



Enhance Your Life  
and the Lives of Others!

# Add **WIFE** Today!

Laughter  
Independence  
Friends &  
Energy

August/ September 2012

Vol 4 / Issue 4

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

## Sauk County's Bus is Expanding It's Routes!

Many people in Baraboo, Reedsburg, Lake Delton, Sauk/Prairie and Merrimac currently enjoy the ability to travel on **The Bus** from one municipality to another. This very affordable means of travel gives people the opportunity to go to other towns without the hassle of driving themselves. And the exciting news is that now people in Spring Green, Plain, North Freedom and Rock Springs have that ability as well, thanks to the expansion of the bus routes.

**The Bus** runs 5 days a week and will run the same route each day making it easier for you to use. The buses are all wheel chair accessible so it will be convenient for adults with disabilities.

Who can ride **The Bus**? Everyone!

**The Bus** fare is \$1.00 per one way trip if you are 60 years of age or older, a passenger with a disability or a student. For all other

passengers the fare is \$2.00 per one way trip.

**The Bus** runs a deviated fixed route which means the bus route has regularly posted stops but the bus has the ability to "deviate" from the route to pick up or drop off a passenger who is unable to get to the bus route. Call us for details!

Check out pages 6 and 7 to see the new schedule with the new times and locations. When looking at **The Bus** schedule, note that the bus departs at the time listed. Feel free to contact the Transportation Department at the ADRC at 608-355-3278 or 800-830-3533 to assist you in planning your travels.

Please use the **Free Bus Passes** below and have an enjoyable trip courtesy of the Aging & Disability Resource Center.

Take a friend with you and double the fun!!!



### **The Bus**

A Gift Certificate For You

This entitles you to a one Free Round Trip on **The Bus**

Value: \$1 for Seniors, students and those who are disabled  
\$2 for all other passengers

Authorized by: The Aging & Disability Resource Center of Sauk County



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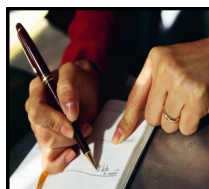
Authorized by: The Aging & Disability Resource Center of Sauk County

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**"Life isn't about waiting  
for the storm to pass...  
It's about learning to  
Dance in the Rain"**

*-Author: Unknown*



### Mark Your Calendar

The ADRC will be closed on:

September 3	Labor Day
November 22-23	Thanksgiving
December 24-25	Christmas

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 Vandrž, ADRC Director



### What Is The Truth About The Affordable Care Act?

Get the non-partisan facts from the National Council on Aging at <http://www.ncoa.org/public-policy-action>. Look for the Straight Talk fact sheets and videos on health care reform and be informed. You can't necessarily believe what you hear on the TV talk shows and commercials.

Don't have access to the internet? Call or visit the ADRC and we'll help you get this information.

### Some Special News for Veterans

Dryhootch has opened a Madison location! It is located at the Veterans Welcome Resource Center at 8025 Excelsior Drive.

Dryhootch Madison will provide access to services to help veterans as they make the transition back to civilian life. For more information about the Dryhootch mission and activities in Madison and other locations visit [www.dryhootch.org](http://www.dryhootch.org).

The Veterans Service Office and NAMI-Sauk County are working together to develop and support a PTSD (post-traumatic stress disorder) support group for our neighbors living with this illness. If you or a loved one is living with PTSD, please contact Tony at the VSO or call the NAMI Support Line at 355-4435 to leave your contact information for details on this group to come.

Be Well,  
*Trish*



## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



### Dear Friends,

There continues to be a significant problem with employment in the veterans community. Many times each week I have veterans contact me regarding their frustrations with trying to find employment. There are resources available to help you find work or improve your employment situation. They range from veterans employment specialists at the state, who work at the Department of Workforce Development (DWD) to our website [www.co.sauk.wi.us/veteransserviceofficepage/employment-opportunities](http://www.co.sauk.wi.us/veteransserviceofficepage/employment-opportunities)

Gene Degner is the veterans representative at the DWD, and he can be contacted at (608) 242-4888. If you go to our web-site link provided above, you will see that we list any current job openings for employers who are looking to hire veterans, along with numerous resources to assist in a job search. We normally update this information several times a week as we become aware of new leads. If you don't have Internet access we keep a binder in our office with the current job opportunities printed out.

For combat veterans who are experiencing readjustment issues, anger, flashbacks, or anxiety, and you don't know where to turn or are not ready to get involved with the Department of Veterans Affairs, there is another option. Usually twice a month a counselor from the Vet Center out of Madison comes to Baraboo to meet with veterans from this area. This is a free service. Please contact our office if you would like to schedule an appointment to meet with the counselor.

**In Your Service,**  
**Tony**



## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator



### Volunteer Opportunities

Many of you have heard me say that we couldn't do all that we do here at the Aging & Disability Resource Center without our top-notch volunteers. It's true!!

Volunteers come to us for a number of different reasons ... and volunteers "retire" from the ADRC for a number of different reasons. Right now we are in need of additional volunteers in the following areas:

#### Home Delivered Meal Drivers and Substitute Drivers

#### Volunteer Drivers to assist people with transportation to medical appointments

Have you been looking for a way to get involved in your community? Make a difference in the lives of others? Help your neighbors?

We are ALWAYS ready for new volunteers. Please call Mary Jane at 353-3289 to find out how you can join this amazing group.

An excerpt from a note received from the daughter of one our home delivered meal recipients:

*"To The Home Delivered Meals Staff:  
I want to thank you all for the dedicated effort you make helping our seniors. My mom sometimes stays in bed and your volunteers lovingly encourage her to get up and eat. My mom could not live alone without this program. Thank you all for your kindness. You are truly angels!"*



### 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 2.5 hours a week. Books and other materials will be provided free of charge.

Classes will be held in Reedsburg starting in late August and in Baraboo starting in October.

If you are interested, please contact Mary Jane at the Aging and Disability Resource Center at 355-3289. (If you have called previously and expressed an interest in attending the class you will be receiving a phone call to take your reservation.)

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

**Take charge!**

**Learn to have fun again!**

**Live WELL with Chronic Conditions!**

## 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, October 25th

12:30 pm - 5:00 pm

St. Clare Hospital

707 14th St., Baraboo

Call DeeDee at St. Clare 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!



## 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 - August 7 & 21

Wednesday - August 15

Tuesdays - September 4 & 18

### LaValle - Fire Department

Wednesday - September 26

### Merrimac - Village Hall

Wednesday - September 19

### Lake Delton - Holly Cross Episcopal/

United Methodist Church

Wednesday - September 12

### Plain - American Legion Hall

Thursday - August 23

### Reedsburg - Maple Ridge

Tuesday - August 14

Thursday - August 16

Tuesday - September 11

Thursday - September 20

### Reedsburg - Willow Heights

Wednesday - August 8

### Sauk Prairie - St John's Church

Thursdays - August 2 & 9

Thursdays - September 6, 13 & 27

### Spring Green - The Meadows

Tuesday - September 25

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.

Tom Litscher

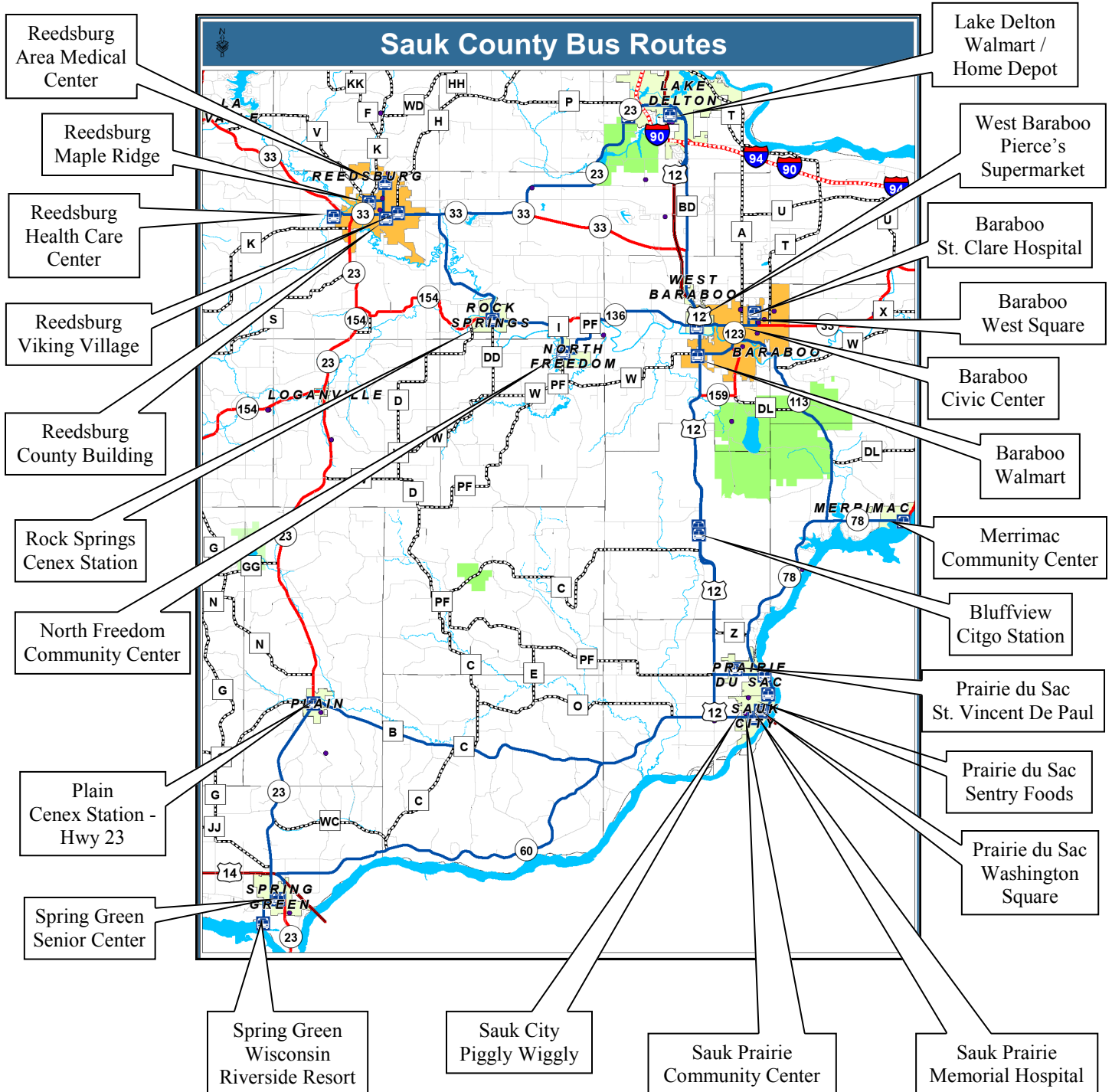


Dennis Murray

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

*Getting You  
There!*

*The  
Bus*





# Brand New Schedule For *The Bus!* 5 Days a Week! Public Transportation for Everyone!

Blue #1	↗	↓		The BLUE LINE	Blue #2	↗	↓	
7:30	11:00	12:00	3:00	West Baraboo Pierce's Supermarket	8:30	12:00	1:00	4:00
7:35	10:50	12:05	Request	Baraboo Walmart	8:35	11:50	1:05	Request
7:45	10:40	12:15	Request	Baraboo West Square	8:45	11:40	1:15	Request
7:55	10:30	12:25	Request	Baraboo St. Clare Hospital	8:55	11:30	1:25	Request
-	10:05	12:50	-	North Freedom Community Center	9:20	-	-	3:40
-	9:55	1:00	-	Rock Springs Cenex Station	9:30	-	-	3:30
8:30	-	-	2:25	Lake Delton Walmart/Home Depot	-	11:00	2:00	-
-	9:40	1:15	-	Reedsburg Viking Village	-	10:35	2:25	-
-	9:30	1:25	-	Reedsburg Maple Ridge	-	10:25	2:35	-
-	9:20	1:35	-	Reedsburg Area Medical Center	-	10:15	2:45	-
-	9:10	1:45	-	Reedsburg County Building	-	10:05	2:55	-
<b>9:00</b>	<b>9:00</b>	<b>1:55</b>	<b>1:55</b>	Reedsburg Health Care Center	<b>9:55</b>	<b>9:55</b>	<b>3:05</b>	<b>3:05</b>
↖	↕	↖	↕		↖	↕	↖	↕

Green #1	↗	↓		The GREEN LINE	Green #2	↗	↓	↗	↓	
7:30	11:15	12:15	3:45	West Baraboo Pierce's Supermarket	8:00	10:15	10:15	12:15	1:15	3:15
-	11:05	12:25	Request	Baraboo St. Clare Hospital	-	10:05	-	12:10	1:25	Request
7:40	10:55	12:35	Request	Baraboo West Square	8:10	9:55	-	12:00	1:35	Request
-	-	-	Request	Baraboo Civic Center	8:12	9:50	-	11:55	1:40	Request
-	10:40	12:45	Request	Baraboo Walmart	-	9:40	10:20	11:45	1:50	Request
-	-	12:55	-	Bluffview Citgo Station	-	9:30	10:30	-	-	3:00
-	-	-	-	Merrimac Community Center	8:35	-	-	11:25	2:10	-
8:00	10:25	1:05	3:30	Prairie du Sac St. Vincent De Paul	-	-	-	-	-	-
8:05	10:20	1:10	3:25	Prairie du Sac Sentry Foods	8:55	-	-	11:05	2:30	-
8:07	10:15	1:12	3:20	Prairie du Sac Washington Square	8:57	-	-	11:00	2:32	-
8:12	10:10	1:17	3:15	Sauk Prairie Memorial Hospital	9:02	-	-	10:55	2:37	-
8:20	10:02	1:25	3:07	Sauk Prairie Community Center	9:10	-	-	10:47	2:42	-
8:25	10:00	1:30	3:05	Sauk City Piggly Wiggly	<b>9:15</b>	<b>9:15</b>	<b>10:45</b>	<b>10:45</b>	<b>2:45</b>	<b>2:45</b>
8:55	-	-	2:35	Plain Cenex Station - Hwy 23	↖	↕	↖	↕	↖	↕
9:15	-	-	2:15	Spring Green Wis. Riverside Resort						
<b>9:20</b>	<b>9:20</b>	<b>2:10</b>	<b>2:10</b>	Spring Green Senior Center						
↖	↕	↖	↕							

# For Your Benefit

Call 355-3289 or (800) 482-3710 to confirm site visits or to schedule office appointments with your Elder Benefit Specialist



## Good Bye - Lorie Bednarek

For the past year I have had the pleasure to be an Elder Benefit Specialist for the ADRC of Sauk County. Thank you for this opportunity to help many wonderful people. I will end my employment in early August and there will be a new face in this position to help you with your concerns and questions. Please continue to call the Aging and Disability Resource Center with your questions and you will be directed to the appropriate personnel.

## Welcome Mindy Shrader



Hello. My name is Mindy Shrader and I am the new Elder Benefit Specialist with the Aging & Disability Resource Center of Sauk County. I have nearly twenty years experience working in the field of Long-term Care in both Richland and Sauk Counties. In my previous positions I have assisted people with benefits and housing issues and provided advocacy. I'm eager to gain even more experience and serve elderly residents of Sauk County. I'm sincerely looking forward to joining the team at the Aging & Disability Resource Center and advocating for older adults in Sauk County.

## DEB HARVEY Coming to you:



Plain Library	August 8 1:00 to 3:00	September 12 1:00 to 3:00
Spring Green Senior Center	August 15 10:30 to 11:30	September 19 10:30 to 11:30
Spring Green Library	August 15 1:00 to 2:00	September 19 1:00 to 2:00
Sauk/Prairie Community Cntr	August 16 10:00 to 11:30	September 20 10:00 to 11:30
Merrimac Village Hall	August 16 8:30 to 9:30	September 20 8:30 to 9:30

## Medigap Helpline Opens New Medicare Part D and Prescription Drug Helpline

The Board on Aging and Long Term Care has launched its Medigap Part D and Prescription Drug Helpline. Counselors are available to assist callers age 60 and over who have questions related to prescription drug insurance, including Medicare Part D and SeniorCare. Counselors will also aid callers in exploring other coverage options for prescription drugs.



The Medigap Part D and Prescription Drug Helpline can be reached at: **1-855-67PARTD (1-855-677-2783)**

For other questions about Medicare and other insurance, please call our Medigap Helpline at: **1-800-242-1060**

The Helpline's normal business hours are Monday through Friday, 8:00 am – 4:30 pm.

*By: Nicole Hamilton  
Medigap Helpline; Part D Counselor*



## Insurance Commissioner Offers Money-Saving Reminders

Wisconsin Insurance Commissioner Ted Nickel offers some tips to consumers who are looking to maximize their insurance premium dollars.

"Saving money on your insurance premiums is an important part of a sound financial plan," said Nickel. "Just as someone would periodically compare mortgage interest rates to their current rate, they should also be reviewing any available options to lower their insurance premiums."

Reviewing your insurance coverage annually will not only ensure that you have the right amount of coverage, but it will help you spot ways to reduce your overall premiums. Commissioner Nickel offered the following suggestions:

- Make sure you are receiving all the discounts to which you are entitled. Discounts are typically given to people who have more than one policy with the same insurer; have security or safety systems, such as smoke detectors, deadbolts and fire alarms; are 55 or older and retired; or live in homes located in eligible homeowner's associations. Some insurers even offer discounts if all residents of the home are nonsmokers.
- Consider increasing your deductible. If your deductible is \$250, raising it to \$500 should decrease your premiums. Raise it to \$1,000 and you could save even more. Just two caveats: 1) make sure you can pay the higher deductible if disaster strikes;

and 2) check with your lender as some home loans have a clause that specifies a maximum property insurance deductible.

- Make home improvements. Upgrading your electrical, plumbing and heating systems could improve the safety of your home and, therefore, reduce your premiums. Plus, certain energy saving improvements may be eligible for federal tax credits. Repair or replace your older roof since insurance policies do not cover losses resulting from wear and tear. Plus a newer roof is more likely to protect your home from storm damage.
- Don't over insure. If you drive an older, less expensive vehicle, consider eliminating collision and/or comprehensive coverage.
- Maintain a good credit history. Insurance companies are increasingly using credit information to price homeowner's insurance policies. Protect your credit standing by paying bills on time and keeping your credit balances low. Check your credit report on a regular basis and have errors corrected promptly.

Nickel said the number one piece of advice he gives is: Shop around. He suggests consumers work with an independent insurance agent to make sure their insurance coverage meets their needs for the spring, summer and beyond.

"Wisconsin has a vast network of independent insurance agents and a large

*(Continued on page 10)*

(Continued from page 9)

selection of insurance companies," said Nickel. "Independent agents will be able to help find the coverage you need to help make your financial plan work for you."

OCI offers a number of publications on insurance for consumers on its Web site at [oci.wi.gov](http://oci.wi.gov). Those publications include: Tips for Saving on Auto Insurance, Tips for Saving on Homeowner's Insurance, Tips for Buying Insurance on the Internet, Consumers Guide to Insurance, and many others.

Visit [www.insureUonline.org](http://www.insureUonline.org) for more insurance-related tips and information.

*This article is reprinted with permission from  
[oci.wi.gov](http://oci.wi.gov).*

## **GOLDENCARE CALENDAR OF EVENTS**

Refreshments to be provided



### **All You Wanted to Know about Medicare and more...**

**(Medicare Part D, Medicare/Advantage Plans & Supplements)  
with Deb Harvey, Benefit Specialist  
of Aging and Disability Resource Center**

St Clare Hospital, Ho Chunk Room

Thursday, September 13

10am-12noon

Call **St. Clare HOSPITAL's** GoldenCare  
for Reservation (608) 356-1407

### **Consider the Conversation An End of Life Documentary**

**Sponsored by Home Health United**

**Guest speaker, Ridley Usherwood, M. Div., D. Min.  
Bereavement Coordinator**

Thursday October 11,

10:00am-Noon

St Clare Hospital, Ringling Room

**To Register, call St. Clare HOSPITAL's  
GoldenCare (608) 356-1407**



## **SENIOR CITIZEN VARIETY SHOW**

Friday, September 21, 2012 at 7:00 p.m.

at

Al Ringling Theater, Baraboo

8 Musical Acts from throughout Sauk County

Dave SaLoutos

from Circus World Museum

will emcee the event

Admission is FREE,

but a free-will donation will be taken  
to benefit the Alzheimer's & Dementia Alliance

An event for the whole family -  
come join in the fun!



## Preventing a Broken Hip

The consequences of a hip fracture are serious. Extended long-term rehabilitative care is often required, resulting in the loss of independence for the patient and potential financial challenges for the family. In addition, about one out of five hip fracture patients die from complications within a year of their injury.\*

“When hips are healthy, they are very stable and it takes a significant impact to hurt them,” says Craig Christianson, M.D., UCare’s Associate Medical Director. “However, falling or overuse has the potential to lead to hip injuries, with falls being the No. 1 cause.” Common risk factors that make people more vulnerable to suffering a broken hip include age, gender, heredity, nutrition, health status, and lifestyle.

Help reduce the risk of falls and fractures by taking the following steps:

- Eliminate falling hazards in the home by removing loose rugs or cluttered areas, installing safety rails, and maintaining good lighting.
- Add weight-bearing activities and strengthening exercises to your workouts as a way to help prevent osteoporosis and improve balance. Consult your doctor before beginning a new exercise program.
- Eat a diet rich in calcium and vitamin D, including fruits, milk, vegetables, and low-fat cheese. Ask your doctor if you should also take a calcium supplement.
- Avoid smoking and excessive alcohol use.
- Have your medications reviewed to reduce interactions and side effects such as dizziness.
- Have annual eye exams.

See your physician to discuss your family history and risk factors for osteoporosis. They will conduct a physical examination and may order a bone density test.



“When hips are healthy, they are very stable and it takes a significant impact to hurt them . . . ”

“... however, falling or overuse has the potential to lead to hip injuries, with falls being the No. 1 cause.”



This partnership article is brought to you by:

UCare  
3410 Oakwood Mall  
Drive, Suite 500  
Eau Claire, WI 54701  
1-877-523-1518





# Disability Benefit Specialist

Natalie Wilmot



Holly Schafer

## Disability Benefit Specialist and Disability Rights Wisconsin Services

As you may know our services are available to Sauk County resident's ages 18 through 59 years with physical disabilities, developmental disabilities, mental illness and substance abuse disorders. Some of the ways we can help persons with disabilities include:

- Provide information on public and private benefit test and programs
- Talking with you about your choices and the programs or services that might best meet your needs
- Help in determining which benefits and programs you may be entitled to
- Help you fill out applications for benefits, programs and services
- Provide assistance in obtaining or retaining benefits and services
  - Provide referrals to additional resources such as employment counseling, literacy programs, subsidized



childcare benefits, etc.

- Provide representation and advocacy on other matters including disability rights
- Provide information regarding, and assistance with, consumer rights issues, complaints, grievances and appeal processes
- We are available to conduct workshops or help you develop written information for a group

Our key partner in the role of Disability Benefit Specialist is Disability Rights Wisconsin (DRW) who provides protection and advocacy for people with disabilities. Disability Rights Wisconsin is a private nonprofit organization which was founded in 1977. Designated by the Governor to ensure the rights of all state citizens with disabilities through individual advocacy and system change, DRW is part of a national system of federally mandated independent disability agencies. DRW is completely independent of government and the disability service system in order to be free of any conflicts of interests which would undermine their capacity to advocate vigorously on behalf of the human and legal rights of people with disabilities. Disability Rights Wisconsin serves people of all ages, including people with developmental disabilities, people

with mental illness, people with physical or sensory disabilities, and people with traumatic brain injury. Their primary focus is on:

- Abuse and neglect
- Patient rights
- Deinstitutionalization
- Long-term care
- Special education
- Voting rights
- Discrimination in employment and housing
- Barriers to accessibility
- SSI managed care
- Medicare Part D Helpline
- Program attorney services to disability benefit specialists
- Assistive technology
- Access to services

Disability Rights Wisconsin does not provide legal assistance for bankruptcies, traffic tickets, criminal cases or family law issues like child custody, child support or divorce. If you are a consumer or family member the number to reach DRW is 1-800-928-8778. An Intake Specialist will ask about your concern. If your concern is an identified issue, DRW staff will discuss with you if they can provide advocacy services to help you. Advocacy services they may be able to offer include: information and referral; advice and guidance in self-advocacy; investigating, negotiating or mediating on your behalf, or representing you in legal proceedings. We hope this information is helpful. As always we look forward to working with you and your loved ones. If you know of anyone who may benefit from my services, please contact us at 608-355-3289 or 800-482-3710.

## Is Money Tight? Make Every Penny Count



Would you walk past a \$20 bill lying on the ground?

Being eligible for FoodShare Wisconsin but not taking advantage of it is a lot like walking past \$20 or more month after month. FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance.

Household Size	You <i>might</i> qualify if your total monthly household income is less than:
1	\$1,816
2	\$2,452

Did you know...

- 2/3 of eligible seniors are NOT claiming their benefits!
- You can own a home and car and still get benefits.
- Most people only receiving Social Security and even a small pension are eligible!
- The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- Getting benefits does NOT take away from others. EVERYONE that is eligible will get benefits.

**For more information,  
call the FoodShare Helpline at  
1-877-366-3635 today!**

## Aging & Disability Specialists - Here to Help you!



Jim  
Pritzkow



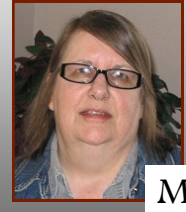
Lisa  
Karau



Quinn  
Hause



Abigail  
Musselman



Marcie  
Dachik

## OPTIONS COUNSELING

Many people have contacted the Aging & Disability Resource Center and been connected to the Aging & Disability Specialist, also known as an Information & Assistance (I&A) Specialist. One of the questions we hear frequently is "what do you do?". This question is sometimes difficult to answer because we try to assist the caller with whatever he/she is asking

of us. As our job description states we provide information and assistance and this could mean anything from giving out private pay resource information to making referrals to other agencies who could help meet a person's needs. We are really trying to get individuals to "know us before you need us" and one way of doing this is through options counseling. Below is a description of what options counseling might look like and what might be discussed by the I&A specialist:

### What is Options Counseling?

This service is focused on education and is sometimes provided when an individual is planning for or currently experiencing a life change. These life changes may include

surviving a traumatic event such as a car accident, a medical event such as a stroke or the transition from school-based services to programs for adults with disabilities. It analyzes the person's individual situation. The person's finances, living situation and functional abilities may also be evaluated.

The goal of options counseling is to maximize the individual's finances and informal supports to decrease dependence on public dollars for long term care needs.

A comprehensive plan is devised that takes into account both paid services and services performed by family, friends and neighbors.

### The Process for Requesting Options Counseling

Most requests for options counseling are made by the individual or family member calling the ADRC. Most callers are not calling for options counseling specifically, but the call turns into a request.

*I Promise...*



*... I will ask for help before my problems get out of control.*

Options counseling is a free service that anyone can request, no matter what their financial situation.

An appointment is set up usually within two weeks to meet with all the persons involved.

### **Topics Discussed in Options Counseling**

A comprehensive discussion focuses on the person's current and future needs.

Services like supportive home care, personal care, and housing options are discussed. Many times this counseling will include discussions on other living situations which then helps an individual decide whether moving or staying at his/her current residence is the best option.

Informal supports are also discussed and encouraged.

Approximate costs of formal services are projected and compared to the individual's personal financial situation.

Public assistance is discussed as a last resort after the individual's personal funds are exhausted.

### **What Happens After Options Counseling?**

Referrals can be made to local agencies to provide services that were found to be needed by the individual.

Follow-up by the ADRC is made to see how the individual and/or family are doing.

Options counseling is not always a one-time service. As an individual's situation changes, counseling can be requested to re-evaluate needs, services, and finances.

To request options counseling call the ADRC at 355-3289 or 800-482-3710 and ask for one of our I&A Specialists.

### **Ready Wisconsin's Tips on:**

### **What you should do if the weather is extremely hot**



- Listen to NOAA Weather Radio for critical updates from the National Weather Service
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Postpone outdoor games and activities.
- Consider spending the warmest part of the day in public buildings like libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.

(Continued from page 15)

- Avoid extreme temperature changes.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Contact Sauk County Emergency Management at 355-3200 for information on the cooling stations in Sauk County. Pets can be taken to the Sauk County Humane Society while you are using the cooling center. Please call them at 356-2520 for the details.

## Tips to Beat the Heat and Save Energy



Utility bills can soar during extreme heating periods, and with temperatures across the state expected to jump to nearly 100 degrees Fahrenheit over the next few days, the Public Service Commission of Wisconsin (PSC) is offering a few tips to stay cool and keep costs down.

- Use cold water for doing laundry and air dry clothes on clotheslines.
- Turn off lights when leaving a room.
- Check weather-stripping and caulking for leaks around doors and windows.
- Use a microwave oven or cook outside instead of using the stove or oven.
- Minimize the amount of time your refrigerator and freezer doors are open.
- Use natural lighting and compact fluorescent light bulbs. Ninety percent of the energy used by an incandescent bulb makes heat.

### Home Cooling

- Close blinds and curtains on hot days.
- Install white window shades or blinds to reflect heat away from your house.
- For long-term cooling, plant trees/shrubs to shade your house. Carefully positioned trees can save up to 25 percent of a typical household's energy used for cooling.
- Place your room air conditioner on the north side of the house. A unit operating

in the shade uses up to 10% less electricity than the same one operating in the sun.

- Whole-house fans help cool your home by pulling cool air into the house and exhausting warm air through the attic. Most effective when operated at night as the air is cooler outside than inside.

### Appliance Usage

- Unplug electronics like computers, televisions, and radios when not in use.
- Set your dishwasher to air-dry mode and use it only when it's fully loaded.
- Turn on ceiling fans only when you're in the room.
- Clean and maintain your air conditioner often. Make sure air filters, air intakes, grilles, and radiators are unblocked and clean at all times. Clean dirt and leaves off coils on outdoor units.
- When buying new appliances, including air conditioners, look for those that are ENERGY STAR rated, which means they are more energy efficient than traditional appliances

For more information about conserving energy, visit the Summer Energy Tips page on PSC's website at <http://psc.wi.gov/conservation/summerEnergyTips.htm>.

*Public Service Commission of Wisconsin Press Release*

## Tips For Keeping Food Safe In Hot Weather

Your mother may have fussed about potato salad at summer cookouts or picnics. In fact, foods containing mayonnaise are no more vulnerable than other foods to the rapid growth of bacteria such as E. coli, salmonella, cyclospora and hepatitis A.

- Undercooked beef and sausage are likely sources, but foodborne illness can also be obtained from contaminated produce, like lettuce or tomatoes.
- Always be sure to keep raw and cooked foods separate. Never place cooked meat back on the platter where it rested before it went on the grill.
- Always wash your hands before and after handling food. Keep your kitchen, dishes and utensils clean.
- Another basic rule is to keep hot food hot (above 140 degrees) and cold food cold (under 40 degrees). Don't leave food out for more than two hours, nor for more than an hour when the temperature is over 90 degrees. Keep foods cold by nesting dishes in a bowl of ice or keep out only small amounts and refill as needed. Thermoses are a good way to keep some hot foods, like baked beans, hot.

Estimates are that at least 70 percent of Americans have experienced some type of medical emergency during the summer months—ranging from food poisoning to a near drowning. A few safety precautions can help you keep your summer days relaxed and carefree.

But if you do need the help of medical professionals this summer, remember our Urgent Care is open weekdays 3:00pm – 9:00pm and weekends from 10:00am – 9:00pm.

This Healthy Tip brought to you by: Reedsburg Area Medical Center  
2000 North Dewey Avenue



Reedsburg, WI 53959  
608-524-6457  
[www.ramhealth.com](http://www.ramhealth.com)





**VETERAN BENEFIT SCENARIO**

\*\*This is not an individual veteran, and any similarities between the example and an actual veteran are purely coincidental.



Joe was a Vietnam Veteran who died from a heart attack in 2007. Joe struggled with health issues most of his adult life since returning from his military service. His health issues included diabetes, prostate cancer, and heart disease. By working with the Sauk County Veterans Service Office, Joe was able to gain service-connection for some of his health issues, but not his heart disease. Heart disease was added to the presumptive list three years after Joe’s death. However, there is a special provision for Vietnam Veterans which says that whenever a new presumptive condition is added, the VA is required to go back into every Vietnam Veteran’s file who had previously filed a claim and look to see if

- 1) they had claimed that condition or if
- 2) there was medical evidence in their claims file that they had that condition.

For VA purposes, the VA presumes that

specific disabilities diagnosed in certain veterans were caused by their military service. VA does this because of the unique circumstances of their military service. If one of these conditions is diagnosed in a veteran in one of these groups, VA presumes the circumstances of his/her service caused the condition, and disability compensation can be awarded.

Joe fit the second scenario, due to the fact that when he filed for prostate cancer and diabetes, the medical records he submitted to support his claim also included documentation of his heart condition. Because of this the VA was required to grant service-connection for his heart disease. The effective date was the date the VA got his medical records showing his heart disease. Even though Joe has long since passed, this resulted in significant benefits for his survivors, to include his spouse. The spouse received back pay from the VA which would have been paid to Joe while he was alive; she also got Dependency and Indemnity Compensation, which is a monthly benefit paid to the surviving spouse of a veteran whose death was deemed to be service-connected; education benefits; ChampVA, which is a no premium private medical insurance; and possibly property tax credit.

\*\*\*

**Reminder: ALS (Lou Gehrig’s Disease) is a presumptive condition for ALL veterans that served 90 days or more of active duty, regardless of which era they served in.**

This benefit also applies to surviving spouses of veterans that have died from ALS. If you are a veteran with ALS, or the spouse of a veteran that died from ALS and you have not yet done so, please contact our office.

## VA Clinic in Baraboo Expanding



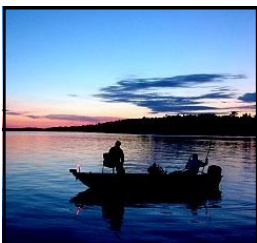
### **Groundbreaking for Madison VA Hospital's new Baraboo clinic on June 20.**

From left to right: Mark Seitz, U.S. Rep. Ron Kind's office; Keith Nevitt, U.S. Rep. Tammy Baldwin's office; Ryan Knocke, U.S. Sen. Herb Kohl's office; Steve Krallis, Wisconsin Department of Veterans Affairs; Tony Tyczynski, Sauk County CVSO; Roger Friede, Friede & Associates; Russ Eilers, ADCI; Judy McKee, Director, Madison VA Hospital; Sue Kieffer, Madison VA Hospital (Baraboo Clinic); Travis Zick, Stand Rock Properties, LLC; Gene Dalhoff, Exec. Dir., Sauk County Development Corp; Deb Bauer, Exec. Dir., Baraboo Area Chamber of Commerce; Mayor Mike Palm, City of Baraboo; Merlin Zitzner, CEO, Baraboo Bancorp

William S. Middleton Memorial Veterans Hospital, Madison, announced recently it is expanding its community-based outpatient clinic in Baraboo, and moving the clinic to a new location.

The clinic is expected to be completed in the late fall of 2012 and will open later in the year. To prevent disruption in the services Baraboo-area Veterans are currently receiving, the clinic at the present clinic location will continue operating until the new clinic opens.

The Madison VA Hospital first established a clinic in Baraboo in 1999. The clinic has a staff of seven full-time and three part-time employees in its 2,683 square foot facility at 626 14th St. near St. Clare Hospital. The clinic will move about 2.3 miles to the 1400 block of South Boulevard on Baraboo's southwest side at Commerce Avenue. It will be larger than the present facility, with a total of about 4,800 square feet.



### **DNR Hunting and Fishing Licenses**

There is a new DNR Disabled Veterans Recreation Card for service-connected disabled veterans rated at 50% or higher. For \$7 the veteran receives a fishing and small game license as well as admission to state parks/trails. These can be purchased at any license agent that sells hunting or fishing licenses. Veterans would need to give proof that they are a disabled veteran.

### **Hope for Troubled Vets**

Luvs Morgan Horse Rescue is honored to offer an equine program for veterans by veterans. This unique equine program is for those who have given so much for so many. "The program is set at the veterans pace - they say go, we go, say whoa and that's where we stop." Whether you need to recharge your batteries loving the view or want to

*(Continued on page 20)*

(Continued from page 19)

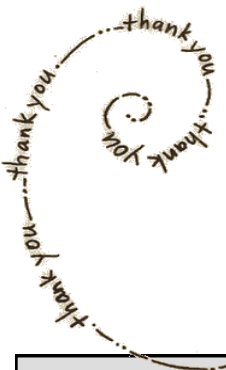
interact with one of their rescued horses, they offer something for everyone.

The program is offered to veterans and family at no cost, as they have given so much already. The farm is located in the lovely town of LaValle, so please give them a call and let the breath of a horse warm your heart.

You can call (608) 985-8886 or e-mail Barb or Joe at [bobbie8632@yahoo.com](mailto:bobbie8632@yahoo.com) for more information.

### Veterans Health Benefits Handbook

The U.S. Department of Veterans Affairs is in the process of sending a handbook regarding health care benefits to veterans that are in the VA health care system. The handbook contains valuable information, can help you access your VA benefits and inform you if any costs apply. This handbook only pertains to your health care benefits - it does not have anything to do with any possible compensation claims you may have pending, even though it mentions a decision and appeal. If you have any questions regarding it, you are encouraged to contact your local VA health care facility, or you can call our office for assistance.



**Thank You** - We want to thank Wanda West and DAV Chapter 8 for their recent donations to the Veterans Care Trust Fund. These tax deductible donations are used to help needy veterans of Sauk County.

### Sign up for the Electronic Newsmagazine

Any veterans who would like to receive 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 newsmagazine.



## A Smile

Author Unknown

A smile costs nothing, but  
gives much-  
It takes but a moment, but  
the memory of it usually lasts  
forever.  
None are so rich that can get  
along without it-  
And none are so poor but  
that can be made rich by it.  
It enriches those who re-  
ceive, without making poor  
those who give-  
It creates sunshine in the  
home,  
Fosters good will in business,  
And is the best antidote for  
trouble-  
And yet it cannot be begged,  
borrowed, or stolen, for it is  
of no value  
Unless it is given away.  
Some people are too busy to  
give you a smile-  
Give them one of yours-  
For the good Lord knows that  
no one needs a smile so  
badly  
As he or she who has no  
more smiles left to give.

## FIVE REASONS SUNSHINE IS GOOD FOR YOU!

We often hear about the dangers of direct sun exposure to sunlight. It turns out, letting the sun shine in may have more benefits than drawbacks. Here's some food for thought:

- ★ Vitamin D: The sun is a great source of Vitamin D which is necessary for bone and muscle health and also supports our immune system.
- ★ Positive mood: In the cold dark days of winter, we can start to feel lethargic. Once the sun starts shining, we feel more energetic, and our mood improves due to the sun's ability to help our bodies produce endorphins and the feel-good neurotransmitter, serotonin.
- ★ Kills "bugs": Sunshine acts as a natural antiseptic, killing viruses, bacteria, and mold.
- ★ Sound sleep: Natural spectrum light exposure during the day can help your body to increase production of the sleep-inducing hormone melatonin at night. This encourages sound sleep. A good night's rest does incredible things for our physical health and emotional well-being.
- ★ Healthy liver: When infants are born with the condition jaundice, the treatment sometimes includes light therapy. This is because natural spectrum light helps the liver to function better and clear away toxins from our bodies. Increased liver function equals increased health. The sun helps make this happen.

Research also demonstrates that viewing pictures of the outdoors and natural settings can boost our mood and immune function as well. Here's to the sunshine! Just remember to wear sunscreen.

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015

  
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# Cop's Corner

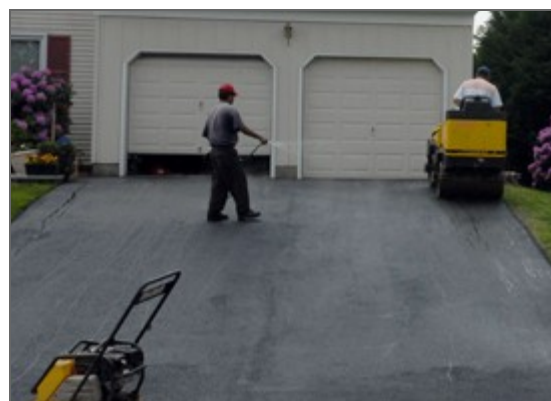
## Beware of Asphalt Paving Scams

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Asphalt driveways can begin to look worn and faded after a few harsh winters. When this does happen, it is only natural for a homeowner to want the restoration done at a bargain price. Local law enforcement agencies warn consumers to beware of asphalt paving scams that claim to offer those bargain prices, but leave many consumers unsatisfied with the work that has been paid for in advance or, worse yet, are fronts for criminals to burglarize homes.

Some asphalt paving scam warning signs may include:

- Selling door-to-door. Reputable asphalt contractors will rarely, if ever, sell their product door-to-door.
- Claiming they have leftover asphalt from another job. Professional asphalt contractors know, with great accuracy, how much paving material is needed to complete a project. Rarely will they have leftover material.
- Push you to make a quick decision. Trustworthy contractors provide a written estimate that will be valid for days or weeks. Never hire someone on the spot. Ask for references and check them.
- No contract offered. Insist on a written contract specifying in detail the work to be performed and the agreed total price, not



just price per square foot.

- Deals that seem too good to be true.
- Out of state. Often the trucks they travel in are unmarked or they have an out-of-state license plate. Even if they claim to have a local phone number, scammers have more recently been purchasing disposable cell phone plans to provide a local number in the area they are soliciting.

If you have questions regarding the validity of a company please contact your local law enforcement agency or the Wisconsin Department of Consumer Protection at (608) 224 5012.

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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



*Be like the flower,  
turn your face to the sun.*

-- Kahlil Gibran



## *Alzheimer's Walk*

*Your partner along the journey.  
Every Step of the way.*

Celebrating our 12th annual walk!

Sauk County Alzheimer's Walk

Sunday, September 22, 2012

Ochsner Park and Riverwalk

Corner of 8th Avenue and Park Street , Baraboo, Wisconsin

The Alzheimer's & Dementia Alliance of Wisconsin provides information, education and consultation to those affected by Alzheimer's disease or other dementia in south central Wisconsin, as well as advocacy on behalf of the entire state. We're here for you every step of the way.

Help us to continue providing critical local programs and services by joining us at an Alzheimer's Walk this fall! All dollars raised stay in Wisconsin.

Alzheimer's & Dementia Alliance  
Serving South Central Wisconsin Since 1985  
608-232-3400/888-308-6251  
Register on-line: [www.alzwisc.org](http://www.alzwisc.org)





## Caregiver Corner

Things turn out best for those  
who make the best  
of the way things turn out.

*Jack Buck*

### Traveling Tips for Caregivers

**S**ummer is a great time to get out and do things. Traveling out of town gives you something to look forward to and can be a very rewarding and fun experience. If you are a caregiver for a loved one you may wonder if you should just stay home, but with careful planning you can still get away. You just need to be a little more prepared for the unexpected. Nancy Abrahamson, Caregiver Support Coordinator from the St. Croix County ADRC gives these tips to consider when planning a trip.

**Gather important documents:** insurance cards, passports, physician's phone numbers, medication list, a recent photo and a summary of medical records. Carry them with you. Do not check them with your luggage in the event it doesn't arrive with you because the information is private

**Gather medications** noting if refills will be needed on any of them during the trip. Ask for refills in advance. Never travel with just enough as you may be delayed if flights or other transportation schedules change.

**Carry a list of emergency contacts.** You may want to purchase a wallet on a string to hold information so your loved one can wear it.

**Purchase an identity bracelet** or necklace for your loved one with his or her name on it. Safe Return provides excellent tracking should someone wander away. This will help even with international travel.

**Ask your physician to write a letter** for use with hotel or airlines should an emergency

cause a sudden change in plans. Consider travel insurance should you need to change tickets or accommodations.

**Make up several cards with the name, address and phone number of where you are staying each night.** Place one of these in the pocket of your loved one daily.

**Never leave your loved one alone** in a car, restaurant booth, etc. as wandering may become a problem in a strange location.

**Carry an "OCCUPIED" sign for the bathroom door** as the process sometimes takes extra time. You may need to bring your care receiver into the bathroom with you even if he or she is of the opposite sex.

**Stop every two hours when driving** to take a loved one to the bathroom. Carry a change of clothes in your bag or car.

**When possible, bring someone along to help** manage things when you need to be away from your loved one.

**When flying, notify the attendants of your loved one's dementia diagnosis** and plan plenty of time between connecting flights.

**Plan frequent stops** when driving to stretch legs and reduce anxiety.

**Try to maintain a schedule** close to what you did at home to minimize disruption for your loved one.

**Leave an itinerary with family members** and keep a copy with you at all times.

Happy trails!!

*Used with permission from Nancy Abrahamson, 6/12*

Thank You

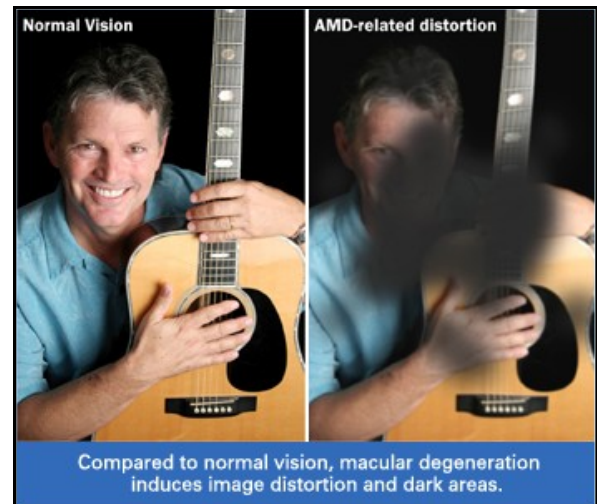
Thank you to Stacy Rist and Recover Health for providing lunch for our AddLIFE Today! Newsmagazine assembly volunteers.

## What Is AMD And How Can It Affect My Vision?

Age-related macular degeneration (AMD) is a leading cause of vision loss in the U.S. and affects 1.75 million people. AMD damages the macula, the area in the eye that allows us to see details (print or people's faces, for example) and colors.

Despite limiting one's vision, AMD does not cause total blindness. About 90% of AMD is the "dry" type. The loss of vision is gradual and can often go unnoticed. "Wet" AMD occurs in about 10% of cases. The change in vision is sudden, with lines or objects appearing wavy or crooked. Immediate medical attention is vital in order to save vision.

Although there is no cure for AMD, there are treatments that can limit damage to the eyes, as well as changes in lifestyle that can reduce one's risk of getting the disease. For those with impaired vision in both eyes, low vision rehabilitation can help you regain independence with reading, writing and other daily activities.



The Wisconsin Council of the Blind and Visually Impaired and the UW–Madison Department of Ophthalmology and Visual Sciences are sponsoring *Macular Degeneration Symposium: Innovations 2012*. This free, public event will be held at the Alliant Energy Center in Madison on October 18, 2012 from 9 a.m. to 2:30 p.m. Attendees will learn about advances in research on the prevention, diagnosis and treatment of AMD.

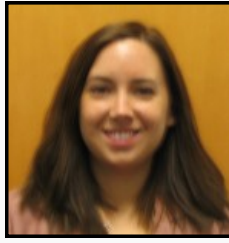
To learn more,  
call 608-255-1166 or 1-800-783-5213,  
or visit [www.wcblind.org](http://www.wcblind.org).



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](mailto:info@wcblind.org)

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



## Eat Right ... and Get Some Sleep!

Adequate sleep, while as critical as proper nutrition, is often overlooked as a key component of good health. Difficulties with sleep profoundly affect daily living and have broader implications.

### Consequences of insufficient sleep.

Insufficient sleep has been linked to the onset of a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression. Insufficient sleep also contributes to motor vehicle crashes and machinery-related accidents.

### How much sleep do we need?

Although how much sleep is needed varies between individuals, according to the National Sleep Foundation adults should get 7 to 9 hours of sleep each night.

### Why don't we get the sleep we need?

Causes of insufficient sleep include lifestyle and occupational factors, such as extensive family and social demands and stress. In addition, some medical conditions,

## Dining Center Schedule

<p><b>Baraboo</b>            Highpointe Commons            1141 12th St.,            Baraboo            Phone 963-3436  <i>Lunch Served at 11:30 am</i></p>	<p><i>August 20</i></p>	<p><i>September 17</i></p>
<p><b>Merrimac</b>            Tuesday-Thursday            Merrimac Village Hall            100 Cook St.,            Merrimac            Phone 963-2286  <i>Lunch served at 12:00 noon</i></p>	<p><i>August 8</i></p>	<p><i>September 12</i></p>
<p><b>Reedsburg</b>            Willow Heights            800 Third St.,            Reedsburg            Phone 963-3438  <i>Lunch Served at 11:30 am</i></p>	<p><i>August 14</i></p>	<p><i>September 11</i></p>
<p><b>Sauk/Prairie</b>            Sauk Prairie Community            Center            730 Monroe St.,            Sauk City            Phone 963-3437  <i>Lunch Served at 11:30 am</i></p>	<p><i>August 21</i></p>	<p><i>September 18</i></p>
<p><b>Spring Green</b>            Spring Green Senior Center            117 S Washington St.,            Spring Green            Phone 588-7800  <i>Lunch served at 12:00 noon</i></p>	<p><i>August 13</i></p>	<p><i>September 10</i></p>

medications, and sleep disorders affect the quantity and quality of sleep.

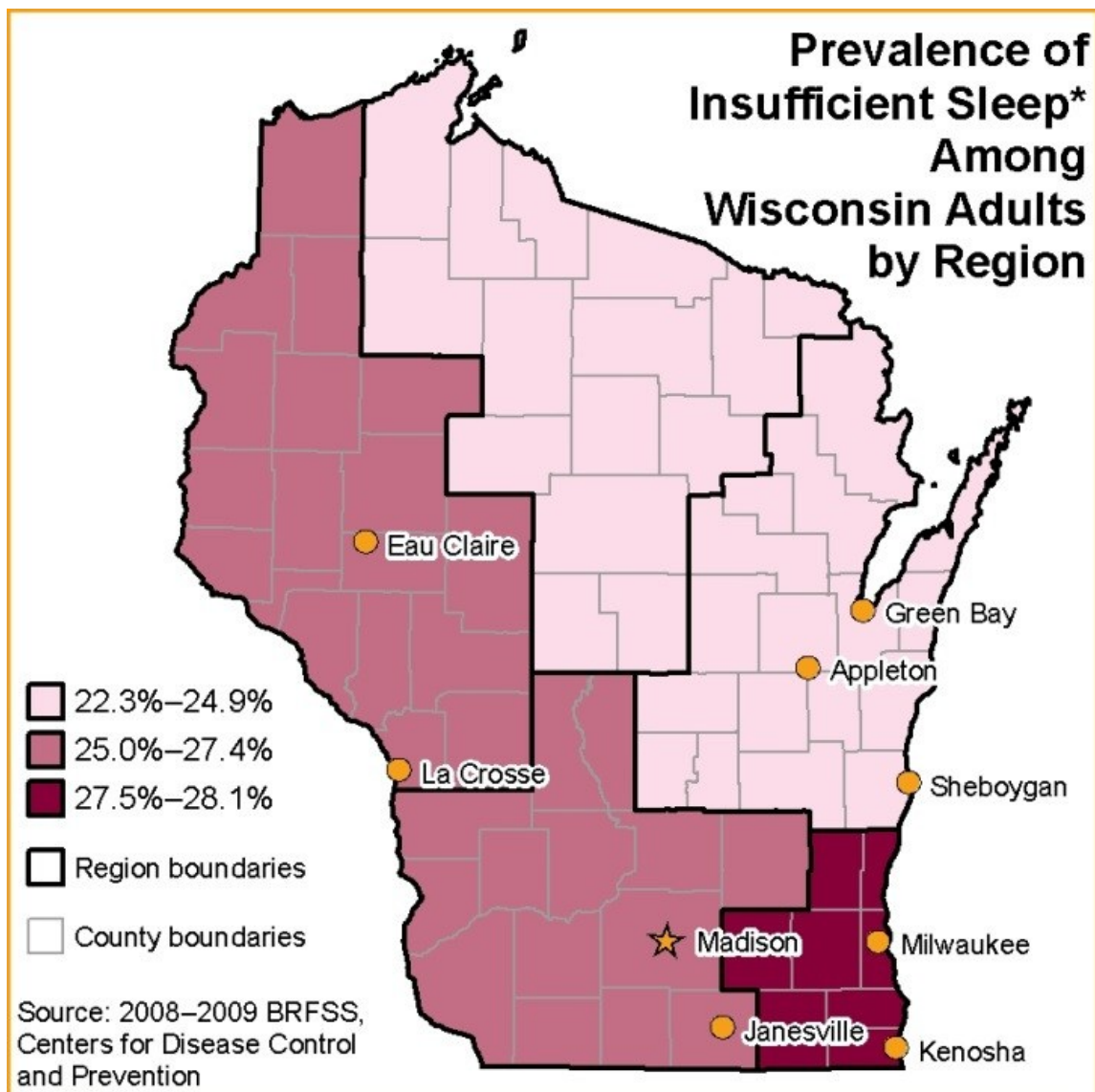
Consider these tips for a good night's sleep:

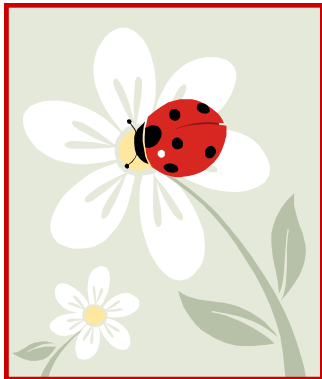
- Have a small meal or snack no less than three hours before going to bed.
- Limit your nighttime intake of caffeine from coffee, soft drinks and energy drinks and nicotine.
- Limit your alcohol intake at night.
- Don't avoid food entirely at night. If you go to bed hungry, your body may complain by waking you in the middle of the night.
- Go to bed at the same time each night and rise at the same time each morning.

- Moderate physical activity may help promote sleep, but avoid vigorous exercise in the few hours before going to bed.

The sleep environment:

- Your bedroom should be a quiet, dark, and relaxing environment that is neither too hot nor too cold.
- Remove all TVs, computers, and other “gadgets” from the bedroom that can cause distractions
- Your bed should be comfortable and used only for sleeping and not for other activities, such as watching TV, or listening to music.





**Question:** Which letter is the coolest?

**Answer:** Iced T.

**Question:** What do frogs like to drink on a hot summer day?

**Answer:** Croak-o-cola.

**Question:** What does the sun drink out of?

**Answer:** Sunglasses

## Chicken Breasts With Mushroom Cream Sauce

**2 Servings**

**Total Time:** 30 minutes

### Ingredients:

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed (see Tip)
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives, or scallion greens



### Preparation:

1. Season chicken with pepper and salt on both sides.
2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.
3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

**Tip:** It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the “tender”—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.



# August 2012

## Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><i>If you tickle the earth with a hoe she laughs with a harvest</i></b> - Douglas William Jerrold</p> 		<p><b>1</b> Chicken, Broccoli and Rice Casserole Tossed Salad Cantaloupe Slice Fudge Brownie * Sliced Bread</p>	<p><b>2</b> Swiss Steak Mashed Potatoes Wax Beans Birthday Cake Applesauce * Dinner Roll</p>	<p><b>3</b> Smoked Sausage Red Skin Potatoes Sauerkraut Fruited Gelatin Cinnamon Roll * Sliced Bread</p>
<p><b>6</b> Pork Cutlet in Mushroom Sauce Mashed Potatoes Summer Blend Veg. Choc. Chip Cookie Watermelon Slice * Sliced Bread</p>	<p><b>7</b> Escalloped Potatoes and Ham Casserole Seven Layer Salad Ambrosia Dessert Frosted Cake * Dinner Roll</p>	<p><b>8</b> Baked Chicken Mashed Potatoes Pickled Beet Salad Ice Cream Cup Peach Slices * Sliced Bread</p>	<p><b>9</b> Salmon Loaf Baked Potato Peas/Pearl Onions Apricot Halves Cookie * Dinner Roll</p>	<p><b>10</b> Lasagna Casserole (includes veg.) Calif. Blend Veg. Pecan Pie Fruit Cocktail * French Bread</p>
<p><b>13</b> Chicken Marsala Red Skin Potatoes Carrots Fruited Gelatin Cinnamon Roll * Sliced Bread</p>	<p><b>14</b> Pepper Steak Au Gratin Potatoes Chinese Ramen Cabbage Salad Vanilla Pudding Pear Slices * Dinner Roll</p>	<p><b>15</b> Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Honeydew Melon * Sliced Bread</p>	<p><b>16</b> Crispy Fish Fillet German Pot. Salad Winter Blend Veg. Petite Banana Fudge Brownie * Dinner Roll</p>	<p><b>17</b> Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Cookie * Sliced Bread</p>
<p><b>20</b> Swedish Meatballs Mashed Potatoes Peas and Carrots Applesauce Cake Plum Halves * Sliced Bread</p>	<p><b>21</b> Bratwurst on a Bun Cheesy Potato Bake Calif. Blend Veg. Fruited Gelatin Frosted Cake *</p>	<p><b>22</b> Chicken Teriyaki Red Skin Potatoes Tossed Salad Coconut Cream Pie Watermelon Slice * Sliced Bread</p>	<p><b>23</b> Country Fried Steak Mashed Potatoes Mixed Vegetables Peach Slices Cookie * Dinner Roll</p>	<p><b>24</b> BBQ Pork Cutlet Baked Potato Corn Carrot Cake with Cr. Cheese Frost. Apple * Sliced Bread</p>
<p><b>27</b> Meatloaf Escalloped Potatoes Spinach Salad with Rasp. Vinaigrette Fruited Gelatin Tapioca Pudding * Sliced Bread</p>	<p><b>28</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Rainbow Sherbet Pineapple Tidbits * Dinner Roll</p>	<p><b>29</b> Chef Salad with Veggies, Cheese, Ham, Sunflower Kernals Salad Dressing Cantaloupe Slice Cookie * Sliced Bread</p>	<p><b>30</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Green Beans Egg Custard Pie Applesauce * Dinner Roll</p>	<p><b>31</b> Hawaiian Meatballs Red Skin Potatoes Cheesy Broccoli Petite Banana Frosted Cake * Sliced Bread</p>

# September 2012

## Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Closed</b> <b>Labor Day</b> No Dining Centers or Home Delivered Meals</p>	<p><b>4</b> Salisbury Steak Mashed Potatoes Calif. Blend Veg. Molasses Cookie Pear Slices * Dinner Roll</p>	<p><b>5</b> Ham Rolls Au Gratin Potatoes Peas/Pearl Onions Mand. Orange Gel. Vanilla Pudding * Sliced Bread</p>	<p><b>6</b> Liver and Onions Red Skin Potatoes Corn Birthday Cake Seedless Grapes * Dinner Roll</p>	<p><b>7</b> Chicken Tetrazzini Cass. (incl. veg.) Tossed Salad Cantaloupe Slice Cookie * Sliced Bread</p>
<p><b>10</b> Pork Jaegerschnitzel Mashed Potatoes Summer Blend Veg. Choc. Banana Torte Applesauce * Sliced Bread</p>	<p><b>11</b> Baked Chicken Mashed Potatoes Pickled Beet Salad Fruit Cocktail Frosted Cake * Dinner Roll</p>	<p><b>12</b> Pot Roast Red Skin Potatoes Baby Carrots Apple Pie Plum Halves * Sliced Bread</p>	<p><b>13</b> Beef Frank on a Bun Cheesy Potato Bake Winter Blend Veg. Fruited Gelatin Cookie *</p>	<p><b>14</b> Roast Pork Loin Mashed Potatoes Mixed Vegetables Poppy Seed Torte Pineapple Tidbits * Sliced Bread</p>
<p><b>17</b> Baked Spaghetti (includes veg.) Mixed Italian Salad Peach Slices Cinnamon Roll * French Bread</p>	<p><b>18</b> Glazed Ham Sweet Potato Bake Peas/Pearl Onions Cantaloupe Slice Tapioca Pudding * Dinner Roll</p>	<p><b>19</b> Chicken Breast Mashed Potatoes Carrots Coconut Cream Pie Pear Slices * Sliced Bread</p>	<p><b>20</b> Beef Stew (includes veg.) Corn Butterscotch Pud. Watermelon Slice * Biscuit</p>	<p><b>21</b> Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Cookie * Sliced Bread</p>
<p><b>24</b> Hawaiian Meatballs Red Skin Potatoes Calif. Blend Veg. Orange Sherbet Fruit Cocktail * Sliced Bread</p>	<p><b>25</b> Beef Stroganoff Cass. (incl. veg.) Spinach Salad with Rasp. Vinaigrette Mand. Orange Gel. Frosted Cake * Dinner Roll</p>	<p><b>26</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pineapple Tidbits Cookie * Sliced Bread</p>	<p><b>27</b> Crispy Fish Fillet German Pot. Salad Peas and Carrots Key Lime Pie Applesauce * Dinner Roll</p>	<p><b>28</b> Swiss Steak Mashed Potatoes Wax Beans Fudge Brownie Watermelon Slice * Sliced Bread</p>



You may only be someone in the world,  
but to someone else, you may be the world.

— Author Unknown



Thank you to an anonymous donor for the donation to the ADRC.



We would like to thank the anonymous donor for the donation to the publishing of *AddLIFE Today!*



Thank you to Alan and Dorothy Endres for their donation to the Elder Benefit Specialist Program in memory of Mary Frank.

Word Search Trivia Answers:  
1) The Three Flashes  
2) Albert

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## Frank Sinatra

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

- HOLLYWOOD
- CAPITOL RECORDS
- "COME FLY WITH ME"
- OL' BLUE EYES
- "ONLY THE LONELY"
- "NEW YORK, NEW YORK"
- "STRANGERS IN THE NIGHT"
- WALK OF FAME
- BIG BAND
- SWING
- HOBOKEN
- FRANK SINATRA
- ALBUMS
- STAR
- ACTOR
- VOICE
- MUSIC
- RAT PACK

To answer the trivia questions, look for words or phrases that are hidden in the puzzle, but not in the word list

**Trivia:** Frank Sinatra's musical career began when his mother convinced this musical group to let her son join.

**Answer:** (three words) \_\_\_\_\_ (Answer on page 31)

**Trivia:** This was Frankie's middle name.

**Answer:** \_\_\_\_\_ (Answer on page 31)

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