



*Enhance Your Life  
and the Lives of Others!*

**Add** **LIFE** Today!

Laughter  
Independence  
Friends &  
Energy

December 2010– January 2011

Vol 2 Issue 6  
Bi-Monthly Newsmagazine

## Let's Do It Together!!

If you are like most people, January 1st comes and you make your life altering New Year's Resolution. Thinking what you can change or what you can do to make your life better.

What can you do to prepare yourself to have a better New Year? **Prepare** - well, that's exactly what the Aging & Disability Resource Center wants you to do! And we want to help!

For the entire year, the ADRC is going to help you keep your New Year's Resolution. We are going to help you prepare!! But being prepared means something different to each person. To you being prepared might focus on being proactive in case of an emergency, to your brother being prepared may be having the "T"s crossed and the "I"s dotted on all your financial and medical records and to your neighbor being prepared might be having your home ready for the next season.

The ADRC's New Year's Resolution is that 2011 will be the year of "Preparedness". And we hope that you will resolve to be prepared in 2011.

So let's get



**Ready - Set - Live Well**

In 2011, each issue of AddLIFE Today! will have a column with hints and suggestions to help you prepare your home, finances and health.

Use these affordable tips to prepare yourself and your home from the winter chill. We are publishing an abbreviated list. If you would like a detailed list call the ADRC at 355-3289 to have one mailed to you.

### Prepare Your Home for Winter

- Reverse ceiling fans** Switch your ceiling fan to reverse. (Blades will go counterclockwise when you look at it.)
- Help your heating system** Have it inspected by a pro, ductwork cleaned and filters replaced. Wrap hot water heater in a water heater blanket.
- Prep for zone heating** Zone heating gadgets like electric blankets and space heaters - allows you to use heat as you need it, where you need it.
- Close off unused rooms and closets**
- Cover windows** Caulk or tape around the edge of loose windowpanes. Heavy drapery can help cut heating costs. A window insulation kit can help seal off drafts.
- Plug up gaps** Check for cracks and gaps near windows, outlets and doors. Have them caulked to plug the leaks. Draft-proof your door by using weather stripping. Even a towel rolled up and placed under the door can protect from cold drafts. Insulate outlets.
- Set thermostat** Use a programmable thermostat and heat only when you are there. Turning down three degrees can save

(Continued on page 13)



## Director's Notes

Trish Vandrez, Director



### Reaching Out is Hard Sometimes, But It Is Worth It!

We have all been in situations that we didn't know how to handle or what we could do about them. Finding just the right person to share it with or help you navigate a new situation is usually just the ticket!

When the car makes a strange noise most of us don't go poking around under the hood to see what it's all about. We take it to someone who has dealt with this kind of situation before to find some answers for our car.

So it should be with all the issues that arise in our lives. There are kind people, services, groups, resources, videos, and many other ways to find the information we all need to live our best life, whatever that means to each of us.

One issue that your ADRC team has noticed in recent months is that many people coping with mental illness in their family or for themselves don't know where to find good solid information and help.

Sauk County has some wonderful services that help people with mental health issues. These services may be accessed by calling 355-4200 and asking for more information about the variety of services available. There may be eligibility requirements for these programs and the staff members of the programs will help you understand how they apply to you or your family member.

There is also a chapter of NAMI Wisconsin (National Alliance on Mental Illness) that serves those with mental illness and their family members in a less formal way. The NAMI-South Central Affiliate serves people in

Sauk and Columbia counties. Its mission is to improve the quality of life of people affected by mental illnesses and to promote recovery and public understanding. The most common mental illnesses are:

- ◆ Major Depression
- ◆ Bipolar Disorder
- ◆ Schizophrenia
- ◆ Schizo-Affective Disorder
- ◆ Obsessive-compulsive Disorder
- ◆ Panic Disorder

NAMI South Central meets monthly on the 2nd Thursdays at 6:30 p.m. at St Paul's Lutheran Church in Baraboo. At each meeting there is a time for:

- ◆ Education about mental illnesses;
- ◆ A confidential time for consumers of mental health services to meet together for discussion and support;
- ◆ A confidential time for family members to meet together for discussion and support; and
- ◆ A time for affiliate business also open to those who may not fit in either group but want to be involved in making our communities better places for people affected by mental illnesses to live.

There are opportunities to carpool if you would like to attend but don't drive or live in Baraboo.

Similarly, there is also the Depression & Bipolar Support Group which meets weekly from 9:30 to 11:00 on Saturday mornings at the Sauk City Library (lower level).

If you can't come to a meeting, call the NAMI Support Line anytime! 608-768-5375

Reach out, you'll find someone to walk the road with you who's been there.

Be Well,  
*Trish*



## Coming in 2011 - AARP Free Tax Preparation!

Watch the February/March AddLIFE Today! for the dates and times of AARP Free Tax Preparation. Reservation will be able to be made at that time.

If you are interested in volunteering as a tax preparer or greeter for this worthwhile service, please call Mary Jane Percy at 355-3289.

**In all you do, remember to**

**AddLIFE™**

**Laughter  
Independence  
Friends &  
Energy**

## What Can Options Counseling Do For Me?

**Planning Ahead: An ounce of  
prevention is worth a pound of cure.**

No matter your age or financial situation, time spent considering the options for your future care needs is time well spent.

Options Counseling is the official name for this ADRC service which will help you think through the possibilities and scenarios that may arise in your future. Options Counseling begins with identifying your desires for your future in spite of any limitations or health conditions that may arise or worsen over time. Desires about living arrangements, care providers, and other related matters are discussed. Then based on this information your Aging & Disability Specialist will give you information about all the possibilities to meet the goals and desires you have for your future and provide the type and amount of care that

may be needed.

Part of this planning is to determine the best use of your personal financial resources and determining what other resources may be available for achieving your future goals.

The result of this kind of planning is peace of mind. It doesn't commit you to anything but it gives you the opportunity to be prepared rather than react when a new situation or a crisis arises. It will also dispel the myths, fears and misunderstandings of what the future may hold.

Considering that the latest research showing the costs of care in assisted living and nursing homes, knowing and understanding all your options is key to having the future you desire.

### **Wisconsin Options Counseling FACTOIDS**

- ◆ Average cost of Homemaker/Companion services: \$19/hour
- ◆ Average cost of Home Health Aide services: \$24/hour
- ◆ Average cost of Adult Day services: \$56/day
- ◆ Average cost of assisted living: \$102/day or \$3048/mo
- ◆ Average cost of nursing home care: \$205/day or \$218/day (semi-private vs private) OR \$6000+/mo

Source: The 2010 MetLife Market Survey of Nursing Home, Assisted Living, Adult Day Services, and Home Care Costs, October 2010

**Knowing Your Options can  
Save You Money!**



## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator

### You Have Touched My Heart !

At the end of September I learned something new about myself ... as a patient, I do not have a lot of patience! When you are used to being a caregiver - it's very difficult to be a care recipient. It's hard work! And, it became very clear to me that it's much harder to ask for help than it is to offer to help.

Thank you to all who offered to help, sent cheery thoughts and messages my way, and kept me in your prayers - I am on the mend, my knee is getting stronger every day, and I'm quite sure my golf game will be better than ever !!

I am truly blessed to be surrounded by such wonderful friends!

### How Many Hats Do YOU Wear?

I love busy people! Our volunteers are an amazing group of busy people who lead busy lives and wear many hats. They are great ... but ... we don't have enough of them!

We currently have a very REAL need for more help at our dining centers and with our Home Delivered Meals! Your neighbors need your help!

If you have one day per month, one day per week, or would be willing to be trained as a substitute PLEASE call me.

Will you please consider wearing one more hat?  
The **volunteer** hat!



## We Couldn't Have Done It Without YOU!

Thank you to all who helped with our 12th LivingWell Expo! This event would not be possible without the efforts of YOU - our amazing volunteers! Would you believe ... we had a group of 37+ volunteers who contributed a total of 112 hours - WOW !! Once again we had high school volunteers from the National Honor Society and SADD. They are the future of volunteering and the future looks bright!

Our theme this year was "Step Up To The Plate" and our volunteer team hit a HOME RUN!! Thank you from the bottom of a very grateful heart !!

More than 700 people attended this year's event, and a fun-filled day it was! I've said it before ... and I'll say it again ... we couldn't do what we do without YOU! Thank you again !!



### 7th Annual

### Baraboo Area Christmas Dinner

On Saturday, December 25, 2010 the 7th Annual Baraboo Area Christmas Dinner will be hosted at the First United Methodist Church, 505 Broadway, Baraboo.

This dinner is an opportunity for people to gather for a hot, home-cooked Christmas dinner with all the trimmings ... including the most valuable trimming of all - other people to share the meal with!

Dinner will be served at 12:00 noon and ALL ARE WELCOME! There is no cost for this meal, however, a free-will offering can be made at the church. Please come and join us!!

Please call the church office at 356-3991 no later than Monday, December 20th to make your reservation.

## Winter Weather Affects Your Home Delivered Meals And ... possibly ... Your Driver



During the winter months there are days when our volunteer drivers for 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 also be a little more difficult to navigate. On those days your meal may be delivered a little later than usual ... and your patience will truly be appreciated!

Last winter the weather was so severe that meals were actually cancelled on more than one occasion. 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 was injured last winter 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 :)



## New Year's Resolutions ?!?!

Are you a Resolution Maker??  
and ... here's the real question ...  
Are you a Resolution Keeper??

### Top 10 Resolutions For Kids

1. Good hygiene
2. Eat healthier
3. Responsible computer use
- 4. Volunteering**
5. Clean bedroom
6. Better manners
7. Better in school
8. Be nicer
9. Proper exercise
10. Limit TV time

### Top 10 Resolutions For Adults

1. Spend more time with loved ones
2. Exercise more
3. Lose weight
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
- 9. Volunteering**
10. Get organized

Why is volunteering #4 when we're younger and #9 when we're grown up?? A simple reason could be time ... or ... the fact that we don't have enough of it!

If you have a few extra hours in your month (or in your week, or in your day) I would LOVE to talk with you! As you think about making your New Year's resolutions, we hope you will consider volunteering with us at the ADRC - we'll help you be a Resolution Keeper!



## Getting You There!



Ashley Nedeau-Owen

Sylvia Kriegl

### Ride *The Bus!*

We would like to invite you to ride *The Bus!* Did you know that if you live at Maple Ridge, you can take *The Bus* to do your grocery shopping twice each week? We'll make it as easy for you as we can. Call us on Tuesday and tell us you plan to go. We will stop at the door.

*The Bus* leaves MATC every Wednesday and Friday at 11:05 am. By calling us and having us stop for you, we'll get you to Viking Village by 11:30 am and then pick you up to go home at 12:25 pm.

If you'd like to watch an afternoon matinee at

***The Bus***



Your key to getting you where you want to go in Sauk County.

Desert Star Cinema, take *The Bus!* The money you'd spend on gasoline will buy some of your popcorn. If you're driving a Hummer, the money you save will buy **all** of your popcorn!

By way of encouraging you, the ADRC has printed gift certificates and distributed them to the St. Vincent de Paul's in Reedsburg, Baraboo and Prairie du Sac. Stop in and ask about *The Bus* and then take a trip.

*The Bus* is public transit. It is a service available to everyone and is designed to provide access to Sauk County's residents including those who have disabilities or mobility issues. The routes with deviations are designed to serve more than 70% of Sauk County. Our goal is to continue expanding the service area of *The Bus*. The quickest way to get that expansion is to increase the number of people who use *The Bus*. So we again would like to invite you to ride *The Bus!*

Did you know that the route leaving Prairie du Sac 's Sentry at 9:20 am stops at UW Baraboo/ Sauk County campus in time for you to take a class, have lunch and return home mid-afternoon. If you are over age 60, you might even be able to audit that class at no charge to you. Is there something you have been curious about and wanted to learn about? *The Bus* can get you there. That is the message for this issue and for *The Bus* at any time.

*The Bus* can get you there! *The Bus* provides access to three hospitals, 10 clinics, 3 high schools, one university, one technical college, six grocery stores and all three of the St. Vincent de Paul stores. While shopping at the St. Vincent de Paul store you can pick up a gift certificate good for two trips on *The Bus*.

*The Bus* also provides access to two movie theaters and more automobile dealerships than I've counted. (I probably have a bias that keeps me from doing that counting!) You could take *The Bus* to Ballweg Chevrolet to get a new car. Or, you could take it to Sullivans Two to pick up your car that was recently repaired.

So I invite you to ride *The Bus!*

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



A Brewer's baseball cap was accidentally mistaken as a give-away at the LivingWell Expo. If you have this baseball cap please, call the ADRC at 355-3289 so we can return the cap to the owner. It has sentimental value to it's owner.

Also, a bracelet was found at the LivingWell Expo. If you lost your bracelet, please call the ADRC office at 355-3289 and describe it so we can return it to you.



*Trish Vande*

Sylvia Krieg 🍷

Natalie Wilmot

Sally Shumniok

\* Gary Fish 🍷 Mike Lew

Margaret Alt \* Vicki Thompson

Lee 🍷 Roundy \* Mary Jane Percy \*

Linda Rowe \* Lisa Karau 🍷 Gary Fish

Roger Arbuckle 🍷 **Deb Harvey** \* Walter Dorry

🍷 Jim Pritzkow \* Kelly Dietrich \* Quinn Hause

**Abigail Musselman** \* 🍷 \* RICK MARTHALER

\* Shirley Thielitz \* Tommy Meyer \* Bill Tobias 🍷 \*

**ASHLEY NEDEAU-OWEN** \* Cathy Bindl \* Dennis Demars

Merry  
Christmas  
From The  
ADRC  
Staff

## IT'S NATIONAL FAMILY CAREGIVER MONTH!

Becoming a family caregiver for someone you love is one of those heart wrenching and at times enlightening life lessons. Your role as a family caregiver can happen abruptly or creep in slowly-unnoticed until one day you realize you are caring more for someone else than you are for yourself.

You find yourself beginning to struggle with the day to day demands and somewhere along the way you realize you have lost your identity and have allowed the caregiving role to define who you are. The journey can be a difficult when traveled alone and you shouldn't have to.

**Believe in Yourself:** Recognizing your strengths and limitations it will go a long way in your ability to set goals and boundaries for yourself and for your loved one.

**Protect Your Health:** It is critically important to maintain your physical and emotional health and well being - if you don't who will? Your good health is the greatest gift you can give your loved one and your entire family.

**Reach Out For Help:** Reaching out and asking for help is never a sign of weakness rather it demonstrates strength and a keen awareness of your own abilities and sense of self.

Family caregiving requires the constant juggling of work, family life and maintaining our own autonomy. Without the adequate support, information, education and training, it can be difficult to maintain and continually

This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015





*For Your Benefit:*

News from your  
Benefit Specialists



Deb Harvey

Kelly Dietsch

### Benefit Specialist Schedule

#### DEB HARVEY

Plain American Legion Hall	December 8 11:30 to 12:30	January No Visit
Plain Library	December 8 2:00 to 3:00	January No Visit
Spring Green Senior Center	December 15 10:30 to 11:30	January No Visit
Spring Green Library	December 15 1:00 to 2:00	January No Visit
Sauk/Prairie Community Cntr	December 16 10:00 to 11:30	January No Visit
Merrimac Village Hall	December 16 8:30 to 9:30	January No Visit

#### KELLY DIETSCH

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

The ADRC encourages the older adults of Baraboo, Bluffview, Loganville, Lime Ridge, LaValle, and Reedsburg who are seeking benefits counseling, normally provided in their community, to contact the ADRC office at 355-3289 or (800) 482-3710 for assistance as the Elderly Benefit Specialist will not be visiting those communities until further notice.

Medicare Part D open enrollment is November 15 through December 31, please contact the Aging & Disability Resource Center for further information.

Call (608) 355-3289 or (800) 482-3710  
To confirm site visits or  
to schedule office appointments.

## Beware Of The Misinformation About Health Care Reform

The 60 Plus Association is running TV attack ads, waging a misinformation campaign aimed at Seniors in an effort to discredit Health Care Reform. The 60 Plus Association claims they are a "conservative" alternative to the "liberal" AARP. According to their website, they are financing a major national ad campaign accusing various representatives who voted in favor of Health Care Reform as betraying and abandoning seniors. They claim to be nonpartisan but all the representatives they are attacking are Democrats including Wisconsin Representatives Ron Kind and Steve Kagan

The 60 Plus Association website blatantly misrepresents Health Care Reform as a "government takeover of our health care system" which will result in "half-trillion-dollar cuts to Medicare" and tax raises on retirees. The Coalition of Wisconsin Aging Groups (CWAG), a truly nonpartisan organization, and the CWAG Elder Law Center has carefully studied the Health Care Reform legislation. Here are the facts, as opposed to the fiction.

**Fiction:** The Health Care Reform legislation will cut \$500 billion from Medicare.

**Fact:** Implied is this will result in significant reductions in Medicare benefits. The truth is not a single Medicare benefit will be cut as a result of this. Many will realize increased coverage and access to additional benefits. For example, the Health Care Reform includes an annual free wellness check-up and complete coverage for some preventive procedures, such as diabetes and cancer screening. Prescription drug benefits will be greatly expanded as the reform legislation phases in closing the coverage gap in Medicare Part D Prescription drug program.

The "cuts" are inaccurately touted as benefit reductions are actually cost controls that will result from Health Care Reform implementing innovative approaches to encourage cost savings. For example, providers will be given financial incentives to improve quality and efficiency.

The non partisan Congressional Budget Office predicts over the next ten years the growth in Medicare spending will slow from its current 6.8 % per year pace to 5.5% per year.

**Fiction:** Health Care Reform legislation will threaten senior's ability to keep their doctors.

**Fact:** Payment rates to physicians are not going to be cut to finance Health Care Reform. Many do not have access to any physicians much less physicians they like. This legislation will provide incentives to physicians to service poor and rural communities and to practice family and geriatric medicine by reducing the student loan debt of physicians who serve these populations. Starting in 2011, primary care physicians will receive bonuses of 10% for providing Medicare and Medicaid covered services. Hospitals and Providers will receive bonuses for productivity and better patient outcomes. Often seniors lose insurance coverage when they get sick and must switch providers as a result. In 2014, no insurer will be able to drop anyone for getting sick nor be allowed to preclude anyone from coverage due to a preexisting condition. This expansion of insurance coverage will positively impact the many seniors with preexisting conditions.

Expanded health insurance coverage means expanded access to the doctors seniors prefer.

**Fiction:** The Health Care Reform Legislation will interfere with seniors' ability to keep the health plans they like.

**Fact:** The legislation will eventually stop the involuntary disenrollment problem seniors have when they are dropped from coverage after they get sick thus their ability to keep plans they like is greatly enhanced. The legislation is going to even the playing field between Medicare Advantage plans and traditional Medicare by phasing out the government subsidies to private insurers who compete with Medicare through Medicare Advantage plans which cost taxpayers more than traditional Medicare with no evidence the benefits are better. These private insurers will be permitted to remain in business but will no longer be subsidized by the taxpayers. Also, starting in 2010, companies will get tax

incentives to maintain early retirees on their insurance plans resulting in increased coverage for a group that often has no access to insurance until becoming eligible for Medicare.

**Fiction:** Health Care Reform Legislation will result in reduced quality of care for seniors.

**Fact:** The Health Care Reform legislation is replete with reforms aimed as providing better care. In addition to the enhancements of benefits for preventive care, the legislation creates a new "Patient Centered Outcomes Research Institute" which will identify, conduct, and commission public research aimed at improving health care decision making. The new law encourages providers to create Accountable Care Organizations to combine finances and efficiencies to improve coordination of care, reduce repetitive tests and procedures and to provide higher quality and more effective medical treatment which will benefit seniors and those with chronic medical conditions. Hospitals and providers are given incentives to promote community based rather than institutional medical services. The legislation also requires improvements be made in nursing home quality standards.

**Fiction:** The Health Care Reform Legislation will result in an increase of taxes on retirees.

**Fact:** The only tax increases involved in funding the new Health Care Reform is higher payroll taxes (not applicable to retirees) for working individuals/couples earning more than \$200,000/\$250,000 per year. There will also be an increase of Medicare Part D premiums for senior individuals/couples with incomes above \$85,000/\$170,000. (5% or less of the entire senior population in the United States).

In the benefit specialist section of the National Council for the Aging website, NCOA.org. is a document titled ("NCOA HC Reform Sept 2010) created by CWAG together with NCOA called "Straight Talk for Seniors on Health Reform" which is a good summary to use. We encourage you to pay careful attention to facts and disregard any hype and misinformation.



# Disability Benefit Specialist

Natalie Wilmot

## Mental Illness - Myths and Facts

This month I would like to talk about Mental Illness and perhaps help us all to understand the myths and facts about this issue.

### What is mental illness?

Mental illnesses and severe emotional disturbances are biologically based disorders, similar to diabetes, cancer and heart disease. Mental and emotional disorders disrupt a person's ability to think, feel, and relate to others. Mental illness is the nation's second leading cause of disability after heart disease.

### Who does mental illness affect?

Of Wisconsin's 5.6 million residents, close to 188,000 adults live with serious mental illness and about 60,000 children live with serious mental health conditions. One in four adults - approximately 57.7 million Americans - experience a mental health disorder in a given year. One in 17 lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder and about one in ten children live with a serious mental or emotional disorder.

### What are some of the consequences of untreated mental illness?

In 2006, 670 Wisconsinites died by suicide. Suicide is almost always the result of untreated or undertreated mental illness. Nationally we lose one life to suicide every 15.8 minutes. Suicide is the eleventh-leading cause of death overall and is the third leading cause of death among youth and young adults aged 15-24. During the 2006-2007 school year, approximately 43% of Wisconsin students aged 14 and older living with serious mental

health conditions who receive special education services dropped out of high school. Nationally over 50% of students with a mental disorder age 14 and older drop out of high school-the highest drop-out rate of any disability group.

In 2008, approximately 5,100 adults with mental illnesses were incarcerated in prisons in Wisconsin. Nationally 24% of state prisoners and 21% of local jail prisoners have a history of a mental health disorder. 70% of youth in juvenile justice systems have at least one mental disorder with at least 20% experiencing significant functional impairment from a serious mental illness.

## Common Myths about Mental Illness

**Myth: If I have a mental illness, it is a sign of weakness--it's my fault.**

**Reality:** Mental illness is not anyone's fault any more than heart disease or diabetes is a person's fault. According to the Surgeon General's report "Mental disorders are health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof), associated with distress and/or impaired functioning." Mental illnesses are not a condition that people choose to have or not have. No one should have to feel ashamed of this condition any more than any other medical condition.

**Myth: People who have mental illnesses are dangerous.**

**Reality:** People who have mental illness are far more likely to be the victims of violence - not the perpetrators. In fact, the rate of violence among people with mental illness is exactly the same as the general population. An excellent resource for information on mental illness is NAMI (National Alliance on Mental Illness). The Wisconsin chapter can be reached at 608-268-6000 or 800-236-2988 or can be reached

on the internet at [www.namiwisconsin.org](http://www.namiwisconsin.org)

I hope this information was helpful. If there are topics you would like to see here, please let me know. As always I look forward to working with you and your loved ones. My services are at no cost to you and available to Sauk County residents ages 18 through 59 years with physical and developmental disabilities, mental illness and substance abuse disorders.

## NAMI South Central



**Get Support!  
Give  
Support!!  
Join us for a  
Support  
Meeting!**

***Can NAMI  
help me?  
If you or  
someone you love  
is coping with  
mental illness  
the answer is YES!***

- ▶ *Major Depression*
- ▶ *Bipolar Disorder*
- ▶ *Schizophrenia*
- ▶ *Schizo-Affective Disorder*
- ▶ *Obsessive-compulsive Disorder*
- ▶ *Panic Disorder*

**Promoting  
Recovery  
&  
Public  
Understanding**

**Improving the  
quality of life of people  
affected by mental  
illnesses**

**Call the  
Support Line  
anytime!  
608-768-5375**



***Please Join Us!***  
**Support Meetings are the  
2nd Thursday each month 6:30 p.m.  
St Paul's Lutheran Church, Baraboo**

## Foot Clinic Schedule

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

The cost for each foot clinic visit is  
\$23.00.

### Baraboo - West Square Building

Tuesdays - December 7 & 21

Tuesdays - January 4 & 18

Wednesday - December 15

### LaValle - Fire Department

Wednesday - January 26

Wednesday - March 23

### Merrimac - Village Hall

Wednesday - January 19

Wednesday - March 16

### Plain - American Legion Hall

Thursday - December 23

Thursday - February 24

### Reedsburg - Maple Ridge

Tuesday - December 14

Thursday - December 16

Tuesday - January 11

Thursday - January 20

### Reedsburg - Willow Heights

Wednesday - December 8

### Sauk Prairie - St John's Church

Thursdays - December 2 & 9

Thursdays - January 6, 13 & 27

### Spring Green - The Meadows

Tuesday - January 25

Tuesday - March 22

\* \* \*

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

## **Aging & Disability Specialists**

*Here to Help you!*



Jim  
Pritzkow



Lisa  
Karau



Quinn  
Hause



Abigail  
Musselman

## **OPTIONS COUNSELING**

### **What is Options Counseling?**

- ◆ A formal service that analyzes the person's individual situation. The person's finances, living situation and functional abilities are evaluated.
- ◆ The goal of options counseling is to maximize the individual's finances and informal supports to decrease dependence on public dollars for long term care needs.
- ◆ A comprehensive plan is devised that takes into account both paid services and services performed by family, friends and neighbors.

### **The Process for Requesting Options Counseling**

- ◆ Most requests for options counseling are made by the individual or family member calling the ADRC. Most callers are not calling for options counseling specifically, but the call turns into a request.
- ◆ Nursing Homes and CBRF's send Pre-Admission Consultations (PAC) requests that result in options counseling.
- ◆ Options counseling is a free service that anyone can request, no matter of their financial situation.
- ◆ An appointment is set up usually within two weeks to meet with all the persons involved.

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

- ◆ A comprehensive discussion focuses on the person's current and future needs.
- ◆ Services like supportive home care, personal care, 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 reevaluate needs, services, and finances.

To request options counseling call the ADRC at 355-3289 and ask for one of our knowledgeable Aging & Disability Specialists.





# Ready - Set - Live Well

*(Continued from page 1)*

money. No programmable thermostat - Save by adjusting thermostat manually each day.

**Check smoke detectors and fire extinguisher.**

**Winterize yourself** Dress appropriately and have blankets and warm drinks on hand, like hot chocolate, tea or coffee. These can warm you up in minutes.

**Keep radiators clear** Make sure furnishings; window coverings, etc do not cover it. Clean your radiator as dirt and dust can absorb heat.

## Prepare Your Car for Winter

**Get an oil change.** Service your car. The oil used should have the right viscosity for this time of year.

**Replace your windshield wiper blade.** Fill up your windshield washer reservoir with windshield washer fluid. Make sure your heater and defroster are working properly.

**Give your battery a little TLC.** Check battery's posts and connections for corrosion and that it has all the water it needs.

**Examine belts/hoses** When servicing your car have belts/hoses checked for wear and tear.

**Check your tire pressure.** Tires must be properly inflated to ensure proper traction.

**Get the antifreeze mixture right.** Aim for 50-50 mix of antifreeze/water to prevent freezing in very cold weather..

**Prepare an emergency kit.** Store it in your trunk during the winter months.

**Keep the gas tank.** A full tank will help prevent the gas lines from freezing.

## Prepare Your Wallet for Winter

**Review your Medicare Part D plan** If you have questions, contact the ADRC or

Medicare at 800-MEDICARE or [www.medicare.gov](http://www.medicare.gov). TTY users call 877-486-2048.

**Apply for Energy Assistance** Contact the Energy Assistance Office at 356-8887

**Review your insurance needs for the coming year**—including home, auto, life, and health

**Gather your tax paperwork** Make sure you have your W-2s, 1099s, proofs of income, expense receipts, proofs of charitable contributions, proofs of IRA or pension deposit/withdrawal. Schedule your tax appointment early as possible, after January 31st.

**Set aside cash for a winter emergency** Save your spare change/cash into an 'emergency' savings to use for unplanned event (food, water, heating bills, snow shoveling).

**Utilize SHARE, Food Pantries, & GoodWill** - stretch your available cash by reducing your grocery and winter wear costs by shopping at SHARE (800) 548-2124, [www.sharewi.org](http://www.sharewi.org), your local food pantry, GoodWill and St. Vincent de Paul's.

## Prepare Your Health for Winter

**Get your flu shots** Strongly recommended for persons 65 years of age and older and those who suffer from chronic health problems immune system.

**Drink your fluids** Staying hydrated helps prevent viruses and bacteria from taking hold after exposure to them. Hydration helps your body distribute valuable nutrients while flushing out germs and toxins.

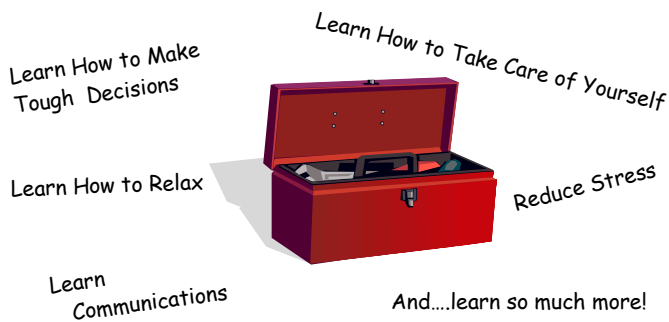
**Take a Vitamin D supplement** It can prevent cancer, improve blood pressure, help your bones and help give you better rest.

**Stretch/warm up before shoveling snow** Cold tight muscles are more prone to injury.



## Caregiver Corner

# Powerful Tools for Caregivers



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

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

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

**Where:** Sauk Prairie Memorial Hospital

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

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

### December

Enjoy the sounds of the Holidays as you explore the LivingWell Library

The Living Well Library is filled with useful information. It is filled with brochures and packets of information on housing options, diseases and health related issues, caregiver information, Medicare benefits, energy assistance, FoodShare and so much more!!! We even have the local newspapers for you to read!! Don't forget the computer and the magnifying reader are always available for your use. The TTY/TDD phone is accessible for those who are deaf and hard-of-hearing.

Stop in and have a cup of coffee, tea, or hot cocoa ... we are always happy to see you!!

### January Video of the Month

Winter brings increased home fire dangers! Stop in the ADRC office and watch the Caregiving Series video *Fire Safety*. This video teaches the causes of fires, how to prevent them from starting and how to respond appropriately if a fire does start. People 65 and older are twice as likely to die in a home fire than the general population, adults 85 and older are 4 1/2 times more likely! Stop in to the LivingWell Library to watch *Fire Safety* and learn how to protect your loved ones.



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

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

### **Care for the Caregiver**

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

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

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

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

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

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

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

So, I'll ask you again.

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

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

### **The Holiday Blues**

*Identifying When Your Loved One May Need to Be  
Evaluated for Depression*

Crisp air, bells ringing, snow falling, goodies baking. It's time for the holidays! The season is full of cheer and happiness, and a time for visiting with loved ones. For most people this is true, but for others -especially older adults - the holidays can bring sadness, and even depression. Feelings of lost independence or loneliness are heightened by the holidays. The “holiday blues” may go away, but if a person cannot function in their daily life, this may be depression, which requires professional care. Here are some warning signs:

- ◆ Persistent sadness
- ◆ Withdrawal from regular social activities
- ◆ Slowed thinking or response
- ◆ Lack of energy or interest in things that were once enjoyable
- ◆ Excessive worry about finances or health
- ◆ Frequent tearfulness
- ◆ Feelings of worthlessness or helplessness
- ◆ Weight changes
- ◆ Pacing and fidgeting
- ◆ The inability to sleep or excessive sleeping
- ◆ Inability to concentrate
- ◆ Staring off into space (or at the TV) for prolonged periods of time.

The good news is depression is treatable and older adults improve significantly with treatment. If you believe your loved one is depressed, have them seek medical help.

A good way to avoid some of the "Holiday Blues" is to go easy on yourself and your loved ones this season. Don't push yourself to keep the holidays “just like they've always been,” even when things have changed in your lives. Take comfort in past memories, continue to build new ones, and relax and enjoy the time you can with family and friends.

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

**golden  
living**



**Sally Shimniok**  
**Nutrition & Prevention Specialist**

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

**Contact Sally at:**  
**(608) 643-6900**

**Sauk Prairie Community Center**  
**730 Monroe St., Sauk City, WI 53583**

**Nutrition & Prevention Specialist**  
**Dining Center Schedule**

<p><b>Baraboo</b>            Highpointe Commons            1141 12th St., Baraboo            Phone 963-3436            Lunch Served at 11:30 am</p>	<p><i>December</i>            2</p>	<p><i>January</i>            4</p>
<p><b>Lime Ridge</b>            Tuesday-Thursday            Lime Ridge Senior Center            308 West Maple Ave            Lime Ridge            Phone 986-2424            Lunch served at 12:00 noon</p>	<p><i>December</i>            8</p>	<p><i>January</i>            11</p>
<p><b>Merrimac</b>            Tuesday-Thursday            Merrimac Village Hall            100 Cook St., Merrimac            Phone 963-2286            Lunch served at 12:00 noon</p>	<p><i>December</i>            16</p>	<p><i>January</i>            20</p>
<p><b>Reedsburg</b>            Willow Heights            800 Third St., Reedsburg            Phone 963-3438            Lunch Served at 11:30 am</p>	<p><i>December</i>            1</p>	<p><i>January</i>            6</p>
<p><b>Sauk/Prairie</b>            730 Monroe St., Sauk City            Phone 963-3437            Lunch Served at 11:30 am</p>	<p><i>December</i>            14</p>	<p><i>January</i>            18</p>
<p><b>Spring Green</b>            117 S Washington St.            Spring Green            Phone 588-7800            Lunch served at 12:00 noon</p>	<p><i>December</i>            9</p>	<p><i>January</i>            13</p>

Due to the cold and snowy days that are almost here, most of us stay home more often snuggled up in a blanket reading, watching TV, napping, etc. But with staying home more comes the responsibility of cooking more.

The following are some tips to making your meal choices more healthy.

Grocery Shopping Ideas

Keep some of these easy to prepare foods on hand. They are convenient when you don't feel like cooking. They may be more expensive though, so stock up when they are on sale.

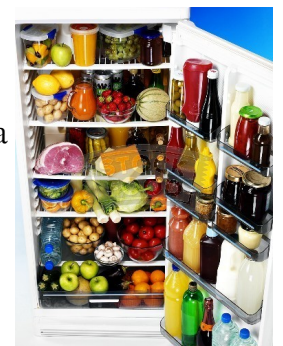
On the Shelf

- Pasta and Spaghetti
- Quick-cooking rice
- Reduced-sodium tomato or broth-based soups
- Water-packed tuna or chicken
- Low fat crackers
- Cereals
- Dried Fruits
- Peanut Butter



In the Refrigerator

- Hard boiled eggs
- Cottage cheese
- Low fat cheese
- Cooked, whole white or sweet potatoes
- Prepared rice or pasta
- Sliced lean luncheon meats
- Cut vegetables
- Fresh fruits
- Low fat or nonfat yogurt



### In the freezer

- English muffins
- Individual packages of low fat cheese
- Small packages of chicken, turkey, ham or lean beef
- Bags of vegetables
- Low fat frozen dinners

### Tips that can make meals easier to prepare:

- Use lightweight cooking utensils, bowls and dishes to save energy
- Plan meals that are easy to prepare and clean up
- While preparing food, sit at the kitchen table to save energy
- Cook complete one-pot meals in a slow cooker to reduce the number of dirty dishes and clean up time
- Prepare larger amounts of items you enjoy and refrigerate the leftovers to eat in a day or two.
- Divide leftovers into individual servings, write contents (and date) on each package and freeze for later use.



- Fat-free, reduced fat, or low fat corn, tortilla, vegetable, or potato chips or crisps. Some are baked, some are made with less fat, and still others are made with a type of fat of that cannot be absorbed.
- Whole grain, low fat snack crackers such as wheat thins or crisp bread.
- Unsalted pretzels are also low in fat. Salted pretzels are lower in fat and sodium than most other salty snacks.
- Fat free or low fat caramel corn, corn puffs or cheese puffs.
- Small boxes or bags of raisins, trail mix, cereal mixes and other fruit and nut combinations.
- Low fat regular or frozen yogurt
- Low fat string cheese
- Sugar-free Jell-O or pudding cups
- Fresh fruit and vegetables

### Tips that can make meals healthier to eat:

- To avoid excess fat, trim meat before cooking and broil, bake, boil or pan-fry without added fat.
- Use low fat milk and milk products, such as cottage cheese and yogurt.
- To preserve vitamins, don't overcook vegetables to the soft and mushy state. Try eating them raw, steamed or stir-fried in a little oil.
- Most foods such as meat, fish, chicken, vegetables and fruit should be stored in the refrigerator.

### Snack Food Ideas

- Already popped popcorn or unpopped popcorn for air poppers or microwave ovens. Choose brands that have 3 grams of fat or less per cup serving.
- Rice and popcorn cakes (available in many flavors).

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### Winter Policy for 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 I have listed previously 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 home-delivered meals may not be delivered if sidewalks, or driveways are unsafe due to ice or snow.



## Have you Heard!!!

The Sauk County Sheriff's Office will collect expired and unwanted medication. This service is provided to the citizens of Sauk County to aid in the proper disposal of prescription medications (pills, capsules and tablets only).

People are encouraged to bring in their expired and unwanted medications to the Sheriff's Office rather than flush them down the toilet and get into our water supply, throw them in the garbage where they end up in a landfill or have them left in the home where they might end up in the hands of some unknown person.

The Sauk County Sheriff's Office will accept these expired and unwanted medications and dispose of them through the proper method for you. The Sheriff's Office is not able to accept liquids, aerosol cans, inhalers, sharps, creams needles, mercury thermometers, chemotherapy drugs or pain patches.

People wishing to dispose of medications can do so at:

Law Enforcement Center Lobby  
1300 Lange Court, Baraboo  
Monday through Friday  
7:30 am to 6:00 pm.

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

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

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

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

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

***Take charge!***

***Learn to have fun again!***

***Live WELL with Chronic Conditions!***



## Mark Your Calendar

The ADRC will be closed on:

December 24	Christmas Eve
December 27	Christmas
December 31	New Year's Day
April 22	Good Friday

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.

UNIVERSITY  WISCONSIN  
 BARABOO/SAUK COUNTY  
 A Campus of the University of Wisconsin Colleges

**Continuing Education**

—another way to **AddLIFE<sup>SM</sup>**

Check out the next computer class at  
 UW Baraboo/Sauk County

**Where Do I Start  
 With My Computer?**

Instructor: Terri Nee-Holtz

Participants learn to make the best use of the Windows screen: desktop, taskbar, menu bars, icons, etc. We will also cover setting mouse and screen preferences and minimizing, maximizing, sizing, and restoring windows.

Learn to open and close window options, scroll through windows, switch between multiple windows, review items on the taskbar, set time/date and proper shutdown procedures.

Wednesday, January 19

9:00 am - 11:30 am

Computer Lab

Aural Umhoefer Classroom Building

Fee: \$29

To register call UW-Baraboo/Sauk County Continuing Education office at 608-355-5220.



*CELEBRATE THE HAPPINESS THAT FRIENDS ARE ALWAYS GIVING, MAKE EVERY DAY A HOLIDAY AND CELEBRATE JUST LIVING!*

**WHAT IS A DRUG TIER ?**

A formulary is a list of drugs your plan will cover. Drugs on the formulary are grouped in to tiers. Tiers are used to arrange drugs in layers. The co-payment you pay is determined by the tier that your medication falls under. Tier one will have the lowest co-payment and usually include generic medications.

Tier two has a higher co-payment than tier one and usually includes preferred brand name medications. The plan may have negotiated a lower purchase price with the pharmaceutical company for a preferred brand name drug. This lower price allows the drug to be placed in tier two rather than tier three.

Tier three has the highest co-payment and usually includes non-preferred brand name medications. The health plan will place a medication on tier three because it is new, or not fully proven to be effective for the described use. The medication can be in tier three because there is a similar drug on a lower tier of the formulary, that may provide you with the same benefit at a lower cost.

Plan member's able to take the drugs listed on tier one will save the most money. Your pharmacist will be able to contact the prescribing provider if an ordered medication is not listed on the plans formulary. This would allow your doctor to prescribe a similar medication covered by your chosen health insurance plan.

This partnership article provided by:

**HOME CARE PATH**



608-432-4286

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

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

## Step Safely!!

Ooops, we missed you at the LivingWell Expo, but heard you had some questions about how to start making changes to your home to “Age in Place”.



One of the first areas seniors should look at for safety is all areas with steps. Steps into your home, basement or upper level should have safety features added. For wooden steps two options are available, add anti-slip tape or repaint the steps with a product that is labeled anti-slip. For areas with a few steps be sure to add grab bars.

Grab bars must be attached to the stud wall, take a look at the area and decide if the grab bar should be installed horizontally or vertically – each option has benefits. For areas with more than a few steps make sure you have railings on both the left and right side of the stairways. Again, railings must be connected to stud walls to be installed securely. Do your stairways have proper lighting? If not, add additional lights, perhaps motion lights. Check the door handles, replace knob door handles with a lever handles.

Remember “ Aging in Place” is just a term, what you really want to do is make changes to your home so you can LIVE in place, and these ideas will get you started.

This partnership article provided by:  
John Wittenwyler, CAPS  
A New Beginning, (ANB)  
Home Transition Services, LLC.  
608-206-6408



## Remember!



You may now be eligible for extra help with your Medicare premiums!! There are programs to assist you with paying your Medicare premiums if you have a limited income and assets. The limit for a single person is \$1328/month and the limit for a married couple is \$1658/month. If you think that you might meet these limits or are close, we suggest you contact Mike Lew, our Medicare Savings Plan Advocate at 355-3289. He will be happy to contact you at your home and discuss the program and your own personal situations!

*In the depth of winter,  
I finally learned  
that within me there lay  
an invincible summer.*

*—Albert Camus*





# December 2010

## Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>This is the message of Christmas: We are never alone</i>  <small>Taylor Caldwell</small>				
		<b>1</b> Baked Spaghetti (includes veg.) Italian Blend Veg. Fruited Gelatin Cinnamon Roll * French Bread	<b>2</b> Pork Steak Mashed Potatoes Peas and Carrots Birthday Cake Petite Banana * Dinner Roll	<b>3</b> Chicken Teriyaki Red Skin Potatoes Calif. Blend Veg. Ambrosia Dessert Plum Halves * Sliced Bread
<b>6</b> Roast Pork Loin Mashed Potatoes Red Cabbage Applesauce Frosted Cake * Sliced Bread	<b>7</b> Pepper Steak Au Gratin Potatoes Summer Blend Veg. Butterfinger Torte Peach Slices * Dinner Roll	<b>8</b> Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Cookie * Sliced Bread	<b>9</b> Beef Stroganoff Casserole (includes veg.) Corn Mandarin Orange Gel. Fudge Brownie * Dinner Roll	<b>10</b> Salisbury Steak Mashed Potatoes Mixed Vegetables Pecan Pie Orange * Sliced Bread
<b>13</b> Ham Rolls Squash Health Slaw Applesauce Cookie * Sliced Bread	<b>14</b> Chicken Cacciatore Baked Potato Italian Salad Oatmeal Cookie Fruit Cocktail * Dinner Roll	<b>15</b> Pork Cutlet in Jaegerschnitzel Sauce Mashed Potatoes Carrots Fruited Gelatin Frosted Cake * Sliced Bread	<b>16</b> Beef Stew (includes veg.) Winter Blend Veg. Coconut Cream Pie Plum Halves * Biscuit	<b>17</b> Bratwurst on a Bun German Potato Sal. Tossed Salad Peach Slices Ice Cream Cup *
<b>20</b> Chopped Steak in Burg. Sauce Mashed Potatoes Swiss Spinach Molasses Cookie Pear Slices * Sliced Bread	<b>21</b> Baked Chicken Twice Baked Potato Pickled Beet Salad Fruit Cocktail Frosted Cake * Dinner Roll	<b>22</b> Meatloaf Baked Potato Calif. Blend Veg. Alexander Torte Pineapple Tidbits * Sliced Bread	<b>23</b> Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Pear Slices * Dinner Roll	<b>24</b>  <b>Closed For Christmas Eve</b>
<b>27</b>  <b>Closed to observe the Christmas Holiday</b>	<b>28</b> Swiss Steak Mashed Potatoes Peas and Carrots Fruited Gelatin Frosted Cake * Dinner Roll	<b>29</b> Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Cookie * Sliced Bread	<b>30</b> Chicken Breast Mashed Potatoes Green Beans Grasshopper Torte Fruit Cocktail * Dinner Roll	<b>31</b>  <b>Closed For New Year's Eve</b>

# January 2011

## Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Swedish Meatballs Mashed Potatoes Mixed Vegetables Peach Slices Frosted Cake * Sliced Bread	<b>4</b> Chili Casserole (includes veg.) Corn Ambrosia Dessert Plum Halves * Cornbread	<b>5</b> Mushroom Pork Cutlet Mashed Potatoes Carrots Applesauce Fudge Brownie * Sliced Bread	<b>6</b> Crispy Fish Fillet German Pot. Salad Calif. Blend Veg. Birthday Cake Pineapple Tidbits * Dinner Roll	<b>7</b> Chicken Tetrazzini (includes veg.) Tossed Salad Mandarin Orange Gelatin Cookie * Sliced Bread
<b>10</b> Country Fried Steak Mashed Potatoes Peas and Carrots Apple Pie Fruit Cocktail * Sliced Bread	<b>11</b> Smoked Sausage Red Skin Potatoes Spinach Salad with Hot Bacon Dressing Pear Slices Frosted Cake * Dinner Roll	<b>12</b> Baked Chicken Mashed Potatoes Three Bean Salad Choc. Banana Torte Apple * Sliced Bread	<b>13</b> Beef Stroganoff Cass. (incl. veg.) Winter Blend Veg. Apricot Halves Cookie * Dinner Roll	<b>14</b> BBQ Pork Cutlet Baked Potato Western Corn Pear/Lime Gelatin Cinnamon Roll * Sliced Bread
<b>17</b> Chicken Breast Mashed Potatoes Baby Carrots Dream Sicle Torte Pineapple Tidbits * Sliced Bread	<b>18</b> Ham Rolls Squash Health Slaw Applesauce Cookie * Dinner Roll	<b>19</b> Meatloaf Au Gratin Potatoes Calif. Blend Veg. Choc. Chip Cookie Pear Slices * Sliced Bread	<b>20</b> Chicken and a Biscuit (incl. veg.) Tossed Salad Mandarin Orange Gelatin Frosted Cake *	<b>21</b> Salisbury Steak Mashed Potatoes Peas/Pearl Onions Coconut Cream Pie Plum Halves * Sliced Bread
<b>24</b> Escalloped Potatoes and Ham Casserole Summer Blend Veg. Pineapple Tidbits Cookie * Sliced Bread	<b>25</b> Baked Chicken Twice Bk Style Pot. Copper Penny Sal. Ice Cream Cup Peach Slices * Dinner Roll	<b>26</b> Hawaiian Meatballs Red Skin Potatoes Chinese Ramen Cabbage Salad Pear Slices Frosted Cake * Sliced Bread	<b>27</b> Swiss Steak Mashed Potatoes Swiss Spinach Banana Cake Fruit Cocktail * Dinner Roll	<b>28</b> Salmon Loaf Cheesy Pot. Bake Mixed Vegetables Fruited Gelatin Sugar Cookie * Sliced Bread

**31**  
 Glazed Ham  
 Sweet Potato Bake  
 Cole Slaw  
 Applesauce  
 Fudge Brownie \*  
 Sliced Bread



**Q. Where does a snowman keep his money?**

**A. In a snow bank**

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



We would like to thank the anonymous donor for the donation to the LivingWell Expo.



Thank you to all the volunteers who have helped so many during the 2010 year. It is greatly appreciated and your donations have made a difference!

Thank You!

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

During these difficult financial times, it may be a hardship to make a donation of our treasures, but each of us has a great opportunity to give of our time and talents doing something we love!

You can have a donation made to the ADRC on your behalf by shopping online through **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** search engine, approximately one penny is donated to the ADRC—and the pennies add up quickly!

Best of all, using **GoodShop.com** or **GoodSearch.com** is free—there is no cost to you to use! Do what you love—we are here to help!



### 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
- Homemaker Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
- Living with Grief Teleconference
- 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



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BARABOO, WI  
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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 this newsletter? Let us know! Do you have a family member or friend who cannot read the AddLIFE Today! because of poor eyesight? This newsletter 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 newsletters, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

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W O F H A O S L M I T T O R Y  
J J E H E S G E L P L H L E Y  
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N A O T G N I Z A L B D N O S  
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### Mystery Christmas Carol

ALL	FOLLOW	MEASURE	TIDE
ANCIENT	GAY	MERRY	TIS
APPAREL	HAIL	NEW	TOGETHER
AWAY	HARP	NOW	TREASURE
BEFORE	HEEDLESS	OLD	TROLL
BLAZING	HOLLY	OUR	WEATHER
BOUGHS	JOIN	PASSES	WHILE
CAROL	JOLLY	SEASON	WIND
CHORUS	JOYOUS	SING	WITH
DON	LADS	STRIKE	YEAR
FAST	LASSES	TELL	YULE

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