



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

## **Free Tax and Homestead Credit 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 the following paperwork with you at the time of your appointment:

- A copy of the prior year's tax return
- W-2 (Wages) and 1099 Forms (interest, dividends and pension income)
- If there was a sale of stock or transfer or redemption of mutual funds, you must have the original cost and date of purchase
- Other papers showing income or expenses



including:

- Broker's year end summary statements
- Health insurance premiums
- Long Term Care insurance premiums
- Economic Recovery Payment
- Closing Statement for First Time Homebuyer Credit
- Automobile Sales Invoice for New Vehicle Sales Tax Deduction
- Supporting Receipts for credit for Energy Efficiency Home Improvements\*
- College Expenses - tuition and books
- Copy of your 2012 property tax bill, whether paid or unpaid
- If renting or leasing, please bring the rent certificate from your landlord if you are eligible to file a Homestead Credit claim

**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 to you!

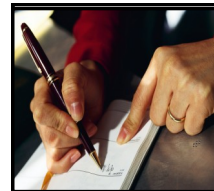
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Few  
are those who  
see with  
their own eyes  
and  
feel with  
their own hearts.

Albert Einstein



### Mark Your Calendar

The ADRC will be closed on:

April 6    Good Friday  
May 28    Memorial Day  
July 4     Fourth of July

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

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



## Director's Notes

Trish Vandr, ADRC Director



### SPECIAL PEOPLE AND SPECIAL PROJECTS: MATCHMAKING AT THE ADRC

February is matchmaking season and the ADRC is getting in the act!

There is always more to do than staff to do it with at the ADRC. I am often characterized as having an extremely large stove with many 'back burners' on which great project ideas, big and small, just keep simmering away until someone finds time, a new grant, or a great person to take them on.

This is where **YOU** come in! I am confident that many of you have just the right mix of gifts and talents to contribute to a special project.

It is well documented that to be well we all need purpose and meaning in our lives. These projects are just the ticket! Please consider getting in touch with the ADRC to find your perfect match! You'll be glad you did!

Be Well,

*Trish*

Volunteers  
Giving  
Time  
And  
Talent



## Voice of the Messenger

Tony Tyczynski,  
Veterans Service Officer



### Dear Friends,

Fellow veterans we are off and running into another busy year. Those of you receiving monetary benefits from the VA should be enjoying your cost of living increase. If you did not get an increase please contact us. This would also be a good time to remind those of you who have service-connected disabilities to **schedule an appointment**, if you have not had them reviewed in more than five years. We will go over your claim and see if you might be eligible for an increase or have additional or secondary conditions which we should add. It is always in your and your family's best interest to have all possible conditions listed on your claim.

There are initiatives at the State and Federal level to try and help veterans find and secure employment. Follow this link [www.wisvets.com](http://www.wisvets.com) (see the right hand column) for State initiatives on getting assistance finding work. There is also a link to the Federal initiative on the Wisconsin Department of Veterans Affairs website. For veterans who are interested in starting a business or growing their current business, there is a federally funded initiative [www.vetransfer.org](http://www.vetransfer.org). Be sure to also check our Sauk County Veterans Service Office website at [www.co.sauk.wi.us/veteransserviceoffice](http://www.co.sauk.wi.us/veteransserviceoffice) for updates and information.

In Your Service,

*Tony*



## Volunteer Vantage Point

Mary Jane Percy  
Volunteer Coordinator



### We've Got Your Number ... Or Do We ??

Last year I moved. After being at the same address for 15 years I was faced with the task of figuring out who all I needed to tell. On my last trip to visit my parents in Illinois, I realized I had forgotten one ... the Illinois Tollway. When I started using my I-Pass I had a different address, and a different phone number, AND a different vehicle ... YIKES!

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

Recently we learned 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!

## 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"!



### 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 5,400 + newsmagazines ... and they do it all with a smile on their faces!

At our November 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 delivers home delivered meals in Baraboo on Mondays - 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.

Call Mary Jane at 355-3289 to sign up for a class near you!

\$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 cost 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!***



Tom Litscher



Dennis Murray

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

*Getting You  
There!*

*The  
Bus*

## The New Automobile Insurance Law in Wisconsin: Why You Should Care

By: Attorney Maria Selsor



**Know  
The  
Facts**

Beginning November 1, 2011, a new insurance law will decrease the minimum liability amounts that people are required to carry in their auto insurance policy.

Amounts are being decreased from:

Old limits		New limits
\$50,000 per person	to	\$25,000 per person
\$100,000 per accident	to	\$50,000 per accident
\$15,000 property damage	to	\$10,000 property damage

This means it will now be possible for you – and everyone else on the road – to purchase policies that pay out only \$25,000 per person, \$50,000 per accident, and \$10,000 in property damage.

**What does this mean to you? Well, according to many consumer advocates it means bad news.**

These days it is not difficult to rack up \$25,000 in medical bills from a serious

accident. Even something simple like a broken arm or leg and a trip to the emergency room can amount to over \$10,000. Imagine if you (or your family member) must stay in the hospital for a longer period of time, require surgery, expensive drugs, or a medical specialist. The costs can be astronomical.

Let's say the accident is your fault. Who pays once the insurance company limits are reached? That's right – you do. Once your policy limits are reached, you may be required to pay the other person's medical bills out of your personal assets.

Even if the accident is not your fault, it's still bad news. Who will pay your medical bills and other expenses once the insurance limit is reached? Well, the other driver will - unless, of course, that person has no money or files for bankruptcy, which is often the case when expenses are high. Unfortunately, this new law also now allows insurance

companies to exclude underinsured motorist (UIM) coverage from their policies. So if you are not careful in reading your policy, you may learn that you do not have the coverage you thought you purchased.

Keep in mind that you can always purchase a policy that provides more than the minimum coverage required by law.

However, consumer advocates fear that

insurance companies will steer consumers toward these minimum liability policies because the premiums are only slightly lower, but save the company from paying out large sums of money

If the accident is not your fault, who will pay your medical bills and other expenses once the insurance limit is reached? Well, the other driver will - unless, of course, that person has no money or files for bankruptcy, which is often the case when expenses are high.

Let's say the accident is your fault. Who pays once the insurance company limits are reached? That's right - you do. Once your policy limits are reached, you may be required to pay the other person's medical bills out of your personal assets.

when claims are filed. In other words, consumers will likely be encouraged to purchase an inadequate and inferior product. Consumers are advised to review their policies carefully, and opt

for coverage that provides at least \$50,000 per person, \$100,000 per accident, and \$15,000 in property damage. The increase in premium for these superior plans is usually only between \$2 to \$6 per month.

## 1 in 4 People Live with a Mental Illness

A staggering statistic, isn't it? This means that most likely you, a family member, or someone you know is living with mental illness. The ADRC has set goals for 2012 to work with community partners to facilitate the growth of programs and services available to support those living with mental illnesses and their families. Watch for details of this exciting work!

The NAMI Sauk County affiliate (National Alliance on Mental Illness) is working hard to provide education, recovery support and to break down the stigmas that surround mental illnesses and those who live with them. Call the NAMI Support Line to find out how you and your loved ones can find the education and support you need or join in the efforts to make our communities more caring places for people with mental illness to live.

### NAMI Sauk County Support Line: 355-4435

- ◆ Weekly discussion group:
- ◆ Tuesdays at 3 p.m., Reedsburg Recreation Center
- ◆ Monthly Educational Programming and discussion group: 1st Thursdays, 12:30 p.m. West Square Building, 505 Broadway, Baraboo
- ◆ Find us on Facebook: NAMI Sauk County

May you have the hindsight to know where you've been, The foresight to know where you are going, And the insight to know when you have gone too far

\*An Irish Blessing





# 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	February 7 11:00 to 12:00	March 6 11:00 to 12:00
Reedsburg Willow Heights	February 14 11:00 to 12:00	March 13 11:00 to 12:00
Baraboo Highpoint Commons	February 21 11:00 to 12:00	March 20 11:00 to 12:00



## DEB HARVEY Coming to you:

Plain Library	February 8 1:00 to 3:00	March 7 1:00 to 3:00
Spring Green Senior Center	February 15 10:30 to 11:30	March 21 10:30 to 11:30
Spring Green Library	February 15 1:00 to 2:00	March 21 1:00 to 2:00
Sauk/Prairie Community Cntr	February 16 10:00 to 11:30	March 22 10:00 to 11:30
Merrimac Village Hall	February 16 8:30 to 9:30	March 22 8:30 to 9:30

## Stolen Identity:

### What to do if you Become a Victim of Identity Theft

Identity theft occurs when someone uses your personal identifying information, like your name, Social Security number, or credit card number, without your permission, to commit fraud or other crimes. The Federal Trade Commission estimates that as many as 9 million Americans have their identities stolen each year.

Here are some steps you should take if you become a victim of identity theft.

#### Notify creditors:

You must report identity theft to EACH creditor directly. First, find out how the creditor

wants you to report the theft. For example, an "ID Theft Affidavit" available from the Federal Trade Commission may be acceptable to one creditor, but not another.

Creditors may have company specific forms for you to fill out instead. If an ID Theft Affidavit is acceptable, you may also request a copy through CWAG's Financial Exploitation Project at (800)488-2596. You should also ask if you have to file a police report with the affidavit or form.

Regardless of the type of form you are required to fill out, you must do so quickly; most creditors tell you to send forms in within



Protect Yourself!  
From The Wolf in Sheep's Clothing Wanting To Steal Your Identity



2 weeks. Send the documentation by certified mail, return receipt requested, and keep copies of what you sent.

### **Notify financial institutions:**

Wisconsin law requires consumers to report unauthorized signatures or alterations on checking accounts or debit card purchases “within a reasonable time after receiving the account statement.” You have an obligation to discover and report unauthorized signatures or alterations even if someone intercepts your bank statements, so contact the bank immediately if you suddenly stop receiving statements.

Likewise, if your checks are stolen, stop payment on all checks that are unaccounted for and close the account. Additionally, request password protection on any new checking account that you open.

### **Tips on notifying credit card companies:**

If you are reporting identity theft to credit card companies, the rules are specific. You must report the theft in writing, and the first contact with the credit card company must be within 60 days of when the fraudulent charge was mailed to the billing address - even if your credit card billing address is different than your actual address.

The written report to the credit card company must state you are disputing a charge on your account or that you are disputing entire account. Include supporting documentation, and ask each creditor to provide you with a letter indicating that the disputed account was closed and the unauthorized debt was either discharged or waived. The credit card company must acknowledge a written dispute in writing within thirty days after getting it and resolve the dispute within ninety days of receiving the letter.

### **Place a Fraud alert on your credit report:**

As soon as you discover (or suspect) an instance of identity theft, it is important that you place a fraud alert on your credit reports. Fraud alerts are free. Call any one of the three major credit reporting companies to do so. The reporting company that you call is required to contact the other two so they can also activate fraud alerts. When you contact the credit reporting agency, ask to add a victim statement to the report, such as ‘my identity has been used to apply for credit fraudulently. Contact me at (your phone number) to verify all applications.’

Each credit bureau will then mail a free credit report once your file has been flagged with an initial fraud alert. The initial fraud alert will remain in place for 90 days. You can extend the time period to seven years (through an Extended fraud alert), in writing, following the directions sent out in the report you will receive.

The purpose of a fraud alert is to signal to creditors that you may have been a victim of suspicious activity. Fraud alerts inform creditors to take extra steps to verify the legitimacy of a request for new credit, extension of credit on an existing account, or issuance of an additional card on an existing account.

With an Initial fraud alert, when you or someone else attempts to open a credit account in your name, increase the credit limit on an existing account, or obtain a new card on an existing account, the lender should take steps to verify that you have authorized the request.

An Extended fraud alert requires creditors to verify your request by contacting you on the telephone number(s) you provide to the credit reporting agency when you requested the

alert. To place an Extended Fraud Alert, you will need to write to one of the nationwide credit reporting agencies and provide a valid police report showing that you have been the victim of identity theft. With an Extended fraud alert, you may request two additional free credit reports, and your name is removed from prescreened offers of credit or insurance for 5 years.

You should also ask the credit bureaus about their procedures for investigating and removing the erroneous information from their credit reports. Ask them for numbers and addresses of creditors with whom fraudulent accounts have been opened. If errors are removed, ask the credit bureau to send updated reports to anyone who received it in the last year.

Note that these alerts do not prevent third parties from viewing your credit file. Third parties are, however, required to take certain steps to verify that you have authorized the activity on your account if they see a fraud alert on the credit file. Lenders will still have access to your credit files.

### **Extra Step: A Security Freeze**

Any consumer in Wisconsin may place a security freeze on his or her credit report by requesting it in writing. The consumer reporting agency is not allowed to charge a fee to victims for placing or removing a security freeze on a credit report. To prove that you are a victim, you must include a copy of a report to a law enforcement agency regarding identity theft. For all other consumers, a charge of \$10 will be applied for each placing, removing, or for each temporary lifting of a security freeze.

A Security Freeze will prevent the information in your credit file from being reported to third parties, such as creditors and

other companies.

With a Security Freeze, lenders will not be able to gain access to your credit file unless you give permission by using a PIN number. This means that it's unlikely that an identity thief would be able to open a new account in your name.



Even with a Security Freeze, your credit file will still be disclosed in certain situations. For example, companies that you do business with (such as your mortgage, credit card, or cell phone company) will still have access to your credit report, as will collection agencies that are working for one of those companies. Companies will also still be able to offer you prescreened credit. Additionally, in some states, potential employers, insurance companies, landlords, and other noncreditors can still get access to your credit report with a Security Freeze in place.

Since Security Freezes block your credit file from being disclosed to third parties (except as noted above), if you want to apply for a loan you must request a lift in the security freeze so that the necessary third parties will be able to view the credit file. Security Freezes remain on your credit file until you decide to remove or lift it. Take note that a Security Freeze cannot prevent all types of identity theft. For example, a Security Freeze will not prevent an identity thief from using your existing credit cards or other accounts.

Contact information for each of the “Big

Three” credit reporting agencies:

- Equifax: [www.equifax.com](http://www.equifax.com). To report fraud: 888 766 0008/ order copy of report: 800 685 1111
- Experian: [www.experian.com](http://www.experian.com). To report fraud: 888 397 3742 / order copy of report: 888 397 3742
- Transunion: [www.transunion.com](http://www.transunion.com). To report fraud: 800 680 7289 / order copy of report: 877 322 8228

### **Log transactions after discovering the identity theft**

Finally, make sure to document the identity theft. Start with first indication of the problem. Log the date, statement, account number, and all details of the suspicious transaction. Record every suspicious transaction and all correspondence related to the theft. Log all letters received that are related to the transaction. Be sure to keep the statements objective, because your logs may become court evidence if the case is ever prosecuted. If you are creating a paper log, use a bound book with pages that cannot be easily removed – this is better for court purposes if your case is prosecuted, since pages can’t be added or removed easily. You may also log information on a computer.

Also, keep originals of all supporting documentation you collect. Your files should include letters from creditors and financial institutions and official documents such as police reports. If anyone requests your documentation, give them copies and keep your originals.

Remember to keep records and receipts of your expenses associated with the identity theft. If someone is later convicted of the theft, these records will help establish the amount of restitution the defendant will have

to pay. Expenses could come in the form of phone calls, faxes, postage, mileage, costs of time taken off work to deal with the theft, and any professional you may need to hire to assist you in dealing with the theft.

Be sure to store your documentation in a safe place for at least a couple of years, because, even if the identity theft is no longer taking place, you never know when an error may later appear in your credit report.

### **Have the police report the identity theft:**

Insist that the police file a report of the identity theft incident, and that they provide you with a copy of the report. Wisconsin statutes state that you shall get a copy of the report; the police cannot withhold one from you when reporting an incident of identity theft.

References: Federal Trade Commission ([ftc.gov](http://ftc.gov)),  
CWAG Elder Financial Exploitation Project  
Identity Theft Toolkit

## **February is Heart Month**

Did you know that:

- Your heart is made up almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds – roughly the weight of a compact car.
- Laughing can be a great workout for your heart. Whenever you laugh, the blood flow in your heart is increased for up to 45 minutes, which in turn improves your heart health.
- The blood vessels fed by your heart are more than 60,000 miles long. According to [The Cleveland Clinic](http://TheClevelandClinic.com), they could wrap around the world twice.
- On average, a million barrels worth of blood is pumped through the heart in a lifetime.

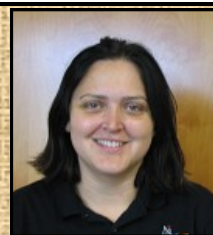




# Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



## Social Security Cost of Living Increase

You probably already know that there was an increase in Social Security and Supplemental Security Income (SSI) monthly payments at the beginning of the year. If you receive monthly Social Security or SSI payments, you received a 3.6 percent cost-of-living adjustment (COLA) beginning with your payment for the month of January 2012. The increase is expected to benefit approximately 55 million Social Security benefit recipients and approximately 8 million SSI recipients (a program for those who fall within or below the poverty level).

### What Does This Mean for Social Security Disability Benefits Payments

The COLA amounts to approximately \$40 per month for the average Social Security Disability benefit recipient or just over a \$450 increase for the year. For those who receive Supplemental Security Income, they will also see an increase in their SSI benefit payments. However, this increase will equate to

just under \$20 a month for most applicants.

### The other Side of Cost of Living Adjustment

While Social Security recipients will receive slightly more each month due to the COLA increase, many will see that increase eaten up by an increase in Medicare Part B premiums. According to CMS (Centers for Medicare and Medicaid Services), Medicare recipients may see their Medicare Part B premiums increase by about \$10 a month. This increase will naturally be taken from the Cost of Living Adjustment that is being offered by the Social Security Administration.

Bottom line - many Social Security recipients, especially those who may be affected by the Medicare Part B premium increases, may find their Social Security "raise" leaves them with nearly the same monthly funds they received throughout 2011.

Resources – SSA and Medicare.gov

# Social Security Questions and Answers

**Question:**

I found out that my son submitted incorrect information about my resources when he completed my *Application for Help with Medicare Prescription Drug Plan Costs*. How can I get my application changed now to show the correct amount?

**Answer:**

You can call 1-800-772-1213 and let them know. Or you can visit your local Social Security office (find it by using the Social Security office locator at [www.socialsecurity.gov/locator](http://www.socialsecurity.gov/locator)). Information on your application will be matched with data from other Federal agencies. If there is a discrepancy that requires verification, they will contact you.

**Question:**

My grandfather, who is receiving Supplemental Security Income (SSI), will be coming to live with me. Does he have to report the move to Social Security?

**Answer:**

Yes. An SSI beneficiary must report any change in living arrangements within 10 days after the month the change occurs. If the change is not reported, your grandfather could receive an incorrect payment and have to pay it back, or he may not receive all the money due. Just as importantly, your grandfather needs to report the new address to Social Security to receive mail from them. You can report the change by mail or in person at any Social Security office or call Social Security's toll-free number at 1-800-772-1213 (TTY: 1-800-325-0778). You can get more information by reading the booklet *Understanding SSI*, at [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi).

**Question:**

Why is there a five-month waiting period for Social Security disability benefits?

**Answer:**

The law states that Social Security disability benefits begin with the sixth full month after the date your disability began. You are not entitled to benefits for any month prior to that. Learn more at our website: [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

**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. Social Security will periodically review your case to determine whether you continue to be eligible. If you are still receiving disability benefits when you reach your full retirement age, your disability benefits will automatically be converted to retirement benefits. Learn more about disability benefits at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

## Aging and Exercise

### What Can Exercise Do For Me?

We all know exercise is important, yet difficult to begin. Many people ask "What do I have to gain with an exercise program?" Research shows older adults have much to gain from being physically active and also much to lose from inactivity. Physical activity can prevent or delay diseases or disabilities of the elderly population. Done on a regular basis, exercise can improve the health of this population. Unfortunately, more than two thirds of older adults do not exercise regularly.



Several types of exercise can improve the health and abilities of elderly people. These are endurance, strength training, balance, and flexibility.

Exercises such as walking, jogging or biking are examples of endurance exercise. These exercises can improve your breathing and heart rate and improve the health of your heart, lungs, and circulatory system. Independence can be maintained and stamina increased for stairs, going shopping, and fun by doing these exercises.

Strength exercises help increase your metabolism and keep blood sugars in check. Studies also suggest building muscle will help prevent osteoporosis. Some examples would be going from sitting to standing, straight leg raises, mini squats, bicep curls, and reaching overhead..

Balance exercises help prevent. Several examples of these are: standing on one leg, double leg stance with eyes open or closed and head turns. Always do balance activities by the counter or a back of a chair to prevent falls.

Flexibility exercises otherwise known as stretches will help keep you limber and less tight. Stretching helps you recover from injuries and prevent falls.

People ask "How do I get started?" First, start at a comfortable level. Do not do too much too quickly as you may become sore and damage your muscles. Start exercising slowly and make it a lifetime habit. Always consider your situation as you begin. Some may start with walking or jogging while others may begin by lifting a can of soup. Moderate exercise is a good beginning point. Build up your routine gradually and be sure to use all four areas: endurance, strength, balance, and flexibility.

If you are considering starting an exercise program for the new year, contact your physician to see if you are healthy enough to exercise. If you feel you need to get stronger, are limited in your daily activities, have a fear of falling, or are having pain, contact your physician to get an order for physical therapy or occupational therapy, and we can assist you in developing a program that is right for you.

Enjoy a healthy 2012!

This Healthy Tip brought to you by:



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



## Maintaining Brain Health: Tips for Staying Sharp at Any Age

People are living longer now and are more aware than ever of the various threats to brain health from infancy through adulthood. We all want to remain as sharp as we can for as long as we can. There is not yet a cure for Alzheimer's disease or most other causes of dementia – but there are important things we can do to keep our brains healthier and sharper at *all* ages.

The Alzheimer's & Dementia Alliance of Wisconsin is offering a free presentation called, *"Maintaining Brain Health; Tips for Staying Sharp at Any Age."* It will be held at Oak Park Place, 800 Waldo St. in Baraboo from 3:00 to 4:30 p.m. on Wednesday, March 7.

Come to learn more about how your brain works and the latest tips on improving brain health, whether you're 16, 60 or 96. The presentation explains some brain basics and features scientifically-rooted nutritional and lifestyle advice, fun brain exercises, and materials to take home for further exploration.

Please reserve a spot by contacting Carol Olson at 742-9055 or [carol.olson@alzwissc.org](mailto:carol.olson@alzwissc.org) or Oak Park Place at 355-4111. For more information from or about the Alzheimer's & Dementia Alliance, visit [www.alzwissc.org](http://www.alzwissc.org) or contact Carol.

## AMERICAN HEART MONTH EVENTS

### Healthy Hearts Across a Lifetime

Saturday, February 4

10:00 a.m. to 2:00 p.m.

St. Joseph's School

310 Second St. Baraboo

Family event featuring exhibits, screenings, presentations and interactive fun for all ages

Sponsored by **St. Clare HOSPITAL**,

St. Clare Coalition of Parish Nurses,

Ho-Chunk Gaming Wisconsin Dells and the

American Heart Association



### Taking Care of Your Heart, What You Need to Know

Tuesday, February 7

6:00 p.m.

St. Clare Hospital, Ringling Room

FREE

This panel discussion by health professionals will cover a variety of heart-related topics, such as nutrition, diabetes, exercise, signs of heart failure and new treatments in heart care.

For more information, call

**St. Clare HOSPITAL's**

**Health Living Center**

at 608-356-1801



## *Ageing & Disability Specialists - Here to Help you!*



Jim  
Pritzkow



Lisa  
Karau



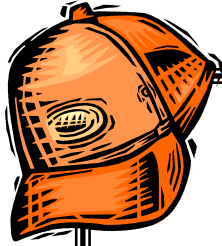
Quinn  
Hause



Abigail  
Musselman



Marcie  
Dachik



## **The Family Care “Cap” Will Be Lifted**

On July 1<sup>st</sup>, 2011, Governor Scott Walker put a Statewide “Cap” on the number of people enrolled into the Family Care Program. This resulted in the waitlist for the Family Care Program in Sauk County to continue.

The Family Care Program provides funding for long term care services. Eligibility for the Family Care Program is based on both functional and financial needs. The ADRC is the agency that assists enrollment into this program.

On December 13, 2011, the State of Wisconsin received a letter from the Federal Centers for Medicare and Medicaid Services (CMS). This letter instructed the State of Wisconsin “to operate the waiver (Family Care) as it was approved by CMS.” The letter further stated “we (CMS) are directing the State to identify any individuals not currently enrolled onto the Family Care or Self-Directed Supports waivers since the July 1, 2011 implementation of the newly instituted enrollment caps, and immediately enroll those individuals in the waiver programs. This includes individuals living in any counties who

had or would have had an entitlement to the waivers as of July 1, 2011, and includes individuals who were or would have otherwise been selected for enrollment from other participating counties.” This means that the State Of Wisconsin did not have approval from the Federal CMS to implement a “Cap” on July 1, 2011 and the State was instructed to remove it immediately.

On December 28, 2011, Governor Scott Walker held a press conference. At that press conference, Governor Walker said that he would lift the “Cap” that was implemented on July 1, 2011. He did not mention the letter received by the State on December 13<sup>th</sup>, 2011.

It may take some time for the State to determine how the “Cap” will be lifted. It is unclear as to the meaning of the word “immediately” as stated by the Federal CMS. As the State works through this process, the ADRC will continue to enroll as many eligible people as the system allows. Please feel free to contact the ADRC at 608-355-3289 to get updates on this article.



### Sign Up for No Call!

Wisconsin's No Call List became effective January 1, 2003. Signing up identifies you as someone who does not wish to receive telemarketing calls. It's free and available for residential telephone customers in Wisconsin. Your number will remain on the List for two years. Adding your phone number to the List will help reduce (but not eliminate) telemarketing calls. Effective June 6, 2008, Wisconsin residents can add their mobile telephone numbers to the List.

How does a consumer sign up?

Consumers can sign up 24 hours a day, 7 days a week, 365 days a year:

- By visiting the Wisconsin No Call List website at [nocall.wisconsin.gov](http://nocall.wisconsin.gov).
- By calling 1-866-9NO-CALL (1-866-966-2255) toll-free in Wisconsin.

The date you sign up determines the date when telemarketing calls should decrease:

If you sign up before:	You will be on the List on:
December 1st	January 1st
March 1st	April 1st
June 1st	July 1st
September 1st	October 1st

The updated No Call List is given to registered telemarketers quarterly. Therefore, it may take 30 to 120 days for your number to get to telemarketers. For more information, go to [nocall.wisconsin.gov](http://nocall.wisconsin.gov).

\*This article is reprinted from the Dept. of Agriculture, Trade & Consumer Protection website.



Home Health United –  
Visiting Nurse Service  
**Foundation**  
*Planning Your Future*

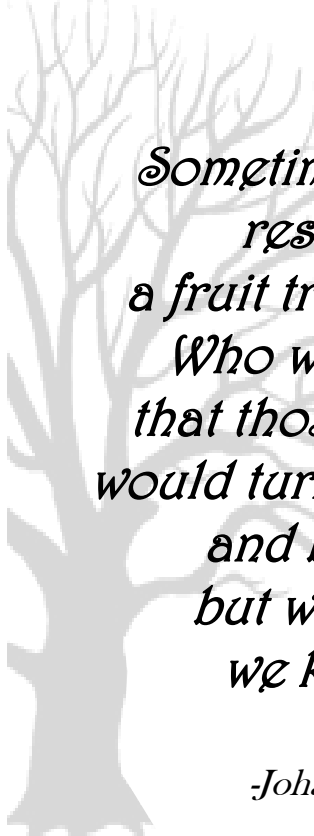
An informational seminar featuring topics including:

- Estate Planning*
- Advance Directives*
- End-of-Life Planning*

**May 1, 2012**  
**8:30 - 10:30 a.m.**  
**Oak Park Place**  
*800 Waldo Street, Baraboo*

The seminar is **FREE** but seating is limited, so register soon to reserve your spot.

**Call 608-276-7591 for more information**



*Sometimes our fate  
resembles  
a fruit tree in winter.  
Who would think  
that those branches  
would turn green again  
and blossom,  
but we hope it,  
we know it."*

*-Johann Wolfgang von Goethe*





**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 military sexual trauma (MST). We will not be giving any examples as this type of disability is very sensitive and personal. Military Sexual Trauma continues to be a very serious and far too common event for many veterans. What constitutes MST will vary, depending on the factors and circumstances in any given situation. The VA does recognize this trauma and the effects that it has on the victims. The incident should be reported through our office regardless of how long ago it happened and whether or not it was reported at the time of occurrence. Far too many veterans have kept this buried inside, thinking there was nothing that could be done or there was nothing to gain by bringing it up. The opposite is true in most cases.

The Vet Center in Madison has a counselor who specializes in this and she comes to Baraboo each month. Jennifer meets with veterans across the hall from our office. There is no charge for the services provided by the Vet Center. If you are a victim of MST and don't know where to start, please contact our office.



Jackie and Maurice Nolden (left) of Prairie du Sac presenting their donation to Tony Tyczynski (right), Sauk County's Veterans Service Officer. Bernie O'Donnell missing from photo.

**Thank you!**

A big thank you goes out to Maurice and Jackie Nolden of Prairie du Sac, and Bernie O'Donnell of Sauk City for their recent donation of \$500 to the Veterans Care Trust Fund. They are making yard ornaments out of old barn equipment and selling them to benefit wounded veterans.

Thank you to the DAV Auxiliary Chapter #8 for their donation of \$100. We also received a donation from the Pierce's Community Foundation, which we have details about in the next article.

These generous donations allow us to help needy veterans of Sauk County during these difficult times.

**Help Other Veterans When You Shop**

Did you know that when you shop at Pierce's Supermarket you can assist veterans in need? Through the Pierce's Community Foundation you can assign our organization's Veterans Care Trust Fund account number to your Pierce's card and our Trust Fund will receive a donation several times a year. Our Veterans Care Trust is meant to help veterans in a temporary situation. It has assisted veterans by



helping with overdue utilities, rent, or with prescription costs. Please consider donating to this very worthy fund. Tax deductible donations can be sent to the Veterans Service Office, 505 Broadway, Baraboo, WI 53913, and checks should be made out to the Veterans Care Trust Fund.



### Update on Baraboo VA Outpatient Clinic

The VA Community Based Outpatient Clinic in Baraboo (CBOC) is offering more services now. They recently began offering more telehealth services. Telehealth means the provider is in Madison and dials in locally to assist veterans. The clinic now offers Telehealth Audiology, which includes hearing aid fittings, hearing aid repair, and follow up for hearing aids; however, they are not able to provide hearing aid tests. They also offer a general Telehealth Nutrition class and a Telehealth Diabetes class. The CBOC is hoping to expand their telehealth services and are looking for a larger location to accommodate this expansion.

The clinic has a social worker/case manager who meets once per month with OEF/OIF/OND vets and provides assistance to them. We would like to encourage veterans who have not applied for health care to call our office for assistance in applying so they may take full advantage of their VA benefits.

### Support Veterans with a Tax Refund Donation

Wisconsinites are encouraged when filing state income taxes this year to consider donating to the Veterans Trust Fund (VTF), the state's primary means of supporting veterans. The VTF provides valuable services and benefits for veterans. The fund supports retraining grants, claims assistance, subsistence aid, and state Veterans Cemeteries.

With more troops returning home, more veterans are utilizing the services provided by the Veterans Trust Fund. These service members are returning to a challenging economy and are dealing with the after effects of repeated deployments, mental trauma, and physical trauma. Returning service members rely on programs supported by the VTF to reestablish their lives as civilians, attain job training and education, and contribute to the workforce as future leaders. At the same time, the needs of senior veterans have grown. As Wisconsin veterans age, the demand for affordable nursing care, transportation to VA medical centers, and eyeglasses and hearing aids increases.

Just one dollar donated from every taxpayer in the state would raise more than \$3 million for veterans. Donating is simply completed by entering an amount to give next to the Vets logo on your state income tax form. Donations can also be made by mailing a check to Wisconsin Department of Veterans Affairs, Veteran Trust Fund Donation, 30 W. Mifflin St., P.O. Box 7843, Madison, WI 53707-7843.

#### Sign up for the Electronic Newsletter

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



# Cop's Corner

We are excited to be bringing you a new column in *AddLIFE Today!* The Sauk County's Chief's Association police officers will be doing guest articles on current topics to help you stay safe.

## Protecting Your Money and Good Name

Safety is a word often related to our physical person, but can also apply to our money and identity. There are a lot of bad people out there who want to separate you from your money. They will try to do this through scams and by stealing your identity.

Many fraud scams target at risk and older populations of a community. These can be done via phone or mail and often try to trick you out of your money. A couple common types of this scam include receiving notice that the intended victim has won a lottery or large financial settlement. All they have to do to claim the money is deposit a check that they receive for a good sum of money, and then write a personal check to the sender to pay processing fees or taxes. The problem comes when the check does not clear and the intended victim is out the money they sent. Different versions of this scam focus on people who put items for sale in the paper or via the internet. A proposed buyer sends a bad check for an amount in excess of the asking price and then wants the

"change" sent back to them. The check they send does not clear and the intended victim is out the extra money they sent.

Other common scams include a call from a younger sounding

person who indicates they were in a car crash or received a ticket somewhere and need money wired to them. These are often started with "Grandma or Grandpa, I got in a crash and need money". The intended victim then thinks of their grandchild and will say, "Joe is that you?" They then will convince you to send money to get them out of trouble. This too is a scam. You should try to make contact with the person they purport to be prior to sending money anywhere, especially via wire gram.

A couple of keys to identify a scam are:

- Unsolicited awards or prizes from a lottery or settlement.
- Any time that a person asks you to send money via wire gram such as Western Union.
- Any person you do not know and cannot verify asking for money.
- Any person who offers to check your credit history or extend a credit line unsolicited. They are trying to get your personal credit card number.

The bad guys are always looking for new ways to make you a victim. If you have any doubts about a situation, contact your local law enforcement or your bank to help prevent you from being their next victim.

By: Chief Mark Schauf, Baraboo Police  
Sauk County's Chief's Association

The Cop's Corner has been written by a member of the Sauk County Chief's Association and brought to you through the support of:

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



## Brain-Healthy Resolutions

It's never too late to make New Year's resolutions, especially where brain health is concerned. Although we still don't know a sure-fire way to prevent dementia-causing diseases such as Alzheimer's, there are steps we can take to lower our risk for these diseases, delay the onset of symptoms and/or minimize their severity. Here are a few simple resolutions to consider:

- **Maintain a healthy cardio-vascular system to ensure an adequate blood supply to the brain.** Monitor your blood pressure, cholesterol, weight and blood sugar. Stick with a healthy diet, don't smoke or drink too much alcohol, and drink plenty of water. What's good for the heart is good for your brain!
- **Get regular physical exercise.** Walking 30 minutes a day will improve your balance, circulation and muscle strength, while improving your mood and sleep.
- **Challenge your brain.** Socializing, problem solving, reading, teaching or learning something new helps build and maintain critical brain connections and pathways, which will help keep your brain sharper and more resilient.
- **Connect with others.** Strong social ties lead to better mental health and a healthier brain. If you've been spending a lot of time alone, resolve to get more socially engaged by joining a group, volunteering, reaching out to friends and family, or trying at least one new social activity.
- **Protect your brain** by wearing your seat belt when driving, a helmet while biking and practical shoes when walking; and take other safety measures such as installing railings and grab bars to prevent falls.
- **Get your zzz's.** Your brain has important work to do while you sleep, and requires sufficient, uninterrupted deep sleep to function well at any age. Seek advice if this is a problem area for you.

**Attend *Maintaining Brain Health; tips for staying sharp at any age***

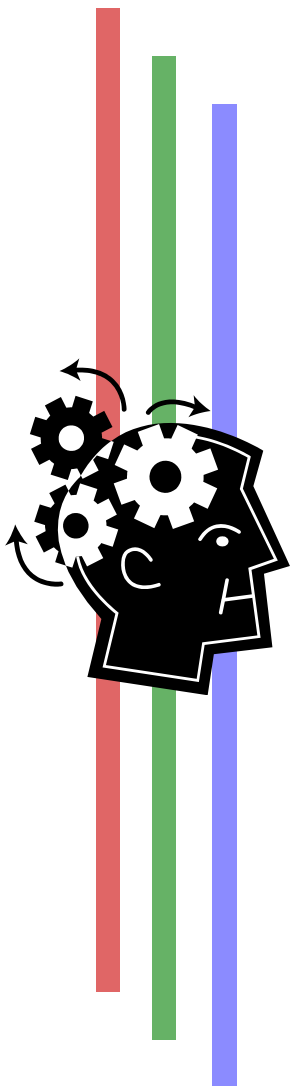
Wednesday, March 7 at 3:00 p.m.

Oak Park Place 800 Waldo St., Baraboo.

RSVP to 742-9055 or 355-4111.

Free.

For additional tips, contact the Alzheimer's & Dementia Alliance of Wisconsin at 1.888.308.6251 (toll free) or 742-9055 (Sauk/Columbia Office) or visit [www.alzwissc.org](http://www.alzwissc.org).



**Q:** Why did St. Patrick drive all the snakes out of Ireland?

**A:** He couldn't afford the airplane fare

**Q:** Why is a river rich?

**A:** Because it has two banks

**Q:** What does it mean when you find a horseshoe?

**A:** Some poor horse is going barefoot!



## Wake Up On The Right Side Of The Bed!

You wake up to the sound of an annoying alarm, you're dead tired, and you just plain feel out of sorts. Ugh! How do you go out into the world—or even get out of bed!—and face the day with positivity? The good news is that just because you wake up in a bad mood (or fall into one later) doesn't mean you need to stay there. What can you do if you wake up on the wrong side of the bed? Try one of these strategies.

### **Breathe Deliberately.**

Practice grateful thoughts and deep diaphragmatic breathing the 'wrong-side-of-the-bed morning' becomes a 'right-side-of-the-bed day.'"

### **Meditate.**

Draw your attention to your breath, taking in positive energy with each inhalation and releasing negative energy with each exhalation.

### **Get Out of Bed—Again!**

If you step out of bed in a bad mood, try again. Get back into the bed and lie for a moment or two to shift your perception.

### **Shift Negative Thoughts to Neutral or Positive Ones.**

Substitute neutral or positive thoughts for negative thoughts. It's a sure-fire way to get yourself into a better mood.

### **Smile.**

Research has shown that smiling can alter your thoughts and change your body's physiology. It is hard to be in a foul mood when you are smiling and it doesn't cost anything!

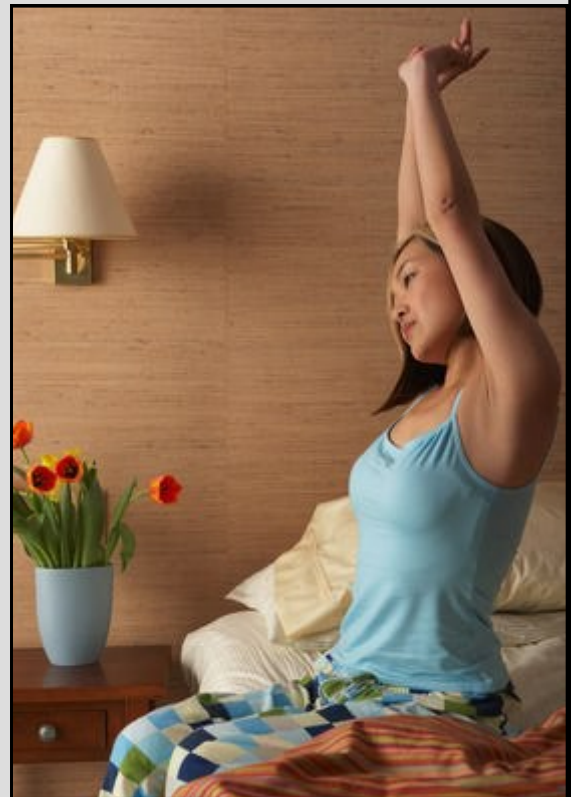
### **Create a Good Morning.**

To help ensure that you don't wake up on the wrong side of the bed, consider your morning routine. Make sure that you are including things that will get your day off to a pleasant start, not just going through the motions.

### **Increase Your Patience Quotient.**

Developing greater patience can lead to a more positive attitude.

Source: IDEA Fitness Journal, July 2007



This partnership article is provided by:

BrightStar  
507 Linn Street  
Baraboo, WI 53913  
608.355.5015

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

## Enjoy A Great Luncheon, For A Great Cause!

Plan **now** to attend this year's "Souper Bowl" luncheon at Baraboo high school.

On Super Bowl Sunday, the Baraboo school district's Art Department will host a "Souper Bowl luncheon" from 11 a.m. - 1 p.m. Plan now to come enjoy this fun community celebration before the big game. You'll have fun selecting a lovely ceramic bowl made by either an art student or a community member. Then, you fill your new bowl with a selection of soups, breads, and dessert prepared by Baraboo high school food service students - and you get to take the bowl home! What a great way to enjoy a lunch before the Big Game!

All profits benefit Habitat for Humanity of the Sauk-Columbia Area, a non-profit organization that builds affordable housing in our communities.

**What:** Souper Bowl Sunday luncheon

**Where:** Baraboo High school cafeteria

**When:** Sunday, February 5,  
11:00a.m. - 1:00p.m.

**Price** (for the bowl and the all-you-care-to-eat luncheon): \$10 for adults; \$5 for children.

Thanks for supporting this great cause!



For 11 years, the Baraboo School District's Art Department has put on a Souper Bowl luncheon for the public, with all proceeds going to help our area's Habitat for Humanity and its efforts to build affordable housing. Pictured here are students who contributed bowls last year. From left: Samantha Bachman, Aliyah Clay, Ericka Rios, and Sara Mueller.



## 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 - February 7 & 21

Wednesday - February 15

Tuesdays - March 6 & 20

### LaValle - Fire Department

Wednesday - March 28

### Merrimac - Village Hall

Wednesday - March 21

### Plain - American Legion Hall

Thursday - February 23

### Reedsburg - Maple Ridge

Tuesday - February 14

Thursday - February 16

Tuesday - March 13

Thursday - March 15

### Reedsburg - Willow Heights

Wednesday - February 8

### Sauk Prairie - St John's Church

Thursdays - February 2 & 9

Thursdays - March 1, 8 & 22

### Spring Green - Christ Lutheran Church

Tuesday - March 27

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.



## Caregiver Corner

“Being deeply loved by someone gives you strength; loving someone deeply gives you courage.

~ Lao

### Exciting New Opportunities for Caregivers !!

2012 is going to be an exciting time here at the Aging & Disability Resource Center for caregivers!

Here’s what we’re working on:

#### The Caregiver Coalition

A group representing area agencies and organizations, family caregivers of older adults and community members committed to the needs and interests of family caregivers in Sauk County.

#### Caregiver Coffee Hour

A regular gathering of people who are in a similar situation. They meet to give and receive help, advice, friendship and emotional support. Participants also gain knowledge on local resources and other issues specifically related to caregiving.

#### Lunch and Learn for the Caregiver

A series of workshops designed to address the concerns of family caregivers. These workshops will cover a variety of topics and will focus on the needs of the caregiver ... and you lunch!

Please call Mary Jane at the ADRC office at 355-3289 or 800-482-3710 for more information and to find out how you can participate.

Remember 2012 is all about you, the caregiver!

### 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 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 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??

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



**HELP -  
JUST A  
CLICK AWAY!**

**Check Out These Websites !!**

**CareTogether**  
[www.caretogether.com](http://www.caretogether.com)

Family caregivers often work alone which can leave them feeling isolated. With more than 50 million people caring for a loved one, that makes a lot of people who could use some help.

CareTogether allows families to create a free, private page with everything they need to manage the care of their loved one. Family caregivers can add other family members to their “care team” to help manage appointments, delegate tasks, post updates and more.

**CaringBridge**  
[www.caringbridge.org](http://www.caringbridge.org)

CaringBridge provides free websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier.

CaringBridge websites offer a personal and private space to communicate and show support, saving time and emotional energy when health matters most. The websites are easy to create and use. The authors add health updates and photos to share their story while visitors leave messages of love, hope and compassion in the guestbook.

**“A single sunbeam is enough  
to drive away many shadows.”**

~ St. Francis of Assisi



UW-Baraboo Continuing Education is planning a special day just for you.

**ADD LEARNING TO YOUR LIFE:  
Thursday, March 22  
8:30 a.m. -1:00 p.m.**

A lifelong learning conference designed to explore new ideas and inspire adults 55 and over.

Plan to visit the UW-Baraboo/Sauk County campus for a day of learning, food and fun. Your day will include keynote speakers, morning refreshments and a nice lunch with a beautiful view of the Baraboo Hills from our Campus Café as well as a variety of short classes to choose from including: Sharing Your Memoirs, Understanding Medical Language, Travel Tips, Reptiles and Amphibians, Brain Fitness/Food for Thought, Successfully Searching the Internet, Benefits of Massage, Exploring Generational Differences and more!

Cost is \$25 per person or \$40 per couple.  
(fee includes lunch)

For more information and to register call Continuing Education at 608-355-5220.





## Nutrition & Prevention Specialist

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

### Dining Center Schedule

#### Baraboo

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

#### 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*

## Nuts Aren't Just For Squirrels!

Walnuts are one of the healthiest nuts out there. They have the highest amount of omega-3 fatty acids, antioxidants and phytochemicals. And eating the nuts works better than supplements alone. It's the combination of the nutrients in the nuts that packs the punch!

Studies are showing that a mere two ounces can slow cancer tumor growth. A handful a day can help you lose weight if eaten in moderation, and may protect against heart disease and may even help control blood sugar. They're a good source of protein and fiber too. And it's easy to add them to your favorite recipe!

### Did You Know?

Walnuts also help raise the good cholesterol and lower the bad

You can add walnuts to a salad or cooked carrots for a little extra zing

Walnuts were first cultivated nearly 8,000 years ago!



### It's Breakfast Time

So what's your idea of the perfect breakfast? Oatmeal and fresh fruit? Pancakes with fried eggs, sausage and hashbrowns? Fruit Loops cereal? Breakfast doesn't just help school kids concentrate. The truth is, everyone can benefit from a good breakfast every morning. Studies have shown that a good breakfast boosts test scores for children, but it also helps improve concentration and performance at work.

A good breakfast can help fight cravings and studies have shown that consistent breakfast eaters tend to weigh less than those who often skip breakfast. Breakfast is a good place to start to ensure an adequate daily intake of essential vitamins and minerals as well as fiber. If you skip breakfast, you're missing out on a great opportunity to meet your daily needs. But a good breakfast is made up of more than donuts and coffee. And it doesn't have to be the same food every day. Lean protein, high fiber fruits, breads and cereal grains daily can help aid in bowel regularity and can help you feel satisfied until lunch, so you can resist hitting the candy dish.



## Exercises To Improve Balance

According to the National Institute on Aging, more than one third of seniors fall every year. Falls are serious events for older individuals, and performing balance exercises can help you maintain your stability. Always have a strong support nearby that you can grasp if you lose your balance when performing these exercises. Additionally, it's important to talk with your health care provider before starting an exercise program.

The following balance exercises are from The-BalanceManual.com

### Standing on one foot:

Stand behind a sturdy chair and, while holding the back of the chair, stand on one foot for up to 10 seconds. Repeat this 10 to 15 times, then switch and perform the same exercise on the other foot. If it's safe, challenge yourself by only holding on to the chair with one hand, or releasing both hands from the chair if your balance is good.

### The Balance Walk

Hold both arms directly out at the shoulders. Pick something straight ahead to focus on, and begin walking. However, after you lift your back leg with each step to move forward, pause for one second and balance before planting your foot and picking up the other foot. Try about 20 steps this way.

### Heel Raises

With a support nearby to help you if you become unstable, stand with both feet planted on the ground, spread apart a bit. Slowly lift your

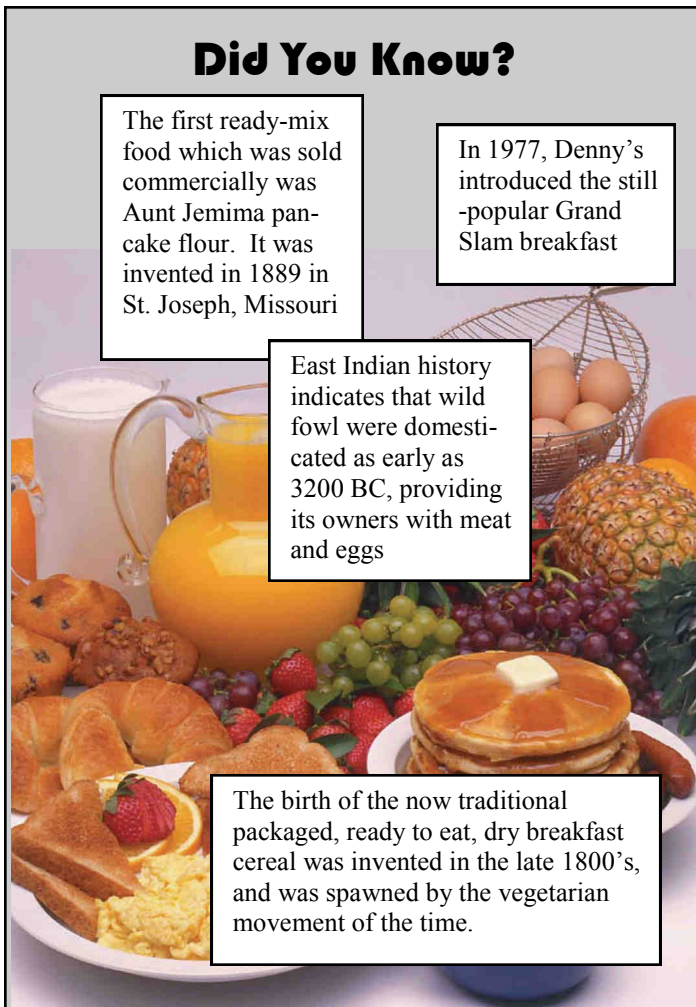
## Did You Know?

The first ready-mix food which was sold commercially was Aunt Jemima pancake flour. It was invented in 1889 in St. Joseph, Missouri

In 1977, Denny's introduced the still-popular Grand Slam breakfast

East Indian history indicates that wild fowl were domesticated as early as 3200 BC, providing its owners with meat and eggs

The birth of the now traditional packaged, ready to eat, dry breakfast cereal was invented in the late 1800's, and was spawned by the vegetarian movement of the time.



heels until you are standing on tiptoes. Hold this position for two seconds, then slowly lower yourself down. Repeat this exercise five to ten times.

### Side Stepping Over Object

Place a low object on the ground, such as a couple of books stacked together. Stand next to the object, then carefully step over it sideways. Repeat several times in each direction.



Seniors can improve balance and prevent falls with simple exercises.

### Weight Shifts

Standing with your legs spread apart a bit, slowly shift your weight to one side until you lift your foot off the floor. Have support nearby, and try to maintain this position for up to 30 seconds, then repeat on the other side. You will be able to increase the number of these exercises you perform as your balance improves.

### Side Lateral Raise

Stand comfortably with your legs spread apart. Hold a weight in one hand, or perform the exercise without a weight. Raise your arm straight out at shoulder length, then lift your leg on the same side. Hold this position for up to 30 seconds, then repeat on the other side.

Source: LiveStrong.Com

For Valentine's Day invite a friend over for dinner and show them how much you value their friendship. Treat them to this delicious salmon recipe.



## Spicy Salmon with Caramelized Onions

Servings Per Recipe: 2

Prep Time: 10 Min	Cook Time: 10 Min	Ready In: 50 Min
Calories: 496	Total Fat: 36.6g	Cholesterol: 83mg
Sodium: 562mg	Total Carbs: 11.3g	Dietary Fiber: 0.9g

### Ingredients:

1½ teaspoons black pepper	1 teaspoon minced garlic	½ teaspoon onion powder	2 (6 ounce) salmon fillets
½ teaspoon paprika	1 tablespoon Dijon mustard	¼ teaspoon salt	2 tablespoons olive oil
¼ teaspoon cayenne pepper	1 tablespoon brown sugar	1 tablespoon olive oil	1½ tablespoons minced onion

### Directions:

1. Combine the black pepper, paprika, cayenne pepper, minced garlic, Dijon mustard, brown sugar, onion powder, and salt in a small bowl. Stir in 1 tablespoon of olive oil to make a paste. Spread the paste all over the salmon fillets, and set aside to marinate at room temperature 30 minutes. ½

2. Heat the remaining 2 tablespoons of olive oil in a small pan over medium heat. Stir in the onion, and cook until tender and golden brown, about 10 minutes. Heat a separate non-stick skillet over medium-high heat. Cook the salmon fillets in the hot skillet until golden brown on each side, and no longer translucent in the center, about 4 minutes per side. Pour the browned onions and olive oil over the salmon fillets to serve.

allrecipes.com



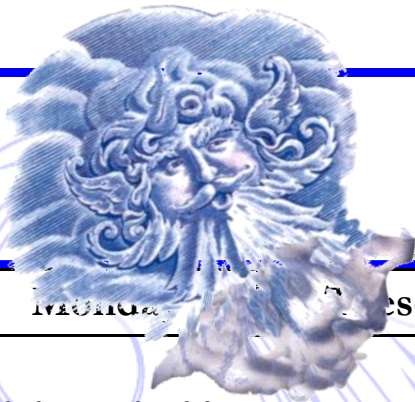


February 2012

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Q: What did the valentine card say to the stamp?</b>		1 Hawaiian Meatballs Red Skin Potatoes Peas and Carrots Rainbow Sherbet Apple * Sliced Bread	2 Baked Spaghetti (includes veg.) Italian Blend Veg. Birthday Cake Peach Slices * French Bread	3 Roast Pork Loin Mashed Potatoes Baby Carrots Applesauce Fudge Brownie * Sliced Bread
6 Chicken Breast Mashed Potatoes Calif. Blend Veg. Dream Sicle Torte Pineapple Tidbits * Sliced Bread	7 Beef Stew (includes veg.) Seven Layer Salad Mand. Orange Gel. Frosted Cake * Biscuit	8 Baked Chicken Mashed Potatoes Pickled Beet Salad Butterscotch Pudding Pear Slices * Sliced Bread	9 BBQ Pork Cutlet Baked Potato Summer Blend Veg. Petite Banana Cookie * Dinner Roll	10 Salisbury Steak Mashed Potatoes Corn Apple Pie Plum Halves * Sliced Bread
13 Ham Rolls Squash Health Slaw Pineapple Tidbits Ice Cream Cup * Sliced Bread	14 Chicken Cacciatore Escalloped Potatoes Mixed Italian Salad Cinnamon Roll Fruit Cocktail * Dinner Roll	15 Chili Casserole (includes veg.) Mixed Vegetables Fruited Gelatin Cookie * Corn Bread	16 Liver and Onions Cheesy Potato Bake Winter Blend Veg. Alexander Torte Peach Slices * Dinner Roll	17 Country Fried Steak Mashed Potatoes Green Beans Pear Slices Frosted Cake * Sliced Bread
20 Pork Steak Mashed Potatoes Red Cabbage Coconut Cream Pie Applesauce * Sliced Bread	21 Beef Stroganoff Cass. (incl. veg.) Tossed Salad Pineapple Tidbits Fudge Brownie * Dinner Roll	22 Crispy Fish Fillet Au Gratin Potatoes Peas and Carrots Ambrosia Dessert Apple * Sliced Bread	23 Swedish Meatballs Mashed Potatoes Wax Beans Apricot Halves * Cookie * Dinner Roll	24 Salmon Loaf Baked Potato Baby Carrots Pecan Pie Plum Halves * Sliced Bread
27 Swiss Steak Mashed Potatoes Swiss Spinach Peach Slices Chocolate Pudding * Sliced Bread	28 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Oatmeal Raisin Cookie Pear Slices * Dinner Roll	29 Meatloaf Red Skin Potatoes Peas/Pearl Onions Fruited Gelatin Ice Cream Cup * Sliced Bread	<b>A: Stick with me and we'll go places</b>	





# March 2012

## Sauk County Dining Center Menu

Tuesday	Wednesday	Thursday	Friday
<p><i>If the winds of fortune are temporarily blowing against you, remember that you can harness them and make them carry you toward your definite purpose, through the use of your imagination.</i></p> <p style="text-align: right;"><i>--Napolean Hill</i></p>		<p><b>1</b></p> <p>Mushroom Pork Cutlet Mashed Potatoes Green Beans Birthday Cake Applesauce * Dinner Roll</p>	<p><b>2</b></p> <p>Spinach Lasagna (includes veg.) Italian Blend Veg. Apricot Halves Cookie * French Bread</p>
<p><b>5</b></p> <p>Chopped Beef Steak in Burg/Mush Sauce Mashed Potatoes Mixed Vegetables Chocolate Pudding Peach Slices * Sliced Bread</p>	<p><b>6</b></p> <p>Escalloped Potatoes and Ham Casserole Spinach Salad with Hot Bacon Dressing Pineapple Tidbits Frosted Cake * Dinner Roll</p>	<p><b>7</b></p> <p>Pepper Steak Baked Potato Chinese Ramen Cabbage Salad Sugar Cookie Plum Halves * Sliced Bread</p>	<p><b>8</b></p> <p>Chicken Breast Mashed Potatoes Baby Carrots Fudge Brownie Fruit Cocktail * Dinner Roll</p>
<p><b>12</b></p> <p>Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Cookie * Sliced Bread</p>	<p><b>13</b></p> <p>Baked Chicken Mashed Potatoes Copper Penny Salad Oatmeal Raisin Cookie Apple * Dinner Roll</p>	<p><b>14</b></p> <p>Bratwurst on a Bun Cheesy Potato Bake Peas and Carrots Butterfinger Torte Peach Slices *</p>	<p><b>15</b></p> <p>Baked Spaghetti (includes veg.) Italian Mixed Salad Fruited Gelatin Frosted Cake * French Bread</p>
<p><b>19</b></p> <p>Beef Stew (includes veg.) Corn Ambrosia Dessert Cookie * Biscuit</p>	<p><b>20</b></p> <p>Pork Steak Mashed Potatoes California Blend Veg. Applesauce Ice Cream Cup * Dinner Roll</p>	<p><b>21</b></p> <p>Meatloaf Au Gratin Potatoes Tossed Salad Cream Sicle Torte Fruit Cocktail * Sliced Bread</p>	<p><b>22</b></p> <p>Country Fried Steak Mashed Potatoes Mixed Vegetables Peach Slices Frosted Cake * Dinner Roll</p>
<p><b>26</b></p> <p>Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Frosted Cake * Sliced Bread</p>	<p><b>27</b></p> <p>Ham Rolls Red Skin Potatoes Baby Carrots Apple Pie Honey dew Melon * Dinner Roll</p>	<p><b>28</b></p> <p>Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Pineapple Tidbits Cookie * Sliced Bread</p>	<p><b>29</b></p> <p>Hawaiian Meatballs Baked Potato Calif. Blend Veg. Cinnamon Roll Plum Halves * Dinner Roll</p>
			<p><b>30</b></p> <p>Salmon Loaf Escalloped Potatoes Summer Blend Veg. Fruited Gelatin Vanilla Pudding * Sliced Bread</p>

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**Einstein's Intelligence Quiz Answer:**  
The German

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### Einstein's Intelligence Quiz

Einstein wrote this quiz last century. He said 98% of the people in the world cannot solve the quiz. There are 5 houses in 5 different color. In each house lives a person with a different nationality. These 5 owners drink a certain type of beverage, smoke a certain brand of cigar, and keep a certain pet. No owners have the same pet, smoke the same brand of cigar or drink the same drink.

#### Here's the question: Who owns the fish?

The Brit lives in a red house. The Swede keeps dogs as pets. The Dane drinks tea. The green house is on the left of the white house. The green house owner drinks coffee. The person who smokes Pall Mall rears birds. The owner of the yellow house smokes Dunhill. The man living in the house right in the middle drinks milk. The Norwegian lives in the first house. The man who smokes Blend lives next door to the one who keeps cats. The man who keeps horses lives next door to the man who smokes Dunhill. The owner who smokes Blue Master drinks beer. The German smokes Prince. The Norwegian lives next to the blue house. The man who smokes Blend has a neighbor who drinks water.

With these 15 clues the problem is solvable.

(Answer on page 31)

This ADRC Brainteaser was provided by:

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