

Enhance Your Life  
and the Lives of  
Others!

# Add **WIFE** Today!

Laughter  
Independence  
Friends &  
Energy

August/September 2011

Vol 3 Issue 4

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



## The New Voter ID Law and 2011 Elections



### Understanding the new voter ID law.

Governor Scott Walker signed a bill requiring voters to show ID to vote. Voters can still vote without ID at the recall elections in 2011. Voters will be asked to show a photo ID; but it is not required until the 2012 February Primary. Voters who do not have photo ID in 2011 will be given written information about the new requirement. In no way should any voter without ID be prohibited from voting in 2011.

**What about the recall elections?** You can vote in the upcoming recall elections without ID. If you are asked for ID, but don't have it, just ask if you can vote without it. The answer should be yes because that is the law. We suggest bringing ID to the polls if you have it.

**Spread the word.** If someone you know tells you they can not vote in the recall elections because they don't have ID, set the record straight. Wisconsin voters can still vote without ID prior to 2012 - including the recall elections.

### What Type of ID will be Acceptable in 2012?

- A Wisconsin DoT-issued driver license
- A Wisconsin DoT-issued ID card
- A U.S. uniformed service ID card
- A U.S. passport  
*(IDs above must have an expiration date after the November 2, 2010 election.)*
- A certificate of naturalization issued not earlier than two years before the date of election at which it is presented
- A Wisconsin DoT unexpired driving receipt
- An unexpired Wisconsin DoT ID card receipt An ID card issued by a federally recognized Indian tribe in Wisconsin
- An unexpired Wisconsin university or college ID card that contains the following:
  - Date of Issuance
  - Signature of Student
  - Expiration date not later than two years after Date of Issuance

### How do I get a Free Voter ID?

Wisconsin law requires the Dept of Transportation to provide free ID cards to U.S. citizens who will be at least 18 years of age on the date of the next election **and the applicant requests that the ID card be provided without charge for purposes of voting.** The regular fee is \$28, so be sure to ask for the fee to be waived.

Due to the need to provide a birth certificate and other documents to receive a DoT issued ID, you are urged to begin the process early and in advance of an election that you wish to vote.

**Complaints and concerns** If you have witnessed actual or attempted acts of discrimination or intimidation in the voting process related to the Voter ID law or any other matter, you should report it to the Civil Rights Division of the U.S. Department of Justice at 1-800-253-3931.

If you are told by any polling official that ID is required in 2011 you should file a complaint with the Wisconsin Government Accountability Board at 608-266-8005, or e-mail: [gab@wi.gov](mailto:gab@wi.gov).

Contents at a Glance	
Page	Article
2	<b>Director's Notes:</b> Trish Vandre, ADRC Director An Amazing Statistic and a Request
3	<b>Voice of the Messenger</b> Tony Tyczynski, Veterans Service Officer
4-5	<b>Volunteer Vantage Point</b> The Lighter Side of Volunteering AARP Driver Safety Class
5	<b>Foot Clinic Schedule</b>
6	<b>Getting You There</b> The Bus Increasing Service Despite State Budget
8-9	<b>For Your Benefit</b> The Elderly Benefit Specialist Schedule Low Cost Legal Services SeniorCare Preserved With No Changes
10	Grandparents Day Contest
11	"Storm Chaser" Scams
12-13	<b>Disability Benefit Specialist</b> What's New Welcome Holly People Can Get A Ticket To Work
14	Surviving the Extreme Summer Heat!
15	Healthy Bones, Healthy Aging
16-17	<b>Here to Help You!</b> Family Care Enrollment Cap
18-19	<b>Veterans Messenger</b> Budget Passed and Signed VA Issuing Payments to Caregivers Wisconsin Women Veterans Conference
20-21	<b>Ready - Set - Live Well</b> What's the Value of Your Trip?
22	Celebrate Positive Aging! How To Chase Away the Blues
23	Sauk County Alzheimer's Walk Strategies to Help End the Food Fight
24-25	<b>Caregiver Corner</b> Over the River and Through the Woods Living Well Library
26-27	<b>Nutrition &amp; Prevention Specialist</b> Here's Some "Eye Opening" Information See How Your Plate Rates What Are Whole Grains?
29-30	Dining Center/Home Delivered Meal Menus
31	Donation Thank You's



## Director's Notes

Trish Vandre, ADRC Director



### An Amazing Statistic and a Request

At the July ADRC Committee meeting, it was revealed that 53% of the labor hours used by the ADRC came from volunteers. Isn't that amazing?

At the ADRC, we have tried very hard to keep staff and administrative expenses as low as possible to direct the maximum amount of our grant dollars into programs and services for the community. This is why the work of our volunteers is so very important and so much appreciated! The ADRC most certainly could not do what it does without the dedicated men and women who serve their community through the ADRC.

So that is the **Amazing Statistic**. Now here comes the **Request**. We need you and those you know to join our corps of volunteers. This is a wonderful group of people who are truly living their lives to be a blessing to others.

Everyone has something to offer. I know that no matter what skills, abilities, interests, or passions a person has, the ADRC can find the right match for them to be shared in programs and services to improve our lives and communities.

As more and more people reach an age when they decide to reduce and change their work life or retire altogether, there are people in our neighborhoods with time and gifts to share. If this describes you or someone you know, please get in touch with the ADRC to see how we can become partners in maintaining excellent Sauk County communities. Sure, it is about helping people, individuals and groups. But ultimately it is an investment of time to make the places we live caring, supportive

communities.

There is a lot of tough talk in Madison and Washington about the constraints of government and what it can and should be expected to do and what government is able to do to support citizens. No matter what your personal opinion is of government's role in our lives, that **Amazing Statistic** shows that ultimately, it is every one of us that really makes our communities what they are and all they can be. The governmental dollars are, of course, necessary to hold together the underlying structure of our safety net. But they pale in comparison to the difference we can all make in each other's lives and in our communities.

There is much to do and a wide variety of skills are needed to accomplish our vision of Sauk County as a place where *“all older adults and adults with disabilities will live in and be part of a caring community that values lifelong contributions, maximum independence and individual dignity”*.

Whether you are a person who likes to take on a project, make it yours and take it from start to finish; or you prefer to be part of the team and do your part without a lot of responsibilities, we have a place for you. We are just waiting to meet you to discover the ways that together, we can “be the change we want to see”.

Joining the ADRC's volunteer corps is just one more way we hope you will...

Be Well,  
Trish

To learn more about your opportunities, call Mary Jane Percy at 355-3289 or 1-800-482-3710



**Dear Friends,**

I recently had the pleasure of attending the dedication of the Reedsburg Area Veterans Memorial. I want to thank all those involved who worked hard on this Memorial and the fund-raising for it. It is truly a gem for not only Reedsburg, but the veterans of Sauk County. I encourage all who have not done so, to go see it. As you can see by the pictures below, it is a great tribute to the dedication and service that all veterans give to our country.

The Memorial is located at Nishan Park, 1700 8th St., Reedsburg. The Memorial was built of ten granite panels which depict the Revolutionary War through the War on Terror. The 10th panel is dedicated to the Armed Forces and the community. The Reedsburg VFW website says they “built this Memorial for the veterans of our country that paid the ultimate price to keep this country strong and free. We want future generations to remember and appreciate the sacrifices made by our service men and women who answered the call to defend our freedom here and abroad.”

**In Your Service,**

*Tony*





## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator

### The Lighter Side of Volunteering

There is so much bad news put in front of us everyday, I thought I'd try to lighten up a little :)



As a rule, I take volunteering **VERY SERIOUSLY!** If you'd like to join our amazing group of volunteers I would love to set up a time to get to know you a little better and find the right volunteer "fit" for you here at the ADRC. Please call me at 355-3289

Until then, grab a cool beverage, put your feet up, and enjoy!

Thank you [energizeinc.com](http://energizeinc.com) for these anecdotes :)



### Meals on Wheels

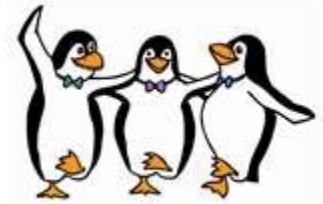
A daughter had just helped her 90-year-old mother through the strain of moving from the family home into a new unit in a senior apartment building. The daughter was trying to tidy up all the arrangements and tactfully said: "Mum, what about Meals on Wheels?" To which her mother replied: "No, dear, I don't think I could volunteer for them anymore."



### Overheard at the World Volunteer Conference

In response to the observation that volunteers are too often seen as amateurs: "Just remember: Noah's Ark was built by amateurs. The Titanic was built by professionals."

### At the Zoo



A man was delivering penguins to the zoo when his van broke down on the highway. A fellow stopped to see if he could be of assistance. "Oh, I'm in some real trouble here" said the first man. "I've got to take these penguins to the zoo today, and now I'm not sure I'll get there."

The helpful fellow volunteered to put the penguins in the back of his car and take them to the zoo. The man with car trouble gratefully accepted this offer and promised to get to the zoo as soon as possible.

A little later, the man was on the road again and went immediately to the zoo. He looked everywhere but did not see the helpful fellow or any of the penguins. In a panic, he drove back into town. Just as he was wondering what in the world to do next, he saw the "volunteer" walking across the street with all the penguins waddling along behind him.

He ran up and said, "What are you doing here? I thought you were going to take the penguins to the zoo!" and the volunteer replied, "I did, and we had such a good time there, we decided to come into town for ice cream."

*Moral:* With volunteers, clear instructions and good training is always necessary.



### As Seen in Readers Digest

A teenager brought home her new boyfriend to meet her parents, and they were appalled by his appearance: leather jacket, motorcycle boots, tattoos and a pierced nose. Later, the parents pulled their daughter aside and said "He doesn't seem very nice." "Mom," replied the daughter, "if he wasn't so nice, why would he be doing 5000 hours of community service?"

## 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.

### In Baraboo

Thursday, August 13th  
St. Clare Hospital,  
707 14th St, Baraboo  
12:30 pm - 5:00 pm

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

### In Reedsburg

Thursday, September 22th  
12:30 - 5:00 pm  
Reedsburg Public Library  
370 Vine Street, Reedsburg

Call Mary Jane at  
355-3289 to reserve your spot

\$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 \$23.00.

### Baraboo - West Square Building

Tuesdays - August 2 & 16  
Tuesdays - September 6 & 20  
Wednesday - August 17

### LaValle - Fire Department

Wednesday - September 28  
Wednesday - November 23

### Merrimac - Village Hall

Wednesday - September 21  
Wednesday - November 16

### Plain - American Legion Hall

Thursday - August 25  
Thursday - October 27

### Reedsburg - Maple Ridge

Tuesday - August 9  
Thursday - August 18  
Tuesday - September 13  
Thursday - September 15

### Reedsburg - Willow Heights

Wednesday - August 10

### Sauk Prairie - St John's Church

Thursdays - August 4 & 11  
Thursdays - September 1, 8 & 22

### Spring Green - The Meadows

Tuesday - September 27  
Tuesday - November 22

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





Ashley Nedeau-Owen

## Getting You There!

Sylvia Kriegl



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

### *The Bus Increases Service . . . Despite State Budget Cuts*

The last time Wisconsin's legislators moved as large a portion of public dollars from transit to road building was just after the interstate opened for traffic between the Dells and Tomah in 1964. That change came concurrent with the tremendous increase in personal vehicle ownership and the "heyday" of automobiling. That same year, with half the current U.S. population, the number of people killed in automobile crashes was almost the same as were killed in 2010. The average number of fatalities in highway crashes in the U.S. since 1957 is slightly more than 39,000 per year.

When all modes of motorized transportation are compared, the safest is intercity bus followed by school bus, airlines and than trains. The least safe is the personal vehicle. Another piece of information that needs mentioning here is the safest transportation systems are those which offer the greatest variety of modes of travel. If you live in Valton, Wisconsin today, you can travel on foot, bicycle, buggy or car. The first two modes are for short trips. Buggies serve a niche market and seldom take hitchhikers though we might be inclined to recruit a buggy driver for our escort driver program.

Right now, in Wisconsin, the legislature is reducing funding and options for transit, another mode that provides safer transportation. But in Sauk County at the ADRC, we are expanding transit service. We

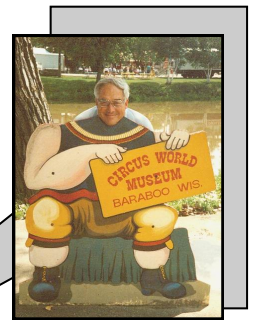
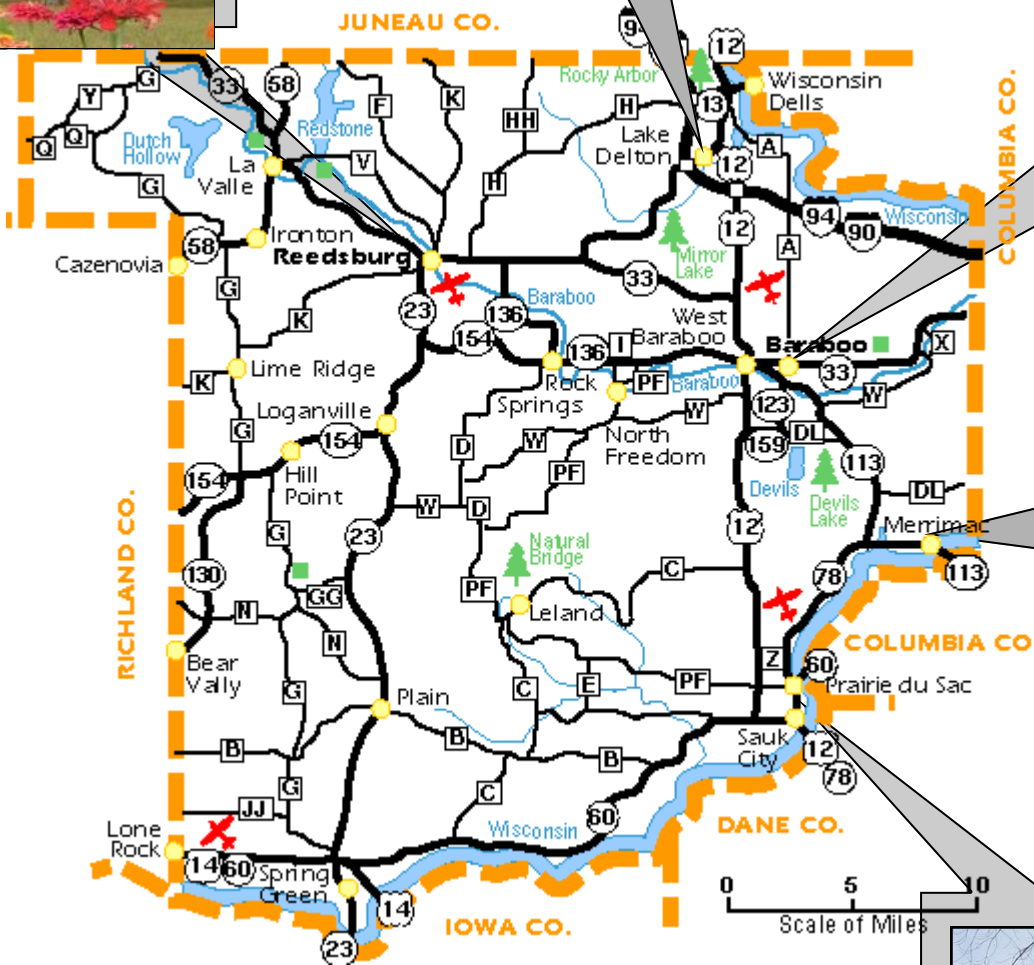
have been planning and developing a transit system funded in large part by federal grants.

We are happy to announce that intercity bus transportation is now available to even more Sauk County residents! If you are looking for the safest way to get between Merrimac and Lake Delton or Reedsburg and Baraboo, take **The Bus**. We are currently providing more service on our **Blue Line**, the route serving Baraboo, Lake Delton and Reedsburg. We now have service four days each week! We have also expanded our service on the **Green Line**, our route that connects Sauk City with Bluffview and Baraboo to four days each week. If you have not taken **The Bus** lately, now is the time to do so. Our expanded service provides more options, more times and new connections. You can now travel from Sauk City to Lake Delton on **The Bus**!

In the face of upcoming cuts to state funds for transit, **The Bus** will continue to serve you and your neighbors. The service we offer is also the safest available. Additionally, we will only charge you \$2.00 for a full fare to travel from Merrimac all the way to Reedsburg and half that if you happen to be 60 or older or have a disability.

Governor Walker supports the Department of Transportation's push for fewer highway deaths and safer transportation. Help him reach that goal that by using **The Bus** today!

# Take The Bus and See Sauk County!



*For Your Benefit*  
From Your Benefit Specialist

Call 355-3289 or (800) 482-3710  
To confirm site visits or to  
schedule office appointments



**DEB HARVEY**  
Coming to you:

Plain Library	August 10 1:00 to 3:00	September 14 1:00 to 3:00
Spring Green Senior Center	August 17 10:30 to 11:30	September 21 10:30 to 11:30
Spring Green Library	August 17 1:00 to 2:00	September 21 1:00 to 2:00
Sauk/Prairie Community Cntr	August 18 10:00 to 11:30	September 22 10:00 to 11:30
Merrimac Village Hall	August 18 8:30 to 9:30	September 22 8:30 to 9:30

**Lorie Bednarek**  
Coming to you:



Loganville Village Hall	August 2 11:00 to 12:00	No Visit
Lime Ridge Senior Center	No Visit	September 6 11:00 to 12:00
LaValle Public Library	August 2 1:00 to 2:00	September 6 11:00 to 2:00
Reedsburg Willow Heights	August 9 9:00 to 10:00	September 13 9:00 to 10:00
Reedsburg Park Street Apts	August 9 10:30 to 11:30	No Visit
Reedsburg Howard Wynn	No Visit	September 13 10:30 to 11:30
Baraboo Highpoint Commons	August 9 1:30 - 2:30	September 13 1:30 to 2:30

**Low Cost Legal Services for Wills and Powers of Attorney**



The Modest Means Program of the State Bar of Wisconsin assists people whose income is too high to qualify for free legal services, but too low to pay a lawyer's standard rate. The Modest Means Program is run by the Lawyer Referral and Information Service at the State Bar. When the program receives a completed application and documentation, the program staff will match eligible clients with an attorney who has agreed to consider certain cases at a reduced rate.

There are many attorneys who have volunteered to serve on this panel and to accept these cases but the State Bar reported in 2010 the panel received **no** requests for Will or Power of Attorney Services. Elderly Benefit Specialists are in an ideal position to provide information and assistance to consumers about the existence of this service as the EBS program serves clients in all income brackets and many of these individuals could benefit from a Modest Means attorney assisting with a Will or Power of Attorney.

**How much do the attorneys charge?** Attorney fees differ from lawyer to lawyer, but lawyers in this program are urged to offer rates that are **substantially lower than their regular rates.** Most attorneys charge flat fees for wills and powers of attorney. The fee (usually nominal) will be determined by the lawyer based on the legal matter and what the client is able to afford. You will have to discuss fees and agree on payment options at the initial consultation. Most Wills and Powers of Attorney services are charged on a flat fee basis and Modest Means clients will receive a lower flat rate than what is

typically charged.

**How are the lawyers chosen for individual cases?** The State bar keeps a list of lawyers who have agreed to reduce what they charge for prescreened referrals through this Modest Means Program. They attempt to find a lawyer in as convenient a location for the client as possible.

**Do the Clients have to hire the lawyer to whom they are referred?** No. Clients are not obligated to hire the lawyer to whom they are referred and the lawyer is also not required to take the case.

**Is there a charge for a referral?** No. However, the lawyer may charge a \$20 fee for the initial half-hour consultation. Most attorneys who assist with Wills and Powers of Attorney will waive this initial \$20 fee.

**How is eligibility determined?** Below is a table that shows the basic income limits of the program. Income limits are defined based upon household size and there is a lower and upper gross income. To qualify the household income must be more than the lower number but no more than the higher number.

Size of Family	125 Percent of Poverty	200 Percent of Poverty
1	\$13,538	\$21,660
2	\$18,213	\$29,140
3	\$22,888	\$36,620
4	\$27,563	\$44,100
5	\$32,238	\$51,580
6	\$36,913	\$59,060
7	\$41,588	\$66,540
8	\$46,263	\$74,020

Eligibility is determined by **gross household income (before taxes)**, including earned and

unearned income. Child support and maintenance payments are the only expenses that may be deducted from gross income to determine eligibility. Assets are also considered. For example, if a client has significant home equity that could be used to pay an attorney, that will be considered.

Information that must be provided includes gross household income from all sources (including wages or benefits such as Social Security disability or SSI, worker's compensation, unemployment or VA benefits), bank account balances, and the value of any real estate, stocks, and bonds, CDs and/or retirement accounts. All information must be documented.

In addition to Wills and Powers of Attorney, the Modest Means panel accepts referrals in the following areas: Bankruptcy; Criminal Law; Foreclosure Defense; Consumer Law; and Family Law.

The application form can be accessed on-line at <http://www.legalexplorer.com/lawyer/lawyer-notafford.asp>.

The Modest Means Program can also be contacted by calling 1-888-529-7599. This form is also available on the CWAG website.



## SeniorCare Preserved With No Changes

If the Governor's budget proposal had not been amended, over 79,000 seniors could have been forced to apply for the unpopular and expensive Medicare Part D prescription drug program. U.S. Senator Herb Kohl and CWAG have worked tirelessly since December 2010

*(Continued on page 10)*

*(Continued from page 9)*

advocating for no changes to the popular and low cost SeniorCare program.

With the bi-partisan help of Representative Andy Jorgensen (D) and State Senator Alberta Darling (R), along with thousands of seniors and other aging advocates statewide, the powerful legislative Joint Finance Committee members agreed for no changes to the current SeniorCare program.

This decision is very likely to be supported by the full legislature when the Governor's state budget is voted upon in the state Assembly and Senate by mid June. Following the legislative vote, the state budget goes back to Governor Walker's desk for final approval and his signature.

However, Governor Walker can still use his line item veto power to change provisions in the state budget. Therefore it's essential that SeniorCare supporter continue gathering signatures on our statewide petition drive to save SeniorCare. CWAG staff is willing to e-mail any interested party a pdf copy of the Petition. Just contact Patti Wiersma at [pwiersma@cwag.org](mailto:pwiersma@cwag.org).

Equally important, please continue to call your state legislators and the Governor's office to let your voice be heard: "Save SeniorCare by not changing the program." To find your Legislators you can go to a site online at <http://legis.wisconsin.gov/w3asp/waml/waml.aspx>.

The governor's contact information is as follows: [govgeneral@wisconsin.gov](mailto:govgeneral@wisconsin.gov), or Office of Governor Scott Walker, 115 East Capitol, Madison WI 53702 or (608) 266-1212.

## Grandparents Day Contest

National Grandparents Day is September 11<sup>th</sup>, and the ADRC is honoring all the grandparents out there with a contest!



How many of you have rolled off the couch laughing when one of your precious bundles of joy blurts out a quip that has you spitting and spluttering with laughter. In honor of all the grandparents out there we are holding a contest of funniest things our grandchildren say.

Entries will be accepted from August 1<sup>st</sup> till September 1<sup>st</sup>. They may be dropped off at the ADRC office or mailed to ADRC att: Grandparents Contest, 505 Broadway, Baraboo WI 53913 or emailed to [CBindl@co.sauk.wi.us](mailto:CBindl@co.sauk.wi.us)

Please be sure to include your name, your address and a phone number, so we may contact you. Winning entries will be announced in the next newsletter. Stop by the ADRC office in September and as the "grandkids quotes" will be posted on the bulletin board.

Here are some examples of funny things kids say:

- ♥ A 5-year-old granddaughter was riding with to the airport and as she listened to the female voice from the GPS give us directions, she asked, "How does she know where we are going-
- ♥ I took my 6-year-old grandson to his favorite steak restaurant. Being very grown up, he ordered everything for himself. When the waiter asked him how he wanted his steak, he replied with a puzzled look, "You know ... on a plate!" - "
- ♥ Hey Grandma, Why don't you and Grandpa have names like the rest of us?"
- ♥ One day I watched my two grandsons, ages 6 and 3, while my daughter had her hair done. When she arrived home the 6-year-old told her how beautiful she looked. Then he looked back at me and said, "And Gramma, you look almost beautiful."



## Weather Damage Can Lead to “Storm Chaser” Scams

The Wisconsin Department of Agriculture, Trade and Consumer Protection reminds victims of severe weather to use caution when hiring a contractor to fix any damage caused by Mother Nature.

“Storm chasers follow the path of a major storm, going from home to home to pressure victims into paying up front for quick repairs,” said Sandy Chalmers, Administrator of the Division of Trade and Consumer Protection. “Do your homework before hiring anyone for home repair.”

Sometimes these storm chasers arrive on scene shortly after the storm, collect money up front for promised repairs, and then disappear without doing any work. In other cases, the contractor starts the work and then asks for more money than the agreed upon price to finish the project.

Home repair contractors are not licensed by the State of Wisconsin, as required in other trades such as plumbing; however, state law does impose a registration requirement for contractors through the Wisconsin Department of Commerce.

“Storm chasers are typically from out-of-state and swoop in after a natural disaster or storm,” added Chalmers. “They have little or no background in home repair, and charge high prices for shoddy work.”

Consumer Protection offers these timely tips:

- Be wary of any contractor who knocks at your door. Call the police or sheriff’s department to check them out.

- Try to get a local contractor. Ask contractors if they are subcontracting your job. Be careful if local contractors are using outside subcontractors.

- Get lien waivers from anyone you pay for home repairs. It is necessary to do this because if the person collecting the money doesn’t pay the supplier or worker, a lien could be put on your property.

- Get a written contract, with a start and completion date, and warranty information. Also make certain the contract states exactly what work is to be done, what materials are to be used, and if a down-payment is required. Never rely on verbal commitment.

- Contractors who register with the state are issued a card. Make sure any contractor you are considering hiring shows you their registration card.

- Have someone watch the work being done. Ask your local building inspectors to visit your job site often.

- Request a copy of the contractor’s certificate of liability insurance.

- Check with the Bureau of Consumer Protection and Better Business Bureau (1-800-273-1002) to see if there are complaints on record against a contractor you are considering.

For more consumer information, or to file a consumer complaint, visit the Bureau of Consumer Protection's website at [datcp.wi.gov](http://datcp.wi.gov); via e-mail at [datcp hotline@wisconsin.gov](mailto:datcp hotline@wisconsin.gov); or call toll-free at 1-800-422-7128.



# Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



## What's New in the Disability Benefit Specialist Program?

The Aging & Disability Resource Center has added an additional Disability Benefit Specialist to help meet the needs of adults 18 - 59 years of age with disabilities in Sauk County

To better assist the adults 18 - 59 years of age with disabilities each Disability Benefit Specialist has been assigned a region of Sauk County. Please note due to the confidential matter of each individual case, you will need to discuss your concerns with the Disability Benefit Specialist representing and serving the region in which you live.

**Natalie Wilmot** will be serving:  
Baraboo, Sauk City, Prairie Du Sac,  
Merrimac and Rock Springs

**Holly Schafer** will be serving:  
Reedsburg, LaValle, Loganville,  
Wisconsin Dells, Lake Delton, Plain, and  
Spring Green

## Welcome Holly!

My name is Holly Schafer and I am the new Disability Benefit Specialist with the Aging and Disability Resource Center. I look forward to meeting and assisting adults with disabilities in accessing benefits and finding solutions to their concerns.



## People With A Disability Can Get a Ticket To Work

Millions of Americans receive disability benefits from Social Security and there could be good news for many of those who want to work. A free and voluntary program called Ticket to Work gives individuals who receive Supplemental Security Income (SSI) or Social Security disability benefits access to meaningful employment while maintaining control over benefit choices.

Ed Bairos, a farmer and mechanic, went back to the work he loved with the help of the Ticket program. He began receiving Social Security disability benefits after suffering from severe arthritis, complicated by a knee injury that would require 20 surgeries. He was concerned about losing the cash payments and health care he needed to survive and worried that employers might not want to hire him.

Then Bairos learned about the Ticket to Work program when he received a notice in the mail from Social Security. The notice was a "ticket" that Bairos could use with an employment network of his choosing. Employment networks are organizations that offer specialized services such as career counseling, job search assistance, vocational rehabilitation and training. Bairos decided to use his ticket with an employment network and returned to work. He continued to receive health care and cash benefits because of work incentives, which are special considerations that make it

easier for beneficiaries to explore whether going back to work is right for them.

Pleased with Bairos' industry knowledge and skills as a farm manager, his employer gave him a promotion and a raise. Now he is self-sufficient, working for another division within the company.

Bairos earns more money than he would have by relying solely on disability benefits. By using his Ticket, Bairos' medical reviews were put on hold and he is eligible to receive Medicare coverage for up to eight and a half years after discontinuing his disability payments.

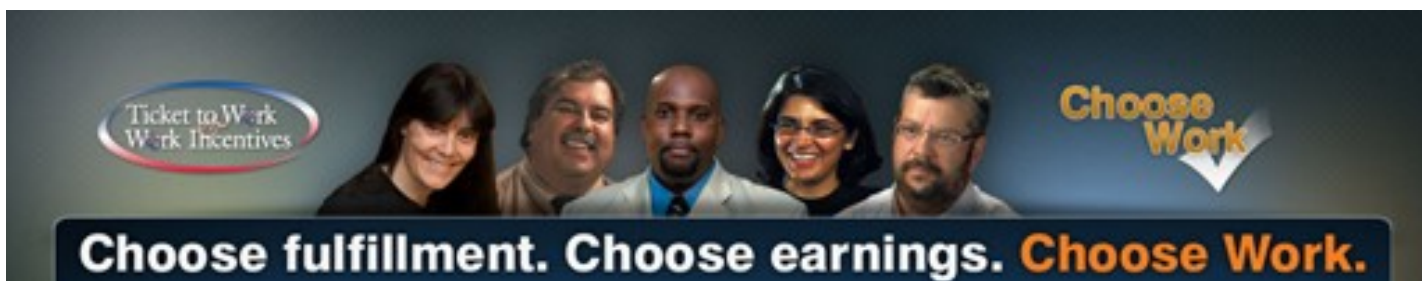
“Returning to work has made me whole again, especially being able to work in the area that I love. My self-esteem was at its lowest when I

wasn't working and on disability. Returning to work not only improved my self-worth but also my financial wealth. The Ticket to Work program and the ability to keep my Medicare was the reason I was able to return to work,” he said.

If you receive Social Security or SSI benefits due to disability, are between 18 and 64 years old and want to work, getting started is easy.

Visit [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work) for more information on the Ticket to Work program and work incentives. You also may call (866) 968-7842 (TDD (866) 833-2967) to learn how going back to work may affect your benefits.

By Karyl Richson  
Social Security Public Affairs Specialist



## Social Security Question and Answer



### Question:

What's the best way to apply for *extra help* with Medicare prescription drug costs?

### Answer:

The fastest and most convenient way to apply for *extra help* with Medicare prescription drug costs is online at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp). Medicare beneficiaries with limited income and resources may qualify for *extra help*, which pays part of the monthly premiums, annual deductibles, and prescription co-payments under the Medicare prescription drug program. The *extra help* is estimated to be worth an average of \$4,000 per year.

## Surviving the Extreme Summer Heat!

Every year, people become sick from exposure to extreme heat. The elderly, infants and children, and people with ongoing medical problems are especially at risk for heat-related problems. When the temperature and humidity are on the rise, keep cool and use common sense!

- ☑ **Drink plenty of fluids.** Avoid alcoholic beverages and drinks high in sugar. If your doctor normally limits how much fluid you can have, be sure to ask how much to increase your fluid intake by when the weather is hot.
- ☑ **Dress for the weather.** Choose lightweight, light-colored, loose-fitting clothes. Don't forget the sunscreen if you are headed outdoors – having a sunburn affects your body's ability to cool itself.
- ☑ **Pace yourself.** Start activities slowly and pick up the pace gradually. If you feel like your heart is pounding or you get out of breath, STOP your activity and move to a cool area to rest, especially if you become lightheaded, confused, weak or faint.
- ☑ **Stay cool indoors.** Use your air-conditioner if you have one, or go to a public place that does, such as a public library or shopping center. Take a cool shower or bath, and use your oven and stove less to maintain a cooler temperature in your home. Electric fans may provide comfort, but when the temperature rises, fans will not prevent heat-related illness.
- ☑ **Use the buddy system and monitor those at high risk.** Keep an eye on family, friends, neighbors and co-workers. Heat-related illness can make a person confused and unable to make good, healthy choices.

Even short periods of high temperatures can cause serious health problems like heat exhaustion and heat stroke. Heat exhaustion is a milder, more common form of a heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. The elderly, people with high blood pressure, and people working in a hot environment are most at risk.

### Warning signs of heat exhaustion include:

- Heavy sweating
- Muscle cramps
- Weakness
- Nausea or vomiting
- Paleness
- Tiredness
- Dizziness
- Fainting



Enjoy the summer but use good judgment when it is hot outside, drink plenty, dress for the weather and use your air conditioner.

This Healthy Tip brought to you by:



Reedsburg Area Medical Center  
Urgent Care/Emergency Room  
2000 North Dewey Avenue,  
Reedsburg, WI 53959  
608-524-6487 [www.ramchealth.com](http://www.ramchealth.com)

# Love



# Your

# Bones

## Healthy Bones, Healthy Aging

Want to enjoy a healthier life as you age? Then pay close attention to your bones. Bone loss can cause falls and fractures (breaks). This can be serious. According to Russel Kuzel, M.D., M.M.M, UCare's Chief Medical Officer, "A hip fracture can mean a long time of recovery and even death, since patients can die from complications from the injury."

But there are steps you can take to keep your bones healthy. To help prevent bone loss as you age, UCare recommends you:

- Eat a nutritious diet that includes plenty of calcium and vitamin D.
- Cut down on alcohol, caffeine, and smoking.
- Live an active life that includes exercise, like walking.

To keep from damaging your bones, you'll also want to prevent falls. A few tips:

- Attach rugs to the floor and use non-skid mats.
- Keep your home well lit, and free of clutter and loose wires.
- Install handrails in bathrooms and hallways.

Check with your primary care doctor at your next annual exam to see if you need a bone density test. Also, be sure to report any falls to your doctor, and take time to discuss fall prevention.

This partnership article is brought to you by:

UCare  
P.O. Box 52  
Minneapolis, MN 55440-0052  
1-877-523-1518



## Aging & Disability Specialists

*Here to Help you!*



Jim  
Pritzkow



Lisa  
Karau



Quinn  
Hause



Abigail  
Musselman

## Family Care Enrollment Cap

The State of Wisconsin has issued a cap on the number of people who can be enrolled into the Iris or Managed Care Programs. There will be a cap, or limit, within each ADRC service area on enrollments into any of the available managed care or Iris programs effective July 1, 2011. Managed Care Programs provide in-home services to elderly individuals or individuals with disabilities. They also help provide funding in Assisted Living facilities for those individuals who are in need of it.

A waiting list will be maintained by each ADRC Region for these programs. Individuals in need of services should continue to contact the ADRC to be assessed and determine their functional and financial eligibility. Aging & Disability Specialists complete an assessment called the Long Term Care Functional Screen to determine functionally eligibility. Eligible persons will be

placed on the long term care wait list, if the ADRC anticipates the individual's personal resources will be exhausted during this biennium. At the time the person's name comes to the top of the waiting list the individual must financially qualify for Medical Assistance. ADRC's are expected to enroll people from the wait list on a first come first serve basis.

Each ADRC will be able to enroll people from their waiting list when an attrition opening become available. An attrition opening becomes available when someone disenrolls from a managed care or Iris program. Disenrollments typically occur due to death, loss of eligibility, moving out of state or a voluntary disenrollment.

Each ADRC's Enrollment Cap will be calculated by the State. The State plans to inform each ADRC of a preliminary enrollment cap number by the end of July, 2011 and a final number will be provided by September 2011.

Separate from the Enrollment Cap, individuals interested in relocating from nursing homes may be enrolled in one of the long term care programs without regard to the limitations placed by the cap. However, the individual must have resided in the nursing home for at least 90 days. The individual must also qualify functionally and financially for Medicaid.

The Family Care Enrollment Cap will also affect services for youths turning 18. As of



July 1, 2011, youth turning 18 years of age currently enrolled in the Medicaid Children's Long Term Support (CLTS) waivers will be permitted to remain on the CLTS waiver up to their 22nd birthday. At that time the ADRC will determine the young adult's eligibility for Long Term Care programs and place him/her on the adult wait list. This individual would be served, in order on a first-come, first serve basis on the waitlist. When the person's name is reached on the waiting list, enrollment into adult programs will occur. Transition planning will also occur so the person is participating in an adult long term program no later than their 22nd birthday.

The CAP will not affect the services of

individuals currently enrolled in Long Term Care programs prior to the July 1st deadline. Individuals are also still able to switch managed care programs without being affected by the CAP or waiting list. If an individual wants to change Long Term Care programs, they should contact the ADRC to request Options Counseling.

Lastly, the State of Wisconsin is making some urgent or emergency funding available and the person's situation must meet very specific criteria established by the State. To find out more information about the availability of urgent or emergency funding contact the ADRC.

### In the Good Old Summertime

There's a time in each year that we always hold dear,  
the good old summer time;  
With the birds and the trees and sweet-scented breezes,  
In the good old summer time.  
When your day's work is over then you are in clover,  
And life is one beautiful rhyme,  
No trouble annoying each one is enjoying,  
The good old summer time.  
In the good old summertime,  
in the good old summertime.  
Strolling through the shady lanes with my baby mine.  
You hold her hand, and she holds yours,  
and that's a very good sign.  
She will be your tootsie wootsie,  
in the good old summertime.

*song by George Evans and Ren Shields*



Assembly and Senate passed AB 96 / SB 97, which gives the Governor authority to appoint the WDVA Secretary and alters the composition and powers of the WDVA Board. The bill is currently awaiting the Governor's signature.

**Budget Passed and Signed**

On June 16, the Legislature completed action on the 2011-2013 State Budget, and on June 26, the Governor signed the budget with partial vetoes. The following is a summary of major budget provisions relating to veterans programs.

- **\$5 Million GPR Provided to Trust Fund**  
 The budget allocates \$5 million in general purpose revenue to the Veterans Trust Fund. Recent budget projections from Wisconsin Department of Veterans Affairs indicated the Veterans Trust Fund would experience a \$3.7 million shortfall before the end of the 2011-13 biennium without legislative authorization. This is the first infusion of GPR dollars into the Trust Fund since 1988. The budget also requires that WDVA provide recommendations to the Legislature on adopting a viable long-term funding source for the Veterans Trust Fund by June 30, 2012.
- **Restoration of Wisconsin GI Bill**  
 The budget fully restores access to the Wisconsin GI Bill for Post-9/11 veterans. Furthermore, the budget enhances access to the Wisconsin GI Bill by ensuring that schools remit the full amount of tuition and fees charged for any degree credit course, including online and distance learning courses.
- **Appointment of WDVA Secretary; WDVA Board Composition and Powers (AB 96 / SB 97)** –On June 8, both the

Under this bill, the Governor would appoint the WDVA Secretary. Before appointing the Secretary, the Governor must consult with the presiding officers of at least six Wisconsin veterans organizations. The proposal transfers the direction and supervision of the Department from the Board to the Secretary. Relating to the composition of the Board, this proposal expands the Board to nine members, one from each of Wisconsin's eight congressional districts and one serving at large. Finally, the proposal stipulates that all Board members must have served on active duty, but need not have served in any particular war or conflict.

**VA Issuing Payments to Caregivers**

The Dept. of Veterans Affairs will send out more than \$430,000 in stipend payments to nearly 200 Family Caregivers of Veterans **who were seriously injured in the line of duty on or after September 11, 2001**, in July. These Family Caregivers were the first to complete their Caregiver training under the program of Comprehensive Assistance for Family Caregivers.

“This is a long-awaited day for many Family Caregivers who diligently worked to achieve this landmark legislation to enhance services for Family Caregivers,” said VA Secretary Eric K. Shinseki. “I am proud VA can now offer direct support to the loved ones who give the Veterans we serve a greater quality of life by allowing them to remain at home surrounded



by family and friends.”

Family Caregivers will receive an average \$1,600 in monthly stipend payments. The amount of the stipend is based on the condition of the Veteran and the amount of care they require as well as the geographic location where the Veteran resides.

“We continue to process and approve applications on a daily basis” said Deborah Amdur, VA’s Chief Consultant for Care Management and Social Work. “It has been profoundly gratifying to receive messages from Family Caregivers about the value of this program.”

Since May 9, nearly 1,250 Caregivers of Veterans **who were seriously injured in the line of duty on or after September 11, 2001**, have applied for the Program. A core caregiver training curriculum is a required component of the program, which was developed by Easter Seals in collaboration with VA clinical experts. Eligible Family Caregivers can also access mental health services and are provided health care insurance, if they are not already entitled to care or services under a health plan.

Support for all Caregivers is also available via the national Caregiver Support Line at 1-855-260-3274. Caregivers of Veterans from all eras are encouraged to use the website [www.caregiver.va.gov](http://www.caregiver.va.gov) and Support Line to learn about more than two dozen supportive services VA offers to Family Caregivers.

### Wisconsin State Fair Recognition Day

The 2011 Military and Veterans Recognition Day at the Wisconsin State Fair will be held on Sunday, August 14 and Military Personnel and Veterans will receive free admission on this date. Simply present your military ID, VA ID, or DD214 at any ticket window and receive free admission all day.

### Wisconsin Women Veterans Conference

There will be a 3 day retreat for Wisconsin women veterans to mingle with other women veterans. You can choose 1, 2, or 3 days. This conference will be held October 21-23, 2011 at the Wisconsin Military Academy-Ft. McCoy. Please check [www.wisvets.com/womenvets](http://www.wisvets.com/womenvets) for more information.

### Contact Updates

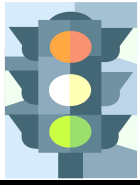
If you move or change phone numbers please let us know so we can update our records. Sometimes we need to get information to a veteran and we get an “out of service” phone message or mail returned as “undeliverable”. Be sure you also call the VA National Call Center so any pertinent information the VA mails out will get delivered to you.

### Veterans Relief Fund

A special thank you goes to those that recently donated to our Veterans Relief Fund. This is a great way to help needy veterans, as 100% of your tax-deductible gift stays in Sauk County to help veterans with various requests. Some of the solicitations you may get in the mail do not give much back to veterans, so always be sure to see how much of your donation actually assists the veteran. Please give us a call if you would like more information about the Veterans Relief Fund.

#### Sign up for the Electronic Newsletter

If you would like to take advantage of receiving upcoming issues of AddLIFE Today! Via e-mail, please e-mail [kkent@co.sauk.wi.us](mailto:kkent@co.sauk.wi.us) with your name and e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsletter.



# Ready - Set - Live Well



## Your Buck Starts Here!

Lee J. Roundy,  
Fiscal Accounting Tech

### What's the Value of Your Trip?

On the way home from our annual Fourth of July holiday in Manitowoc, our four year old daughter asked, "How much did we spend?" You could have heard a pin drop in our van. With my eyes as wide as saucers, I smiled and slowly explained that it's impolite to ask financial questions of her folks and that I could not possibly put a price tag on a great, traditional weekend with my family. She nodded and half-smiled at my 'straight-from-the-book' answer and then, re-grouped. With almost inaudible chatter and giggling from her and her three older brothers I heard, "Sorry Dad . . . what was the value of our trip?"



With a loud snort, all I could say was, "Priceless."

Who's kids are these, anyway?

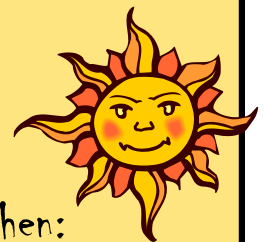
And now, how are you coming with your New Year's Resolution? With half of 2011 behind us, how are your short-term and long-term financial goals? Are you able to put a few dollars a week into a savings for your short-term goals? Are you able to cut non-necessity spending in order to save for your long-term goals? It's not easy to do when a gallon of milk is \$2.58, is it? Regardless of age, employment, familial status or location we are all in the same boat to some extent. With limited resources [cash & time] we all have to prioritize our purchases based on our actual

needs and goals. The deciding factor in whether we are actually successful is if we are content with our present situation and where we are headed into the future.

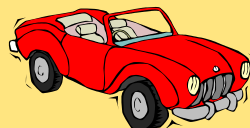
Well, how about considering this myth?

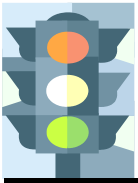
### MYTH: Spending Naturally Decreases During the Summer Months.

It's certainly true you are not spending a lot of money heating your home, getting ready for your relatives and friends at holiday time or turning on the lights at 4:30 p.m. However, you may be using more electricity to cool your home. You may be engaging in activities that draw more service than other seasons of the year such as home remodeling, traveling, landscaping, swimming pool, etc.). If you have spent more than one day with children or grandchildren, even summer basics are very costly. The increases of care, electricity, phone, transportation, water and food costs are staggering (not including entertainment, clothes, friends, activities, emergency room visits, etc.). On the other hand, you may have household bills that are lower in the summer months depending on how much time you spend at home. Any savings in household bills



You know it's summertime when:  
The best parking place is determined by shade instead of distance.





# Ready - Set - Live Well

are easily spent in away-from-home activities.

If you want to save more cash and still have fun, consider these inexpensive activities:

- ★ Volunteer your time  
The ADRC would love to have you join our team of amazing volunteers!
- ★ Soak up the air conditioning at the library  
Check out to see if they have any book clubs you can join too.
- ★ Head to the park with family or a friend  
Did you know that singing on a swing is great fun and a way to burn 200 calories for every hour spent enjoying yourself. We are never too old for a swing!
- ★ Window shop at the mall  
Window Shopping is twice the fun when you go with friends.
- ★ Visit a friend or family member  
Share your “brag book” photos or work on a group project for your favorite charity.

- ★ Take a walk to get an ice cream cone  
The U.S. enjoys an average of 48 pints of ice cream per person, per year.
- ★ Tour a museum or historical landmark  
Look in the Sauk County Travel Planner to find places of interest.

- ★ Enjoy the “Concerts in the Park”

### Sauk Prairie

every 1st & 3rd Tuesday at August Derluth Park

### Baraboo

every Thursday on the Courthouse lawn

### Reedsburg

every Wednesday in City Park

- ★ Go birdwatching, fishing, or take a dip at local lake  
Did you know that Sauk County’s Lake Redstone covers 612 acres?

- ★ Water aerobics  
Exercising in the water mixes both exercise and pleasure

So, have an enjoyable summer!



How Are You Going To Enjoy Your Summer??

## Celebrate Positive Aging!

Want to age gracefully, actively, positively? According to Carolyn Worthington, executive director of Healthy Aging®, it's all about combining physical, social, mental, and financial fitness. From the on-line magazine Healthy Aging®, here are some ideas for getting started:

- ★ **EAT FRESH.** Make a commitment to add more fresh fruits and vegetables to your diet. Make it a point to try to make foods from scratch... skip the processed foods as much as you can.
- ★ **EXPLORE.** Your mind is like a muscle...use it or lose it. Choose a new activity that will sharpen your mental skills. It's never too late! Check out your local continuing education at schools, senior centers, YMCA's, YWCA's for opportunities.
- ★ **VOLUNTEER YOUR TIME.** By giving back, you make yourself feel good. A win-win for all!
- ★ **EXERCISE.** 10,000 STEPS/DAY ...Exercise 30 to 60 minutes a day or walk 10,000 steps. Find a friend, don't delay and make a "date" to meet regularly. You will have fun and feel better about yourself immediately. Plus, there's the extra bonus of connecting with a friend or friends on a regular basis.
- ★ **GET SOCIAL.** Start your Facebook page, Twitter, and sign up for Linked In. Keep up with technology, friends, family and job connections by getting social.
- ★ **MONEY SENSE.** Start thinking about Medicare well before your 65th birthday. You can obtain a copy of the "Medicare and You" brochure on the Centers for Medicare & Medicaid Services' website at [www.medicare.gov](http://www.medicare.gov).

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015



### How to Chase Away the Blues

Presented by Dr Thomas Hayes, PhD

Dr Thomas Hayes is a Clinical Psychologist at the Paquette Center specializing in individual and family psychotherapy. His work also includes treatment for a variety of conditions, including anxiety, depression and relationships.

Thursday September 29 11am-NOON

St Clare Hospital, Ringling Room

Reservations requested

Contact GoldenCare 608-356-1407

Refreshments will be provided

\*\*No charge for this presentation\*\*

### Mark Your Calendar



The ADRC will be closed on:

April 22	Good Friday
May 30	Memorial Day
July 4	Fourth of July

Please note that the dining centers and home delivered meals do not operate when our office is closed.

Office hours are Monday through Friday, 8:00 a.m. - 4:30 p.m.

## ***Don't Forget:*** **Sauk County Alzheimer's Walk**

Mark your calendar for the 11<sup>th</sup> Annual Sauk County Alzheimer's Walk on Saturday, September 24<sup>th</sup> from 9:00 a.m. to 12:00 noon at Ochsner Park in Baraboo.

This event raises awareness and funds to support critical programs and services for local families coping with memory loss and dementia and to promote research towards early detection, prevention and a cure. It also honors the courage and perseverance of those whose lives are challenged by mild cognitive impairment or dementia and those who assist them.

Enjoy entertainment, food, awards, prizes, a commemorative program, and an optional 2-mile walk along the Baraboo Riverwalk. New this year is a silent auction and a presentation by the Purple Cow Poets for those who choose not to walk. Irish music will be provided by the Mossman family band, Wrannock. Sara Strozinsky is this year's painting artist. Those who contribute at least \$10 can have a name added to the painting.

Register as a team or as individuals -- in advance, online at [www.alzwisc.org](http://www.alzwisc.org), or at the event. Event T-shirts are awarded to those who raise at least \$50. All funds raised stay in Wisconsin

For more information, contact Carol Olson, local outreach specialist for the Alzheimer's & Dementia Alliance at 742-9055 or [carol.olson@alzwisc.org](mailto:carol.olson@alzwisc.org) or visit [www.alzwisc.org](http://www.alzwisc.org).

## **Five Key Strategies to Help End the Food Fight!**

Presented by Tut Gramling,  
Facilitator and Director of Camp Endeavor

This talk is geared for the diet-weary person. Practical, doable strategies that one can easily incorporate into a busy life will be presented. We will talk about how to put food and eating in a more rightful place and to end the struggle. These are simple tools used by the campers at Camp Endeavor.

Tut Gramling founded, along with her husband Dan Dingmann, Camp Endeavor, a fitness and nutrition camp located in the Wisconsin Dells. In addition to speaking about the Camp Endeavor experience, Tut will also discuss contemporary environmental and cultural factors impacting Americans in regard to their health maintenance and fitness.

Tuesday August 30  
10:30am-NOON

St Clare Hospital, Ho-Chunk room  
Reservations requested  
Contact GoldenCare 608-356-1407  
Refreshments will be provided  
\*\*No charge for this presentation\*\*





## Caregiver Corner

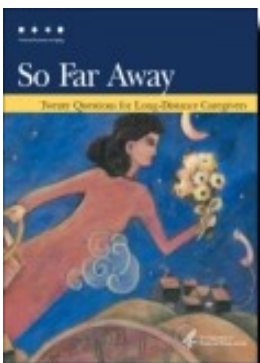
### Over The River and Through The Woods ...

If you are a long-distance caregiver, a trip “home” offers an opportunity to spend time with loved ones and take stock of how well they are doing on their own.

Some of the things you may want to check on while in the house:

- ◆ Is there a good variety of food in the refrigerator?
- ◆ Are the expiration dates current on the perishables?
- ◆ Are the medications being utilized and up to date?
- ◆ Is there an emergency medical kit in easy reach of the occupants?
- ◆ Are there any safety hazards in the bathroom (are rails needed, are mats slippery?)
- ◆ Are bills being paid or are they piled up unpaid in a corner?
- ◆ If they have a pet, is there plenty of fresh water and food available?

Caregiver.com



#### For more information:

“So Far Away:  
20 Questions For  
Long-distance Caregivers”

A publication of the  
National Institute on  
Aging/National Institutes  
of Health

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

### August

### Protect Your Vision: The Dilated Eye Exam

for people with diabetes

#### August is Eye Health and Safety Month

For people with diabetes, the only way to find out if the disease has caused any damage to the eyes is with a dilated retinal eye exam. It is recommended this exam be done every year. Diabetic eye disease may cause changes in your eye which could require immediate treatment to save your vision. This DVD will help answer any questions and guide you through the exam step by step.

### September Fall Prevention

#### September is Fall Prevention Awareness Month

One out of three people over the age of 65 fall each year. This video teaches how to reduce the risk of falls to yourself and the person you are caring for, while encouraging independence. Learn about medical conditions that contribute to falls, and how to make the home a safe environment.



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

## Check Out These Websites !!

### National Eye Institute

[www.nei.nih.gov](http://www.nei.nih.gov)

As part of the federal government's National Institutes of Health (NIH), the National Eye Institute's mission is to "conduct and support research, training, health information dissemination and other programs with respect to blinding eye diseases, visual disorders, mechanisms of visual function, preservation of sight, and the special health problems and requirements of the blind."

The National Eye Institute (NEI) was established by Congress in 1968 to protect and prolong the vision of the American people. NEI research leads to sight-saving treatments, reduces visual impairment and blindness and improves the quality of life for people of all ages.

### Fall Prevention Center Of Excellence

"Stopping Falls One Step At A Time"

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

Are you concerned about a family member or friend falling? Do you want to know more about common problems that contribute to falls, and learn about simple steps to prevent them.

Successful fall prevention involves the three main strategies of: balance training and physical activity; medical management; and environmental/home modifications.

Stopfalls.org can help you with ideas that can help prevent serious injuries due to falls in the home and the community.

**Caregiver Questions?  
Caregiver Concerns?  
Call the Caregiver Hotline**

**355-3289**

**1-800-482-3710**

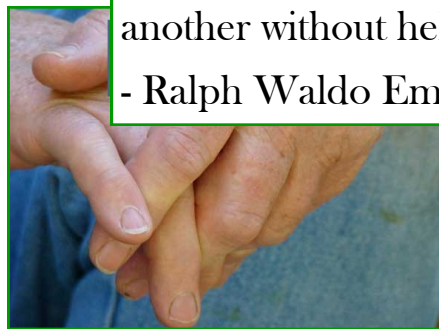
In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with.

- Brian Tracy



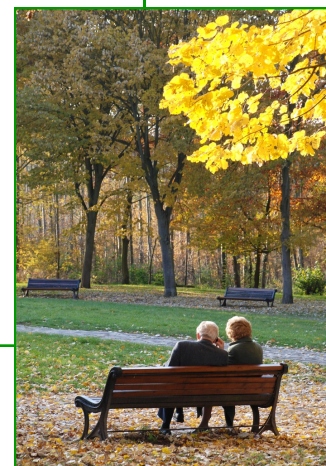
It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.

- Ralph Waldo Emerson



You give but little when you give of your possessions. It is when you give of yourself that you truly give.

- Kahlil Gibran



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



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

## Here’s Some “Eye Opening” Information about Cataracts

1. During August’s Cataract Awareness month, the American Academy of Ophthalmology and Eye M.D.s around the nation want to remind people they don't have to live with cataracts.

Cataracts are very common. Approximately 20.5 million Americans age 40 and older have cataracts.

- A cataract is a clouding of the eye’s clear lens. This prevents the passage of light needed for vision.
- Cataracts are a significant cause of blindness in some parts of the world; however, technological advances and the availability of new procedures in the United States mean that for most Americans, cataracts don't lead to vision loss.
- More than half of all Americans develop cataracts by age 80.

2. New advances and techniques have made cataract surgery one of the most successful and life-improving surgical procedures.

- Cataract surgery is the most frequently performed surgical procedure in the United States, with more than 1.6 million procedures performed each year.
- Cataract surgery is usually covered by medical insurance, including Medicare.
- Cataract surgery is usually done as an outpatient procedure under local anesthesia. In this procedure, the Eye M.D. makes a tiny incision through which he or she removes the cloudy lens and replaces it with a permanent artificial lens.
- Lasers are not currently used to remove cataracts. But they are sometimes used after cataract surgery to remove a film that can grow on the lens implant.

3. If you think you may have a cataract, you

### 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>Tuesday,            August 9</p>	<p>Tuesday,            September 6</p>
<p><b>Lime Ridge</b>            Tuesday-Thursday            Lime Ridge Senior Center            308 West Maple Ave Lime            Ridge            Phone 986-2424  <i>Lunch served at 12:00 noon</i></p>	<p>Wednesday            August 24</p>	<p>Tuesday,            September 13</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>Tuesday.            August 23</p>	<p>Wednesday            September 21</p>
<p><b>Reedsburg</b>            Willow Heights            800 Third St., Reedsburg            Phone 963-3438  <i>Lunch Served at 11:30 am</i></p>	<p>Tuesday,            August 16</p>	<p>Wednesday            September 7</p>
<p><b>Sauk/Prairie</b>            730 Monroe St., Sauk City            Phone 963-3437  <i>Lunch Served at 11:30 am</i></p>	<p>Thursday            August 18</p>	<p>Wednesday            September 14</p>
<p><b>Spring Green</b>            117 S Washington St.,            Spring Green            Phone 588-7800  <i>Lunch served at 12:00 noon</i></p>	<p>Wednesday            August 17</p>	<p>Thursday            September 8</p>

don't have to live with it. Talk to your Eye M.D. about your options.

- There are no medications or exercises that will prevent the formation or progression of cataracts or make a cataract disappear.
- Nutritional or vitamin supplements have been shown to be beneficial in populations with nutritional deficits, but due to the inconsistent results reported in clinical trials, recommendations cannot be made at this time.
- Although it is very safe and effective, cataract surgery is surgery and you need to carefully decide if it is right for you. If the cataract does not interfere with your life, you may decide surgery is not warranted. Talk to your Eye M.D. if cataracts are interfering with your lifestyle.

Information provided by GWAAR

## See How Your Plate Rates

On June 2, 2011 the USDA, along with First Lady Michelle Obama, unveiled the new food icon “MyPlate”. *MyPlate* is intended to be a reminder to everyone to make healthier food choices. The idea is to build a healthy plate at each meal time by using information provided with *MyPlate*.

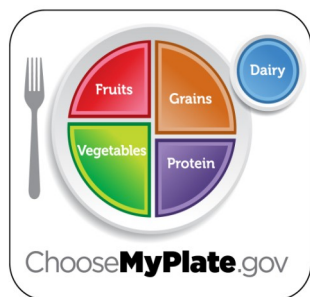
There are 3 simple ideas to get you started:

### Balance Calories

- Avoid extra portions
- Aim to eat less and enjoy what you are eating.

### Look to increase certain foods

- Make half your plate fruits and veggies.
- Make half your grains whole grains.
- Switch to low-fat or fat free milk.



### Foods to Reduce

- Read food labels to limit sodium.
- Choose water over sugary drinks.

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## What Are Whole Grains?



Most nutrition professionals would tell you that you should get at least 1/2 of your grains as whole grains. But how can you tell if they're whole grains or not? Foods labeled “multi-grain”, or “7-grain”, or “bran” are often not whole grain products.

You need to read food labels very carefully and choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:



- brown rice
- wild rice
- whole-grain
- whole oats
- whole wheat
- whole rye

And don't rely on color to try to tell if it's whole grain—bread can be brown from added ingredients—read the ingredients list to be sure.

If you are confused about serving sizes, typical servings of whole grains are 1 slice of whole-grain bread, 1/2 cup cooked brown rice or 1/2 cup of cooked oatmeal. Many food manufacturers are complying with consumer trends and are offering more and more whole grain options at affordable prices. You can get whole grain, high fiber noodles and pastas, soups, snack foods and crackers. Just read the ingredients list and don't be fooled by fancy labeling and clever pictures and clever names!

Information provided by GWAAR

## PUFFED OVEN-BAKED PANCAKES

Makes: 2 servings

### Ingredients

- Nonstick cooking spray
- 1 egg beaten
- 3 tablespoons all-purpose flour
- 3 tablespoons fat-free milk
- Dash salt
- 2 tablespoons orange marmalade
- 2/3 cup sliced fresh fruit (such as strawberries, peeled kiwifruit, nectarines, pears, and/or peeled peaches)

### Directions

Preheat oven to 400°F. Lightly coat two 4 1/2-inch individual pie plate or 10-ounce custard cups with nonstick cooking spray.

In a small bowl, combine egg, flour, milk, and salt. Beat with a wire whisk until smooth. Pour batter into baking dishes. Bake for 15 to 20 minutes or until pancakes are puffed and well browned.

Place orange marmalade in a small microwave-safe dish. Microwave, uncovered, on high for about 30 seconds or until melted.

Serve warm topped with fruit; spoon melted marmalade over fruit.

Recipe from [my.hearthealthyonline.com](http://my.hearthealthyonline.com)



## Medication Questions?



Our Pharmacist is here to help  
you - and it's FREE!



624-6487 • [www.ramchealth.com](http://www.ramchealth.com)

- ◆ Do you have questions about the medications you're taking?
- ◆ Confused about drug interactions?
- ◆ Wondering about generics?

Let RAMC's pharmacist help!

**The first Monday of every month**, Matt Steiner, RAMC pharmacist, will be available from **9:00 a.m. - 10:00 a.m.** in the **hospital conference room**, located in the main lobby near patient registration. This is a **FREE** service.

*We're happy to go beyond the expected for you!*



# August 2011

## Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Swedish Meatballs Mashed Potatoes Peas & Carrots Choc. Banana Torte Honeydew Melon * Sliced Bread	<b>2</b> Escalloped Potatoes and Ham Casserole Corn Ambrosia Dessert Cookie * Dinner Roll	<b>3</b> Swiss Steak Mashed Potatoes Swiss Spinach Peach Slices Cinnamon Roll * Sliced Bread	<b>4</b> Chicken Tetrizzini Cass. (incl. veg.) Winter Blend Veg. Birthday Cake Pineapple Tidbits * Dinner Roll	<b>5</b> Liver and Onions Au Gratin Potatoes Tossed Salad Applesauce Orange Sherbet * Sliced Bread
<b>8</b> Mushroom Pork Cutlet Mashed Potatoes Carrots Peanut Butter Cookie Plum Halves * Sliced Bread	<b>9</b> Lasagna Casserole (includes veg.) Italian Blend Veg. Fruited Gelatin Frosted Cake * French Bread	<b>10</b> Chicken Teriyaki Baked Potato Chinese Ramen Cabbage Salad Vanilla Pudding Fruit Cocktail * Sliced Bread	<b>11</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Mixed Vegetables Pear Slices Ice Cream Cup * Dinner Roll	<b>12</b> Macaroni & Cheese Tossed Salad Green Beans Cantaloupe Slice Fudge Brownie * Sliced Bread
<b>15</b> Baked Chicken Amer. Potato Salad Winter Blend Veg. Apricot Halves Cookie * Sliced Bread	<b>16</b> Ham Rolls Red Skin Potatoes Baby Carrots Coconut Cream Pie Orange * Dinner Roll	<b>17</b> Beef Stew (includes veg.) Seven Layer Salad Fruited Gelatin Ice Cream Cup * Biscuit	<b>18</b> Bratwurst on a Bun German Pot. Salad Corn Chocolate Pudding Peach Slices *	<b>19</b> Salisbury Steak Mashed Potatoes Peas/Pearl Onions Applesauce Cookie * Sliced Bread
<b>22</b> Pepper Steak Cheesy Potato Bake Summer Blend Veg. Raspberry Sherbet Fruit Cocktail * Sliced Bread	<b>23</b> Chicken, Broccoli and Rice Casserole Tossed Salad Cantaloupe Slice Frosted Cake * Dinner Roll	<b>24</b> Roast Turkey Mashed Potatoes Creamed Corn Pumpkin Pie Plum Halves * Sliced Bread	<b>25</b> Meatloaf Baked Potato Peas and Carrots Fruited Gelatin Cinnamon Roll * Dinner Roll	<b>26</b> Pork Steak Mashed Potatoes Red Cabbage Spice Cake Applesauce * Sliced Bread
<b>29</b> Chicken Breast Mashed Potatoes Pickled Beet Salad Oatmeal Raisin Cookie Pineapple Tidbits Sliced Bread	<b>30</b> Glazed Ham Sweet Potato Bake Cole Slaw Pear Slices Ice Cream Cup * Dinner Roll	<b>31</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Vanilla Pudding Peach Slices * Sliced Bread		

# September 2011

## Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>What do insects learn at <u>school</u> ?</b></p>  <p><b>Mothmatics !</b></p>				
<p><b>Closed For Labor Day</b> Dining Centers Closed and No Home Delivered Meals</p> 	<p><b>6</b> Country Fried Steak Mashed Potatoes Calif. Blend Veg. Fruit Cocktail Frosted Cake * Dinner Roll</p>	<p><b>7</b> Crispy Fish Fillet Cheesy Potato Bake Peas Apple Pie Peach Slices * Sliced Bread</p>	<p><b>8</b> Baked Spaghetti (includes veg.) Italian Salad Apricot Halves Cookie * French Bread</p>	<p><b>9</b> Roast Beef Mashed Potatoes Carrots Choc. Banana Torte Pear Slices * Sliced Bread</p>
<p><b>12</b> Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Applesauce Cinnamon Roll * Sliced Bread</p>	<p><b>13</b> Baked Chicken Mashed Potatoes Three Bean Salad Pear Slices Vanilla Pudding * Dinner Roll</p>	<p><b>14</b> Swedish Meatballs Mashed Potatoes Peas and Carrots Coconut Cream Pie Plum Halves * Sliced Bread</p>	<p><b>15</b> Chicken Cacciatore Baked Potato Summer Blend Veg. Sugar Cookie Peach Slices * Dinner Roll</p>	<p><b>16</b> Hamburger on a Bun American Pot. Salad Green Beans Cantaloupe Slices Ice Cream Cup *</p>
<p><b>19</b> Ham Rolls Squash Cole Slaw Pear Slices Frosted Cake * Sliced Bread</p>	<p><b>20</b> Chicken an a Biscuit Cass. (incl. veg.) Tossed Salad Mand. Orange Gel. Fudge Brownie *</p>	<p><b>21</b> Swiss Steak Mashed Potatoes Mixed Vegetables Cream Sicle Torte Watermelon Slice * Sliced Bread</p>	<p><b>22</b> BBQ Pork Cutlet Au Gratin Potatoes Calif. Blend Veg. Fruited Gelatin Cookie * Dinner Roll</p>	<p><b>23</b> Chicken Breast Mashed Potatoes Carrots Egg Custard Pie Peach Slices * Sliced Bread</p>
<p><b>26</b> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Applesauce Frosted Cake * Sliced Bread</p>	<p><b>27</b> Chili Casserole (includes veg.) Winter Blend Veg. Alexander Tore Apple * Cornbread</p>	<p><b>28</b> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pineapple Tidbits Cookie * Sliced Bread</p>	<p><b>29</b> Meatloaf Escalloped Potatoes Peas and Carrots Chocolate Pudding Petite Banana * Dinner Roll</p>	<p><b>30</b> Fruited Chicken Salad on a bed of Shredded Lettuce Raspberry Sherbet Honeydew Melon * Sliced Bread</p>

Thank you to an anonymous donor for the donation to the publishing of *AddLIFE Today!*



Thank you to Grace and Ed Reeves for the donation towards the publishing of *AddLIFE Today!* Newsmagazine.



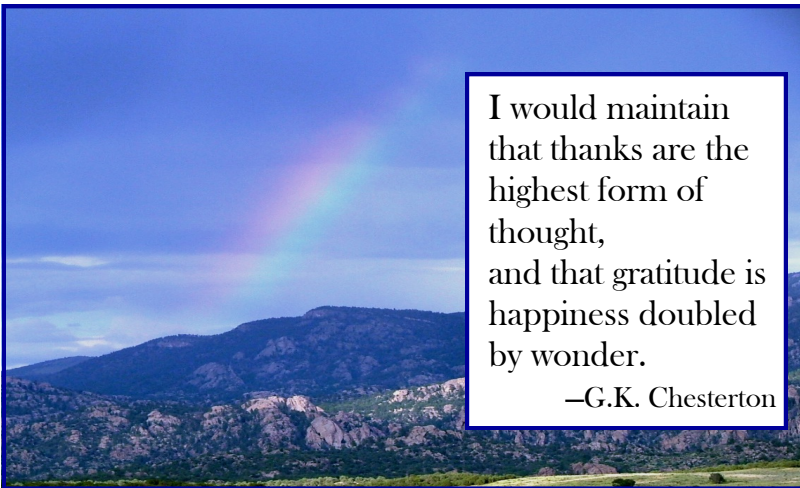
Thank you to Dorothy Danube for the donation towards the Home Delivered Lunch Program.



Thank you to an anonymous donor for the donation towards the Information & Assistance Program.



Thank You!



I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.  
—G.K. Chesterton

### ADRC 'Doing Good' One Search, One Purchase at a Time

You can have a donation made to the ADRC on your behalf by shopping online through [GoodShop.com](http://GoodShop.com). By shopping online at more than 1,600 well known retailers including Amazon, Target, Apple, Macy's, Best Buy, Orbitz, Staples and others, up to 30% of the purchase price is donated to the ADRC. The shopping experience and the prices are exactly the same as going to the retailer directly.

In addition, for every search conducted with the [GoodSearch.com](http://GoodSearch.com) search engine, approximately one penny is donated to the ADRC - and the pennies add up quickly!

Using [GoodShop.com](http://GoodShop.com) or [GoodSearch.com](http://GoodSearch.com) is free - there is no cost to you to use!

### Donation Designation Form

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):

- AARP Tax Preparation Program
- AddLIFE Today! Publishing
- Care for the Caregiver Program
- Caregiver Support Programs
- Dining Center Program
- Disability Benefit Specialist Program
- Eat Better, Move More Program
- 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
- Volunteer Programs

Kindly make your check payable to:  
"ADRC"

505 Broadway, Room 102  
Baraboo, Wisconsin 53913



PSKST STD  
U.S. POSTAGE PAID  
BARABOO, WI  
PERMIT NO. 65

Aging & Disability Resource Center  
of SW Wisconsin  
Sauk County Satellite  
505 Broadway  
Baraboo, Wisconsin 53913

**CHANGE SERVICE REQUESTED**  
**X**

If you know of someone who would enjoy receiving AddLIFE Today! Newsmagazine - Let us know! Do you have a family member or friend who cannot read the AddLIFE Today! because of poor eyesight? AddLIFE Today! is also available on cassette tape. For more information, please call the ADRC office at (608) 355-3289 or (800) 482-3710.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

The AddLIFE Today! Newsmagazine is also available on the website! Website: [www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)

Would you prefer to receive an electronic copy of future issues? Please e-mail the editor at [cbindl@co.sauk.wi.us](mailto:cbindl@co.sauk.wi.us). We will notify you via email when the latest AddLIFE Today! has been posted online on the county website at [www.co.sauk.wi.us](http://www.co.sauk.wi.us). This will help us reduce postage costs as well as the amount of paper generated!

Statements or expressions of opinion here are those of the authors and not necessarily those of the Aging & Disability Resource Center of SW Wisconsin. In no event will the authors, the editors, the reviewers or the publishers be liable for any damages resulting from use of this material. The publication of any information provided by an AddLIFE Today! Partner is not to be construed as an endorsement of the product or service offered unless the article specifically states that there is such endorsement or approval.

For newsletter questions or comments,  
please contact Cathy Bindl at 355-3289 or email at [cbindl@co.sauk.wi.us](mailto:cbindl@co.sauk.wi.us).

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

**Celebrate Grandparents Day with this Word Search**

- |            |               |           |
|------------|---------------|-----------|
| card       | grandchildren | nana      |
| celebrate  | grandma       | papa      |
| dinner     | grandpa       | paternal  |
| experience | grandparents  | relatives |
| family     | honor         | respect   |
| flowers    | love          | wisdom    |
| gift       | maternal      |           |

This Brainteaser provided to you by:  
Golden LivingCenter-  
Wisconsin Dells  
300 Race St,  
Wisconsin Dells, WI 53965  
608-254-2574

