

*Enhance
Your Life
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Lives of Others!*

Add LIFE Today!

Laughter
Independence
Friends &
Energy

December 2011/ January 2012

Vol 3 Issue 6

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

Home Delivered Meals... What's all the Buzz about?



The ADRC's home delivered meal program has been in the news lately because the service reached its 2011 capacity as of October 1st. This

means that new participants in the program will only be enrolled when another participant leaves the program.

Why is a service capacity necessary?

Each year, the ADRC receives funding from state and federal grants including the Older Americans Act funding. These dollars are combined with local county tax dollars called 'matching funds'. Approximately 10% of the overall funds used by the ADRC are county matching funds. In some programs, the donations of the participants in the program are also part of the program's funding.

Each type of grant funds the ADRC receives has a list of requirements as to how the funds may be used. Not every grant may be used for every service.

What is the purpose of the service capacity?

At the beginning of each year when the costs of each program can most accurately be projected, a service capacity is established in each program. This is a guideline used throughout the year to ensure as many people as possible are served but the ADRC does not spend more than is available. This process has been used for many years.

What happens when the service capacity is reached?

Because of many different factors, the home delivered meal program reached its capacity prior to the end of 2011. This means that the ADRC will continue to serve everyone who has been participating in the program. However, someone new may only be enrolled when someone else has left the program. This is called a 'cap' on the program. The cap will continue until December 31, 2011.

If people are waiting, how long will they wait for service?

If there is anyone waiting to be enrolled in the home delivered meal program on January 1, 2012, they will begin receiving lunches because a new funding year will have begun. Everyone eligible for services will be enrolled into the program.

What happens while people are waiting to enter the home delivered meal program?

When a person requests services from the program they are screened to be sure this is the right program for them. If so, they are placed on the list and the cap is explained to them. They are also given information and assistance from ADRC team members about a number of other resources or services which they may use until they may be enrolled in the program.

This is not a perfect system, however the reality of these economic and political times is there are limited funds available and the ADRC must make the best possible use of them.

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Director's Notes

Trish Vandrę, ADRC Director



I have had the privilege to welcome and provide an orientation to the ADRC to three new team members in recent weeks. You will meet each of them in their respective columns in this issue!

Through this orientation process, my goal is to give new ADRC team members a sense of **what** we do and **why** we do it. Then they go on to learn their own responsibilities in the **how** we do it. This always seems to be an eye-opening process for people joining the ADRC and gets them off to the right start. For me, it is a wonderful way to refocus my mind on the bigger picture and step away from the day-to-day details of ADRC operations.

Everything we do and every decision we make is another step toward accomplishing our vision of Sauk County as a place where *“all older adults and adults with disabilities will live in and be part of a caring community that values lifelong contributions, maximum independence and individual dignity”*. This makes everything the ADRC team does *‘work worth doing’*.

Recently, a group of people met to begin working earnestly on the concept of how we can make our Sauk County communities more livable for all people regardless of their limitations. In future *AddLIFE Today!* issues, a column will be included about this topic, what livable communities are, and how they effect the quality of all our lives. We welcome any and all participation in this process and there will be many ways for you to participate and help us transform all our communities so we can all

Be Well,
Trish



Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



Dear Friends,

A big thank you goes out to American Legion Post 26 in Baraboo and the volunteers that worked at the beer stand at the fair this past summer. They once again donated their tips to the Veterans Care Trust Fund, \$1,500. Also, thank you to Joyce Schmidt of Sophie's Fine Jewelry in Baraboo for the donation of \$250. These generous donations allow us to help needy veterans of Sauk County in these difficult times. Thank you!

Effective immediately there is an indefinite suspension of all Wisconsin Department of Veterans Affairs loan programs to include home purchase loans, home improvement loans, and personal loans. The U.S. Department of Veterans Affairs home purchase loans and refinance are still available.

These are very trying times for our state and country, and unfortunately veterans benefits are being affected as well. It is very important to stay on top of these issues, so we can, if need be, fight to keep the benefits that we and our fellow vets have earned through service to this great nation.

Please monitor our web site for updates (www.co.sauk.wi.us/veteransserviceoffice), as we put the latest information on it as we receive it. There is also a link there to our Facebook page (Sauk County Veterans Service Office), and our Twitter page (@saukcountyvets).

In Your Service,
Tony



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

from VolunteerMatch.com

Don't Volunteer This Holiday Season

What do I mean by that ??

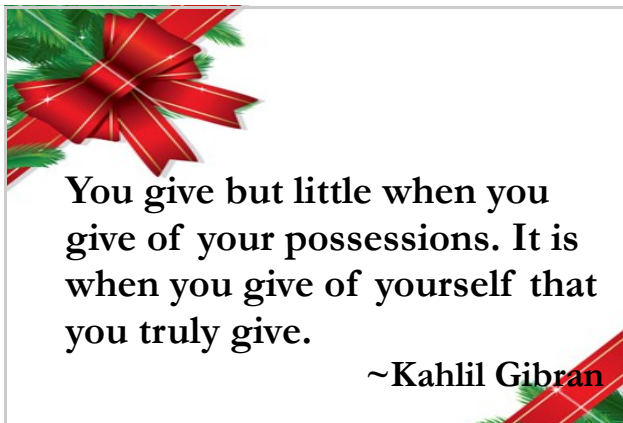
What I mean is, don't volunteer *just* this holiday season. I urge you to find an organization that you can form a lasting relationship with, and focus on being involved on a regular basis.

It's great that so many people look to give back around the holidays. And it makes sense. It's a time for family and recognizing all the good things we have - and that others still need.

But nonprofits are often not prepared for the huge influx of volunteers that show up during this time of year. It's tough for a small community organization that is used to a couple dozen volunteers to suddenly be managing a hundred or more.

This issue recently came up when someone related their frustration trying to find a place to volunteer with their family on Thanksgiving.

So if you are having trouble finding a volunteer opportunity over the holidays, consider postponing. Designate a time in January as your time to give back.



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

~Kahlil Gibran



What's a Good Volunteer "Fit" ??

In each edition of *AddLIFE Today!*, I let you know what wonderful volunteer opportunities are available here at the Aging & Disability Resource Center.

This column will be a little different. In the past few months we have received requests from other organizations also looking for volunteers.

Would I love to talk with you if you are interested in joining the ADRC Volunteer Team? Absolutely!! If the ADRC is not the right "fit" for you right now ... consider donating your time and talents with one of these organizations:

Energy Services for Sauk County is looking for volunteer receptionists. (The funding for their paid staff members has been eliminated.) Please contact Stephanie in the Baraboo office at 608-356-8887.

Golden LivingCenter in Wisconsin Dells is looking for volunteers to help with activities with residents. Please contact Kelli at 608-254-2574.

Hope House of South Central Wisconsin is looking for volunteers in a number of different positions. Please contact Lora at 608-356-9123.

Home Health United is looking for Hospice Volunteers in a number of different areas. Please contact Jan at 608-697-0758.

LEEPS (Language Enhanced Exercise Plus Socialization) matches people with Alzheimer's disease to a volunteer who will exercise with them and accompany them on outings in the community. Please contact Susan at 608-649-5796.

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 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 :)



Foot Clinic Schedule

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

The cost for foot clinic visit is \$23.00.

Baraboo - West Square Building

Tuesdays - December 6 & 20

Wednesday - December 21

Tuesdays - January 3 & 17

LaValle - Fire Department

Wednesday - January 25

Merrimac - Village Hall

Wednesday - January 18

Plain - American Legion Hall

Thursday - December 22

Thursday - February 23

Reedsburg - Maple Ridge

Tuesday - December 13

Thursday - December 15

Tuesday - January 10

Thursday - January 19

Reedsburg - Willow Heights

Wednesday - December 14

Sauk Prairie - St John's Church

Thursdays - December 1 & 8

Thursdays - January 5, 12 & 26

Spring Green—Christ Lutheran Church

Tuesday - January 24

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.

Getting You There!

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

Welcome to the Dennis and Tom who will be assisting you in all your transportation needs.



Hi, I am Dennis Murray. I am the new transportation program assistant at the Aging and Disability Resource Center. I came to the ADRC, after working for over 30 years at Sauk County

Human Services. I work with the Driver Escorted Transportation Services and, also, with **The Bus**. You can reach me by calling the transportation line at 608-355-3278 or 800-830-3533, or by calling the ADRC office at 608-355-3289. I am excited to be part of the transportation team and look forward to serving the wonderful people of Sauk County.



How To Avoid Deer While Driving

Driving though the rural countryside in autumn and winter can be beautiful and enjoyable. Yet, it can also be an increased risk of deer/vehicle collisions. Short of putting the driver into hibernation for the next few months, there is no sure-fire way to avoid a close encounter with a deer but there are a few simple steps you can take to improve your odds.

- Watch for deer especially before and after sunrise. More deer-car accidents occur during these times of day than any other time.
- If at all possible avoid roads where the trees and brush encroach up to the gravel shoulder. While it may be difficult to adjust your travel routes, at least be aware those tree lined road on provide the highest risks.
- Slow down. You may be able to stop in time to avoid hitting a deer if you are driving at or slightly below the speed limit. A lower speed increases your reaction time and may give you those precious few seconds to come to a stop and avoid a collision.

Hi, I'm Tom Litscher. I am very excited to join you as your Mobility and Operations Manager on this next phase of our ADRC transportation journey! It will be a very fulfilling time of providing transportation services to ALL who need or want it.



I am a native of Sauk County, having grown up on a dairy farm near the center of the county. I enjoy singing, theater and watching sports. My wife and I have a daughter in sixth grade and son in fifth grade.

The Bus has many scheduled stops in Baraboo, Reedsburg, Lake Delton, Merrimac, Prairie du Sac and Sauk City. The schedule is available at the stops as well as at the ADRC office.

Please give me a call at 355-3289 if you have any ideas or suggestions for **The Bus**! I look forward to meeting you and helping to make our Sauk County transportation service the best it can be!

BUCKLE UP

Wear your seat belt and insist passengers do too. Many people who are injured or killed in deer-car accidents were not wearing their seatbelts

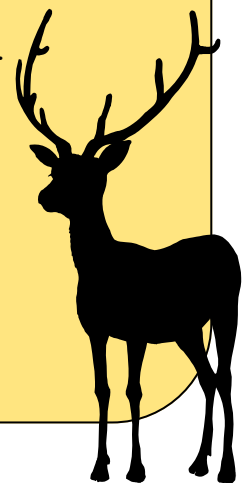
- Exercise your eyes by continually scanning both sides of the road ahead as you drive. Keep an eye out for unusual movement of brush, low tree branches, and grasses. Deer are well camouflaged so it is often difficult to spot them at first glance. Ask your passengers to help you look for deer. (Children and grandchildren will happily look for deer.)
- Reduce distractions. Put away the cell phone and keep noise to a minimum.
- Use your headlights at night, switching to high beams when there are no oncoming vehicles. High beams will allow you to better see the eyes of the deer and you will be better able to spot deer entering the highway at night.
- If you see a deer standing off to the side of the road, don't assume it will stay there. Deer can be very unpredictable when faced with a foreign environment and the sounds and sights of cars in motion. Slow down and proceed with caution.
- If you spot one deer, there are bound to be several others in the vicinity. Just because one successfully made it across the road in front of you is no reason to let down your guard.
- If you see a deer in the middle of the road stop and wait, flashing your hazard lights. It will eventually move away. If it stays still, try flashing your headlights and honking your horn; once startled, the

deer will leave the roadway.

- Deer seem to be in a trance when they see your headlights. By blinking your headlights at them, it seems to wake them up to the danger heading toward them.
- When you see a deer in or near the roadway or highway, stay in your lane of traffic, but brake firmly. Do not lock the brakes up on your vehicle because that can cause you to lose control of the vehicle
- Avoid swerving. More people are injured and killed from hitting solid objects when they veer to avoid an animal than those that don't. Colliding with an animal on the roadway is usually a comprehensive insurance claim with most insurance companies, meaning a minimal deductible and no premium increases. By contrast, swerving and colliding with a tree can be considered an at-fault collision.

What to Do if You Hit a Deer

- If a collision seems inevitable, slow down as much as possible and hit the deer. Do not swerve around the deer; you could flip your car, drive off an embankment or hit an oncoming vehicle. You might even collide with another deer from the herd.
- If you do hit a deer try to pull into a safe spot off the road and call 911.



For Your Benefit

Call 355-3289 or (800) 482-3710

To confirm site visits or to schedule office appointments



Lorie Bednarek Coming to you:

Lime Ridge Senior Center	December 6 11:00 to 12:00	No Visit
Reedsburg Willow Heights	December 13 11:00 to 12:00	No Visit
Baraboo Highpoint Commons	December 21 11:00 to 12:00	No Visit

Protect Yourself From Identity Theft

“Identity theft can cost you thousands of dollars and a wrecked credit rating,” said Sandy Chalmers, Administrator of Trade and Consumer Protection. “Even if you don’t have a lot of money or assets right now, you are still at risk.”

Your identity includes your name, address, phone number, email, social security number, mother’s maiden name, ATM pin, date of birth, and account numbers or usernames. Any combination of these can provide enough information for an identify thief to steal from you.

To protect yourself, the Bureau of Consumer Protection offers these recommendations:

- **Check your credit report frequently.** Obtain your credit report free from each of the three major credit reporting agencies, Equifax, Experian, and TransUnion, each year by calling 877-322- 8228 or going to www.annualcreditreport.com.
- **Check your mail daily.** Shred credit card



DEB HARVEY Coming to you:

Plain Library	December 7 1:00 to 3:00	No Visit
Spring Green Senior Center	December 14 10:30 to 11:30	No Visit
Spring Green Library	December 14 1:00 to 2:00	No Visit
Sauk/Prairie Community Cntr	December 15 10:00 to 11:30	No Visit
Merrimac Village Hall	December 15 8:30 to 9:30	No Visit

offers, bills, and any items that contain personal or financial information.

- **Check your bills and bank statements monthly, or more often if possible.** Look at your statements as soon as you get them to see if there are unauthorized charges or withdrawals. If there are, report them immediately.
- **Protect your computer and smartphone.** Verify computer security settings to make certain there is firewall, virus, spam, and spyware protection on your computer. Log off or lock your computer between uses.
- **Guard your social security number.** Don’t carry your Social Security card with you, and don’t use the number as a PIN or password if possible.
- **Keep your personal information personal.** Give out personal information like account, credit card, or social security numbers only when you initiate the contact and can verify it as a legitimate source.
- **Be secure in your home or apartment.** For your personal safety and identity’s safety, lock your house or apartment at all

times. Keep sensitive documents in a safe place, locked up.

- **Use credit card smarts.** Avoid leaving a credit card as a bar tab. Limit the number of credit cards in your name so you can keep track of expenses.
- **Update your forwarding information.** If you move frequently, contact the United States Postal Service at www.usps.com to

notify them of your forwarding address.

- **Limit the number of identification cards you carry.** If you don't need it, don't carry it with you, especially documents like your birth certificate and passport.

"Handle your personal information in a way that makes it difficult for identity thieves to take advantage of you," said Chalmers.

Got Social Security Questions???

Question: Can I get an estimate of my retirement benefit at several different possible ages?

Answer: Yes. We suggest you use our *Retirement Estimator* at www.socialsecurity.gov/estimator to test different retirement scenarios. This online tool will give you retirement benefit estimates based on current law and real time access to your earnings record. The *Retirement Estimator* also lets you create additional "what if" retirement scenarios. It's even available in Spanish at www.segurosocial.gov/calculador. You can test even more alternatives at www.socialsecurity.gov/planners/calculators.htm.

Question: When a person who has worked and paid Social Security taxes dies, are benefits payable on that person's record?

Answer: Social Security survivors benefits can be paid to:

- A widow or widower — unreduced benefits at full retirement age, or reduced benefits as early as age 60;
- A disabled widow or widower — as early as age 50;
- A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and receiving Social Security benefits;

- Unmarried children under 18, or up to age 19 if they are attending high school full time. Under certain circumstances, benefits can be paid to stepchildren, grandchildren or adopted children;
- Children at any age who were disabled before age 22 and remain disabled; and
- Dependent parents age 62 or older.

Even if you are divorced, you still may qualify for survivors benefits. For more information, go to www.socialsecurity.gov.

Question: If both my spouse and I are entitled to Social Security benefits, is there any reduction in our payments because we are married?

Answer: No. We calculate lifetime earnings independently to determine each spouses' Social Security benefit amount. When each member of a married couple meets all other eligibility requirements to receive Social Security retirement benefits, each spouse receives a monthly benefit amount based on his or her own earnings. Couples are not penalized simply because they are married. If one member of the couple earned low wages or failed to earn enough Social Security credits to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. Learn more about Social Security at www.socialsecurity.gov.



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

Presented by Deb Harvey and Lorie Bednarek

Tuesday, January 10, 2012

4:30 pm

West Square Building

505 Broadway

Baraboo, WI

This workshop is for people considering retirement, turning 65, or reaching full retirement age. Everyone is eligible for Medicare at age 65 even though 65 is no longer the 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.

Subjects for discussion include Social Security, Medicare, Medicare Supplements Insurance, Prescription Drug coverage, SeniorCare and COBRA.

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

The Open Table Community Meal

St. John Lutheran Church,
307 6th St., Reedsburg.

The November Meal

Sunday, November 27th
4:00-6:00 p.m.

The December Meal

will be co-sponsored by community
donations and an anonymous donor on
Sunday, December 25th
(Yes, Christmas Day),
4:00-6:00 p.m.

Come enjoy a free meal
along with your neighbors
and friends!

If an individual, family,
business or organization is
interested in sponsoring or
co-sponsoring a meal,
contact Sue Johnson at
524-2880 for details.



St. Clare HOSPITAL's GoldenCare

is partnering with Al. Ringling Theatre
to celebrate the Holiday season
by inviting you to the

Al. Ringling Theatre Lively Arts Series
136 Fourth Avenue, Downtown Baraboo
For tickets, please call (608) 356-8864

A Sinatra Christmas with Steve Lippia
Sunday December 18, 2011 4:00 pm
Seniors \$22 Adults \$29 Youth \$15

**GoldenCare members receive
a special discount!**

Light refreshments served at 3:00 pm

Questions, please contact

St. Clare HOSPITAL's GoldenCare 356-1407

Order Tickets Online at WWW.ALRLINGLING.COM

8th Annual Baraboo Area Christmas Dinner

On Sunday, December 25, 2011 the 8th Annual Baraboo Area Christmas Dinner will be hosted by First United Methodist Church in Baraboo.

It is located on the corner of 4th Avenue and Broadway. Community members are invited to join us for a hot, home cooked Christmas dinner with all the trimmings!

It will be an opportunity to gather with others to share the meal and Christmas cheer.

Dinner will be served at 12:00 noon
ALL ARE WELCOME!

There is no cost for this meal, however a free will offering can be made at the church.

Please call the church office at 356-3991 to make reservations or Judy Ellington at 356-5495 to volunteer to help or with questions. E-mail address is jmjsellington@charter.net



Mark Your Calendar

The ADRC will be closed on:

December 23 & 26 Christmas
January 2 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



Staying Healthy During the Winter Months



When we think about staying healthy, the first thing that usually comes to mind, is avoiding germs. Frequently washing your hands with soap and water is a very important line of defense as is getting the flu vaccine. But, what you eat, how you handle stress, and what you do in your down time are also important factors in staying healthy. When you consume pre-prepared packaged foods, you are actually depleting your body of its resources because they are full of fat, salt, sugar, caffeine, preservatives and artificial flavors. When you eat unprocessed foods such as, fresh fruits, vegetables, complex carbohydrates, and lean meats, you give your body the necessary vitamins, minerals, and antioxidants to boost your immune system and feel great.

Moderate exercise (to break a sweat) 3-4 hours per week, also helps generate endorphins, the natural “feel good chemical.” This can also strengthen your immune system and ward off depression.

Other ways that you can prevent the winter blahs is to practice stress management techniques on a regular basis, laugh out loud, drink plenty of water, listen to your favorite music, get 7-8 hours of sleep each night, get at least 10 minutes of sunlight per day, and make time for friends. These simple, but important tips should help prevent illness through the winter months

This Healthy Tip brought to you by
Reedsburg Area Medical Center
2000 North Dewey Avenue
Reedsburg, WI 53959
608-524-6457

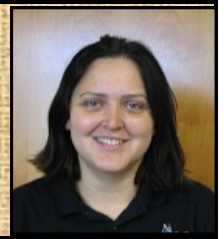




Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



Social Security Helps The Homeless

By Karyl Richson
Social Security Public Affairs Specialist
Milwaukee, WI



More than half a million Americans experience homelessness on any given night. Nearly 20 percent of them are “chronically homeless,” meaning they are on the streets regularly. Social Security has several programs that pay benefits to qualified individuals, including those who are homeless. These programs include retirement, disability, and survivors benefits, as well as Supplemental Security Income (SSI), which is a needs-based program for people who are blind, disabled, or age 65 or older. If you know someone who is homeless, and you want to learn more about how Social Security might help, a good place to get information is at www.socialsecurity.gov/homelessness.

That page includes a link to the Spotlight on Homelessness - a website designed to help the homeless apply for SSI. It’s available at www.socialsecurity.gov/ssi/spotlights/spot-homeless.htm.

The homelessness page also includes links to information on health care for the homeless, institutionalization, advocacy groups, reports on homeless outreach, and even links to other

websites like the U.S. Interagency Council on Homelessness and HUD.

You will find other information helpful to the homeless on www.socialsecurity.gov. For example, there is a link to our Benefit Eligibility Screening Tool, or BEST. Based on answers to various questions, this tool helps determine the benefits someone might be eligible for and gives information about how to qualify and apply. Go directly to www.socialsecurity.gov/best.

How To Help The Homeless

If your heart has been gripped by the needs of the hungry, thirsty, strangers on the streets, here are effective ways to help the homeless in your community.

1) Volunteer

The most productive way to get started helping the homeless is to join forces with a well-established operation. As a volunteer you will learn from those who are already making a difference, rather than repeating the mistakes of well-meaning but misguided novices.

A good place to start volunteering is at your local church. If your congregation doesn't have a homeless ministry, find a reputable organization in your community and invite friends and family to join you in serving.

2) Respect

One of the best ways to help a homeless person is to show them respect. As you look into their eyes, talk to them with genuine interest, and recognize their value as an individual, you will give them a sense of dignity that they rarely experience.

3) Give

Giving is another great way to help. Make your donations to a well-known, reputable organization in your community. Many shelters

and soup kitchens also welcome contributions of food, clothing and other supplies.

Excerpts from: How to Help the Homeless
By [Mary Fairchild](#), About.com Guide

Got Social Security Questions???

Question: Is there a time limit on Social Security disability benefits?

Answer: Your disability benefits will continue as long as your medical condition has not improved and you cannot work. We will review your case at regular intervals to make sure you are still disabled. Learn more by reading our publication, *Disability Benefits*, at www.socialsecurity.gov/pubs/10029.html.

Question: I am receiving Social Security disability benefits. Will my benefits be affected if I work and earn money?

Answer: It can, depending on how much you make. We have special rules called "work incentives" that help you keep your cash benefits and Medicare while you test your ability to work. For example, there is a trial work period during which you can receive full benefits regardless of how much you earn, as long as you report your work activity and continue to have a disabling impairment. For more information about work incentives, we recommend that you read the leaflet, *Working While Disabled-How We Can Help*, at www.socialsecurity.gov/pubs/10095.html.

Question: I know you need to have limited resources to receive Supplemental Security Income (SSI). But what is considered a resource?

Answer: Resources are things you own that you can use for support. They include cash, real estate, personal belongings, bank accounts, stocks, and bonds. To be eligible for SSI a person must have no more than \$2,000 in count-

able resources. A married couple must have no more than \$3,000 in countable resources. If you own resources over the SSI limit, you may be able to get SSI benefits while trying to sell the resources. Not all of your resources count toward the SSI resource limit. For example:

- The home you live in and the land it's on do not count.
- Your personal effects and household goods do not count.
- Life insurance policies may not count, depending on their value.
- Your car usually does not count.
- Burial plots for you and members of your immediate family do not count.
- Up to \$1,500 in burial funds for you and up to \$1,500 in burial funds for your spouse may not count.
- If you are blind or have a disability, some items may not count if you plan to use them to work or earn extra income.

You may also wish to read our material on "resources" in the booklet, *Understanding SSI* at www.socialsecurity.gov/ssi/text-understanding-ssi.htm.



Aging & Disability Specialists

Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Musselman

Welcome
Marcie



I am a new member of the ADRC team and would like to introduce myself. My name is

Marcie Dachik and I have been on board since October 20th. I became the 5th Information and Assistance Social Worker in the unit, where we are known as Aging and Disability Specialists. I am working hard to learn the role and hope to *earn* the title “specialist” before too long.

Though new to the ADRC, I bring 20 years of experience as a Sauk County Social Worker. I worked in the CAP and Family Care units, primarily with individuals who have cognitive challenges. My Family Care experience did expand my horizons, allowing me to work with people who have physical disabilities and with our aging population.

I grew up in New Jersey but my roots are in the Midwest. My husband and I chose Sauk County as a great place to live and raise our three sons when we bought a small motel in Baraboo, 28 years ago. We are still very happy with that choice.

As I learn this new role I have already been impressed with the kindness, patience and

dedication I have seen among ADRC staff. I am gratified that these qualities provide our consumers excellent service and the assumption that we can help. I am thankful that these same qualities have been provided to me, as the “newbie”.

I have become familiar with resources in our area and in our state over the years. I particularly enjoy finding creative ways to get assistance to people in need. In my brief tenure at the ADRC I have already learned about new and different sources of help. I hope to be able to tap into and maybe, someday, to help expand those resources. The attitude among my ADRC colleagues has been infectious and I am very pleased to join this dedicated team.

Be Able To Predict Your Future:



OPTIONS COUNSELING

Options Counseling is a formal free 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, formal and informal supports and resources to decrease dependence on public funding for long term care needs. A confidential, comprehensive plan is devised that takes into account both paid services and care provided by family, friends and neighbors.

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 results into a request. 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. In most cases, Options Counseling will take place in the person's own home.

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 and long term care programs 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 program funding is discussed as a last resort after the individual's personal funds are exhausted.

After Options Counseling takes place, 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, further Options Counseling can be requested to reevaluate needs, services, and finances.

To request options counseling call the ADRC at **608-355-3289** and ask for one of our knowledgeable Aging & Disability Specialists. They would be more than happy to sit down with you to help you, predict the future.

What's white and goes up?

A confused snowflake!

What do you call an old snowman?

Water!

What do you sing at a snowman's birthday party?

Freeze a jolly good fellow!



Voter Photo ID:

Now the Law in Wisconsin and Will Effect the Ability to Vote in February 2012.



Beginning in February 2012, voters will be required to show a photo ID such as a driver license or state-issued ID in order to receive a ballot and vote.

Voters who do not have photo ID for elections may get a **FREE ID** for voting purposes at their local Department of Motor Vehicles (DMV) office.

Any Wisconsin resident who does not hold a valid drivers license from Wisconsin or another jurisdiction may request a photo ID. There is no age limit to apply for an ID card.

When applying, it will be necessary to provide:

- ◆ Proof of name and date of birth, for example, a **certified** U.S. birth certificate, valid passport or certificate of naturalization. **(If you do not have this official document, begin the process of getting one immediately as this often takes considerable time and effort.)**
- ◆ Proof of identity (usually a document with a signature or photo).
- ◆ Proof of Wisconsin residency.
- ◆ Proof of U.S. citizenship, legal permanent resident status, legal conditional resident status or legal temporary visitor status.
- ◆ Your social security number.

For more detailed information about this topic go to: <http://gab.wi.gov/elections-voting/photo-id>.

If you do not use the internet, call the ADRC office for assistance.



Quilt of Valor

Jeanette Lynch of Baraboo recently made and presented Francisco Alvarez the Quilt of Valor that is in the background of the photo here. Francisco is a Wisconsin Dells resident who has served two duties in Iraq. The mission of the Quilts of Valor Foundation is to cover all those service members and veterans touched by war with wartime quilts called Quilts of Valor, which honors them for their sacrifices.

Veteran Benefit Scenario

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

This month we are taking a look at “Jim”, a Vietnam Veteran who had a service-connected disability for hearing loss, diabetes, and other conditions. Over the years Jim’s diabetes was causing other health problems, so Jim filed for an increase in his disabilities. He never made it to his VA exam to complete the process to get the additional conditions recognized and added to his list of service-connected disabilities. Unfortunately, Jim died from a cardiac arrest due to other underlying health issues. The VA ruled his death was not service-connected. Our office assisted Jim’s surviving spouse in obtaining a doctor’s opinion. Jim’s doctor wrote that his diabetes was a contributing factor to his underlying heart condition and heart attack that caused his death.

The Sauk County Veterans Service Office further assisted the widow by submitting this information to the VA who ultimately reversed their decision and ruled the death was indeed service-connected. This resulted in the widow receiving a substantial monthly VA benefit called Dependency and Indemnity Compensation. Additionally, the VA will pay for private medical insurance for her and any other dependents. Depending on the situation

VA Extends Retroactive Traumatic Injury Benefits

The VA is extending retroactive traumatic injury benefits to Service members who suffered qualifying injuries during the period October 7, 2001 - November 30, 2005, regardless of the geographic location where the injuries occurred. "Now all of our nation's Service members who suffered severe traumatic injuries while serving their country can receive the same traumatic injury benefits, regardless of where their injury occurred," said Secretary of Veterans Affairs Eric K. Shinseki. "We at VA appreciate the efforts of Congress and the President to improve benefits for our



troops."

Effective October 1, the Service members' Group Life Insurance (SGLI) Traumatic Injury Protection benefit, known as TSGLI, will be payable for all qualifying injuries incurred during this period. This retroactive benefit is payable whether or not the Service member had SGLI coverage at the time of the injury.

TSGLI provides a payment ranging from \$25,000 to \$100,000 to Service members sustaining certain severe traumatic injuries resulting in a range of losses, including amputations; limb salvage; paralysis; burns; loss of sight, hearing or speech; facial reconstruction; 15-day continuous hospitalization; coma; and loss of activities of daily living due to traumatic brain injury or other traumatic injuries.

National Guard and Reserve members who were injured during the retroactive period and suffered a qualifying loss are also eligible for a TSGLI payment, even if the cause was not related to military service, such as a civilian automobile accident or severe injury which occurred while working around their home. Those who are no longer in the National Guard or Reserves can also apply as long as their injury occurred while they were in service.

For more information or to apply for a TSGLI payment, Service members and Veterans should see us in the Sauk County Veterans Service Office.

EPA Decision Regarding Drinking Water at Camp Lejeune

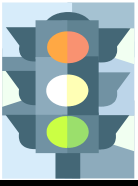
On October 2, the Environmental Protection Agency (EPA) made an official decision to classify trichloroethylene (TCE), a chemical found in solvents to remove grease from metal, as a known human carcinogen. U.S. Senator Richard Burr issued the following statement regarding the EPA's decision:

"The EPA has made official what we have expected for some time now, that TCE, a chemical that was present in the drinking water at Camp Lejeune for decades, is a known human carcinogen and represents a grave health risk to those exposed to it. This designation is of the utmost significance as it will further inform veterans and their family members, who may have contracted various forms of cancer as a result of exposure to this chemical, of the risk associated with it. I am hopeful additional awareness will spur them to get the medical assessment and treatment they need.

"While this is an important step towards providing care for those who suffer adverse health effects resulting from exposure to toxic water at Camp Lejeune, we still have a long way to go. These men and women were poisoned through no fault of their own decades ago, yet many of them are still shouldering the burden of care or waiting too long to get the benefits they are due. Much progress has been made to address this problem, but we must take further steps to ensure that this population of veterans and civilians are aware of these developments so that they can receive the care and benefits they deserve."

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Ready - Set - Live Well

Let's complete our 2011 resolution by dealing with our financial paperwork. This is the recommendations of the IRS.

What papers do I really need to keep and for how long?

Stay on top of your financial clutter. This list will be a guide for which financial records you should hang on to and which ones you can toss.

Clear out monthly:

Credit card receipts – You can pitch after you have matched them up to your monthly statement.

Sales receipts – For most small purchases you can get rid of the receipt once you have used the item; however, if it is a receipt for a major purchase (with a warranty), a tax deductible expense or a home improvement, hang on to them (see below for more details). Also, if you have bought expensive items such as jewelry, art, antiques, furniture or computers keep these receipts in your insurance folder in case you ever need to prove what they are worth.

ATM receipts – Toss them once you've recorded the transaction in your check register and matched the amounts up to your bank statement.

Clear out each year:

Credit card statements – Toss these if they don't have any important tax information on them (if they do keep with tax records for 7 years).

Paycheck stubs – you don't need these once you have reconciled them with your W-2 or 1099 forms.

Monthly bank statements and credit card statements – you don't need them unless they include information on tax deductible expenses.

Monthly or quarterly investment

statements – These can be shredded once you have checked against the annual statements.

Utility and phone bills – dump these unless you have a home office for tax purposes, make business calls from your home phone or see that you will need to prove long-term residency).

Monthly mortgage statements – as long as your annual statement shows the total amount you have paid in interest and real estate taxes during the year.

Hang on to for seven years:

Records for tax deductions taken. The IRS has 6 years to go back if they think you underreported your taxable income by more than 25%. This includes cancelled checks and receipts for:

Mortgage interest and real estate taxes, out of pocket medical expenses, child care expense, home office deductions, charitable contribution and other tax related expenses.

W-2 and 1099 forms

Year end statements from credit card companies

Hang onto indefinitely:

Tax returns

Year end summaries from investment accounts

Confirmations for investments that you still own

Records for purchases and sales of real estate

Home improvement records

Receipts for major purchases

For more information see IRS Publication 552 (www.irs.gov)

Remember to shred any documents that contain personal information.



Skin Care During The Winter Season

Winter is here and the frost is not only nipping at your nose but the skin on your entire body.

Fortunately, with a skin care routine that meets your skin care needs you can be on your way to healthy, radiant skin tone.

Here are some simple winter skin care tips for you to consider:

- Use a mild cleanser as opposed to soap, which can strip your skin of the essential oils it needs.
- Avoid products with high alcohol content, heavy perfumes or other additives that can irritate your sensitive, dry skin.
- Wear rubber gloves whenever you are dealing with cleansing products, including dish soap.
- Dry your hands completely after washing them to avoid chapping, and apply hand lotion after each cleansing.
- Use sunscreen - even during the winter months, the sun can damage any exposed areas of your body.
- Moisturize your face and body with thick moisturizing creams or lotions during the day whenever you feel that your skin is becoming dry, and also after you have showered.
- Use an oil based supplement such as cod-liver oil or flaxseed oil to moisturize your body from within.
- Though you may not be as thirsty as during the summer, drinking at least eight glasses of water per day can help keep the skin from dehydrating and it is also beneficial to your health overall.

Have a happy and healthy winter!!

This partnership article is provided by:

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Baraboo, WI 53913
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AddLIFE™

Where Do I Start With My Computer?

In this class, you will 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.

Thursday , January 19
9:00 - 11:30 am

Instructor: Terri Nee-Holtz
Computer Lab, Aural Umhoefer
Classroom Building, UW-Baraboo/
Sauk County

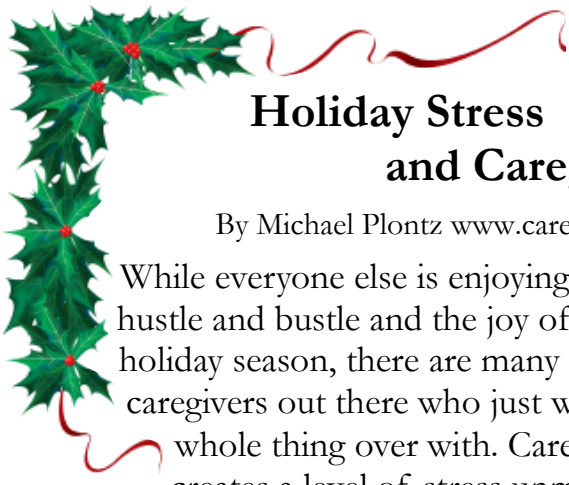
Fee: \$29

To register
call Continuing Education
at 608-355-5220.





Caregiver Corner



Holiday Stress and Caregiving

By Michael Plontz www.caregiver.com

While everyone else is enjoying the hustle and bustle and the joy of the holiday season, there are many caregivers out there who just want the whole thing over with. Caregiving creates a level of stress unmatched by most endeavors. Add to that the extra stress of family gatherings, gift buying, cooking, and other obligations and it is almost unbearable. How can caregivers better cope with this stress on top of stress?

The following tips may help you weather the holidays much better:

Start your own tradition. Often we feel bound by past holiday traditions, but it doesn't have to be that way. Instead of having 20 family members and guests in your home, and cooking for all of them, try a different approach. Or, if your home is the only appropriate one, enlist the help of friends and relatives for everything from cleaning to preparing food.

There are great ways to shop non-traditionally as well. The Internet is a fantastic way to shop for food and gifts without leaving home. Another way to shop from home is using catalogs.

Make sure you leave enough time to enjoy the holidays. It shouldn't be all about the hustle and bustle.

The motto "Everything in moderation" should be your guide through the holidays. There are

many temptations abundant throughout the season---alcohol, sweets and rich food. Go ahead. Have some. Just don't over-indulge.

Be prepared for unexpected circumstances. Something may come up, and probably will, so what can you do? If you can, change the situation. If you can't, accept it and move on. You cannot control life no matter how planned out you believe you have things. Laugh a lot...

Try to keep up on your regular exercise routine, or start one, during the holidays. Walking five times a week is a great way to stay in shape. There is also something about pounding the pavement that helps release frustrations and clears your head. If your looking out your window and the snow is flurrying and drifting, find an alternative. Many health clubs have indoor tracks. If that doesn't appeal to you, check with the nearest shopping mall. Some open early just for walkers.

Ideally caregivers should have a daily, weekly, monthly and yearly break.

Daily-Half an hour of yoga, meditation, needlepoint, reading, etc.

Weekly-A couple of hours spent away from the house at the mall, library, coffeehouse, etc.

Monthly-An evening out with your friends, a play, a concert, etc.

Yearly-A well-planned (and well-deserved) vacation.

Planning ahead for these breaks is imperative. You may need to arrange for respite care for your loved one.

It can be done. You can care for your loved one, attend to your daily activities, and enjoy the holidays. We all do what we can, and nobody should expect more than that from us. Especially us.



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 2011, 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??

Experience The Benefits Of Volunteering

As the baby boomer population ages, it's anticipated that the number of older adult volunteers will double by 2036.* For many people, volunteering provides an opportunity to remain active and engaged in the community.

Communicating with others and participating in activities you enjoy can relieve stress and anxiety, help keep your mind and heart healthy, and encourage sociability and new friendships. Many organizations, from schools and churches to libraries and hospitals, rely on volunteers to assist with everyday tasks.

Before jumping into volunteer work, ask yourself the following questions to determine how your particular talents may benefit others:

- How much time am I willing to commit?
- What am I most passionate about?
- What are my strengths?
- What do I hope to achieve by volunteering?

What matters most when volunteering is a desire to offer your time and abilities as a positive service to the community. Unlike a traditional job, volunteering allows you to choose the days and hours that work best with *your* schedule. Once you've started volunteering, share your experiences with your friends and family – it just might create a ripple effect.

If you're interested in volunteering, contact Mary Jane Percy, Volunteer Coordinator at the Aging & Disability Resource Center of Sauk County, 355-3289, about getting started today!

* Source: "Boomers and Volunteering: Findings from Corporation Research," www.seniorcorps.gov.

This partnership article is brought to you by:

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Nutrition & Prevention Specialist

***“Promoting Healthier Lives...
through Nutrition Education,
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Programs”***



How to Prevent a Flu

Maintaining a healthy immune system is your best bet for avoiding the flu, a.k.a. influenza. Avoid the tissue box this year by following these simple steps.

- Avoid sharing drinking and eating utensils with people who are sick.
- Wash your hands before eating it really does help keep germs away.
- Increase your vitamin C intake which may boost your immune system by eating ample amounts of fresh fruits and vegetables. Oranges, tomatoes and broccoli are good choices.
- Drink at least eight glasses of water a day. Herbal teas and diluted fruit juices are good options for increasing your water intake.
- Get enough sleep. Most people need at least 7 to 8 hours a night for optimal rest.
- Manage your stress. Chronic stress can weaken the immune system.
- Take a multivitamin every day to make sure you are getting enough vitamins and minerals.
- Exercise regularly. It's been shown to reduce the occurrence of colds and flu.

Reprinted from ehow

Having an enjoyable meal at your local dining center

Dining Center Schedule

Baraboo

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

Lime Ridge

Tuesday-Thursday
Lime Ridge Senior Center
308 West Maple Ave Lime Ridge
Phone 986-2424
Lunch served at 12:00 noon

Merrimac

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

Reedsburg

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

Sauk/Prairie

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

Spring Green

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



Holiday Dinner for Two

“When dining alone or in a pair for the holidays, a traditional meal can be overabundant and overwhelming. Try this one-dish traditional dinner instead.”

Yield: 2 Servings

Prep Time: 20 Min

Cook Time: 1 Hr 20 Min

Ready In: 2 Hrs

Ingredients:

- 1 (8 ounce) package dry bread stuffing mix
- 2 Cornish game hens
- 3 tablespoons seasoning salt
- 1 (16 ounce) package frozen green beans
- 1 tablespoon all-purpose flour
- 2/3 cup chicken broth

Directions

1. Prepare dry bread stuffing mix according to package directions. Preheat oven to 350 degrees F.
2. Using fingers, separate the skin and meat of the Cornish game hen, and rub 1 tablespoon seasoning salt into the meat of each hen. Rub remaining seasoning salt into the cavities of the hens. Stuff each cavity with about 1 1/2 cups prepared stuffing
3. Place hens and green beans in an oven bag. Bake 80 minutes in the preheated oven, or until the meat is no longer pink and the juices run clear.
4. Drain hen drippings into a medium saucepan. Over medium heat, stir in flour until bubbly. Gradually mix in chicken broth. Stirring occasionally, cook until a thick gravy has formed.

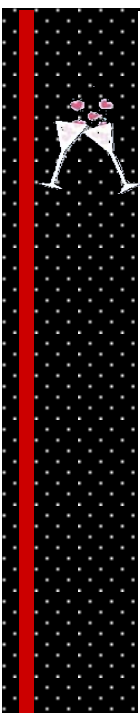


Recipe for a Happy New Year.

-Anonymous

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.





The Veterans History Project

By: Congressman Ron Kind

I believe we owe an enormous debt to our men and women in uniform. A great way to show our gratitude is to encourage them to share their memories and experiences. This is why in 2000; I authored legislation creating the Veterans History Project (VHP). The VHP allows veterans and their families to record their stories and preserve them for future generations. These recordings are entered into the permanent collection in the Library of Congress, where they will serve as a permanent reminder of the sacrifices these men and women made defending our country.

The Veterans History Project of the American Folklife Center collects, preserves, and makes accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war.

The Project collects first-hand accounts of U.S. Veterans from World War I and II, the Korean War, Vietnam War, Persian Gulf War, and Afghanistan and Iraq conflicts. Nearly 80,000 stories have been collected, the largest oral history collection, but there are still millions of stories to be told.

If you are a veteran, I encourage you to record your story. And if not, I urge you to ask the veterans in your life to record their stories. There is no better way to honor their service.

For more information on how to participate in the program and/or interview a veteran, please visit my website at www.kind.house.gov or the Library of Congress at www.loc.gov/vets. If you need help recording your story, please contact Mark in Ron Kind's office at 608-782-2558.



Time for New Beginnings.

Taylor Addison, Blue Mountain Arts, 1989

This is a time for reflection as well as celebration.

As you look back on the past year and all that has taken place in your life,

Remember each experience for the good that has come of it and for the knowledge you have gained.

Remember the efforts you have made and the goals you have reached.

Remember the love you have shared and the happiness you have brought.

Remember the laughter, the joy, the hard work, and the tears.

And as you reflect on the past year, also be thinking of the new one to come.

Because most importantly, this is a time of new beginnings and the celebration of life.



December 2011

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.</i></p> <p style="text-align: center;">— Norman Vincent Peale</p>			<p>1</p> <p>Beef Stroganoff Cass. (incl. veg.) Winter Blend Veg. Birthday Cake Peach Slices * Dinner Roll</p>	<p>2</p> <p>Mushroom Pork Cutlet Mashed Potatoes Baby Carrots Applesauce Cookie * Sliced Bread</p>
<p>5</p> <p>Chicken Teriyaki Red Skin Potatoes Seven Layer Salad Orange Sherbet Pear Slices * Sliced Bread</p>	<p>6</p> <p>Chili Casserole (includes veg) Peas and Carrots Key Lime Pie Apple * Cornbread</p>	<p>7</p> <p>Salisbury Steak Mashed Potatoes Wax Beans Fruit Cocktail Frosted Cake * Sliced Bread</p>	<p>8</p> <p>Salmon Loaf Cheesy Potato Bake Summer Blend Veg. Butterfinger Torte Pineapple Tidbits * Dinner Roll</p>	<p>9</p> <p>Smoked Sausage Baked Potato Carrots Fruited Gelatin Fudge Brownie * Sliced Bread</p>
<p>12</p> <p>Ham Rolls Squash Health Slaw Peach Slices Cookie * Sliced Bread</p>	<p>13</p> <p>Country Fried Steak Mashed Potatoes Spinach Salad with Raspberry Vinaigrette Apple Pie Plum Halves * Dinner Roll</p>	<p>14</p> <p>Baked Chicken Mashed Potatoes Pickled Beet Salad Pineapple Tidbits Cinnamon Roll * Sliced Bread</p>	<p>15</p> <p>Baked Spaghetti (includes veg.) Italian Blend Veg. Cream Sicle Torte Pear Slices * French Bread</p>	<p>16</p> <p>Hawaiian Meatballs Red Skin Potatoes Mixed Vegetables Petite Banana Frosted Cake * Sliced Bread</p>
<p>19</p> <p>Roast Pork Loin Mashed Potatoes Copper Penny Salad Baked Apples Seedless Grapes * Sliced Bread</p>	<p>20</p> <p>Meatloaf Au Gratin Potatoes Calif. Blend Veg. Peach Slices Frosted Cake * Dinner Roll</p>	<p>21</p> <p>Beef Stew (includes veg.) Corn Fruit Cocktail Cookie * Biscuit</p>	<p>22</p> <p>Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Cranberry Gelatin * Dinner Roll</p>	<p>23</p> <p style="text-align: center;">Closed for the Christmas Holiday</p> 
<p>26</p> <p style="text-align: center;">Closed for the Christmas Holiday</p> 	<p>27</p> <p>Baked Chicken Twice Bk Style Pot. Three Bean Salad Butterscotch Pudding Pear Slices * Dinner Roll</p>	<p>28</p> <p>Glazed Ham Sweet Potato Bake Tossed Salad Mandarin Orange Gelatin Ice Cream Cup * Sliced Bread</p>	<p>29</p> <p>Chicken Breast Mashed Potatoes Baby Carrots Grasshopper Torte Peach Slices * Dinner Roll</p>	<p>30</p> <p style="text-align: center;">Closed for Happy New Year!</p> 

January 2012

Sauk County Dining Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Swedish Meatballs Mashed Potatoes Calif. Blend Veg. Poppy Seed Torte Fruit Cocktail * Dinner Roll</p>	<p>4</p> <p>Chicken Cacciatore Baked Potato Italian Blend Veg. Apricot Halves Cookie * Sliced Bread</p>	<p>5</p> <p>Bratwurst on a Bun German Pot. Salad Summer Blend Veg. Birthday Cake Peach Slices *</p>	<p>6</p> <p>Roast Beef Mashed Potatoes Carrots Fruited Gelatin Cinnamon Roll * Sliced Bread</p>
<p>9</p> <p>Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Oatmeal-Raisin Cookie Applesauce Sliced Bread</p>	<p>10</p> <p>Baked Chicken Mashed Potatoes Copper Penny Salad Pineapple Tidbits Fudge Brownie * Dinner Roll</p>	<p>11</p> <p>Pepper Steak Red Skin Potatoes Cheesy Broccoli Lemon Chiffon Torte Pear Slices * Sliced Bread</p>	<p>12</p> <p>Ham Rolls Squash Health Slaw Peach Slices Frosted Cake * Dinner Roll</p>	<p>13</p> <p>Country Fried Steak Mashed Potatoes Mixed Vegetables Egg Custard Pie Honeydew Melon * Sliced Bread</p>
<p>16</p> <p>Chicken Breast Marsala Mashed Potatoes Baked Potato Baby Carrots Pear Slices Cookie * Sliced Bread</p>	<p>17</p> <p>Salisbury Steak Mashed Potatoes Green Beans Coconut Cream Pie Plum Halves * Dinner Roll</p>	<p>18</p> <p>Lasagna Casserole (includes veg.) Italian Blend Veg. Fruited Gelatin Vanilla Pudding * French Bread</p>	<p>19</p> <p>Mushroom Pork Cutlet Mashed Potatoes Peas & Carrots Applesauce Cake Fruit Cocktail * Dinner Roll</p>	<p>20</p> <p>Chicken Tetrizzini Cass. (incl. veg.) Calif. Blend Veg.) Ambrosia Dessert Petite Banana * Sliced Bread</p>
<p>23</p> <p>Chopped Steak in Burg/Mush Sauce Mashed Potatoes Corn Choc. Banana Torte Peach Slices * Sliced Bread</p>	<p>24</p> <p>Crispy Fish Fillet Cheesy Potato Bake Tossed Salad Apricot Halves Frosted Cake * Dinner Roll</p>	<p>25</p> <p>Baked Chicken Twice Bk Style Pot. Three Bean Salad Peanut Butter Cookie Pear Slices * Sliced Bread</p>	<p>26</p> <p>Meatloaf Escalloped Potatoes Carrots Fruited Gelatin Tapioca Pudding * Dinner Roll</p>	<p>27</p> <p>Swiss Steak Mashed Potatoes Swiss Spinach Ice Cream Cup Plum Halves * Sliced Bread</p>
<p>30</p> <p>Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Cookie * Sliced Bread</p>	<p>31</p> <p>Roast Turkey Mashed Potatoes Cream Style Corn Cranberry Gelatin Frosted Cake * Dinner Roll</p>			<p>Kindness is like snow - it beautifies everything it covers</p>

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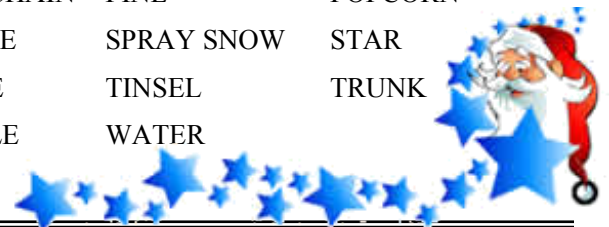
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