

Add **LIFE** Today!

*Enhance Your Life
and the Lives of
Others!*

Laughter
Independence
Friends &
Energy

June - July 2011

Vol 3 Issue 3

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

Medicaid Transportation Changing!

Are you on Medicaid? ♦ Do you have BadgerCare? ♦ Do you know someone who does?

There will be big changes to Wisconsin's Medicaid non-emergency medical transportation program.

If you have Medicaid (and some BadgerCare plans) and need a ride to your medical appointment, **starting July 1 you will have to call LogistiCare at 866-907-1493**. There are a couple of exceptions, but for most people on Medicaid and BadgerCare, the ADRC will not be able to assist with your transportation needs for medical trips.

LogistiCare will make travel arrangements for eligible Medicaid and BadgerCare members starting July 1. Those eligible for Medicaid transportation benefits will receive a letter from LogistiCare in early June. The letter is scheduled to be mailed on June 4. If you receive this letter, please keep it. It will contain important information you will need to get the transportation for your medical appointments.

Here a couple of definitions will help you with Wisconsin's new transportation procedure. First LogistiCare is only for trips to **medical services** (doctor, dentist, optometrist, chiropractor, physical therapist, dialysis, chemo and radiation, insulin blood tests, etc.). Of those medical trips, LogistiCare separates trips which happen three or more times per week from trips that occur less frequently. If you are going to dialysis three times a week, you can call LogistiCare at 866-907-1493 as early as June 17 to schedule your **standing order** trips.

If you know you have a doctor's appointment or need to pick up your new eye glasses on July 1, you will need to call LogistiCare at 866-907-1493 for your **demand response** trip after June 17 but no later than June 28.

LogistiCare can set up your **standing order** trips as early as June 17. Once you make a standing order, LogistiCare will give you instructions in case you need to make any changes. When you have a **demand response** trip you must call LogistiCare no less than two days before your trip. If you receive Medicaid or qualifying BadgerCare plans and need a ride home from the hospital or need to schedule a trip to Urgent Care, call LogistiCare. Urgent Care trips and hospital discharge trips can be requested any time.

If you have difficulty with this new system or know of someone who has difficulty or if you requested a ride through LogistiCare and did not get your ride, let us know. Call the Transportation Line at 608-355-3278 or 800-830-3533 and tell us what is happening.

The ADRC is committed to improving transportation for everyone in Sauk County.

We can best make things better when we know what isn't working.

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Happy Father's Day



A father
carries
pictures where his money
used to be.

—Author Unknown



Any man can be a father,
but it takes a special
person to be a dad.

—Proverb

Fatherhood is
pretending the
present
you love most is
soap-on-a-rope.

—Bill Cosby





Director's Notes

Trish Vandrø, ADRC Director



Join the Movement,

Be Part of the Solution, Advise the ADRC!

The Aging and Disability network is built on the guiding principal that the people served are really in charge. The input of the people we serve is solicited, expected, used to inform decision-making and molds the services developed.

Another of our guiding principals is that advocacy is the most important job we do. Advocacy both for individuals and for better service systems, laws, and procedures.

The ADRC Advisory Committee and the ADRC oversight committee of the County Board are required by the WI Elders Act (a state law) to act as advocates on behalf of the people we serve.

There are **three ways** you can participate:

- ◆ Attend the public meetings held by the ADRC to be informed about the issues and challenges the agency is facing;
- ◆ Give your personal experience or opinions to your Committee representatives about the issues being faced and the decisions being made. Public comment is sought at every meeting. Members are asked at every meeting if they have received any correspondence to share, and;
- ◆ **Consider serving as an ADRC Advisory Committee member.** Applications are being sought right now to fill vacancies on the Committee. Call the office at 800-482-3710 to get an application packet and learn more about how you can be part of the ADRC and the solutions!

Live Well!
- Trish



Dear Friends,

One of my biggest concerns has always been that there are veterans (people with military service) in our county who are not aware of our office and the services available to them. I believe there are two main reasons for this. One, people know they are a veteran but are not aware of the services we provide or that we exist. Two, there are people with military service that are not aware they are a veteran. Below is a description of what it takes to qualify as a veteran for purposes of state and federal benefits.

Eligibility for most VA benefits is based upon discharge from active military service under honorable or general conditions. Active service means full-time service, other than active duty for training, as a member of the Army, Navy, Air Force, Marine Corps, or Coast Guard. Generally, men and women veterans with similar service may be entitled to the same VA benefits.

Dishonorable and bad conduct discharges issued by general courts-martial may bar VA benefits. Veterans in prisons and parolees must contact a VA regional office to determine eligibility. VA benefits will not be provided to any veteran or dependent wanted for an outstanding felony warrant.

Please contact our office if you have any doubt about your status or a family members status of potential eligibility for benefits.

In Your Service,
Tony



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

Thank You Tax-Aides!

To the AARP Tax-Aides who have served all of you with free tax preparation ... THANK YOU, THANK YOU, THANK YOU!

The AARP Tax-Aide program has approximately 34,600 volunteer counselors in 6,500 locations across the United States. This year Sauk County has had the privilege and benefit of working with 6 of those volunteer counselors, and 5 volunteer greeters.

Thank you to our partners - the Reedsburg Library, Sauk Prairie's St. Vincent de Paul Resource Center and Sauk County - for providing the space necessary for our counselors to be able to provide this valuable service.

These tireless volunteers worked more than 1,400 hours and assisted nearly 800 Sauk County Taxpayers with their tax returns! (And that doesn't take into consideration the tax returns that required more than one visit!) That's an increase of 17% over last year!!

That's a lot of number crunching ... aren't we fortunate to have a service like this available?? For free?? Wow! And aren't we fortunate to have people who are willing to volunteer their time and energy to make this happen for all of you??

To **Bob F, Bob H, Carl, Dorothy, Elena, Harley, Irv, Joan, John, Joyce, Judy, June, Kent, Margaret, and Nancy** ... Thank you **Tax-Aide Volunteers** from the bottom of a very grateful heart for another amazing year of service to the citizens of Sauk County.



Put Life Back in Your Life Consider a Living Well Workshop

Are you an adult
with an ongoing health condition?

Do you live with or care for someone
with an ongoing health condition?

You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Thank you to our partners:
St. Clare Hospital in Baraboo
and

Reedsburg Public Library
for providing the meeting space for these
classes.

Classes will be starting in late June.
Call Mary Jane at 355-3289 to make your
reservation or if you have any questions.

AARP Driver Safety Class



Thursday
September 22, 2011
12:30 - 5:00 pm
Reedsburg
Public Library
Call Mary Jane at
355-3289 to reserve
your spot

New Volunteer Opportunities

Office Receptionist

Are you able to answer the phone in a pleasant and professional manner? Are you able to greet people with a warm smile? Do you have an occasional afternoon available?

Office Assistant

Are you willing to learn how to use our office copier? Are you able to fold brochures to restock our library? Do you have an occasional morning or afternoon available once a month?

Home Safe and Sound Project Labor

From time to time we get a request to build a wheelchair accessible ramp for someone's home. If we have the building materials and plans, are you able to provide the "muscle"?

Home Delivered Meal Driver

Do you have a reliable and dependable vehicle? Are you available over the lunch hour from time to time?

Dining Center Helper

Are you able to set a table? Are you willing to wash a few dishes? Do you have a hearty appetite? Are you able to help?

We are ALWAYS ready for new volunteers. Please call Mary Jane at 353-3289 to find out how you can join this amazing group.

Thank you Volunteers

On Wednesday, May 11th, we celebrated the accomplishments of our amazing volunteer team at The Voyageur Inn in Reedsburg.

Our theme this year was "Volunteers Have All The Right Ingredients" We treated more than 175 of our team to a delicious breakfast, and our director, Trish Vandre, talked about and answered questions about the many issues we are facing right now.

I'm sad for those of you unable to join us. It was a great morning!! And ... please ... stop in the office and pick up your gift!



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 - June 7 & 21

Tuesdays - July 5 & 19

Wednesday - June 15

LaValle - Fire Department

Wednesday - July 27

Wednesday - September 28

Merrimac - Village Hall

Wednesday - July 20

Wednesday - September 21

Plain - American Legion Hall

Thursday - June 23

Thursday - August 25

Reedsburg - Maple Ridge

Tuesday - June 14

Thursday - June 16

Tuesday - July 12

Thursday - July 21

Reedsburg - Willow Heights

Wednesday - June 8

Sauk Prairie - St John's Church

Thursdays - June 2 & 9

Thursdays - July 7, 14 & 28

Spring Green - The Meadows

Tuesday - July 26

Tuesday - September 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.



Ashley Nedeau-Owen

Getting You There!



Sylvia Kriegl

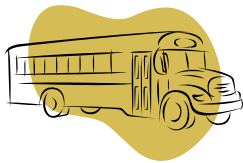
**Aging & Disability Resource Center Transportation Line:
608-355-3278 or 800-830-3533**

New Routes, More Service *The Bus* is Growing!

The Bus is increasing service! Effective July 1, 2011, *The Bus* will run its route connecting Baraboo, Lake Delton and Reedsburg every Monday, Tuesday, Wednesday and Friday! We are doubling our service between Reedsburg and Lake Delton! We are also increasing our service between Sauk City and Baraboo to four days weekly.

(Continued on page 7)

Wednesday Merrimac to Baraboo			
Merrimac Community Center	Silver Drive	Wal-Mart	Pierce's
9:45 am	10:18	10:35	11:00
12:00 pm	12:33 pm	12:50 pm	1:15 pm
2:15 pm	2:48 pm	3:05 pm	3:15 pm
4:30 pm	→		5:00 pm



The Bus is heading to Merrimac!
Check out all the places you can go!

Wednesday Baraboo to Merrimac					
Pierce's	West Square Building	Civic Center	School house (corner of Hwy DL & Bluff Rd)	Dan-Mar Park	Merrimac Community Center
8:45 am	9:00 am	9:10 am	9:28 am	9:35 am	9:45 am
11:00 am	11:15 am	11:25 am	11:43 am	11:50 am	12:00 pm
1:15 pm	1:30 pm	1:40 pm	1:58 pm	2:05 pm	2:15 pm
3:15 pm	4:00 pm	4:07 pm	4:22 pm	4:26 pm	4:30 pm

Thursday Baraboo to Merrimac to Sauk Prairie									
Pierce's	West Square Building	Civic Center	School house (corner of Hwy DL & Bluff Rd)	Dan-Mar Park	Merrimac Community Center	Sentry	Sauk Prairie Hospital	Community Center Sauk	Piggly Wiggly
8:00 am	8:15 am	8:25 am	8:43 am	8:50 am	8:55 am	9:15 am	9:25 am	9:37 am	9:45 am
					10:35 am	10:55 am	11:05 am		
1:00 pm	1:15 pm	1:25 pm	1:43 pm	1:50 pm	1:55 pm	2:15 pm	2:25 pm		

Thursday Sauk Prairie to Merrimac to Baraboo									
Piggly Wiggly	Community Center Sauk	Sauk Prairie Hospital	Sentry	Merrimac Community Center	Dan-Mar Park	School house (corner of Hwy DL & Bluff Rd)	Silver Drive	Wal-Mart	Pierce's
9:45 am	9:52 am	10:05 am	10:15 am	10:35 am					
		11:05 am	11:15 am	11:35 am	11:40 am	11:45 am	12:10 pm	12:25 pm	12:45 pm
		2:25 pm	2:35 pm	3:00 pm	3:05 pm	3:10 pm	3:35 pm	3:50 pm	4:05 pm

(Continued from page 6)

Effective July 1, we will connect Sauk City, Prairie du Sac, Bluffview and Baraboo every Monday, Tuesday, Thursday and Friday.

Our service is also spreading out to a new area of Sauk County. Beginning July 6, we will start a route that connects Baraboo and Merrimac on both Wednesday and Thursday and on Thursdays provide service between Merrimac and Sauk Prairie.

The new schedule is printed here and is designed to provide opportunities for riders to make connections for other buses on the same day.

Please call the Transportation Line with questions about a trip you would like to make. Do you want to come to Baraboo for grocery shopping? Do you need to make a trip from Merrimac to Sauk City to see Dr. Kruse? Do you want to go from Lake Delton to Merrimac to catch a ride on the ferry and have an ice cream treat this summer? Are you a golfer and want to play eighteen at Devil's Head but don't want to drive? Call the Transportation Line at 355-3278 and we will help you make the trip happen.

Watch for buses that carry the ADRC Name and Logo and the words ***The Bus***. While we are adding new buses to our fleet, we will be using a mix of buses to get this route started. Our goal is to improve transportation opportunities for everyone in Sauk County.

We can help you get where you want to go.



It's Tick Season – Protect Yourself!

Although the possibility of contracting a tick-borne disease such as Lyme disease is a concern to us all, there is no need to avoid the woods or outdoors. You can still enjoy a healthy outdoor lifestyle as long as you know how to properly take preventative measures against these diseases.

Ticks like to rest on low-lying brush and 'catch a ride' on a passing animal or person. The areas that hold a high risk of tick infestation are wooded areas, low-growing grassland, and the seashore.



To reduce your chance of getting a tick-bite:

1) Avoid tick infested areas, when possible. Avoid short-cuts through heavily wooded areas. Stay in the center of paths and avoid sitting on the ground.

2) Dress properly. Wear light-colored clothing. This allows you to more easily see ticks on your clothing and gives you the opportunity to remove them before they can attach to your skin. Wear a long-sleeved shirt and long pants.



3) Use EPA-approved tick repellents. During the summer months, it can be inconvenient to wear pants and long-sleeved clothing, so using repellents can help protect you from ticks.



4) Conduct frequent tick checks. This includes a visual inspection of the clothing and exposed skin. Be sure to check the scalp, behind and in the ears, and behind any joints.

5) Remember to check your pets too! This is not only for your pets' safety but for yours as well. Pets can bring ticks in from outside and put you at risk for infection.



This partnership article is provided by:

BrightStar
507 Linn Street
Baraboo, WI 53913
608.355.5015


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LIFECARE | KIDCARE | STAFFING

For Your Benefit
From Your Benefit Specialist

Call (608) 355-3289
or (800) 482-3710

To confirm site visits or
to schedule office appointments



DEB HARVEY
Coming to you:

Plain Library	June 15 1:00 to 3:00	July 6 1:00 to 3:00
Spring Green Senior Center	June 22 10:30 to 11:30	July 13 10:30 to 11:30
Spring Green Library	June 22 1:00 to 2:00	July 13 1:00 to 2:00
Sauk/Prairie Community Cntr	June 16 10:00 to 11:30	July 14 10:00 to 11:30
Merrimac Village Hall	June 16 8:30 to 9:30	July 14 8:30 to 9:30

Lorie Bednarek
Coming to you:

Baraboo, Bluffview, Loganville,
Lime Ridge, LaValle,
Reedsburg
Elderly Benefit Specialist

New Schedule to Be Announced

Lorie is working on setting up days and times that she will be available in your community. Until then please call the ADRC office if you need assistance.

Welcome Lorie Bednarek!



The Aging & Disability Resource Center has a new Elderly Benefit Specialist.

My name is Lorie Bednarek and I am the new Elderly Benefit Specialist for Sauk County Aging and Disability Resource Center. For the past 9 years I have worked in Columbia County as the Elderly Benefit Specialist, so I am well versed in the issues that affect those over sixty years of age. I am excited to join the Sauk County team, with helping the residents receive information and solutions to their concerns.



Do You Have an Advanced Directive?

Do you know what healthcare treatments you would and would not want if you could not speak for yourself?

Do other people know what your wishes are?

An Advance Directive is a legal document that tells healthcare providers who it is that you wish to make medical decisions for you and what treatments you would want or not want, if you are ever not able to tell care providers what you would want in a medical emergency or life-limiting illness. The simple act of creating an Advance Directive can turn out to be an incredible gift for loved ones in the event of an accident or severe illness.

Advance Directives are written instructions about your future medical care. They do not go into effect until you are no longer able to make decisions. Adults can benefit from thinking about what their healthcare choices would be if they were unable to

Speak for themselves.

Advance directives come in two main forms:

- A **"healthcare power of attorney"** (or proxy" or "agent" or "surrogate") documents the person you select to be your voice for your healthcare decisions if you cannot speak for yourself. Your "healthcare power of attorney" will make medical decisions based on your wishes identified in your Advance Directive. In states that recognize these documents, families and healthcare providers cannot override your living will or your agent's decision. It is a good idea to discuss your wishes with your friends, family members, and your doctor, now.

Your healthcare agent has to meet the following requirements:

- Anyone over the age of 18
 - Can be a family member, loved one, or close friend
 - Someone who: you trust, knows you well, will advocate on your behalf, and will honor your wishes
- A **"living will"** documents what kinds of medical treatments you would or would not want at the end of life. A living will is a type of advance directive called a healthcare treatment directive. A living will spells out the measures you do and do not wish to have taken to extend your life when you are clearly dying. You may decide whether or not you would want breathing machines, feeding tubes, oxygen, IV fluids, or medicines to be used. A living will needs to be signed in front of a witness. A witness cannot be a relative, creditors and heirs to your estate, or your doctor. It is important that a living will cover decisions about your healthcare only when you have a terminal illness. It is better to prepare a living will when you are healthy, not when you have been ill or in the hospital.

Make sure your Advance Directive reflects your wishes. If you plan on moving to another

state make sure you update your Advance Directive, because it may not be valid in the state that you move to. Some states do not recognize living wills that have been drafted in other states. Your Advance Directive does not expire and can be updated as needed. It is important for your family members to know your wishes in case of an emergency. Also, you should take a copy of your Advance Directive to the hospital whenever you are admitted so that it can become a permanent part of your medical record.

The Coalition of Wisconsin Aging Groups (www.cwag.org) offers numerous publications and forms in a user friendly format for you to review and use when preparing an Advance Directives and a Health Care Power of Attorney in Wisconsin. The resources are also free.



Beware of SeniorCare Scam!

The Coalition of Wisconsin Aging Groups has recently been informed of a telemarketing scam taking place throughout the state. The phone number showing up on caller ID associated with this scam is (918) 442-0735. The caller says he is from SeniorCare and will be sending diabetic supplies to the call recipient after getting that person's Medicare ID number and doctor's name.

The 'real' Wisconsin SeniorCare organization does not market products and generally does not call individuals unless it needs clarification on someone's SeniorCare application.

At this time, we do not know who is behind these phone calls. If you have received this phone call, please inform your local Elderly Benefit Specialist. You

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should file a report with the Department of Agriculture, Trade, and Consumer Protection regarding this call (your EBS can assist you with this process if necessary). If you have not done so already, *do not* give out your Medicare ID number, doctor's name, or any other confidential information this caller may request. If you have already divulged confidential information to this caller, you should keep a close watch on your mail, especially credit card statements, bank account statements and medical bills. Because your Medicare ID number is the same as your Social Security Number, you may want to put a lock on your Social Security number. This involves placing a security freeze on your credit file with each of the three credit bureaus (Equifax, Experian, and TransUnion). A security freeze on a credit file enables you to have control over who accesses your credit file, and effectively prevents thieves from opening up new credit card and loan accounts.



Did you know that damage to a renter's personal belongings is *not* covered under a landlord's insurance policy?

The landlord or owner of the property is only responsible for insuring the structure of the building itself and for the landlord's own liability coverage.

Renter's insurance is designed to cover the renter's personal belongings within the apartment in the event of theft, smoke damage, vandalism, fire, explosion, falling objects, building collapse, and rupture of steam or hot water systems. Renter's insurance may also provide some personal liability coverage in the event of bodily injury or property damage arising from the tenant's negligence.

In the event of a covered loss, the renter will need to inform the insurance company of the items that were lost within the apartment. The best way to do this is for the renter to complete a personal property home inventory.

This list should provide a description of every item of value in the home, applicable serial numbers, receipts, collector's records, and pictures if possible. Update the list continuously as new items are acquired, or at least annually. For a Personal Property Home Inventory Guide to help track your items, visit http://oci.wi.gov/pub_list/pi-224.pdf.



Mark Your Calendar

The ADRC will be closed on:

July 4	Fourth of July
September 5	Labor Day

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.

**Movement is
a medicine
for creating change
in a person's physical,
emotional, and
mental states.**

-Carol Welch



**The secret of
getting ahead is
getting started.**

- Mark Twain



**Physical fitness
can neither be
achieved by
wishful thinking
nor outright
purchase.**

-Joseph Pilates

Exercise and You!

Exercise is important for people of all ages. Older adults have much to gain from exercise and staying physically active and much to lose if they become physically inactive. There are four types of exercise that should be incorporated into your routine and they include:

- ◆ Endurance of aerobic exercise: these include biking and swimming and improve the health of your heart, lungs, and circulatory system.
- ◆ Strength exercises: these incorporate weights, exercise bands or the use of your own body weight to build muscle.
- ◆ Balance exercise: some strengthening exercises are great for helping to improve balance and can be done using a chair for support initially if needed.
- ◆ Flexibility exercises: yoga is a popular type of flexibility exercise and can be for all levels of fitness. Stretching after you complete your endurance and strength exercises relaxes tight muscles that have been worked and balances the body.

To keep you motivated to continue being active some suggestions include:

- ◆ Ask someone to be your exercise buddy. It will help keep you both accountable and have fun.
- ◆ During more endurance type exercises listen to books or motivational speakers on tape from the library.
- ◆ Set a goal and decide on a reward when you reach it.
- ◆ Give yourself physical activity homework for the next day or the next week.
- ◆ Think of your exercise session as an appointment and put it on the calendar.
- ◆ Keep a record of what you do and of your progress.
- ◆ Plan ahead for vacations, bad weather or special events. Have a video you can exercise indoors with if it is a rainy day.

This partnership article provided by
Reedsburg Area Medical Center's
Rehab Services Department.

2000 North Dewey Avenue, Reedsburg, WI
608-524-6487, www.ramchealth.com





Disability Benefit Specialist

Natalie Wilmot

Let's Hear What Social Security Says!

So often people have questions related to Social Security issues. In an effort to inform everyone Karyl Richson, Social Security Administration's Public Affairs Specialist has answered some typical questions. Thank you Karyl for helping us understand.

Social Security Question and Answer about Disability



Question: I understand that to get Social Security disability benefits, my disability must be expected to last at least a year or be expected to result in death. But I'm disabled now. Does this mean that I must wait a year after becoming disabled before I can receive benefits?

Answer: You do not have to wait a year after becoming disabled. If you're disabled and expect to be out of work for at least a year, you should apply for disability benefits right away. It can take months to process an application for disability benefits. If we approve your application, your first Social Security disability benefit will be paid for the sixth full month after the date your disability began. For more information about Social Security disability benefits, refer to *Disability Benefits* (Publication No. 05-10029) at www.socialsecurity.gov/pubs/10029.html.

Question: I get disability benefits. I would really like to try to work again, but I can't risk losing my medical coverage. I understand Social Security's Ticket to Work might let me try working without endangering my benefits. What can you tell me about it?

Answer: Ticket to Work is a voluntary program that offers disabled Social Security beneficiaries a variety of choices in obtaining the support and services they need to help them go to work and achieve their employment goals. If you receive Social Security or Supplemental Security Income benefits based on disability or blindness and would like to work or increase your current earnings, this program can help you get vocational rehabilitation, training, job referrals, and other ongoing support and services to do so. For more information, visit our Ticket to Work website at <http://www.socialsecurity.gov/work>.

Question: I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

Answer: You will receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication at www.socialsecurity.gov/pubs/10029.html.

Question: I'm thinking about getting disability insurance from a private company. If I become disabled and have a private policy, would it reduce my Social Security disability benefit?

Answer: No. Your eligibility for Social Security disability benefits is not affected by any private insurance you may have. But workers' compensation and certain other public disability payments may affect your Social Security benefit. You also should ask the company providing your disability protection what effect Social Security will have on the benefits they provide.

For more information about Social Security disability benefits, read our publication at www.socialsecurity.gov/pubs/10029.html.

Social Security Question and Answer about Supplemental Security Income



Question: What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

Answer: Social Security is responsible for running two major programs that provide benefits based on disability. Social Security Disability Insurance (SSDI) is based on prior work and the taxes you pay into the Social Security program. To be eligible for a SSDI benefit, the worker must earn sufficient credits based on taxable work to be "insured" for Social Security purposes. SSDI benefits are payable to eligible blind or disabled workers, the widow(er)s of a disabled worker, or adults disabled since childhood. SSI disability payments are made on the basis of financial need to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. SSI is a program financed through general revenues. For more information, visit our website at

www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Are Supplemental Security Income (SSI) benefits taxable?

Answer: No. Unlike Social Security benefits, which may be subject to income tax, SSI payments are not subject to Federal taxes, and you will not receive an annual form SSA-1099. For more information, see *Supplemental Security Income* (Publication No. 05-11000), visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Can my children receive dependent's benefits because I am on Supplemental Security Income (SSI)?

Answer: No. SSI benefits are based on the needs of the individual and are paid only to the qualifying person. There are no spouse's, children's or survivors benefits. However, if your children are disabled themselves, they might be eligible to receive SSI benefits. To learn more about SSI benefits, read our publication on the subject at www.socialsecurity.gov/pubs/11000.html.

Question: What is Supplemental Security Income (SSI)?

Answer: SSI is a needs-based program administered by Social Security that provides monthly income to people who are 65 or older, blind, or disabled and who have limited income and financial resources. You can be eligible even if you have never worked in a job covered under Social Security. SSI is paid through general revenue taxes, not Social Security payroll taxes. To receive SSI, your financial resources (savings and assets you own) cannot be more than \$2,000 (\$3,000 if you are married). If you are married, a portion of your spouse's income may be counted when deciding whether you

(Continued on page 14)

(Continued from page 13)

are eligible. Generally, to be eligible for SSI, an individual also must be a resident of the United States and must be either a citizen or a noncitizen lawfully admitted for permanent residence. Learn more about SSI benefits at www.socialsecurity.gov/pubs/11000.html.

Social Security Question and Answer about Medicare



Question: What can I do if my Medicare prescription drug plan says it won't pay for a drug that my doctor prescribed for me?

Answer: If your Medicare prescription drug plan decides that it won't pay for a prescription drug, it must tell you in writing why the drug isn't covered in a letter called a "Notice of Denial of Medicare Prescription Drug Coverage." Read the notice carefully because it will explain how to ask for an appeal. Your prescribing doctor can ask your Medicare drug plan for an expedited redetermination (first level appeal) for you if the doctor tells the plan that waiting for a standard appeal decision may seriously harm your health. For more information, visit www.medicare.gov.

Question: If I have a question about my Medicare bill, who should I contact first?

Answer: First, contact your provider. If you are unable to get your question answered or problem resolved, then contact 1-800-MEDICARE. For more information about Medicare benefits, visit www.Medicare.gov.

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

Continuing Education

—another way to **AddLIFE™**

Summer Painting Workshop

Instructor: Letha Kelsey,
Assistant Professor of Art

Monday - Friday,
July 25 - 29, 2011
9:00 - 11:00 a.m.

B110 Fine Arts Studio
UW-Baraboo/Sauk County Campus



An introduction to the diverse working methods within Painting, the *Summer Painting Workshop* offers students an opportunity to experiment with fluid media, pictorial space and color. Both traditional and contemporary approaches will be examined during this week-long session. Water and oil-based media will be used, including the making of traditional egg tempera. The UW-Baraboo/Sauk County art studio environment is a place to work, speak, and think with other creative people. Join us!

Fee \$125 which includes all materials
Register on line at www.baraboo.uwc.edu click continuing education and then personal enrichment or call 608-355-5220

Registration deadline is July 8.
Class size is limited so register soon.

Coming this summer!
UW-Baraboo/Sauk County
Festival of the Arts
July 28-31, 2011

Theatre, Music, Dance, Literary Arts,
Film Arts, Visual Arts and Youth Arts

To learn more, visit the website
www.baraboo.uwc.edu



If the first signs of warm weather have you reaching for tissues and cold medicines, you're not alone.

Prevent Allergies From Springing Up On You



Flowers are blooming, birds are singing – and you're feeling itchy, stuffed up, and wheezy. If the first signs of warm weather have you reaching for tissues and cold medicines, you're not alone. According to the American Lung Association, about 26 million Americans suffer from allergic rhinitis (hay fever). And nearly 15 million Americans have asthma, which can accompany hay fever.

“An allergy occurs when the body's immune system has an abnormal reaction to a trigger (the allergen),” reports Russel Kuzel, M.D., M.M.M., Chief Medical Officer at UCare. With hay fever, the immune system reacts to tree, grass, or weed pollens. Symptoms include a stuffy, runny nose; watery eyes; sneezing; sinus pressure; and itchy noses or eyes.

Feeling better

Although there's no cure for hay fever, Dr. Kuzel offers the following tips to help lessen your symptoms:

- ◆ Stay indoors and, if possible, use an air conditioner, especially during peak pollen times. If you leave the windows open, you can reduce indoor pollen using an air cleaner.
- ◆ Don't hang bedding or clothes outside to dry, as the fabric can collect pollen.
- ◆ If you need to work outdoors, wear a dust mask, available at hardware stores.
- ◆ Shower or bathe before bedtime to wash pollen off your hair and skin.
- ◆ Talk to your doctor about taking an allergy medication.

This partnership article is brought to you by:

UCare
P.O. Box 52
Minneapolis, MN
55440-0052
1-877-523-1518



Aging & Disability Specialists

Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Musselman

Today's Grandparents and Relatives Parenting Children

Across Wisconsin and here in Sauk County there are children who are being raised by grandparents and other relatives. The AARP website provided information on how the number of children living in a grandparent's home has increased over the past decade. The new data from the U.S. Census Bureau showed that 4.9 million children under the age of 18 live with a grandparent-headed household. This is up from 4.5 million children living in a grandparent-headed household 10 years ago. 1.9 million children are living in households headed by other relatives. This number is up from 1.5 million in 2000. These figures may reflect the challenges facing many people with



our economy. It definitely shows that grandparents, aunts, uncles, and other relatives are increasingly providing the support for their family.

Now these relatives and grandparents could be elderly or retired and receiving social security. There can be a lot of differences between the individuals but there is one commonality, they are raising children they most likely did not expect to be parenting. The individual's feelings and reactions can vary greatly for grandparents and other relatives. Some may be raising the child due to the parent's issues, a death, or other reasons. This could require them to obtain certain legal status to properly take care of the child. There can be a lot of joy but also challenges involved with parenting someone else's child.

This group of relatives and grandparents have a wide range of issues that must be addressed. They can be facing financial, health, housing, education, and work challenges that impact their own retirement plan. There are resources available to help grandparents and relative caregivers.

In Wisconsin, each county has a Kinship Care Program that is designed to help support a child who is living with a relative temporarily or long term. The Kinship Care Program is designed to help a child live with a relative instead of a foster home or group home. This program looks out for the best interest of the child who may not be able to continue to live with their parents. There can be a monthly grant for people who are eligible for the Kinship Care Program. Kinship families may also be eligible for Foodshare and/or health insurance through Wisconsin's Medicaid and Badgercare programs. To find out more or if you would be eligible for this program please call Sauk County Dept. of Human Services at 608-355-4200.

Another resource is the Grandparents Raising

Grandchildren (GRG) Partnership of Wisconsin which is a statewide network of kinship caregivers and service providers that work together on issues facing kinship caregivers. They provide information on local services available to kinship families. This can include social, legal, educational programs, and public benefits. This information can be found the <http://www.uwex.edu/ces/flp/grandparent/> or by contacting the Wisconsin Family Caregiver Support Helpline by telephone at 866-843-9810. For our local information contact Sauk County Dept. of Human Services at 608-355-4200.

Another good resource of information is AARP Wisconsin which provides information and resources related to aging. This also help grandparents and other relatives find resources they need throughout the state regarding the topic of kinship care. They also have information regarding legal and possible financial resources the caregiver may qualify for. AARP can be contacted at 1-866-448-3611 or www.aarp.org/states/wi

The challenges facing grandparents and relatives parenting can be quite a lot. Please connect with the above resources if you or someone you know could possible benefit from them.



Senior Farmer's Market Checks!

Each summer the ADRC, along with the UW-Extension, helps distribute the Senior Farmer's Market Nutrition checks that the USDA provides to seniors to encourage them to shop at local farmer's markets and to eat more fresh fruits and vegetables. Eligible households receive \$25.00 in checks that are spent just like cash at approved farmers markets and farm stands

To qualify, you must be a resident of Sauk County over the age of 60 (or Native Americans over the age of 55). Your annual income is at or below \$20,147 for an individual, or \$27,214 for a couple. We will have a limited number of checks and they will be given out on a first come first serve basis. We encourage you to sign up for the Senior Farmer's Market Checks at the location that is the most convenient for you. If you are unable to come to the distribution date, you may have a proxy pick up the checks for you. A proxy must have a signed note and can pick up check for no more than four people.

Baraboo West Square Building - Room B30

Wednesday, June 15 - 8:30 am - 11:30 am

Sauk Prairie Community Center

Friday, June 17 - 9:00 am - 12:00 noon

Reedsburg

Department of Human Services Building

425 6th St, Reedsburg

Friday, June 24 - 1:00 pm - 3:30 pm

Spring Green Public Library

Tuesday, June 21 - 9:00 am - 11:00 am

Wisconsin Dells Tribal Aging Unit

E8863 Winneshiek Dr, Wisconsin Dells

Wednesday, June 22 - 11:30 am - 12:30 pm

Baraboo West Square Building -Room B30

Tuesday, June 28 - 1:00 pm - 4:00 pm

If you have any questions please call the ADRC office at (608) 355-3289.





Kathy Kent
*Veterans
Benefit Specialists*
Pamela Russo



What is a County Veterans Service Officer?

We are veteran advocates and serve as the liaison between veteran benefits and those who may be entitled to them. We are Sauk County employees here to serve our veteran population and their families.

We receive initial training by the WI Dept of Veteran Affairs. With this training and additional experience we are professionally accredited to act on a veteran's behalf in processing federal claims. Additional training is routinely offered to ensure a working knowledge of program/policy changes.

We handle a variety of benefits and programs, including processing VA disability and pension claims, assisting with education, VA home improvement and personal loans, medical care, nursing homes, obtaining discharge certificates and military medals, death benefits, veteran cemeteries, life insurance, employment, vocational rehab, emergency aid grants, homeless assistance, and state applications. We also help provide emergency financial assistance to a veteran in need.

We get the benefits to the veteran! Veterans, their dependents, and the survivors of veterans are encouraged to contact their CVSO to inquire about benefits to which they might be entitled. Their CVSO will explore all possible eligibilities, and will complete all the paperwork necessary in obtaining benefits.

Army Clarifies Purple Heart Rules



Acknowledging that commanders have sometimes wrongly denied the Purple Heart to soldiers who suffered battlefield concussions, the Army plans to issue new guidance to clarify when such recognition is warranted, Army officials

said in March. Purple Hearts were initially awarded to recognized meritorious service, but during World War II, the medal was changed into a recognition of combat injuries and deaths.

In addition, the Army is planning to prioritize appeals from brain-injured soldiers who feel they should not have been turned down for the medal, a hallowed military honor that recognizes those injured in combat.

The new guidelines provide a checklist that makes clear that concussions requiring any sort of treatment by a medical professional—including bed rest or over-the-counter headache medication—is sufficient to meet award criteria. The guidelines also clarify that soldiers diagnosed and treated by any medical professional, including nurses and physician's assistants, are eligible, as long as their standards of care match those a military doctor would apply.

Army officials decided the most equitable way to rectify erroneous denials was to ask all soldiers who applied for Purple Hearts for concussions to reapply. Col. Tom Quinn, the director of soldier programs and services promised the Army would move "aggressively



and impartially" to resolve the requests as quickly as possible. "We don't want to miss anybody. We want to give everybody the same opportunity." Quinn said.

The new guidelines will apply only to the Army, although other military branches are reviewing their criteria.

Soldiers and their advocates welcomed the Army's new guidelines. The Purple Heart brings few medical or financial benefits, but is a tangible symbol of having fought and suffered for one's country. It is also the only military award that is considered an entitlement—an honor earned through individual sacrifice, rather than awarded by a superior officer.



Honor Flight Fundraiser

The Honor Flight program gets WWII vets and disabled vets from all eras to Washington D.C. to see the veterans memorials at no cost to them. The Honor Flight program is still going strong. If you are a WWII vet that has not gone yet or know of one, we strongly encourage you to take advantage of this opportunity. The restaurant chain Chili's is supporting the program and raising funds for the Honor Flight. You can help, as continuing through the month of July, every Chili's restaurant in the state of Wisconsin will donate 10% of your entire food and beverage cost to the Honor Flights of Wisconsin. All you have to do is print out the coupon from the link below or stop by our office to get the coupon, and present it when you dine.

www.badgerhonorflight.org/files/bhfchilliscoupon.pdf

Veterans Day at the Zoo

The Milwaukee County Zoo will sponsor the **Military/Veterans and Family Free-Day at the Zoo** on Sunday July 3, 9:00 a.m. - 5:00 p.m. With a ticket, active military, veterans and their immediate family (spouse and children) are allowed free parking and admission. In addition, WI Dept of Veterans Affairs will host a Supermarket of Veterans Benefits. Our office has some tickets for this event.

Veterans Identification Cards (VIC)

Great News! You no longer need to go to the Madison VA Medical Center to get an ID card. They are now taking pictures at the Baraboo Community Based Outpatient Clinic, 626 14th Street, Baraboo, WI 53913; (608) 356-9318.

We are encouraging all veterans to have an ID card. The Madison VAMC tells us that you may no longer pick up your medications from the pharmacy without your ID card.

Find us on Facebook

Hopefully you know we have a web page (www.co.sauk.wi.us), but did you know we also have a Facebook page (www.facebook.com/pages/Sauk-County-Veterans-Service-Office/141873968952)?

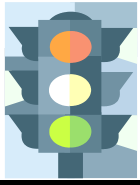
"Like us" on Facebook to get updates on veteran news and events.



Sign up for the Electronic Newsmagazine

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 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.



Ready - Set - Live Well

If downsizing is on your resolution list for 2011 I have found some tips for you! I am going to share with you part of the article written by Marilyn Bohn, a professional organizer on downsizing your home.

In 5 Tips On How To Downsize For Seniors, Marilyn wrote "I had been speaking at a women's group about organizing and a lovely senior woman said she was worried about her fine hand painted china and figurines she had collected and treasured much of her life. She wanted to start de-cluttering her home as she felt tied to them (actually they tied her down) and they took a lot of her time to dust and keep nice. Every woman I know whether in their 30's, 40's, 50's or 60 and older are busy women. Having less in our homes gives us more time to travel, work on hobbies, enjoy family, and have less housework to do as we don't have so many things to take care of. Here are tips on what to keep and how to get rid of the items we no longer want the responsibility for."

Marilyn offers these tips to downsize your home.

- Only keep items you enjoy and lights you up. I sold my china cabinet because I realized I rarely paid attention to the things in them anymore. They had just become objects that

took up space. My life had changed and I didn't "need" these things.

- Take a photo of items that have memories attached to them but you don't want anymore. Keep the photo in

(Continued on page 21)

What do I do with my possessions I'm not going to keep but don't want to throw away?

St Vincent de Paul and Good will are always a favorite recipient of our treasures but here are some ideas for other organizations that you might want to donate some of those special items to.

Musical instruments to The Mr. Holland's Opus Foundation. This nonprofit organization refurbishes used instruments and gives them to underfunded school music programs.

Children's books to Project Night Night, a nonprofit organization that provides homeless children with tote bags filled with books and other items.

Business clothing to Career Gear, a nonprofit organization that distributes business clothing to disadvantaged men who are trying to re-enter the work force. For women Dress for Success

Blankets, towels and linens can be donated to your local animal shelter to be used in animal crates.

Arts and craft supplies are appreciated at the Boys and Girls Club for the children to use to make their craft projects.

(Continued from page 20)

a small memory book. If you have a computer just keeping the picture there might be all you need, you might not need the picture in a book. I took a picture of a clay art project my daughter made over 25 years ago as it was just clutter but I thought I couldn't part with it; even though it was in the back of a closet and I never saw it except when organizing. She didn't want it so I took a picture and after I did I realized I had let it go and I didn't even need the picture in an album.

- Many items you can give as gifts.
- Selling the items is an option.
- Offer items to your children and grand children. It is better for you to decide who gets them while you can.

The bonus to passing things on is; you will have gotten rid of clutter, you know the person you wanted to have the items will get them, you are freeing up space, and you are freeing up your time as you no longer have to care for the items.

www.selfgrowth.com



Is Money Tight? Make Every Penny Count Would You Walk Past A \$20 Bill Lying On The Ground?

Being eligible for FoodShare Wisconsin but not taking advantage of it is like walking past \$20 or more month after month. Many seniors are struggling to make ends meet. FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities. The average benefit for a single senior household is \$108 per month.

If your household's income falls within the guidelines on the chart, call the **FoodShare Helpline** at **1-877-366-3635** to learn if you might be eligible! It's easier than ever to apply and you can get free, confidential assistance from a FoodShare outreach specialist right in Reedsburg, Baraboo or Spring Green.

Family Size	Max. Monthly Gross Income
1	\$1,806
2	\$2,430

Did you know...

- 2/3 of eligible seniors are NOT claiming their benefits!
- You can own a home and car and still get benefits.
- Most people only receiving Social Security and even a small pension are eligible!
- The USDA estimates for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- Getting benefits does NOT take away from others. EVERYONE that is eligible will get benefits.

**Call Second Harvest Foodbank's FoodShare Helpline
at 1-877-366-3635 today!**



New Medicare Prevention Services in 2011

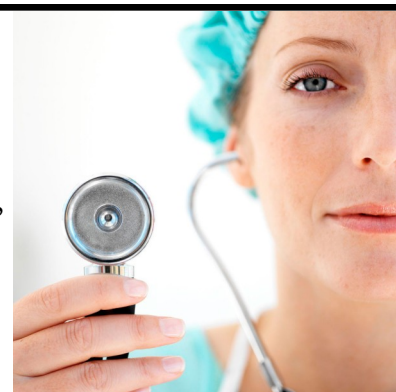
As a part of the new Affordable Care Act of 2010 (The Health Care Bill), many preventive and diagnostic services have been added to the benefits available to Medicare recipients. The Aging & Disability Resource Center has developed a brochure listing these services. Some of these services, tests, or treatments were virtually unavailable prior to this law because of costs. Knowing what preventative services that are covered by Medicare will make it much easier for you and your doctor to develop a prevention and testing plan.

You may want to talk to your doctor about these preventative options include an annual physical, bone mass measurement, cardiovascular screenings, colonoscopy, and many others which are covered 100%. The shingles vaccine, diabetes self-management training, glaucoma tests, medical nutrition therapy services, prostate cancer screenings and others are also available and partially covered by Medicare.

These changes to Medicare by will be beneficial to you. For example, the shingles vaccine can be an important preventative option for seniors. Shingles is a painful disease caused by the same virus that causes chicken pox. Shingles, also called herpes zoster, attacks nerve cells and can cause severe nerve pain and a skin rash that appears over the affected nerve. Shingles is most common in older adults and the elderly who have had chicken pox at some point during their lives. Currently over 1 million cases have been diagnosed in the U.S. However, shingles is preventable 50% of the time through the shingles vaccination, and it has become much less common for those who have had the vaccination.

If you would like a copy of this brochure, please contact the Aging & Disability Resource Center at 355-3289.

Take this Medicare checklist to your doctor or other health care provider, and ask which preventive services are right for you.



Medicare Covered Test/Screening/Service	Date You Got This Test/Screening/Service	Next Test/Screening Service Due
Abdominal Aortic Aneurysm Screening		
Bone Mass Measurement		
Cardiovascular Screening		
Colorectal Cancer Screening		
Fecal Occult Blood Test		
Flexible Sigmoidoscopy		
Colonoscopy		
Barium Enema		
Diabetes Screening		
Diabetes Self-management Training		
Flu Shot		
Glaucoma Test		
Hepatitis B Shot		
HIV Screening		
Mammogram		
Medical Nutrition Therapy Services		
Pap Test and Pelvic Exam (includes breast exam)		
“Welcome to Medicare” Preventive Visit		
Annual Wellness Visit		
Pneumococcal Shot		
Prostate Cancer Screening		
Smoking Cessation Counseling		

Medication Questions?



Our Pharmacist is here to help you - and it's FREE!



524-6487 • www.ramchealth.com

- ◆ Do you have questions about the medications you're taking?
- ◆ Confused about drug interactions?
- ◆ Wondering about generics?

Let RAMC's pharmacist help!

The first Monday of every month, Matt Steiner, RAMC pharmacist, will be available from **9:00 a.m. - 10:00 a.m.** in the **hospital conference room**, located in the main lobby near patient registration. This is a **FREE** service.

We're happy to go beyond the expected for you!



HAZARDOUS WASTE CLEAN SWEEP

Sauk County Landfill, E8795B Evergreen Lane, Baraboo
(Between Baraboo and Reedsburg off of Hwy. 33 near the junction of Hwy. 23)

Saturday, June 4 8:30 a.m.-Noon

Free disposal of:

- Latex, lead-based and oil-based paint
- Pharmaceuticals (no IVs or needles)
- Waste motor oil, oil filters
- Unused or unwanted pesticides including herbicides, insecticides, fungicides, rodenticides, wood preservatives
- Home products: oven cleaners, spot removers, drain cleaners
- Light bulbs/fluorescent tubes
- Batteries (watch, calculator, etc.)
- Other products: solvents, animal health products, teat wash, degreasers, wood finishes, paint additives, hydraulic fluid, pool chemicals, strippers, photographic chemicals

What is not acceptable:

- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste, IVs, needles
- Compressed gas cylinders
- Recyclables, yard and household waste
- Asbestos
- Demolition materials
- Tires
- Appliances and electronics
- Batteries (automotive, alkaline, rechargeable)

Land Conservation
505 Broadway, Suite 232
Baraboo WI 53913
(608) 355-3245
ppohle@co.sauk.wi.us
visit the website at
co.sauk.wi.us





Caregiver Corner

A Caregiver's Bill of Rights

By Jo Horne, www.caregiver.com

I have the right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonable can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

What's Playing at the Living Well Library!!

June

Gardening and Arthritis

Gardening can be difficult for those diagnosed with arthritis. In this video, several experts discuss how gardening is a great activity for maintaining physical activity and helps improve nutrition - two viable strategies for addressing arthritis.

July

Caregiver Wellness

Caregiving can be a very meaningful life experience. In this program, various factors will be examined that contribute to caregiver stress, and offer practical solutions for reducing stress and cultivating life-long wellness.



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

Too often we under estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia



LEEPS

Volunteers and Participants Needed

Alzheimer's disease or memory loss issues should not prevent you or someone you love from getting out of the house for fun and exercise. A new program, called LEEPS, will provide people with memory loss the opportunity for regular exercise and to become more active in their community.

To be eligible to participate in LEEPS you must have memory loss issues, have someone/a caregiver who checks in on you, be able to engage in exercise, and reside in Crawford, Grant, Green, Iowa, Juneau, Lafayette, Richland, Rock or Sauk counties.

The program will use trained volunteers to assist with exercises, provide cognitive stimulation and regular outings.

The program offers an opportunity for the person's caregiver to rest and refresh or to complete tasks while the person is engaged with the volunteer.

If you or someone you know is interested in learning more about the LEEPS program, or would be interested in becoming involved as a program volunteer, please contact the Aging and Disability Resource Center of Southwest Wisconsin at 877-794-2372 or in Rock county contact the Alzheimer's Support Center at 608-314-8500.

Be Strong and Stable

Fall Prevention in Seniors

St Clare Hospital will be presenting a falls prevention program. You will learn how common falls are, the causes of and ways to prevent falls through exercising and with modifications you can make to your residence.

Presented by: Yenti Eilertson,
St Clare Hospital Physical Therapist

Location: St Clare Hospital,
2 South Room D

Date: Tuesday July 26

Time: 10:30 a.m. - Noon

Refreshments to be served

Reservations requested

Please call St Clares Hospital at
(608) 356-1407

****No charge for presentation****



Living Well with Chronic Conditions Preview Class

Are you an adult
with an ongoing health condition?

Do you live with or care for
someone with an ongoing health condition?

You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Presented by: Mike Lew and Mary Jane Percy, Aging Disability Resource Center

Location: St Clare Hospital,
2 South Room D

Date: Thursday June 16

Time: 11:00 am-12:30pm

Refreshments to be served

****There is no charge for presentation,
but reservations are requested.**

To make your reservation call (608) 356-1407

Katie Royster
Nutrition & Prevention Specialist



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

Dining Center Schedule

<p>Baraboo Highpointe Commons 1141 12th St., Baraboo Phone 963-3436 <i>Lunch Served at 11:30 am</i></p>	June 1	July 6
<p>Lime Ridge Tuesday-Thursday Lime Ridge Senior Center 308 West Maple Ave Lime Ridge Phone 986-2424 <i>Lunch served at 12:00 noon</i></p>	June 14	July 19
<p>Merrimac Tuesday-Thursday Merrimac Village Hall 100 Cook St., Merrimac Phone 963-2286 <i>Lunch served at 12:00 noon</i></p>	June 15	July 14
<p>Reedsburg Willow Heights 800 Third St., Reedsburg Phone 963-3438 <i>Lunch Served at 11:30 am</i></p>	June 7	July 7
<p>Sauk/Prairie 730 Monroe St., Sauk City Phone 963-3437 <i>Lunch Served at 11:30 am</i></p>	June 8	July 13
<p>Spring Green 117 S Washington St., Spring Green Phone 588-7800 <i>Lunch served at 12:00 noon</i></p>	June 2	July 12

Many Thanks!!

I would like to extend my gratitude to all the Dining Center Managers and every volunteer and staff member at Sauk County Aging & Disability Resource Center for making my welcome so wonderful. Everyone I have met and talked to or worked with have given great support and eased the transition into the Nutrition & Prevention position. I am happy to be part of the team and look forward to the future of the nutrition and prevention programming.

Tip Your Hat

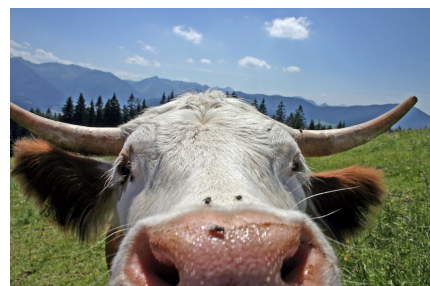
Let’s take some time and highlight the wonderful work the local restaurants provide to our home delivered meal participants. For a number of years Feil’s Supper Club & Catering (Hwy 73 South Box 124, Randolph, WI) has been providing wholesome meals for the majority of our folks, both at the dining centers and home delivered meals.

Some people may not know that other areas of Sauk County receive home delivered meals from:

- ◆ **Granny’s Pantry Restaurant**
 (205 North Main Street, LaValle, WI),
- ◆ **Bare Necessities Marketplace**
 (115 E Main St, La Valle, WI),
- ◆ **Railroad Inn Café**
 (104 E Walnut St, North Freedom, WI), and
- ◆ **Anne Marie’s Garden Café**
 (1150 Main St, Plain, WI).

Without the service from these restaurants, and the volunteers who deliver the meals daily, a large number of people would not be able to receive the nutritious meals they currently are provided.

**June Is “Dairy Month”
 So Let’s Applaud Our Local Farmers**



Try A Few “Milk Myths”



Myth: Milk causes mucus.

Fact: Milk does not cause mucus production. No scientific evidence supports this myth, people mistake saliva thickening after drinking milk with mucus.

Myth: Milk causes kidney stones.

Fact: Milk does not cause kidney stones. Some research associates milk with lower rate of kidney stones. Some research has also shown that men who consumed a high calcium diet actually had decreased risk for kidney stones.

Myth: Fat free milk is watered down.

Fact: Fat free milk has no water added and is produced by skimming off the fat. Fat free milk contains the same amount of protein, calcium, potassium and phosphorus as higher fat milk. Fat free milk contains less fat, calories and cholesterol than higher fat milk.

Myth: Organic milk is a better than regular milk.

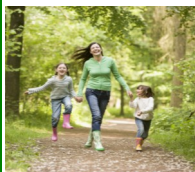
Fact: All milk contains the same nutrients and must comply with the same safety standards. Organic milk producers use organic fertilizers and pesticides and cows are not given hormones. Government standards do include testing all milk for antibiotic and pesticide residues to ensure that milk (whether organic or regular) are pure, safe, and nutritious.

Myth: Soy milk has the same nutritional value as regular milk.

Fact: Soy milk is not nutritionally equivalent to regular milk. Fortified soy milk does contain the same amount of calcium as cow’s milk on the label; you just have to drink more soy milk to get the same amount of calcium as in regular milk. The body absorbs about 25% less calcium from soymilk than from cow’s milk.

Source: www.dairycouncilofca.org

July is National Mobility Month



What do we know about physical activity?

- Everyone can benefit from physical activity.
- Physical activity can be any intensity to have health benefits.
- Daily aerobic activity can include light housework (i.e. vacuuming), walking, swimming, golf, dancing, or even stair climbing.
- Greater health benefits can be achieved by increasing duration, intensity, and frequency of physical activity.
- Start with 5-10 minute intervals and increase activity as comfortable.
- Talk to your doctor before starting any new physical activity.
- Don’t forget muscle strengthening to help reduce risk of falls (i.e. yoga, exercise bands, yard work, hand weights, carrying groceries, washing windows and floors).
- Muscle loss is caused by reduced physical activity.
- By age 75, 1 in 3 men and 1 in 2 women have NO physical activity.

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(Continued from page 27)

- Walking, gardening and yard work are the most common activities among adults 65 years and older.

Any physical activity is more fun when you have friends and family to join.

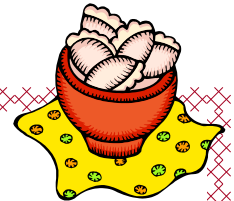
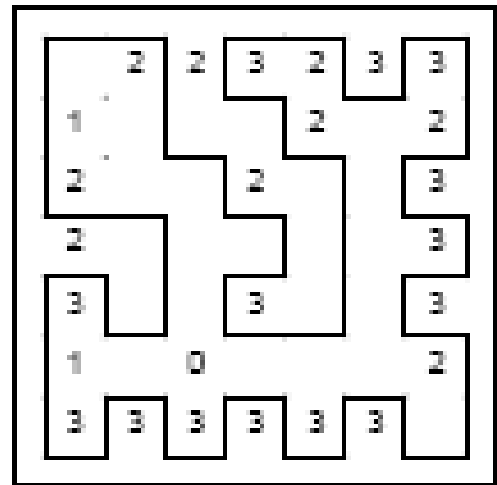
What are the Benefits?

- Reduces risk of fractures and falls.
- Increases ability to live independently.
- Reduces risk of heart disease, diabetes, cancer, obesity, stroke and a number of other chronic conditions.
- May reduce blood pressure.
- Increases stamina and strength.
- Improves mental health (i.e. anxiety and depression).
- Maintain healthy bones.
- Reduces arthritic pain.

www.cdc.gov



Answer for the ADRC Brainteaser



Tortilla Pizzas

From the Kitchen of Katie Royster

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 6

Cups of Fruits & Vegetables Per Person: 1.00

Ingredients:

12 small corn or flour tortillas

Vegetable Oil or Margarine

1 (16oz) can refried beans

1/4 cup chopped onion

2 ounces fresh or canned green chili peppers, diced

6 Tbsp red taco sauce

3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell peppers

1/2 cup (2oz) shredded part-skim mozzarella cheese

1/2 cup chopped cilantro (optional)

Directions:

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, chopped onion, & half of the diced chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon of diced chili peppers, & 1 tablespoon of shredded cheese for each pizza.
5. Return to frying pan and heat until cheese melts.
6. Top with cilantro, if desired
7. Serve immediately.



June 2011

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Earth laughs in flowers.</i> Ralph Waldo Emerson</p>		<p>1 Chicken Tetrizzini Cass. (incl. veg.) Tossed Salad Cantaloupe Slice Cookie * Sliced Bread</p>	<p>2 Hawaiian Meatballs Baked Potatoes Baby Carrots Birthday Cake Peach Slices * Dinner Roll</p>	<p>3 Roast Turkey Mashed Potatoes Cream Style Corn Cranberry Gelatin Cinnamon Roll * Sliced Bread</p>
<p>6 Chicken Teriyaki Red Skin Potatoes Calif. Blend Veg. Key Lime Pie Pineapple Tidbits* Sliced Bread</p>	<p>7 Lasagna Casserole (includes veg.) Mixed Italian Salad Pear Slices Frosted Cake * French Bread</p>	<p>8 Pork Steak Mashed Potatoes Mixed Vegetables Apple Pie Fruit Cocktail * Sliced Bread</p>	<p>9 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Summer Blend Veg. Fruited Gelatin Cookie * Dinner Roll</p>	<p>10 Bratwurst on a Bun German Pot. Salad Winter Blend Veg. Orange Sherbet Plum Halves *</p>
<p>13 Baked Chicken Mashed Potatoes Three Bean Salad Applesauce Frosted Cake * Sliced Bread</p>	<p>14 Salisbury Steak Mashed Potatoes Peas and Carrots Coconut Cream Pie Peach Slices * Dinner Roll</p>	<p>15 Ham Rolls Squash Cole Slaw Pineapple Tidbits Cookie * Sliced Bread</p>	<p>16 Chicken Cacciatore Baked Potato Italian Blend Veg. Pecan Pie Pear Slices * Dinner Roll</p>	<p>17 Corned Beef Red Skin Potatoes Cabbage and Carrots Pear/Lime Gelatin Cookie * Sliced Bread</p>
<p>20 Swedish Meatballs Mashed Potatoes Green Beans Spice Cake Plum Halves * Sliced Bread</p>	<p>21 Escalloped Potatoes & Ham Casserole Carrots Fruit Cocktail Fudge Brownie * Dinner Roll</p>	<p>22 Chicken Breast Mashed Potatoes Calif. Blend Veg. Ambrosia Dessert Apple * Sliced Bread</p>	<p>23 Meatloaf Au Gratin Potatoes Mixed Vegetables Pear Slices Frosted Cake * Dinner Roll</p>	<p>24 BBQ Pork Cutlet Baked Potato Western Corn Ice Cream Cup Applesauce * Sliced Bread</p>
<p>27 Swiss Steak Mashed Potatoes Swiss Spinach Peach Slices Vanilla Pudding * Sliced Bread</p>	<p>28 Glazed Ham Sweet Potato Bake Health Slaw Applesauce Cookie * Dinner Roll</p>	<p>29 Baked Chicken Tw Baked Potato Copper Penny Sld Butterfinger Torte Plum Halves * Sliced Bread</p>	<p>30 Crispy Fish Fillet Cheesy Potato Bake Peas/Pearl Onions Fruited Gelatin Frosted Cake * Dinner Roll</p>	

July 2011

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<i>1</i> Fruited Chicken Salad on a Bed of Shredded Lettuce Raspberry Sherbet Fruit Cocktail * Sliced Bread
<i>4</i> Independence Day 	<i>5</i> Jaegerschnitzel Mashed Potatoes Red Cabbage Applesauce Cookie * Dinner Roll	<i>6</i> Beef Stroganoff Cass. (incl. veg.) Winter Blend Veg. Cantaloupe Slice Vanilla Pudding * Sliced Bread	<i>7</i> Country Fried Steak Mashed Potatoes Peas and Carrots Birthday Cake Petite Banana * Dinner Roll	<i>8</i> Smoked Sausage Red Skin Potatoes Spinach Salad w/ Hot Bacon Dressing Fruited Gelatin Frosted Cake * Sliced Bread
<i>11</i> Roast Pork Loin Mashed Potatoes Baby Carrots Cream Sicle Torte Applesauce * Sliced Bread	<i>12</i> Baked Chicken Mashed Potatoes Pickled Beet Salad Pear Slices Cinnamon Roll * Dinner Roll	<i>13</i> Ham Roll Buttered Squash Health Slaw Pineapple Tidbits Cookie * Sliced Bread	<i>14</i> Baked Spaghetti (includes veg.) Italian Blend Veg. Egg Custard Pie Peach Slices * French Bread	<i>15</i> Roast Turkey Mashed Potatoes Summer Blend Veg. Cranberry Gelatin Frosted Cake * Sliced Bread
<i>18</i> Meatloaf Au Gratin Potatoes Calif. Blend Veg. Chocolate Pudding Pear Slices * Sliced Bread	<i>19</i> Chicken Breast Mashed Potatoes Mixed Vegetables Pineapple Tidbits Fudge Brownie * Dinner Roll	<i>20</i> Hawaiian Meatballs Baked Potato Chinese Ramen Sld Ice Cream Cup Fruit Cocktail * Sliced Bread	<i>21</i> Pork Steak Mashed Potatoes Carrots Applesauce Cookie * Dinner Roll	<i>22</i> Crispy Fish Fillet German Pot. Salad Peas/Pearl Onions Orange Sherbet Peach Slices * Sliced Bread
<i>25</i> Glazed Ham Sweet Potato Bake Cole Slaw Pear Slices Frosted Cake * Sliced Bread	<i>26</i> Salisbury Steak Mashed Potatoes Green Beans Carrot Cake w/Cr. Cheese Frosting Plum Halves * Dinner Roll	<i>27</i> Baked Chicken Twice Bk Potato Copper Penny Salad Pineapple Tidbits Cookie * Sliced Bread	<i>28</i> Pepper Steak Mashed Potatoes Tossed Salad Pecan Pie Apple * Dinner Roll	<i>29</i> BBQ Pork Cutlet Escalloped Potatoes Calif. Blend Veg. Fruited Gelatin Frosted Cake * Sliced Bread

- ◆ Thank you to an anonymous donor for the donation to the publishing of AddLIFE Today!
- ◆ We would like to thank Judith Brantzeg for her donation to the AARP Tax Preparation Program.
- ◆ Thank you to an anonymous donor for their donation to the AARP Tax Preparation Program.
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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 ADRC Brainteaser -
 it's a Slitherlink!**

In a Slitherlink Puzzle, you connect horizontally or vertically adjacent dots to form a meandering path that forms a single loop, without crossing itself, or branching. The numbers indicate how many lines surround each cell. Empty cells may be surrounded by any number of lines (from 0 to 3)

There is one unique solution, and you should be able to find it without guessing. You may find it helpful to make small x's between dots that cannot be connected.

The answer is on page 28

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