk.



# Ready - Set - Live Well



Your Buck Starts Here!

Lee J. Roundy,

Fiscal Accounting Tech

## Prepare for Your 2011 Financial Life

Here are some April/May financial helps to consider:



### 1. Save \$ Now:

- ◆ Use your cell phone full-time and eliminate your land-line service to reduce duplicated telephone costs.
- ◆ Use your public library for the latest novel, magazine, or movie instead of purchasing it yourself.
- ◆ If your schedule allows, vacation during the “off season” to reduce travel, activity, and accommodation costs.
- ◆ Try to barter for services. We know of someone who trades the use of their garage space for snow plowing and lawn mowing.
- ◆ Find free entertainment. Check out your public library, movie house, social clubs, church, college, government for free or reduced lectures, movies, art exhibits, plays, concerts, sporting events, etc.
- ◆ Volunteer for your favorite charity or cause. Volunteering is a great way to spend your time and is so fulfilling - read a book to a child or deliver a lunch to an older adult...worth millions to a kind heart
- ◆ Pay yourself first. Put a percentage or fixed amount of your paycheck into your savings before paying your bills. If you

have direct deposit, this is really effortless. Even \$5.00 every two weeks becomes \$130.00 by Christmas.

### 2. Finalize Your 2010 Income Tax Appointment:

- ◆ Your 2010 income tax filing is due on or before Monday, April 18, unless you or your preparer have filed for an extension.
- ◆ Remember there is still time to make an Individual Retirement Account [IRA] deposit into your financial institution for 2010.

### 3. Review Your 2010 Budget v. Actual:

- ◆ Looking back at 2010, determine which months you were over or under budget.
- ◆ Determine why you were over or under budget.
- ◆ Make necessary adjustments [spending or saving] to accomplish your 2011 financial goals.

### 4. Adjust Your State/Federal Tax Withholdings:

- ◆ Once your 2010 income taxes have been filed, determine if your refund or amount due is within your comfort range.
- ◆ Identify any potential life changes in 2011; marriage, divorce, job change, retirement, child birth/adoption, etc.
- ◆ If you expect a large refund in 2012 for 2011 income, consider increasing your exemptions through your employer Form W-4.
- ◆ If you expect a large amount due, consider decreasing your exemptions through your employer Form W-4.



GoldenCare of St Clare  
Hospital  
would like to present:



## We All Forget:

*Is it Normal Aging or Should I be Concerned?*



Presented by Carol Olson,  
Outreach Specialist  
Alzheimer's and Dementia Alliance of WI

St Clare Hospital Ringling Room  
Thursday, May 19  
10:30 am to Noon  
Refreshments will be served



This is a free presentation  
but reservations are requested.  
Please call 356-1407



## Mark Your Calendar



The ADRC will be closed on:  
April 22                      Good Friday  
May 30                        Memorial Day  
July 4                         Fourth of July

Please note that the dining centers and home delivered meals do not operate when our office is closed. Office hours are Monday through Friday, 8:00 a.m. - 4:30 p.m.

## May Is "Better Sleep" Month!

Sleep refreshes us like nothing else. And although we spend 33% of our lives asleep, we barely give it a moment's notice until we *can't* sleep. For millions of people, the consequences of a poor night's sleep – higher stress, increased mistakes, difficulty concentrating – are every-day occurrences. Here are some tips from the Better Sleep Council for maintaining a healthy sleep cycle and ensuring the best night's rest:

- ◆ Make sleep a priority by keeping a consistent sleep (bedtime) and wake schedule, including weekends.
- ◆ Create a bedtime routine that is relaxing - read a book, listen to soothing music or soak in a hot bath.
- ◆ Transform your bedroom into a haven of comfort. Create a room that is dark, quiet, comfortable and cool for the best possible sleep
- ◆ Evaluate your mattress and pillow to ensure proper comfort and support. If your mattress is five to seven years old, it may be time for a new one
- ◆ Keep work materials, computers and televisions out of the bedroom.
- ◆ Exercise regularly, and complete workouts at least two hours before bedtime.
- ◆ If you sleep with a partner, your mattress should allow each of you enough space to move easily.
- ◆ Avoid nicotine. Used close to bedtime, it can lead to poor sleep.
- ◆ Avoid caffeine and alcohol close to bedtime.
- ◆ Finish eating at least two to three hours before bedtime.

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015



## April Is National Donate Life Month

April is national “Donate Life Month”, a time designated to raising awareness about the need and importance of organ, tissue and eye donation and how donations save and enhance lives.

The pledge to be a donor means more than a promise to donate life-saving organs such as hearts, livers, lungs, intestines and kidneys. A donor is also eligible to give gifts of tissue—which include bone, skin, heart valves, connective tissue, veins and pericardium—used in more than one million surgeries routinely performed each year in the United States. Tissues donated for research are used by medical professionals to provide opportunities to learn and further technology.

One organ and tissue donor can help more than 50 people. More than 110,000 men, women and children are currently in need of life-saving and life-enhancing transplants.

Heart valve donations replace defective valves and may improve patients’ heart function. Half of all heart valves are transplanted into children under the age of 15. Donated veins can help restore blood circulation, and skin donations may speed the healing process for burn victims, as well as assist in correction of urinary incontinence. Donated bone can save an injured patient from amputation, and may aid in spinal, musculoskeletal, and fracture repair.

It only takes minutes to complete the online registration on the Wisconsin Donor Registry. By doing so you could save up to eight lives through organ donation, give sight to two people and greatly improve dozens of lives through tissue donation.

In Wisconsin, you can go to the new online registry at [www.YesIWillWisconsin.com](http://www.YesIWillWisconsin.com) to legally authorize a donation. You may also sign up when you apply for or renew your driver’s license or ID.

RTI Donor Services is a not-for-profit tissue recovery network dedicated to serving donor families and the donation community in perpetuating the circle of life. In addition to offering families the option of tissue donation, RTI Donor Services supports their wishes as a responsible steward of human donated tissue gifts, provides family services, and offers community information and awareness. RTI Donor Services may be accessed through the Internet at [www.rtidonorservices.org](http://www.rtidonorservices.org) For more information on donation, please visit the Donate Life America Web site at [www.donatelife.net](http://www.donatelife.net).





## Caregiver Corner

### Finding Humor in Caregiving

When the stresses of caregiving start to overwhelm, it's important to find humor in little situations throughout the day. Laughter is powerful medicine; it can alleviate anger, embarrassment and helplessness.

April is National Humor Month. Why not try one or two of the following and give yourself a pick-me-up :)

- ☺ Read a funny book
- ☺ Do something that brings joy and laughter to your life
- ☺ Make a collage of your funny photos
- ☺ Watch a funny movie
- ☺ Learn and tell a new joke
- ☺ Send a family member or friend a funny card
- ☺ Do something to make someone else smile

I think this one is my favorite: Make a family laugh library by tape recording each family member laughing.

***Laughter IS the best medicine !!***

### Family Caregiving: The Unexpected Career

Caregiving for a family member who has dementia is a job you never expected or trained for. Sign up for this free presentation to learn ways to balance your new responsibilities within your unique family situation.

When: May 5, 2011; 4:00 - 5:30 pm

Where: Oak Park Place,  
800 Waldo St., Baraboo

Presented by: Alzheimer's & Dementia  
Alliance of Wisconsin

Cost: No charge, but donations welcomed

*Hosted by Oak Park Place.  
Call 355-4111 to reserve your spot.*

## ***What's Playing at the Living Well Library!!***

### April Video of the Month

How do you help someone in and out of a wheelchair without hurting yourself or the person you are trying to help? In the informative video ***How to Help Someone Who Uses a Wheelchair Without Hurting Yourself*** you will learn techniques used by physical and occupational therapists that will save you time and frustration while preventing injury. The video includes the topics of wheelchair safety, how to protect your back, ... and much more!

### April Website of the Month

[www.ehow.com/use-wheelchairs](http://www.ehow.com/use-wheelchairs)

### May Video of the Month

Aphasia is a major adult language disorder that impairs one's ability to speak and comprehend what is said by others. Aphasia affects over one million people in the United States. The video ***How to Communicate With Someone Who Has Aphasia*** teaches the importance of communication and defines aphasia and its effects. Interviews with family members, people with aphasia, and professionals in the field are featured, providing information about the challenges aphasia presents and how to meet them successfully.

### May Website of the Month

[www.aphasia.org](http://www.aphasia.org)



The Aging & Disability Resource Center  
Home of the LivingWell Library  
TTD/TTY available in our LivingWell Library



**Caregiver Questions?  
Caregiver Concerns?  
Call the Caregiver Hotline  
355-3289  
1-800- 482-3710**

---

## **Care for the Caregiver**

Do you make the time to  
“Care for the Caregiver”??

Do you take the time to take care of YOU??

“Care for the Caregiver” is a program offered through the ADRC that is made possible through the National Family Caregiver Support Program. It is our hope that you, as a caregiver, will participate in this program so you can continue to have the strength and patience to meet the needs of your loved one without “burning out”.

The program provides reimbursement to a family caregiver for costs associated with arranging for another person or service to provide care in your absence.

Here are a few ideas of what the funds available for “Care for the Caregiver” can be used for: hire a home care agency or individual to be with your loved one in your home while you are away; hire a companion who can take your loved one on an excursion so you can have some time alone in your home; or enroll your loved one in an adult day center for a break for you both.

If you participated in this program in 2010, you will need to fill out a new application for the new year!

Please call Mary Jane at the ADRC office at 355-3289 or 800-482-3710 for an application and more information.

So, I'll ask you again.

Do you make the time to  
“Care for the Caregiver”??

Do you take the time to take care of YOU??



## **LEEPS**

### **Volunteers and Participants Needed**

Alzheimer's disease or memory loss issues should not prevent you or someone you love from getting out of the house for fun and exercise. A new program, called LEEPS, will provide people with memory loss the opportunity for regular exercise and to become more active in their community.

To be eligible to participate in LEEPS you must have memory loss issues, have someone/a caregiver who checks in on you, be able to engage in exercise, and reside in Crawford, Grant, Green, Iowa, Juneau, Lafayette, Richland, Rock or Sauk counties.

The program will use trained volunteers to assist with exercises, provide cognitive stimulation and regular outings.

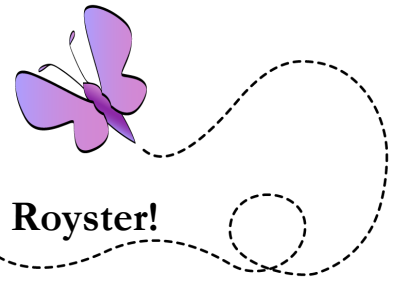
The program offers an opportunity for the person's caregiver to rest and refresh or to complete tasks while the person is engaged with the volunteer.

If you or someone you know is interested in learning more about the LEEPS program, or would be interested in becoming involved as a program volunteer, please contact the Aging and Disability Resource Center of Southwest Wisconsin at 877-794-2372 or in Rock county contact the Alzheimer's Support Center at 608-314-8500.

**Katie Royster**  
**Nutrition & Prevention Specialist**



***“Promoting Healthier Lives...  
 through Nutrition Education,  
 Physical Activity, & Prevention Programs”***



**Welcome Back  
 Katie Royster!**

**Dining Center Schedule**

	April	May
<b>Baraboo</b> Highpointe Commons 1141 12th St., Baraboo Phone 963-3436 <i>Lunch Served at 11:30 am</i>	TBA	TBA
<b>Lime Ridge</b> Tuesday-Thursday Lime Ridge Senior Center 308 West Maple Ave Lime Ridge Phone 986-2424 <i>Lunch served at 12:00 noon</i>	TBA	TBA
<b>Merrimac</b> Tuesday-Thursday Merrimac Village Hall 100 Cook St., Merrimac Phone 963-2286 <i>Lunch served at 12:00 noon</i>	TBA	TBA
<b>Reedsburg</b> Willow Heights 800 Third St., Reedsburg Phone 963-3438 <i>Lunch Served at 11:30 am</i>	TBA	TBA
<b>Sauk/Prairie</b> 730 Monroe St., Sauk City Phone 963-3437 <i>Lunch Served at 11:30 am</i>	TBA	TBA
<b>Spring Green</b> 117 S Washington St., Spring Green Phone 588-7800 <i>Lunch served at 12:00 noon</i>	TBA	TBA

I am delighted to say that I will be rejoining the Aging and Disability Resource Center team as the newest Nutrition and Prevention Specialist.

My name is Katie Royster. I am a Registered Dietitian who has recently been working for the WIC program and a skilled nursing facility in Black Earth. I reside in Sauk City with my husband, Shawn and 18 month old daughter, Haley. Some of you may remember me from a few years back visiting your dining center presenting nutrition education.

I look forward to seeing some familiar faces and new ones, in April, at your local dining center. Join me next month to share some good company and great food (maybe even learn something new), hope to see you there.

***-Katie***

**The First Step to Prevention Is A Step!**

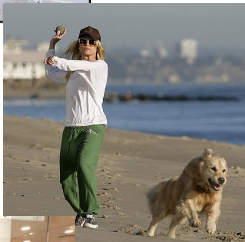
One thing is for sure—if you exercise you will be rewarded with health benefits.

Even moderate exercise lowers your risks for many diseases, such as diabetes, heart disease, osteoporosis and cancer. It also helps you reach and maintain a healthy weight.

You don't have to do an entire day's workout at once—break it down into smaller sessions. Instead of a 30 minute walk—break it down into two or three 10-15 minute walks. Start there and work up to a longer workout.

Exercise doesn't have to hurt to be beneficial. Change how you think about it by viewing it as

an “activity” . Choose activities that you enjoy and work them into your day. Just remember that the American College of Sports Medicine (ACSM) says that an activity must be done for at least 10 minutes to count as exercise.



***Like spending time with your grandchildren?***

- ◆ Play ball with them
- ◆ Push the stroller around the neighborhood
- ◆ Walk through the zoo
- ◆ Take them to the pool

***Like pets?***

- ◆ Take the dog for a walk,
- ◆ Play a vigorous game of fetch

***Like to shop?***

- ◆ Take a few extra “laps” around the mall as you window shop.
- ◆ Park further away from the door and get a little extra walking in.

Keep in mind that some physical activity is better than none. Experts say working out as little as 60 minutes each week about 10 minutes or more a day—has some benefit to your health. Start there and work up! Whatever your starting point, the fact that you are becoming more active will automatically help your health.

**Eat This ..... Not This!**



**Salty Snacks**

This single-serving package of peanuts can satisfy any craving for a salty snack. Although the calories and fat are similar, the peanuts have less sodium and carbohydrates than the potato chips. Peanuts are high in protein and fiber, making them a snack that will stick with you until your next meal!



**Salty Snacks**

This single-serving package of potato chips supplies mostly calories, fat and carbohydrates, as well as about 1/7th of your daily recommended sodium.

**Dark Green Lettuce**

Over 8000 IU of Vitamin A (about 11 times more)  
 About 128 mcg. Of Folate (about 3 times more)  
 About 96 mcg of Vit K (almost 3 times more)  
 Over 2000 mcg. Of Lutein and Zeaxanthin (5 times more)



**Iceberg Lettuce**

About 700 IU of Vitamin A  
 About 40 mcg. Of Folate  
 About 35 mcg. Of Vitamin K  
 About 400 mcg of Lutein and Zeaxanthin important nutrients that act as antioxidants)



This Healthy Tip brought to you by:



Reedsburg Area Medical Center  
 2000 North Dewey Avenue,  
 Reedsburg, WI 53959  
 608-524-6487



# Happy Easter and Welcome Spring



If you are concerned about your memory or the memory of a loved one please talk to your primary care provider or call Brenda Reisdorph at (608)768-5804 to learn more about the new Memory Clinic at the Reedsburg Area Senior Life Center.

## Memory Issues as You Age

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems.

Many things can cause dementia, a decline in intellectual ability severe enough to interfere with a person's daily routine. Dementia's related to infection, depression, drug interaction, poor nutrition, dehydration, and thyroid problems may be reversible if detected early. Other causes of dementia include strokes, Huntington's disease, Parkinson's disease and pick's disease. Alzheimer's disease is the most common form of dementia. It is important to identify the actual cause in order for an individual to receive proper care.

### 7 warning signs of Alzheimer's disease:

- Asking the same question over and over.
- Repeating the same story, word for word, again and again.
- Forgetting how to cook, or how to make repairs, or how to play cards; activities that were previously done with ease and regularity.
- Losing one's ability to pay bills or balance one's checkbook.
- Getting lost in familiar surroundings, or misplacing household objects.
- Neglecting to bathe, or wearing the same clothes over and over again, while insisting that they have taken a bath or that their clothes are still clean.
- Relying on someone else, such as a spouse, to make decisions or answer questions they previously would have handled themselves.

Alzheimer's disease is a complex disease, and no single "magic bullet" is likely to prevent or cure it. That's why current treatments focus on several different aspects, including helping people maintain mental function; managing behavioral symptoms; and slowing, delaying, or preventing Alzheimer's disease.

This partnership article provided to you by  
Reedsburg Area Senior Life Center  
2350 North Dewey Ave.  
Reedsburg, WI  
524-6577





# April 2011

## Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Q. When do monkeys fall from the sky?</b></p>  <p><b>A. During Ape-ril showers!</b></p>				<p><b>1</b></p> <p>Macaroni &amp; Cheese Tossed Salad Peas and Carrots Mand. Orange Geletin Petite Banana * Sliced Bread</p>
<p><b>4</b></p> <p>Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Pecan Pie Fruit Cocktail * Sliced Bread</p>	<p><b>5</b></p> <p>Chicken Teriyaki Baked Potato Seven Layer Salad Apricot Halves Frosted Cake * Dinner Roll</p>	<p><b>6</b></p> <p>Pork Steak Mashed Potatoes Red Cabbage Ambrosia Dessert Cinnamon Roll * Sliced Bread</p>	<p><b>7</b></p> <p>Pepper Steak Escaloped Potatoes Sliced Carrots Birthday Cake Pineapple Tidbits * Dinner Roll</p>	<p><b>8</b></p> <p>Seafood Newburg Cass. over Rice Spinach Salad with Hot Bacon Dressing Fruited Gelatin Cookie * Sliced Bread</p>
<p><b>11</b></p> <p>Chicken Breast Mashed Potatoes Baby Carrots Butterfinger Torte Peach Slices * Sliced Bread</p>	<p><b>12</b></p> <p>Ham Rolls Squash Health Slaw Applesauce Frosted Cake * Dinner Roll</p>	<p><b>13</b></p> <p>Swedish Meatballs Mashed Potatoes Summer Blend Vegetables Carrot Cake Apple * Sliced Bread</p>	<p><b>14</b></p> <p>Beef Stew (includes veg.) Tossed Salad Fruited Gelatin Fudge Brownie * Biscuit</p>	<p><b>15</b></p> <p>Crispy Fish Fillet Cheesy Pot. Bake Winter Blend Veg. Key Lime Pie Plum Halves * Sliced Bread</p>
<p><b>18</b></p> <p>Chili Casserole (includes veg.) Mixed Vegetables Fruited Gelatin Cinnamon Roll * Cornbread</p>	<p><b>19</b></p> <p>Roast Turkey Mashed Potatoes Creamed Corn Pumpkin Pie Fruit Cocktail * Dinner Roll</p>	<p><b>20</b></p> <p>Meatloaf Au Gratin Potatoes Peas/Pearl Onions Peach Slices Ice Cream Cup * Sliced Bread</p>	<p><b>21</b></p> <p>Glazed Ham Sweet Potato Bake Cheesy Broccoli Hot Cross Buns Applesauce * Dinner Roll</p>	<p><b>22</b></p> <p>In Observance of the Easter Holiday Dining Centers Closed and No Home Delivered Meals</p> 
<p><b>25</b></p> <p>Hawaiian Meatballs Red Skin Potatoes Chinese Ramen Salad Tapioca Pudding Pineapple Tidbits * Sliced Bread</p>	<p><b>26</b></p> <p>Baked Chicken Twice Baked Potato Copper Penny Salad Pear Slices Cookie * Dinner Roll</p>	<p><b>27</b></p> <p>Swiss Steak Mashed Potatoes Peas and Carrots Coconut Cream Pie Applesauce * Sliced Bread</p>	<p><b>28</b></p> <p>Chicken Cacciatore Baked Potato Italian Salad Orange Sherbet Petite Banana * Dinner Roll</p>	<p><b>29</b></p> <p>Salisbury Steak Mashed Potatoes Swiss Spinach Peach Slices Chocolate Pudding* Sliced Bread</p>

# May 2011 Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Roast Pork Loin Mashed Potatoes Carrots Apple Pie Plum Halves * Sliced Bread</p>	<p><b>3</b> Baked Spaghetti (includes veg.) Winter Blend Veg. Fruited Gelatin Cinnamon Roll * French Bread</p>	<p><b>4</b> Smoked Sausage Red Skin Potatoes Mixed Vegetables Choc. Chip Cookie Fruit Cocktail * Sliced Bread</p>	<p><b>5</b> Beef Stroganoff Cass. (incl. veg.) Tossed Salad Birthday Cake Applesauce * Dinner Roll</p>	<p><b>6</b> Country Fried Steak Mashed Potatoes Wax Beans Cantaloupe Slice Ice Cream Cup * Sliced Bread</p>
<p><b>9</b> Ham Rolls Squash Health Slaw Pear Slices Cookie * Sliced Bread</p>	<p><b>10</b> Roast Beef Mashed Potatoes Corn Egg Custard Pie Apple * Dinner Roll</p>	<p><b>11</b> Baked Chicken Mashed Potatoes Pickled Beet Salad Peach Slices Fudge Brownie * Sliced Bread</p>	<p><b>12</b> Crispy Fish Fillet German Pot. Salad Calif. Blend Veg. Sugar Cookie Pineapple Tidbits * Dinner Roll</p>	<p><b>13</b> Chef Salad w/ Ham, Cheese, Spinach, Veggies, &amp; Dressing Cantaloupe Slice Frosted Cake * Sliced Bread</p>
<p><b>16</b> Chicken Breast Mashed Potatoes Mixed Vegetables Spice Cake Orange * Sliced Bread</p>	<p><b>17</b> Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Rice Pudding * Dinner Roll</p>	<p><b>18</b> Salmon Loaf Escalloped Potatoes Peas/Pearl Onions Ambrosia Dessert Frosted Cake * Sliced Bread</p>	<p><b>19</b> Meatloaf Baked Potato Carrots Fruited Gelatin Petite Banana * Dinner Roll</p>	<p><b>20</b> Swiss Steak Mashed Potatoes Summer Blend Veg. Alexander Torte Fruit Cocktail * Sliced Bread</p>
<p><b>23</b> Swedish Meatballs Mashed Potatoes Seven Layer Salad Apricot Halves Cookie * Sliced Bread</p>	<p><b>24</b> Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Raspberry Sherbet * Dinner Roll</p>	<p><b>25</b> Baked Chicken Twice Baked Potato Copper Penny Salad Butterfinger Torte Plum Halves * Sliced Bread</p>	<p><b>26</b> Pepper Steak Red Skin Potatoes Spinach Salad w/ Bacon Dressing Pear Slices Cinnamon Roll * Dinner Roll</p>	<p><b>27</b> Beef Frank on a Bun German Pot. Salad Corn Mandarin Orange Gelatin Cookie *</p>
<p><b>30</b> Closed Memorial Day  Dining Centers Closed and No Home Delivered Meals</p>	<p><b>31</b> Mushroom Pork Cutlet Mashed Potatoes Peas and Carrots Ice Cream Cup Applesauce * Dinner Roll</p>	<p style="text-align: center;"><b>We cherish too, the Poppy red That grows on fields where valor led, It seems to signal to the skies That blood of heroes never dies.</b></p> <div style="text-align: right;">  <p>Moina Michael</p> </div>		

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