

Add  
**LIFE**  
Today!

December 2012/ January 2013

Vol 4 / Issue 6

*Enhance Your Life  
and the Lives of Others!*

Laughter  
Independence  
Friends &  
Energy

## Café Connections: Western Expansion!



The ADRC of Sauk County is opening a new Café Connections in Spring Green! Café Connections is a café/bistro atmosphere with extended hours from the regular Dining Center, offering snacks

and light menu items and great new programming! Watch for details of our Grand Opening coming soon! The Café's hours will be 9:30 a.m.-2:00 p.m.

Sauk County's first Café Connections is located in the Sauk Prairie Community Center and features activities such as euchre, dominos, bingo, Friday afternoon movies and Nintendo Wii Fit tournaments such as bowling, tennis and golf. A strong, supportive partnership has been forged with the Sauk Prairie School District which operates the Community Center and the ADRC.

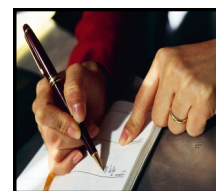
No reservations are necessary to have lunch at the Café. Participate on a contribution basis if you are:

- Aged 60 or older.
- A spouse who attends the dining center with their spouse who is aged 60 or older.
- A person with a disability, under age sixty (60), who resides in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided.
- A disabled individual who resides at home with an eligible older individual participating in the program.
- A volunteer of any age on the day you volunteer.

A calendar of events/programs at Café Connections-Spring Green will be coming soon. If you have an idea for a new program or activity for the Café please contact Laura Geick, Nutrition & Prevention Specialist at 355-3289.



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## Mark Your Calendar

The ADRC will be closed on:

December 24 & 25 Christmas  
January 1 New Years

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





## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



### Dear Friends,

We have an administrative project in our office and we need some help. In the past we have been able to get help through a Federal VA program called the **Work Study**. The participant needs to be in school and currently receiving federal VA education benefits each month to qualify. This is a great program that not only helps our office but gives the work study student an opportunity to learn about our office and earn some extra money at the same time. If you know of anyone who may be qualified and interested, please let us know or have them contact us.

We have had a higher than normal amount of requests for veterans assistance in the last few months, which led me to inquire if there was an opportunity for some budgeting help available within the county. It turns out that there is. The UW Extension is willing to do a budgeting class at the West Square Building **for veterans and their families**. There is a minimal cost for the class with a catered lunch included. **Veterans and family members**, please contact our office (608-355

-3260) if you would be interested in this class. They need 10-12 people interested in the class before they can set a date and time.

A few other items of interest. The Honor Flight program is now accepting applications from Korean veterans, and as always, any vet who is terminally ill is moved to the front of the line regardless of what era they served in. For veterans who are not able to or do not wish to fly, there is another option called VetsRoll. With this program the veterans take a bus to Washington D.C.

The Veterans Assistance Foundation out of Tomah has recently been awarded a grant from the federal VA to help veterans who are homeless or at risk of being homeless to obtain or keep their housing. It is called **Supportive Services for Veterans Family Program**. The grant area includes Sauk County. The representative will be in the West Square Building the second and fourth Thursday of each month, or you can contact them directly at 866-823-8387. Ask for John.

**In Your Service,**

*Tony*



*Merry Christmas and  
Happy New Year  
From Your  
Veterans Service Office*



Kathy Kent

*Veterans  
Benefit Specialists*

Pamela Russo



505 Broadway \* Baraboo  
Wisconsin \* 53913  
Telephone - 608-355-3260  
[www.co.sauk.wi.us](http://www.co.sauk.wi.us)

**What is a Veterans Benefit Specialist?**

Your Sauk County Veterans Service Office consists of three people:

**Tony Tyczynski,**

County Veterans Service Officer (CVSO)

**Kathy Kent,**

Veterans Benefit Specialist (VBS)

**Pamela Russo,**

Veterans Benefit Specialist (VBS)

The following describes the qualifications and duties of a Veterans Benefit Specialist (VBS). I wanted to share this information with everyone because I believe it is important for our customers to be aware of the fact that Kathy and Pamela are very highly trained, competent professional veterans advocates. As you will notice from the information below, they are capable of handling the vast majority of services that veterans look for from our office.

The job of a Veterans Benefit Specialist (VBS) is to serve as the liaison between veteran benefits and those who may be entitled to them. VBS's are veteran advocates, and as such

serve to assist veterans and their dependents in any way possible.

While often assumed to be federal or state employees, Sauk County VBS's are employed at the county level per state law.

VBS's are afforded initial professional training by the Wisconsin Department of Veteran Affairs (WDVA). VBS's who attend this initial training are, with additional experience, professionally accredited by Veterans Affairs (VA) through the WDVA to act on veteran's behalf in the processing of federal claims. VBS's are also routinely offered additional professional training by WDVA, national veteran service organizations (American Legion, VFW, Disabled American Veterans, National Association of County Veterans Service Officers, etc.) and federal entities twice or more each year to maintain proficiency and ensure working knowledge of federal and state program and policy changes.

VBS's deal with a large variety of benefits and programs for veterans. They process Veteran Affairs (VA) disability and pension claims, assist veterans with G.I. Bill education, VA home loans, medical care, nursing homes, obtaining replacement discharge certificates and military medals, death benefits, veteran cemeteries, funeral honors, life insurance, employment, vocational rehabilitation, and a host of other federal programs. On the state side, they assist veterans in obtaining emergency aid grants, participation in veteran assistance programs for the homeless, state nursing home care, education programs and state eligibility applications. At the county level, VBS's are involved in emergency financial assistance, and in providing assistance to any veteran or veteran's dependent in need. VBS's get the benefits to the veteran!





## VETERAN BENEFIT SCENARIO

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

Recently a veteran came in to our office who was looking for help paying for his hearing aids. We explained the first step to getting help with hearing aids was to be accepted into VA health care. Once in the system, if the VA audiologist feels the veteran could benefit from hearing aids, the VA will provide them at no or a minimal cost to the veteran. The veteran was informed there are two different ways to be accepted into the VA health care system.

The first option is to apply based on the veterans household income from the previous year. The second option comes into play if the veteran feels the hearing loss was caused all or in part by their military service. Then we will help file a claim for a service-connected disability. If the claim is successful the veteran won't have to qualify for VA health care based on income; they will get an exemption because of the service-connected disability.

Even if it has been 50 years or more since you left the military, it is not too late to file a claim for service-connection for hearing loss. Many veterans have either lived with or been in denial about this disability. As they get older and the hearing loss becomes worse, they feel they need to do something about it.

Another condition often associated with hearing loss is ringing or high pitched noise in the ear, known as tinnitus. The VA views this as a separate disability. If it can be traced back to a veterans time in the military, it can also be claimed as a service-connected disability.

Whether a veteran is applying for VA health care based on their income and/or wants to apply for a service-connected disability, our office is here to help. We will do all the

paperwork that is involved in the claims process. There is minimal effort or time involved for the veteran.

*Thank You!*



Pictured above: Karl Krueger, the

Commander of American Legion Post 26, Baraboo, hands Tony a check for \$2,300 (the tips from the 2012 Sauk County Fair beer stand), and Jay Anderson, also of Post 26, hands Tony a check from a recent brat sale held to raise money for needy veterans.

Thank you to Post 26 and all the customers that contributed their tips and donations to this cause. Once again the generosity and care for our veterans from the people of Sauk County, is tremendous and greatly appreciated.

We also want to thank Lorraine Steinhorst for her recent donation to the Veterans Care Trust Fund. These tax deductible donations are used to help needy veterans of Sauk County.

## Vet Bugs Update



We want to thank Maurice and Jackie Nolden and Bernie O'Donnell for their recent donation of a Vet Bug for our office to display. So far they have made over 1,000 Vet Bug yard ornaments, in which all money they receive for the bugs helps needy Wisconsin veterans. As of the end of September they have donated money to 27

*(Continued on page 6)*





(Continued from page 5)

Wisconsin counties, and also to the VA Medical Centers in Madison and Milwaukee.

They are looking for more old cattle drinking cups to use for the vet bugs and they are willing to take them out of the barns, if necessary. If you would like to help by donating any old cattle drinking cups, or for more information, please call them at (608) 643-8484. If you get their answering machine, please leave a message, and they will return your call when they get back in from making the bugs!

### Baraboo Community Based Outpatient Clinic

The Baraboo VA Clinic will be closed on Thursday, December 13 and Friday, December 14 in order to move into their new location at 1670 South Blvd. in Baraboo, which is by Walmart and Summit Credit Union. The clinic will reopen on Monday, December 17 in their new location.

### Federal Jobs

There is help for veterans seeking federal employment. This assistance is being offered at your nearest VA Medical Center. If you are interested in pursuing employment from the federal government, you will want to take advantage of this valuable resource. They also offer special assistance for disabled veterans.

The people listed below are your points of contact for this program. All of them work out of the Madison VA Hospital. Also note, you do not have to be in the VA health care system to get this assistance.

- Meggan Babcock; (608) 280-7026 x 12942; [Meggan.babcock@va.gov](mailto:Meggan.babcock@va.gov)
- Laura Rankin; (608) 280-7026 x 17484; [Laura.rankin@va.gov](mailto:Laura.rankin@va.gov)
- Stephanie Doyle; (608) 280-7026 x 12943; [Stephanie.doyle2@va.gov](mailto:Stephanie.doyle2@va.gov)
- Jackie Sutton (Nursing Questions/Nurse Recruiter); (608) 280-7026 x 17565; [Jacalyn.sutton@va.gov](mailto:Jacalyn.sutton@va.gov)



### PTSD Support Group

There will be a veterans PTSD support group meeting at the West Square Building on the third Tuesday of every month, starting December 18, 2012. Please contact Tony in our office or Jennifer at the Madison Vet Center with any questions. Jennifer can be reached at (608) 264-5342.

### Job Search Assistance

Ray Molkentin from the Dane County Job Center will be offering assistance to veterans twice a month at the Sauk County Job Center. He will be assisting veterans with job search resources, creating a resume, cover letter, and providing information about career planning and labor market information. He can also assist with Federal resume and applications for federal or state service and will have information about Veteran Recruitment Authority, Veterans Preference and apprenticeship programs. For more information please contact Ray at (608) 242-4881.



### Sign up for the Electronic Newsmagazine

Any veteran 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.



## Director's Notes

Trish Vandrez, ADRC Director



### So, how much do the services of the ADRC cost?

This question seems to have been raised quite a bit lately, so I thought I would refresh everyone's minds about this topic.

There are many different sources of funding which allow the ADRC to provide its services. Each of these sources makes its own rules on how the money may be spent.

For example, the services of the Elder and Disability Benefit Specialists and the Aging & Disability Specialists are able to be provided without any fee charged.

Transportation funding requires that subsidized fares be determined for both the driver escort service and *The Bus*.

Similarly, the services provided by the Older Americans Act (federal law) have some different requirements. These services, which include the lunch services at the dining centers or through the Doorstep Dinners delivery and family caregiver support services, are provided on a contribution basis.

Providing services on a contribution basis means the ADRC must provide our customers over age 60 with a confidential, voluntary opportunity to contribute to the cost of the services. For the dining programs, we are also required to post a suggested donation amount and the actual, full cost of the lunch. Other services must make information about the actual, full cost of the services available as well. Any contributions received are used to continue or expand the services.

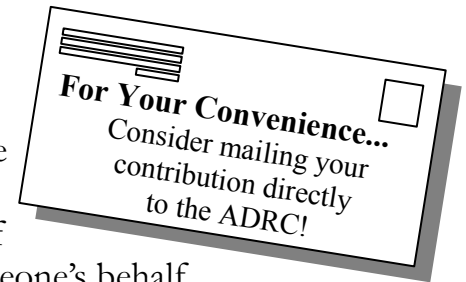
People who are not at least 60 years old (with a few exceptions) are required to pay full price for services if they choose to participate. For example, if someone younger than 60 would

like to have lunch at the dining center, they would be expected to pay the full price of the catered lunch. However, volunteers including those younger than 60 years old, are allowed to participate on the contribution basis.

### What happens when a person does not contribute?

Nothing. The program is not intended to exclude an elder from participating because they are not able to contribute to the cost. In fact, this is the very reason the opportunity is confidential and voluntary. Neither the dining center manager, other guests or even the ADRC need to know if a contribution has been made by a particular guest.

Remember contributions may be mailed directly to the ADRC weekly, monthly or annually rather than give via the container for donations at the dining center. A guest may choose to use this process themselves or their contribution may be made on their behalf by a friend or family member who assists them with their financial matters. It is also possible that another assistance program may be paying the cost of the lunch on someone's behalf based on that person's circumstances.



This is not a topic ADRC staff discusses very often with the public. We don't ever want finances to be the reason someone chooses not to participate in a program.

Of course, every contribution of any size made to the ADRC for any of its programs is received with much appreciation! Your contributions really do make a difference in the level of services we are able to provide and the lives of the people the ADRC serves. Thank you for considering making a contribution to the ADRC!

Live Well,  
Trish

Tom Litscher



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



Dennis Murray



# Getting You There!

## The Bus



### General information for all roundabouts

Roundabouts are becoming more common in the U.S. because they provide safer and more efficient traffic flow than standard intersections. By keeping traffic moving one-way in a counterclockwise direction, there are fewer conflict points and traffic flows smoothly. Crash statistics show that roundabouts reduce fatal crashes about 90%, reduce injury crashes about 75%, and reduce overall crashes about 35%, when compared to other types of intersection control. When driving a roundabout, the same general rules apply as for maneuvering through any other type of intersection.

## Rules For Driving Roundabouts

### Truck apron

Large vehicles need more space when driving in a roundabout. A truck apron is a paved area on the inside of the roundabout for the rear wheels of large trucks to use when turning, sometimes referred to as off-tracking. Truck aprons are not to be used by cars, SUVs or pickup trucks.



### Steps for driving a roundabout:

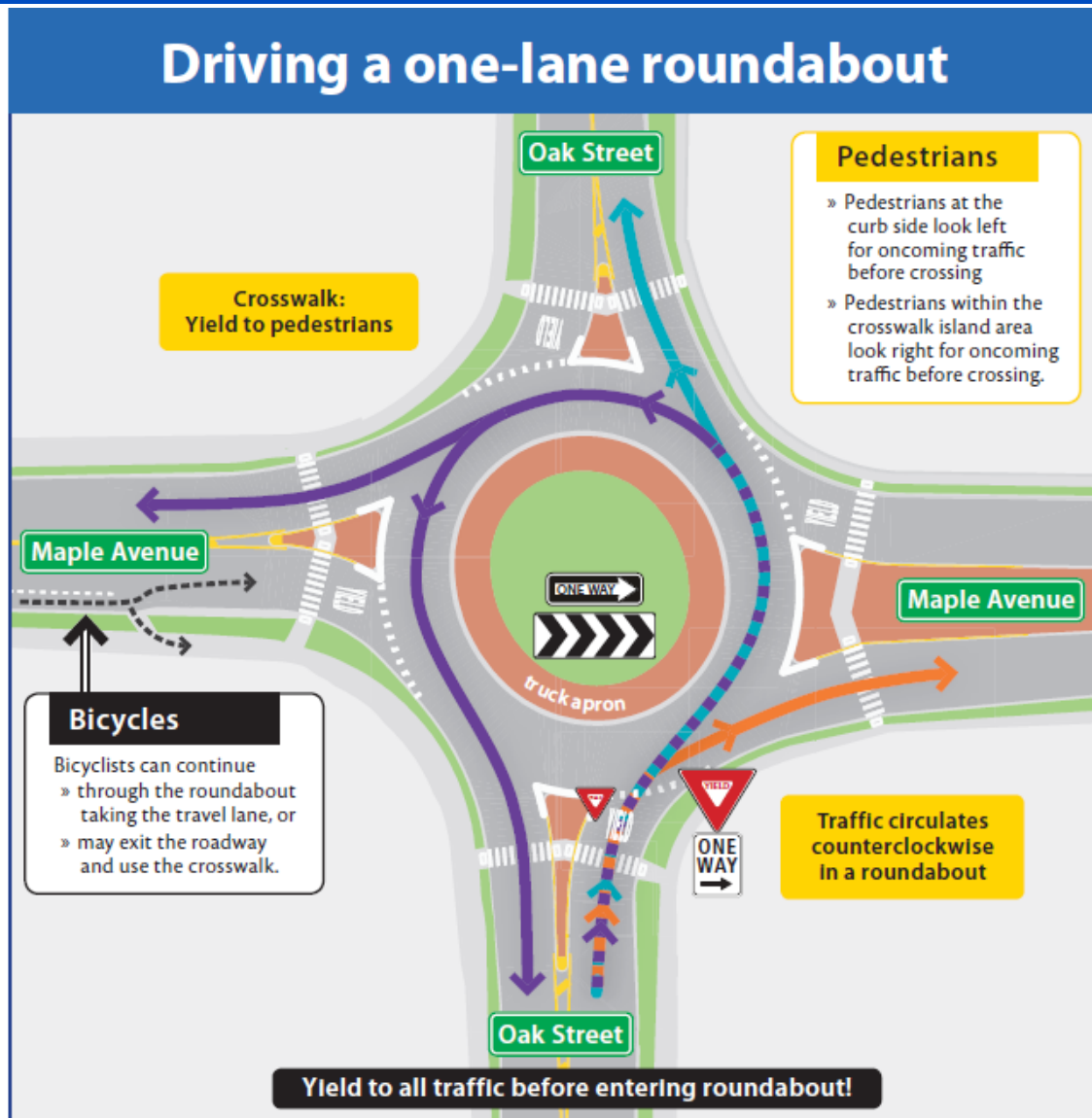
1. Slow down. Obey traffic signs.
2. Yield to pedestrians and bicyclists.
3. Yield to traffic on your left already in the roundabout.
4. Enter the roundabout when there is a safe gap in traffic.
5. Keep your speed low within the roundabout.
6. As you approach your exit, turn on your right turn signal.
7. Yield to pedestrians and bicycles as you exit.

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## Driving a one-lane roundabout

This example shows the traffic movement patterns through a one-lane roundabout. The one-lane roundabout is known as one of the safest and most efficient intersections.



(Continued from page 8)

### Emergency vehicles in the roundabout

- ⇒ Always yield to emergency vehicles.
- ⇒ If you have not entered the roundabout, pull over and allow emergency vehicles to pass
- ⇒ Avoid stopping in the roundabout.

### Driving a roundabout with two or more lanes

Choose the proper lane before entering: As you get closer to the roundabout entrance, it is

very important to observe the signs and arrows to determine which lane to use before entering a roundabout. Black and white signs on the side of the road and white arrows on the road will show the correct lane to use. In general, if you want to make a left turn, you should be in the left lane or other lanes that are signed and marked as left turn lanes. If you want to make a right turn, you should be in the right lane or other lanes that are signed and marked as right turn lanes. If you want to go straight, observe the signs and arrows to see what lane is correct.

(Continued on page 10)

**Left Turns/U-turns:**  
use left lane

- » When approaching the roundabout, use the left lane, or other lanes that are signed and marked as a left turn lane.
- » Yield to pedestrians in the crosswalk.
- » Yield to all traffic on your left before entering the roundabout.
- » Enter the roundabout when there is a safe gap in traffic.
- » Stay in your lane.
- » Use your right turn signal to exit the roundabout.
- » Yield to pedestrians in the crosswalk at the exit.

**Going straight:**  
use right lane or left lane

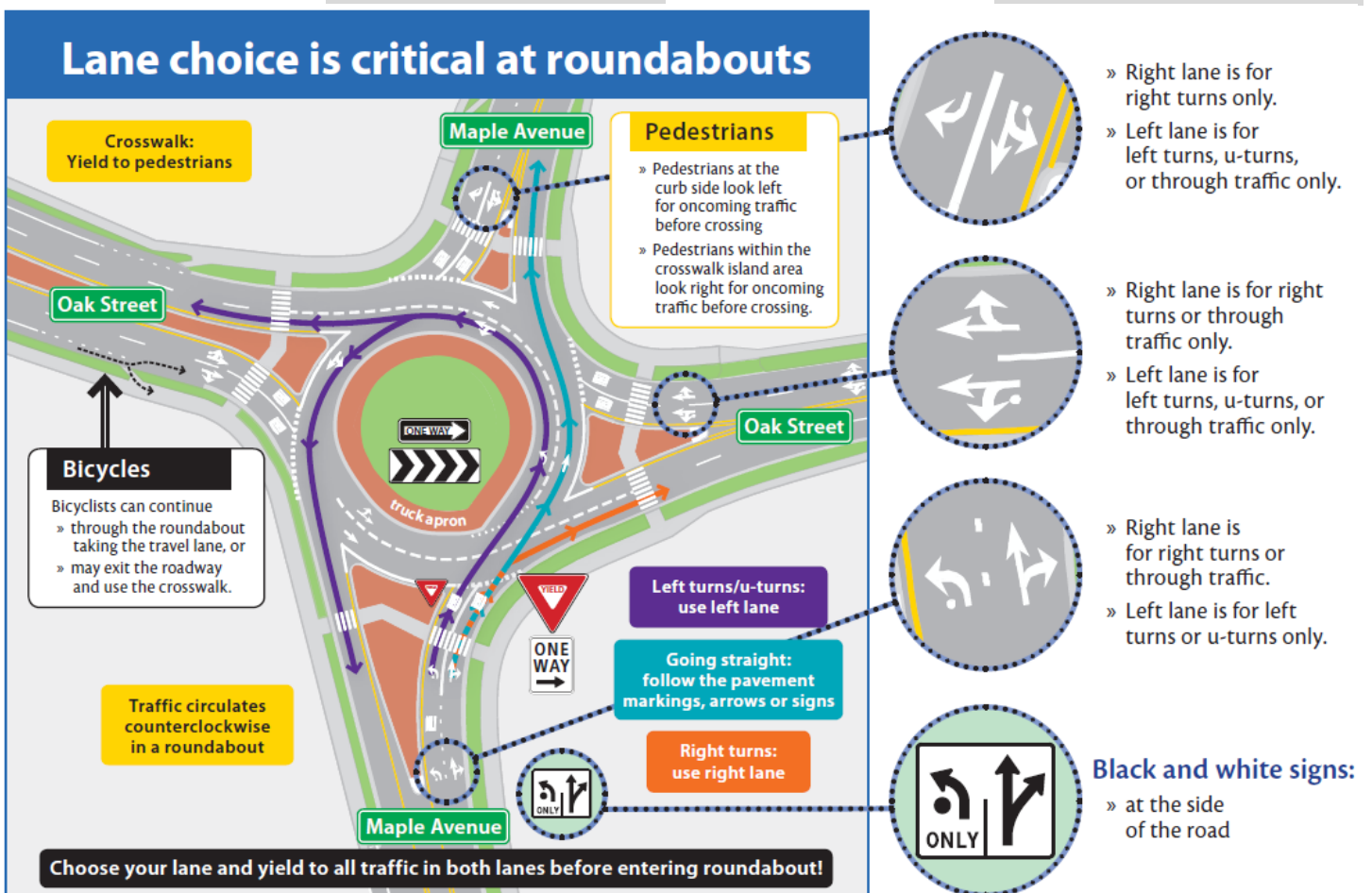
- » When approaching the roundabout, use the right lane, or other lanes that are signed and marked as a right turn lane.
- » Yield to pedestrians in the crosswalk.
- » Yield to all traffic on your left before entering the roundabout.
- » Enter the roundabout when there is a safe gap in traffic.
- » Stay in your lane.
- » Use your right turn signal to exit the roundabout.
- » Yield to pedestrians in the crosswalk at the exit.

**Right turn:**  
use right lane

- » When approaching the roundabout, choose the correct lane for your desired exit.
- » Yield to pedestrians in the crosswalk.
- » Yield to all traffic on your left before entering roundabout.
- » Enter the roundabout when there is a safe gap in traffic.
- » Stay in your lane.
- » Use your right turn signal to exit the roundabout.
- » Yield to pedestrians in the crosswalk at the exit.

**Large vehicles**

- » Large vehicles need more space in a roundabout.
- » All drivers should be cautious and avoid driving next to or passing large trucks while approaching and maneuvering through a roundabout.
- » A truck apron is a paved area inside a roundabout.
- » It is for the rear wheels of large trucks to use when turning.
- » Trucks may cross into other lanes or onto the truck apron.
- » Truck aprons are not to be used by cars, SUVs or pickup trucks.



# *The Bus*

## PUBLIC TRANSPORTATION

*For Everyone of All Ages!*

- Bus fare one way is \$2.
  - \$1 for adults age 60 & over, adults with disabilities, children under 18 and students with ID.
- 
- **Flag Stop:** You can flag *The Bus* to stop and board or request that the driver stop to drop you off at any location along the route.
  - **Deviated Stop:** If you are unable to get to the bus route or bus stop location and live within one mile of the route, you may qualify for a pick-up.  
Call for Details!

You may download the most recent  
schedule and bus route maps at:  
[www.co.sauk.wi.us/adrcpage/transportation-services](http://www.co.sauk.wi.us/adrcpage/transportation-services)

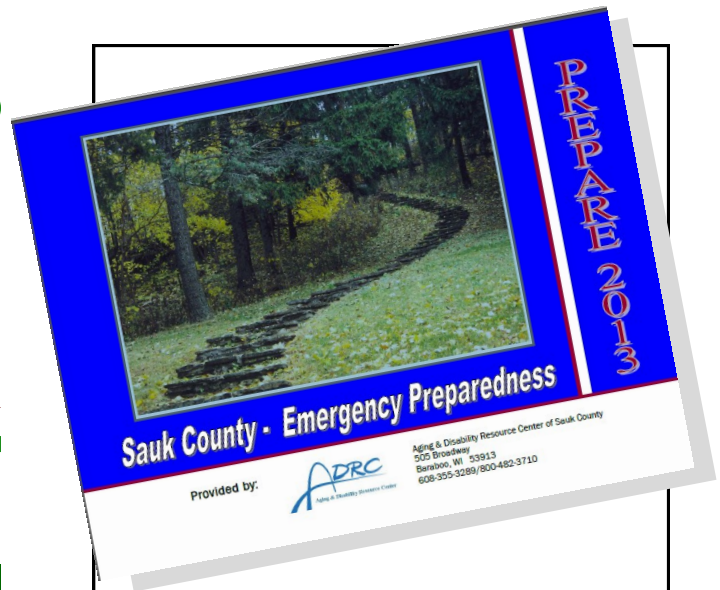
Departure times are subject to change.

## Make *The Bus* Your "Other Car"!

For more information, call:

**608-355-3278**

**800-830-3533**



### 2013 Emergency Preparedness Calendars

The Aging & Disability Resource Center has developed a 2013 Emergency Preparedness calendar for you!

This calendar provides information on how to prepare for different types of emergencies that could occur in Sauk County. Each month focuses on a different topic with all the photos being from Sauk County.

These calendars are free and can be picked up at the ADRC office or at many of Sauk County's dining centers, hospitals, libraries and police departments.

If you are unable to locate a calendar in your community, call the ADRC office at 355-3289 or 800-482-3710 and ask for Cathy.

There is a limited supply, so pick up your calendar before they are all gone.





## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator

### *Oh...The Weather Outside Is Frightful*

During the winter months there are days when our volunteer drivers for Door Step Dinners (home delivered meals) must brave the elements to get your lunch to your door!

There is a possibility there will be days, during the winter months, when the meals will arrive to the dining centers a little later than usual; and the local roads may be more difficult to navigate. On those days your meal may be delivered a little later than usual ... and your patience will truly be appreciated!

There is also a possibility that if the weather is really bad meals might be cancelled for that day. Please understand this decision is a very difficult one to make ... and it is made with safety in mind!

I'm sure you will agree that your driver's safety is very important. More than one of our drivers have been injured after falling on ice while delivering meals. Please remember to make the necessary arrangements to have your sidewalks and/or driveway cleared of ice and snow.



If the driver feels that your walkway is unsafe your meal will not be delivered. Another very difficult decision to make!

Thank you for your patience and understanding on the difficult days ... it makes your driver's challenging day a lot brighter :)

## Thank You St. Clare Mission Awareness Team



On September 18th and 19th employees of Baraboo's St. Clare Hospital participated in their First Annual Mission Awareness Days. Groups of hospital employees provided volunteer hours for community service projects. One of the groups came to the Baraboo Dining Center and scrubbed floors, cleaned out all of the cupboards, washed windows, used a lot of elbow grease ... and left the dining center sparkling clean!! Thank you St. Clare Mission Awareness Team ... we look forward to providing you LOTS of opportunities for next year :)

## Help Wanted !! New Year ... New Direction !!

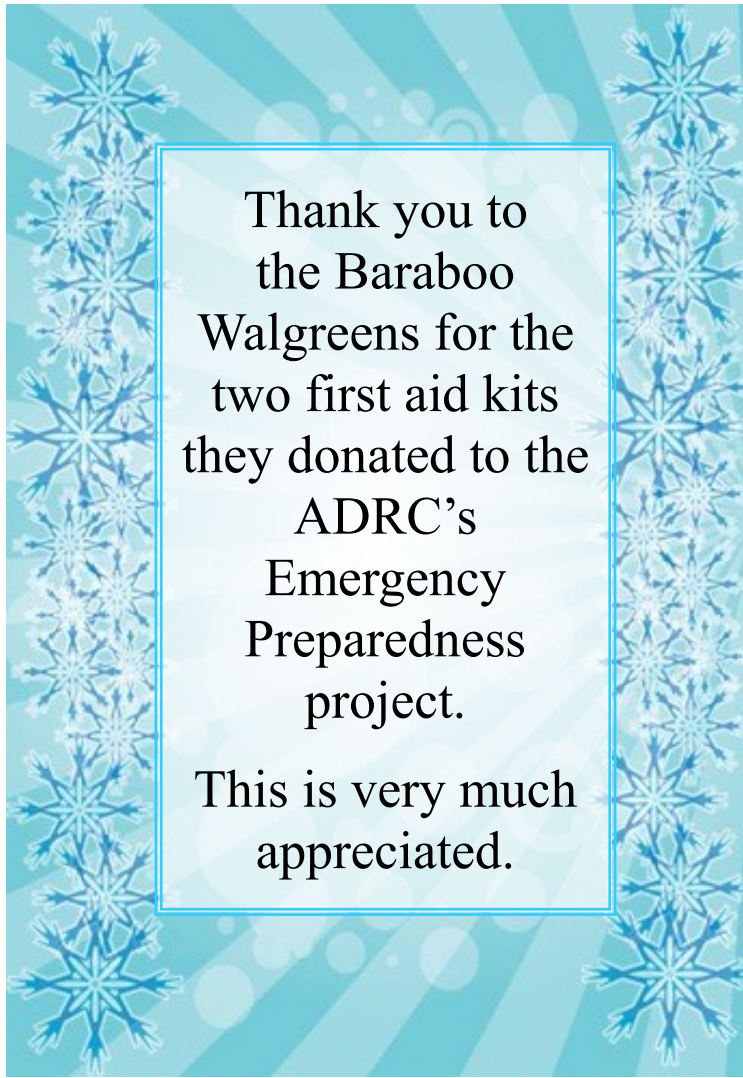
Here at the ADRC, we have an immediate need for volunteers for our Door Step Dinners (Home Delivered Meal) and Volunteer Driver programs, as well as our Café Connection programs in Sauk Prairie and our newest Café coming soon to Spring Green. Our volunteer opportunities are always based on your availability ... whether you have **two hours a week** or **one hour a month!!**

I'd love to talk with you about joining the ADRC Volunteer Team.

Please call Mary Jane at 355-3289.



Thank you to  
 the Baraboo  
 Walgreens for the  
 two first aid kits  
 they donated to the  
 ADRC's  
 Emergency  
 Preparedness  
 project.  
 This is very much  
 appreciated.



Thank you to  
 Joe DeSomer and Chef Donna  
 of Oak Park Place  
 who provided a  
 wonderful lunch for our  
 hardworking newsletter  
 volunteers.  
 It was enjoyed by all.

## 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 - December 4 & 18

Wednesday - December 19

Wednesday - January 2

Tuesday - January 15

### LaValle - Fire Department

Wednesday - January 23

### Merrimac - Village Hall

Wednesday - January 16

### Lake Delton - Holly Cross Episcopal/ United Methodist Church

Wednesday - January 9

### Plain - American Legion Hall

Thursday - December 27

### Reedsburg - Maple Ridge

Tuesday - December 11

Thursday - December 20

Tuesday - January 8

Thursday - January 17

### Reedsburg - Willow Heights

Wednesday - December 12

### Sauk Prairie - St John's Church

Thursdays - December 6 & 13

Thursdays - January 3, 10 & 24

### Spring Green - Christ Lutheran Church

Tuesday - January 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.

# For Your Benefit

Deb Harvey and Mindy Shrader  
The Elder Benefit Specialists

Call 355-3289 or (800) 482-3710

To confirm site visits or to schedule office appointments



## Deb Harvey Coming to you:

|                             |                               |
|-----------------------------|-------------------------------|
| Plain Library               | December 5<br>1:00 to 3:00    |
| Spring Green Senior Center  | December 12<br>10:30 to 11:30 |
| Spring Green Library        | December 12<br>1:00 to 2:00   |
| Sauk/Prairie Community Cntr | December 13<br>10:00 to 11:30 |
| Merrimac Village Hall       | December 13<br>8:30 to 9:30   |

In  
January  
by  
appointment  
only



## Mindy Shrader Coming to you:



|                                       |                               |                             |
|---------------------------------------|-------------------------------|-----------------------------|
| Howard Wynn Apartment                 | December 4<br>11:00 to 12:00  | January 2<br>11:00 to 12:00 |
| Park Place Senior Apartment Reedsburg | December 4<br>2:00 to 3:00    | January 2<br>2:00 to 3:00   |
| Baraboo Dining Center                 | December 11<br>10:45 to 11:45 | January 8<br>10:45 to 11:45 |

## LONG-TERM CARE INSURANCE REFORM

Long-term care (LTC) insurance can be a valuable safeguard for those who are unable to fully care for themselves because it covers basic daily needs over an extended period of time. In addition, LTC insurance can help people cope with the costs of a chronic illness or disability. Recently LTC insurance has been in the news highlighting how many people who have insurance find that the policy doesn't pay out when they need it to. Some states are adopting new regulations to improve the industry and extend consumer protections.

Some states have addressed the issue with new laws. For example, in Oregon, before reform the only way to appeal a LTC insurance decision was by going to court. Litigation can be a complicated, long, and difficult process and is often expensive. However, Oregon

recently passed legislation that mandates the right to get an undisputed claim paid within 30 days. There is now also a right to an appeals process.

The problem has become so far reaching that the National Association of Insurance Commissions has drafted model legislation for states to implement. The model legislation includes new disclosure standards, implements a consumer's right to return

policy within 30 days, and proposes prohibitions on certain policies (including cancellation based on an individual's health status, establishing new waiting periods, limitations on skilling nursing care, etc.).

Not all states have adopted the model legislation. As of 2012, Alaska, Hawaii, Iowa,





Massachusetts, and West Virginia have adopted the model code. While Wisconsin has not adopted the National Association of Insurance Commission's proposed model legislation, Wisconsin does have statutes and administrative codes on point that govern and regulate LTC insurance and the Wisconsin Office of Commissioner of Insurance has authority on the matter.

The Wisconsin Office of the Commissioner of Insurance (OCI) was created by the state legislature in 1871 and vested with broad powers to ensure that the insurance industry responsibly and adequately met the insurance needs of Wisconsin citizens. OCI provides a guide to LTC in Wisconsin (available at [http://oci.wi.gov/pub\\_list/pi-047.pdf](http://oci.wi.gov/pub_list/pi-047.pdf)) which explains what LTC is, the various type of insurance policies that encompass LTC insurance, the minimum required standards, and a guide for comparing policies.

In Wisconsin, there are three types of LTC insurance policies on the market. They are: LTC insurance policies (these cover both institutional care and care in the community), nursing home insurance policies (these cover only institutional care and may or may not cover an assisted living facility), and home health care insurance policies (these cover only community care such as home health care, but may or may not cover adult day care). Only the policies that provide coverage for both institutional and community-based care may be advertised or sold as LTC insurance policies.

The laws and regulations in Wisconsin state that all three types of policies have minimum guidelines that they must follow. For example, they must: provide at least one year of benefits, provide a minimum of \$60 a day benefit, provide coverage whether or not care is medically necessary, pay benefits if you are unable to perform three or more activities of daily living (ADLs) or if you have a cognitive impairment, offer an inflation protection

option that increases the benefit amount, offer a nonforfeiture benefit option, and describe the benefit appeal procedure. In Wisconsin, this appeal procedure requires the insurance company to review the appeal and make a decision within 30 days.

For more information on LTC insurance in Wisconsin, visit the Wisconsin OCI website — <http://oci.wi.gov/>— for more information on LTC insurance reform and policy; or visit the National Association of Insurance Commissioners website — <http://www.naic.org>.

By GWAAR Legal Services Team

## **Social Security Announces 1.7 percent Benefit Increase for 2013**

The Social Security Administration announced on October 16 that the monthly Social Security and SSI benefits for nearly 62 million Americans will increase 1.7% in 2013.



The cost-of-living (COLA) adjustment will begin for Social Security beneficiaries in January 2013 and increased payments to SSI beneficiaries will begin on December 31, 2012.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (the taxable maximum) will increase to \$113,700 from \$110,100. Of the estimated 163 million workers who will pay Social Security taxes in 2013, nearly 10 million will pay higher taxes as a result of the increase in the taxable maximum.

To learn more, please visit - [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

By GWAAR Legal Services Team



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

Presented by Deb Harvey  
and Mindy Shrader

Tuesday, January 8, 2013  
at 4:30 p.m.

West Square Building,  
505 Broadway, Baraboo

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

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

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



It has been reported to Medicare that unidentified callers are phoning Medicare recipients. The caller claims to be a Medicare Representative, Social Security Administration Staff, or Insurance Agent. In none of these instances did the caller identify himself by name, nor did he clearly state the purpose of the call.

Medicare and Social Security Administration do not contact you by phone and ask for personal information. If you receive a similar call, use extreme caution and never reveal any personal information over the phone. Instead you can obtain identifying information about the caller and report these suspicious activities to the ADRC of Sauk County.

# 2013

*May your world be filled with  
warmth, joy and good cheer...*

*Wishing you a Happy New Year!*

Healthy smiles look so good on you!



## Keep That Healthy Smile

A healthy smile is one of the first things we notice about a person – no matter how young or old they are. “As you get older, your teeth and oral health have new challenges, and you may need some new strategies,” says Paul Schulz, D.D.S., M.P.H., Director of the UCare Mobile Dental Clinic and Clinical Associate Professor and Director of Outreach at the University of Minnesota School of Dentistry.

Some of these challenges are:

**Gum disease.** Plaque can build up along and under gums, causing infections that result in puffiness and bleeding. Untreated gum disease can eventually lead to tooth loss.

**Dry mouth.** Saliva helps clean your teeth and neutralize acids that cause cavities. However, many common medications can result in reduced saliva and a condition called “dry mouth.” Over time, dry mouth can contribute to receding gums and tooth decay.

**Wear and tear.** A lifetime of crunching and chewing adds up. Biting down hard on a cherry pit or a kernel of unpopped popcorn can chip or crack teeth and crowns.

### Checklist for a bright smile

- Brush your teeth twice a day with a soft toothbrush and fluoride toothpaste.
- Floss your teeth every day to remove plaque from between the teeth and gums.
- Ask your dentist about fluoride treatment to prevent tooth decay.
- Don't smoke or use any tobacco products.
- Sip water or chew sugarless gum to help moisten a dry mouth.
- Don't chew very hard foods, and remove pits from foods before biting.
- Have your teeth cleaned by a dental hygienist regularly.
- See your dentist regularly to catch early signs of problems.

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



## What is a “Disability” according to the Social Security Administration?

“Disability” under Social Security is based on your inability to work. For purposes of any claim, the public needs to understand that “disability” means you are unable to work as defined by the Social Security Act. A person is considered disabled if they are unable to do any kind of work for which they are suited and if the disability is expected to last (or has lasted) for at least a year or result in death.

When Social Security asks the question, “When did you become unable to work?” they

are asking when did a person become disabled as defined by the Social Security Act.

*If you are interested in learning more about Social Security Disability and/or Supplemental Security Income please contact the Aging and Disability Resource Center at 608-355-3289 or 800-482-3710, one of our Social Workers will be able to assist you and/ provide a referral to the Disability Benefit Specialist Program as needed.*

## NOTICE

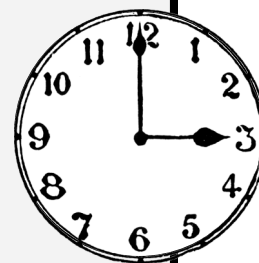
### SOCIAL SECURITY HOURS CHANGE AGAIN



Effective November 19, 2012, Social Security field offices nationwide will close to the public 30 minutes early each day.

For example: A field office that is usually open to the public Monday through Friday from 9:00 a.m. to 3:30 p.m. will close daily at 3:00 p.m.

In addition, beginning January 2, 2013, offices will close to the public at noon every Wednesday.



# Look who is new and "hanging" around the ADRC!



I'm **Linda Champagne** and joined the ADRC staff as a program assistant in late October. I worked as a high school teacher prior to joining the ADRC staff. I am from La Valle and consider it to be my home town. In addition to working at the ADRC, I enjoy being a Trustee for the village of La Valle, managing Central Park Apartments, learning how to quilt, making homemade cards, and spending time watching her son participate in sports. I look forward to helping the ADRC staff meet your needs.



My name is **Teresa Judd**, I started working at the ADRC on Monday November 5th and I look forward to helping you with all of your needs!

I am a very busy mom to two boys - Dillon is 9 and Devin is 7!! On my free time I enjoy running and reading!



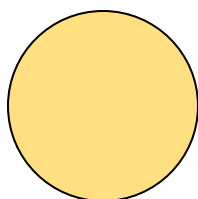
Hi, my name is **Terry Bidwell**. I am the new voice in the transportation department at the ADRC. I will be working alongside Dennis and Tom to answer your questions about The Bus and coordinate your other transportation needs using our wonderful volunteer drivers.

A Wisconsin Dells native, my husband and I have lived in Baraboo since 1991. I enjoy reading, walking, and cooking for others. When in the neighborhood, I invite you to stop in and introduce yourself (on occasion, there may even be homemade "goodies" here for you to sample).

You can reach me by calling the transportation line at 608-355-3278 or 800-830-3533, or by calling the ADRC office at 608-355-3345. I look forward to helping you with your transportation needs.



LET'S  
talk  
About  
STRESS



## WAYS TO MANAGE STRESS

Although stress is often viewed as a negative, it is actually a natural and normal physical response. A stress response is simply the body's ability to defend and protect itself. This "fight-or-flight" reaction can help a person stay energetic, alert, and focused. These behaviors can be beneficial. However, too much stress can become harmful and can cause extreme damage to a person - physically, mentally, and relationally. Chronic stress symptoms may include muscle tension, headache, fatigue, anxiety, changes in eating habits, mood swings, lack of enthusiasm, and/or an upset stomach.

Each person has a different tolerance level when it comes to calculating stress. Factors that influence stress tolerance include: one's ability to deal with emotions, one's preparedness for stress-inducing circumstances, one's sense of control, one's attitude, one's support network, one's physical health and nutritional status, one's fitness level, and one's sleep habits.

Although stress can affect any individual, those with fast-paced and challenging work environments (such as medical professionals) are more likely to experience the symptoms and signs of stress. Strategies for managing stress (whether it's work related or personal) include: avoiding unnecessary stress, changing one's situation or environment, adapting to and accepting one's environment, upping one's fitness level, and scheduling time for personal leisure and relaxation. Taking control of one's life and prioritizing what's truly important (and worth stressing over) are integral methods of managing stress.

Source: Article City, Shena Fowler

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015



**BrightStar**<sup>®</sup>  
LIFECARE | KIDCARE | STAFFING



## **Year Of Time**

By - Steven B. Cloud

Though even thinking on the subject of time may prove discomfoting, it is not a bad idea—especially at the beginning of a new year.

As we look into 2013, we look at a block of time. We see 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes, 31,536,000 seconds. And all is a gift. We have done nothing to deserve it, earn it, or purchased it. Like the air we breathe, time comes to us as a part of life.

The gift of time is not ours alone. It is given equally to each person. Rich and poor, educated and ignorant, strong and weak—every man, woman and child has the same twenty-four hours every day.

Another important thing about time is that you cannot stop it. There is no way to slow it down, turn it off, or adjust it. Time marches on.

And you cannot bring back time. Once it is gone, it is gone. Yesterday is lost forever. If yesterday is lost, tomorrow is uncertain. We may look ahead at a full year's block of time, but we really have no guarantee that we will experience any of it.

Obviously, time is one of our most precious possessions. We can waste it. We can worry over it. We can spend it on ourselves. Or, as good stewards, we can invest it in others.

The new year is full of time. As the seconds tick away, will you be tossing time out the window, or will you make every minute count?

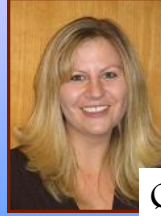
## Aging & Disability Specialists - Here to Help you!



Jim  
Pritzkow



Lisa  
Karau



Quinn  
Hause



Marcie  
Dachik

# OPTIONS COUNSELING

## What is Options Counseling?

Long-term care options counseling is an extension of the Information & Assistance (I&A) process provided by the Aging and Disability Specialists. This service is often provided when an individual is planning for, or currently experiencing, a life change. Life changes may include a traumatic event such as a car accident, a medical event such as a stroke or heart attack or the transition from school-based services to adult services for individuals with disabilities. It is a formal service that analyzes the person's finances, living situation and functional abilities.

care needs. Some examples of what might be discussed during options counseling include assistance evaluating housing options, assistance sorting through home care and personal care options, as well as helping a person decide to move or stay in their current residence.

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.

Nursing Homes and Community Based Residential Facilities' (CBRF) might contact the ADRC on a person's behalf which then results in options counseling being scheduled with the individual to discuss his/her needs.

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



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

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, assisted living are presented.

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 and ask for one of our knowledgeable Aging & Disability Specialists.

*DEAR LADIES AND GENTLEMEN:*

*THE 9TH ANNUAL  
BARABOO AREA CHRISTMAS DINNER  
WILL BE HOSTED BY  
THE FIRST UNITED METHODIST CHURCH  
ON  
TUESDAY, DECEMBER 25TH AT 12:00 NOON.*

*ALL ARE WELCOME.*

*THERE IS NO COST FOR THE MEAL. A FREE WILL  
OFFERING CAN BE MADE AT THE CHURCH.*

*PLEASE CALL THE FIRST UNITED METHODIST  
CHURCH OFFICE AT 356-3991 TO MAKE A  
RESERVATION.*

*THANK YOU VERY MUCH,  
AND HOPE YOU WILL JOIN US.*

*SINCERELY,  
LAURIE WILLHOUSE*







## No Down Payment Home Loans and Home Repair Financing Available

The United States Department of Agriculture (USDA) Rural Development Wisconsin State Director, Stan Gruszynski, announced the availability of funds for Homeownership Loans and Home Improvement assistance.

The interest rate on these loans could be subsidized by the Federal Government down to as low as one percent. There is no down payment and no private mortgage insurance required. Closing costs and repairs may be included in the loan.

Home repair funds are also available and can be disbursed in the form of a one percent loan or possibly a grant, if you are age 62 or older. Grants must be used to repair health and safety issues to the home.

You are encouraged to apply now. For a FREE pre-qualification you can visit your local USDA Rural Development office at 1462 Strongs Avenue in Stevens Point, Monday through Friday, 8:00 a.m. to 4:30 p.m., call (715) 346-1313 ext. 4 or e-mail [RD.StevensPoint@wi.usda.gov](mailto:RD.StevensPoint@wi.usda.gov). Further information is available by visiting the website at <http://www.rurdev.usda.gov/wi>. USDA Rural Development is an equal opportunity provider, employer and lender.



*A Campus of the University of Wisconsin Colleges*

## Taking the Next Step With Your Computer

Wednesday January 23

9:00-12:00 noon

UW-Baraboo/ Sauk County computer lab

Get more comfortable with using your computer. Learn how to organize your files, how to save files, how to search for files. Also, you will learn how to use various popular tasks such as copy/paste, format text, and work with graphics. Learn how to send an attachment with an email message and create a contact list (an e-phone book).

Instructor: Terri Nee-Holtz

Fee \$39.00

To register call UW-Baraboo Sauk County continuing education 608-355-5220

**SAVE THE DATE...**

**UW Baraboo/Sauk County's  
2013 ADD LEARNING  
TO YOUR LIFE**

workshop

will be held on

Thursday, March 21.

Details to come in the February  
AddLIFE Today! newsmagazine

# Did You Know About the Free Services from RAMC?

## A Note from Jan Brown, Consumer Advocate at RAMC

For anyone on or eligible for Medicare, open enrollment is until December 7. Open enrollment is the time to consider changing your drug plan (Medicare Part D) or if you are going to change from your Medicare Advantage Plan to regular Medicare. Any new coverage begins January 1, 2013. The Medicare.gov website is available to help you but it has recently changed and is a bit more difficult to navigate. I am in my office Thursdays and half of Friday and would love to help! Free of charge. Advance appointments are preferred. Call 768-6296.



## Free Medication Screenings with Matt Steiner, RAMC Pharmacist

Do you have questions about the medications you're taking, medication interactions, generics? Matt is available to meet with you, for no charge, on the first Monday of every month from 9:00 a.m. - 10:00 a.m. in the hospital conference room, just off the main lobby.



## Blood Drive at RAMC

Saturday, December 21,  
11:00 a.m. - 4:00 p.m.  
All blood donations stay local!  
Call 768-6245 to sign up!

This Partnership Article brought to you by:



Reedsburg Area Medical Center  
2000 North Dewey Avenue  
Reedsburg, WI 53959  
608-524-6457  
[www.ramchealth.com](http://www.ramchealth.com)

Laughter is the sun that drives winter from the human face. - Victor Hugo



# Cop's Corner



## Law enforcement issues for senior citizen winter weather driving

As we all know, winter weather driving in Wisconsin can be unpredictable and dangerous. The best way to be safe when traveling the winter roads is to be prepared. As a police officer with the Spring Green Police Dept. and member of the Sauk County TRIAD, I have a few winter driving safety tips to share for our senior citizens.

Have your vehicle checked prior to the cold weather to ensure that mechanical issues will be minimized. Have fluids, hoses, belts, lights battery, etc. checked along with a good set of snow tires on your vehicle. Sauk County TRIAD does offer a free vehicle winterization check through law enforcement departments within Sauk County. TRIAD also offers a free cell phone for 911 use only for emergencies. All phones should be fully charged prior to starting out on a winter driving trip.

Always check the weather forecast before heading out on a trip to avoid a storm. Also, by dialing 511, you can find the latest road conditions to assist with planning your trip. Tell someone on both ends of the trip when you are leaving and when the time of arrival should be. Make sure they have your phone

number, vehicle description, and license plate number along with the route that you plan to take. Let them know when you have made it to your destination.

Keep a winter survival pack in your back seat with items such as blankets, flashlight and extra batteries, foods such as energy bars and water, first aid kit, sand or kitty litter for traction, and a cell phone charger inside the vehicle. Booster cables, shovel, window scraper and other tools are necessary items for the winter survival pack. Keep these items in the back seat, in case the trunk is unable to be opened due to it freezing shut or crash damage.

Travel with other persons; try not to travel alone and if there are other vehicles traveling with you, try to stay together. Keep track of milepost numbers, exits, and crossroads so if your vehicle does become disabled, it will be easier and faster for help to locate your vehicle.

Begin your trip with a full tank of gas and refill it long before the tank is empty. This minimizes the risk of condensation build up which may cause your vehicle to stall. If you do get stranded, run your engine only if you are sure that the exhaust pipe is clear of snow or any other obstruction to avoid carbon monoxide from coming inside your vehicle. Also, the radiator should be clear of snow to avoid the vehicle from overheating. Keep the window opened a crack for fresh air. Stay with your vehicle as walking away from it can be dangerous. Stay calm and avoid over-exertion.

With your phone, dial 911 to summon help. Tell the dispatcher where you are and what type of trouble you are experiencing. The dispatcher will ask questions and give you instructions. Do not hang up until the dispatcher says it's ok to do so.

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

608-254-2574







**ADVOCACY:**

**“It’s the government...  
I can’t do anything about it”  
and other myths.**



Have you ever felt this way or heard someone else express this thought? The truth is that people in elected positions want to hear from the people they represent.

The concept of self-government and the relationship between representative and constituent is the basis upon which the United States was founded. **Of the people, by the people!**

**MYTH:** Even though I don’t agree, it’s really none of my business. It doesn’t effect my life directly.  
**FACT:** Everything in our governance has an effect on the overall society we will live in. If it matters to one, it matters to all.

**MYTH:** Call my legislator? I can’t do that!  
**FACT:** People often feel shy or intimidated because they focus on the fact that they are calling a Senator or Representative. The truth is that you will likely be speaking to one of the legislator’s staff people and directly to a Senator or Representative.

**“The role of citizen in our Democracy does not end with your vote.  
America’s never been about what can be done for us. It’s about what can be done by us together through the hard and frustrating, but necessary work of self-government.”**  
*-President Barack Obama*

**MYTH:** I don’t know what to say and I will sound foolish.  
**FACT:** You know far more about the issue because you feel strongly about it or because you have personal experience with the problem. Legislators and their staff can’t possibly know exactly how an issue will effect you or why it is important to you. YOU are the expert on that so speak your mind!

**MYTH:** I am only one person and my call won’t make a difference.  
**FACT:** A registered lobbyist reported that legislators often tell their staffers that if they receive as few as 6 contacts from constituents (citizens) on any particular issue, the staff is to do some background research and draw their attention to the issue. Imagine the impact you and that people who you know can make about the issues you care about!

**“The belief that our destiny is shared; that this country only works when we accept certain obligations to one another and to future generations.  
The freedom which so many Americans have fought for and died for comes with responsibilities as well as rights.  
And among those are love and charity and duty and patriotism. That’s what makes America great.”**  
*-President Barack Obama*



# Caregiver Corner

## Because You Care ...

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

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

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

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

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

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

So, I'll ask you again.

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



## The Rewards of Caregiving

Sometimes we get hung up talking about how hard it is to be a caregiver. We talk about the challenges, the frustrations, and the stress of it all. Caregiving can be a difficult journey, but that does not mean it isn't without rewards. As we look at our caregiving situation today, let's focus on all the positives to give us a feeling of pride, satisfaction and renewal.

**Caregiving offers you a chance to “give back” to someone important in your life.**

If you are caring for a parent, the help you give them now is a way to “pay them back” for caring for you when you were a child. If it is a spouse you take care of, it can be a thank-you for the love they have given you through the years. Providing care is a way of telling the person they are valuable, that you love them and will always be there for them.

**Caregiving encourages you to spend more quality time with your loved one.**

Looking at photo albums, reminiscing about earlier times, reading aloud, watching old movies or just being together holding hands

become precious ways to enjoy time together. Slowing down enough to simply be together gives you the opportunity to get to know each other better, often resulting in newfound respect and understanding.

**Caregiving can get you in touch with your family history.** Spending time together listening to

childhood stories opens a door to the past and gives you a new understanding of how your family was shaped by history. Relish in these stories.

**Caregiving gives you an opportunity to learn new skills**, such as multi-tasking and organization. We also learn to be more assertive, speaking up in an effort to be an advocate for our loved one. We learn about the medical condition that affects our loved one and how to maneuver through the maze of health care providers.

**Caregiving helps you recognize your own support systems.** You may be surprised to find neighbors, co-workers, relatives and friends reaching out to help you on this journey. Accept their help and take pleasure in how they enrich your life.

**Caregiving can help you become more compassionate and loving.** You may not think you have the ability, patience or personality to be a caregiver, but you do. Rising to the challenges of caregiving helps you to recognize your own strengths and abilities, often strengthening your inner, spiritual self.

**Caregiving leads you to plan your own future.** Discussing and planning end-of-life issues with your loved one can guide you to be better prepared for your own future and give you a deeper understanding of your own values and beliefs.

As you ponder your caregiving experience, be sure to spend time considering all of the good things you have received on this journey. You will be pleased to find that the results of caregiving not only benefit your loved one but also yourself.

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



Thank you to Audrey Westedt for her donation in memory of Kathy Dorow to the AARP Tax Preparation Program.



We would like to thank Dorothy Danube for her donation to the Home Delivered Lunch Program.



Thank you to Milton Laufenberg for the donation in memory of Betty Laufenberg to the Caregiver Support Program.



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



Thank you to the families of Betty Boehmer for the donation to the Foot Care Clinics and the Home Delivered Lunch Programs in Betty's memory.

Thank You!





**Laura Geick**  
**Nutrition & Prevention Specialist**

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

## Dining Center Schedule

### Baraboo

Highpointe Commons  
 1141 12th St., Baraboo  
 Phone 963-3436  
*Lunch Served at 11:30 am*

*December 17*

*January 21*

### Merrimac

Tuesday-Thursday  
 Merrimac Village Hall  
 100 Cook St., Merrimac  
 Phone 963-2286  
*Lunch served at 12:00 noon*

*December 12*

*January 9*

### Reedsburg

Willow Heights  
 800 Third St., Reedsburg  
 Phone 963-3438  
*Lunch Served at 11:30 am*

*December 11*

*January 8*

### Sauk/Prairie

Sauk Prairie Community Center  
 730 Monroe St., Sauk City  
 Phone 963-3437  
*Lunch Served at 11:30 am*

*December 18*

*January 15*

### Spring Green

Spring Green Senior Center  
 117 S Washington St., Spring Green  
 Phone 588-7800  
*Lunch served at 12:00 noon*

*December 10*

*January 14*



FoodShare Wisconsin was created to help stop hunger and to improve nutrition and health. FoodShare helps people with limited money buy the food they need for good health. Everyone has the right to apply for FoodShare and anyone who meets the program rules will get benefits.

Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have low incomes, are living on small or fixed income, have lost their job, retired or are disabled and not able to work.

FoodShare helps people with low incomes buy food. FoodShare benefits come on a plastic card called the Wisconsin QUEST card. You use it just like a credit or bank debit card. Most stores that sell food will take the QUEST card.

To enroll, you must:

- File an application
- Have an interview
- Meet basic program rules
- Provide proof of certain answers
- Have income at or below program limits

There is no asset limit for FoodShare. People who live together and buy food and prepare meals together are a “household”. Husbands and wives and usually, their children under age 22 must be one household.

Most types of income are counted. After

adding all of your household's income, certain expenses (child care costs, child support paid, etc) are subtracted from your gross monthly income to find out your net monthly income. The amount of FoodShare benefits you get is based on the number of people in your household and your total net monthly income.

What You Can Buy With FoodShare:

- Breads and cereals
- Fruits and vegetables
- Meats, fish and poultry
- Dairy products
- Plants and seeds to grow food for your household to eat

FoodShare benefits cannot be used to buy:

- Nonfood items, including pet foods, toothpaste, cosmetics, soaps, paper products and household supplies
- Alcoholic beverages and tobacco
- Vitamins and medicines
- Hot foods
- Any food that will be eaten in the store

### How To Get FoodShare Benefits

FoodShare Wisconsin helps low-income families and individuals to buy nutritious food. If you want to find out if you can get FoodShare benefits, you need to apply with your agency. You can also apply online at [access.wi.gov](http://access.wi.gov). Click on the "Apply For Benefits" tool. This tool will let you submit an application to your agency. You may also apply with your local agency in person or by telephone.

To apply with the local county or tribal agency, you will need to call and set up a time for an interview. To find the agency in your area see

"How to Apply" or call 1-800-362-3002.

If you want to see if you may be able to get FoodShare Benefits before you apply, you can use the "Am I Eligible" tool, also at [access.wi.gov](http://access.wi.gov).

### How to Apply — Income Maintenance (IM) Agencies

**To apply online**, go to [access.wi.gov](http://access.wi.gov) and click on "Apply for Benefits". ACCESS is also the fastest and easiest way to apply for FoodShare no matter where you live in Wisconsin.

**To apply by phone or in person**, see information about the Sauk County Department of Human Services below.

**To apply by mail**, complete an application for each program you are applying for. Send the completed application and any proof/verification to:

If you do not live in Milwaukee County:

CDPU  
PO Box 5234  
Janesville, WI 53547-5234  
Fax: 1-855-293-1822

*Sauk County Department of Human Services*

**Address:** 505 Broadway  
PO Box 29  
Baraboo, WI 53913

**Telephone:** (608) 355-4200

**Office Fax:** (608) 355-4293

**Hours:** Monday-Friday, 8:00 a.m. - 4:30 p.m.

### Agency Specific Instructions:

Evening appointments may be available upon request

Most IM staff available 7:00am to 5:30pm



# PUMPKIN CRESCENT ROLLS

- Ingredients:**
- 1/2 block of cream cheese (about 4 oz.) at room temperature
  - 1 cup of canned pumpkin (not pumpkin pie filling)
  - 1 - 2 T pumpkin pie spice
  - 3 - 4 T sugar (granulated or powdered)
  - 3 tubes of crescent rolls

**Directions:**

1. Beat together cream cheese and canned pumpkin until fluffy and creamy.
2. Unroll crescent rolls, slice in half and spread mixture onto rolls.
3. Roll crescent rolls up.
4. Mix together 4 T sugar and 1 T pumpkin pie spice and roll each pumpkin pie croissant in it
5. Bake at 375\* for 13-15 minutes.
6. Serving suggestion: serve with whip cream or Cool Whip



## Winter Policy

### for Door Step Dinners (Home-Delivered Meals) and Dining Centers

There may be days that the dining centers are closed by inclement weather, and no home delivered meals will be provided. For those instances, keep some of the foods that are simple to prepare in your home to ensure you will still be able to have a nutritious meal on your own.

When the weather looks threatening be sure to listen to your radio. A decision to close the dining center will be made by 8 am that day.

The following radio stations will report the dining center closings:

**Reedsburg-WRDB 1400AM**

**Baraboo-WRPQ 740AM**

**Richland Center-WRCO 1450 or 1009.9FM**

\*\* Please note that Door Step Dinners may not be delivered if sidewalks, or driveways are unsafe due to ice or snow.



# December 2012

## Sauk County Dining Center

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>3</b><br>Roast Beef<br>Mashed Potatoes<br>Tossed Salad<br>Apricot Halves<br>Cookie *<br>Sliced Bread                             | <b>4</b><br>Chicken Tetrizzini<br>Cass. (incl. veg.)<br>German Cole Slaw<br>Chocolate Pudding<br>Peach Slices *<br>Dinner Roll              | <b>5</b><br>Pork Steak<br>Mashed Potatoes<br>Swiss Spinach<br>Apple<br>Cinnamon Roll *<br>Sliced Bread   | <b>6</b><br>Lasagna Casserole<br>(includes veg.)<br>Italian Blend Veg.<br>Birthday Cake<br>Pear Slices<br>French Bread   | <b>7</b><br>Swedish Meatballs<br>Mashed Potatoes<br>Peas and Carrots<br>Fruited Gelatin<br>Fudge Brownie *<br>Sliced Bread     |
| <b>10</b><br>Ham Rolls<br>Cheesy Potato Bake<br>Winter Blend Veg.<br>Poppy Seed Torte<br>Fruit Cocktail *<br>Sliced Bread           | <b>11</b><br>Baked Chicken<br>Twice Bk Style Pot.<br>Spinach Salad with<br>Rasp. Vinaigrette<br>Applesauce<br>Frosted Cake *<br>Dinner Roll | <b>12</b><br>Beef Stroganoff<br>Cass. (incl. veg.)<br>Corn<br>Mand. Orange Gel.<br>Plum Halves *<br>Sliced Bread                               | <b>13</b><br>Country Fried Steak<br>Mashed Potatoes<br>Carrots<br>Fresh Fruit Salad<br>Vanilla Pudding *<br>Dinner Roll  | <b>14</b><br>Crispy Fish Fillet<br>Baked Potatoes<br>Calif. Blend Veg.<br>Cream Sicle Torte<br>Petite Banana *<br>Sliced Bread |
| <b>17</b><br>Chicken Marsala<br>Red Skin Potatoes<br>Baby Carrots<br>Taffy Apple Salad<br>Raspberry Sherbet *<br>Sliced Bread       | <b>18</b><br>Meatloaf<br>Escalloped Potatoes<br>Peas/Pearl Onions<br>Peach Slices<br>Cookie *<br>Dinner Roll                                | <b>19</b><br>Pork Jaegerschnitzel<br>Mashed Potatoes<br>Tossed Salad<br>Carrot Cake w/ Cr.<br>Cheese Frosting<br>Pear Slices *<br>Sliced Bread | <b>20</b><br>Hawaiian Meatballs<br>Baked Potato<br>Baby Carrots<br>Petite Banana<br>Cinnamon Roll *<br>Dinner Roll       | <b>21</b><br>Roast Turkey<br>Mashed Potatoes<br>Escalloped Corn<br>Pumpkin Pie<br>Cranberry Gelatin *<br>Sliced Bread          |
| <b>24</b><br><b>Closed</b><br><b>for the</b><br><b>Christmas Holiday</b><br><b>No Dining Centers or</b><br><b>Door Step Dinners</b> | <b>25</b><br><b>Closed</b><br><b>for the</b><br><b>Christmas Holiday</b><br><b>No Dining Centers or</b><br><b>Door Step Dinners</b>         | <b>26</b><br>Beef Stew<br>(includes veg.)<br>Winter Blend Veg.<br>Ambrosia Dessert<br>Cookie *<br>Biscuit                                      | <b>27</b><br>Chicken Breast<br>Mashed Potatoes<br>Green Beans<br>Grasshopper Torte<br>Pineapple Tidbits *<br>Dinner Roll | <b>28</b><br>Baked Spaghetti<br>(includes veg.)<br>Mixed Italian Salad<br>Cantaloupe Slice<br>Frosted Cake *<br>Sliced Bread   |
| <b>31</b><br>Swiss Steak<br>Mashed Potatoes<br>Mixed Vegetables<br>Butterscotch<br>Pudding<br>Peach Slices *<br>Sliced Bread        |    |  |  |  |

Our hearts grow tender  
 with childhood memories and love of kindred,  
 and we are better throughout the year  
 for having, in spirit,  
 become a child again at Christmas-time.

*- Laura Ingalls Wilder*



# January 2013

## Sauk County Dining Center Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| Snowmen aren't forever, but their memories are.   | <b>1</b><br>Closed for the <b>New Year Holiday</b><br>No Dining Centers or Door Step Dinners                                | <b>2</b><br>Glazed Ham<br>Sweet Potato Bake<br>Corn<br>Pineapple Tidbits<br>Cookie *<br>Sliced Bread                        | <b>3</b><br>Chicken Broccoli<br>Alfredo Casserole<br>Tossed Salad<br>Birthday Cake<br>Applesauce *<br>Dinner Roll    | <b>4</b><br>Salisbury Steak<br>Mashed Potatoes<br>Peas and Carrots<br>Petite Banana<br>Fudge Brownie *<br>Sliced Bread                      |
| <b>7</b><br>Pork Cutlet in<br>Mushroom Sauce<br>Mashed Potatoes<br>Carrots<br>Oat/Raisin Cookie<br>Pear Slices *<br>Sliced Bread                | <b>8</b><br>Baked Chicken<br>Twice Bk Style Pot.<br>Pickled Beet Salad<br>Rainbow Sherbet<br>Plum Halves *<br>Dinner Roll   | <b>9</b><br>Lasagna Casserole<br>(includes veg.)<br>Mixed Italian Salad<br>Apricot Halves<br>Frosted Cake *<br>French Bread | <b>10</b><br>Pot Roast<br>Red Skin Potatoes<br>Baby Carrots<br>Applesauce Cake<br>Peach Slices *<br>Dinner Roll      | <b>11</b><br>Chicken Teriyaki<br>Baked Potato<br>Peas/Pearl Onions<br>Pineapple Tidbits<br>Sugar Cookie *<br>Sliced Bread                   |
| <b>14</b><br>Pepper Steak<br>Escalloped Potatoes<br>Spinach Salad with<br>Rasp. Vinaigrette<br>Key Lime Pie<br>Fruit Cocktail *<br>Sliced Bread | <b>15</b><br>Roast Pork Loin<br>Mashed Potatoes<br>Summer Blend Veg.<br>Fruited Gelatin<br>Tapioca Pudding *<br>Dinner Roll | <b>16</b><br>Chili Casserole<br>(includes veg.)<br>Corn<br>Egg Custard Pie<br>Seedless Grapes *<br>Cornbread                | <b>17</b><br>Ham Rolls<br>Squash<br>Health Slaw<br>Applesauce<br>Cookie *<br>Dinner Roll                             | <b>18</b><br>Chopped Steak in<br>Burg/Mush Sauce<br>Mashed Potatoes<br>German Cuke Salad<br>Chocolate Pud.<br>Pear Slices *<br>Sliced Bread |
| <b>21</b><br>BBQ Pork Cutlet<br>Red Skin Potatoes<br>Corn and Black<br>Bean Salad<br>Apricot Halves<br>Frosted Cake *<br>Sliced Bread           | <b>22</b><br>Swiss Steak<br>Mashed Potatoes<br>Green Beans<br>Alexander Torte<br>Honeydew Melon *<br>Dinner Roll            | <b>23</b><br>Meatloaf<br>Baked Potato<br>Peas and Carrots<br>Fruited Gelatin<br>Cookie *<br>Sliced Bread                    | <b>24</b><br>Creamy Chicken<br>with Spinach Penne<br>Tossed Salad<br>Jello Cake<br>Plum Halves *<br>Dinner Roll      | <b>25</b><br>Country Fried Steak<br>Mashed Potatoes<br>Baby Carrots<br>Petite Banana<br>Cinnamon Roll *<br>Sliced Bread                     |
| <b>28</b><br>Roast Turkey<br>Mashed Potatoes<br>Calif. Blend Veg.<br>Cranberry Gelatin<br>Ice Cream Cup *<br>Sliced Bread                       | <b>29</b><br>Beef Stew<br>(includes veg.)<br>Cheesy Broccoli<br>Coconut Cream Pie<br>Fruit Cocktail *<br>Cheddar Biscuit    | <b>30</b><br>Baked Chicken<br>Twice Bk Style Pot.<br>Copper Penny Salad<br>Applesauce<br>Vanilla Pudding *<br>Sliced Bread  | <b>31</b><br>Hawaiian Meatballs<br>Red Skin Potatoes<br>Wax Beans<br>Apple Pie<br>Pineapple Tidbits *<br>Dinner Roll |    |





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

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

### Please designate this donation:

In Memory of \_\_\_\_\_ or

In Honor of \_\_\_\_\_

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

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Baraboo, Wisconsin 53913







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 800 Waldo St, Baraboo  
 608-355-4111  
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Fill in the empty slots with a word ending in **ice**.  
 There is no “officially” correct way to solve this so enjoy the challenge.

At the end of the summer \_\_\_\_\_, the iceman, whom no one should accuse of \_\_\_\_\_ or \_\_\_\_\_, put up a \_\_\_\_\_ at an \_\_\_\_\_ in his \_\_\_\_\_, put the effect that with \_\_\_\_\_ toward none he would give good \_\_\_\_\_ to tall, without \_\_\_\_\_ or \_\_\_\_\_.

Accordingly, he supplied the politician with \_\_\_\_\_, the lawyer with \_\_\_\_\_, the doctor with \_\_\_\_\_, the judge with \_\_\_\_\_, the builder with a \_\_\_\_\_ and a \_\_\_\_\_, the gambler and his \_\_\_\_\_ in their den of \_\_\_\_\_ with \_\_\_\_\_, the bridal party with \_\_\_\_\_, the clergyman with a \_\_\_\_\_, the cat with \_\_\_\_\_, the drinker with \_\_\_\_\_, the geologist with \_\_\_\_\_, the woodman with a \_\_\_\_\_, the sailor with a \_\_\_\_\_, the dentist with a \_\_\_\_\_, the dressmaker with a \_\_\_\_\_, and no one with the \_\_\_\_\_.

But in spite of all his efforts to supply ice to \_\_\_\_\_, some people objected so strongly to his \_\_\_\_\_, that they applied to the \_\_\_\_\_ for \_\_\_\_\_ regarding a \_\_\_\_\_, by which they might either push him into a \_\_\_\_\_ or over a \_\_\_\_\_!