



Add **LIFE** Today!

June / July 2013

Vol 5 / Issue 3

Laughter
Independence
Friends &
Energy

The ADRC Is

UNDER CONSTRUCTION!

This is not big news for anyone who has recently visited the West Square Building in Baraboo which houses the ADRC. There has been at least one construction project on each floor of the building for the last couple of months. These efforts are allowing the County to better use the administrative spaces it has and remain flexible in these changing times. After all, a lot has changed since 1996 when the West Square Building was first built, even though most of us still refer to it as the 'new' county building.

For the ADRC, this has meant the addition of long awaited office spaces! Since 2008, the ADRC has been growing to accommodate all the new services, responsibilities and wonderful staff people which have been added since the department's days as the 'Commission on Aging'.

The ADRC is pleased to still hold its primary presence on the **1st floor** of the building. This office suite is home to the:

- *AddLIFE Today!*,

- Caregiver Program,
- Emergency Preparedness
- Information & Assistance Team,
- LivingWell Library,
- Nutrition Programs,
- Transportation Team, and
- Volunteer Program.

The additional office suite is located in B27 or the basement level of the West Square Building. This suite is home to the:

- Director's office,
- Disability Benefit Specialist Program,
- Elder Benefit Specialist Program, and
- Livability Project.

The entire ADRC Team will be on-hand for a special **Open House** being planned for **August 28, 2013**.

Please mark your calendars for this very special event and watch for all the details in the August/September issue of *AddLIFE Today!*



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America



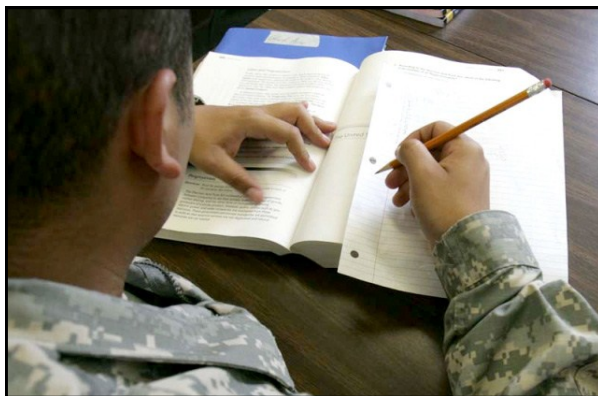
is a tune.
It must be
sung
TOGETHER

Voice of the Messenger
Tony Tyczynski,
Veterans Service Officer



Dear Friends,

What is the Wisconsin GI Bill? The Wisconsin GI Bill is a relatively new state veterans benefit. It is available for all veterans who were a Wisconsin resident at the time they entered active duty and have an honorable discharge. This benefit is available regardless if you ever used any federal benefits or any other state education benefits. The governor's current **proposed** budget request is for the residency requirement to be changed to five year residency. I will update you if this passes.



For example, if you got out of the military in the 1990's and you used your Montgomery GI Bill to earn a college degree, you are still eligible for the WI GI Bill. The benefit is basically a tuition waiver for up to 128 credits at any Wisconsin technical college, like MATC or any UW Campus. It even includes on-line classes through the appropriate schools. There is no age limit for veterans and no degree limit. This is a very valuable benefit for veterans.

For certain veterans with service connected

disabilities, this benefit may also extend to their immediate family. If you have a service-connected disability rating of 30% or higher, your spouse, and children under the age of 26 may also qualify. If you are service-connected at a lower percentage and you have not had your disabilities reviewed recently, it may be time to contact us for a review of your disabilities.

The Marine Corps League is looking for addresses for any deployed military members they can send care packages to. Please contact Paul Washam at (608) 356-3879 with any information you may have for them.

Our office has a set of Chrysler keys and the fob that were left here over a year ago. They appear to belong to a grandmother. If you think this might be yours, please contact us.

In Your Service,

Tony



Sign up for the Electronic Newsmagazine

Any veteran who 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.



Veterans Benefit Specialists

Kathy Kent

Pamela Russo



505 Broadway * Baraboo
Telephone - 608-355-3260
www.co.sauk.wi.us



WHEDA Announces New Home Buyer Program

The Wisconsin Housing and Economic Development Authority (WHEDA) officially unveiled the WHEDA Tax Advantage, a Mortgage Credit Certificate Program. Under this program, qualifying home buyers can claim a tax credit against their federal income tax liability of up to \$2,000 a year. The credit is available as long as home buyers remain in their home and pay down their original amount of debt.

The borrower must meet income limits, the transaction must meet purchase price limits and they must be a first-time home buyer unless buying a home in a WHEDA target area or are a military veteran. The property must be the owner's primary residence.

"WHEDA is delighted to once again provide the kind of creative opportunity for home buyers we've built our reputation on for over 40 years," said WHEDA Executive Director Wyman Winston. "The tax credit will lead to a desired increase in home ownership that will translate into economic and social benefits for individual home owners and their neighborhoods. And we're especially excited to reach out to our outstanding veterans."

"We are excited to partner with WHEDA in offering this innovative program," said Marcia Howe, Senior Vice President at Monona State Bank. "It not only helps put home ownership within reach of qualified buyers, but also continues to sustain that affordability over the long term, thereby ensuring a successful home ownership experience. Creating stability in our neighborhoods through home ownership is a terrific way to invest in our families and communities of Wisconsin."

"The WHEDA Tax Advantage program is the kind of creative and forward thinking proposal we need to help first time home buyers in Wisconsin," said Mike Theo, President/CEO of the Wisconsin Realtors Association. "This program will make home ownership more affordable. A great idea!"

"Veterans are strongly encouraged to apply for these loans," said Wisconsin Department of Veterans Affairs Secretary John Scocos.

"Eligible veterans may receive a tax credit of up to \$2000 per year. This loan program demonstrates WHEDA's continued commitment to the men and women who have served our country."

To be eligible for the program, veterans must meet the conditions of Wisconsin Statutes, Chapter 45.

A WHEDA-approved lender can provide the WHEDA Tax Advantage to qualifying home buyers on or after April 1, 2013, for loans closing on or after April 4, 2013.

Since 1972, WHEDA has financed more than 68,000 affordable rental units, helped more than 110,000 families purchase their first homes and made more than 29,000 small business and agricultural loan guarantees. For more information, visit wheda.com or call 1-800-334-6873.

Don't Forget to Celebrate the Warrior

The nation marked the 10th anniversary of the war in Iraq with little enthusiasm. Pundits condemned the war as an error. We mourned the service members who died, but also showed pity for those suffering from unemployment and PTSD. This attitude, while perhaps justified, reminds me of the return of the Vietnam War veterans many years ago. We must not repeat our mistakes.

These veterans should be praised, not pitied. Each has made our nation proud by answering the call, many joining in response to the attacks of Sept. 11 and completing multiple tours. They are the best of us. They deserve better than our pity. They deserve a real celebration.

As the troops pull out of Afghanistan in 2014, we must prepare our nation, from Main Street, U.S.A. to Constitution Avenue, for a joyous "Celebration of Service" event. There should be reunions, lectures, parades and entertainment. I organized one such event in 1982 with the theme "Marching Along Together Again". Veterans of Vietnam marched to their new memorial.

The veterans of today, by law, will not have a memorial on the National Wall until at least the year 2024. We, at the Vietnam Veterans Memorial Fund, will include photos of the fallen OIF/OEF service members in the Education Center at The Wall. We plan to begin the 30-month construction project in 2014. But that is not enough.

George Washington said, "The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive veterans...were treated and appreciated by our nation."

It really is not enough to heal the wounds of

war; we must go further, dig deeper, and exalt those who have spent the past decade fighting for all of us here at home. It is too easy to forget the warrior amid anger for the war. The nation has made that mistake before, and we vowed to never let it happen again.

A celebration is necessary. Let us praise the courage that inspired our fellow citizens to risk their lives. Let us help them return to the job market. Let us celebrate the heroes who will raise their children with the same pride in the United States of America. Is 2014 too soon for America to show its thanks? I am gathering some leaders in Washington to explore this question.

"Our God and soldiers we alike adore ev'n at the brink of danger; not before: After deliverance, both alike requited, our God's forgotten and our soldiers slighted," said poet Francis Quarles.

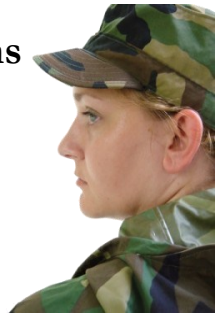
Do not forget them. Do not slight them. While we have been safe at home they risked their lives in very dangerous places. Many thousands are doing now, as you read this article.

by Jan C. Scruggs, Esq.
Military.com

About the Author: Jan Scruggs is the founder and President of Vietnam Veterans Memorial Fund. Scruggs is a wounded and decorated Vietnam War veteran. In 1979, Jan conceived the idea of building the Vietnam Veterans Memorial, as a tribute to all who served during one of the longest wars in American history. Today, the Vietnam Veterans Memorial is among the most visited memorials in the nation's capital.



VA Launches Hotline for Health Care, Women Veteran Questions



The Veterans Affairs Department has launched a new hotline 1-855-VA-WOMEN to receive and respond to questions from veterans, their families and caregivers about the many VA services and resources available to women veterans.

“Some women veterans may not know about high-quality VA care and services available to them,” VA Secretary Eric K. Shinseki said. “The hotline will allow us to field their questions and provide critical information about the latest enhancements in VA services.”

The hotline is staffed by VA employees who can provide information about benefits, including health care services for women. Callers can be linked to information on claims, education or health care appointments, as well as information about VA cemeteries and memorial benefits. Staff members can answer urgent questions and provide referrals to mental health and homeless services and Vet Center information.

Women make up nearly 15 percent of today’s active duty military and 18 percent of National Guard and Reserve forces. The number of women using VA health care was nearly 160,000 in 2000, and that number more than doubled to 354,000 in 2012. Based on the upward trend of women in military service, VA officials said, the number of women veterans using VA services will keep climbing.

As part of its commitment to making improvements for the growing population of women veterans, officials noted, VA established an outbound call center in 2010 to contact women veterans and encourage them to enroll in VA health care.

“In VA health care alone, women constitute only 6 percent of VA patients, but those veterans have a high perception of the quality care they are receiving,” said Irene Trowell-Harris, director of VA’s Center for Women Veterans. “Many women who served don’t self-identify as veterans, and therefore don’t think they qualify for VA benefits. We need to correct existing misinformation and misperceptions so we can serve more women veterans with the benefits they’ve earned.”

Women veterans are entitled to apply for the same benefits as their male counterparts, which include health care and pharmacy benefits, as well as, education benefits, disability compensation, home loans, employment assistance and more.

The 1-855-VA-WOMEN hotline joins numerous other VA hotlines that provide critical information and assistance to veterans, such as those for veterans in crisis and in danger of becoming homeless.

The Fourth of July weekend was coming up, and the nursery school teacher took the opportunity to tell her class about patriotism.

"We live in a great country," she said. "One of the things we should be happy about is that, in this country, we are all free."

One little boy came walking up to her from the back of the room. He stood with his hands on his hips and said. . . . "I'm not free. I'm four."





Energy Services for Sauk County

Energy Services for Sauk County provides payment assistance to households for home heating and electric costs, energy crisis situations, emergency furnace repairs and replacements. They also assist with payment plans for arrears owed for heating and/or electric costs, referrals to home weatherization and other programs for Sauk County residents.

Households with total gross income at or below the following amounts may be eligible for assistance:

Family Size	3 Month Income:
1	\$6,071
2	\$7,939
3	\$9,806
4	\$11,674
5	\$13,542
6	\$15,410

To schedule an appointment in the Baraboo office or an outreach site in Reedsburg, Spring Green or Prairie du Sac, please call 608-356-8887.

Upcoming Events

Please see our website for more information about some of the following upcoming events.

- June 17-21: **Women Veterans Week**, at Camp American Legion in Lake Tomahawk. Women from all service eras are welcome. For more information please contact Kevin Moshea at (715) 277-2510.
- June 21: 6:00 - 10:00 p.m., the Wisconsin Big Cat Rescue will be having one of their **Full Throttle Nights** at Fireman's Park, Rock Springs. They will be having the band 5th GEAR, and a Tribute to the Troops Night. For more information please visit their website at <http://www.wisconsinbigcats.org> or contact Jeff Kozlowski at (608) 697-8643.
- July 5: **Madison Mallards Military Appreciation Night**. There are many promotional and discounted ticket opportunities. They will be having a pre-game veterans parade, a military Maynard bobblehead (for military families who purchase tickets in advance), on-field promotions, post-game activities, and more fun things. For more information please contact Rick Brostowitz at (608) 246-4277.
- July 18: **Military Appreciation Day** at the Dane County Fair. There will be free admission to all Armed Forces personnel (active, reserve, retired and veterans) and immediate family members on this special day.

More information will be available on our website in early June regarding participation in the event. Feel free to visit the Dane County Fair website at www.danecountyfair.com

Thank you!

We want to thank the following for their donations to the Veterans Care Trust Fund: American Legion Post 350, Reedsburg, in memory of Lowell Davis; Pierces Community Foundation (you can designate a percentage of your Pierce's purchases towards the Veterans Care Trust Fund and they send us a check occasionally).

These tax deductible donations are used to help needy veterans of Sauk County.





Director's Notes

Trish Vandr, ADRC Director



The County takes a Strategic View of its Future

The County Board held its Mid-Term Assessment on April 24, 2013. This is a time for the Board to pause as they enter the second year of their current term to reflect on the issues facing the County and how to move forward to face these challenges and mine the opportunities the issues present.

Each Committee of the County Board was asked to bring forward the 'strategic issues' they feel the area of county government the Committee oversees. All these identified issues were then discussed by the full Board and some decisions were made about which issues to pursue.

The ADRC Committee oversees the ADRC department and the Veterans Service Office. The Committee raised the following for consideration by the Board:

The ADRC Committee asserts that a strategic issue for Sauk County is to enhance the livability of its communities. Livable communities are those which engage elders and adults with disabilities in ways that allow them to make a meaningful contribution to community life.

This issue was embraced by the Board and it is expected to be used to develop our goals and lead our budget decisions for the future. Based on the ratings of this issue, the ADRC is expected to make diligent and decided progress on the goals and objectives which will improve the livability of Sauk County communities in the mid to long term future.

Articles in previous issues of AddLIFE Today! have discussed this topic of livability and you should expect to hear more about how this can change things in your community. I hope that each municipality and neighborhood will join the County in its quest for more livable communities for us all.

What can you do?

Learn about livability. Attend events and opportunities to learn about ways you can participate in the process and how the movement will benefit you. Be part of the projects so your voice and desires for the future can be heard and incorporated into the future for all! **Watch** AddLIFE Today!, your local newspapers, and the county website for additional information. **Join** a citizen workgroup that interests you! **Make a difference for us all!**

Be well,
Trish



NAMI Sauk County

There are now 3 opportunities each week for people living with mental illness and their loved ones to come together to learn and share their lived experience with others who are walking this same road.

Join Us!

Recovery Support Groups meet:

- ◆ **Tuesdays at 3:00 pm,**
Reedsburg Recreation Center,
134 Locust Street (Use Vine Street entrance), Reedsburg

- ◆ **Thursdays at 6:30 pm,**
West Square Building,
505 Broadway, Baraboo

- ◆ **Saturdays at 9:30 am,**
Depression/Bipolar Recovery Support Group
Sauk City Library,
515 Water Street, Sauk City

NAMI Sauk County

HELPLINE:

608-355-4435

Treatment Works!

Recovery is Possible!!



**2013 Candlelight Vigil
for Mental Illness
NAMI Sauk County**

Tom Litscher



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



Dennis Murray

Getting You There!



Terry Bidwell

Drive Safely. Be Alert - 'Tis the Season in Wisconsin for Road Construction

Driving in work zones

To protect themselves and others, drivers need to slow down whenever they see flashing lights, or move over, if possible, to leave the lane beside the work zone open. In some construction areas, lowered speed limits are posted and must be obeyed at all times.

Remember, when you enter a work zone, be patient. Worrying about the time and traffic won't get you anywhere faster. Instead, slow down and pay attention to your surroundings. These tips can help you get in and out of a work zone safely:

- Don't fool around. Eliminate distractions like eating, drinking, talking on the phone, or fiddling with electronic devices.
- Expect the unexpected. Speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.
- Slow down. A car traveling 60 mph travels 88 feet per second, and the faster you go the longer it takes to stop.
- Give yourself room. Rear-end collisions are the most common work zone crashes, so don't tailgate.

- Plan ahead. Leave early or map out an alternate route. Find the latest road conditions and work zone news at <http://dot.wi.gov/travel/driving-cond.htm>.
- Follow the law. Slow down and move over when you see flashing lights.
- Look for signs. Orange, diamond-shaped signs usually give you ample warning of lane closings, construction areas, and flaggers and other workers ahead.



Right lane ends

Merge carefully. Don't risk everyone's safety by forcing your way into the line at the last minute.



Two-way traffic

Be alert. One travel lane means traffic will be right next to you.



Flagger ahead

Slow down and be prepared to stop. A real person is out on the road.



Road work in 1500 feet

Slow down. At 60 mph the work zone is just 17 seconds away.

In Wisconsin, work zone safety is taken very seriously. The penalties for careless driving are steep.

- It can cost you money. A normal speeding ticket can be expensive, but that's nothing compared to traffic violations made in the zone. In a work zone, penalties are doubled - and most fines usually increase every year..
- It can cost you time. The consequences for injuring or killing someone in a work zone are especially serious. Careless drivers may face thousands of dollars in fines and up to 3 1/2 years in prison if they injure someone in a work zone. The fines for vehicular manslaughter are even higher, as are the prison terms - as many as 10 years. These punishments may increase if the driver was intoxicated or a repeat offender.
- It can cost your life. The greatest cost of irresponsible driving isn't calculated in dollars or years. Wisconsin sees nearly 2,000 work zone crashes a year. Sometimes, people die. And those tragedies change the lives of everyone left behind - workers, drivers and passengers, family and friends.

The fact is, people who work along Wisconsin's roads are extremely vulnerable. But not every crash in the zone involves workers. In reality, drivers and their passengers are the most common work zone fatalities.

Driving safely protects people on the road and the people in your own car. Driving safely protects you. So follow the rules, follow the law. And be safer in the zone.

<http://www.dot.wisconsin.gov/safety/motorist/workzones/>



THIS SUMMER, SAVE GAS AVOID TRAFFIC AND TAKE *The Bus*

Quick Fact #1

On request, *The Bus* will stop at any point along the route ... ask your driver to drop you off closest to your destination.

Quick Fact #2

All times on *The Bus* schedule are departure times. We will NOT depart before the times listed. If we're not there, be patient. We may be running late.

Quick Fact #3

If you have a disability and are unable to get to the bus route, *The Bus* may pick you up at your residence or destination.



The Bus is public transportation for everyone of all ages.
Make *The Bus* your other car.

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 4 & 18

Wednesday - June 19

Tuesdays - July 2 & 16

LaValle - Fire Department

Wednesday - July 24

Merrimac - Village Hall

Wednesday - July 17

Lake Delton - Holly Cross Episcopal/ United Methodist Church

Wednesday - July 10

Plain - American Legion Hall

Thursday - June 27

Reedsburg - Maple Ridge

Tuesday - June 11

Thursday - June 20

Tuesday - July 9

Thursday - July 18

Reedsburg - Willow Heights

Wednesday - June 12

Sauk Prairie - St John's Church

Thursdays - June 6 & 13

Thursdays - July 11 & 25

Spring Green - Christ Lutheran Church

Tuesday - July 23

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.

St. Clare HOSPITAL Presents:

Prescription Drugs vs. Holistic Meds with Paul Jest, Pharmacist



Thursday, June 13,

10:00 a.m. - 11:30 a.m.

St Clare Hospital's Ringling Room

For Reservation,

call GoldenCare at 608-356-1407



All About Medicare and more... (Medicare Part D, Medicare and Social Security) with Deb Harvey, ADRC Elder Benefit Specialist



Thursday, September 26,

10:00 a.m. - 12:00 noon

St Clare Hospital, Ringling Room

For Reservation,

call GoldenCare at 608-356-1407

**Questions about either presentation,
contact:**

Deedee Heath

GoldenCare Advisor

St. Clare HOSPITAL

707 14th Street | Baraboo, WI 53913

608/356-1407

Senior Farmers Market Checks!

Each summer the ADRC, along with the UW-Extension, helps distribute the Senior Farmers Market Nutrition checks which 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 which are spent just like cash at approved farmers markets and farm stands

To qualify, you must be a resident of Sauk County and over the age of 60 (or Native Americans over the age of 55). Your annual income is at or below \$21,257 for an individual, or \$28,694 for a couple.

We 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 checks 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!

Plain - Green TTEC

Monday, June 17
1:00 pm - 3:00 pm

Sauk Prairie Community Center

Tuesday, June 18
9:00 am - 12:00 noon

Reedsburg City Hall

Friday, June 21
1:00 pm - 3:30 pm

Wisconsin Dells

Tribal Aging Unit

E8863 Winneshiek Dr,
Wisconsin Dells
Tuesday, June 25
11:30 am - 12:30 pm

Baraboo West Square Building Room B30

Wednesday, June 26
8:30 am - 12:00 Noon





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 had the privilege and benefit of working with volunteer counselors and volunteer greeters led this year by Pat Schmitz and Fay Alou.

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.

Nature's Maids

You provide the plants and materials ...
They provide the tools and labor!

They will plant the containers
for your porch or patio ...
You water them and enjoy them!

This service is provided by volunteers
and is available May 20th - October 29th

Contact Mary Jane at the ADRC
355-3289 for more info!



“Living Well with Chronic Conditions” Returns!

Are you an adult with an on-going health condition?

The ADRC is proud to partner with St. Clare Hospital, and happy to announce the “Living Well with Chronic Conditions” program is returning. This program, developed at Stanford University, was designed for persons of all ages who suffer from chronic medical conditions who want to live a fuller, more exciting and interesting life.

Thousands of persons have completed the program and have reported less pain, fewer trips to the doctor and hospital, and a more satisfying and happier life.

This is a six week program, and books and other materials will be provided free of charge.

The next session will be:

Tuesdays, June 4 - July 16

(no class on June 18)

1:00 p.m. - 3:30 p.m.

St. Clare Hospital in Baraboo

To register for the class or if you would like more information, please contact Mary Jane at the ADRC at 355-3289.

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

Take charge!

Learn to have fun again!

Live WELL with Chronic Conditions!

Thank you to Becky Radke
and BrightStar who provided a
wonderful lunch for our hardworking
newsletter volunteers.



It was enjoyed by all.

Would You Believe ...
1,118 Years ?!?!

When we total all of the years that our volunteers have given to all of our programs (and we have got the paperwork to back this up) it totals 1,118 years! You all continue to “WOW” the ADRC!! Those names in **bold** letters have moved up to a new category ... congratulations!! THANK YOU!!

25+ Years!!

Walt Darling, Audrey Wendt

20+ Years

Donna Druckrey, Edna Hineman, **Jean Kinsman**, Char Rose,
Lonita Schulze, Fannie Wisinger

15+ Years

Buddy Bethke, Don Fearing, John Kinsman, Donna Fae Kruse,
Marveline Miller, **Bernice Mueller**, Wayne Pertzborn, Jim Quandt, Caroline Siberz

10+ Years

Carl Alexander, Art Behnke, John Bernien, Nola Fearing,
Keni Gillingham, Phyllis Johnson, Marion Licht, Jane Prouty, **Stanley Schrank**,
Dorothy Sivam, Donna & Ralph Soeldner, **Betty Wolfrath**

5+ Years

Leslie Bednar, **Linda Benda-Middlesworth**, Shellie Benish, Charlie Blau,
Ken Breneman, Ruth Breneman, Joyce Broesch, Norma Caflisch, Michelle Commings,
Judith Connick, Phil Craker, Ruth Dawson, **Louise Dotter**, Ruth Falk, Angie Fauska,
Edith Fredericks, Dennis Frohn, Judy Gehrke, Bill Grosz, Kay Hamblett,
Harold & Audrey Hein, Shirley Hess, Betty Jensen, Ellen Jerrett, **Shirley Junge, Jeremy Kelly**,
Carol Keskey, Judy Koym, Kent Lamkins, Tina Leake, **Mike Lew, Tom Marx**, Mac McCutchin,
Paul Middlesworth, Sam Noble, Helen Page, Lavern & Verdi Peper, **Alice Roberts**,
Harley Schneider, Carol Schanke-Brylla, **Betty Schultz, LaDell Shimniok**, Dean Skare,
Robert Neal Smith, Nola Sprecher, Paul Takkunen, Jim Thering, Barb Tindle,
John Torgerson, **Jan & Russ Vertein, Janet Wall, Marie & Vern Weisensel**,
Mary Wipperfurth, Agnes Woodbury, Laurie Zimprich, Nelly Zurbuchen

PS - We admit to being human ... so ... If we have the wrong information
PLEASE let Mary Jane know !

Mark Your Calendar



The ADRC will be closed on: **July 4 Fourth of July**
Please note that the dining centers and home delivered meals do not operate when our office is closed.
Office hours are: Monday through Friday, 8:00 a.m. - 4:30 p.m.

For Your Benefit

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

Deb Harvey and Mindy Shrader
The Elder Benefit Specialists



Deb Harvey Coming to you:



Mindy Schrader Coming to you:

Howard Wynn Apartment Reedsburg	July 2 11:00 to 12:00	
Park Place Senior Apartment Reedsburg	June 4 2:00 to 3:00	July 2 2:00 to 3:00
Baraboo Dining Center	June 11 10:45 to 11:45	July 9 10:45 to 11:45

Plain Green TTEC	June 5 1:00 to 3:00	July 10 1:00 to 3:00
Spring Green Senior Center	June 12 10:30 to 11:30	July 17 10:30 to 11:30
Spring Green Library	June 12 1:00 to 2:00	July 17 1:00 to 2:00
Sauk/Prairie Community Cntr	June 13 10:00 to 11:30	July 18 10:00 to 11:30
Merrimac Village Hall	June 13 8:30 to 9:30	July 18 8:30 to 9:30

How Does the Sequester Affect Medicare?

by the Greater Wisconsin Agency on Aging Resources (GWAAR) Legal Services Team

What is sequestration? Sequestration refers to automatic, across-the-board spending cuts to a wide range of government programs and agencies. The current sequestration cuts are a result of the Budget Control Act of 2011. Congress could not decide on how to reduce the deficit, so they imposed a set of arbitrary and automatic cuts to take effect in the future to spur them to compromise in the present. Unfortunately, that compromise did not occur and the future is now. The sequester took effect as of January 1, 2013; spending cuts took effect for most federal government agencies on March 1.

Medicare is subject to these cuts. As of April 2013, there will be a 2% payment reduction to traditional fee-for-service providers and suppliers under Medicare Parts A and B. That

means providers and suppliers will be paid 2% less than they used to be by Medicare for the services and supplies they provide to you.

Do these cuts mean increased cost for Medicare beneficiaries? The answer will depend on whether or not the provider or supplier accepts "assignment" or not. Accepting assignment means a provider agrees to accept "the Medicare-allowed amount" for a service or item as payment in full. The Medicare-allowed amount varies from service to service. For example, the Medicare-allowed amount for a doctor visit could be \$100 while the Medicare-allowed amount for a wheelchair might be \$200. It is a fixed amount based upon the type of service or item being provided. When a provider or supplier agrees to accept

assignment, it means Medicare pays 80% of the allowed amount and the Medicare beneficiary pays the remaining 20% of the cost. So if the Medicare-allowed amount for a particular service is \$100, Medicare will pay the provider \$80, the Medicare beneficiary will pay the remaining 20%, and the provider cannot bill beneficiary for anything beyond that 20%.

For providers and suppliers that accept assignment, the 2% reduction will not result in an increased cost for the Medicare beneficiary. Medicare will pay 78% of the cost and the Medicare beneficiary will continue to pay 20%. Even though the provider is receiving 2% less, he or she cannot pass that along to the Medicare beneficiary.

If a provider or supplier does not accept Medicare assignment, then costs to the Medicare beneficiary are likely to increase by 2%. When a provider or supplier elects not to accept Medicare assignment, it means that they do not agree to accept the 80% paid by Medicare and the 20% copay paid by the beneficiary as payment in full. Instead, the provider and supplier can charge the beneficiary up to 35% of the Medicare-allowed

amount. If a provider does not accept assignment, he or she can charge 115% of the Medicare- allowable amount for an item or service (by contrast, the provider that does accept assignment is limited to 100% of the allowed amount). That means Medicare pays 80% of the allowed amount and the beneficiary can be billed up to 35% of the allowed amount. So if the Medicare-allowed amount for a particular service is \$100, Medicare will pay the provider \$80 and the Medicare beneficiary will pay at least \$20 and up to \$35.

For providers and suppliers that do not accept assignment, the 2% reduction can be passed on to the Medicare beneficiary. So in the above example, Medicare would pay the provider \$78 and the provider could bill the Medicare beneficiary up to \$37.

If you are enrolled in an Advantage plan you should not see a change in your cost sharing. If you are enrolled in a Medicare Supplement (also known as a “Medigap policy”), it is not yet clear how the spending cuts will affect Medigap. We will keep you posted as soon as information is made available to us.

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

Presented by Deb Harvey and Mindy Shrader
Tuesday, July 9, 2013
at 4:30 p.m.
West Square Building,
505 Broadway, Baraboo



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

**WOULD YOU
USE A \$16
COUPON EACH
MONTH?**







Receiving FoodShare is like getting an automatic coupon each month! FoodShare could give you monthly deposits to help with food purchases, freeing up money for bills, medications and other necessities. It's easier than ever to apply and you can even get free, confidential assistance.

Did you know...

- Even the minimum benefit would give you \$192 per year!
- Nearly 30,000 seniors in southwest Wisconsin are NOT claiming their benefits!
- Eligibility is based on income and certain expenses (not assets), so you can own a home and car and even have a savings account.
- Most people only receiving Social Security and even a small pension are eligible!
- Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.
- Receiving benefits does NOT take away from others. EVERYONE who is eligible and applies will get benefits.

ELIGIBILITY

You *may* qualify if your household's gross monthly income is less than...

	\$1,862
	\$2,522
	\$3,182
	\$3,842

For more information, call Second Harvest's FoodShare Helpline at 1-855-366-3635 today!

ARE YOU PASSIONATE ABOUT WORKING WITH SENIORS?

Second Harvest Foodbank of Southern Wisconsin needs you!

**Make a difference in your community!
Positively impact the lives of seniors!**

Too many seniors are making difficult choices between buying medication, turning up the heat, or buying food. You can ease this burden by volunteering with Second Harvest to ensure seniors are signed up for FoodShare benefits. FoodShare is a food assistance program that helps people with limited incomes to purchase food.

How you can help:

- Provide FoodShare information to seniors in your community
- Share information through presentations and discussions
- Connect with seniors at local events
- Flexible time commitment

Qualities:

- Passion for working with seniors
- Reliable transportation
- Ability to work independently
- Excellent communication skills

LEARN HOW YOU CAN MAKE A DIFFERENCE.

Contact Stephanie Isaak:
stephanie@shfbmadison.org
608-216-7248

The Livability Project

In the last issue of *Addlife*, we introduced the **Livability Project**, an effort sponsored by the ADRC to improve the environment of our communities by calling upon the skills, abilities, experiences, and passions of those of us who are older members of our communities. I am sorry to report so far we have not had a lot of contact from those of you who might be interested in working on this project.

So, I'd like you to think about something . . . at this time of in your retirement what it really means to retire. I think most of us believe that the first thing we are going to do in retirement is absolutely nothing. And that's what we do. . .for a while.

When that gets old, you clean closets, get some fishing in, visit the relatives you've never had time to see. You take a trip or two, play some golf, and clean the garage...again. You get under our spouse's feet. And many wonder if there isn't something you can do for your community. Perhaps you think you are past your prime, but most know that you do have talents to contribute.

So, then what? Perhaps, you want to feel useful, productive, valued, respected and give something back to the world of your children and grandchildren.

Research has also confirmed that those who stay active in community life, those who engage in civic problem solving are healthier, happier, and more excited about the next chapter in their lives.

The **Livability Project's** aim is to work out ways that those who have retired from their first career can add to the community and enjoy themselves at the same time. This project has moved forward, and **we need you!** We are now recruiting those who would like to investigate working with the community to set up problem solving strategic planning groups. If this sounds like something you would be interested in, or if you would like more information, please call Mike Lew or Linda Champagne at 355-3289.

Together,
we can make Sauk County
an even more livable community.



Attention
Photographers
We Need
Your Help!

The ADRC will
again be making a
Sauk County
Emergency
Preparedness
calendar and is
looking for your
photos of
Sauk County
If you have photos

that you would like
to submit for the
2014 calendar
please mail to:
ADRC
Attn: Cathy Bindl
505 Broadway
Baraboo, WI 53913
or email to:
cbindl@co.sauk.wi.us

Thank you !



Cop's Corner

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



Protect Your Home

Burglaries are a nationwide problem and occur in every community. These crimes take place in every community and rural area and cost the citizens of the United States a great deal of money each year. Everyone is affected whether directly or through the cost of higher insurance premiums. For this reason I would like to provide you with several suggestions on how to reduce the chances of you becoming a victim of this crime.

1. **Exterior lighting:** Start by getting some low voltage or even solar lighting around your home. Any lighting helps. Another great idea is to supplement this type of lighting with motion sensitive lighting. These types of lighting can be purchased locally and are rather inexpensive.
2. **Interior lighting:** Consider leaving some lights on when you are not at home. The slightly higher electric bill will be well worth it if it keeps a burglar from breaking into your home. An even better idea is to have timed lights. Make sure you vary the times so no pattern can be detected.
3. **Lock your doors and windows.** This should be done when at home, as well as away. Having an additional deadbolt on exterior doors helps even more. Many people arrested for burglary admit they picked a home because the doors were left unlocked. Everyone loves to leave some windows open so the house receives a good dose of fresh air.

However, this is also an invitation for those looking for a crime of opportunity. This also hints to those who are checking the area for a home to invade later that you do not take precautions to prevent them from entering your home.

4. **Close your curtains.** Don't let people in the area see higher dollar items from your windows. If possible, keep jewelry, cash, and other valuables out of sight or in hidden areas.
5. **Buy an alarm system.** They may be less expensive than you think. If you check and determine you can't afford an alarm system ask the company if they would provide you with window stickers, and or, yard signs for advertising purposes. Some companies are willing to give a home owner these items for little or no cost. If you appear to have a security system most burglars will move on.
6. **Consider getting a dog.** If you do and it barks when it hears things don't punish it. People do not like to get bit. Having a dog that barks can go a long way to deterring a stranger from coming onto your property for any reason. Whether you have a dog or not avoid signs that say 'beware of dog'. Few people who have these signs also have an alarm system. If someone is testing your home and they see this sign but don't hear an animal barking they may actually target your home.
7. **Make sure the front of your home looks**

(Continued on page 21)

(Continued from page 20)

uninviting to those that drive/walk by.

Criminals know if the front looks weak the back is sure to be even more inviting to them. They also will know that once they get to the back they will likely be safe. You can achieve this by following the above suggestions and maybe even adding a physical, or psychological barrier. Have a fence with a gate and keep them in good condition.

8. Keep trees and tall bushes to a minimum close to the house. The last thing you want to provide a burglar with is an easy place to hide if someone should drive by. However, this can also make your property look vary bland. If you prefer to have shrubs around your house try using those with thorns. Consider common roses, Japanese roses, barberry or other landscaping with thorns.

9. Set your answering machine to say you will call back shortly. Never have it set to say you are not at home. This can be music to the ears of a criminal

10. Make sure the post office puts a hold on your mail if you plan on being gone for any length of time. Do the same with any newspaper delivery.

11. Have your neighbors check on your home periodically when gone. If you have neighbors who live very close to you ask them to park in your driveway at times when you are gone.

12. When leaving for a vacation or extended period of time notify your local law enforcement. Most police departments are not only willing but happy to check on your home for you. Officers and deputies would much rather walk around your property and check it periodically than take a report that someone broke into your home and took your valuables.

13. Have someone mow your lawn or plow/shovel snow when you are gone. This is another way to prevent someone from seeing your home is temporarily unoccupied.

14. Organize or join a neighborhood watch program. These programs can be a great way of deterring crime from occurring in your neighborhood.

15. Do not keep a spare key close to the door. Everyone knows keys are often hidden under a nearby rock or other obvious object. You're better off having someone who lives close by that you trust keep a spare key for you.

16. Have multiple phones in the home in case someone tries entering while you are at home. When an officer receives a report of a 9-1-1 call with someone entering, or trying to enter an occupied residence, the call takes top priority. Be sure to describe where in the home you are located and what you are wearing so you are not mistaken as the intruder when law enforcement arrives. Remain calm and be prepared to stay on the line and provide the dispatcher with any information they ask.

While I can't promise you that following these tips will keep you from ever being a victim of a burglary, I can promise they will greatly reduce the chances of that happening to you. If you are able to utilize just some of the ideas listed it can make a huge difference. The more you are able to implement the more safe you will be.

Remember evil seeks darkness. Criminals tend to seek easy targets and those which they feel they are least likely to get caught at. If you send a clear message that you have taken steps to prevent them from having easy access to your home they are very likely to look elsewhere.

By: Sgt. Daniel Hess
Lake Delton Police



Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



THE RIGHT KIND OF FISHING (AND HOW NOT TO BE THE CATCH OF THE DAY)



Spend some quality time with Dad, maybe take him out camping or fishing. But try to make sure that nobody else tries to “phish” with you or your father.

These days, all people (including fathers and sons) need to be cautious of scams - Internet, mail, and even phone scams - which can damage your credit score and wallet. Scam artists have become shrewd. Any time someone asks for your personal information, you should be wary. Particularly cruel are swindlers who target Social Security beneficiaries.

As a rule of thumb, Social Security will *not* call or email you for your personal information such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting Social Security to verify the validity of the person contacting you. It could be an identity thief on the other end phishing for your personal information. Just call the local Social Security office, or Social Security’s toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

If you receive a suspicious call, please report it to the Fraud Hotline. Reports may be made online at www.socialsecurity.gov/fraudreport/oig/public_fraud_reporting/form.htm or by telephone at 1-800-269-0271 from 10:00 a.m.

to 4:00 p.m. Eastern Standard Time. Please include the following details:

- The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;
- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and
- Who else has knowledge of the potential violation.

Identity theft is one of the fastest-growing crimes in America. If you, your father, or anyone you know has been the victim of an identity thief, the place to contact is the Federal Trade Commission (FTC) at www.idtheft.gov. Or, call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Some people who receive Social Security and Supplemental Security Income (SSI) benefits are victimized by misleading advertisers. Such companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. Especially upsetting are such ads that make it appear as though the ad has come directly from Social Security. By law, such advertisements must indicate that the company is not affiliated with Social Security.

If you or your dad see what you believe is

misleading advertising for Social Security services from a company that does not admit it is not affiliated with Social Security, send the complete mailing, including the envelope, to: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. Also, advise your State's attorney general or consumer affairs office and the Better Business Bureau. You can visit the Office of the Inspector General online at <http://oig.ssa.gov> and select the "Fraud, Waste, or Abuse" link. Learn more about identity theft at www.socialsecurity.gov/pubs/10064.html. Read about misleading advertising at www.socialsecurity.gov/pubs/10005.html.

And finally, while you're enjoying the *right* kind of fishing with Dad, you may want to tell him about *Extra Help* with Medicare prescription drug costs. If your father is covered by Medicare and has limited income and resources, he may be eligible for *Extra Help* — available through Social Security — to pay part of his monthly premiums, annual deductibles, and prescription co-payments. We estimate that the *Extra Help* is worth about \$4,000 per year. That kind of savings buys a lot of bait and tackle. Learn more at www.socialsecurity.gov/prescriptionhelp.

By Karyl Richson
Social Security Public Affairs Specialist
Milwaukee, WI



The DBS FB Page Link which can be added to the website is as follows:

<https://www.facebook.com/#!/DisabilityBenefitSpecialistProgramSaukCounty>

Social Security Questions and Answers

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

Answer: The law states Social Security disability benefits can be paid only after you have been disabled continuously throughout a period of five full calendar months. Social Security disability benefits begin with the sixth full month after the date your disability began. You are not able to receive benefits for any month during the waiting period.

Question: What are the rules for getting Supplemental Security Income (SSI)? I'm thinking about applying based on my disability.

Answer: To be eligible to receive SSI benefits, you must be disabled, blind, or age 65 or older and have limited income and resources. Income is money you receive such as wages, Social Security benefits, and pensions. Income also includes the value of such things as food and shelter you receive from others. Resources include real estate, bank accounts, cash, stocks, and bonds. You may be able to get SSI if your resources are worth no more than \$2,000. A couple may be able to get SSI if they have resources worth no more than \$3,000.

Question: I have an appointment to apply for Supplemental Security Income (SSI). What kind of information will I need to take with me?

Answer: To help make the application process go quickly and smoothly, you should bring: your Social Security number; your birth certificate or other proof of your age; information about the home where you live, such as your mortgage or your lease and landlord's name; payroll slips, bank books, insurance policies, burial fund records, and other information about your income and the things you own; proof of U.S. citizenship or eligible noncitizen status; and if you are applying for SSI because you are disabled or blind, the names, addresses, and telephone numbers of doctors, hospitals, and clinics that have information related to your condition.

Aging & Disability Specialists - Helping you put the pieces together!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Marcie
Dachik

DON'T LET THIS HAPPEN TO YOU!

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

Here in the Aging and Disability Resource Center, we have been seeing a new trend. One which puts people in a very serious situation. Let me start this article with a story.

Several months ago, I received a call informing me of a person who was living at an assisted living facility and had been paying privately for their care at the facility. After paying these costs for several years, their money was running out. This is a very common call that we receive and in this situation, we would talk to the person about a program called Family Care.

Family Care is a publicly funded program which pays for long term care services provided in the community including, in some cases, care from an assisted living facility. In order to qualify for Family Care, a person must be financially eligible for Medicaid and also pass a functional eligibility screen which takes into account the person's current strengths and limitations in their activities of daily living.

So, back to our story. I set up a time to go visit with this person at their home and see if they qualified for Family Care. The

assessment went very well with one problem. The person did not pass the functional eligibility screen and, therefore, was not eligible for the Family Care Program! So, the person was running out of their own money and yet they did not qualify for the one program that could pay for an assisted living.

Now what? What happened in this situation is the person had to move from the facility they had called home for two years to an independent apartment with only their monthly Social Security check and a very small pension for financial resources. Before this individual moved to the assisted living facility, they had over \$50,000 in savings in their bank. That money was used up in two years by the out-of-pocket costs at the facility.

The question is, could this have been prevented? The answer is an overwhelming **YES!** So, let's rewind this story and examine another possibility.

Let's say that when this person was considering moving to a facility, they had contacted the Aging and Disability Resource Center. At that time, an Aging & Disability Specialist would have explored the reasons they had for considering a move to a facility. This process is known as **"Options Counseling"**. It involves evaluating the person's strengths, needs, financial assets and other support available. The Aging &

Disability Specialists would inform them of available programs and services which may be suitable for aiding them with their needs for their own unique situation. Ideally, the Specialist would travel to their home and together they would discuss the available options, and explore their concerns about continuing to live in their own home. During this visit, enough information would be shared to allow them to make an informed decision about their future living arrangements and if there needed to be a change.

It is possible that a comprehensive plan could be developed to allow them to remain in their current home and receive the support and services needed to feel safe and healthy, if these are the reasons for considering a move.

Often we find that the types of services needed could be purchased in the community at far less expense than the monthly cost of facility living.

For example, a plan could include someone to come to their home once a week to do cleaning and laundry. Home delivered meals may be appropriate or some other arrangements made for preparing meals. Family may be able to provide grocery shopping once a week to meet their nutritional needs. A personal emergency response system (Lifeline) could be installed to call for help in case of an emergency. All of these services could be purchased for approximately \$300 per month. The monthly cost of an assisted living facility averages \$2200 to \$3800.

As you can see, the person could have



purchased all the care they needed at 10% of the cost of a facility! And when or if this same person needed the level of care provided by an assisted living facility in the future, they would have funds available to pay for it.

Please don't misunderstand.

For some people, the correct decision is to move to an assisted living facility. My point is that people need to be aware of **all** the possible options available to them to meet their care needs. When those services and supports available in the community no longer provide adequate care, an assisted living facility is a great option and the appropriate next step. However, a premature move to a facility could place someone in this situation of having expended all their own funds before the level of care needed opens the door to assistance to pay for their care.

Don't let this happen to you!

If you are wondering about the services available in the Sauk County area, please call the Aging and Disability Resource Center at 608-355-3289 (or 800-482-3710) and ask to speak to the Aging and Disability Specialist on duty. A Specialist is on duty Monday through Friday from 8:00 a.m. - 4:30 p.m. The Specialist will schedule an appointment to sit down with you and anyone else you choose to include in the discussion. They will lay out a comprehensive list of options that are available. They can look at the approximate costs of those services, coordinate formal and informal supports and help you plan for how you see yourself and your lifestyle in future years.

GENUINE HAPPINESS IS FOUND WITHIN

Sometimes, when you feel like the world is just too heavy, look around and you'll find people who continue to live fascinating and wonderful lives. How come they still can manage to laugh and play around despite a busy stressful life? Maybe, they start to work on a place called 'self'.

So, how does one become genuinely happy? Step 1 is to love yourself.

To love oneself means to accept that you are not a perfect being, but behind the imperfections must lay a great bit of courage to be able to discover ways of how to improve your ability to recover from your mistakes.

So how do we become genuinely happy? Simple. You don't have to have the best things in this world. It's about doing and making the best out of every single thing. When you find yourself smiling at your own mistakes you possess a willingness to stand up again and try - that will make you a genuinely happy person.

When you learn to accept yourself and your own faults, you pass step 1 in the project of how to become genuinely happy. For as long as you know how to accept others, you will also be accepted. For as long as you love and know how to love, you will receive love tenfold back.



Source: Chris Carter, Article City

This partnership article is provided by:
BrightStar
507 Linn Street
Baraboo, WI 53913
608.355.5015

Long ago when men cursed and beat the ground with sticks, it was called witchcraft . . .



. . . Today, it's called golf.



- Marie Ebner von Eschenbach

Know Your Meds



If you have been to a hospital or clinic lately, you have probably had someone ask you for your medication list. Healthcare is always developing new ways to make patients safer. One of the current efforts is called medication reconciliation. This is the process in which the medications, both prescription and over-the-counter, that a patient takes at home are compared to the medications that a patient takes while in the hospital. When a patient is getting ready to go home this process is done again to determine what medications that patient should continue to take and what they can stop taking. Once this is done an updated medication list is prepared and given to the patient.

Medication reconciliation is a great way for patients to make themselves safer. How can they best do this? The answer is by keeping an updated and accurate medication list. This medication list is the key to medication reconciliation. By making sure you have a current list of your medication that is accurate you help to ensure that your physician gives you the best care they can. There are many places on the internet that can help you develop a great medication list. The best is www.safemedication.com. Reedsburg Area Medical Center can also provide you with a wallet sized card that helps you keep your allergies and medications in an easy to access format. Regardless of what the list looks like, the most important thing is that the list is up to date. If you need help filling out a medication list, a great resource is the Pharmacy Brown Bag that is held monthly, on the first Monday of each month from 9:00 -10:00 a.m. at Reedsburg Area Medical Center.

This Partnership Article brought to you by:

Reedsburg Area Medical Center
2000 North Dewey Avenue,
Reedsburg, WI 53959
608-524-6457
www.ramchealth.com



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

We would like to thank Audrey Eastman for her donation to the AARP Tax Preparation program.

Thank you to an anonymous donor for their donation to the Door Step Dinners program.

We would like to thank an anonymous donor for the donation to the AAARP Tax Preparation program.

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We would like to thank Dorothy Danube for her donation to the Home Delivered Meals program.

Thank You!



Caregiver Corner

SUPPORT GROUPS CAN HELP

Lives change drastically when a death, injury from an accident, diagnosis of a debilitating illness or another major life changing experience occurs. Coping with new obstacles that must be faced is a challenge not only for the person directly affected but also for their families and caregivers. Support groups can provide a valuable resource to renew hope and turn problems into solutions.

Support groups are usually facilitated by a professional or a peer member. The professional based support group is generally associated with an agency and is most often scheduled for a specific length of time and an attendance fee may be charged. Peer support groups are facilitated by members of the group and are usually ongoing, with no fee or only a voluntary contribution requested. Some peer support groups use various speakers in addition to peer sharing. Some support groups provide community education and advocacy.

Regardless of the type, all support groups share information about prevention, treatment, prognosis, and recovery. They share information about resources available; the latest equipment and the most responsive professionals. They share strategies and coping skills to deal with day to day challenges. They build new friendship connections which reduce stress and a sense of isolation and create a sense of empowerment. They provide opportunities to complain and laugh with people who will care and understand.

If you are facing new challenges in your life,

try using a support group. If there is no support group available, consider starting one. One or two individuals with an identified common purpose can begin a support group.

If you would like more information about joining a support group or about starting a new support group, please contact Mary Jane at the ADRC at 355-3289

*Written by:
Kathleen Manny
Sbeoygan County Aging and Disability Resource Center
Community Services Specialist*

I take care of her
— BUT WHO —
takes care of me?

Only those who care for others know what it's really like to care for others. That's why AARP created a community with experts and other caregivers to help us better care for ourselves and for the ones we love.

aarp.org/caregiving or call 1-877-333-5885

Ad Council AARP

Please join us for

Coffee Hour for Care-Partners Because You Care

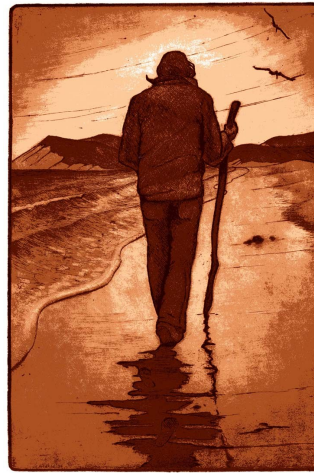


Family care-partners face many challenges in providing care for an older loved one. Successful care-partners recognize the importance of taking care of themselves so they can continue to give quality care to their loved one.

Take a break just for you and join us on the third Thursday of each month at 9:00 a.m. We will provide the coffee and refreshments. Come and enjoy!

ADRC Office
West Square Building

Resource information about caregiving will also be available. If finding care for your loved one during the meeting is a concern, or if you would like more information, please call 608-355-3289 and ask for Mary Jane.



The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our encouragement, who will need our unique compassion, our encouragement, who will need our unique talents.

Someone who will live a happier life merely because we took the time to share what we had to give.

Too often we underestimate 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. It's overwhelming to consider the continuous opportunities there are to make our love felt.

—Leo Buscaglia



Laura Geick
Nutrition & Prevention Specialist

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

Dining Center Schedule

Please call your local dining center by 12:00 noon to make a meal reservation for the next day

Baraboo

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

Laura Presents: June 17 July 15

Merrimac

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

Laura Presents: June 12 July 10

Reedsburg

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

Laura Presents: June 11 July 9

Sauk/Prairie

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

Laura Presents: June 18 July 16

Spring Green

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

Laura Presents: June 10 July 8

Lake Delton

Howie’s Restaurant,
 230 W Munroe Ave, Wisconsin Dells
 Phone: 254-2076
Lunch served at 12:00 noon

Fallen Food: Down For the Count



It’s a question that has stirred up many a heated debate: *Is it okay to eat food that has fallen on the floor?* Many people abide by the “5-second rule,” which maintains that anything is fair game if you pick it up within that time frame. Some allow 10, 20, even 30 seconds to lapse before relegating the food to the trash bin. And legend has it that Genghis Khan abided by a 12-hour rule. But others argue that the rule is an urban myth—that no dropped food is safe. Who’s right?

The 5-second rule has actually been put to scientific test. In an often-cited, though unpublished, study from 2003, a high school student interning at the University of Illinois found that gummy bears and fudge-striped cookies placed on ceramic floor tiles that had been inoculated with E. coli picked up the bacteria in less than 5 seconds. That is, germs can hitch a ride on food upon contact, it seems, so it doesn’t matter how quickly you try to grab it. On the other hand, the student also found that most floors-in university buildings-were cleaner than expected.

Subsequently, in a 2007 study in the *Journal of Applied Microbiology*, researchers at Clemson University doused floor surfaces (tile, wood and carpet) with Salmonella and then dropped bologna and bread on them for 5,

30, or 60 seconds. Within 5 seconds, the food picked up 150-8,000 bacteria (the least from carpet, the most from tiles). What's more, they found that bacteria can live on dry surfaces for several weeks at levels high enough to quickly transfer to food. According to the lead author, Paul Dawson, Ph.D., "while the bacteria found on most surfaces are harmless, food dropped on surfaces contaminated with pathogens will pick up those bacteria immediately."

Bottom line: Use common sense. Occasionally eating food that was briefly on the floor is not likely to make you sick. But it depends on what you drop and where. There's a big difference between picking up a cracker from a just-cleaned dry kitchen floor (probably safe) versus the floor by the cat litter box (not safe). Or between the reasonably clean living room carpet (probably okay, though a little fuzzy) and a public bathroom (obviously not). On the other hand, since it's hard to judge just how clean a floor is—it may look spotless but still harbor bacteria—you shouldn't make eating off it a habit. And if you're immune-compromised or in frail health, it's best to follow the "zero-second" rule. Keep in mind, too, that microbes are not just on floors. In fact, kitchen counters can be even more contaminated than the floor.

*From: University of California,
Berkeley Wellness Letter*

June Dairy Month!!

A drawing for a Carr Valley Cheese gift baskets will take place during Laura's presentation at each dining center during the month of June.

Come join us for lunch!



Create a Beautiful Plate

Summertime is here, and along with the deliciously warm weather come a fresh assortment of seasonal fruits and vegetables. Try some new recipes this week to see how well you can match the plates on your table to the one in this picture.

The plate here shows the ideal proportion of foods from new U.S. Department of Agriculture's MyPlate guidelines. (MyPlate replaces the older food pyramid.) It illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.



UCare's Health Promotion Manager, Cindy Kallstrom, adds these tips to fuel a healthful day:

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains, such as whole wheat bread, oatmeal, and brown rice.
- Use a smaller plate, and enjoy each bite more. It works!

This partnership article is brought to you by:
UCare

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Whole Wheat Pasta With Wisconsin Parmesan And Broccoli

Servings: 4

Ingredients:

- ◆ 1 bunch broccoli (about 1 1/4 pounds before trimming)
- ◆ 1 large onion, chopped
- ◆ 3 large cloves garlic, chopped finely
- ◆ 3 large cloves garlic, chopped finely
- ◆ 3 Tbsp olive oil
- ◆ 1 cup chicken or vegetable broth
- ◆ 8 ounces whole wheat pasta cooked according to package directions
- ◆ 1 cup (3 ounces) grated Wisconsin Parmesan cheese
- ◆ 1/8 tsp hot red pepper flakes or to taste
- ◆ Salt and Freshly ground black pepper

Cooking Directions:

1. Trim broccoli; peel stalks. Coarsely chop; reserve.
2. In a large frying pan, sauté onion and garlic in oil until soft, about 5 minutes.
3. Stir in broccoli; stir-fry over medium-high heat until broccoli turns bright green, about 3 minutes
4. Stir in broth; reduce liquid over high heat until broccoli is tender-crisp and just a little liquid remains
5. Stir in cooked pasta, then Parmesan and hot pepper flakes.
6. Season to taste with salt and pepper



HAZARDOUS WASTE CLEAN SWEEP

Former Sauk County Landfill, E8795B Evergreen Lane, Baraboo
(Between Baraboo and Reedsburg off of Hwy. 33 near the junction of Hwy. 23)
Saturday, June 1, 2013 8:30 a.m.-Noon

For more information:
(608) 355-4839
ppohle@co.sauk.wi.us
www.co.sauk.wi.us

Free disposal of:

- Unused or unwanted pesticides including herbicides, insecticides, fungicides, rodenticides, wood preservatives
- Home products: oven cleaners, spot removers, drain cleaners
- Light bulbs/fluorescent tubes
- Waste motor oil, oil filters
- Batteries (watch, calculator, etc.)
- Latex, lead-based, and oil-based paint
- Other products: solvents, animal health products, teat wash, degreasers, wood finishes, paint additives, hydraulic fluid, pool chemicals, strippers, photographic chemicals

What is not accepted:

- Pharmaceuticals, IVs, needles
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste
- Compressed gas cylinders
- Recyclables, yard and household waste
- Asbestos
- Demolition materials

Tires will be accepted for fees between \$1-\$25.



Helping Hands Recycling will accept from households (**not** businesses) at no charge (donations will be accepted for Boys & Girls Club of Sauk County) the following items at the event:

- Electronics
- Appliances
- Scrap metals
- Batteries (automotive, li-on, ni-mh, ni-cad)

Please contact Helping Hands Recycling at helpinghandsrecycling@gmail.com or (608) 213-8629 for more information. Their website is www.helpinghandsrecycling.com



Agricultural and VSQGs by appointment ONLY



JUNE 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Chicken Marsala Baked Potato Carrots Pear Slices Sliced Bread	4 Swedish Meatballs Mashed Potatoes Swiss Spinach Oatmeal Raisin Cookie Dinner Roll	5 Ham Rolls Squash Health Slaw Pineapple Tidbits Sliced Bread	6 Pork Jaegerschnitzel Mashed Potatoes Corn Birthday Cake Dinner Roll	7 Beef Stroganoff Casserole (includes veg.) Tossed Salad Cantaloupe Slice Sliced Bread
10 Country Fried Steak Mashed Potatoes Summer Blend Vegetables Chocolate Banana Torte Sliced Bread	11 Baked Chicken Twice Baked Style Mashed Potatoes Three Bean Salad Fruited Gelatin Dinner Roll	12 Salmon Loaf Escalloped Potatoes Peas/Pearl Onions Butterscotch Pudding Sliced Bread	13 Salisbury Steak Mashed Potatoes California Blend Vegetables Petite Banana Dinner Roll	14 Teriyaki Chicken Red Skin Potatoes Chinese Ramen Cabbage Salad Sugar Cookie Sliced Bread
17 Pork Steak Mashed Potatoes Green Beans Apricot Halves Sliced Bread	18 Chili Casserole (includes veg.) Corn Vanilla Pudding Cornbread	19 Roast Turkey Mashed Potatoes Baby Carrots Cranberry Gelatin Sliced Bread	20 Pepper Steak Baked Potato Tossed Salad Chocolate Chip Cookie Dinner Roll	21 Crispy Fish Fillet German Potato Salad Winter Blend Veg. Pear Slices Sliced Bread
24 Roast Pork Loin Mashed Potatoes Carrots Applesauce Sliced Bread	25 Meatloaf Au Gratin Potatoes Spinach Salad with Rasp. Vinaigrette Coconut Cream Pie Dinner Roll	26 Baked Chicken Twice Bake Style Mashed Potatoes Copper Penny Salad Pineapple Tidbits Sliced Bread	27 BBQ Pork Cutlet Red Skin Potatoes Corn & Black Beans Apple Pie Dinner Roll	28 Swiss Steak Mashed Potatoes Wax Beans Fruited Gelatin Sliced Bread

July 2013

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Breast Mashed Potatoes Peas and Carrots Molasses Cookie Sliced Bread	2 Hawaiian Meatballs Baked Potato Tossed Salad Apricot Halves Dinner Roll	3 Beef Stew (includes veg.) Corn Fudge Brownie Cheddar Biscuit	4  Closed for the Independence Day No Dining Centers or Door Step Dinners	5 Pork Cutlet Mashed Potatoes Green Beans Applesauce Sliced Bread
8 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Carrots Chocolate Pudding Sliced Bread	9 Chicken Tetrazzini Cass. (includes veg.) Mixed Italian Salad Peach Slices Dinner Roll	10 Glazed Ham Sweet Potato Bake Cole Slaw Watermelon Slice Sliced Bread	11 Chicken Marsala Red Skin Potatoes California Blend Vegetables Birthday Cake Dinner Roll	12 Country Fried Steak Mashed Potatoes Peas/Pearl Onions Fruited Gelatin Sliced Bread
15 Meatloaf Cheesy Potato Bake Spinach Salad with Rasp. Vinaigrette Applesauce Sliced Bread	16 Baked Chicken Twice Baked Style Mashed Potatoes Three Bean Salad Cream Sicle Torte Dinner Roll	17 Salmon Loaf Escalloped Potatoes Glazed Carrots Pear Slices Sliced Bread	18 Roast Pork Loin Mashed Potatoes Mixed Vegetables Applesauce Cake Dinner Roll	19 Fruited Chicken Salad on a Bed of Shredded Lettuce Petite Banana Sliced Bread
22 Lasagna Casserole (includes veg.) Italian Blend Vegetables Orange Sherbet French Bread	23 Roast Turkey Mashed Potatoes Cream Style Corn Pumpkin Pie Dinner Roll	24 Escalloped Potatoes and Ham Casserole Peas and Carrots Fruited Gelatin Sliced Bread	25 Bratwurst on a Bun German Potato Salad Corn Cantaloupe Slice	26 Chicken Cacciatore Red Skin Potatoes Mixed Italian Salad Sugar Cookie Sliced Bread
29 Swiss Steak Mashed Potatoes Swiss Spinach Applesauce Sliced Bread	30 Crispy Fish Fillet Baked Potato Peas/Pearl Onions Fruited Gelatin Dinner Roll	31 Baked Chicken Twice Baked Style Mashed Potatoes Copper Penny Salad Oatmeal Raisin Cookie Sliced Bread	 <p>Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence.</p> <p style="text-align: right;">-- Hal Borland</p>	

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

If you know of someone who would enjoy receiving *AddLIFE Today!* Newsmagazine - Let us know! Do you have a family member or friend who cannot read the *AddLIFE Today!* because of poor eyesight? *AddLIFE Today!* is also available on cassette tape. For more information, please call the ADRC office at (608) 355-3289 or (800) 482-3710.

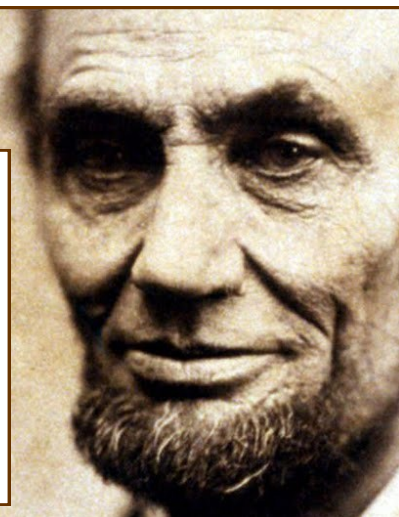
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The Abraham Lincoln's hidden quote from the brain teaser is:

THOSE WHO DENY
FREEDOM TO
OTHERS, DESERVE
IT NOT FOR
THEMSELVES.



Donation Designation Form

I want to help the Aging & Disability Resource Center of Southwest Wisconsin - Sauk County Satellite to continue its 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):

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- AddLIFE Today! Publishing
- Care for the Caregiver Program
- Caregiver Support Programs
- Dining Center Program
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- Home Delivered Lunch Program
- Home: Safe & Sound Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
- 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
 608-355-4111
 www.oakparkplace.com

Happy Fourth of July Word Search
**Find and circle all of the words
 that are hidden in the grid.**
**The remaining letters spell
 an Abraham Lincoln quotation.**

- | | | |
|--------------|-----------------|-------------------|
| BALD EAGLE | FIREWORKS | NATIONHOOD |
| BALLOONS | FLAG | PARADE |
| BARBECUE | FLOATS | PARTY |
| BASEBALL | FREEDOM | PATRIOTIC |
| BEN FRANKLIN | GREAT BRITAIN | PHILADELPHIA |
| BETSY ROSS | HAMBURGERS | PICNIC |
| CAKE | HISTORY | RED WHITE BLUE |
| CARNIVAL | HOLIDAY | STARS AND STRIPES |
| CELEBRATION | HOT DOGS | STREAMERS |
| COLONIES | INDEPENDENCE | THOMAS JEFFERSON |
| CONCERTS | JOHN ADAMS | USA |
| DECORATIONS | LIBERTY | WHITE HOUSE |
| DEMOCRACY | NATIONAL ANTHEM | |

L B C E L G A E D L A B N T H L O D S
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