

Aging & Disability Resource Center of Sauk County



Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

February—March 2011

Vol 3 Issue 61

Bi-Monthly Newsmagazine

Welcome Sauk County Veterans and Their Families to *AddLIFE Today!*



The Veterans Service Office and the Aging & Disability Resource Center are proud to join forces through *AddLIFE Today!* to bring you and your family the most up-to-date information on the services and resources available.

Trish Vandre, Aging & Disability Resource Center Director, Tony Tyczynski, Veterans Service Officer, and 28 staff members are leading the frontier by creating the place for you to learn about your options and receive the benefits specifically designed for you and your family!

Like the other 5700 of your closest neighbors, you will receive this news magazine every other month. From the Contents Page on page 2 to the Brainteaser on page 28, you will realize this is much more than just another magazine.

Through *AddLIFE Today!* you can gain the knowledge to dispel the misinformation and learn to make personal choices based on accurate and timely information.

***AddLIFE Today!* is the place for you and your family be empowered and encouraged to live your best life!**

If you received multiple copies of *AddLIFE Today!* please call the ADRC office at 355-3289.

Free Tax Preparation!

Sauk County residents will again benefit from the free income tax preparation service offered by AARP Tax-Aide volunteers. These volunteer counselors are trained and certified in cooperation with the American Association of Retired Persons (AARP) and the Internal Revenue Service.

Tax counselors will be available by appointment in Baraboo, Reedsburg, and Sauk Prairie beginning in February. There will also be days scheduled for the preparation of Homestead Tax Credit claims. Counselors provide tax preparation assistance with most Federal and State tax returns.

Returns that involve depreciation such as businesses, farms, and rental properties cannot be prepared by the AARP Tax-Aid volunteers. Also, they cannot prepare returns for married couples who wish to file separate returns.

For income tax preparation please make sure you have all of your paperwork with you at the time of your appointment.

To schedule your appointment for this free service at any of the three locations, call the Aging & Disability Resource Center of Sauk County office at 608-355-3289 or 800-482-3710.

Thank you to the Reedsburg Public Library, the St. Vincent de Paul Resource Center, and Sauk County for providing the locations for this free service. Thank you also to our volunteer Tax-Aide team! Without their commitment and dedication this service would not be available.

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Director's Notes

Trish Vandre, ADRC Director



Repealing Health Care Reform: What is all the politics and talk really about?

On January 7, 2011 Sandy Markwood, National Association of Area Agencies on Aging (n4a) CEO, released this statement on efforts in the U.S. House of Representatives to repeal the Affordable Care Act:

"...the House is expected to vote on legislation to repeal the Affordable Care Act (ACA), also known as health care reform, just as older Americans are starting to see real benefits from the new law. Older Americans and their families would lose many new benefits provided under the law if it is repealed. n4a has been a strong supporter of the positive steps the ACA takes to increase the availability of health insurance coverage to people age 55-64, critical home and community-based services, and long-term services and supports that help people age with dignity and independence.

If repeal is allowed to go forward millions of older Americans would be deprived of new prescription drug benefits for those individuals who fall into the Medicare Part D "donut hole" and all working Americans would stand to lose benefits provided under the new CLASS program that would help them pay for long-term care when they need them. Repeal also means older adults will not be able to take advantage of new Medicare prevention and wellness benefits to help them better manage their chronic conditions and stay healthy.

We urge all Members of Congress to vote against repeal and allow key provisions of the

ACA to be implemented that will improve the health and security of our nation's older adults."

If you would like more information on Health Care Reform, please check out the "Straight Talk for Seniors" fact sheets about the law. Once you have information you can decide for yourself without the politician's spin.

[<http://ncoa.org/assets/files/pdf/Straight-Talk-for-Seniors.pdf>].

You don't have a computer?

Come to the LivingWell Library at the ADRC and we'll help you see this information or print a copy for you!

What, no transportation to the ADRC?

The Bus comes to the ADRC many times each day. Call the Transportation Line to find out how to get connected with **The Bus**.

**Great news for people
with wandering behaviors
and the people who love them!**

Project Lifesaver launches March 14, 2011!!
See page 12 for details!

**In all you do this month,
remember to**

AddLIFE

**Laughter
Independence
Friends &
Energy**

and Be Well,

Trish

Voice of the Messenger
Tony Tyczynski,
Veterans Service Officer



Dear Friends,

Happy New Year! As you may have noticed by looking through AddLIFE Today!, the ADRC offers a variety of programs & services that could be very beneficial to many veterans. I wish to reiterate my suggestion from last month that all veterans who are coming to see us or happen to be in the downtown Baraboo area, to visit the ADRC. Their office is located on the first floor of the same building as ours.

Some important information for those of you who receive a non-service connected disability pension benefit from the VA - The VA has informed us they have some computer system errors and will be sending out Eligibility Verification Reports (EVR) to veterans and widows who are not normally required to complete one. Even if in the past you have not had to complete this form, you will need to complete it, and failure to do so may result in loss of benefits. **If you need assistance completing an EVR, please call our office and schedule an appointment.** Also, remember any VA benefits received are tax free, and again, there will be no cost of living increase for VA benefits.

If you are not getting our newsletter electronically & you have the ability to do so, please let us know, and be sure to visit our web site www.co.sauk.wi.us (select our dept). With the changes in Washington and Madison from last November's election there may be even more changes to benefits & programs, so check our web site often.

In Your Service,

Tony



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator



Need A Helping Hand ?

Need help with your gardening? Personal care? Housekeeping? Snow shoveling? Transportation for errands and appointments? Someone to stay with your loved one while you go out? Have we got a program for you !!

The Aging & Disability Resource Center of Sauk County (ADRC) offers the “A Helping Hand at Home” worker referral list to Sauk County residents and their families who request help for indoor chores, outdoor chores, and respite care. Criminal and caregiver background checks are conducted and references are checked at the time of application. The workers included on the “A Helping Hand at Home” list are NOT employed or supervised by the ADRC.

When you request the list you will also receive a fact sheet covering topics such as: how to hire a worker, how to interview a worker, how to check references, how to communicate with the person you hire, and what you should do if you have any concerns.

Call Mary Jane at 355-3289 to find out more about “A Helping Hand at Home”!



We’ve Got Your Number Or Do We ??

In the past five years I have had three different cell phone numbers, I have changed my internet provider (which means my e-mail address has changed), and most recently, I made the decision to disconnect my “land line” ... the telephone number I have had since I moved to Baraboo 23 years ago - YIKES!!

So my question today is ... do you have your current phone number in our records??

Recently we learned that some of the emergency contacts for our home delivered meal service contained disconnected phone numbers. Potentially this could lead to an even greater emergency.

So ... please let us know when you change your address and PLEASE let us know when phone numbers change! Getting help in an emergency situation could depend on it!



Thank you Becky and BrightStar !!

Did you know there is a group of 20 very dedicated ladies who gather every other month to make sure that AddLIFE Today! gets to YOU ?? It is no small task to tape, label, and sort 4,500 + newsmagazines ... and they do it all with a smile on their faces!

At our December gathering, BrightStar provided a delicious lunch to our “newsletter ladies” and it was truly appreciated ... thank you!

Becky, BrightStar’s Baraboo Branch Manager, is an ADRC volunteer too! She has been delivering home delivered meals in Reedsburg on Fridays - truly appreciated once again!

Thank you Becky and thank you BrightStar !!



AARP Driver Safety Class

The AARP Driver Safety Program (formerly known as 55 Alive) is the nation's first and largest refresher course for drivers age 50 and older. This class has helped millions of drivers remain safe on today's roads.

If you have never taken this course, or if it has been more than three years since your last class, **NOW IS THE TIME!** "Tune Up" your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.

Thursday, April 14

Baraboo - St. Clare Hospital

707 14th Street

12:30 pm - 5:00 pm

Call St. Clare's Golden Care office to register

356-1407

\$12.00 with proof of AARP membership

\$14.00 for non-members

The fee must be paid at the time of the class.

Please make your check payable to:

AARP Driver Safety

If you pre-pay on-line please
print out and bring your receipt with you.

Thank you to Bill Grosz who gives of his
time and energy to teach this class!



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.

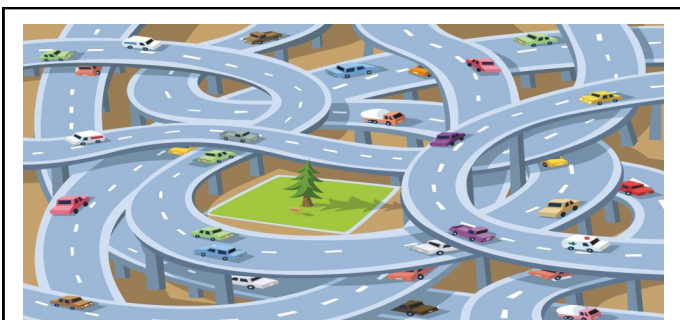
If you have any questions about the program, please let us know.

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

Take charge!

Learn to have fun again!

Live WELL with Chronic Conditions!



Tune Up Your Driving Skills and Stay Safe



Getting You There!



Ashley Nedeau-Owen

Sylvia Kriegl

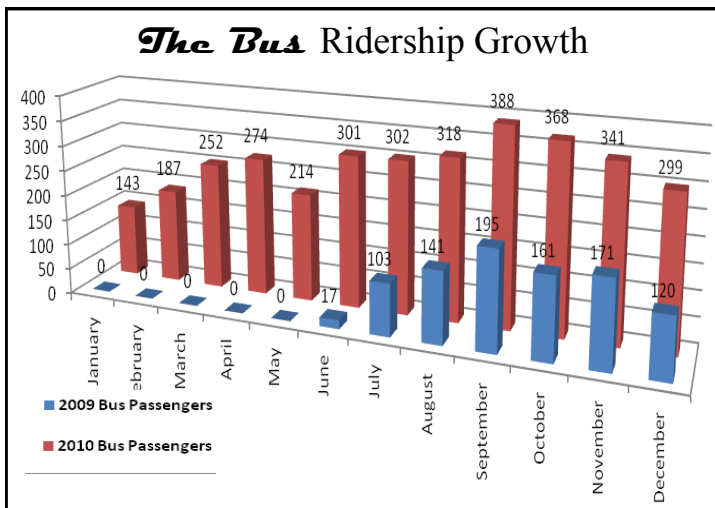
Changes Coming to *The Bus*

The Bus served 3,387 passengers in 2010 and ridership continues to grow! Please notice our monthly passenger trip totals in 2010 are at least double the total for the same month in 2009. While *The Bus* does make portions of its route without passengers, six times this past fall we had to bring a second vehicle on the route to carry additional passengers as *The Bus* was full and more people were ready to ride.

This success is prompting some changes to Sauk County's intercity bus service, *The Bus*. What are the changes? We will adhere to the rules we established when we started

have on some of the routes. One popular route is the Wednesday - Friday 11:05 am bus leaving MATC in Reedsburg heading for Baraboo. *The Bus* will depart MATC earlier than 11:05 beginning Wednesday, March 2. We will notify all regular passengers of the changes before they happen. On February 23, please listen to Tom Demmin on WRDB as Ashley will talk about *The Bus* changes. The schedule will show a change of stops in Prairie du Sac. There is new stop at the Washington Square Apartments and the Milwaukee Valve stop has been eliminated. People living along Tower Road across from Milwaukee Valve can flag *The Bus* or call ahead for a stop.

We continue to guarantee a ride if you call for a deviated pick up prior to 4:30 PM the day before your trip. Deviated pickups do sometimes cause *The Bus* to run behind schedule. To help reduce delays and stay as true to the new schedule as possible we are going to require passengers to meet one of three criteria before we will dispatch *The Bus* to a deviated pickup. We will start sending out a form to establish eligibility immediately and will require a signed eligibility form on file prior to deviating to pick up a passenger. The schedules are designed to accommodate one deviation between each stop. We will limit deviations to one between each stop. It is possible that a passenger will not get a deviated pickup at the requested time but will, instead get picked up earlier or later than requested.



and we will modify the schedule and then print and distribute the new schedule. The new schedule will be effective March 1. Some of the departure times will change to help accommodate the additional passengers we

As of March 1, passengers requesting a deviated pick up will have to have provided the ADRC a document verifying one of the following three criteria have been met:

1. The passenger uses a mobility aid

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

(wheelchair, scooter, electric wheelchair).

2. The passenger is eligible for a disabled parking hang tag. Please talk with your family physician about acquiring a disabled parking hang tag.

3. Passenger has a cognitive/emotional impairment preventing use of flag stop or scheduled bus stop.

We have been generous in calculating a one mile deviation from ***The Bus*** route. Some of our “as the crow flies” calculations resulted in deviations well over one mile! Starting March 1, no stops will be scheduled more than one mile from the route. Current regular passengers who live more than one mile from the route will be notified and will be given options in order that their transportation needs can continue to be met. This will affect some current stops more than one mile from US Highway 12 and a stop south of State Highway 136. If you have any questions about your stop, please call the Transportation Line as soon as possible. We will work with you to help you find a transportation alternative.

Thank you for helping to make ***The Bus*** a success! Your continued patronage will ensure continued service. We are hoping to expand service later this year. Please call the Transportation Line with any questions and any time you need transportation assistance.

IMPORTANT REMINDER !

If you had help
with your Medicare Part D plan,
please save your
Medicare Part D print out
and bring it with you next year

Please note:

2011 open enrollment season will be from
October 15 through December 7.

Healthy Living For Healthy Vision!

Good vision is a vital part of feeling your best. We rely on sight more than any other sense to enjoy life to the fullest. Your vision changes naturally throughout your life.

For example:

- ◆ Your eyes need more light to see,
- ◆ It becomes harder to tell the difference between some colors, particularly shades of blue and green,
- ◆ It becomes more difficult to focus on things that are near,
- ◆ Adjusting to glare and darkness can become more troublesome.

There are also steps you can take to help take care of your sight:

Take care of yourself

You can lower your risk of eye disease and vision loss if you:

- ◆ Eat healthy foods,
- ◆ Stay active,
- ◆ Control your blood pressure, cholesterol levels, diabetes, or other health problem,
- ◆ Quit smoking.

Make changes to help yourself see better

- ◆ Wearing sunglasses and a brimmed hat if you are sensitive to bright light and anytime you are outdoors in bright sunshine,
- ◆ Improving lighting around your house,
- ◆ Wearing safety eyewear when working around your house or playing sports.

Visit an eye doctor regularly

One very important thing you can do is getting your eyes checked regularly by an eye doctor—at least once every other year—especially if you are 55 or older. You should visit your eye doctor even if you have no problems seeing.

This partnership article is provided by:

 **BrightStar**[®] BrightStar
507 Linn Street
Baraboo, WI 53913
LIFECARE | KIDCARE | STAFFING 608.355.5015



*For Your
Benefit*



Your Benefit Specialists

Deb Harvey

Kelly Dietsch

What's New For Medicare in 2011

People with Medicare can expect some new benefits and changes due in part to the Affordable Care Act:

1. **Original Medicare will cover the full cost of an annual wellness visit with your doctor.** Your yearly check-up will include routine measurements like your blood pressure, a review of your prescriptions and medical history, and an assessment of any risks to your physical and mental health. Until now, Medicare only covered a one-time preventive exam, the "Welcome to Medicare" exam during the first year you sign up for Medicare Part B coverage.

If you are enrolled in a private Medicare Advantage health plan, check with your insurer about whether your wellness visit will be covered at no cost in 2011.

2. **If you have a drug plan and reach the coverage gap, or "donut hole," you will receive a discount on your prescriptions.** You will get 50 percent off the price of brand-name drugs and 7 percent off generics while in the "donut hole." And even though you will pay less for a brand-name drug, you can count the prescription's full price toward the amount you are required to spend on drugs to qualify for catastrophic coverage. That way, you will enjoy lower out-of-pocket costs while in the "donut hole," but you will still become eligible for Medicare's catastrophic coverage as quickly as you would without the discount.

3. **If you have Original Medicare, you will pay nothing out of pocket for most preventive services.** Until this year, you have usually paid 20 percent of the Medicare-approved amount for lab tests and screenings after you met your annual deductible. But starting in 2011, you won't have to worry about a deductible, co-payment or coinsurance for a broad range of preventive services. Those include colonoscopies, mammograms, Pap tests and prostate cancer screenings.

If you are in a private Medicare Advantage plan, contact your insurer to find out whether it has also eliminated out-of-pocket costs for tests and screenings.

4. **Medicare Advantage health plans are now required to have annual out-of-pocket maximums and other consumer protections.** In the event you need an expensive treatment, you will be protected from high out-of-pocket costs. For many Advantage plans, out-of-pocket expenses (excluding premiums and prescription costs) will be capped by law at \$6,700 in 2011. Some plans have voluntarily set lower maximums. In addition, if you are in a private health

Benefit Specialist Schedule

DEB HARVEY

Plain Library	Feb 9 1:00 to 3:00	March 2 1:00 to 3:00
Spring Green Senior Center	Feb 16 10:30 to 11:30	March 9 10:30 to 11:30
Spring Green Library	Feb 16 1:00 to 2:00	March 9 1:00 to 2:00
Sauk/Prairie Community Cntr	Feb 3 & 17 10:00 to 11:30	March 10 10:00 to 11:30
Merrimac Village Hall	Feb 17 8:30 to 9:30	March 10 8:30 to 9:30

KELLY DIETSCH

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

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.

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

plan, you can no longer be charged more for some services (like chemotherapy) than if you were in Original Medicare.

5. Your Medicare premiums may change.

Most people on Medicare will pay the same Part B premiums this year as they did in 2010 – either \$96.40 or \$110.50 per month. But there are several exceptions. If you enroll in Part B for the first time in 2011, or if your premiums are not deducted from your Social Security check, you will pay \$115.40 a month. For higher-income beneficiaries (single people with annual taxable incomes over \$85,000 or married couples with incomes above \$170,000), Part B premiums will range from \$161.50 to \$369.10. Plus, starting this year, beneficiaries in those income brackets will pay a monthly surcharge of \$12.00 to \$69.10 for their prescription drug coverage.

6. New dates for changing your coverage.

If you want or need to change your private Medicare Advantage health plan, there is a new annual “disenrollment” period allowing you to switch back to Original Medicare and a drug plan between January 1 and February 14. This replaces a January-to-March enrollment period when you could switch between Original Medicare and the Medicare Advantage program or move from one private plan to another.

In 2011, you will have more time to choose and join a private health or drug plan when the annual open enrollment period gets an earlier start than usual in the fall. This year, it will kick off on Oct. 15 and wrap up on Dec. 7. As always, your new coverage will take effect on Jan. 1.

The best way to understand what is new is to refer to your “Medicare and You 2011” handbook, which you should have received by mail this fall. If you still need one, call 1-800-MEDICARE and request a free copy, or visit www.medicare.gov and download it. With the book in hand, you’ll be able to make better informed decisions about your health in the New Year

*By John Hammarlund,
Regional Administrator
Centers for Medicare & Medicaid Services*

Financial Counseling Agencies

If you have credit card debt, either current or past due, are delinquent on loan accounts or mortgage payments, have resorted to taking out a payday loan, have outstanding medical debts, are facing collections or frequently experience overdraft charges on your accounts, consider contacting a financial counseling agency for assistance. A financial counseling agency (also known as a credit counseling agency) can assist you in a variety of ways, from basic financial literacy to setting and sticking to a monthly budget to establishing a repayment plan that will pay off your debts in a manageable manner. All credit counseling agencies must be licensed in the state of Wisconsin and a complete list of licensed agencies can be found at the Department of Financial Institutions website: http://www.wdfi.org/fi/lfs/licensee_lists/Default.asp?Browse=ASC.

One financial counseling agency you can consider contacting if you are experiencing any of the problems listed above is GreenPath. GreenPath is a *non-profit* financial counseling agency providing services in nine states, including Wisconsin. GreenPath offers budget counseling, housing counseling (which includes foreclosure mitigation, pre-purchase counseling and reverse mortgage counseling), debt management plans and education programs relating to financial literacy. Their clients typically include those who are delinquent on bills, have too much debt, are considering bankruptcy, are feeling stressed about their finances or find themselves suffering from marital strain over finances. If you are experiencing any of these issues, trained counselors at Greenpath can help you evaluate your options with regard to them. Counseling sessions are typically free of charge while services like creating a Debt Management Plan often have a minimal set up fee of about \$25

(Continued on page 24)



Disability Benefit Specialist

Natalie Wilmot

Social Security Can Show You The Way



By Karyl Richson
Social Security Public Affairs
Specialist
Milwaukee, WI

Social Security's home webpage has a new look! Check it out at www.socialsecurity.gov,

Our redesigned homepage now features a service channeling guide on the left side of the page, which lists the most sought-after services and information on the site. You will find the information or service you want quickly and easily, including links to:

- applying online for benefits;
- estimating your retirement benefits;
- *Extra Help* with Medicare prescription drug costs;
- services for people who already receive benefits; and getting or replacing a Social Security card.

You can find great information categorized by general topic at the top of the home page, including Retirement, Disability, Survivors, Supplemental Security Income, Medicare, and Business Services. At the center of the page you will find information targeted for specific groups, such as Congress, the press, wounded warriors, government employees, as well as useful links ranging from emergency office closings to getting help with your situation. You'll also find information about our agency, such as careers with Social Security, and the history of Social Security.

A news section keeps readers up to date on important Social Security news, and a large

question mark to the right of the page takes you to our frequently asked questions.

Please visit our redesigned home page the next time you need a service or information from Social Security. Find it now at

www.socialsecurity.gov



Social Security Serves Veterans

In September, the agency published final rules about the Heroes Earnings Assistance and Relief Tax (HEART) Act. The HEART Act changes the way we treat some cash payments to members of the uniformed services and veterans under the Supplemental Security Income (SSI) program. As Social Security Commissioner Michael Astrue noted at the time, "This law allows the men and women of our armed forces, veterans, and their families to keep more of their military-related payments while also maintaining eligibility for valuable cash and healthcare benefits."

The **HEART** Act does the following:

- Treats most cash military compensation as earned income for SSI purposes, which generally provides a higher benefit to the service member as a result of the SSI program's more favorable consideration of earned income.
- Excludes certain State annuity payments to disabled, blind or aged veterans from countable income and resources used to determine SSI eligibility.
- Excludes any cash or in-kind payments provided by AmeriCorps State and National and

AmeriCorps National Civilian Community Corps from countable income.

Social Security also makes it easy to get information about benefits for wounded warriors. The first place to go is our website designed specifically for our wounded veterans:

www.socialsecurity.gov/woundedwarriors.

There, you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits and Supplemental Security Income (SSI). Please pay special attention to the fact sheets available on that website, *Disability Benefits for Wounded Warriors* and *Expediting Disability Applications for Wounded Warriors*.

You will also find a “webinar” that explains the Social Security disability application process and expedited processing available to wounded warriors. This outreach program provides general information about Social Security disability benefits as well as topics unique to wounded warriors, and is a great way to orient yourself to disability benefits for veterans and active duty military.

It’s important to note that benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

To learn more about Social Security for current and former military service members, read *Military Service and Social Security*. You can find the publication online at www.socialsecurity.gov/pubs/10017.html

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 - February 1 & 15

Tuesdays - March 1 & 15

Wednesday - February 16

LaValle - Fire Department

Wednesday - March 23

Wednesday - May 25

Merrimac - Village Hall

Wednesday - March 16

Wednesday - May 18

Plain - American Legion Hall

Thursday - February 24

Thursday - April 28

Reedsburg - Maple Ridge

Tuesday - February 8

Thursday - February 17

Tuesday - March 8

Thursday - March 17

Reedsburg - Willow Heights

Wednesday - February 9

Sauk Prairie - St John’s Church

Thursdays - February 3 & 10

Thursdays - March 3, 10 & 24

Spring Green - The Meadows

Tuesday - March 22

Tuesday - May 24

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

Project Lifesaver

The Aging and Disability Resource Center of Sauk County along with Sauk County Department of Human Services and the Sauk County Sheriff's Department are involved in a collaborative effort to keep your loved one safe. Project Lifesaver is being offered in Sauk County to protect people who have been diagnosed with a condition that causes him/her to wander. Some examples of these conditions are: Autism, Dementia or Alzheimer's Disease, Down Syndrome, and Traumatic Brain Injury.

Project Lifesaver is designed to assist in the tracking and locating of any person who wanders away from home unsupervised. Individuals enrolled in Project Lifesaver wear a small personal transmitter around his/her wrist or ankle that emits a tracking signal. If the person goes missing, a family member or caregiver calls 911. A trained emergency response team then responds to the area where the person was last. The goal is to ensure that this person is safely returned to his/her home and family.

Persons involved with Project Lifesaver who wander are typically found within a few miles from home, and search times have been reduced from hours and days to minutes. Recovery time for Project Lifesaver participants averages 30 minutes. The ability to quickly and safely return a wandering

person to his/her home provides the best possible outcome for the person, his/her family and it also results in a minimal cost to taxpayers.

You may be asking what the cost of Project Lifesaver is. Well, there is no cost to the families who participate in Project Lifesaver. However, there are costs associated with making Project Lifesaver available. Currently there is a one time cost of \$300 for each person enrolled in the Project Lifesaver program and then approximately \$100 year is spent on replacement batteries for the transmitter. These costs are funded primarily from contributions from local businesses and individual community partners. Individuals or businesses may make contributions in memory of or in honor of someone special. It is through a community effort that Project Lifesaver is possible. Other staff and administrative costs associated with Project Lifesaver are provided by the Aging and Disability Resource Center of Sauk County, Sauk County Department of Human Services and the Sauk County Sheriff's Department.

If you are interested in enrolling in Project Lifesaver you will need to complete an application and once it has been approved the person will be fitted with the Project Lifesaver transmitter bracelet. If you are inquiring about Project Lifesaver for a child please contact Sauk County Department of Human Services at 608-355-4200. If you are inquiring about Project Lifesaver for older adults or adults with disabilities please contact the Aging and Disability Resource Center of Sauk County at 608-355-3289.

Donations to fund Project Lifesaver may be sent to:

Greater Sauk County
Community Foundation
PO Box 544
Baraboo, WI 53913

Telecommunications Equipment Purchase Program (TEPP)

Telecommunications Equipment Purchase Program (TEPP) helps people with disabilities purchase special phone equipment. The TEPP voucher is paid by the Wisconsin Universal Service Fund (USF) established by the Public Service Commission. Money is collected from Wisconsin telephone service providers to fund the USF.

TEPP requires that an applicant be:

- ◆ A Wisconsin resident
- ◆ Deaf, hard of hearing, speech impaired, or mobility or motion impaired
- ◆ Needs special equipment to use the telephone in the home or when traveling

There is no age or income limit but an individual may only receive a TEPP voucher once every three years for the same disability.

The monetary value of TEPP vouchers vary as they are based on types of disabilities. To ask questions or request an application you can go on-line at: <https://tepp.wipfli.com> or contact the Public Service Commission at (608) 231-3305(voice) or (800) 251-834(TTY).

Examples of equipment TEPP helps pay for:

- ◆ TTY
- ◆ Amplified telephone
- ◆ CapTel telephone
- ◆ Hands-free speaker telephone

If you qualify for a voucher you are required to pay the first \$100 for equipment cost and then the TEPP voucher can be used to pay the additional equipment cost.

If you are can not afford the \$100 TEPP co-payment, contact the Office for the Deaf and Hard of Hearing at (608) 266-3118 to see if you qualify for the Telecommunications Assistance Program (TAP). TAP funds can help pay the \$100 TEPP co-payment. If you are low-income and are deaf or severely hard of hearing you may qualify for TAP.

RAMC Urges You to Walk Your Way to Fit, Healthy and Trim

Walking offers a win-win exercise plan. It is the path to physical fitness that virtually any person can follow and has been proven to lower the risk of a whole range of health problems; and it can help with weight control, a daily struggle for millions of women.

Walking, like other forms of regular exercise, is also known to lower the risk of adult onset diabetes, improve symptoms of depression and relieve psychological and physical stress.

Adding miles to your daily routine is a way to lose weight and inches without dieting. For example, a woman who weighs 145 pounds will use about 80 calories per mile walking at a 15-minute pace. If she adds four miles a day, that adds up to 320 calories. If she maintains those miles over 10 days, she'll have used 3200 calories, the equivalent of one pound. In a month that will add up to three pounds; in six months, 18 pounds. No one is claiming that this is an effortless way to lose weight, but it is an attainable goal for most.

There are countless reasons to walk and few compelling reasons not to. Walking can be done inside or out, alone or with friends, requires no special equipment or skills (most of us learned to walk sometime around our first birthday), and it can help keep our hearts, minds and bodies feeling and looking younger.

This partnership articles to provided to you by:

Reedsburg Area Medical Center



2000 North Dewey Ave

Reedsburg, WI 53959

(608) 524-6487

Join us at RAMC for our free indoor walking program. Hours for walkers are from 5:30 am – 8:30 am & 3:30 pm – 8:30 pm every day. No registration is required, just stop at our front office for a walking map. We've taken away that last excuse; it's free, warm and easy! Dare to take the first step. You might be surprised at how quickly the next 10,000 will follow.



Kathy Kent
*Veterans
Benefit Specialists*
Pamela Russo



President Signed Improvements to Post-9/11 GI Bill

WASHINGTON (Jan. 5, 2011) - To bring the educational benefits of the Post-9/11 GI Bill closer to more Veterans and Service Members, President Obama signed legislation Jan. 4 that streamlines the 18-month-old education program administered by the Dept. of Veterans Affairs (VA).

"Since the first GI Bill in 1944, this unique educational program has adapted to the needs of America's Veterans, active-duty personnel, reservists and Guardsmen," said Secretary of Veterans Affairs Eric K. Shinseki. "Like its forbearers, the Post-9/11 GI Bill is growing to ensure the men and women who serve this nation in uniform receive valuable education benefits from a grateful nation. On behalf of Veterans and the many who serve them at VA, we would like to thank the president for his support, as well as members of Congress and our Veterans service organization partners for helping make this bill a reality," Shinseki added.

Among the provisions of the legislation are:

- Paying for on-the-job training, some flight training; apprenticeship training and correspondence courses;
- Allowing reservists and Guardsmen to have their time supporting emergencies called by their state governors credited to the time needed to qualify for educational benefits;
- Providing one half of the national average for the program's housing allowance to

- students enrolled in distance learning;
- Pro-rating the housing allowance to exclude payments when students are not in class;
- Allowing students on active duty to receive the stipend for books and supplies;
- Allowing people eligible for the Post-9/11 GI Bill, but participating in VA's Vocational Rehabilitation and Employment (VR&E) benefits to choose between the GI Bill's housing allowance or VR&E's subsistence allowance;
- Permitting reimbursement for more than one "license and certification" test;
- Reimbursing fees to take national admission tests, such as SAT, ACT, GMAT and LSAT; and
- Establishing a national cap of \$17,500 annually for tuition and fees in a private or a foreign school, not including contributions by educational institutions under the "Yellow Ribbon" program.

Information about the new provision is available on the Internet at www.gibill.va.gov

VA to Consolidate Lejeune Water Claims

Responding to heightened publicity and an uneven smattering of decisions on claims, the VA will begin training a specialized cadre of workers to handle disability claims related to historic water contamination at Marine Corps Base Camp Lejeune, NC. The agency will consolidate claims at one office in Louisville, KY. Eight employees there will focus on culling, researching and adjudicating disability claims related to the contaminated water.

The move is more than bureaucratic; it could prove significant to Marine veterans across the country who are suffering from cancers and diseases they think are related to poisonous



chemicals that flowed through Lejeune's water from the mid-1950s to the mid-1980s.

"Great. Great!" Marine veteran Peter Devereaux of North Andover, Mass., said when he heard about the VA's decision. "It seems they're stepping up and trying to take control." Devereaux, 48, suffers from a terminal form of male breast cancer. It took him two years to finally earn service-connected disability benefits in August, and all along the way, he said, he had to explain the Lejeune water problems to VA officials. "It felt like I had to beg," he said. "You try to be a man. You know, I served my country. The last thing you want to say 20 years later is, 'I need benefits.' "

A million people - civilian workers, Marines and their family members - are thought to have been exposed to the contaminated water at Camp Lejeune, and more than 160,000 have registered with the Marine Corps to learn more about the case. From the mid-1950s to the mid-1980s, water wells at Lejeune were poisoned with trichloroethylene (TCE), tetrachloroethylene (PCE), benzene, vinyl chloride and other volatile organic chemicals. The wells were shuttered in the mid-'80s, but many Marine veterans and their families had no idea of the contamination until Congress required the military to notify them beginning in 2008.

Bradley Flohr, the VA's assistant director for policy in compensation and pension service plans to travel to Louisville to educate workers about the exposure, the types of chemicals that were in the water and the associated diseases. "We know for certain benzene is most often associated with leukemias, acute myelocytic leukemia, and others," Flohr said. "Kidney cancer as well, with TCE and PCE, and liver cancer is associated with vinyl chloride." "Let me be perfectly clear; there was undoubtedly a hazard associated with drinking contaminated

water at Camp Lejeune," wrote Christopher Portier, the director of the Agency for Toxic Substances and Disease Registry and the National Center for Environmental Health.

Wis Women Veterans Coordinating Committee Seeking Nominations

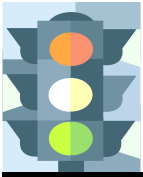
The Wisconsin Department of Veterans Affairs (WDVA) is accepting nominations for women veterans and women service members to be appointed to the Women Veterans Coordinating Committee. The committee was first formed in January 2006.

There are 4 openings for committee members, who are appointed by the department Secretary for a two-year term. Meetings are currently held at WDVA headquarters, at 30 W. Mifflin St., Madison, across from the Capitol. Participants who cannot attend in person may join in via telephone conference. About 3 to 6 meetings are scheduled to take place each year. Much of the committee discussion is also done through e-mail.

Those interested in being a member or nominating someone should send the following information to WDVA Office of Public Affairs, 30 W. Mifflin St., Madison, WI 53703 by January 31, 2011: name, branch of service, dates of service, name of person making a nomination, and a short narrative of what the veteran or service member would bring to the committee.

Sign up for the Electronic Newsletter

We would like to encourage you to sign up to receive upcoming issues of AddLIFE Today! via e-mail. If you'd like to take advantage of this option, please e-mail kent@co.sauk.wi.us with your name & e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsletter.



Ready - Set - Live Well

How are you doing on the resolution to “make 2011 the year of preparedness”? Here are a few more tips to help!

Prepare For Your Annual Physical

Nothing is as important as your health, so now is the time to schedule your annual physical. This annual wellness visit is covered by Medicare (see the chart below). To have your physical be of the most value to you - prepare!

Be sure to talk about and understand:

- ◆ Blood Pressure - Make sure it's under control. High blood pressure puts you at risk of a stroke or heart attack.
- ◆ Cholesterol - If cholesterol is high, the effort to lower it will help prevent a stroke or heart attack.
- ◆ Bone Density - Prevent broken and fractured bones. Knowing if there is a need for additional calcium could add healthier years to your life.
- ◆ Colonoscopy - This simple procedure can help detect colon cancer early, so if found it can be treated.
- ◆ Hearing - Hearing tests can identify if there is hearing loss. Hearing loss can be very isolating, but improved with hearing aides.
- ◆ Vision - Annual checkups with your eye doctor can detect glaucoma, macular

Medicare Prevention Services for 2011

Preventive Service	Cost	How Often Allowed
Abdominal Aortic Aneurysm Screening	None	One time after “Welcome to Medicare” initial exam if at risk
Annual Wellness Visit	None	Every 12 months if more than twelve months after “Welcome to Medicare physical”.
Bone Mass Measurement	None	Once in 24 months (unless medical necessary)
Cardiovascular Screenings	None	Every 5 years if there are no apparent symptoms
Fecal Occult Blood Test	None	Every 12 months if 50+
Flexible Sigmoidoscopy	None	48 months or 120 months after previous screening if not considered high risk and 50+
Colonoscopy	None	120 months (or 24 months if high risk)
Barium Enema	Part B deduct & 20% not covered	48 months (or 24 months if high risk) if used instead of a “scoping”
Diabetes Screenings	None	12 months (6 months if pre-diabetic)
Diabetes Self-management Training	Part B deduct & 20% not covered	With Medical Doctor’s order or referral
Glaucoma Tests	Part B deduct & 20% not covered	Every 12 months if at high risk (e.g. diabetic or family history).
Mammogram (screening)	None	Once a year after age 40
Pap Test & Pelvic Exam (with breast exam)	None	24 months (or 12 months if high risk)
“Welcome to Medicare” Physical Exam	None	Must be completed within first 12 months on Medicare B
Prostate Cancer Screenings	DRE: Part B deduct & 20% not covered	Digital Rectal Exam (DRE) and free PSA test every 12 months for men over 50

See the ADRC’s “New Medicare Prevention Services in 2011” brochure for a complete list of covered services

degeneration and cataracts.

- ◆ **Body Mass Index (BMI) Test** - This calculation tells if you are at a healthy weight for your height and age. Being overweight is linked to high blood pressure, high cholesterol and diabetes.
- ◆ **Depression** - A difficult subject but a real concern in later life. Physical ailment can make you depressed. Depression can mask itself in complaints of a poor appetite, problem sleeping or decreased energy.

Make a list of concerns you would like to discuss with your doctor. Put them in order of importance to you as the doctor has limited time and may not be able to discuss all your issues in the allotted time. Your doctor will need up to date information about what prescription, over-the-counter and herbal medication you are taking, if there has been any changes in your health or personal life. You may even choose to keep a notebook with all your important medical information in it. Don't forget to add sections for your family medical history, allergies, past surgeries, dates of doctor appointments, current insurances and emergency contacts.

Remember your doctor is a partner in your health, but he can't do it for you. Listen to him and implement the steps to have a healthier life. It's easy to forget some of the information the doctor gives you, so be sure to take notes in your notebook and/or take someone with you to your appointment.

Aging is part of life, but by being proactive you can have it be healthy aging.

Prepare for Your 2011 Financial Life

No matter your age or circumstances, you are witness to the everyday successes and opportunities to grow in your life. You are the expert in what works or doesn't work in your life that no one has the right to dispute. Though I would recommend tweaking any plan slightly until you reach your financial goals,

here are four financial helps to consider:

1. **Save \$ Now.** Shop wherever you can use coupons, deals and discounts, locate your community Food Pantry, call Frontier Communications for a free cell phone, call Energy Services for energy assistance, and call the ADRC to learn about available services to save money on your everyday expenses. Use the money you saved on the everyday expenses to reach your short-term and long-term financial goals.
2. **Prepare for Your 2010 Income Tax Appointment.** Now is the time to collect your 2009 taxes, 1099s, W-2s, bank statements, and expense receipts for your 2010 income tax appointment. Use folders to organize your information - your accountant will appreciate your help.
3. **Review Your Credit Report.** Each year, you are allowed one free Report, from each national Credit Bureau. While you may not be looking for a loan any time soon, reviewing your credit report periodically may limit the amount of damage caused by identity theft.
4. **Review Your Insurance Needs.** Review, identify and tweak your insurance coverage based on your 2011 insurance needs; do not be afraid to give your insurance agent a call and talk through your needs - what you needed in 2010 may not be the same for 2011.

Be Resolute in the Positive Changes You Want to Happen in Your Life! Whether it's your financial, emotional, physical, familial, or spiritual life, you are the expert in knowing what works in your life and we are here to support you.

Your Buck Starts Here!

Lee J. Roundy,
Fiscal Accounting Tech



**“I’m Turning 65/Retiring:
Now What?”
Know Your Options!**



Presented by Deb Harvey
ADRC Elderly Benefit Specialist

**Wednesday, March 23, 2011
6:00 p.m.**

**West Square Building - Room 213
505 Broadway, Baraboo**

This workshop is for people considering retirement, turning 65, or reaching full retirement age. Things have changed and you need to be aware of the changes. Everyone is eligible for Medicare at age 65 even though they haven’t reached the full retirement age.

Preparation for retirement can be complicated and overwhelming, but the decisions made ahead of time will affect your comfort level and financial status in the future. This workshop is designed to provide information to make an informed retirement plan.

Can You Get a Waiver of Your Part B Medicare Premium Payment?

It is time to review your situation!!

- ◆ Do you or someone you know get Medicare?
- ◆ Do you or does that person pay a premium for Part B (\$96-\$115/month)?
- ◆ Is your income less than \$1238/month for a single or \$1659/month for a couple?
- ◆ If so, do you have limited savings and insurance?

If you think this may apply to you, please contact Mike Lew at the Aging and Disability Resource for help in reviewing your situation. He will meet or talk with you to determine your possible eligibility to have your Medicare Part B premium waived. If eligible, he will help you make an application for this benefit.

Call 355-3289 or stop in at the ADRC.



Are rising energy costs putting the squeeze on your limited income?

The Home Energy Plus program may help!



Who qualifies for home energy assistance

Households whose total gross income for the **three months immediately preceding** the month of application are at or below the amount shown for your family size (see chart at right).

Applicants must provide the following:

- ✓ Your most recent energy bill
- ✓ Heat included with rent-copy of lease
- ✓ Social Security cards for all members of your household
- ✓ Written proof of your household’s gross income for the three months prior to your application

2010-2011 Energy Assistance Income Guidelines	
Number in Household	Gross Income Limit (3 month)
1	\$6,142
2	\$8,032
3	\$9,921
4	\$11,811
5	\$13,701
Each additional	Call office



For further details please call today!

(608) 356-8887



Alzheimer's & Dementia Series Offered

A free two-part education series will be offered for families, friends and care-partners of persons diagnosed with Alzheimer's disease or other types of dementia. Hosted by the Reedsburg Area Senior Life Center with the cooperation of the Alzheimer's & Dementia Alliance of Wisconsin, *The ABC's of Alzheimer's & Dementia* is designed to enhance understanding of the disease, how it affects those who have it and how to effectively deal with it day-to-day.

WHEN: Thursdays
March 3 & March 10
5:30 – 7:30 p.m.

WHERE: Fusch Center,
2090 Ridgeview Dr.
Reedsburg

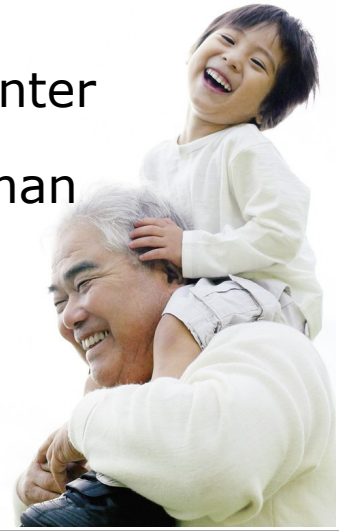
The first session will provide a medical overview covering the differences between normal aging, mild cognitive impairment, and the various types of dementia – including a discussion of symptoms, diagnosis, disease progression, treatment options, and an update on current research efforts. Robert P. Smith, M.D. Director of Richland Area Geriatric Assessment Clinic will present this session.

The second session will focus on helping participants better understand and prepare for changes to expect as the disease progresses, how to help maintain function and quality of life, and how to access helpful resources and support. Carol Olson, local Outreach Specialist for the Alzheimer's & Dementia Alliance of Wisconsin will present this session.

Light refreshments and resource materials will be provided. Advance registration is strongly encouraged. Please contact Brenda Reisdorph at 768-5804 or the Alzheimer's & Dementia Alliance at 1-888-308-6251 or email carol.olson@alzswisc.org.

Laughter
is the sun
that drives winter
from the human
face.

—Victor Hugo



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



During these difficult financial times, it may be difficult to make a donation, but each of us has an opportunity to give while doing what we do anyway!

A donation can be 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.

Also, for every search with the **GoodSearch.com** search engine, approximately one penny is donated to the ADRC—and the pennies add up quickly!

GoodShop.com or **GoodSearch.com** is free—there is no cost to you to use! Do what you love—and give to the ADRC in the process!



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@alzisc.org or 1-888-308 6251 (toll free)

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

Where: Sauk Prairie Memorial Hospital
(first class at Sauk City Library)

Pre-registration is required: 355-3250

What’s Playing at the LivingWell Library!!

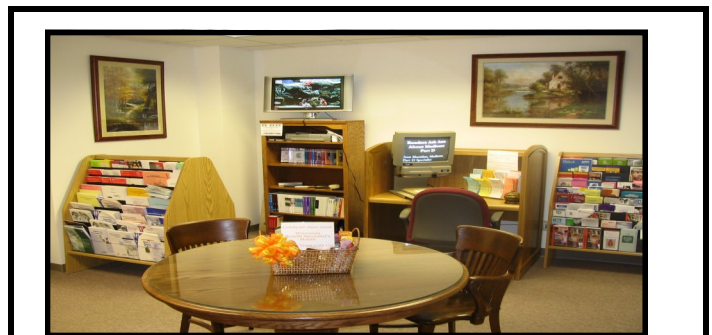
February Video of the Month

Communication is vital to our sense of well being. With hearing loss, people may feel isolated, frustrated and angry. Hearing loss is a common problem that people may experience as they get older. The vide **How to Communicate with Someone Who has Hearing Loss** will teach you how to communicate effectively with someone who has hearing loss. You will learn the person with hearing loss is not the only one suffering as family and friends often feel frustrated and angry.

March Video of the Month

Anyone who has spent days in bed knows how uncomfortable it can be! A person’s world becomes limited to one room and only the interaction that can take place there.

In the video **Essential Bedrest Skills**, you will learn how to make the experience more pleasant for you and the person confined to bed. Many topics will be covered to teach you how to: recognize and prevent pressure ulcers, move and position someone in bed, use a bedpan, and make an occupied bed. Range of motion exercises will be demonstrated.



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**



**HELP -
JUST A
CLICK AWAY!**

Check Out These Websites !!

www.audiology.org

The American Academy of Audiology is the world's largest professional organization of, by, and for audiologists. The membership is dedicated to providing advocacy, education, leadership, public awareness, and research. Click on the links for education & research and publications.

www.hearingloss.org

The Hearing Loss Association of America (HLAA) is the national's leading organization representing people with hearing loss. According to the National Center for Health Statistics 36 million Americans (17%) have some degree of hearing loss. Check out their on-line magazine; message boards and chat forums; and support specialists.

www.caregiverproducts.com

Caregiver Products from The Wright Stuff, Inc. specializes in caregiving products that help make life easier for caregivers and care recipients. Shop "In The Kitchen", "Getting Ready", "Around the House", "On The Move" and "For Your Comfort"

www.ec-online.net

ElderCare Online provides an online community where supportive peers and professionals help you improve quality of life for yourself and your loved one.

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??

In all you do, remember to

AddLIFE™

**Laughter
Independence
Friends &
Energy**

Nutrition & Prevention Specialist

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

Contact at:
(608) 643-6900

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

Nutrition & Prevention Specialist Dining Center Schedule

<p>Baraboo Highpointe Commons 1141 12th St., Baraboo Phone 963-3436 Lunch Served at 11:30 am</p>	<i>To Be Announced</i>	<i>To Be Announced</i>
<p>Lime Ridge Tuesday-Thursday Lime Ridge Senior Center 308 West Maple Ave, Lime Ridge Phone 986-2424 Lunch served at 12:00 noon</p>	<i>To Be Announced</i>	<i>To Be Announced</i>
<p>Merrimac Tuesday-Thursday Merrimac Village Hall 100 Cook St., Merrimac Phone 963-2286 Lunch served at 12:00 noon</p>	<i>To Be Announced</i>	<i>To Be Announced</i>
<p>Reedsburg Willow Heights 800 Third St., Reedsburg Phone 963-3438 Lunch Served at 11:30 am</p>	<i>To Be Announced</i>	<i>To Be Announced</i>
<p>Sauk/Prairie 730 Monroe St., Sauk City Phone 963-3437 Lunch Served at 11:30 am</p>	<i>To Be Announced</i>	<i>To Be Announced</i>
<p>Spring Green 117 S Washington St., Spring Green Phone 588-7800 Lunch served at 12:00 noon</p>	<i>To Be Announced</i>	<i>To Be Announced</i>

A Farewell from Sally



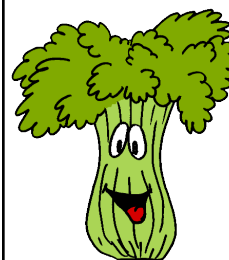
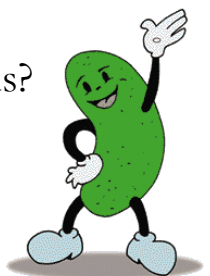
As the new year approaches, changes also occur. For example, as many of you may have heard, I am no longer the Nutrition & Prevention Specialist. I have decided to relocate my career closer to home. Although I am happy in my new profession, I will miss the wonderful relationships that I have developed here. First of all, I was honored to work with such a wonderful and dedicated staff of the ADRC. Secondly, the Dining Center Managers at your local Dining Center are truly amazing! Thirdly, the Volunteers at the Dining Centers and Home Delivered Meals Volunteers are such a dedicated and memorable group that make everything possible. And then of course all of you, whether you receive home-delivered meals or have attended a local dining center, all of you are truly unforgettable!

I wish you all the best in the new year and many years to come. Although my time here has passed, my memories will remain forever.

-Sally

Q: What does a pickle say when he wants to play cards?

A: Dill me in!



Q: What do you call a nervous celery stalk?

A: An edgy veggie.

Health Benefits of Walnuts

Emerging research has found that, aside from the walnut's strong nutritional punch, it may also promote brain function.

This nut is an excellent source of essential omega-3 fatty acid — a quarter-cup of walnuts provides over 90 percent of the recommended dietary needs. Potential health benefits of the omega-3 fatty acid includes:

- Cardiovascular protection
- Promotion of better cognitive function
- ♦ Anti-inflammatory benefits helpful in asthma, rheumatoid arthritis and inflammatory skin diseases such as eczema and psoriasis.

The walnut also contains the antioxidant ellagic acid, which supports the immune system and appears to have several anticancer properties. Also, walnuts are an excellent source of phosphorus, zinc, copper, thiamin, iron and potassium.

(Produced by ADA's Strategic Communications Team)

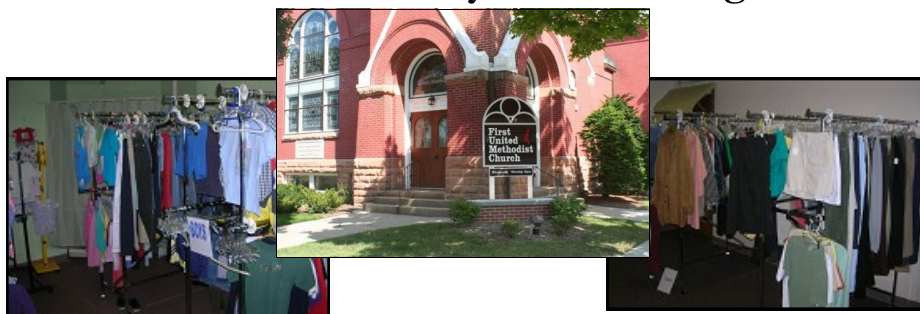
This Healthy Tip brought to you by:

Reedsburg Area Medical Center
2000 North Dewey Avenue
Reedsburg, WI 53959
608-524-6487



NEIGHBORLY

Baraboo's Community Free Clothing "Store"



In August, 2007, a free clothing store was started in partnership with the Baraboo Food Pantry. Neighborly (the store) is a place where those in need of clothing can come to shop for free clothing and be treated with kindness, as if they were going to borrow a cup of sugar at the home of a neighbor.

To begin, volunteers visited three garage sales on a Saturday, and asked if the sellers would consider donating their unsold clothing to the new free store. All three said "yes". The store was open the same hours as the Food Pantry. Word spread, and now in its fourth year of operation, the store continues to receive clothing donations almost daily.

In September of this year, the Food Pantry moved down the street to larger space in the St Vincent de Paul location. However, the free store continues to provide free clothing for

anyone in need – babies, toddlers, teens, and adults. Clothing is offered only if it is clean and wearable.

The Free Store is open in the basement of the First United Methodist Church, 615 Broadway in Baraboo, Monday afternoons from 1:30 pm – 2:30 pm and Thursday evenings from 5:30 pm to 6:30 pm, except holidays. It is opened to anyone who has a need. Because the store relies on donations, some sizes and garments may not always be available. Clothing may be brought to the store when it is open, or when the church is open, generally from 9:00 am to 2:00 pm.

Volunteer workers are also welcome.

If you have questions about the free store, or want to volunteer, please stop in when the store is open, or call 524-0978.

—another way to

Add **LIFE**SM

Add Learning To Your Life

Plan to spend a day on the beautiful UW-Baraboo/Sauk County campus.

A lifelong learning conference has been planned to explore new ideas and inspire adults 55 and over.

Keynote speakers and breakout session options will include such topics as:

- ◆ What Ever Happened to Sheriff Paddock's Eight Lunatics and Miss Ella English who Spoke German?
- ◆ Laugh for the Health of it
- ◆ Stay-cations: Great day trips in the Midwest
- ◆ Lady Convicts in the US and Germany
- ◆ Music and the Vietnam War Era
- ◆ Lifelong Learning and the Wisconsin Idea
- ◆ Brain Fitness
- ◆ Exploring the Internet
- ◆ Hypnosis: Who? What? Why?

Thursday, March 24, 2011 • UW-Baraboo/Sauk County

Registration: \$25 per individual or \$45 per couple (includes lunch)

For more information or to get on the mailing list for a registration form, call Continuing Education at (608)355-5220



Mark Your Calendar

The ADRC will be closed on:
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.

(Continued from page 9)

and low monthly maintenance fees.

GreenPath does not handle Debt Settlements. Those kinds of arrangements are typically advertised on television. They might promise to settle your debt for just pennies on the dollar. Beware of debt settlements! A Debt Settlement is not a repayment plan in which your creditors (the people you owe money to) are paid each month by the agency you are paying your monthly fees to. Instead, the agency takes the first few months of your payments as non-returnable fees and then simply banks subsequent months' payments in the hope that sometime in the future when enough of your money has been banked they can offer that amount to your creditors as a lump sum payment in full. With a Debt Settlement you are simply paying someone (and paying them a lot) to put money in the bank for you.

In contrast, what GreenPath will counsel you on is the possibility of creating a *Debt Management Plan*. This kind of arrangement works with creditors to reduce interest rates and fees and helps ensure that payments that are manageable for you to make are made each month to the creditors in an amount that is enough to avoid actions like collection, while slowly (but surely) paying off the entire debt. There is no negotiation of a lump-sum settlement. Debt Management Plans usually last 3-5 years.

Maybe you don't yet need a Debt Management Plan, but are feeling overwhelmed during these tough economic times and are simply looking for someone to talk to about creating a better budget that you can manage. If you are experiencing any kind of sustained financial difficulty, consider contacting a financial counseling agency for assistance.

GreenPath Debt Solutions
<http://www.greenpath.com/>
888-776-6735
414-282-8187



February 2011

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>1</i> Chicken Teriyaki Baked Potato Mixed Vegetables Cream Sicle Torte Pineapple Tidbits * Dinner Roll	<i>2</i> Hungarian Goulash (includes veg.) Tossed Salad Mand. Orange Gel. Cinnamon Roll * Sliced Bread	<i>3</i> Pot Roast Red Skin Potatoes Baby Carrots Birthday Cake Peach Slices * Dinner Roll	<i>4</i> Mushroom Pork Cutlet Mashed Potatoes Red Cabbage Applesauce Cookie * Sliced Bread
<i>7</i> Beef Stew (includes veg.) Winter Blend Veg. Pecan Pie Fruit Cocktail * Sliced Bread	<i>8</i> Ham Rolls Squash Health Slaw Pineapple Tidbits Cookie * Dinner Roll	<i>9</i> Baked Chicken Mashed Potatoes Three Bean Salad Fruited Gelatin Frosted Cake * Sliced Bread	<i>10</i> Lasagna Casserole (includes veg.) Italian Blend Veg. Vanilla Pudding Pear Slices * French Bread	<i>11</i> Swedish Meatballs Mashed Potatoes Peas and Carrots Peach Slices Fudge Brownie * Sliced Bread
<i>14</i> Sweet and Sour Pork over Rice Carrots Key Lime Pie Pineapple Tidbits * Sliced Bread	<i>15</i> Country Fried Steak Mashed Potatoes Green Beans Apricot Halves Chocolate Pud. * Dinner Roll	<i>16</i> Chicken Cacciatore Cheesy Potato Bake Calif. Blend Veg. Sugar Cookie Apple * Sliced Bread	<i>17</i> Roast Turkey Mashed Potatoes Cream Style Corn Cranberry Gelatin Frosted Cake * Dinner Roll	<i>18</i> Liver and Onions Escalloped Potatoes Peas/Pearl Onions Orange Sherbet Peach Slices * Sliced Bread
<i>21</i> Pork Steak Mashed Potatoes Pickled Beet Salad Cantaloupe Slice Cookie * Sliced Bread	<i>22</i> Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pear Slices Frosted Cake * Dinner Roll	<i>23</i> Seafood Newburg over Rice (incl veg) Tossed Salad Coconut Cream Pie Plum Halves * Sliced Bread	<i>24</i> Meatloaf Au Gratin Potatoes Winter Blend Veg. Applesauce Vanilla Pudding * Dinner Roll	<i>25</i> Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Cookie * Sliced Bread
<i>28</i> Chopped Steak in Burg/Mush Sauce Mashed Potatoes Carrots Choc. Banana Torte Fruit Cocktail * Sliced Bread				

March 2011

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Q. What do you call a fake stone in Ireland?</p> 	<p><i>1</i></p> <p>Chicken Breast Mashed Potatoes Mixed Vegetables Fruited Gelatin Cinnamon Roll * Dinner Roll</p>	<p><i>2</i></p> <p>BBQ Pork Cutlet Baked Potato Spinach Salad w/ Hot Bacon Dressing Peach Slices Fudge Brownie * Sliced Bread</p>	<p><i>3</i></p> <p>Meatloaf Au Gratin Potatoes Peas/Pearl Onions Birthday Cake Petite Banana * Dinner Roll</p>	<p><i>4</i></p> <p>Roast Pork Loin Mashed Potatoes Green Beans Applesauce Cookie * Sliced Bread</p>
<p><i>7</i></p> <p>Beef Stew (includes veg.) Winter Blend Veg. Apple Pie Fruit Cocktail * Biscuit</p>	<p><i>8</i></p> <p>Swiss Steak Mashed Potatoes Corn Ice Cream Cup Pear Slices * Dinner Roll</p>	<p><i>9</i></p> <p>Crispy Fish Fillet German Pot. Salad Peas and Carrots Mand. Orange Gel. Vanilla Pudding * Sliced Bread</p>	<p><i>10</i></p> <p>Ham Rolls Squash Health Slaw Pineapple Tidbits Frosted Cake * Dinner Roll</p>	<p><i>11</i></p> <p>Spinach Lasagna Cass. (incl. veg.) Italian Blend Veg. Key Lime Pie Petite Banana * French Bread</p>
<p><i>14</i></p> <p>Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Cookie * Sliced Bread</p>	<p><i>15</i></p> <p>Baked Chicken Mashed Potatoes Pickled Beet Salad Raspberry Sherbet Peach Slices * Dinner Roll</p>	<p><i>16</i></p> <p>Hawaiian Meatballs Red Skin Potatoes Calif. Blend Veg. Apricot Halves Frosted Cake * Sliced Bread</p>	<p><i>17</i></p> <p>Corned Beef Red Skin Potatoes Cabbage/Carrots Grasshopper Torte Pear Slices * Dinner Roll</p>	<p><i>18</i></p> <p>Salmon Loaf Baked Potato Summer Blend Veg. Pear/Lime Gelatin Cookie * Sliced Bread</p>
<p><i>21</i></p> <p>Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Vanilla Pudding * Sliced Bread</p>	<p><i>22</i></p> <p>Chicken, Broccoli & Rice Casserole Carrots Alexander Torte Plum Halves * Dinner Roll</p>	<p><i>23</i></p> <p>Salisbury Steak Mashed Potatoes Wax Beans Cantaloupe Slices Frosted Cake * Sliced Bread</p>	<p><i>24</i></p> <p>Roast Turkey Mashed Potatoes Cream Style Corn Cranberry Gelatin Cookie * Dinner Roll</p>	<p><i>25</i></p> <p>Seafood Creole over Rice (incl. veg.) Mixed Vegetables Coconut Cream Pie Fruit Cocktail * Sliced Bread</p>
<p><i>28</i></p> <p>Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Peach Slices Frosted Cake * Sliced Bread</p>	<p><i>29</i></p> <p>Escaloped Potatoes & Ham Casserole Calif. Blend Veg. Egg Custard Pie Applesauce * Dinner Roll</p>	<p><i>30</i></p> <p>Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pineapple Tidbits Cookie * Sliced Bread</p>	<p><i>31</i></p> <p>Country Fried Steak Mashed Potatoes Swiss Spinach Chocolate Pudding Pear Slices * Dinner Roll</p>	 <p>A. A Shamrock!</p>

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



We would like to thank Jo Ann Luke for her donation to the LivingWell Expo.



Thank you to Doris & Vernon Bindl for their donation in memory of Leo & Lucy Kraemer.



We would like to thank Thomas & Mary Ann Ingalls for the donation to the publishing of AddLIFE Today!



Thank you to Ervin & Mildred Lenz for their donation in memory of Agnes Mortimer and LeVera Grosskrueger.



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We would like to thank Joyce Gasser for her donation to the AARP Tax Preparation Program and to the publishing of AddLIFE Today!



Thank you to Joan Litscher for her donation in memory of Pete Litscher for *The Bus*.

Thank You!

Donation Designation Form

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- 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

**It was one of those March days
when the sun shines hot
and the wind blows cold:
when it is summer in the light,
and winter in the shade.**

Charles Dickens



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For newsletter questions or comments,
please contact Cathy Bindl at 355-3289 or email at cbindl@co.sauk.wi.us.

Try this phrase scramble!! A phrase scramble is a group of words, all cut up and mixed up and you need to put the phrase blocks in order to create a saying.

O U . S O E F R A I E A D R O
I ' S V E S E R N G L O N E N D T H
T H

This Brainteaster provided to you by:



Golden LivingCenter-Wisconsin Dells
300 Race St
Wisconsin Dells, WI 53965
608-254-2574

Answer:
The road to a
friend's house is
never long.