



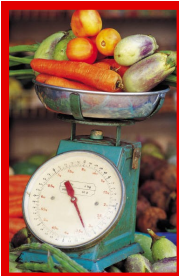
Add LIFE Today!

Laughter
Independence
Friends &
Energy

June/July 2012

Vol 4 Issue 3

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



Senior Farmers Market Checks!

Each summer the ADRC, along with the UW-Extension, helps distribute the Senior Farmers

Market Nutrition checks that the USDA provides to seniors to encourage them to shop at local farmers 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 \$20,665 for an individual, or \$27,991 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. The proxy will also be filling out the application for you so make sure they know your date of birth, address and phone number.

Senior Farmers Market Distribution Dates!

Baraboo West Square Building Room B30

Wednesday, June 13
8:30 am - 11:30 am

Sauk Prairie Community Center

Friday, June 15
9:00 am - 12:00 noon

Reedsburg City Hall

Friday, June 22
1:00 pm - 3:30 pm

Plain - Kraemer Public Library

Monday, June 18
1:00 pm - 3:00 pm

Wisconsin Dells Tribal Aging Unit

E8863 Winneshiek Dr,
Wisconsin Dells
Wednesday, June 20
11:30 am - 12:30 pm

Baraboo West Square Building Room B30

Tuesday, June 26
1:00 pm - 4:00 pm



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*The summer air is here
so get your dress on
and dance around
like no one cares"*



Mark Your Calendar



The ADRC will be closed on:

July 4 Fourth of July
September 3 Labor Day

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

Office hours are:

Monday thru Friday,
8:00 a.m. - 4:30



Director's Notes

Trish Vandr, ADRC Director



Something To Cross Off Your 'To Do' List

If you still receive a paper check in the mail for your benefits from any of the following sources, you will be required to enroll in direct deposit by March 1, 2013.

- ◆ Social Security
- ◆ Supplemental Security Income (SSI)
- ◆ Veterans Affairs
- ◆ Railroad Retirement Board
- ◆ Office of Personnel Management
- ◆ Department of Labor (Black Lung)

Why not do this now rather than waiting until the last minute when your benefits could be delayed by all those other people who wait until the last minute?

It's free and it's easy and safe. You may choose to have your benefits deposited into a savings or checking account you already have or open a new one. If you don't have or don't want a bank account, you may have your benefits deposited on a pre-paid debit card called Direct Express to use just like any credit/debit card. (No credit check is required to get the Direct Express card.)

To accomplish this necessary 'to do', just contact your local bank or the Social Security office at 608-742-8817 for their assistance.

Concerned about cybercrime or have other questions? Check out the fact sheet at the ADRC's LivingWell Library or go to website at <http://godirect.org/social-security-federal-benefits-direct-deposit/>. And of course, if you have any problems accomplishing this just give the ADRC a call. We'll help!

Be Well,
Trish



Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer

Dear Friends,



Your Sauk County Veterans Service Office now has "ultra removable" bumper stickers available for purchase. The suggested minimum donation is \$2.00 and all proceeds will go to help needy veterans in Sauk County. Thank you to those who have already stopped in to donate for their bumper stickers.

I have had several situations recently where veterans have been hesitant or reluctant to come in and claim or use their benefits, as they are concerned that by doing so they may take away from other veterans they think may be more needy or deserving than themselves. I believe the opposite is true. The evidence suggests that when more veterans are using their benefits the better it is for all veterans, especially those who need the benefits the most. By not using the benefits you earned you are actually hurting other veterans. If you are a veteran you owe it to yourself and your fellow vets to make sure you are using the benefits that you have earned. If you know a vet who may not be using their benefits, please encourage them to come in and see us. Your fellow veterans are depending on you. Remember, if you served in the military, at any level, you are a veteran. When and where you served will determine what benefits you may have earned.

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!

Since 1968, the AARP Tax-Aide program has helped nearly 50 million low-to-middle income taxpayers. Once again, Sauk County has had the privilege and benefit of working with volunteer counselors and volunteer greeters led by Kent Lamkins.

Thank you to our partners - Kraemer Library in Plain, 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 nearly 1,500 hours and assisted nearly 900 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 10% over last year !!

That's a lot of number crunching ... aren't we fortunate to have a service like this available?? At no cost to you?? 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??

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.

Volunteer Help Wanted

The **Baraboo Area Senior Center Organization (BASCO)** is looking for volunteers to serve in the role of host/hostess.

- Do you have a friendly manner to greet members and other volunteers ?
- Can you encourage and thank others for participation in activities and events?
- Can you straighten and activity room and library from time to time?
- Can you assist the director in assigned tasks?

This may be just what you're looking for!

Call Jackie at 356-8464 to find out more!

— ❖ —

The **AARP Tax-Aide** program is looking for volunteers to provide tax assistance and preparation. They complete federal, state, and homestead credit tax returns and file them electronically.

- Are you comfortable using a computer keyboard?
- Do you have a personal computer at home to practice on?
- Do you have previous experience as a bookkeeper, accountant, tax accounting or prepare your own tax return?

This may be the right fit for you!

Call Kent at 254-5057 to find out more!

Valuable is the work you do,
Outstanding is how you always come through.
Loyal, sincere and full of good cheer,
Untiring in your efforts throughout the year.
Notable are the contributions you make,
Trustworthy in every project you take.
Eager to reach your every goal,
Effective in the way you fulfill your role.
Ready with a smile like a shining star,
Special and wonderful—that's what you are!

- Author Unknown

Would You Believe ... 1,154 Years!

When I total all of the years that our volunteers have given to all of our programs (and I have got the paperwork to back this up) it totals 1,154 years! You all continue to WOW me!! Those names in **bold** letters have moved up to a new category ... congratulations!! And THANK YOU!!

25+ Years!!

Walt Darling, Marjorie Faber, Audrey Wendt

20+ Years

**Donna Druckrey, Edna Hineman,
Charles Moritz, Char Rose**

15+ Years

**Buddy Bethke, Don Fearing, Jean Kinsman,
John Kinsman, Donna Fae Kruse, Marveline Miller,
Wayne Pertzborn, Jim Quandt, Lonita Schulze,
Caroline Siberz, Fannie Wisinger,**

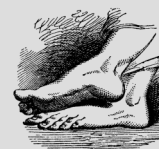
10+ Years

**Carl Alexander, Art Behnke, John Bernien,
Nola Fearing, Keni Gillingham, Phyllis Johnson,
Marion Licht, Bernice Mueller, Jane Prouty,
Donna & Ralph Soeldner**

5+ Years

**Gladys Anliker, Leslie Bednar, Shellie Benish,
Charlie Blau, Ken Breneman, Ruth Breneman,
Joyce Broesch, Kelley Buelow, Norma Caflich,
Michelle Commings, Judith Connick, Phil Craker,
Ruth Dawson, Bev Ernstmeyer, Ruth Falk,
Angie Fauska, Joan Fedkenhauer, Dennis Frohn,
Judy Gehrke, Bill Grosz, Anjuli Gundrum,
Ruth Haase, Kay Hamblett, Harold & Audrey Hein,
Shirley Hess, Betty Jensen, Ellen Jerrett,
Carol Keskey, Judy Koym, Kent Lamkins,
Tina Leake, Mac McCutchin, Sam Noble,
Barb Opperman, Helen Page, Lavern & Verdi Peper,
Mike Powell, Milt & Mary Risgaard, Char Roloff,
Harley Schneider, Stanley Schrank,
Carol Schanke-Brylla, Dorothy Sivam, Dean Skare,
Nola Sprecher, Paul Takkunen, Jim Thering,
Barb Tindle, John Torgerson, Verna VonBehren,
Tom White, Betty Wolfrath, Laurie Zimprich,
Nelly Zurbuchen**

PS - I admit to being human ... so ...if I've got the wrong information
PLEASE let me know!



Foot Clinic Schedule

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

The cost for foot clinic visit is \$25.00.

Baraboo - West Square Building

Tuesdays - June 5 & 19

Wednesday - June 20

Tuesdays - July 3 & 17

LaValle - Fire Department

Wednesday - July 25

Lake Delton - Holy Cross Episcopal/

United Methodist Church

Wednesday - July 11

Merrimac - Village Hall

Wednesday - July 18

Plain - American Legion Hall

Thursday - June 28

Reedsburg - Maple Ridge

Tuesday - June 12

Thursday - June 21

Tuesday - July 10

Thursday - July 19

Reedsburg - Willow Heights

Wednesday - June 13

Sauk Prairie - St John's Church

Thursdays - June 7 & 14

Thursdays - July 5, 12 & 26

Spring Green - The Meadows

Tuesday - July 24

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

Tom Litscher



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



Dennis Murray



*Getting You
There!*

*The
Bus*

Go Green!

Make
The Bus
Your "Other Car"!

Public Transit
608-355-3278
1-800-830-3533

***Watch the next
AddLIFE Today! for the
new expanded bus routes***

TIPS FOR Safe Night Driving

With the summer vacation season fast approaching, more drivers will soon take to the highways, traveling all hours of the day, all across the country to reach their destinations.

If you plan on driving after the sun goes down, it's important to remember that driving at night presents different challenges than driving during the day. Traffic death rates are three times greater at night, yet many of us are unaware of the hazards that night driving poses or effective ways to handle them.

**What You Need To Know
About Night Driving**



At night, vision is severely limited. Drivers lose the advantage of color and contrast that is available during the day and depth perception and peripheral vision are also diminished.

To improve your night vision and driving ability after sunset, the Motor Vehicle Lighting Council (MVCL) offer drivers these tips:

1. **Use you lights courteously** - Turn your headlights on one hour before sunset to make it easier for other drivers to see you in early twilight. Keep your headlights on at least one hour after sunrise. Refrain from flashing your high beams at a vehicle with its high beams on, this will only increase the chance that drivers will not be able to see. In fog, use low beam headlights; high beams reduce your own ability to see and may temporarily blind other drivers. If your vehicle is equipped with fog lamps, use them with your low beams only when there is fog or inclement weather.
2. **Make it easy for others to see you** - Be sure all exterior vehicle lights work properly. In case of a vehicle breakdown, pull completely off the road beyond the end of the guardrail, if possible, and turn on emergency flashers.
3. **Avoid glare** - Instead of looking at oncoming headlights, look toward the right side of the road and watch the white line marking the outside edge of the traffic lane. When headlights from vehicles following you reflect in your rearview mirror, use the “day-night” feature on the mirror or adjust your mirror to cut out as much of the light as possible.
4. **Adjust your vehicle’s interior lighting** - If streetlights cause a lot of glare, dim your dashboard lights and use your sun visor. Avoid using any other light inside your vehicle.
5. **Keep all windows and headlights clean** - Dirty windows can increase glare, making it more difficult to see, while dirty headlights can reduce efficiency by as much as 90 percent. Be sure to clean the inside and outside of your windshield as well as your headlights.
6. **Keep your eyes moving** - Look for flashing of light at hilltops, curves and intersections that may indicate the headlights of other vehicles.
7. **Increase your following distance** - Increasing your distance by four to five seconds can make it easier to spot potential problems on the roadway and give you more time to respond. In addition, proper lighting will enable you to react quicker and stop at a safe distance from the vehicle in front of you.
8. **Regulate speed** - Driving too fast is more dangerous after dark than during the day because of decreased visibility. Traveling at high speeds doesn’t allow you enough time or distance to stop when you see something dangerous on the road ahead.
9. **Prevent fatigue** - Night driving can be tiring, so ensure good ventilation inside the vehicle and take frequent refreshment breaks to give your eyes a chance to recover. Take a short nap or a brisk walk, or have some caffeine to help you stay alert.
10. **Use vehicle mirrors to your advantage** - Exterior mirrors that are properly aligned not only reduce blind spots, they also reduce glare from vehicles behind you. The outside rearview mirrors should be adjusted so that the bodywork of the vehicle is just outside of the driver’s view. In addition, the rearview mirror can be

flipped to its “day-night” setting, which changes the angle of the reflective surface and appears to dim the mirror.

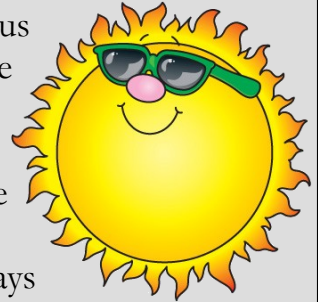
In addition, there are also some general practices you can follow to help ensure safe night driving:

1. **Align your headlights correctly** - Properly aligned headlights will help you see the road better and will help other drivers avoid glare. If you live in a state that requires regular safety inspections, ask the service technician to check and correct the aim of your headlights. If your state doesn't require such an inspection, take your vehicle to a dealer or repair shop at least once a year for a headlight checkup.
2. **Have your vision checked regularly** - The American Optometric Association recommends that everyone under the age of 40 have a thorough eye exam at least every three years; drivers 41-60 every two years; and drivers over 60 every year. Age can make eyes more sensitive to glare. In addition, certain medical conditions, such as encroaching cataracts, will increase eye sensitivity.
3. **Look into anti-reflective eyeglass coating** - Many eye care professionals strongly recommend eyeglasses that have an anti-reflective (AR) coating. This ultra-thin film reduces internal reflections in the lenses. AR-coated glasses actually transmit more light than regular lenses, which improves vision at night and helps distinguish fine details during the day.

Source: Motor Vehicle Lighting Council

Shunning The Sun? Check Your Vitamin D

For years, doctors have advised us to always wear sunscreen outside and avoid the sun during peak hours. Their advice is justified: excess sun exposure can damage skin and lead to skin cancers.



“But, as sometimes happens,” says Craig Christianson, M.D., UCare’s Associate Medical Director, “limiting our sun exposure has had unintended consequences, chief among them a possible deficiency of our vitamin D stores.”

Vitamin D is produced by our bodies in response to sunlight. It is also found in foods such as fish, fish liver oils, and egg yolks or fortified dairy and grain products, and in vitamin supplements. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. So when we don't get enough, we run the risk of losing bone density, leading to diseases like osteoporosis. Recent research also suggests that low levels of vitamin D *may* contribute to high blood pressure, cancer, several autoimmune diseases, and mood disorders, such as depression.

Skin pigmentation, digestive disorders, and obesity, can also affect vitamin D levels. And more research needs to be done for us to better understand how vitamin D levels affect our overall health. For the time being, when thinking about sun exposure, Dr. Christianson recommends “all things in moderation.” Check with your primary care provider at your next visit about having your vitamin D levels checked, or adding supplements to your diet.

Source: MayoClinic.com.

This partnership article is brought to you by:
UCare

3410 Oakwood Mall Drive, Suite 500

Eau Claire, WI 54701

1-877-523-1518



Introducing the Sauk County Prescription Discount Card FREE to County Residents!

Americans are paying more for prescription drugs than ever before. Without prescription coverage, staying healthy can come at a high price. With the Sauk County Prescription Discount Card Program provided to you in a joint effort with the National Association of Counties (NACo), you can save money on many of your prescription purchases!

Any county resident without prescription coverage can use this program. Even if you have insurance for prescription drugs, you may still benefit from the discount card, since it may save you money on prescription drugs that are not covered by your existing plan.

- Everyone is eligible!
- No income requirements
- No age requirements
- Unlimited use for the whole family
- Pets are covered for medications that also treat human conditions

The Sauk County Prescription Discount Card

Program is:

Valuable. Save an average of 24% off the pharmacy's regular price on all commonly prescribed prescriptions. Savings are also available on high-tech and injectable drugs through our specialty pharmacy.

Easy. There are no claim forms to fill out and no annual fees to pay.

Convenient. More than 60,000 participating pharmacies nationwide, and most pharmacies in Sauk County are participating!

To print an ID card that can be used immediately at a participating pharmacy, locate a pharmacy, or access other program tools, visit www.caremark.com/naco, or call toll free 1-877-321-2652 for more information.

Get your card and start saving today!

Operated by CVS Caremark. **This is NOT insurance. Discounts are only available at any participating pharmacy.**

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 a lot like walking past \$20 or more month after month. Many including are struggling to make ends meet on less and less. FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities.

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 even get free, confidential assistance.

Family Size	Max. Monthly Gross Income
1	\$1,816
2	\$2,452

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 that 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!

For Your Benefit

Call 355-3289 or (800) 482-3710

To confirm site visits or to schedule office appointments



Lorie Bednarek Coming to you:

Reedsburg Willow Heights	June 12 11:00 to 12:00	July 10 11:00 to 12:00
Baraboo Highpoint Commons	June 19 11:00 to 12:00	July 17 11:00 to 12:00

Social Security Statement Now Available Online

Commissioner of Social Security, Michael J. Astrue, recently announced an online version of the Social Security Statement is now available at www.socialsecurity.gov. The new online statement provides eligible workers with secure and convenient access to their Social Security earnings and benefit information.

“Our new online Social Security Statement is simple, easy-to-use, and provides people with estimates they can use to plan for their retirement,” Commissioner Astrue said. The online statement also provides estimates for disability and survivors benefits, making the statement an important financial planning tool. People should get in the habit of checking their online statement each year, around their birthday, for example.”

In addition to helping with financial planning, the online statement also provides workers a convenient way to determine whether their earnings are accurately posted to their Social Security records. This feature is important because Social Security benefits are based on average earnings over a person’s lifetime. If the earnings information is not accurate, the person may not receive all the benefits to which he or



DEB HARVEY

Coming to you:

Plain Library	June 6 1:00 to 3:00	July 11 1:00 to 3:00
Spring Green Senior Center	June 13 10:30 to 11:30	July 18 10:30 to 11:30
Spring Green Library	June 13 1:00 to 2:00	July 18 1:00 to 2:00
Sauk/Prairie Community Cntr	June 14 10:00 to 11:30	July 19 10:00 to 11:30
Merrimac Village Hall	June 14 8:30 to 9:30	July 19 8:30 to 9:30

she is entitled. The online statement also provides the opportunity to save or print the personalized statement for financial planning discussions with family or a financial planner.

To get a personalized online statement, people age 18 and older must be able to provide information about themselves that matches information already on file with Social Security. In addition, Social Security uses Experian, an external authentication service provider, for additional verification. People must provide their identifying information and answer security questions in order to pass this verification. Social Security will not share a person’s Social Security number with Experian, but the identity check is an important part of this new, robust verification process.

Once verified, individuals can create a “My Social Security” account with a unique username and password to access their online statement. In addition, the portal also includes links to information about other online services, such as applications for retirement, disability, and Medicare.

It is important to note, however, Social Security anticipates some members of the public will not be able to be verified through this process. Some people may not correctly answer the

security questions based on information on file with Experian, and others may supply identifying information that does not match their Social Security records. In instances where this occurs, people will have the option to request a paper Social Security Statement be mailed to them. People who cannot verify online initially, also may visit their local Social Security office and present an identity document in order to create an account and gain access to the online version of the statement.

In February 2012, Social Security resumed mailing paper statements to workers age 60 and older if they are not already receiving Social Security benefits. Later this year, the agency plans to mail paper statements to workers in the year they reach age 25. For more information about the new online statement, please go to www.socialsecurity.gov/mystatement.

Reprinted from Social Security Administration

Spring Cleaning Starts In Your Mailbox



With winter (finally!) over, the time for spring cleaning has arrived. In addition to cleaning up and sorting through what you already have in your home, there are a few great (and free) ways to avoid future clutter by eliminating unwanted junk mail before it arrives in your mailbox or inbox.

Reducing Credit or Insurance Offers

Under the Fair Credit Reporting Act (FCRA), the consumer credit reporting companies (Experian, TransUnion, Equifax, Innovis) are permitted to include your name on lists used by creditors or insurers to make “firm offers” of credit or insurance that are not initiated by you. These are the all too familiar “you have already

been approved” credit card offers and offers for insurance of all varieties that clog up your mail box. Fortunately, the FCRA also provides you with the right to “opt-out” of receiving these firm offers. If you choose to optout, you will no longer be included in firm offer lists provided by these four consumer credit reporting companies. To be removed from the major credit bureaus’ mailing lists for pre-approved/pre-screened credit card and insurance offers, go to www.optoutprescreen.com or call (888) 567-8688. You can register online to opt out for five years or by mail to protect yourself permanently (a printable form is available on the website and through the mail by phone request).

Reducing Catalogues, Magazines, and Other Junk Mail

In addition to credit and insurance related junk mail, you can have your name removed from mailing lists for most other types of unsolicited mail as well. The Direct Marketing Association (DMA) is a trade group for companies and nonprofits that send advertising mail. At your request, the DMA will remove everyone in your household from their mailing lists for three years. According to the DMA, removing your name from their lists can reduce your unsolicited mail by up to 80%. The DMA has three general categories of mail: catalogues, magazine offers, and “everything else” (e.g., donation requests, bank offers, retail promotions). The DMA allows you to decide which lists you want your name removed from. You can request that all three categories of mail from all companies be eliminated. You can choose to continue to receive all catalogues, but request all magazine offers and everything else to cease. You can choose which companies within a category you want to prohibit from sending you mail, but allow others to continue. However, if you have purchased items in the past through a particular company (e.g., a particular company’s catalogue), registering with

the DMA will not remove your name from that company's mailing list and you will have to write the company separately to request your removal.

You can make your request by registering at <https://www.dmachoice.org/dma/member/regist.action> or by filling out a one-page form and mailing it to:

**Mail Preference Service
P.O. Box 643
Carmel, NY 10512**

(unlike the online removal request, the mailed written request has a small fee of \$1)

Reducing Phone Solicitation

Finally, remember that you can also eliminate unwanted telephone solicitations by placing your name on both the national "do not call" registry and the State of Wisconsin's "do not call" list.

National Do Not Call Registry: Under its authority under the Telephone Consumer Protection Act (TCPA), the FCC established, together with the Federal Trade Commission (FTC), a national do not call registry. The registry is nationwide, applies to all telemarketers (with the exception of certain non-profit organizations), and covers both interstate and intrastate telemarketing calls.

Commercial telemarketers are not allowed to call you if your number is on the registry, subject to certain exceptions. The registry does not cover the following types of calls:

- Calls from organizations with which you have established a business relationship
- Calls for which you have given prior written permission
- Calls which are not commercial or do not include unsolicited advertisements (e.g., polls, surveys, or calls with a political purpose)
- Calls by or on behalf of tax-exempt non-profit Organizations

You can register your home phone number on the national do not call list either by phone or

by internet at no cost. To add a phone number to the list via the internet, go to www.donotcall.gov. To register by phone, call (888) 382-1222 (voice) or (866) 290-4236 (TTY). You must call from the phone number you wish to register.

Once you have placed your home phone number(s) on the list, callers are prohibited from making telephone solicitations to those number(s). Your number or numbers will remain on the list until you remove them or discontinue service - there is no need to re-register numbers.

Telemarketers and sellers are required to search the registry at least once every 31 days and drop the phone numbers of consumers who have registered.

State Do Not Call List: Wisconsin's no call list is maintained by the Department of Agriculture, Trade and Consumer Protection. Adding your name to the list identifies you as someone who does not wish to receive telemarketing calls. It's free and available for all residential and cellular telephone customers in Wisconsin. Consumers can sign up by calling (866) 9NO-CALL (1-866-966-2255) toll-free in Wisconsin or online at <https://nocall.wisconsin.gov/web/registration.asp>.

Adding your name to the list should stop most telemarketing calls, but there are exceptions for:

- Calls made to an existing customer (e.g., calls from the bank you have a checking account with, your phone company, or your credit card company)
- Calls made in response to your written or verbal request or permission
- Calls encouraging you to make a donation of property, goods, or services to a nonprofit organization
- Calls encouraging you to purchase property, goods, or services from a nonprofit organization unless sale proceeds are subject to Wisconsin sales tax or federal income tax
- Calls made for noncommercial purposes



Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



Compassionate Allowances Means Faster Disability Approval

Social Security is obligated to provide benefits quickly to applicants whose medical conditions are serious enough that their conditions clearly meet disability standards. Compassionate Allowances are a way to quickly identify diseases and medical conditions that almost always qualify under the List of Impairments. Compassionate Allowances allow Social Security to quickly and clearly target disabled individuals for allowances, with objective medical information that can be obtained quickly.

Compassionate Allowances were developed out of information from public outreach hearings, comments received from Social Security and Disability Determination agencies, and research with the National Institutes of Health. Also, conditions that most likely meet the definition of disability are considered as well.

"Disability" under Social Security is based on your inability to work. We consider you disabled under Social Security rules if:

- You cannot do work that you did before;
- We decide that you cannot adjust to other work because of your medical condition(s); **and**
- Your disability has lasted or is expected to last for at least one year or to result in death

As of April 11, 2012 the list of Compassionate Allowances has increased from 113 to 165. Among the conditions listed are cancers, neurological and immune system disorders that affect both adults and children. However, some of the conditions will not be in effect until August 13, 2012. The full list of Compassionate Allowances can be viewed at www.socialsecurity.gov/compassionateallowances.

If you, a loved one, or someone you know is living with this disease and struggling to make ends meet please contact Social Security or your local Aging & Disability Resource Center for more information. Please help spread the word about Compassionate Allowances, this is useful and possibly life changing information.

Did You Know?

LULAC (League of United Latin American Citizens) is the largest and oldest Hispanic Organization in the United States. LULAC advances the economic condition, educational attainment, political influence, health and civil rights of Hispanic Americans through community-based programs operating at more than 900 LULAC councils nationwide. The organization involves and serves all Hispanic nationality groups. Their web site is very informative and has a 50+ tab focusing on the topics most relevant to older adults. <http://lulac.org/programs/seniors/>



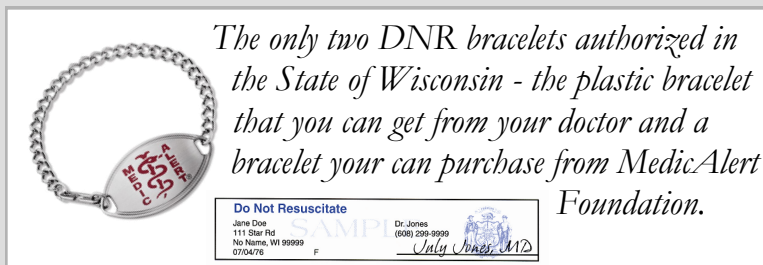
Do Not Resuscitate Bracelets - What You Need to Know

As you may or may not know the State of Wisconsin provides guidelines for the use of Do Not Resuscitate (DNR) bracelets as a way for individuals to communicate their wishes regarding end-of-life care. Wearing a DNR bracelet in the community informs Emergency Medical System (EMS) personnel of your wishes regarding CPR in the event you collapse and have no pulse. Recently, I discovered that there are only two bracelets that are authorized by the state. One is the standardized plastic bracelet that has the patient's identification and physician signature on it and the other is a metal bracelet, which also has this information and can be ordered from the MedicAlert Foundation.

There are multiple vendors of medical alert bracelets. However, Wisconsin endorses only the MedicAlert DNR bracelet as the state approved DNR bracelet. Bracelets from other companies are not endorsed by the state. What could this mean for you? If you have a DNR bracelet from another company and you are alone when the EMS team arrives on the scene they are directed by the state to begin CPR.

A DNR bracelet requires a physician order and when ordering a metal bracelet a copy of the order must be sent in to the company before it is created. A record is kept on file for EMS to access as needed to verify identification and physician's order. You may contact the MedicAlert Foundation at 1-800-432-5378 or on the web at www.medicalert.org.

If you have any questions regarding this topic please feel free to contact Tammy at 608-768-6249 for more information.



This Healthy Tip brought to you by: Tammy Koenecke, RN, BSN, MASL,
Spiritual Care Coordinator
Reedsburg Area Medical Center
Rehab Services Department.
2000 North Dewey Avenue
Reedsburg, WI 53959
608-524-6457
www.ramhealth.com

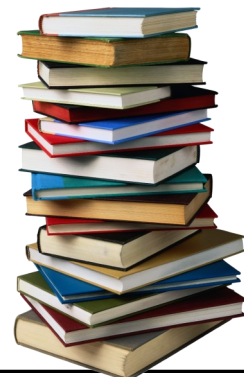


Check It Out !

The Sauk County Libraries are a wonderful partner to the ADRC and to all of us. We suggest that you check them out. They offer books, magazines, newspapers and a variety of other materials including large print and audio books, music CDs, and movies/TV shows on DVD, all for free. They have free Internet access, informational programs and a variety of services including, faxing and photocopying, wireless Internet and volunteer opportunities. Best of all, with your free library card, you can take advantage of programs and services from any South Central System Library which includes all of the libraries in Sauk, Adams, Columbia, Dane, Green, Portage and Wood counties.

AND, the Reedsburg Public Library is currently offering free computer assistance by appointment. Contact them at 768-READ (7323) to set up your appointment.

*Your library is anxious
to hear from you
so contact them soon.*



**Sauk County has new program
that offers 0% interest loans to
eligible households!**



Sauk County recently received notice of a Community Development Block Grant for Housing Rehabilitation. The funds will be loaned at 0% interest to eligible households for home repairs. Applications are accepted on a first come first serve basis. There is no cost to fill out an application and all information submitted is strictly confidential. Applications will be available starting December 1, 2010!

Funds are available for the following types of projects:

HOMEOWNERS - These funds will be lent to eligible households for home repairs. The loan is a 0% interest, deferred payment loan – you do not pay it back until you sell the house or no longer live there.

TENANTS - Loans are available to assist with purchasing a home. The loan is a 0%, deferred payment loan – you do not pay it back until you sell the house or no longer live there. Funds can assist you with down payment and closing costs. There will also be funds available to make repairs to the home that you purchase.

LANDLORDS - Installment loans are available for landlords who rent to tenants that are low- to moderate- income. The loan is a 0% interest loan. Contact the program administrator for more details.

The loan can be used to make the following types of repairs:

- Handicap Accessibility
- Electrical Upgrades
- Replace Windows & Doors
- Connect Water & Sewer Lines
- Roofing
- Painting, Siding, Porch Repairs
- Repair/Replace Heating, Water Heaters & Plumbing Systems
- Other General Improvements

In order to be eligible, your annual income must be below the following limits for Sauk County:

Household Size	1 Person	2 Person	3 Person	4 Person	5 Person	6 Person	7 Person	8 Person
	\$34,550	\$39,450	\$44,400	\$49,300	\$53,250	\$57,200	\$61,150	\$65,100

Interested households can contact Sue Koehn at the MSA Housing Program Office
at 1-800-552-6330 for more information.

Households can apply for the housing program after December 1, 2010.

Applicants will be required to submit a copy of their 2009 Federal Income Taxes, most current paycheck stubs, a copy of their property insurance, and a copy of their 2009 property tax bill. In addition, if you receive child support, social security or unemployment, you will also need to provide documentation for those items.

Aging & Disability Specialists - Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Musselman



Marcie
Dachik

“Know Us Before You Need Us”



Here at the Aging and Disability Resource Center (ADRC), we want you to have a good understanding of what we do prior to you needing us. This is so if you are in need of help you know who to call and what we can do for you. We want to be more than just the contact in an emergency because if you wait too long before calling it may be too late to discuss options you had previously. The ADRC is about providing good information in order for you to be well informed on how to maintain your independence. This allows persons with disabilities and elderly to maintain their independence as well as their dignity when changes in health or circumstances change. The staff at the ADRC are professionals who specialize in helping people with concerns related to aging, disability, and long-term care. The ADRC does not promote any type of service or provider and does not benefit financially from the choice you make.

There can be a lot less fear about the future when you have a good understanding about what the future holds for you. Having thought through what you want and having a plan in place can help you work towards the future you want.

The following are some examples of situations where future planning can make all

the difference for you or a loved one:

1. You are hospitalized and cannot return home without some help in the home. Where do you find help and how will you pay for it?
2. The caregiver for someone with dementia suddenly becomes ill and is hospitalized. Who do you call to find a respite provider?
3. You or your loved one is in an assisted living and are running out of money to continue to pay for your care. You have no plans about what happens when you can no longer afford the assisted living facility. Where do you turn?
4. Once you graduate from school you want to move out of your parent's home and into a group home setting. You are disabled and cannot live without in-home supports. How do you find out about funding and different options to help you reach your independent goal?
5. As a result of an accident you are not able to write checks anymore or handle your finances. You do not have a Power of Attorney for Finance and Property in place. What happens now?

Having a plan in place before a sudden crisis can often help transitions occur more smoothly. Whether you are looking for an assisted living or help in your home, we can help you learn about the different choices that are available. Which options best match your

needs and resources. Also we can help you explore the full range of long-term care options, including nursing homes assisted living, in-home care, apartments, and other community resources. We can give guidance while you consider the different options available to you. Please call or come in to the ADRC to discuss all these different options. We are available to meet with you in your home, the ADRC office, or at another location that is convenient for you and your family.

It may not be possible to prepare for every situation but having a plan in place can help prepare you and your family for the unknown future. We vigorously encourage you to know us before you need us.



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

Presented by Deb Harvey
and Lorie Bednarek

Tuesday, July 31, 2012 at 4:30 p.m.
West Square Building,
505 Broadway, Baraboo, WI

This workshop is for people considering retirement, turning 65, or reaching full retirement age.

Our session focuses on the insurance questions confronting new retirees and those who are continuing to work, even though they are age 65 or older.

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

What Makes a Dad

— Author Unknown

God took

The strength of a mountain,

The majesty of a tree,

The warmth of a summer sun,

The calm of a quiet sea,

The generous soul of nature,

The comforting arm of night,

The wisdom of the ages,

The power of the eagle's flight,

The joy of a morning in spring,

The faith of a mustard seed,

The patience of eternity,

The depth of a family need,

Then God combined these qualities,

When there was nothing more to
add,

He knew His masterpiece was
complete,

And so,

He called it ... Dad



MANY BLESSINGS TO ALL OF THE
WONDERFUL MEN IN OUR LIVES



Veterans Retraining Assistance Program (VRAP)

The Department of Veterans Affairs (VA) and the Department of Labor (DoL) are working together to roll out this new program on July 1, 2012.

The VRAP offers 12 months of training assistance to veterans who:

- Are at least 35 but no more than 60 years old
- Are unemployed
- Received an other than dishonorable discharge
- Are not eligible for any other VA education benefit program (e.g.: the Post-9/11 GI Bill, Montgomery GI Bill, Vocational Rehabilitation and Employment Assistance)
- Are not in receipt of VA compensation due to unemployability
- Are not enrolled in a federal or state job training program

The program is limited to 45,000 participants during fiscal year 2012, and to 54,000 participants from October 1, 2012, through March 31, 2014. Participants will receive a monthly payment equal to the full-time payment rate under the Montgomery GI Bill-Active Duty program (currently \$1,473 per

month). DoL will offer employment assistance to every veteran who participates or applies to the VRAP program.

Participants must be enrolled in a VA approved program of education offered by a community college or technical school. The program must lead to an Associate Degree, Non-College Degree, or a Certificate, and train the veteran for a high demand occupation.

VRAP will provide training for programs of education that lead to a high demand occupation, as determined by the DoL. The DoL and the VA will begin accepting applications on May 15, 2012.

For more information please visit: <http://benefits.va.gov/vow/education.htm> or <http://www.gibill.va.gov/> or <http://www.facebook.com/gibillEducation> or contact our office.

Veterans and Brain Disease

By Nicholas D. Kristof,
New York Times on April 25, 2012

He was a 27-year-old former Marine, struggling to adjust to civilian life after two tours in Iraq. Once an “A” student, he now found himself unable to remember conversations, dates and routine bits of daily life. He became irritable, snapped at his children and withdrew from his family. He and his wife began divorce proceedings.

This young man took to alcohol, and a drunken car crash cost him his driver’s license. The Department of Veterans Affairs diagnosed him with post-traumatic stress disorder, or PTSD. When his parents hadn’t heard from him in two days, they asked the police to check on him. The officers found his

body; he had hanged himself with a belt.

That story is devastatingly common, but the autopsy of this young man's brain may have been historic. It revealed something startling that may shed light on the epidemic of suicides and other troubles experienced by veterans of wars in Iraq and Afghanistan.

His brain had been physically changed by a disease called chronic traumatic encephalopathy, or CTE. That's a degenerative condition best-known for affecting boxers, football players and other athletes who endure repeated blows to the head.

In people with CTE, an abnormal form of a protein accumulates and eventually destroys cells throughout the brain, including the frontal and temporal lobes. Those are areas that regulate impulse control, judgment, multitasking, memory and emotions.

That Marine was the first Iraq veteran found to have CTE, but experts have since autopsied a dozen or more other veterans' brains and have repeatedly found CTE. The findings raise a critical question: Could blasts from bombs or grenades have a catastrophic impact similar to those of repeated concussions in sports, and could the rash of suicides among young veterans be a result?

"PTSD in a high-risk cohort like war veterans could actually be a physical disease from permanent brain damage, not a psychological disease," said Bennet Omalu, the neuropathologist who examined the veteran. Dr. Omalu published an article about the 27-year-old veteran as a sentinel case in *Neurosurgical Focus*, a peer-reviewed medical journal.

The discovery of CTE in veterans could be stunningly important. Sadly, it could suggest that the worst is yet to come, for CTE typically develops in mid-life, decades after exposure. If we are seeing CTE now in war veterans, we may see much more in the coming years.

So far, just this one case of a veteran with CTE has been published in a peer-reviewed medical journal. But at least three groups of scientists are now conducting brain autopsies on veterans, and they have found CTE again and again, experts tell me. Publication of this research is in the works.

The finding of CTE may help answer a puzzle. Returning Vietnam veterans did not have sharply elevated suicide rates as Iraq and Afghan veterans do today. One obvious difference is that Afghan and Iraq veterans are much more likely to have been exposed to blasts, whose shock waves send the brain crashing into the skull.

"Imagine a squishy, gelatinous material, surrounded by fluid, and then surrounded by a hard skull," explained Robert A. Stern, a CTE expert at Boston University School of Medicine. "The brain is going to move, jiggle around inside the skull. A helmet cannot do anything about that."

Dr. Stern emphasized that the study of CTE is still in its infancy. But he said that his hunch is that CTE accounts for a share - he has no idea how large - of veteran suicides. CTE leads to a degenerative loss of memory and thinking ability and, eventually, to dementia. There is also often a pattern of depression, impulsiveness and, all too often, suicide. There is now no treatment, or even a way of diagnosing CTE other than examining the brain after death.

While the sports industry has lagged in responding to the discovery of CTE, and still does not adequately protect athletes from repeated concussions, the military has been far more proactive. The Defense Department has formed its own unit to autopsy brains and study whether blasts may be causing CTE

Frankly, I was hesitant to write this column. Some veterans and their families are at wit's

(Continued on page 20)

(Continued from page 19)

end. If the problem in some cases is a degenerative physical ailment, currently incurable and fated to get worse, do they want to know?

I called Cheryl DeBow, a mother I wrote about recently. She sent two strong, healthy sons to Iraq. One committed suicide, and the other is struggling. DeBow said that it would actually be comforting to know that there might be an underlying physical ailment, even if it is progressive.

“You’re dealing with a ghost when it’s PTSD,” she told me a couple of days ago. “Everything changes when it’s something physical. People are more understanding. It’s a relief to the veterans and to the family. And, anyway, we want to know.”



Radiation Exposure Compensation Act

The US conducted nearly 200 atmospheric nuclear weapons development tests from 1945 to 1962. Essential to the nation’s nuclear weapons development was uranium mining and processing, which was carried out by tens of thousands of workers. Following the tests’ cessation in 1962 many of these workers filed class action lawsuits alleging exposure to known radiation hazards. These suits were dismissed by the appellate courts. Congress responded by devising a program allowing partial restitution to individuals who developed serious illnesses after exposure to radiation released during the atmospheric nuclear tests or after employment in the uranium industry: The Radiation Exposure Compensation Act

(RECA, or the Act), was passed on October 5, 1990. The Act’s scope of coverage was broadened in 2000.

RECA establishes lump sum compensation awards for individuals who **contracted specified diseases** in three defined populations:

- Uranium miners, millers, and ore transporters – \$100,000;
- “Onsite participants” at atmospheric nuclear weapons tests – \$75,000; and
- Individuals who lived downwind of the Nevada Test Site (“downwinders”) - \$50,000.

RECA Covered Areas:

Uranium Worker States: Arizona, Colorado, Idaho, New Mexico, North Dakota, Oregon, South Dakota, Texas, Utah, Washington, and Wyoming.

Please note: Hiroshima and Nagasaki are not covered by RECA. Additionally, the Act does not cover members of the military who occupied those cities or who may have been held in those areas as Prisoners of War. Also, the Act only provides compensation for an individual who has contracted a covered cancer following their exposure. Please note that neither skin cancer or prostate cancer are designated as compensable.

RECA may be applied for through the US Department of Justice. **Next of kin may qualify if the claimant is deceased.** For more information or to see if you qualify, go to <http://www.justice.gov/civil/common/reca.html>

You may contact RECA at telephone number 1-800-729-7327, at address US Department of Justice, Radiation Exposure Compensation Program, P.O. Box 146, Ben Franklin Station, Washington, DC 20044-0146 or e-mail Civil.RECA@usdoj.gov

(Continued on page 21)

(Continued from page 20)



Military/Veterans Family Day at the Milwaukee County Zoo

On Sunday, July 1, all Wisconsin Armed Forces (Army, Navy, Marines, Air Force, Coast Guard, Reserves, and National Guard personnel and veterans) in Wisconsin are invited to bring their immediate families (maximum of 10 tickets per family) to enjoy the day at the Milwaukee County Zoo. The hours on July 1 will be 9:00 a.m. - 5:00 p.m. There will also be a Veterans Benefit Expo at the US Bank Gathering Place with specialists available to answer questions regarding Federal and State benefits. Tickets are required for free entrance (admission and parking) to the Zoo grounds. We have been given some tickets for Sauk County military/veterans.

Thank you!

We want to thank William Bergman for his recent donation to the Veterans Care Trust Fund. This tax deductible donation is used to help needy veterans of Sauk County.

Also, thank you to those who have designated the Veterans Care Trust Fund to their Pierce's Supermarket card. The Pierce's Community Foundation recently sent us a check for \$95.64. If you have not yet designated the Veterans Care Trust Fund to your Pierce's account, please consider helping other Sauk County veterans this way.

Sign up for the Electronic Newsmagazine

If you would like to receive 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.

Positive Thinking And Your Health

The first situation to consider is the relationship between thoughts and conditions like depression and stress. A crucial question is whether the person's thoughts are creating the stress or the stress creating the negative thinking.

Positive thinking can have an impact on our physical health, and you may be aware of the placebo effect on people who feel ill. This is when individuals are given a pill which in reality does not have any healing value, and yet they claim to notice an improvement in how they feel. This is evidence of the connection between mind and body, and there are many examples of men and women with a positive outlook being able to recover faster from malady and injury.

The effects of aging are likewise influenced by how we think about the process. As you get older, do you talk to your friends about your "aches and pains" and your weakened capabilities? It seems there's a great deal of truth to the saying, "You're only as old as you think you are," and our thoughts can be used to undo a lot of the so-called effects of aging. Unfortunately, numerous individuals will continue to hold on to old beliefs about the unavoidable "decline" of health in old age, and not pay attention to the benefits of a positive outlook.

Now that you are aware that your attitude can bring you a much better state of health, it's up to you to set your intention to think positive thoughts whenever you can.

Source: Greg Riley, ArticleCity.com

This partnership article is provided by:

BrightStar

507 Linn Street

Baraboo, WI 53913


LIFECARE | KIDCARE | STAFFING



Cop's Corner



You and the Weather !

A storm was coming. It had been forecast for the past two days. We were told to expect rain, possibly heavy at times, with significant wind likely. We were not worried. It was late spring/early summer in Wisconsin and we expect weather like this.

As the storm approached the forecast changed. They were now saying hail was also likely and the winds might be a bit stronger than first expected. A tornado watch was issued. We were still not concerned. After all, a watch just means the conditions are right for a tornado to form. That's a far cry from a tornado touching down where we live...Right.

By the time a warning was issued we had lost power. We couldn't hear any sirens from where we lived. We didn't know we should be seeking shelter until the trees began falling and the house began shaking. We then heard the tornado itself bearing down on us.

We were lucky. We survived. We were also determined to protect ourselves in the future. The next day we purchased a weather radio with battery backup.

While I am happy to say this story is purely fictional for my family, it does play out just like this every year for many others. One of the best ways to protect yourself, and your loved ones, is to invest in a weather radio. These give you as up to date and accurate information as possible.

While I'm on the subject of dangerous weather I would also like to discuss another seasonal danger. A danger not everyone thinks about is heat. Heat alone can be a killer to young and old alike. It can also be deadly for pets.

Please remember to drink plenty of water and spend as much time in a cooler environment as possible. If you do not have air conditioning, consider staying with family or friends during the hottest periods. If that is not an option you may also seek help from your local police department.

It is also very important to think about pets during this time. An animal left in a vehicle, even when it doesn't seem that hot, can be deadly. I have seen temperatures inside vehicles reach the point of an oven in just a few minutes. Please consider leaving your pets at home when running errands during the summer months. If you must take them, have the windows down as much as possible. Also park in the shade and have water available to the animal.

I hope these tips help keep you, your family, and your favorite pets safe during this upcoming warm weather period.

By: Sgt. Daniel Hess
Lake Delton Police

The Cop's Corner has been written by a member of
The Sauk County Chief's Association

NOAA Emergency Radios Save Lives “Listen, Act and Live!”

May 9, 2012 was NOAA Weather Radio All Hazards Awareness Day. The campaign encourages Wisconsin residents to own a NOAA All Hazards Alert Weather Radio, a 24-hour source of weather forecasts, watches, warnings, and non-weather emergency information provided by the National Weather Service and its parent agency, the National Oceanic and Atmospheric Administration (NOAA).

“NOAA emergency weather radios save lives”, says Tod Pritchard, Wisconsin Emergency Preparedness Coordinator. “The early warning of possible danger gives you and your family time to act and stay safe.” Pritchard adds this reminder, “Listen, Act and Live! Listen to the weather radio warnings and take action right away. You’ll have a much better chance of surviving disaster.”

Weather radios are “smoke detectors for danger.” A NOAA Weather Radio with an alarm and battery back-up is one of the best ways to protect your family, especially at night when the alarm feature can wake you up during severe weather and give you and your family time to seek appropriate shelter. If there is no severe weather or emergency your radio can be switched to a silent, stand-by mode.

Ready Wisconsin profiles people who survived tornadoes thanks to emergency weather radio. You can see those profiles at <http://readywisconsin.wi.gov>.

The NOAA Weather Radio All Hazards network started in 1972 and is the sole government-operated radio system to provide direct warnings for all hazardous conditions that pose a threat to lives and property. There are 37 stations that broadcast weather and hazards information to the residents of Wisconsin, and over 1,000 stations nationwide.

Weather radios come in many sizes, with a variety of functions and costs. They can be purchased at most electronic stores. Most weather radio receivers are either battery-operated portables or AC-powered desktop models with battery backup. The portable weather radios are an important item to take along when you are enjoying the outdoors such as camping and boating. Many receivers have digital technology called Specific Area Message Encoding (SAME) that allows users to program their radios to alarm only for hazardous conditions that affect their county.

For additional information about weather radios including real life stories of Wisconsin residents who survived a tornado thanks to the early warning from an emergency weather radio, go to <http://readywisconsin.wi.gov>. You’ll also find a Q & A section with the most asked questions about emergency weather radios. For more information contact Emergency Preparedness Coordinator Tod Pritchard at:

Tod.pritchard@wisconsin.gov <mailto:tod.pritchard@wisconsin.gov>



Caregiver Corner

So I'm a Caregiver, Now What??

Once you realize that you are indeed a caregiver you have taken the first step to making your caregiving experience more positive. Identifying yourself as a caregiver is important because it connects you with resources, helps you deal with stress and gives you tools to provide the best care possible for your loved one.

The first benefit to realizing your role as a caregiver is that you will be connected with community resources. Finding out about local resources not only can make your work easier and more effective, but it can greatly benefit the person you're caring for. Home care agencies, home delivered meals, volunteer organizations, transportation services, support groups and senior congregate dining are some services that can lighten the load for any caregiver.

Second, caregiving can be difficult and stressful! When you add caregiving duties to your own busy schedule and health issues, it can sometimes push you to the limit. When you are able to identify that one of your

stressors is your role as a caregiver, it is easier to sort things out and look for ways to reduce that stress. Maintaining friendships, attending support groups, taking time for you and caring for your own health are good ways to fend off stress.

And lastly, once you see yourself as a caregiver you will begin to see just how important your role is in the life of your loved one. It may prompt you to look for even more areas that the care receiver needs help, and get more people to be involved!

Delegating duties to other family members and/or friends is something that not only takes the strain off of one person, but is good for everyone involved.

No matter how much or how little you are involved in a person's life, if you are doing something that the person is no longer able to do on their own, you are a caregiver. Do not downplay the tasks that you do! The assistance you are giving may be the one thing keeping the person living in their own home. You are a caregiver - enjoy the journey!

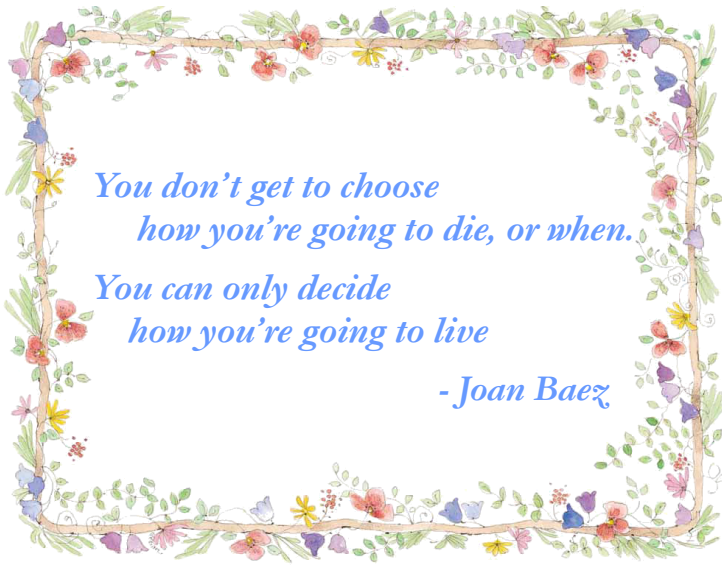
For information on local resources, support groups, caregiving tips and other related items please contact Mary Jane Percy at the ADRC at 355-3289.

By Jane Mahoney
Greater Wisconsin Agency on Aging Resources



People will forget what you said.
People will even forget what you did.
But people will NEVER forget how you made them feel

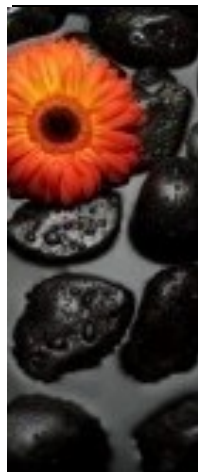
-Unknown



Caregiver Statistics

A caregiver is an unpaid individual (a spouse, significant other, family member, friend, or neighbor) involved in assisting others who are unable to perform certain activities on their own.

- 65.7 million caregivers make up 29% of the US adult population providing care to someone who is ill, disabled or aged.
- 52 million caregivers provide care to adults (aged 18+) with a disability or illness
- 66% of caregivers are women
- 1/3 of those caregivers take care of two or more people
- The average age of a female caregiver is 48



*If you want to touch the past...
Touch a rock*
*If you want to touch the present...
Touch a flower*
*If you want to touch the future...
Touch a life*
- Author Unknown

People Passionate about Mental Health Hold a Forum

In April, a group of people living with mental illness, family members and professionals met to hold a Forum to determine where new or additional mental health services are needed in Sauk County.

The group defined several areas to explore and will gather again in June to develop work plans to move the efforts forward to better serve people effected by mental illness.

The event also recognized the Founders of the NAMI Sauk Co Affiliate and celebrated its 20th Anniversary.

Congratulations and much continued success!



NAMI Sauk County

Anyone living with mental illness, family members, friends, and service providers are welcome and invited.

Together we'll make education, support and recovery a reality for all!

Reedsburg

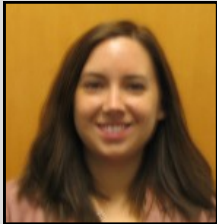
Date: Every Tuesday
Time: 3:00 p.m.
Location: Reedsburg Recreation Center
134 Locust St

Baraboo

Date: 1st Thursday of every month
Time: 12:30 p.m.
Location: West Square Building, Room 213

Sauk Prairie

(Depression/Bipolar Recovery Support Group)
Date: Every Saturday
Time: 9:30 a.m.
Location: Sauk City Library
515 Water St



Laura Geick
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>	<p><i>June 18</i></p>	<p><i>July 16</i></p>
<p>Merrimac Tuesday-Thursday Merrimac Village Hall 100 Cook St., Merrimac Phone 963-2286 <i>Lunch served at 12:00 noon</i></p>	<p><i>June 6</i></p>	<p><i>July 11</i></p>
<p>Reedsburg Willow Heights 800 Third St., Reedsburg Phone 963-3438 <i>Lunch Served at 11:30 am</i></p>	<p><i>June 5</i></p>	<p><i>July 10</i></p>
<p>Sauk/Prairie Sauk Prairie Community Center 730 Monroe St., Sauk City Phone 963-3437 <i>Lunch Served at 11:30 am</i></p>	<p><i>June 19</i></p>	<p><i>July 17</i></p>
<p>Spring Green Spring Green Senior Center 117 S Washington St., Spring Green Phone 588-7800 <i>Lunch served at 12:00 noon</i></p>	<p><i>April 9</i></p>	<p><i>May 14</i></p>

Superfoods Are They Real?

While there are a lot of very healthy foods, there is not one, or a handful of superfoods that can cure everything that ails you. It seems like every day there is a new superfood being advertised that can enhance every part of your life, but watch out, a lot of these can be harmful and not all of the news sources are reliable.

Most superfoods are also under-researched, meaning there have been only a handful of studies done on the food and quite often those studies are not conducted properly because they only test a small group of people and have little evidence if the nutrient is beneficial.

The most dangerous part of the superfood fad is the supplements. Most scientists can pinpoint what part of the food is considered the best, but when that part is removed from the food, it may not have the same benefits as before. This is because there are many properties in food that we do not understand, such as the relationship between different nutrients found in the food.

The best superfoods are ones we have already heard of:

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges

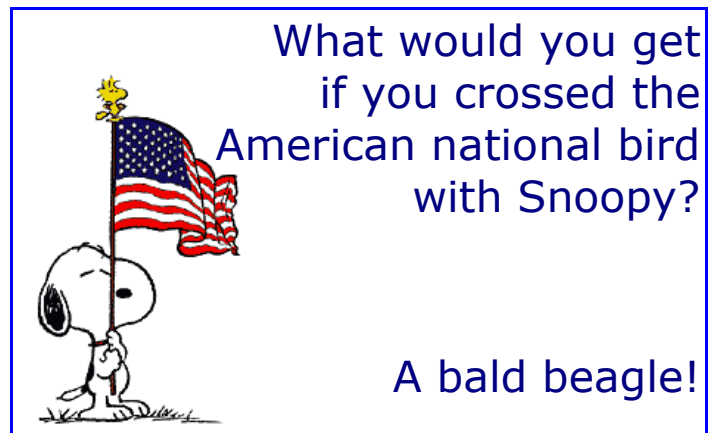
- Pumpkin
- Salmon
- Soy
- Spinach
- Tea (green or black)
- Tomatoes
- Turkey
- Walnuts
- Yogurt



for a new superfood, if it sounds too good to be true, it probably won't work and may cost you a lot of money. If you are already eating a healthy diet, you probably don't need to add any exotic superfoods to your diet. If you are seriously considering adding a supplement to your diet, please talk with your doctor, pharmacist or registered dietician beforehand.

Recently the Federal Trade Commission has agreed upon a settlement with 8 of the 10 fake news sites connected with the promotion of acai berry, these websites were pretending to be real news broadcasts. But, these websites are only a handful of the hundreds that claim acai berry is a super food.

Remember, the next time you hear the ads



RHUBARB BREAD PUDDING

Recipe from eatright.org

Rhubarb comes in early in Wisconsin — sometimes in early May. We enjoy it in a wide variety of baked items and then freeze as much as we can to enjoy until the next spring.

Ingredients		
• vegetable cooking spray	• 1 2/3 cups sugar	• 1/2 teaspoon cinnamon
• 2 cups nonfat milk	• 2 teaspoons vanilla extract	• 7 slices dry whole-grain bread, cubed
• 2 large eggs	• 1/2 teaspoon nutmeg	• 5 cups diced rhubarb, fresh or frozen (thawed)

Directions

1. Preheat oven to 350°.
2. Coat a 2-quart baking dish with the cooking spray. In a large bowl, combine the milk, eggs, sugar, vanilla, nutmeg and cinnamon. Beat well. Stir in the bread and rhubarb. Pour into the prepared baking dish.
3. Bake, uncovered, for 60 to 75 minutes, or until a knife inserted in the middle comes out clean. Using a spatula, press down on the bread a few times during the baking process.

Cooking Tip Substitutions:

Substitute 1/2 cup liquid egg substitute for the 2 large eggs.
To reduce the calories, substitute 2/3 cup spoonable sugar replacement 2/3 cup of regular sugar (retain the remaining 1 cup regular sugar).



Memory Café Opening at Sauk Prairie Community Center!

Don't let memory challenges prevent you from enjoying a fun and meaningful life! Join others for monthly conversation and activities in a relaxed environment at Café Connections in the Sauk Prairie Community Center.

Come to learn, laugh and visit with others. Activities will be chosen by participants. Examples include Tai chi to improve balance, creative projects, games, puzzles, guest presenters, volunteer projects, drum circles, or just sharing among friends. This new monthly program is especially for persons who have mild memory loss, mild cognitive impairment (MCI) or early Alzheimer's/dementia and their family or friends. If you require extra help to participate, please have someone accompany you.

If you have questions, or would like to participate or volunteer, please contact Carol Olson, Alzheimer's & Dementia Alliance of Wisconsin, at 608-963-2688 or 608-742-9055 or email carol.olson@alzwissc.org.

When:

Third Thursday of each month,
9:30 to 11:00 a.m.

Where:

Café Connections,
Sauk Prairie Community Center,
730 Monroe St., Sauk City

Start date:

June 21st

Sponsored by: Alzheimer's & Dementia Alliance of Wisconsin, with additional community support; including a grant provided by the Greater Sauk County Community Foundation

Do you have a new computer and not sure what to do next?



- Not sure how to search the Internet?
- Having trouble navigating the system?
- How do I know I am on a secure website?
- How can I protect my computer from viruses/hackers?
- How do I Google something?
- How do I use webcam or post pictures online?

Introduction to Computer Class
with Information Systems Mike Luther

Please Register with
St. Clare HOSPITAL's
GoldenCare
608-356-1407

St Clare Hospital Computer Training Lab
June 14 10:00 am-Noon
Space is Limited!





June 2012
Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
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1
Pork Steak
Mashed Potatoes
Peas and Carrots
Applesauce
Cinnamon Roll *
Sliced Bread

4
Chicken Marsala
Red Skin Potatoes
Tossed Salad
Carrot Cake with Cr.
Cheese Frosting
Pineapple Tidbits *
Sliced Bread

5
Lasagna Casserole
(includes veg.)
Italian Blend Veg.
Cantaloupe Slice
Cookie *
French Bread

6
Beef Frank on a Bun
German Pot. Salad
Calif. Blend Veg.
Rainbow Sherbet
Apple *

7
Country Fried Steak
Mashed Potatoes
Green Beans
Birthday Cake
Peach Slices *
Dinner Roll

8
Corned Beef
Red Skin Potatoes
Cabbage & Carrots
Ambrosia Dessert
Frosted Cake *
Sliced Bread

11
BBQ Pork Cutlet
Baked Potato
Mixed Vegetables
Fruited Gelatin
Tapioca Pudding *
Sliced Bread

12
Chicken & Broccoli
Alfredo Casserole
Spinach Salad with
Rasp. Vinaigrette
Egg Custard Pie
Pear Slices *
Dinner Roll

13
Pepper Steak
Escalloped Potatoes
Chinese Ramen
Cabbage Salad
Apricot Halves
Ice Cream Cup *
Sliced Bread

14
Chef Salad with
Spinach, Veggies,
Cheese, Ham,
Sunflower Kernals
Cantaloupe Slice
Cookie *
Wheat Roll

15
Swiss Steak
Mashed Potatoes
Corn
Butterfinger Torte
Fruit Cocktail *
Sliced Bread

18
Hawaiian Meatballs
Red Skin Potatoes
Baby Carrots
Vanilla Pudding
Plum Halves *
Sliced Bread

19
Baked Chicken
Twice Bk Style Pot.
Copper Penny Salad
Pineapple Tidbits
Fudge Brownie *
Dinner Roll

20
Meatloaf
Au Gratin Potatoes
Winter Blend Veg.
Coconut Cream Pie
Applesauce *
Sliced Bread

21
Chicken Tetrazzini
Casserole (includes
veg.)
Tossed Salad
Mand. Orange Gel.
Frosted Cake *
Dinner Roll

22
Ham Rolls
Squash
Health Slaw
Pear Slices
Cookie *
Sliced Bread

25
Chicken Breast
Mashed Potatoes
Calif. Blend Veg.
Spice Cake
Peach Slices *
Sliced Bread

26
Smoked Sausage
Baked Potato
Red Cabbage
Applesauce
Ice Cream Cup*
Dinner Roll

27
Salisbury Steak
Mashed Potatoes
Carrots
Alexander Torte
Fruit Cocktail *
Sliced Bread

28
Escalloped Potatoes
and Ham Casserole
Seven Layer Salad
Cantaloupe Slice
Frosted Cake *
Dinner Roll

29
Crispy Fish Fillet
Cheesy Potato Bake
Peas/Pearl Onions
Choc. Chip Cookie
Petite Banana *
Sliced Bread



July 2012

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Teriyaki Red Skin Potatoes Mixed Vegetables Cream Sicle Torte Fruit Cocktail * Sliced Bread	3 Bratwurst on a Bun German Pot. Salad Corn Watermelon Slice Fudge Brownie *		5 Swedish Meatballs Mashed Potatoes Sliced Carrots Birthday Cake Applesauce * Dinner Roll	6 Glazed Ham Sweet Potato Bake Peas/Pearl Onions Pineapple Tidbits Sugar Cookie * Sliced Bread
9 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Calif. Blend Veg. Peanut Butter Cook. Peach Slices * Sliced Bread	10 BBQ Pork Cutlet Baked Potato Baby Carrots Applesauce Frosted Cake * Dinner Roll	11 Baked Chicken Mashed Potatoes Three Bean Salad Egg Custard Pie Seedless Grapes * Sliced Bread	12 Baked Spaghetti (includes veg.) Italian Blend Veg. Fruited Gelatin Cookie * French Bread	13 Fruited Chicken Salad on a bed of Shredded Lettuce Cantaloupe Slice Ice Cream Cup * Sliced Bread
16 Country Fried Steak Mashed Potatoes Peas and Carrots Carrot Cake w/ Cr. Cheese Frosting Pear Slices * Sliced Bread	17 Chicken Cacciatore Escalloped Potatoes Tossed Salad Fruited Gelatin Vanilla Pudding * Dinner Roll	18 Beef Stew (includes veg.) Corn Coconut Cream Pie Watermelon Slice * Biscuit	19 Roast Pork Loin Mashed Potatoes Summer Blend Veg. Applesauce Cinnamon Roll * Dinner Roll	20 Meatloaf Cheesy Pot. Bake Winter Blend Veg. Molasses Cookie Honeydew Melon * Sliced Bread
23 Pork Steak Mashed Potatoes Red Cabbage Apricot Halves Tapioca Pudding * Sliced Bread	24 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Applesauce Cake Plum Halves * Dinner Roll	25 Ham Rolls Red Skin Potatoes Health Slaw Pineapple Tidbits Cookie * Sliced Bread	26 Roast Turkey Mashed Potatoes Cream Style Corn Pumpkin Pie Peach Slices * Dinner Roll	27 Hawaiian Meatballs Baked Potato Mixed Vegetables Fruited Gelatin Frosted Cake Sliced Bread
30 Chicken Breast Mashed Potatoes Baby Carrots Choc/Banana Torte Seedless Grapes * Sliced Bread	31 Pork Jaegerschnitzel Mashed Potatoes German Cucumber Salad Pear Slices Cookie * Dinner Roll			



Thank you to Donna O'Keefe for her donation to the AARP Tax Preparation Program.



We would like to thank Joyce Peters for her donation to the AARP Tax preparation Program.



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



We would like to thank Mary Radke and her sons for their donation to the AARP Tax Preparation, the publishing of AddLIFE Today! and the Foot Care Clinics.



Thank you to an anonymous donor for he donation to the AARP Tax Preparation Program.



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



Thank you to Ewald Weiss for his donation to the AARP Tax Preparation Program.



We would like to thank Leon Braun for his donation to the AARP Tax Preparation Program.



Thank you to Sharon Hamburg George for her donation to the Transportation Program in memory of Willis Hamburg.



We would like to thank Irv & Rita Silchuck for their donation to the AARP Tax Preparation Program.



Thank you to Mary Schaible for her donation to the AARP Tax Preparation, AddLIFE Today! and the Transportation Programs.

Thank You!

ANSWER: 3
SOLUTION: The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

Donation Designation Form

I want to help the Aging & Disability Resource Center of Southwest Wisconsin - Sauk County Satellite to continue it's mission and dedication of service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____ or

In Honor of _____

I want my donation to go to the following program(s):

- AARP Tax Preparation Program
- AddLIFE Today! Publishing
- Care for the Caregiver Program
- Caregiver Support Programs
- Dining Center Program
- Disability Benefit Specialist Program
- Eat Better, Move More Program
- Elderly Benefit Specialist Program
- Foot Care Clinics
- Helping Hand at Home Program
- Home Delivered Lunch Program
- Home: Safe & Sound Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
- LivingWell Expo
- Outreach Programs
- Prevention Programs
- Promoting Health Programs
- Tele-assure Program
- The Bus**
- Transportation Programs
- Turning 65/Retirement Workshops
- Volunteer Programs

Kindly make your check payable to:
"ADRC"

505 Broadway, Room 102
Baraboo, Wisconsin 53913



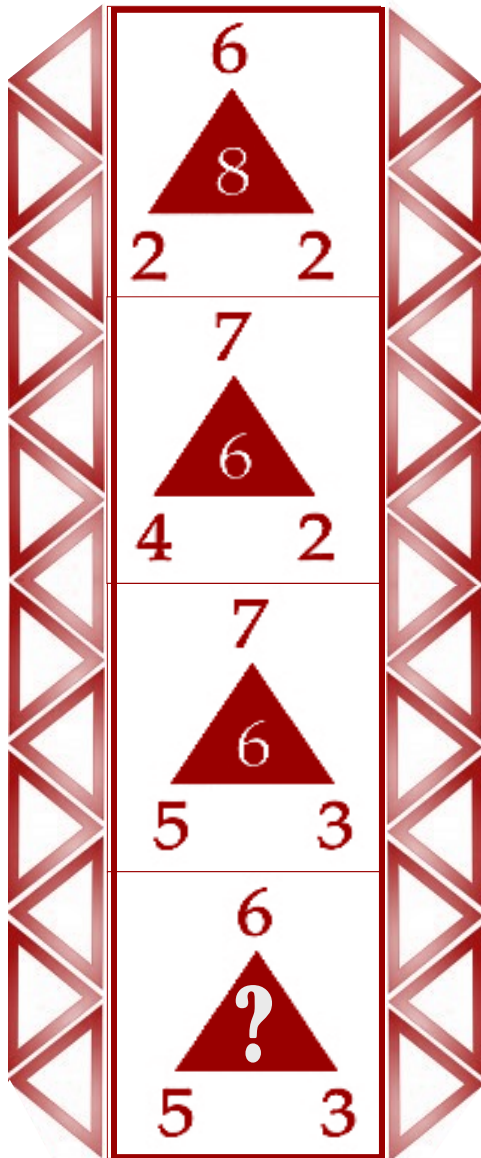
This ADRC Brainteaser was provided by:

Oak Park Place
800 Waldo St
Baraboo, WI 53913
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www.oakparkplace.com



The Empty Triangle

Which figure should be placed in the empty triangle?



Answer on page 31

*Enhance Your Life
and the Lives of Others*

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