

*Enhance
Your Life
and the
Lives of Others!*

Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

April/May 2012

Vol 4 Issue 2



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

Older Americans Month 2012 - Never Too Old to Play!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month - a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012 - *Never Too Old to Play!* - puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults - many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts

and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While the Aging & Disability Resource Center provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

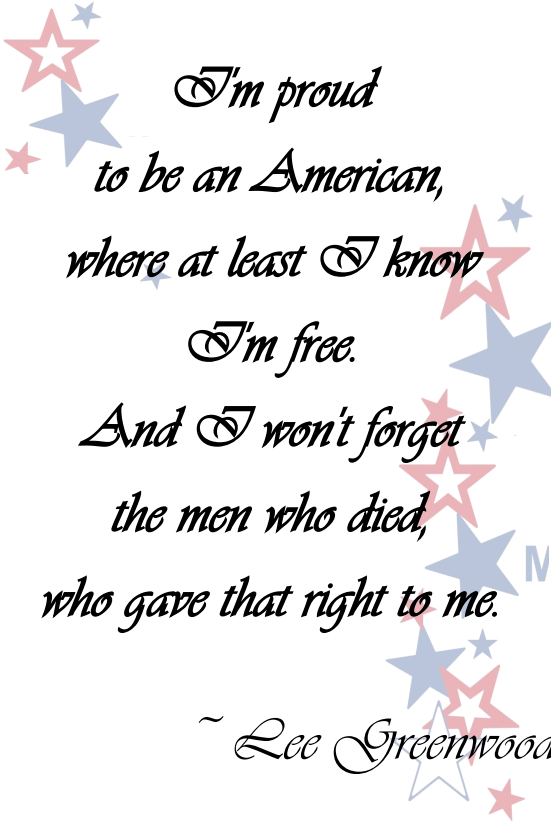
The ADRC is joining in the national celebration of Older Americans Month 2012 with activities and events to promote intergenerational engagement and recreation. We invite you to join in the fun!

To find out how you can support Older Americans Month 2012 and take part in intergenerational play, contact the ADRC at 355-3289 or 800-482-3710.



never too old
to play
older americans month 2012

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*I'm proud
to be an American,
where at least I know
I'm free.
And I won't forget
the men who died,
who gave that right to me.*

~ Lee Greenwood



Mark Your Calendar

The ADRC will be closed on:

April 5	Good Friday
May 28	Memorial Day
July 4th	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



Director's Notes

Trish Vandr, ADRC Director



Medication Interactions: Be Informed & Aware, Be Your Own Patient Advocate!

Recently I discovered that I was living with the effects of a medication interaction but I had no idea of the effect it was having on me.

I have been living with depression for many years and successfully treating this chronic condition with medication. I also live with chronic neck pain. In order to avoid using prescription pain medication, I began to find pain relief through ibuprofen and other over-the-counter NSAIDs (non-steroidal, anti-inflammatory drugs).

I read about a new study showing that taking an NSAID medication significantly reduces the effectiveness of certain antidepressants — cutting rates of remission from depression 55% to 45%

I was taken aback by this news and stopped using the over-the-counter pain relievers. After just a few weeks I noticed a real decrease in depression symptoms. I can now look back over a long time of increased symptoms and very dark days. These effects were very damaging and were dangerous!

I am telling my story so that others will take the initiative to speak to their pharmacists about the possible interactions of not only the prescribed medications but also the effects of any over-the-counter medicine one may be using. We all must be vigilant about our health care. Talk to your pharmacist, your personal expert, about the medication you use. They are likely very passionate about their field and would be happy to share with you.

Be Well,

Trish



Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



Dear Friends,

American Legion Post 26 in Baraboo has a new website and encourages interested veterans to see what the American Legion is all about. It has numerous resources veterans will find helpful. Please check it out at www.alpost26.org

There are two upcoming Badger Honor Flights scheduled for Saturday, April 21 and May 19. If you would like to participate in the "Welcome Home" activities you should be at the Dane County Regional Airport by 9:30 p.m. on these dates. For more information or to inquire about going on a future flight, contact the Badger Honor Flight office at (608) 616-0243.

I want to take this opportunity to remind/inform all veterans families and acquaintances that ALS, also know as Lou Gehrig's disease, is a presumptive condition for veterans who served on active duty for more than 90 days. This means that if a qualifying veteran contracts this disease, the Veterans Administration presumes they have it because of their military service. This is significant for the veteran as well as their surviving spouse. Please contact our office if you or someone you know may qualify.

There is a tremendous amount of veteran related events going on around our state this spring and summer so please visit our website often at www.co.sauk.wi.us/veteransserviceoffice or call our office if you are unable to find out what's going on.

In Your Service,

Tony



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

National Volunteer Week April 15th - 21st, 2012

[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 9 to 99!! 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 2010, the dollar amount of the in-kind contribution of time of these tireless volunteers was \$464,725!! The numbers have been tabulated for 2011, and they will be revealed at our annual Volunteer Appreciation Breakfast.

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!



Food Share Outreach Volunteers Needed

Are you friendly, outgoing and have computer skills?

Learn about one of Wisconsin’s most effective tools to help low-income seniors and families stretch their food budgets.

Training is provided and help will be available during volunteer shifts.

Duties: You will assist people with online FoodShare applications and help build program awareness in the community.

Hours: 12:00 pm - 4:00 pm volunteer shifts. You will be asked to commit to at least one shift per month.

Does this sound like a good fit for you?

Please contact Mary Jane at 355-3289 for more information

Happy Hearts !!

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

Thank you!!

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.

Wednesday, April 25

Reedsburg Area Medical Center

Call the ADRC to register - 355-3289

Friday, May 11

Spring Green Library

Call M & I Bank to register - 588-2526

Thursday, May 17

Thursday, October 18

St. Clare Hospital - Baraboo

Call DeeDee to register - 356-1407

\$12.00 with proof of AARP membership

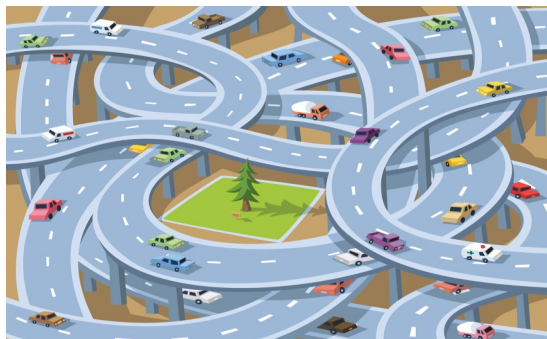
\$14.00 for non-members

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!



The Free "Living Well with Chronic Conditions" Program is Returning

We are happy to announce that 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 who want to live a fuller, more exciting and interesting life. Thousands of persons 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 cost to the participants. It is a six week program that lasts about 2½ hours a week. Books and other 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 location 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.

Take charge!

Learn to have fun again!

Live WELL with Chronic Conditions!

<p>Tom Litscher</p> 	<p>Aging & Disability Resource Center Transportation Line: 608-355-3278 or 800-830-3533</p>	
	 <p>Dennis Murray</p>	<p><i>Getting You There!</i></p>
		<p><i>The Bus</i></p>

Know The Warning Signs Of Unsafe Driving

Sometimes unsafe signs can come up gradually, or a recent change in health may hasten problems. Even if the individual warning signs seem minor, together they can add up to a substantial risk. If you are concerned about your own driving or worried about a friend or loved one, keep an eye out for these warning signs:



Issues with health

Health problems don't always mean that driving needs to be stopped, but they do require extra vigilance, awareness, and willingness to correct them. Some health problems include:

- **Conflicting medications.** Certain medications or combinations of medications can affect senses and reflexes. Always check the label on medications and double check with your healthcare team if you are taking several medications or notice a difference after starting a new medication.
- **Eyesight problems.** Some eye conditions or medications can interfere with your ability to focus your peripheral vision, or cause you to experience extra sensitivity to light, trouble seeing in the dark, or blurred vision. Can you easily see traffic lights and

street signs? Or do you find yourself driving closer and closer, slowing by a sign to see it? Can you react appropriately to drivers coming from behind or to the side?

- **Hearing problems.** If your hearing is decreasing, you may not realize you're missing out on important cues to drive safely. Can you hear emergency sirens, or if someone is accelerating next to you, or honking the horn?
- **Problems with reflexes and range of motion.** Can you react quickly enough if you need to brake suddenly or quickly look back? Have you confused the gas and brake pedals? Do you find yourself getting more flustered while driving, or quick to anger? Is it comfortable to look back over your shoulder or does it take extra effort?
- **Problems with memory.** Do you find yourself missing exits that used to be second nature, or find yourself getting lost frequently? While everyone has an occasional lapse, if there's a pattern that is increasing, it's time to get evaluated by a doctor.

Issues on the road

- **Trouble with the nuts and bolts of driving.** Do you see yourself making sudden lane changes, drifting into other lanes, braking, or accelerating suddenly without reason? How about failing to use

the turn signal, or keeping the signal on without changing lanes?

- **Close calls and increased citations.** Red flags include frequent "close calls" (i.e., almost crashing), dents and scrapes on the car or on fences, mailboxes, garage doors, and curbs. Increased traffic tickets or "warnings" by traffic or law enforcement officers.

Maximize safety on the road

Aging does **not** automatically equal total loss of driving ability. There are many things you can do to continue driving safely, including modifying your car, the way you drive, and understanding and rectifying physical issues that may interfere with driving.

Take charge of your health

Regular check-ups are critical to keep you in the best possible driving shape. Other steps you can take include:

- Getting your eyes checked every year. Make sure that corrective lenses are current. Keep the windshield, mirrors, and headlights clean, and turn brightness up on the instrument panel on your dashboard.
- Having your hearing checked annually. If hearing aids are prescribed, make sure they are worn while driving. Be careful when opening car windows, though, as drafts can sometimes impair a hearing aid's effectiveness.
- Talking with a doctor about the effects that ailments or medications may have on your driving ability. For example, if you have glaucoma, you may find tinted eyeglass lenses useful in reducing glare.
- Sleeping well. Getting enough sleep is essential to driving well. If there are problems, try to improve nighttime sleep conditions and talk with your doctor about the effect of any sleep medications on driving.

Find the right car and any aids you need

for driving

Choose a vehicle with automatic transmission, power steering, and power brakes. Keep your car in good working condition by visiting your mechanic for scheduled maintenance. Be sure that windows and headlights are always clean. An occupational therapist or a certified driving rehabilitation specialist, for example, can prescribe equipment to make it easier to steer the car and to operate the foot pedals.

Drive defensively

In these days of cell phones and digital music players, drivers are even more distracted than they used to be. This means you'll want to take extra steps to drive safely, like leaving adequate space for the car in front of you, paying extra attention at intersections, and making sure you are driving appropriate to the flow of traffic. Avoid distractions such as talking on the phone while driving or trying to puzzle out a map, even if it's a GPS on the car; pull over instead. Make sure you allow sufficient braking distance. Remember, if you double your speed—say from 30mph to 60mph—your braking distance does not become twice as long, it becomes *four times* as far, even more if the road is wet or icy.

Know your limitations

If a driving situation makes you uncomfortable, don't do it. Many older drivers voluntarily begin to make changes in their driving practices. For instance, you may decide to drive only during daylight hours if you have trouble seeing well in reduced light. If fast-moving traffic bothers you, consider staying off freeways, highways, and find street routes instead. You may also decide to avoid driving in bad weather (rain, thunderstorms, snow, hail, ice). If you are going to a place that is unfamiliar to you, it is a good idea to plan your route before you leave so that you feel more confident and avoid getting lost.

Adapted from
www.helpguide.org/elder/senior_citizen_driving.htm

For Your Benefit

Call 355-3289 or (800) 482-3710

To confirm site visits or to schedule office appointments



Lorie Bednarek Coming to you:

Reedsburg Willow Heights	April 10 11:00 to 12:00	May 8 11:00 to 12:00
Baraboo Highpoint Commons	April 17 11:00 to 12:00	May 15 11:00 to 12:00

What is “ObamaCare”?



The correct title is the **Affordable Care Act**, also known as the **Healthcare Reform Law**. The following articles may help you to understand how this law may be affecting you.



Health Reform to Require Insurers to Use Plain Language in Describing Health Plan Benefits, Coverage

People in the market for health insurance will soon have clear, understandable and straightforward information on what health plans will cover, what limitations or conditions will apply, and what they will pay for services thanks to the Affordable Care Act – the health reform law – according to final regulations published today.

The new rules, published jointly by the Departments of Health and Human Services, Labor and Treasury require health insurers to eliminate technical or confusing language from their marketing materials that sometimes make it difficult for consumers to understand exactly what they are buying. The new rules will also

DEB HARVEY

Coming to you:



Plain Library	April 11 1:00 to 3:00	May 9 1:00 to 3:00
Spring Green Senior Center	April 18 10:30 to 11:30	May 16 10:30 to 11:30
Spring Green Library	April 18 1:00 to 2:00	May 16 1:00 to 2:00
Sauk/Prairie Community Cntr	April 19 10:00 to 11:30	May 17 10:00 to 11:30
Merrimac Village Hall	April 19 8:30 to 9:30	May 17 8:30 to 9:30

make it easier for people and employers to directly compare one plan to another.

“Consumers, for the first time, will really be able to clearly comprehend the sometimes confusing language insurance plans often use in marketing,” said HHS Secretary Kathleen Sebelius. “This will give them a new edge in deciding which plan will best suit their needs and those of their families or employees.”

Specifically, these rules will ensure consumers have access to two key documents that will help them understand and evaluate their health insurance choices:

- A short, easy-to-understand Summary of Benefits and Coverage (or “SBC”); and
- A uniform glossary of terms commonly used in health insurance coverage, such as “deductible” and “co-payment.”

Today’s rules finalize the proposed rules issued in August 2011. Input was received from such stakeholders as the National Association of Insurance Commissioners (NAIC) and a working group composed of health insurance-related consumer advocacy organizations, health insurers, health care professionals, patient advocates including those representing people with limited English proficiency, and

others. The final rules aim to ensure strong consumer information while minimizing paperwork and cost.

To view the template for the summary of benefits and coverage, visit: <http://cciio.cms.gov/programs/consumer/summaryandglossary/index.html>

To view the Final Rule, visit: <https://s3.amazonaws.com/public-inspection.federalregister.gov/2012-03228.pdf>
Other technical information is available at: <http://cciio.cms.gov/resources/other/index.html#sbcug>

For more information on the rules announced today, visit: <http://www.healthcare.gov/news/factsheets/2011/08/labels08172011a.html>

Source: - www.cms.gov



Health Reform Law Saves \$2.1 Billion For 3.6 million Americans With Medicare

New data show average American with Medicare to save nearly \$4,200 through 2021 thanks to health reform

3.6 million people with Medicare saved \$2.1 billion on their prescription drugs in 2011 thanks to the Affordable Care Act according to data issued today by the Department of Health and Human Services (HHS). Savings for people with Medicare will increase over time. According to a new report issued today from HHS, the average person with Medicare will save nearly \$4,200 by 2021 because of the new law.

“The Affordable Care Act is already saving money for millions of Americans with Medicare,” said HHS Secretary Kathleen Sebelius. “As we move forward, we will close the donut hole completely and save even more money for everyone with Medicare.”

The Affordable Care Act provides a 50 percent

discount on brand-name prescription drugs and this year, a 14% discount on generics. Last year, it provided a seven percent discount on covered generic medications for people who hit the prescription drug coverage gap known as the donut hole last year, with 2,814,646 beneficiaries receiving \$32.1 million in savings on generics.

For state-by-state savings figures for today’s donut hole announcement, visit: <http://www.cms.gov/Plan-Payment/>

For more information about donut hole savings, visit http://www.cms.gov/apps/media/fact_sheets.asp

For the report regarding savings those with Medicare will see over time, visit http://www.aspe.hhs.gov/_/index.cfm

For CMS fact sheet please visit: <http://www.cms.gov/apps/media/press/factsheet.asp?Counter=4257>

Source: - www.cms.gov

I’m Turning 65/Retiring: Now What?

Know Your Options!

Presented by Deb Harvey
and Lorie Bednarek



Tuesday, April 10, 2012 at 4:30 p.m.
West Square Building,
505 Broadway, Baraboo, WI

This workshop is for people considering retirement, turning 65, or reaching full retirement age.

Our session focuses on the insurance questions confronting new retirees and those who are continuing to work, even though they are age 65 or older.

Preparation for retirement can be complicated and overwhelming. This workshop is designed to provide information to help you make well informed retirement decisions

Nutrition and Eye Health

The Wisconsin Council of the Blind and Visually Impaired is celebrating its 60th anniversary with the theme of “Expanding Visual Horizons.” Let’s expand our view of eye health to include nutrition. Just as we pay attention to what we eat to manage weight or lower cholesterol, eating habits also contribute to eye health! Research is describing the relationship between foods and degenerative eye diseases such as age-related macular degeneration, and it suggests that we can help ourselves.

Foods rich in lutein and zeaxanthin, vitamin C, vitamin E, zinc, and essential fatty acids (omega-3) are recommended nutrients for eye health (American Optometric Association). Lutein and zeaxanthin are found in tissues of the retina, macula and lens where they help filter harmful light that can damage cells. Lutein and zeaxanthin, vitamin C and vitamin E are all antioxidants that protect and maintain cell health. Vitamin C supports the health of ocular blood vessels. Zinc helps to bring vitamin A to the retina where it works to produce melanin, a protective pigment in the eyes. Essential fatty acids are important for retinal function.

General guidelines for eye-healthy foods include eating lots of colorful fruits and vegetables. Dark green, leafy vegetables are foods rich in lutein and zeaxanthin. Choose whole grains (whole wheat bread and cereals) over refined grains (white bread). Vary protein sources to include fish, nuts, beans and eggs. Choose healthy fats, such as unsaturated fats found in olive oil, and omega-3 fatty acids found in some fish and nuts. To see foods rich in these nutrients, visit the US Dept of Agriculture’s website.

Certain nutrients may interact with medications. Work with your doctors and other health care providers to make changes in your diet while protecting your overall health. Consider expanding your visual horizons to include changes in the foods you eat to improve and enhance your eye health!

For more information:

- American Optometric Association, Diet and Nutrition, www.aoa.org/x11813.xml
- Mayo Clinic Diseases and Conditions, Macular Degeneration, www.mayoclinic.com/health/DiseasesIndex/
- UW Department of Ophthalmology and Visual Sciences, Eating for Your Eyes, www.opth.wisc.edu/publications/
- US Department of Agriculture, <http://ndb.nal.usda.gov/>



**Wisconsin Council of the
Blind & Visually Impaired**
Expanding visual horizons

This partnership article provided by:
Wisconsin Council of the Blind & Visually Impaired
754 Williamson St, Madison, WI 53703
608.255.1166
800.783.5213
info@wcblind.org

EYE-HEALTHY FOODS

Lutein & Zeaxanthin

Kale, spinach,
collards, turnip
greens
Squash
Peas
Corn
Brussels sprouts
Broccoli
Eggs

Vitamin C

Oranges
Grapefruit
Peaches
Strawberries
Peppers

Vitamin E

Cereals, fortified
with vitamin E
Sunflower seeds
Almonds
Peanuts, peanut
butter
Tomatoes
Sweet potatoes

Zinc

Baked beans
Turkey
Lean beef
Chicken
Cereals, fortified
with zinc

Omega-3 Fatty Acid

Salmon
Tuna
Herring
Halibut
Sardines



The following was written by Audrey Hepburn, who was asked to share "beauty tips."

Audrey Hepburn's Beauty Tips

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

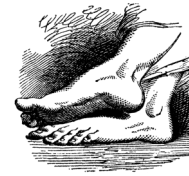
For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will realize why you have two hands; one for helping yourself, and the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman with passing years only grows!



Foot Clinic Schedule

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

The cost for foot clinic visit is \$25.00.

Baraboo - West Square Building

Tuesdays - April 3 & 17

Wednesday - May 1 & 15

Tuesdays - April 18

LaValle - Fire Department

Wednesday - May 23

Merrimac - Village Hall

Wednesday - May 16

Plain - American Legion Hall

Thursday - April 26

Reedsburg - Maple Ridge

Tuesday - April 10

Thursday - April 19

Tuesday - May 8

Thursday - May 17

Reedsburg - Willow Heights

Wednesday - April 11

Sauk Prairie - St John's Church

Thursdays - April 12

Thursdays - May 3, 10 & 24

Spring Green - Christ Lutheran Church

Tuesday - May 22

Lake Delton - Holy Cross Episcopal/ United Methodist Church

322 Unity Drive, Hwy A, Wisconsin Dells

Wednesday - May 9

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.



Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



“Ticket To Work” Inspires Ballroom Dancer To Dance On

By Karyl Richson

Social Security Public Affairs Specialist in Milwaukee, WI

Megan Riggs was just like many other people in their late twenties: bright, ambitious, and full of life. She earned Bachelor degrees in Forensic Science and Biology, with a minor in Chemistry. Riggs started working and building her career. In her spare time, she pursued her passion, competitive ballroom dancing.

In January of 2008, Riggs had a major depressive episode. Her illness caused her to lose her job, and financial struggles resulted. Riggs qualified for Social Security disability benefits. The monthly payments helped keep her afloat financially, but even then she had the desire to work again. Knowing she would need help returning to work, she looked to Social Security’s “Ticket to Work” program and other work incentives for support on her path back toward self-sufficiency.

Riggs learned that the Ticket program was free, voluntary, and designed specifically for adults who receive disability benefits through Social Security. She decided the program was a good fit for her, as it would help her find a career that could lead to a brighter future.

Once Riggs made her choice to participate in the Ticket to Work program, she decided to work with an Employment Network (EN) that provides employment support and guidance. The EN helped Riggs develop a plan to achieve her work goals and offered advice on career building, job placement, training, and counseling. “I could try work,” said Riggs. “I knew I wasn't going to be on my own.”

Using her Ticket, she was able to test her

abilities, build her confidence, and continue to receive her benefits while working toward becoming fully self-sufficient. Through Social Security’s work incentives, she maintained her health care coverage, which gave her peace of mind.

Riggs found stable employment. As a result of her hard work, she now works as a document control specialist, earning more money than she received on disability benefits.

The Ticket to Work program helped Riggs achieve a more fulfilling life by helping her regain the satisfaction of work. She now enjoys working, reading, spending time with her Cocker Spaniels, and has even been able to return to competitive ballroom dancing.

“With Ticket to Work, I've received the tools to excel and the help of people to keep me going.”

Thousands of Social Security beneficiaries like Megan Riggs have earned more money, begun careers, learned new skills, and met new people through the Ticket to Work program. If you’re disabled and ready to change your life through work, this program may be the ticket for you, too. To learn more, visit www.socialsecurity.gov/work.



So how does working effect my disability?

Social Security Work Incentives At A Glance

Trial work period—The trial work period allows you to test your ability to work for at least nine months. During your trial work period, you will receive your full Social Security benefits regardless of how much you are earning as long as you report your work activity and you continue to have a disabling impairment. In 2012, a trial work month is any month in which your total earnings are over \$720, or if you are self-employed, you earn more than \$720 (after expenses) or work more than 80 hours in your own business. The trial work period continues until you have worked nine months within a 60-month period.

Extended period of eligibility—After your trial work period, you have 36 months during which you can work and still receive benefits for any month your earnings are not “substantial.” In 2012, we generally consider earnings over \$1,010 (\$1,690 if you are blind) to be substantial. No new application or disability decision is needed for you to receive a Social Security disability benefit during this period.

Expedited reinstatement—After your benefits stop because your earnings are substantial, you have five years during which you may ask us to start your benefits immediately if you find yourself unable to continue working because of your condition. You will not have to file a new disability application and you will not have to wait for your benefits to start while your medical condition is being reviewed to make sure you are still disabled.

Continuation of Medicare—If your Social Security disability benefits stop because of your earnings, but you are still disabled, your free Medicare Part A coverage will continue for at least 93 months after the nine-month trial work period. After that, you can buy Medicare

Part A coverage by paying a monthly premium. If you have Medicare Part B coverage, you must continue to pay the premium. If you want to end your Part B coverage, you must request it in writing.

Work expenses related to your disability—If you work, you may have to pay for certain items and services that people without disabilities do not pay for. For example, because of your medical condition, you may need to take a taxi to work, instead of public transportation, or pay for counseling services. We may be able to deduct these expenses from your monthly earnings before we determine if you are still eligible for benefits.

Source: www.ssa.gov



NAMI

All mental health consumers, family members, friends, significant others and providers are invited to get involved in NAMI Sauk County.

We invite you to attend the NAMI meetings:

Reedsburg

Date: Every Tuesday
Time: 3:00 p.m.
Location: Reedsburg Recreation Cntr,
134 Locust St

Baraboo

Date: First Thursday of every month
Time: 12:30 p.m.
Location: West Square Building, Room 213

Sauk Prairie

(Depression/Bipolar Recovery Support
Group)

Date: Every Saturday
Time: 9:30 a.m.
Location: Sauk City Library
515 Water St

Laugh Out Loud.... It's Good for you!

It is true, research shows that humor and laughter are good for your health. Good humor can be defined as humor, which demonstrates compassion for someone else, breaks down communication barriers between individuals, and nurtures an environment of respect and trust between people. This kind of humor releases tension, and can reduce pain and discomfort.

Good humor elicits laughter that research has proven to be beneficial to the body, mind and spirit. When you are ill, the potential for healing improves as you experience good humor. Making good humor a part of your life can lift your spirit and improve your overall health.

Some forms of humor are not healthy and can damage the spirit. This type of humor generally lashes out at a person or group of people, offends others, builds walls between people, increases stress and anger, destroys the spirit, and increases illness. Beware of bad humor as people are often unaware of the offense their jokes elicit.

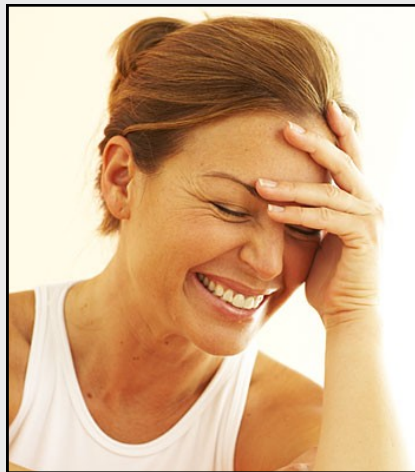
Select humor that is directed toward common situations is like daily bloopers and blunders. Be able to laugh at yourself. Accept imperfections as opportunities to laugh at life and live in an atmosphere of healing.

Good Humor:

- improves your immune system (fighting off diseases)
- reduces pain
- relieves anxiety

Good Humor and Laughter:

- increases respiratory activity,
- increases muscular activity,
- increases alertness,
- affects blood pressure,
- supports a healthy spirit



This Partnership Article brought to you by:

Tammy Koenecke, Spiritual Care Coordinator

Reedsburg Area Medical Center

2000 North Dewey Avenue,

Reedsburg, WI 53959

608-524-6457

www.ramhealth.com



GOLDENCARE CALENDAR OF EVENTS

Consider the Conversation, an End of Life Documentary

A FREE presentation
sponsored by
Home Health United
Mary Deem, Hospice Director

Thursday, April 19

10:30 a.m. - Noon

St Clare Hospital,

Ringling Room

Call **St. Clare HOSPITAL's**

GoldenCare

for Reservation

(608) 356-1407

St. Clare Hospital's
GoldenCare is partnering with

The Al. Ringling Theatre

Lively Arts Series

136 Fourth Avenue,

Downtown Baraboo

For

Ladies Must Swing

-Big Band

Saturday, April 21

7:30 p.m.

Seniors \$12 Adults \$16

Youth \$10

GoldenCare members receive
additional discount!

For tickets, please call (608)

356-8864 or

Order tickets Online at

WWW.ALRLINGLING.COM

Questions, please call

St. Clare HOSPITAL's

GoldenCare (608)356-1407

VARIETY SHOW



Join In The Fun— Senior Citizen Variety Show

We are looking for Senior Citizens—60 years and beyond—who would be interested in showcasing their talents in a variety show. The Variety Show will be September 21, 2012 at the Al Ringling Theater in Baraboo.

So do you have a talent to share? Sing? Play an instrument? With a small group? Have some jokes to tell?

Call and inquire how you can be part of the fun! The benefits from this show will go to a local charity.

Please contact Art Carlson at 608-588-2216 to inquire and sign up. Due to the time constraints the day of the show, of acts may be limited.



HAZARDOUS WASTE CLEAN SWEEP

Former Sauk County Landfill, E8795B Evergreen Lane, Baraboo
(Between Baraboo and Reedsburg off of Hwy. 33 near the junction of Hwy. 23)
Saturday, June 2 8:30 a.m.-Noon

For more information:
(608) 355-4839
ppohle@co.sauk.wi.us
www.co.sauk.wi.us

Free disposal of:

- Latex, lead-based, and oil-based paint
- Waste motor oil, oil filters
- Unused or unwanted pesticides including herbicides, insecticides, fungicides, rodenticides, wood preservatives
- Home products: oven cleaners, spot removers, drain cleaners
- Light bulbs/fluorescent tubes
- Batteries (watch, calculator, etc.)
- Other products: solvents, animal health products, teat wash, degreasers, wood finishes, paint additives, hydraulic fluid, pool chemicals, strippers, photographic chemicals

Helping Hands Recycling will accept at **no** charge the following (donations will be accepted for Habitat for Humanity):

- Electronics
- Appliances
- Scrap metals

Please contact Helping Hands Recycling at helpinghandsrecycling@gmail.com or (608) 213-8629 for more information. Their website is www.helpinghandsrecycling.com

What is not accepted:

- Pharmaceuticals, IVs, needles
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste, IVs, needles
- Compressed gas cylinders
- Recyclables, yard and household waste
- Asbestos
- Demolition materials
- Batteries (automotive, alkaline, rechargeable)

Tires and rubber tracks will be accepted for fees between \$2.00 - \$50.00
Additional charges for large tires.



Aging & Disability Specialists

Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Musselman

Transitioning From Youth To Adult Services

Transitioning from school to adult services can be a very confusing time for both a student with a disability and their parents. There are often many questions about what happens next. At the age of 17½ the school or parents should make a referral to the Aging and Disability Resource Center (ADRC) social worker, Lisa Karau who can assist transition students. Once Lisa receives the referral she can begin working with the school and the family on transition planning, as there are several things that often need to be addressed at this time. Students with disabilities can remain in school until the age of 21



Guardianship often needs to be initiated at this time. Until the student's 18th birthday the parents are automatically legal guardian. On the 18th birthday the student becomes his/her own person unless a petition for Guardianship has been filed with the Sauk County Court requesting a legal guardian be appointed. A hearing will be scheduled and a guardian ad litem will be appointed. The guardian ad litem is an attorney appointed to represent the student's best interests. Assistance with filing for guardianship can be obtained through the Sauk County Dept of Human Services where a

social worker would be appointed to complete the referral to the Sauk County Corporation Counsel's Office where the Guardianship Petition is drafted. The ADRC social worker can assist with making the referral to the Sauk County Dept of Human Services.

Another important step that needs to be addressed as a disabled student turns 18 is applying for SSI or disability benefits through the Social Security Administration. The phone number for the Social Security Administration is 888-875-1681. If the student is receiving benefits prior to turning 18, the parents will need to contact the Social Security Administration and request that an "Age 18 Redetermination" be completed. This should prevent any disruption in their benefits including their Medical Assistance. If they have not previously received benefits the parents will need to file an application with the Social Security Administration. The Disability Benefits Specialists at the ADRC can assist with this process. We currently have two Disability Benefits Specialists who cover Sauk County. Natalie Wilmot covers Baraboo, Sauk Prairie, Merrimac, Rock Springs and North Freedom. Holly Schafer covers Reedsburg, Loganville, Wisconsin Dells, Plain, LaValle and Spring Green. Disability Benefits Specialists can also assist with filing appeals if the initial application is denied. Holly and Natalie may be reached by calling our main number 355-3289 or 800-482-3710.

A student with a disability may be in need of long term support services. Long term support services can include a wide range of services like: vocational supports, assisted living, respite, adaptive equipment, home modification, and personal care. Some people enrolled in long term support services also have a social worker and nurse team assigned to their case to assist in coordinating their services. In Sauk County, we currently have three options for long term support services:

Family Care, Partnership and IRIS. When a family meets with our Transition Social Worker, Lisa Karau, these options will be explained further. If a student is likely to need long term support services when he/she finishes school a referral should be made to our agency (ADRC) at the age of 17 1/2 by the school.

Parents can call our agency directly at 355-3289 or 800-482-3710 and ask to talk to Lisa Karau. Lisa will meet with the family to talk further about the programs and complete the eligibility paperwork. Lisa will complete the Functional Assessment. To be enrolled in long term support services the student must be determined both functionally and financially eligible. A student needs to be eligible for MA in order to be financially eligible for long term support services. Assistance can also be provided with applying for MA. For questions regarding a student with a disability transitioning from school or to make a referral please contact the Aging and Disability Resource Center and ask to talk with Lisa Karau.



Home Health United –
Visiting Nurse Service

Foundation
Planning Your Future

An informational seminar
featuring topics including:

Estate Planning

Advance Directives

End-of-Life Planning

May 1, 2012

8:30 - 10:30 a.m.

Oak Park Place

800 Waldo Street, Baraboo

The seminar is **FREE** but seating is limited,
so register soon to reserve your spot.

Call 608-276-7591 for more information

We All Forget – When Should We Be Concerned?

We all forget names occasionally and misplace keys and wallets. And most of us over the age of 40 don't feel as sharp as we used to. There is growing recognition of the importance of having memory disorders diagnosed and treated as early as possible. But not all memory glitches signify the start of a progressive disease like Alzheimer's.

How do our memories work? What's normal and what's not normal for our brains as we age? What can we do if we are concerned for ourselves or others? These questions and more will be answered at a free presentation entitled, "We all forget: Is it normal aging or should I be concerned?" sponsored by the Alzheimer's & Dementia Alliance of Wisconsin and the Sauk Prairie Memorial Hospital.



Please contact the Alzheimer's & Dementia Alliance at 888-308-6251 or email carol.olson@alzisc.org to reserve your spot. Informational handouts provided.

WHAT: We All Forget:
Is It Normal Aging or Should I Be Concerned?

WHEN: Thursday, April 19,
2:00 - 3:30 p.m.

WHERE: Sauk Prairie Memorial Hospital,
80 First St., Prairie du Sac



Kathy Kent
*Veterans
Benefit Specialists*
Pamela Russo



Veteran Benefit Scenario

This month we are taking a look at Post Traumatic Stress Disorder (PTSD). PTSD is fairly common among veterans who have served in areas of military conflict/theatre of operations, also known as war zones. This condition manifests itself in a variety of different ways. Some of the common ways are anxiety, depression, hypervigilant, withdrawn, anger issues, and the list goes on. We have been able to help many veterans of all eras to get help as well as to obtain compensation from the Dept. of Veterans Affairs for this recognized disability.

It is very common for the affected veteran to try to hide or deal with this condition by self medicating with alcohol or drugs. It is very important for the veteran and their family to seek help as soon as possible, as many of the veterans that run into legal or criminal problems after discharge suffer from PTSD and most do not realize it or have never sought help.

Please contact our office for assistance whether you are a veteran or a concerned family member/friend.

Loyalty Day Celebration in Reedsburg

On **Saturday, April 28, 2012** the VFW Post 1916 and the people of Reedsburg invite you to join them for this special



celebration for the entire state of Wisconsin. The primary VFW activities include a parade at 1:00 p.m. starting at the corner of 8th and Myrtle and goes to the Veterans Memorial at Nishan Park. There will be numerous units in the parade, including the State VFW Honor Guard, the 132nd Brigade National Guard Band, the Reedsburg Area High School Band, the Cazenovia German Band, and various military vehicles and honor guards from posts all around the state. The current State VFW Commander will be there with his Harley and the past National VFW Commander will be driving his 1955 Thunderbird convertible.

Pauline Brown is organizing a float for the celebration and would like any and all Sauk County Veterans to join her in the celebration and participate with her. For more information **regarding the float**, please call Pauline at (608) 963-9087.

At 3:00 p.m. there will be a ceremony with several dignitaries, an award presentation to parade participants, a group who will sing some patriotic songs, and another group will sing songs by the Andrews Sisters. Food and beverages will be available.

Earlier on the 28th the Reedsburg Historical

Sign up for the Electronic Newsmagazine

If you would like to receive upcoming issues of AddLIFE Today! via e-mail, please e-mail **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 newsmagazine.



Society will be open for a newly constructed exhibit of military memorabilia, including a 13-stripe American flag. In the evening the CAL Center at the Reedsburg Area High School is having a concert (extra fee required) of patriotic songs by the Lunch Box Singers. On Sunday morning the VFW Post 1916 will have breakfast available at the post.

If anyone is **interested in participating**, please call Wayne Unrath, the Committee Chairman and Post Senior Vice Commander at (608) 347-9781 or Warren Frank at (608) 985-7455.

More Special Upcoming Events

Operation Greatest Generation

On May 4, 2012 the Wisconsin Dept. of Veterans Affairs and its partners will host Operation Greatest Generation – a day long event in honor of Wisconsin’s World War II Veterans.

Activities to honor our veterans at the National Railroad Museum in Green Bay will include a performance by the 132nd Band, living history demonstrations, exhibits from the Wisconsin Veterans Museum, displays of WWII vehicles and guided tours of General Eisenhower’s European Command train. Featured speakers include Hugh Ambrose, author of *The Pacific* and James Megellas, WWII 82nd Airborne veteran and author of *All the Way to Berlin*.

Additional event information and how to **RSVP** is on the Wisconsin Veterans Museum website: <http://www.wisvetsmuseum.com/events/?ID=28>

Camp American Legion

Special group weeks at Camp this year are a **Women Veterans Week**, June 18-24 and a **Blind/Vision Impaired Week**, August 20-26. Women Vets and Vision Impaired Vets can

come anytime during the camp season, even if they can not make these special weeks. They are also encouraging OEF/OIF/OND veterans to come to camp with their families. For more information please contact Camp American Legion at (715) 277-2510 or visit their web site at www.wilegion.org

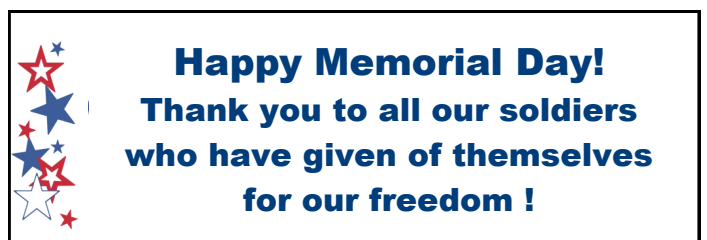
Military Appreciation Day at the Dane County Fair

Save the date for this event on Thursday, July 19! They will again offer free admission to all Armed Forces personnel (active, reserve, retired and veterans) and immediate family members on Military Appreciation Day. For more information please visit the Dane County Fair website at <http://www.danecountyfair.com/pages/Military-Appreciation-Day.php>



We want to thank Wanda West for her recent donation of \$100 to the Veterans Care Trust Fund. A thank you also goes out again to Maurice and Jackie Nolden of Prairie du Sac, and Bernie O’Donnell of Sauk City for their recent donations totaling \$2,000.

Also, thank you to the veteran we helped last year who stopped in and contributed back to the Veterans Care Trust Fund. While this is not a requirement, it does help with meeting the needs of more veterans in Sauk County.





Cop's Corner

Protecting Your Loved Ones And The Environment

By: Chief Jerry Strunz/Sauk Prairie Police

As I sit down to write this article I think back over the course of more than twenty years that I have been involved in the public safety business. During my career I have seen my share of tragic situations that have been the result of drug use and abuse. I have also been amazed that there is a sense amongst our communities that drug abuse only affects a very small percentage of the population, and that drug abusers are only those people who are addicted to cocaine or heroin.

I could discuss drug abuse in Sauk County at length; however, the focus of this article is much narrower in scope. Today, I want to discuss one of the biggest drug issues facing Sauk County and much of the nation (prescription drug abuse). According to the Youth Risk Behavior Survey conducted in 2007 "23% of Wisconsin High School Students had used prescription pain relievers for nonmedical purposes at some point in their lives". This number has likely increased over the past five years.

Many of you may be surprised to hear that these high school students also reported that they didn't go out and purchase prescription pills from some shadowy figure in a dark alley. In most cases teenagers have obtained prescription pills directly from the medicine cabinet at home or at a friend's or grandparent's house.

Some of the most commonly abused prescription drugs include **stimulants** that are commonly prescribed to treat narcolepsy, Attention Deficit Disorder, or Attention Deficit Hyperactivity Disorder; **Narcotics**

such as common painkillers, and **Tranquilizers** that are used to treat anxiety and sleep disorders.

I urge you to think about the way you handle and store your prescription medicines, as the steps you take today could prevent a loved one from taking that first step down a long and dangerous path of prescription drug abuse. If you have old or unused prescription pills, or other over the counter drugs, I would ask you to take them to one of the law enforcement agencies in Sauk County that is participating in the **P2D2 (Prescription Pill and Drug Disposal) program** that was started in our County by Jordyn Schara, a Reedsburg High School student. Do not throw your prescriptions away or flush them down the drain as this practice has a detrimental impact on the environment and does not ensure the drugs are properly disposed of. To date the Baraboo, Lake Delton, Reedsburg, Sauk Prairie, and Wisconsin Dells Police Departments all have **P2D2** drop boxes thanks to the efforts of Jordyn. By working together on this issue we can ensure a healthier future for Sauk County.

The Cop's Corner has been written by a member of the Sauk County Chief's Association and brought to you through the support of:

Golden LivingCenter- Wisconsin Dells
300 Race St,

Wisconsin Dells, WI 53965
608-254-2574

golden
livingcenters



**FREE
Medication Take Back Day**

Saturday, April 28, 2012
9:00 a.m. – Noon

Sauk Prairie Memorial Hospital's
**Main Entrance on Prairie Avenue,
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. Please keep your pills in the original labeled prescription bottles and scratch off your name.

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 protect
our environment
and
our drinking water
by disposing
of your
medications
properly*



ABC's of Alzheimer's & Dementia

A free two-part education series will be offered in Portage for families, friends and care-partners of persons diagnosed with Alzheimer's disease or other types of dementia.



The ABC's of Alzheimer's & Dementia is designed to enhance understanding of the disease, how it affects those who have it and how to effectively deal with it day-to-day. The program is hosted by the Alzheimer's & Dementia Alliance of Wisconsin and Tivoli at Divine Savior Healthcare.

WHEN: Tuesdays, April 17 and April 24
5:30 p.m. – 7:30 p.m.

WHERE: Tivoli at Divine Savior
Healthcare Gathering Room
2805 Hunters Trail, Portage

Dr. Craig Atwood, WI Alzheimer's Disease Research Center, will provide a medical overview of Alzheimer's and other dementia at the first session. The second session will focus on 1) understanding the changes dementia can cause, 2) maintaining function and quality of life, and 3) accessing helpful resources and support.

Light refreshments and resource materials will be provided. Advance registration is requested.

Please contact the Alzheimer's & Dementia Alliance at 1-888-308-6251 or 742-9055, or email carol.olson@alzwissc.org.

The air is like a butterfly
With frail blue wings.
The happy earth looks at the sky
And sings.

- Joyce Kilmer, *Spring*



**We
do not
inherit
the earth
from
our
ancestors,
we borrow it
from
our children.**

*-- Native American
Proverb*



Happy Earth Day April 22nd, 2012!

Earth Day was first suggested by John McDonnell (from the United States) in 1969 at a UNESCO Conference on the Environment. The United Nations began an Earth Day celebration on the March Equinox and continued this celebration every year since.

Responding to global warming and other environmental degradation, Gaylord Nelson (a Wisconsin Senator) called for an environmental teach-in to be held on April 22, 1970. The main purpose of the day was to promote environment awareness and reform.

Earth Day is still celebrated on 2 days - the March Equinox and April 22nd. Earth day is intended for all of us to recognize how we influence our limited resources from our planet. You and your family can do a lot to save the environment with very little effort in fact. It does take a change of mind but if you keep each other accountable, it can be done. Here's one way to start making a positive change for the environment: Decrease your household's disposable waste.

Help your environment by limiting the items you throw away. Reusable products save money at the grocery store and keep trash to a minimum.

Here are a few suggestions.

- Use real plates and silverware when eating.
- Use old clothes and towels for cleaning. Wash and dry your cleaning rags to be used over and over again.
- Use cloth napkins and handkerchiefs.
- Refill reusable water bottles.
- Create your own cleaning products. Use natural herbs, plant extracts and water or vinegar to clean.

Source: Apples4theteacher.com

This partnership article is provided by:

BrightStar
507 Linn Street
Baraboo, WI 53913
608.355.5015


LIFECARE | KIDCARE | STAFFING



New Limits For Medicare Premium Benefit

Persons on Medicare have to pay basic Part B Premiums to the Federal Government. This premium is taken out of Social Security benefits and is usually about \$100/month. However, Medicare recipients who have limited incomes and assets may be eligible for a waiver of those premiums. They file a short application and if they are eligible, the premium is paid for them.

We have a person here at the ADRC, Mike Lew, who assists beneficiaries with these applications. He reports that some persons who inquired about this were ineligible in the past because their income or assets were slightly too high to qualify. However, effective February 1, those limits have changed. The new monthly income limits for eligible Medicare recipients are now \$1,256/month for single persons and \$1,702 for married couples and the asset limits are now \$6,940 for singles and \$10,410 for married. Your home and car do not count as assets.

If you think you might now be eligible or if you have any questions, please call the ADRC office at 355-3289 or 800-482-3710 to be put in contact with Mike Lew. If you know anyone who may qualify, please suggest they contact Mike as well.

Work Related Hearing Loss A Problem?

Most people think of Workers' Compensation (WC) when they think of injuries that happen to them while on the job—a fall from a ladder, a pulled muscle or a back injury. But did you know that Workers' Compensation will also pay for hearing aids? There are some conditions that must be met, but they are relatively simple: 1). You worked in harmful noise and 2) it affected your hearing.

Generally, if you worked in a noisy environment, such as a factory, your hearing was probably damaged somewhat by the constant exposure to noise over a period of time. You may also have been a construction worker, a policeman or fireman, a county highway worker, an electrician or you worked in a paper mill. Work noise is a problem in many different walks of life. Under WI Worker's Compensation laws, noise in the work environment doesn't have to be the sole cause of your hearing loss, only contribute to it (with age, normal hearing loss occurs in most of us, but work noise often plays a role). In order to file for WC benefits you also must have left the noisy environment. Many people do this by retiring but there are other reasons as well (you were laid off or you went from the factory to the office). So if you have left your noisy job, it's not too late—it may be just the right time. There is no statute of limitations and it does not matter where you live now.

Individuals with a claim for hearing loss may receive a cash settlement for, not only past and future hearing aids, but also for the disability you have to live with for the rest of your life. Claims can go as high as \$60,000.00, plus hearing aids. Many claims are settled in just several months.

This partnership Article Provided by:

Mary Jo Helker
Johnson Law Offices
P. O. Box 161
Evansville, WI 53536

PH: 608-882-6571/800-400-5765

MaryJo@Johnsonlawoffices.net

www.hearinglosshelp.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 !!

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.

~William James

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??

Caregiver Questions?

Caregiver Concerns?

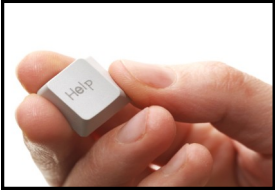
Call the Caregiver Hotline

355-3289

1-800-482-3710

HELP -

JUST A CLICK AWAY!



“Like” us on Facebook

Visit Facebook and “like” the Aging & Disability Resource Center’s new Caregiver Corner page!

Not sure if you’re a caregiver?!?

Do you care for someone?

Will you in the future?

Do you know someone who is caring for another?

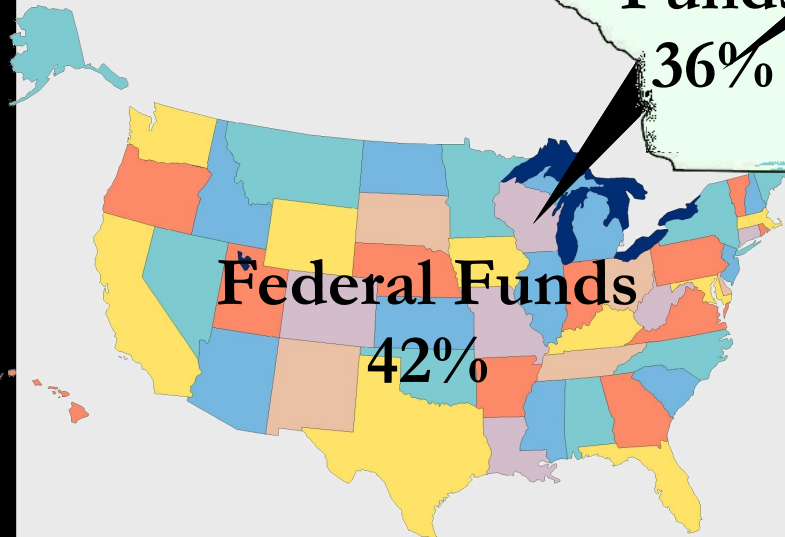
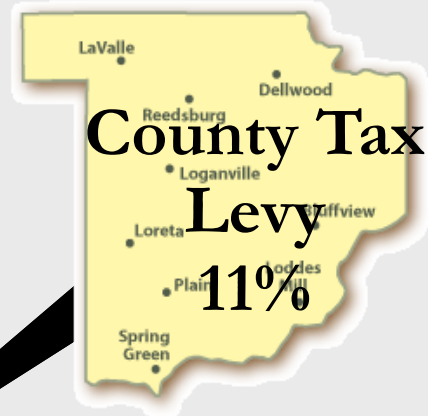
Are you "just" a spouse; child; or parent of someone who is aging or disabled?

If you have answered "yes" or "maybe" to any of these questions, then you just might be a caregiver :)

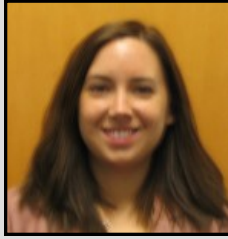
Check in weekly for links to informative resources and please feel free to comment on the links as well as starting posts of your own.

We are here for you ... and each other!

How is the Aging & Disability Resource Center Funded in 2012?



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



**Welcome Laura,
 the ADRC’s New Nutrition and
 Prevention Specialist**

Name: Laura Geick
 Hometown: Elkhorn, WI

Dining Center Schedule

<p>Baraboo Highpointe Commons 1141 12th St., Baraboo Phone 963-3436 <i>Lunch Served at 11:30 am</i></p>	<i>April 16</i>	<i>May 21</i>
<p>Merrimac Tuesday-Thursday Merrimac Village Hall 100 Cook St., Merrimac Phone 963-2286 <i>Lunch served at 12:00 noon</i></p>	<i>April 11</i>	<i>May 9</i>
<p>Reedsburg Willow Heights 800 Third St., Reedsburg Phone 963-3438 <i>Lunch Served at 11:30 am</i></p>	<i>April 10</i>	<i>May 8</i>
<p>Sauk/Prairie Sauk Prairie Community Center 730 Monroe St., Sauk City Phone 963-3437 <i>Lunch Served at 11:30 am</i></p>	<i>April 12</i>	<i>May 15</i>
<p>Spring Green Spring Green Senior Center 117 S Washington St., Spring Green Phone 588-7800 <i>Lunch served at 12:00 noon</i></p>	<i>April 9</i>	<i>May 14</i>

What five things are always in my fridge: milk, eggs, BBQ sauce, cheese curds and apples

History: Graduated from University of Wisconsin-Madison and was in the Air Force as an Intelligence Analyst

Here are some questions for everyone else to think about (I will be asking these during my April presentations):

What movie could you watch 50 times in a row?

If you could only read one book for the rest of your life, what would it be?

If you have any questions about nutrition please feel free to call me at 643-6900 or email me at lgeick@co.sauk.wi.us



What is National Women's Health Week?

National Women’s Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services’ Office on Women’s Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women’s health. The theme for 2012 is “It’s Your Time.” National Women’s Health Week empowers women to make their health a top priority. It also encourages women to

take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet.

The 13th annual National Women's Health Week kicks off on Mother's Day, May 13, 2012 and is celebrated until May 19, 2012. National Women's Checkup Day is Monday, May 14, 2012.

For more information on National Women's Health Week website, please visit womenshealth.gov

Source: www.womenshealth.gov

Should I Try A Gluten-Free Diet?

The quick answer is, probably not. A gluten-free diet is normally only recommended for people diagnosed with celiac disease because gluten causes inflammation in their intestines. A gluten-free diet is also very rigid, gluten-free food can cost more and you risk not getting enough vitamins. This diet is becoming a fad diet for weight loss, you will lose weight with this diet because of the high amount of foods that are restricted, but this is not a healthy way to lose weight!

Here's the breakdown of types of gluten concerns.

Gluten-Free: This means you have seen a doctor and tested positive for celiac disease. Eating the tiniest amount of gluten will cause a response that causes damage to the intestine. Symptoms can include: diarrhea, skin rash and abdominal pain.

Gluten Sensitive: You have ongoing intestinal

upset, chronic fatigue and joint pain, but tested negative for celiac disease. Many people believe they feel better after eliminating gluten from their diet, but the most likely cause is the fact they are eating healthier and in turn feel better. Note-junk food tends to have high amounts of gluten.

No Gluten sensitivity: If you want to lose weight, watch your total calories and not the amount of gluten you eat. Try a diet high in fruits and vegetables, whole grains and lean meats.

These are the only naturally gluten-free foods allowed in a gluten-free diet; all other foods must be specially purchased:

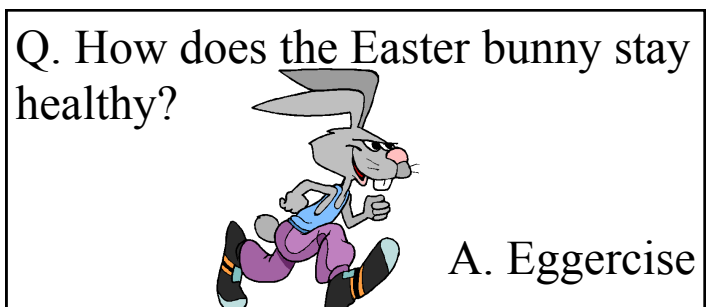
- Beans, seeds and nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables
- Most dairy products

Remember, if you are considering a gluten-free diet, always consult with your physician or a registered dietician prior to starting. Also, remember you would now only be able to buy the following foods if they are labeled "gluten-free"

- Beer
- Breads
- Cereals
- Cakes and pies
- Cookies and crackers
- Pasta
- Sauces and soups

source: www.mayoclinic.com

Should You Try A Gluten-Free Diet?" *Good Housekeeping*



Sauk County Earth Day!
Sunday, April 22, 11 a.m. – 3 p.m.
“Locally Grown and Energy Smart”

UW-Baraboo/Sauk County,
1006 Connie Road,
Baraboo

Free admission!
Lots of door prizes! Live music!

Are you leaving money on the table by spending more on food and energy than you should? Come to Sauk County Earth Day and discover ways to save! Meet local food producers and learn about Community Supported Agriculture (CSAs). Find out how you can purchase directly from them all season long! Kids will get to build “junk critters” and meet Uncle Butzie, the turkey vulture, and Smokey Bear. Delicious and inexpensive soup and sandwiches will be available for lunch. And what about those mouth-watering HCE pies? And stop by the new Baraboo Culver’s at 10:30 a.m. or 3:30 p.m. for an insider’s look at one of Wisconsin’s newest LEED certified restaurants.

For more information go to SaukEarthDay.com or call 355-4839.

Frozen Raspberry Cheesecakes

INGREDIENTS:

- | | |
|--|---------------------------------------|
| • 1/4 CUP CRUSHED SHORTBREAD COOKIES | • 1 TABLESPOON LEMON JUICE |
| • 1 TABLESPOON BUTTER, MELTED | • 1/3 CUP RASPBERRY SHERBET, SOFTENED |
| • 1 1/2 OUNCES CREAM CHEESE, SOFTENED | • 1/4 CUP FRESH RASPBERRIES |
| • 3 TABLESPOONS SWEETENED CONDENSED MILK | |

DIRECTIONS:

1. IN A SMALL BOWL, COMBINE THE COOKIE CRUMBS AND BUTTER. PRESS ONTO THE BOTTOM OF A 4 INCH SPRINGCORN PAN COATED WITH NONSTICK COOKING SPRAY. FREEZE FOR 10 MINUTES. IN A SMALL BOWL, COMBINE THE CREAM CHEESE, MILK AND LEMON JUICE UNTIL BLENDED. SPREAD OVER CRUST. FREEZE FOR 2 HOURS OR UNTIL FIRM.
2. SPREAD SHERBET OVER CREAM CHEESE LAYER, FREEZE 2 HOURS LONGER. TOP WITH RASPBERRIES.



April



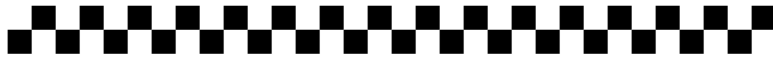
Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Marsala Red Skin Potatoes Peas and Carrots Alexander Torte Honeydew Melon* Sliced Bread</p>	<p>3 Salisbury Steak Mashed Potatoes Wax Beans Pear Slices Cookie * Dinner Roll</p>	<p>4 Chicken Tetrazzini Cass. (includes veg.) Tossed Salad Apricot Halves Ice Cream Cup * Sliced Bread</p>	<p>5 Glazed Ham Au Gratin Potatoes Mixed Vegetables Birthday Cake Fruit Cocktail * Dinner Roll</p>	<p>6 Good Friday <i>Office Closed No Dining Center or Home Delivered Meals</i></p>
<p>9 Swiss Steak Mashed Potatoes Corn Fruited Gelatin Frosted Cake * Sliced Bread</p>	<p>10 BBQ Pork Cutlet Escalloped Potatoes Summer Blend Veg. Pecan Pie Applesauce * Dinner Roll</p>	<p>11 Baked Chicken Mashed Potatoes Pickled Beet Salad Cantaloupe Slice Tapioca Pudding * Sliced Bread</p>	<p>12 Smoked Sausage German Pot. Salad Peas/Pearl Onions Molasses Cookie Peach Slices * Dinner Roll</p>	<p>13 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Cinnamon Roll * Sliced Bread</p>
<p>16 Swedish Meatballs Mashed Potatoes Calif. Blend Veg. Butterfinger Torte Plum Halves * Sliced Bread</p>	<p>17 Chicken Cacciatore Baked Potato Mixed Italian Salad Petite Banana Cookie * Dinner Roll</p>	<p>18 Meatloaf Cheesy Potato Bake Winter Blend Veg. Applesauce Cake Fruit Cocktail * Sliced Bread</p>	<p>19 Pork Steak Mashed Potatoes Red Cabbage Apricot Halves Fudge Brownie * Dinner Roll</p>	<p>20 Ham Rolls Squash Health Slaw Pineapple Tidbits Ice Cream Cup * Sliced Bread</p>
<p>23 Chicken Breast Mashed Potatoes Carrots Choc. Banana Torte Applesauce * Sliced Bread</p>	<p>24 Crispy Fish Fillet Baked Potato Tossed Salad Peach Slices Cookie * Dinner Roll</p>	<p>25 Beef Stew (includes veg.) Corn Egg Custard Pie Pear Slices * Biscuit</p>	<p>26 Country Fried Steak Mashed Potatoes Peas and Carrots Fruited Gelatin Cinnamon Roll * Dinner Roll</p>	<p>27 Escalloped Potatoes and Ham Casserole Green Beans Choc. Chip Cookie Petite Banana * Sliced Bread</p>
<p>30 Baked Chicken Twice Bk Style Pot. Three Bean Salad Ambrosia Dessert Frosted Cake * Sliced Bread</p>	<p>Q. What do you call a rabbit with fleas?</p>    <p>A. Bugs Bunny</p>			

May 2012
Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>A mother understands what a child does not say. Chinese Proverbs</p>	<p>1 Hawaiian Meatballs Red Skin Potatoes Baby Carrots Choc Surprise Torte Apple * Dinner Roll</p>	<p>2 Hungarian Goulash Cass. (includes veg.) Peas/Pearl Onions Cantaloupe Slice Ice Cream Cup * Sliced Bread</p>	<p>3 Chicken Cacciatore Baked Potato Creamy Cuke Salad Birthday Cake Fruit Cocktail * Dinner Roll</p>	<p>4 Roast Pork Loin Mashed Potatoes Mixed Vegetables Applesauce Cookie * Sliced Bread</p>
<p>7 Baked Spaghetti (includes veg.) Tossed Salad Coconut Cream Pie Plum Halves * French Bread</p>	<p>8 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Apricot Halves Frosted Cake * Dinner Roll</p>	<p>9 Glazed Ham Sweet Potato Three Bean Salad Pineapple Tidbits Cinnamon Roll * Sliced Bread</p>	<p>10 Fruited Chicken Salad on a Bed of Shredded Lettuce Rainbow Sherbet Honeydew Melon * Dinner Roll</p>	<p>11 Pot Roast Red Skin Potatoes Carrots Peach Slices Chocolate Pudding * Sliced Bread</p>
<p>14 Salisbury Steak Mashed Potatoes Green Beans Apple Pie Seedless Grapes * Sliced Bread</p>	<p>15 Baked Chicken American Pot. Salad Calif. Blend Veg. Pear Slices Cookie * Dinner Roll</p>	<p>16 Pork Jaegerschnitzel Mashed Potatoes Peas and Carrots Applesauce Cake Plum Halves * Sliced Bread</p>	<p>17 Meatloaf Baked Potato Winter Blend Veg. Petite Banana Fudge Brownie * Dinner Roll</p>	<p>18 Crispy Fish Fillet German Pot. Salad Mixed Vegetables Key Lime Pie Fruit Cocktail * Sliced Bread</p>
<p>21 Chicken Teriyaki Red Skin Potatoes Seven Layer Salad Pineapple Tidbits Frosted Cake * Sliced Bread</p>	<p>22 Swiss Steak Mashed Potatoes Carrots Choc. Chip Cookie Applesauce * Dinner Roll</p>	<p>23 Ham Rolls Escalloped Potatoes Tossed Salad Cantaloupe Slice Cinnamon Roll * Sliced Bread</p>	<p>24 Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Pear Slices * Dinner Roll</p>	<p>25 Bratwurst on a Bun Cheesy Potato Bake Summer Blend Veg. Fruited Gelatin Ice Cream Cup *</p>
<p>28 </p>	<p>29 Swedish Meatballs Mashed Potatoes Corn Butterscotch Pud. Peach Slices * Dinner Roll</p>	<p>30 Baked Chicken Twice Bk Style Pot. Spinach Salad with Rasp. Vinaigrette Fruited Gelatin Cookie * Sliced Bread</p>	<p>31 Beef Stew (includes veg.) Winter Blend Veg. Pecan Pie Plum Halves * Biscuit</p>	

Happy Mother's Day



- ★ Thank you to Beverly McNamara for her donation to the publishing of AddLIFE Today!
- ★ We would like to thank to Gerald and Judith Brantzeg for their donation to the AARP Tax Preparation Program.
- ★ Thank you to an anonymous donor for the donation to the publishing of AddLIFE Today!
- ★ We would like to thank to Alida Valk for her donation to the AARP Tax Preparation Program.
- ★ Thank you to an anonymous donor for the donation to the AARP Tax Preparation Program.

Thank You!

Answers: 1. they are caught 2. they are tossed
 3. they are popped 4. they have caps 5. they have tongues 6. they have anchors
 7. they are magazines 8. they have lanes 9. they lift 10. they have checks 11. they have waves
 12. they are hitched 13. they are balanced
 14. they have tanks 15. they have scores 16. they have bowls 17. they are filled 18. they have picks 19. they are bucks 20. they deliver

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I want to help the Aging & Disability Resource Center of Southwest Wisconsin - Sauk County Satellite to continue it's mission and dedication of service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____ or

In Honor of _____

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

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- AddLIFE Today! Publishing
- Care for the Caregiver Program
- Caregiver Support Programs
- Dining Center Program
- Disability Benefit Specialist Program
- Eat Better, Move More Program
- Elderly Benefit Specialist Program
- Foot Care Clinics
- Helping Hand at Home Program
- Home Delivered Lunch Program
- Home: Safe & Sound Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
- LivingWell Expo
- Outreach Programs
- Prevention Programs
- Promoting Health Programs
- Tele-assure Program
- The Bus**
- Transportation Programs
- Turning 65/Retirement Workshops
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505 Broadway, Room 102
Baraboo, Wisconsin 53913





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www.oakparkplace.com



What Do These Words Have In Common?

- | | |
|---|--|
| 1. A Ball - A Fish - A Cold | 12. A Bride & Groom - A Boat & Trailer - A Horse & Buggy |
| 2. A Ball - A Salad - A Coin | 13. A Scale - A Tire - A Checkbook |
| 3. A Cork - A Question - A Balloon | 14. An Aquarium - An Army - A Car |
| 4. A Bottle - A Baseball Player - A Mushroom | 15. A Sports Page - A Movie - A Broadway Musical |
| 5. A Bell - Mouth - A Shoe | 16. A Cook - A Toilet - College Football |
| 6. A Tug of War - The Nightly News - A Boat | 17. A Doughnut - A Cavity - A Prescription |
| 7. Seventeen - Time - People | 18. A Coal Miner - A Dentist - A Guitar Player |
| 8. A Basketball Court - A Highway - A Bowling Alley | 19. A Male Goat - A Dollar - A Male Rabbit |
| 9. Fog - A Jack - A Body Builder | 20. A Doctor - A Mailman - Domino's |
| 10. A Hockey Game - A Restaurant - A Bank | |
| 11. Hair - A Brain - An Ocean | |

Answers on page 31

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

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