

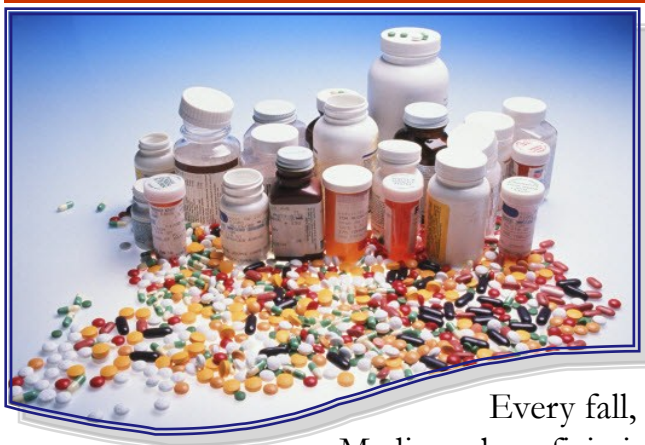


Add LIFE Today!

Laughter
Independence
Friends &
Energy

October / November 2012

Vol 4 / Issue 5



Medicare Part D Assistance

The Medicare Part D Annual Enrollment Period Is
October 15TH Through December 7TH

Every fall, Medicare beneficiaries have the opportunity to enroll, dis-enroll or make changes to Part D prescription drug plans. This is referred to as the “annual or open enrollment period.” As a result, insurance companies are required to send out letters called “annual notice of change” to each member enrolled in their plan. Medicare and the Social Security Administration also send out various letters which include important information about how your eligibility for various benefits may be changing. Finally, you will be receiving marketing materials sent by other companies trying to convince you to give their plan a try.

One helpful tip to remember is CMS, the Medicare agency, color codes most of their important notices during this time of year. Their letters may come on tan, grey, orange, blue, purple, yellow or green paper. If you receive a letter like this, you should probably hang onto it. If you do not understand the letter, please call your ADRC for assistance.

The letters from the Social Security

Administration do not come on colored paper, but their name and return address on the envelope should be indication enough that the mailing may be very important and not something to be tossed out.

It is advisable to keep any letters that come from the Part D plan you are currently enrolled in. They may include information about how your plan is changing for next year or could inform you that your plan won't even be available in 2013 and you will need a new plan.

Your Benefit Specialists, Deb Harvey or Mindy Shrader can help you. They can look through all of your envelopes and explain what is important. They can help you decide if your Part D plan will be right for you in 2013 or if you need to make a change.

There are changes coming this year for Medicare Part D plans and for Medicare Advantage plans. If you aren't sure what to do, call the ADRC at 1-800-482-3710 or 608-355-3289 and schedule an appointment to review your Medicare Part D options.

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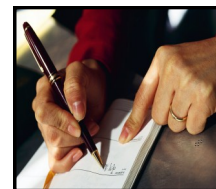
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Appointments will start October 19th and be mostly scheduled on Mondays and Fridays at the West Square Building in Baraboo. Please be sure to bring your current medication list from your pharmacist or physician. If you kept last year's print out from your Medicare Part D consult, please bring this with you to your appointment.

You can also call:

- Medicare at 1-800-633-4227;
- Wisconsin Prescription Drug Helpline at 1-866-456-8211 for those age 60 and older;
- Disability Drug Benefit Helpline at 1-800-926-4862 for those under age 60 and on disability;
- GoldenCare 608-356-1407
- if you're enrolled in Family Care, your case manager will help.



Mark Your Calendar

The ADRC will be closed on:

November 22 & 23 Thanksgiving
December 24 & 25 Christmas
January 1 New Years

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



505 Broadway * Baraboo * Wisconsin * 53913
Telephone - 608-355-3260
www.co.sauk.wi.us

Dear Friends,

I recently had the opportunity to help the Marine Corps League with their annual *Rose Drive*, which is their major fundraiser. I was very impressed with the generosity of the people of Sauk County, their desire and willingness to help needy veterans, as well as support the additional programs the Marine Corps League sponsor. Thank you for your generosity and your support. It brings me comfort knowing how the people of this fine county support veterans and do so in such a willing manner.

Your Veterans Service Office continues to be very busy and we are doing our best to continue to provide the highest level of service for our veterans. You can help us attain this goal by scheduling an appointment prior to coming to see us for help and assistance. We are here to serve you and we can do a far better job of providing the attention and time you deserve when you schedule an appointment. We also request that you be patient and give us a little extra time to return your phone calls. If you call during normal business hours and we are unable to answer the phone, it means we are assisting another veteran. When you get our voice mail please leave a message and we will return your call as soon as possible.

Remember to check our website often and “like” us on Facebook and follow us on Twitter. **Make sure we have your current e-mail address**, as we want to communicate with you more often as developments occur in the veteran community. If you aren’t sure we have your current e-mail, please give us a call.

In Your Service,
Tony



Veteran Benefit Scenario

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

Julio, an Iraqi veteran who we have been working with for several years on various veterans benefits, mentioned his grandpa on a recent visit. He informed our office that his grandfather was a veteran of multiple tours in Vietnam and had never applied for any VA benefits. Julio also mentioned his grandfather was having some health problems. Since there is a long list of presumptive conditions (conditions which are automatically service connected for veterans who served in Vietnam) we told Julio he should encourage his grandfather to come and visit our office. If he was not able to come to our office, we would gladly meet with him in his home or at a neutral location.

The senior veteran agreed to come in to see the Veteran Service Officer, and as it turned out he did have a presumptive condition. We did the paperwork for him and submitted a claim on his behalf. The result of Julio’s effort to get his grandpa to meet with us recently resulted in his grandfather being awarded a disability rating from the VA at 100% service-connected disabled. I believe

(Continued on page 4)



(Continued from page 3)

there was some mention about Grandpa taking his grandson out for a really nice meal!

If you know of a veteran, find out if they have had recent contact with their local County Veterans Service Office (CVSO). If not, what you need to do, for their benefit, is to put them in contact with the appropriate CVSO, like ours for all Sauk County vets. Our sincere thanks to those of you who have encouraged veterans, as well as their families, to come and see us. It allows us to make, in many cases, a significant difference in their lives.

FREE AARP Driver Safety Course for Veterans and Their Families



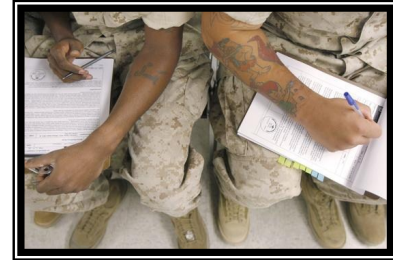
Take the AARP Driver Safety classroom course for free or save 50% on the online course. You will learn proven safety strategies to help maintain your confidence

behind the wheel and could even save money on your car insurance.

Bill Grosz will be hosting a free AARP driver safety course to all military veterans and their dependents on **Wednesday, November 7th** from 12:00 - 4:30 p.m. in Room 213 at the Sauk County West Square Building, 505 Broadway, Baraboo. To sign up for this free class, please contact Bill at (608) 356-8439 or (608) 434-3976. To register for the online course go to www.aarpdriversafety.org Contact our office for the coupon code for the online course.

This program is supported by a generous grant from Toyota to the AARP Foundation. This offer is available to all military personnel who

serve or have served in the U.S. Army, Navy, Air Force, Marines, National Guard/Reserves, or Coast Guard. Dependents (including spouses/domestic partners, widows/widowers, and children) are also eligible to take advantage of the promotion. This offer is available November 1 - November 30, 2012.



eKnowledge Donates SAT and ACT PowerPrep Programs to Wisconsin Veterans

SAT and ACT Test Season is Here - Need Help? eKnowledge and NFL Athletes Donate Free* \$200 SAT and ACT PowerPrep™ Programs to Military, Veterans and Families (**There is a nominal charge for materials, support, shipping and handling of \$13.84 - \$19.99 per standard program.*)

Nervous about the SAT/ACT exams? We can prepare your student for one of the most important tests they will ever take. PowerPrep Programs include 11 hours of video instruction, practice tests, sample questions and over 3,000 files of supplemental test prep material. Students select the training they need and study at their own pace.

Secure your donated \$200 program at www.eKnowledge.com/WIVA or order the program by calling 1-951-256-4076. For further information please contact Lori Caputo at 1-951-256-4076, or emailing Lori at LoriCaputo@eKnowledge.com



Veterans Crisis Line Outreach



The Veterans Crisis Line (formerly the “National Veterans Suicide Prevention Hotline”) is a free, confidential hotline, online chat and text service available 24 hours a day, 7 days a week, 365 days a year. Veterans, service members, and their friends and family can call 1-800-273-8255 and press 1 or they can chat online at www.VeteransCrisisLine.net, or send a text message to 838255 to reach a trained VA responder for support and referrals.

For veterans and service members who are not in crisis, but may benefit from information about mental health support, VA provides an additional online resource at www.MakeTheConnection.net. This Web site provides visitors with candid, personal testimonials from veterans and their families to help them realize they are not alone and there are people out there like them who are going through similar experiences, overcoming challenges, reaching positive outcomes for treatment and recovery, and finding paths to fulfilling lives. The site also directs visitors to resources and information to address their specific needs.

2013 Budget Survey

We encourage all veterans and their family and friends to respond to the county’s online budget survey. The survey is designed so you can comment by program area on the value of county services provided by your tax dollars. How important is a service to the community as a whole? What should be the county's obligation in seeing that a service is provided? How are we doing?



The survey can be accessed via Sauk County’s home page and also at www.co.sauk.wi.us/accountingpage/2013-budget-survey

Thank you!

We want to thank the following for their recent donations to the Veterans Care Trust Fund:



Lloyd Krueger;



Lands End (on behalf of employee Margie Seamans)



American Legion Post 350, Reedsburg (in memory of recently deceased veterans).

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

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.



Director's Notes

Trish Vandreg, ADRC Director



Changing Attitudes, Changing Lives

October 7 - 13 is Mental Illness Awareness Week (MIAW), an opportunity to learn about serious mental illness such as major depression, bipolar disorder and schizophrenia.

Mental illness is a medical illness - it does not discriminate. One in four adults experiences a mental health problem in any given year. One in 17 adults lives with a serious mental illness.

In this election year, it's worth remembering that mental illness affects Republicans, Democrats and independent voters alike. It's not a partisan issue, but it does involve every issue from the economy and budget priorities.

Since 2012, states have cut mental health services by \$1.6 billion, at the same time that need has increased. Unemployed people have been four times more likely to report symptoms of severe mental illness than others. Americans who experienced involuntary changes in employment status, such as pay cuts or reduced hours, were twice as likely.

The need also is increasing as our troops return home from Iraq and Afghanistan, some with "hidden wounds." They must not be forgotten in the years ahead.

Treatment works, but only if a person can get it. Early identification of symptoms and treatment results in better outcomes.

During MIAW, let's all talk with friends and neighbors about mental illness and recovery. It's an opportunity to learn facts and end myths to help break the stigma—and silence—that too often surrounds the topic.

By changing attitudes about mental illness, we

can change lives.

For more information, visit www.nami.org to learn more about mental illness as well as education, support and advocacy programs to help individuals and families affected by mental illness.

Watch for ways to observe Mental Illness Awareness Week in your community.

Participate by breaking down stigmas and helping others to understand mental illnesses and the people who live with them. By changing attitudes we really can change the quality of people's lives.

Aging Services Grant Funding Changes for 2013

Due to a change in the way Older Americans Act grant funds are allocated, the ADRC will receive approximately \$16,000 less in 2013 than it did in 2012. The allocation of grant funds has always been based on county population estimates, however the 2010 census data is now being used to project this population which has resulted in a change in the way the funding dollars are spread across all Wisconsin counties and tribes.

The total amount of grant dollars available to Wisconsin has not changed. The amounts allocated to each geographic area has changed, some for the better and others for the worse. In the case of Sauk County, while no decrease is really welcomed, this is not a change that will drastically change the level of services available. I cannot yet determine the exact ramifications of receiving these fewer dollars.

The ADRC team and I will be exploring the possibilities and I will keep you posted of any major changes which become necessary.

Live Well,
Trish



Volunteer Vantage Point

Mary Jane Percy

“Does It Really Make a Difference?”

Have you ever asked yourself if volunteering for “just” one hour a week could make a difference in someone’s life? The answer is YES!! Here’s how I know this to be true.

Here are excerpts from a few of the letters we have received here at the ADRC:

“Enclosed please find a donation from our mother’s estate to help continue the home delivered meal program to others in Sauk County. Our family would like to thank the **many volunteers** who delivered meals to our mother during her long health struggle.”

“The meals my mother received, and the **wonderful volunteers** who delivered them, allowed my mother to remain independent in her home for many years. Thank you so much!”

Thank you home delivered meal drivers!! You DO make a difference ... every day!!

The Spontaneous Volunteer (what the heck does that mean??)

I received a few phone calls in the past that went something like this ...

“I’m going to be in town this weekend to participate in the Tough Mudder competition, and I’ll have a few spare hours ... do you have any volunteer opportunities for me?”

“We’re with the Madison Diocese ‘Love Begins Here’ program. We have a group of high school students who are looking for volunteer projects for next week ... do you have any?”

“Our bible study group has a day set aside to volunteer for home improvement projects ... do you know of any?”

In my “happy” world (where there’s rainbows and unicorns and puppies that don’t eat your shoes) I have two magic closets ... one with unlimited, ready-to-go volunteers ... and the other with unlimited, ready-to-be-done opportunities.

Please let me know if you have a group looking for a project, or a project looking for a group ... I’d like to help get you matched

Thanks for Lunch !!

Would you agree that food always tastes better when someone else cooks it for you ... AND ... there’s no dishes to wash? I know our AddLIFE Today! newsmagazine volunteers do!!

Thank you to:

Becky Radke from **BrightStar**

for providing the delicious meal for our hard working team in July.

Very much appreciated ...

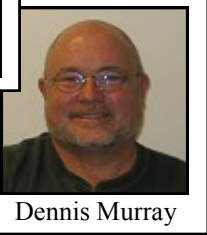
and YUMMY!!



Tom Litscher



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



Dennis Murray

*Getting You
There!*

*The
Bus*



PUBLIC

TRANSPORTATION



The Bus

Operates Every Weekday!

For more information, call:

608-355-3278

or 800-830-3533

The **Blue Line** serves Reedsburg, Lake Delton, North Freedom, Rock Springs and Baraboo.

The **Green Line** serves Prairie du Sac, Sauk City, Bluffview, Merrimac, Plain, Spring Green and Baraboo.

For Everyone of All Ages!

In case of inclement weather, The Bus may not be operating routes. Please call 608-355-3278 or 800-830-3533 for the latest information.

Blue #1				The BLUE LINE				Blue #2			
↗		↓						↗		↓	
7:30	11:00	12:00	3:00	West Baraboo Pierce's Supermarket				8:30	12:00	1:00	4:00
7:35	10:50	12:05	Request	Baraboo Walmart				8:35	11:50	1:05	Request
7:45	10:40	12:15	Request	Baraboo West Square - West Entrance				8:45	11:40	1:15	Request
7:55	10:30	12:25	Request	Baraboo St. Clare Hospital - West Entrance				8:55	11:30	1:25	Request
-	10:05	12:50	-	North Freedom Community Center				9:20	-	-	3:40
-	9:55	1:00	-	Rock Springs Cenex Station - Hwy. 136 & 154				9:30	-	-	3:30
8:30	-	-	2:25	Lake Delton Walmart/Home Depot				-	11:00	2:00	-
-	9:40	1:15	-	Reedsburg Viking Village Foods				-	10:35	2:25	-
-	9:30	1:25	-	Reedsburg Maple Ridge				-	10:25	2:35	-
-	9:20	1:35	-	Reedsburg Area Medical Center				-	10:15	2:45	-
-	9:10	1:45	-	Reedsburg County DHS - 425 6th St.				-	10:05	2:55	-
9:00	9:00	1:55	1:55	Reedsburg Sauk County Health Care Center				9:55	9:55	3:05	3:05
↙		↖						↙		↖	



The Bus

A Gift Certificate For You

This entitles you to a one Free Round Trip on *The Bus*

Value: \$1 for Seniors, students and those who are disabled
\$2 for all other passengers

Authorized by: The Aging & Disability Resource Center of Sauk County

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\$2 for all other passengers

Authorized by: The Aging & Disability Resource Center of Sauk County

How do I use *The Bus* schedule?

Step 1: Find the stop at or closest to your starting point.

Step 2: Find the stop at or closest to your destination point.

Step 3: Choose your departure time and follow the arrow to determine your arrival time.

- Each side of the list of locations represents an entire bus route.
- **Hyphen:** Indicates no stop at that location.
- **Request:** Request driver to drop you off or call to arrange a pick-up.

or

You can flag *The Bus* anywhere along the route to board or request that the driver stop anywhere along the route to disembark. A flag stop is any location along the route where a rider can stop the bus to pick them up.

or

If you are unable to get to the bus route or stop location and live within one mile of the route, it's possible *The Bus* may come to you!

Call for Details!

Green #1				The GREEN LINE		Green #2				
↔	↓	↓	↔	↔	↓	↔	↓	↔	↓	
7:20	11:15	12:15	4:00	West Baraboo Pierce's Supermarket	8:00	10:25	10:25	12:30	1:30	3:30
-	11:05	12:25	Request	Baraboo St. Clare Hospital - West Entrance	-	10:15	-	-	-	Request
7:30	10:55	12:35	Request	Baraboo West Square - West Entrance	8:10	10:05	-	Request	Request	Request
-	10:45	12:45	Request	Baraboo Walmart	-	9:45	10:35	12:20	1:35	Request
-	-	-	Request	Baraboo Civic Center - South Entrance	8:12	Request	-	12:05	1:55	Request
-	-	12:57	-	Bluffview Citgo Station - Hwy. 12	-	9:30	10:47	-	-	3:15
-	-	-	-	Merrimac Community Center/Village Hall ↔	8:35	-	-	11:45	2:20	-
-	10:25	1:10	3:35	Prairie du Sac St. Vincent De Paul	-	-	-	-	-	-
8:05	10:20	1:15	3:30	Prairie du Sac Sentry Foods - Hwy. 60 & PF	8:55	-	-	11:25	2:40	-
8:07	10:15	1:17	3:25	Prairie du Sac Washington Square	8:57	-	-	11:20	2:42	-
8:12	10:10	1:22	3:20	Sauk Prairie Memorial Hospital - East Entrance	9:02	-	-	11:15	2:47	-
8:20	10:03	1:30	3:13	Sauk Prairie Community Center	9:10	-	-	11:08	2:55	-
8:25	10:00	1:35	3:10	Sauk City Piggly Wiggly - Hwy. 12	9:15	9:15	11:05	11:05	3:00	3:00
8:55	-	-	2:40	↔ Plain Cenex Station - Hwy. 23	↔	↑	↔	↑	↔	↑
9:15	-	-	2:20	↔ Spring Green Wis. Riverside Resort						
9:20	9:20	2:15	2:15	↔ Spring Green Senior Center - Washington St.						
↔	↑	↔	↑							



**Winter Is Coming . . .
 . . . Be Prepared!**

Sauk County TRIAD Vehicle Winterization Safety Checks

FREE for Senior Citizens !!

Sauk County Sheriff Chip Meister, in conjunction with Sauk County Police Chiefs and the Sauk County TRIAD Program would like to announce the 12th annual "Vehicle Safety Check" occurring throughout Sauk County. TRIAD is a cooperative effort between Seniors, Police Departments and Sheriff's Departments in the community to work together to reduce victimization of senior citizens. Sauk County TRIAD has teamed up with various sponsors, which include Glacier Valley Ford-Mercury, Hartje Farm, Home & Tire, Hovlands BP- Amoco, Ballweg Ford, Schulz's and George's Auto Body, to conduct FREE winterization checks for senior citizens throughout Sauk County.

These local businesses have volunteered their services and expertise in checking vehicles to make sure they are properly prepared for winter driving. This service includes the checking of fluids, hoses, belts, lights and equipment on their vehicles and is provided **FREE** of charge. No appointments are necessary and refreshments will be provided.

<i>City/Town</i>	<i>Date and Time</i>	<i>Location</i>
BARABOO	Friday, September 28 9:00 AM - 12:00 NOON	Sauk County Law Enforcement Center (with Glacier Valley Ford-Mercury)
SPRING GREEN	Friday, October 5 9:00 AM - 12:00 NOON	Spring Green Township (Located 1 mile West of Spring Green on Kennedy Road at the Spring Green Township Hall with George's Auto Body)
SAUK CITY	Friday, October 12 9:00 AM - 12:00 NOON	Ballweg Ford (837 Phillips Boulevard, Sauk City)
REEDSBURG	Friday, October 19 9:00 AM - 12:00 NOON	Schulz Automotive Inc. (1400 East Main Street, Reedsburg)
LAVALLE	Friday, October 26 9:00 AM - 12:00 NOON	Hartje Farm, Home & Tire Center (Located on STH 33 just North of LaValle)

If you have any questions, please contact one of the following people: Sheriff Chip Meister, Deputy Shelly Backeberg of the Sauk County Sheriff's Dept at 355-3212, Officer Peggy Porter of the Reedsburg Police Dept at 524-2376, Al Zipsie of AARP at 356-3785, Officer Jeff Shimon of the Baraboo Police Dept at 355-2720, Officer Bruce Henn of the Sauk Prairie Police Dept at 643-2427, Officer Troy Spencer of the Lake Delton Police Dept at 254-7571 and Officer Mike Havlik of the Spring Green Police Dept at 588-2125.



AARP DRIVER SAFETY CLASS

with Instructor Bill Grosz

St Clare Hospital, Ringling Room

Thursday, October 25

1:00 p.m. – 5:00 p.m.

Registration at 12:30pm

\$12 Member

\$14 Non Member

What Will I Learn by Taking the Course?

You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time.

You will also learn about:

- Reducing traffic violations, crashes and chances for injuries.
- Maintaining proper following distance at all times.
- The safest way to change lanes and make turns at intersections.
- Minimizing the effect of dangerous blind spots.
- Properly using safety belts, air bags and anti-lock brakes.
- Maintaining physical flexibility.
- Continuing to monitor your own and others' driving skills and capabilities.

After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others

- Though geared for drivers age 50 and older, the course is open to people of any age.
- AARP membership is not required to take the course.
- Contact your auto insurance company as you may receive a reduction in your premium.
- **There is NO FINAL TEST to pass.**

**Please register with Goldencare
608-356-1407**

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 - October 2 & 16

Wednesday - October 17

Tuesdays - November 6 & 20

LaValle - Fire Department

Wednesday - November 28

Merrimac - Village Hall

Wednesday - November 21

Lake Delton - Holy Cross Episcopal/ United Methodist Church

Wednesday - November 14

Plain - American Legion Hall

Thursday - October 25

Reedsburg - Maple Ridge

Tuesday - October 9

Thursday - October 18

Tuesday - November 13

Thursday - November 15

Reedsburg - Willow Heights

Wednesday - October 10

Sauk Prairie - St John's Church

Thursdays - October 4 & 11

Thursdays - November 1, 8 & 29

Spring Green - Christ Lutheran Church

Tuesday - November 27

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

For Your Benefit

Deb and Mindy
The Elder Benefit Specialists



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



Mindy Shrader
Coming to you:

**For October and November,
please call the office
to set up an appointment with me.**

Deb Harvey
Coming to you:

Plain Library	October 10 1:00 to 3:00	November 7 1:00 to 3:00
Spring Green Senior Center	October 17 10:30 to 11:30	November 14 10:30 to 11:30
Spring Green Library	October 17 1:00 to 2:00	November 14 1:00 to 2:00
Sauk/Prairie Community Cntr	October 18 10:00 to 11:30	November 15 10:00 to 11:30
Merrimac Village Hall	October 18 8:30 to 9:30	November 15 8:30 to 9:30

The Candidates' Medicare Proposals Fact v. Fiction



During this presidential race, you have undoubtedly heard lots of discussion about the future of Medicare from both political parties. Obviously, the goal of both the Obama and Romney campaigns is to accuse the other of weakening Medicare – something that many experts say is inevitable if the program is to be sustainable for future generations.

Here is an overview of what each candidate's proposal would do, and what they wouldn't do:

The Romney-Ryan Plan

Q: *Does Ryan really want to “end Medicare as we know it?”*

A: Not really. The original budget plan written by Ryan and passed by House Republicans would turn Medicare into a ‘premium support’ plan. Seniors would have a fixed government subsidy in order to purchase private insurance, but the new version of that plan includes an option to retain traditional Medicare coverage.

Q: *Does the Ryan plan affect people on Medicare today, as the latest online ad by the Obama campaign implies by showing seniors in a seated exercise class and referencing “Florida’s massive retirement population?”*

A: No. It would not begin until 2023. That means today’s seniors, plus those 55 and over, would be exempt from the new system. By the time there’s a deal on any plan, a 10-year exemption would likely include people younger than 55 today.

Q: *Would the Ryan plan raise Medicare eligibility to age 67?*

A: Yes – by 2034 - but the eligibility age for Social Security is already headed to 67. Medicare is in worse financial shape than Social Security. In last year's deficit reduction talks, Obama was willing to consider a higher Medicare eligibility age in exchange for higher taxes on the wealthy.

Q: *Would the Ryan plan affect the rich and poor alike?*

A: No; like Obama's plan, the Republican plan includes higher Medicare premiums for wealthier beneficiaries, and it includes extra government subsidies for lower income beneficiaries.

Q: *Would private insurance options be more expensive?*

A: Yes, because the money seniors would get to put toward their insurance would be capped, while medical costs would not. But the figure used as recently as mid-August by Obama while campaigning in Iowa – that seniors would pay an average of \$6,400 more annually – is based on the Congressional Budget Office's analysis of an older version of Ryan's plan.



The Obama Health Care Law

Q: *Does the Obama plan cut about \$716 billion from Medicare, as the Romney campaign argues it does?*

A: Not exactly; there are no cuts to benefits, and seniors have already seen preventive services such as annual wellness visits and cancer screenings with no co-pays. Instead the savings comes by decreasing insurance and provider payments. Ryan's plan would repeal the health care law but keep the \$716 billion in savings in place. Romney says he favors 'putting that \$716 billion back.'

Q: *Does Romney oppose these cuts?*

A: Again, he says he does, but Ryan's budget includes them as well.

Q: *Will Medicare Advantage benefits decrease, as the Romney campaign has claimed?*

A: No. Payments to Medicare Advantage insurers created to encourage participation will shrink to levels of traditional Medicare payments. Insurers must provide all benefit to participate in Medicare Advantage.

Q: *Will Medicare Part B monthly average premiums increase under Obama's plan to \$247 by 2014, as claimed in an anonymous chain email?*

A: No. The premium fell in 2012 to \$99.90, down \$14.50 from 2011. Future premiums have yet to be figured because they are based on Medicare costs, but Medicare trustees predict that average premiums won't exceed \$200 until 2020.

Partially reprinted from USA Today.com, *Q&A on Medicare Proposals, What's True, What's Not*, August 15, 2012.



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

Presented by Deb Harvey
and Mindy Shrader

Tuesday, October 9, 2012
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

'I Have Medicare, So Why Am I Stuck With This Bill?'

Presentation on Medicare coverage

Whether it's a visit to your primary care physician, a diagnostic test or placement in a nursing home, those with Medicare coverage should know *what is* and *what is not* covered by Medicare.

Sauk Prairie Memorial Hospital & Clinics invites you to join Deb Harvey of the Aging & Disability Resource Center for a presentation about Medicare coverage on

Thursday, November 1
at 10:30 a.m.

St. John's Lutheran Church
100 Oak Street, Sauk City.



Deb will discuss Medicare replacement plans, open enrollment, your appeal rights and many other relevant topics. An opportunity for questions will follow the presentation.

Redistricting Has Happened in Wisconsin

In July 2011, Wisconsin's legislative districts changed in many areas of the state under 2011 WISCONSIN ACT 43. Redistricting is required every 10 years to account for population shifts recorded by the U.S. Census. Many incumbents can serve through 2012 but can seek re-election only by running in a new district or moving, which some lawmakers have chosen to do.

With the 2012 elections fast approaching, many seats are coming up for election at the federal and state levels.

**It is imperative that people understand which district they live in
so they know who will be representing them.**

The following websites outline the changes to the districts. Please visit them prior to the November 6th General Election so you know on who is representing your legislative district.

- ★ <http://legis.wisconsin.gov/w3asp/waml/waml.aspx>
- ★ <http://legis.wisconsin.gov/ltsb/redistricting/districts.htm>
- ★ http://legis.wisconsin.gov/ltsb/redistricting/interactive_map.htm

Fall 2012 General Election

This General Election is for President, 1 U.S. Senator, **all** 8 U.S. Representatives, even-numbered districts Wisconsin State Senate seats (16 in total), **all** Wisconsin Assembly seats (99 in total), and all 72 District Attorneys.

The General Election will be held Tuesday, November 6, 2012.



Source: Bagderaginglist

Sauk County Helping Each Other!

Sauk Prairie Area's My Neighbor In Need!

Here at our Sauk Prairie Area My Neighbor in Need program we believe that almost every person at one time in their life has had a need. For some, that time is right now!

It's not what you do but the difference you make. Caring is the first step in helping your neighbor in need. Together we can build a stronger community of support, and reap blessings we neither expected nor imagined along the way.

We also believe that each of us has the capacity, talent and ability to help their neighbors in need.

Finally, we believe that each of us can provide help because help comes in many different forms. The first step in helping your neighbor in need is to simply care.

Do *you* need help?

Do you know someone who needs help?

Do you want to help someone else?

If the answer is yes, start by going to:

www.saukprairiearea.myneighborinneed.org

or by calling the My Neighbor In Need at 608-644-0504 ext. 18 and leaving a message.



The Baraboo Time Bank

Many communities throughout the United States are utilizing the *Time Bank* as a way of neighbors helping neighbors. A group of interested Baraboo residents are putting together a *Time Bank* with the help of the Richland Center *Time Bank* coordinators. All of us have talents—most of us also have needs. No money is involved—all help is equal, measured by the time given.

This is a wonderful and inexpensive way for accessing help. Some of the kinds of help might be: minor home repairs, pet care, transportation, editing, errands, cooking, computer assistance, garden/yard work, housekeeping, car repair, clerical,

art & crafts, party planning, childcare, moving assistance, tutoring, mending and alterations.

To participate, an application is submitted, references provided, and a background check done. All records are kept electronically. Those without computer access will buddy up with someone who has a computer.

Please contact Janet at 355-0477 with questions or to obtain an application form.





Disability Benefit Specialist

Natalie Wilmot

Holly Schafer



SSA Announces Direct Deposit Requirement for All Benefits

It is too easy for mistakes to occur when paper checks are being sent in the mail. Whether it is misdirected mail, wrong addresses, or theft, there are many case scenarios where Social Security benefits do not make it to the beneficiary. Every year, thousands of checks are reported as lost or stolen, amounting to millions of dollars. Social Security Administration is implementing a new direct deposit system, mandatory for all recipients of Social Security benefits by 2013, regardless of payment date.

Get Your Payments Electronically

If you apply for Social Security benefits on or after May 1, 2011, you will begin to receive your payments electronically. If you did not sign up for electronic payments when you applied for benefits, we strongly urge you to do it now. You must switch to electronic payments by March 1, 2013. If you don't, the U.S. Department of the Treasury may send your benefits via the Direct Express card

program to avoid an interruption in payment.

Direct Express Card for Social Security or Supplemental Security Income (SSI) Benefits

You can use the Direct Express prepaid debit card to get Social Security, SSI, and other federal benefit payments deposited directly into your account. You will be able to access money at automated teller machines (ATMs) and financial institutions nationwide, get cash back, make purchases, and pay bills.

If you choose Direct Express, your financial benefit payments will be deposit into your Direct Express card account on your designated payment date. The Direct Express card uses a personal information number (PIN), and your money is insured and protected by the Federal Deposit Insurance Corporation (FDIC). It also is subject to federal consumer protection regulations (Regulation E). The U.S. Department of the Treasury's Financial Management Service (FMS) uses Comerica Bank for Direct Express.

Fees You Should Be Aware of When Using the Direct Express Card

There is no sign-up fee and no monthly account fee. Many other services are provided free of charge, including:

- Purchases at retail locations, cash back with purchases, or cash withdrawals through bank or credit union tellers;
- One ATM cash withdrawal for each deposit posted to your account each



month when using a Direct Express card network ATM; additional withdrawals cost 90 cents each if the withdrawal occurs at an ATM that is part of the network associated with the card. If a cardholder uses an ATM outside of the network, it might cost several dollars per withdrawal.

- Optional notification of deposits to your debit card by phone, E-mail or text message;
- Optional low balance alert when your account balance falls below a certain level; and
- Access to the toll-free customer service number or website 24 hours a day, seven days a week.

Another way to avoid fees is to visit any bank or credit union that displays the MasterCard acceptance sign – you can get cash from the teller free of charge. When you have a balance below the minimum ATM withdrawal you should not use an ATM – even if the surcharge is free – but you should make the withdrawal at a bank or credit union.

The following sites can be helpful to answer common questions and educating yourself on how to use the Direct Express Card, or to determine if the card is right for you.

<http://www.usdirectexpress.com/edcfdtclient/atmLocator.jsp>

<http://www.fms.treas.gov/directexpresscard/questions.html>

<http://www.youtube.com/GoDirectUSTreasGov>

Direct Deposit Using a Bank of Your Choice

The Disability Benefit Specialist program recommends that individuals obtain a checking or savings account if possible. If you choose to have a checking or

savings account one can avoid these high and recurrent ATM charges or fees.

Direct deposit is a simple, safe and secure way to receive your benefits. If you wish to direct your benefits into a bank or credit union account, you should have the following information when you apply for benefits:

- Financial institution's routing transit number;
- Account type (checking or savings); and
- Account number.

Contact your bank to help you sign up for direct deposit. Or you can sign up for direct deposit by contacting Social Security at 1-800-772-1213 (TTY 1-800-325-0778).

Feel free to contact the Aging and Disability Resource Center at 608-355-3289 for more information on our services. As well as check out our website at <http://adrcswww.co.sauk.wi.us/adrc>



Home Safety Tips

Where are senior citizens most likely to have an accident in their home? Kitchen? Bathroom? Staircase?



According to the Home Safety Council and Comfort Keepers of California most accidents occur on the staircase. Falls are the #1 cause of unintentional home injury and/or death in America. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year.

The following are some tips to make your home safer:

- Install handrails that you can reach on both sides of the staircase.
- Place lots of lights at the top and at the bottom of the stairs.
- Keep the stairs clear of clutter.
- Paint the bottom of the basement steps white to make it more visible.
- Carry small loads up and down the steps and hold on to the hand rail.
- In the winter keep the steps outside the home free of ice and snow, and check the walkway for cracks in the cement or loose or broken bricks.
- Tape throw rugs to the floor or do not use them at all.
- Use nightlights in the bedroom, hall and bathroom.
- Place a non-skid mat or strips in the shower.
- Place a non-skid bath mat on the bathroom floor.

By doing these simple things, you can protect yourself and/or your loved ones in your home.

Consider the Conversation An End of Life Documentary

Sponsored by
Home Health United

Guest speaker,
Ridley Usherwood, M.Div., D.Min.
Bereavement Coordinator



Thursday October 11
10:00 a.m. - 12:00 Noon
St Clare Hospital, Ringling
Room

To Register,
call **St. Clare HOSPITAL**
GoldenCare (608) 356-1407

Refreshments will be Provided

This is a FREE presentation



This Partnership Article brought to you by: Russ Lankey
Reedsburg Area Medical Center
Rehab Services Department.
2000 North Dewey Avenue
Reedsburg, WI 53959
608-524-6457
www.ramchealth.com



Tools Used to Measure Electricity

Are you looking for some no cost or low cost ways to reduce your energy expenses? Now is an excellent time to make a few changes to reduce your energy bills as well as help conserve our natural resources.

One way to monitor your home's energy efficiency is by using a Thermal Leak Detector. You just scan across the area that you want to inspect and the light changes to red for warmer spots and blue for cooler spots, detecting air leaks. Conservation, Planning, and Zoning Technician Serge Koenig noted, "I was able to find cold air leaking into our house through areas around our windows, doors, and sill plates. There is no easier method of finding these small air leaks than using this Thermal Leak Detector. The air leaks were increasing our home energy use and reducing comfort. I have been systematically addressing the air leaks through



Serge Koenig using the Thermal Leak Detector

insulation, caulking, and installing new gaskets." A Thermal Leak Detector is available for loan free of charge from the CPZ Department by contacting Gail Greve at 355-3245 or ggreve@co.sauk.wi.us

Another great way to determine which

appliances and electronics are costing you the most money is to get an energy meter. The Sauk County UW Cooperative Extension Office and the Conservation, Planning, and Zoning Department both have a Kill-A-Watt® electricity usage monitor available to be loaned out by contacting Lynn Zick at 355-3250 or lzick@co.sauk.wi.us or Gail Greve at 355-3245 or ggreve@co.sauk.wi.us. The Kill-A-Watt® electricity usage monitor measures how much electricity an appliance is using and displays the value on the meter's screen by plugging the appliance into the meter and then plugging it into an outlet. It can be used to measure the electricity usage of refrigerators, clothes washers and dryers, televisions, computers, and more.

An alternative to the Kill-A-Watt® electricity usage monitor is an energy meter called Watts Up? which is available at your public libraries at no cost, just like you check out a book. When plugged into an electrical device, the meter displays the unit's power consumption, counts the cumulative kilowatt-hour use, and calculates the cumulative cost of operating that device.

Many people may not be aware that even when a device is switched off, it may still consume electricity. Some of the biggest energy wasters are adapters for your iPod, phones, digital cameras, and so on. Even when TVs, DVD players, microwaves, and coffee makers are not being used, they are in a standby mode to power clock displays and remote controls. As long as they are plugged into an outlet, they are drawing power.

Aging & Disability Specialists - Here to Help you!



Jim
Pritzkow



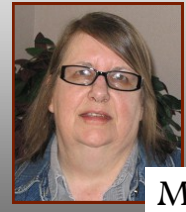
Lisa
Karau



Quinn
Hause



Abigail
Musselman



Marcie
Dachik

A Service to Remember

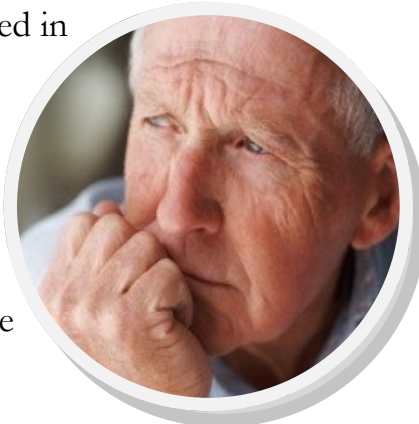
The ADRC is pleased to announce a new, FREE SERVICE, to screen for memory loss. All of the Aging and Disability Specialists have been trained on a new screening tool for memory loss. This will help identify if a person is experiencing memory loss that is not consistent with the average aging process.

This tool contains three parts. The first part is remembering a series of three words over a specific period of time. The second part is an animal naming exercise. In this part, the participant is asked to name as many animals as they can in a certain period of time. And finally, the third part, the participant is asked to draw an analog clock.

After the screen is completed, the results are reviewed with the participant and recommendations are made. Then, if needed and at the discretion of the participant, the results can be forwarded to a physician for further testing if needed.

This screening tool is not a definitive test for memory loss. This screen only indicates that there may be some deficiency and further test by a physician should be done. In most cases, the earlier memory loss is detected, the more effective the treatment will be.

If you or a loved one is interested in having this screen done, please contact the ADRC at 608-355-3289 and ask to speak to an Aging and Disability Specialist. They would be more than happy to set up a time to do the screen and in most cases, the screen can be done right in the home.



WISCONSIN'S WEATHERIZATION ASSISTANCE PROGRAM

Weatherization Agency Priorities and Service

The Division of Energy Services contracts with various agencies throughout the state to provide weatherization services to eligible households. Agencies include community action agencies, housing authorities, local governments and other non-profit organizations.

The weatherization agency for Sauk County will receive a list of eligible applicants from WHEAP and will determine service priority and the eligibility for your home. The goal of the weatherization program is to save energy by targeting households with an excessive energy burden and that are made up of elderly, handicapped and/or children under 6 years of age.

Local weatherization agencies will contact the highest priority households to evaluate the

home and decide what weatherization services are needed. Appropriate weatherization services will be completed by agency crews and subcontractors.

Services Available

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor will look at your home to see what can be done to make it more energy efficient.

Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and



safety inspection

Eligibility

You may be eligible for weatherization services if:

- You received benefits from Wisconsin's Home Energy Assistance Program (WHEAP) or your gross income for the last three months is equal to or less than 60% of Wisconsin's state median income (SMI) for your family size. With the 2009 American Recovery and Reinvestment Act and recent Wisconsin statutory changes, the income guidelines for weatherization programs have increased resulting in more homes being eligible for weatherization services.
- Your dwelling/apartment has not been weatherized before.
- Your household meets certain priorities that may include a high energy burden or use, an elderly or disabled member or a child under six.

To Apply

Applying for Energy Assistance at your local Wisconsin Heating Energy Assistance Agency or WHEAP agency is the **FIRST STEP** in determining your eligibility for weatherization services.

Contact your local WHEAP agency to apply. For Sauk County's WHEAP call 1-800-506-5596.



Wisconsin Home Energy Assistance Program

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 225,000 Wisconsin households annually.

Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify.

Heating Assistance

WHEAP assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of the heating costs, but the payment is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies depending on a variety of factors, including the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the household energy supplier.

Electric Assistance

Your household may be eligible to receive a payment for non-heating electric energy costs through funding provided by Wisconsin's Public Benefits.

WHEAP electric (non-heating) assistance is a one-time benefit payment during the

heating season (October 1-May 15). The funding pays a portion of the household's electrical (non-heating) costs, but the payment is not intended to cover the entire cost of the non-heating costs.

The amount of the non-heating assistance benefit varies depending on a variety of factors, including the household's size, income, and non-heating costs. In most cases the non-heating assistance benefit is paid directly to the household energy supplier.

Crisis Assistance

A household may be eligible for crisis assistance if you have no heat, have received a disconnect notice from the heating vendor, or are nearly out of fuel and do not have the money to purchase more. Crisis assistance is available through local WHEAP agencies that provide a 24-hour crisis phone number to help with emergencies that occur after business hours. WHEAP crisis assistance provides both emergency and proactive services.

There are also non-emergency or proactive crisis services that include providing information on how to reduce fuel costs, counseling on budgeting and money management, providing payments to a fuel supplier, and co-pay agreements.

(Continued on page 23)

Furnace Assistance

WHEAP emergency heating system assistance can provide services to eligible home owners if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler.

Call the local energy assistance office immediately at 1-800-506-5596 if you are

experiencing a no heat situation.

How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) services based on a number of factors. Households must complete a Home Energy Plus application through their local WHEAP agency. Contact the Sauk County WHEAP agency at 1-800-506-5596

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

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, October 6, 2012 8:30 a.m. – 12:00 Noon



Free disposal of:

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

What is not accepted:

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

Tires will be accepted for a fee.



Car and light truck tires	\$3
Car and light truck tires w/rims	\$5
Ag and semi tires	\$13
Ag and semi tires w/rims	\$25
<13" tires	\$1
<13" w/ rims	\$3

Checks will be accepted payable to Sauk County Treasurer at the entrance to Clean Sweep. Please provide the quantity and type of tires at registration. Participants will need to unload their own tires.

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

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.

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 who is eligible will get benefits.

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



Memorial Service HHU in collaboration with St. Clare Hospital and First United Methodist Church

September 30, 2012

4:00 - 5:30 p.m.

First United Methodist Church
615 Broadway Street
Baraboo, Wisconsin

Each year, HHU-Hospice partners with the communities we serve to plan memorial services for those who have passed away. Please call 877-356-4514 if you are interested in attending this memorial event.

"Growing Through Grief" Support Group

A faith-based series based on the work of Pastoral Counselor Dr. Howard Clinebell

October 8, 15, 22, 29 & November 5, 12

5:00 - 6:30 p.m.

St. Clare Hospice House
915 12th Street
Baraboo, Wisconsin

*We give thanks for unknown blessings
already on their way*





Don't let memory challenges prevent you from staying actively engaged in life. Drop in and join the fun and conversation in a relaxed

environment at Café Connections in the Sauk Prairie Community Center.

This new monthly program is especially for you, if you are challenged by mild memory loss, mild cognitive impairment or early Alzheimer's/dementia. Family members and friends are welcome too. If you require help to participate, please bring someone with you.

Each session includes refreshments and time to visit, along with a guest speaker or activity chosen by the group. We've enjoyed jokes, puzzles, and visits from Lisa Hartman and her captive vulture, Mary Kay Baum and her nature photography, and NBC-15 News Anchor/Reporter, John Stofflet. The Memory Café has been such a hit, we are looking at how to start more of them in other communities.

We'd love to have you join us! For more information, please contact Carol Olson, Alzheimer's & Dementia Alliance, at 963-2688 or 742-9055 or carol.olson@alzswisc.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

Cost: No charge,
but donations appreciated

Sponsored by: *Alzheimer's & Dementia Alliance of Wisconsin* with additional support from the *Sauk County ADRC*, the *Sauk Prairie Community Center*, and the *Greater Sauk County Community Foundation*.

Be Aware of Hepatitis C



The Sauk County Public Health is encouraging individuals to follow the Centers for Disease Control and Prevention recommendations for Hepatitis C testing.

All baby boomers should get a one-time test for the hepatitis C virus, according to recommendations published by the Centers for Disease Control and Prevention. One in 30 baby boomers – the generation born from 1945 through 1965 – has been infected with hepatitis C, and most don't know it. Hepatitis C causes serious liver diseases, including liver cancer (the fastest-rising cause of cancer-related deaths) and is the leading cause of liver transplants.

More than 15,000 Americans, most of them baby boomers, die each year from hepatitis C-related illness, such as cirrhosis and liver cancer. Deaths have been increasing steadily for over a decade and are projected to grow significantly in coming years.

CDC estimates one-time hepatitis C testing of baby boomers could identify more than 800,000 additional people with hepatitis C. And with newly available therapies that can cure up to 75 percent of infections, expanded testing – along with linkage to appropriate care and treatment – would prevent the costly consequences of liver cancer and other chronic liver diseases and save more than 120,000 lives.

Please discuss this with your primary care provider and visit www.cdc.gov/hepatitis for more information.

Don't Let The Flu Bug You!



Influenza is a serious and potentially life-threatening disease. Influenza, often called the flu, is a common respiratory infection caused by several related viruses. Influenza is easily passed from person to person through coughing and sneezing or through contact with fluids from an infected person's mouth or nose. Symptoms of influenza often include high fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.

Vaccination is safe and effective and the best way to help protect against influenza. The Centers for Disease Control and Prevention have expanded their recommendations for annual influenza vaccination to include everyone 6 months of age and older. Receiving an influenza vaccination each and every year is important to help protect yourself, as well as those around you, such as family members and friends.

The Sauk County Health Department has begun to receive the influenza vaccine. Children 6 months through 18 years of age can receive the influenza vaccine at no charge. Adults will be charged \$30 for the vaccine. The Health Department is able to bill Medicare, Medicaid and some Dean Health plans for the cost of the vaccine.

For more information regarding the influenza vaccine or to schedule an appointment at one of the Sauk County Health Department clinics, please call 608-355-3290.



Keeping Life Simple

For many people, there's a drive to again inspect old patterns that continue to run happily in the background despite years of self-examination. Perhaps under the direction of a new global energy, there's a sense of being able to lovingly let go of those things that have served us all well on one level, yet have offered excuses to stay small on another.

In Don Miguel Ruiz' "The Four Agreements" he writes about this desire to pare back; to simplify; to become more real as a participant in this world and begin operating in a more authentic way.

- 1. Be Impeccable with your word:** Speak with integrity. Say only what you mean. Avoid speaking against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
- 2. Don't Take Anything Personally:** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- 3. Don't Make Assumptions:** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
- 4. Always Do Your Best:** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret.

This partnership article is provided by:

BrightStar
507 Linn Street
Baraboo, WI 53913
608.355.5015


BrightStar[®]
LIFECARE | KIDCARE | STAFFING



Cop's Corner

WI-VINE

In February of 2011, as Sheriff, I partnered with the Department of Corrections to offer WI VINE. You ask what is WI VINE? It is short for Victim Information & Notification Everyday and is available and operational in the Sauk County Jail. This program allows a victim and other community members the right to know the status of the offender who is in custody in the jail, is he or she still in custody or have they been transferred to another facility or if they have been released.

I believe the Wisconsin VINE service is an invaluable resource to you if you have been impacted by a crime. This program will allow you to address some of your concerns and improve community safety for everyone. This program is not only for victims but for families, neighbors, business owners and anyone else impacted by crime and wants to know the location and custody status of criminal defendant's housed in the Sauk County Jail. I believe the more I can do to assist crime victims, the more information I can make available and the more my office can partner with other government agencies the safer our communities will be in the long run. I strongly believe that knowledge and information are critical to the prevention of future crimes.

By registering with WI-VINE you will be able to know the current location and status of the offender, once arrested, and be able to take appropriate steps to ensure your own safety. As I previous stated, this system will allow you to track offenders who are under the custody of the Sauk County Jail. WI-VINE works directly with the jail daily booking information

system, collecting data to include the location and any status changes for each offender or criminal defendant. If you enroll with VI-VINE you will be able to access information anytime, from any location, by telephone or the internet.

Once registered there are a couple of ways to use WI Vine:

You can call 1-888-944-8463 or login on WI VINE anytime to check on the custody status of an offender

You can also register with WI VINE to receive automated notifications about changes to an offender's custody status. These notifications can be sent to you by phone and/or email, depending on how you complete the registration.

To receive this information you must register for WI VINE either by calling 1-888-944-8463 or logging in on line at: www.vinlink.com. There are operators on duty 24 hours a day, seven days a week to assist you if you need help. WI-VINE is anonymous so the offender will not know that you are registered.

If you want more information on WI-VINE call my office and we will be glad to assist

—*Sheriff Chip Meister*

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

Golden LivingCenter- Wisconsin Dells

golden
livingcenters

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



Caregiver Corner

The Transportation Security Administration (TSA) has a new toll-free helpline number, 855-787-2227, to provide information for passengers with disabilities and medical conditions and their families before they fly. They recommend calling 72 hours in advance to learn what to expect at security checkpoints. They will also be able to coordinate your security screening ahead of time when they know about your disability and/or medical conditions.



Source: National Alliance for Caregiving

Finding Humor in Caregiving

When the stresses of caregiving start to overwhelm, it's important to find humor in little situations throughout the day. Laughter is powerful medicine; it can alleviate anger, embarrassment and helplessness.

Why not try one or two of the following and give yourself a pick-me-up :)

- ☺ Read a funny book
- ☺ Do something that brings joy and laughter to your life
 - ☺ Make a collage of your funny photos
 - ☺ Watch a funny movie
 - ☺ Learn and tell a new joke
- ☺ Send a family member or friend a funny card
- ☺ Do something to make someone else smile

I think this one is my favorite: Make a family laugh library by tape recording each family member laughing.

Laughter IS the best medicine !!



Support on Life's Journey Community Grief Support

Home Health United Hospice is currently offering grief support in the following areas:

Drop-In Grief Support Groups

(Pre-registration is not required for drop-in groups. Participants are welcome to attend at their convenience)

“Grief Through the Holidays” focuses on dealing with grief through the holiday season.

“When Mourning Dawns” is an open ended drop-in grief support group.

Grief Support Sessions

(Grief Support sessions require pre-registration and attendance at all sessions in the series is highly recommended. A minimum of four persons must be signed up prior to the first meeting for the group to take place.)

“Caregivers Grief Support Group” seeks to provide educational, emotional and spiritual support to caregivers facing the complex issues related to everyday caregiving.

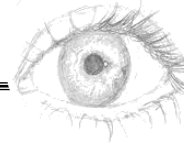
“Growing Through Grief” is a faith based series based on the work of Pastoral Counselor Dr. Howard Clinebell.

“Journey Through Grief” is an interactive series for those grieving the loss of someone in their life.

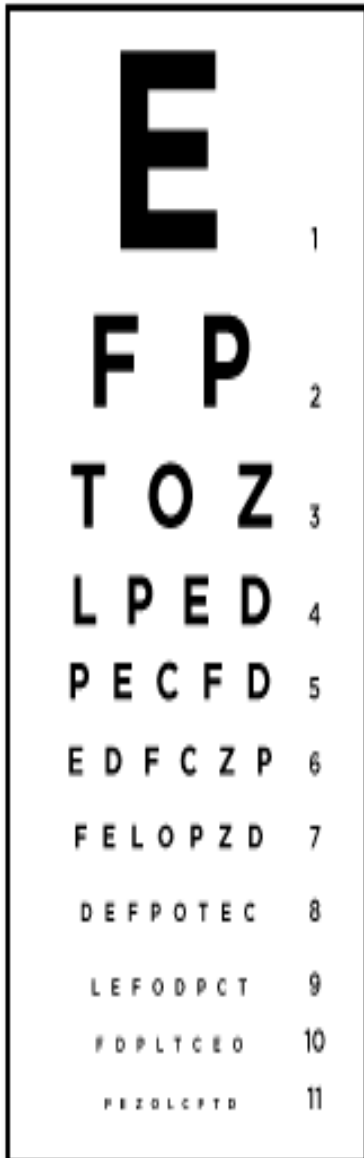
“Spouse/Partner Loss Group” explores unique issues specific to those grieving the loss for their spouse/partner.

For more information or to register for a session contact Home Health United - Hospice at 1-877-356-4514

See This: Understanding Glaucoma



Being able to see the world around you is a precious gift. Today 4 million Americans are living with glaucoma and roughly half of those with the disease are unaware that their vision is at risk. Take care now to preserve one of your most valuable senses – your sight.



Your eyes contain fluid that nourishes them and helps them stay healthy. In people with glaucoma, the fluid cannot circulate and starts to build up. The buildup causes the pressure to increase in your eye, which can destroy the nerve cells and cause blindness. There are two main types of glaucoma and each has different symptoms:

Open-angle glaucoma is the most common form where the fluid builds up slowly over time. Some people experience a gradual loss of peripheral vision, but many people don't have any symptoms at all.

Closed-angle glaucoma is when the fluid builds up suddenly and causes severe pain in one eye. Closed-angle glaucoma is very serious and can lead to complete vision loss within 1-2 days.

If you experience any of the following signs or symptoms, you should consult with a doctor immediately:

- Severe pain in one eye.
- Nausea.
- Decreased vision.
- Halos around lights.
- Inflamed or swollen eyelids.

Help preserve your vision by scheduling a complete eye exam. "There is no way to prevent glaucoma, but regular eye exams are key for early detection," says Russel Kuzel, M.D., M.M.M., Chief Medical Officer at UCare. "Treating and controlling the disease early on can help prevent complications."

This partnership article is brought to you by:

UCare

3410 Oakwood Mall Drive Suite 500

Eau Claire, WI 54701

1-877-523-1518



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



Get Moving!!!

Being sedentary is a real risk .

One hundred years ago - when nearly every day required a physical task from beating batter with a spoon to plowing a field - few would have predicted that one day Americans would need to go out of their way to exercise.

Lack of exercise causes muscle atrophy, i.e. shrinking and weakening of the muscles, and increases the chance of physical injury. Also, physical fitness is correlated with immune system function; a reduction in physical fitness is generally accompanied by a weakening of the immune system.

The risks of being sedentary aren't small. A series of studies released in a British medical journal, The Lancet, estimated that physical inactivity contributes to more deaths globally than smoking does. The study also finds if physical inactivity could be reduced by just 10%, it could avert some 533,000 deaths a year worldwide. Think about it, that's about the population of Milwaukee.

Sedentarism is a new word which is different from exercising too little. This term refers to spending hours daily in activities that require minimal energy expenditure such as sitting, lying down, television viewing, computer use, reading and sleeping. This includes most of us who work in front of a computer all day.



Exercise is Great!

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>October 15</i></p>	<p><i>November 19</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>October 10</i></p>	<p><i>November 14</i></p>
<p>Reedsburg Willow Heights 800 Third St., Reedsburg Phone 963-3438 <i>Lunch Served at 11:30 am</i></p>	<p><i>October 9</i></p>	<p><i>November 13</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>October 16</i></p>	<p><i>November 20</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>October 8</i></p>	<p><i>November 12</i></p>

Tips for Being Active

Goal Setting: Make realistic goals about exercise frequency and intensity. Don't do too much, too fast, such jumping into rigorous daily workouts after years of doing nothing. You are likely to burn out or become frustrated and quit.

Staying in your comfort zone: For people who hate exercise, this may be a revelation - exercise is supposed to be fun! And the best way to make it fun is to find something you love to do. That often involves trying something new.

Technology immersion: Computers, tablets, smart phones and hundreds of cable channels mean everybody is probably spending a lot of time in front of a screen. Sure, it feels like you're doing something when cruising the Internet until midnight. But try to come up for a little air. (For example I don't subscribe to cable and try to stay away from my computer an hour before bedtime).

Exercise with a friend: Start a walking club or ask a friend to join you for an exercise class. Using the buddy system is motivating and you'll increase your chances of exercising.



Stepping On

The Stepping On, a falls prevention program, will be held on
 Wednesdays, October 3rd through November 7th
 from 1:00 p.m.-3:00 p.m.
 at the Sauk Prairie Community Center, 730 Monroe St, Sauk City.
 Please contact: Laura Geick at 643-6900 or
 Mary Jane Percy at 355-3289
 to sign up or for more information.



The Dining Centers will be closed on October 5th for Dining Center staff training. If you are receiving meals at home and would like to receive a meal for Friday, please contact your local Dining Center to reserve your meal. Please note: the Friday meal will be delivered with your Thursday meal and will be the same as Thursday's meal. If you have any questions please call your local Dining Center.

Thanks!

	5		-9		61
12	1	X	5	+	7
	X		-		+
51	3	X	8	+	9
	+		-		X
12	2	/	4	X	6

Answer from Brain Teaser

The Best Parmesan Chicken Bake

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and finely chopped
- 1/4 teaspoon crushed red pepper flakes, or to taste
- 6 skinless, boneless chicken breast halves
- 2 cups prepared marinara sauce
- 1/4 cup chopped fresh basil
- 1 (8 ounce) package of shredded mozzarella cheese (divided)
- 1/2 cup grated Parmesan cheese (divided)
- 1 (5 ounce) package garlic croutons

Directions:

1. Preheat oven to 350 degrees F (175 degrees C)
2. Coat the bottom of a 9X13 inch casserole dish with olive oil, and sprinkle with garlic and hot red pepper flakes
3. Arrange the chicken breasts in bottom of the dish, and pour marinara sauce over the chicken. Sprinkle basil over marinara sauce, and top with half the mozzarella cheese, followed by half the Parmesan cheese. Sprinkle on the croutos, then top with the remaining mozzarella cheese and remaining Parmesan cheese.
4. Bake in preheated oven until cheese and croutons are golden brown and the chicken is no longer pink inside, about 35 minutes to an hour, depending on the shape and thickness of your chicken breasts. An instant-read thermometer inserted into the thickest part of a chicken breast should read at least 60 degrees F (70 degrees C).



Nutritional Information:

- Calories: 477
- Cholesterol: 100mg
- Total Fat: 21.7g



Thank you to Virgil Klemm for his donation to the publishing of AddLIFE Today!



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We would like to thank Sheila Klicko for her donation to the publishing of AddLIFE Today!

Thank You!



October 2012

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Marsala Baked Potato Mixed Vegetables Peach Slices Frosted Cake * Sliced Bread	2 Mushroom Pork Cutlet Mashed Potatoes Swiss Spinach Molasses Cookie Applesauce * Dinner Roll	3 Meatloaf Au Gratin Potatoes Winter Blend Veg. Fruited Gelatin Vanilla Pudding * Sliced Bread	4 Escaloped Potatoes and Ham Casserole Tossed Salad Birthday Cake Pear Slices * Dinner Roll	5 <i>All Dining Centers Closed and No Home Delivered Meals Senior Dining Manager Training</i>
8 Country Fried Steak Mashed Potatoes Summer Blend Veg. Apple Ice Cream Cup * Sliced Bread	9 Lasagna Casserole (includes veg.) Italian Blend Veg. Butterfinger Torte Plum Halves * French Bread	10 Ham Rolls Squash Peas/Pearl Onions Ambrosia Dessert Frosted Cake * Sliced Bread	11 Chicken Cacciatore Red Skin Potatoes Mixed Italian Salad Lime/Pear Gelatin Cookie * Dinner Roll	12 Beef and Pork Chop Suey over Rice Spinach Salad with Rasp. Vinaigrette Sugar Cookie Pineapple Tidbits * Sliced Bread
15 Baked Chicken Mashed Potatoes Pickled Beet Salad Apricot Halves Fudge Brownie * Sliced Bread	16 Chili Casserole (includes veg.) Corn Pecan Pie Fruit Cocktail * Cornbread	17 Swedish Meatballs Mashed Potatoes Peas and Carrots Applesauce Frosted Cake * Sliced Bread	18 BBQ Pork Cutlet Baked Potato Tossed Salad Petite Banana Cinnamon Roll * Dinner Roll	19 Bratwurst on a Bun German Pot. Salad Calif. Blend Veg. Orange Sherbet Pear Slices *
22 Roast Turkey Mashed Potatoes Cream Style Corn Pumpkin Pie Seedless Grapes * Sliced Bread	23 Glazed Ham Sweet Potato Bake Peas/Pearl Onions Pineapple Tidbits Tapioca Pudding * Dinner Roll	24 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Green Beans Choc. Chip Cookie Peach Slices * Sliced Bread	25 Chicken, Broccoli and Rice Casserole Tossed Salad Mandarin Orange Gelatin Watermelon Slice * Dinner Roll	26 Crispy Fish Fillet Cheesy Potato Bake Mixed Vegetables Key Lime Pie Petite Banana * Sliced Bread
29 Pork Steak Mashed Potatoes Red Cabbage Applesauce Butterscotch Pudding * Sliced Bread	30 Beef Stew (includes veg.) Corn Coconut Cream Pie Plum Halves * Biscuit	31 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Pear Slices Cookie * Sliced Bread	Double, double toil and trouble; fire burn and cauldron bubble. ~Shakespeare Macbeth	

November 2012

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The secret of happiness is to count your blessings while others are adding up their troubles”</i>			1 Hawaiian Meatballs Red Skin Potatoes Peas and Carrots Birthday Cake Fruit Cocktail * Dinner Roll	2 Swiss Steak Mashed Potatoes Green Beans Fruited Gelatin Ice Cream Cup * Sliced Bread
5 Baked Spaghetti (includes veg.) Mixed Italian Salad Rainbow Sherbet Honeydew Melon * French Bread	6 Chicken Teriyaki Baked Potato Summer Blend Veg. Pineapple Tidbits Sugar Cookie * Dinner Roll	7 Pork Jaegerschnitzel Mashed Potatoes Swiss Spinach Applesauce Cake Plum Halves * Sliced Bread	8 Salisbury Steak Mashed Potatoes Green Beans Pecan Pie Peach Slices * Dinner Roll	9 Ham Rolls Squash Health Slaw Applesauce Cinnamon Roll * Sliced Bread
12 Roast Pork Loin Mashed Potatoes Baby Carrots Oatmeal Raisin Cookie Apple * Sliced Bread	13 Baked Chicken Twice Bk Style Pot. Tossed Salad Carrot Cake with Cr. Cheese Frosting Pear Slices * Dinner Roll	14 Meatloaf Au Gratin Potatoes Mixed Vegetables Mandarin Orange Gelatin Cookie * Sliced Bread	15 Chicken Marsala Baked Potato Spinach Salad with Rasp. Vinaigrette Butterfinger Torte Honeydew Melon * Dinner Roll	16 Hungarian Goulash Cass. (includes veg.) Corn Pineapple Tidbits Fudge Brownie * Sliced Bread
19 Glazed Ham Sweet Potato Bake Cole Slaw Applesauce Frosted Cake * Sliced Bread	20 BBQ Pork Cutlet Red Skin Potatoes Peas/Pearl Onions Ambrosia Dessert Cookie * Dinner Roll	21 Roast Turkey Mashed Potatoes Green Bean Cass. Pumpkin Pie Cranberry Gelatin * Sliced Bread	<div style="border: 2px solid brown; padding: 10px;"> <p style="text-align: center;">22 23</p> <p style="text-align: center;">Closed for the Thanksgiving Holiday No Dining Centers or Home Delivered Meals</p>  <p style="text-align: center; font-size: 1.5em; font-weight: bold; letter-spacing: 0.2em;">THANKSGIVING</p> </div>	
26 Chicken Breast Mashed Potatoes Carrots Pear Slices Chocolate Pudding* Sliced Bread	27 Escalloped Potatoes and Ham Casserole Spinach Salad with Hot Bacon Dressing Cream Sicle Torte Seedless Grapes * Dinner Roll	28 Baked Chicken Twice Bk Style Pot. Pickled Beet Salad Peach Slices Ice Cream Cup * Sliced Bread	29 Crispy Fish Fillet German Pot. Salad Calif. Blend Veg. Coconut Cream Pie Fruit Cocktail * Dinner Roll	30 Pepper Steak Red Skin Potatoes Peas/Pearl Onions Petite Banana Frosted Cake * Sliced Bread

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.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc. Would you prefer to receive an electronic copy of future issues? Please e-mail the editor at cbindl@co.sauk.wi.us. We will email the latest *AddLIFE Today!*. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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You can have a donation made to the ADRC on your behalf by shopping online through **GoodShop.com**. By shopping online at more than 1,600 well known retailers including Amazon, Target, Apple, Macy's, Best Buy, Orbitz, Staples and others, up to 30% of the purchase price is donated to the ADRC. The shopping experience and the prices are exactly the same as going to the retailer directly.

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

Using **GoodShop.com** or **GoodSearch.com** is free - there is no cost to you to use!

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
- 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:
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Math Challenge

Try to fill in the missing numbers.

- Use the numbers 1 through 9 to complete the equations.
- Each number is only used once.
- Each row is a math equation. Work from left to right.
- Each column is a math equation. Work from top to bottom.
- * Answer on page 31

	X		/		12
X		-		+	
	+		X		51
+		-		X	
	+		X		12
61		-9		5	

Aging & Disability Resource Center
 of SW Wisconsin
 Sauk County Satellite
 505 Broadway
 Baraboo, Wisconsin 53913

CHANGE SERVICE REQUESTED

X



*Enhance Your Life
 and the Lives of Others*

Days Gone Past



I think often of the days gone past
 Deep in my memory where I know they will last.
 Let's take a walk in the woods so near.
 Listen, listen do you hear?
 The rustle of leaves,
 Birds, flying, chirping,
 Little animals scurry to and fro,
 The smell of wood smoke on
 Cold fall days.
 I lift up my face to the sun's golden rays.
 My memories they still stay.
 With a light happy step and a big wide smile,
 Let's sit, let's talk for a long, long while.
 My memories are wonderful of days gone past.
 Let's sit I'll share them with you at last.

Author: Cindy Jorgenson