



*Enhance
Your Life
and the
Lives of Others!*

Add **LIFE** Today!

Laughter
Independence
Friends &
Energy

October/ November 2011

Vol 3 Issue 5

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

To Help You “D”cide



The Medicare Part D Annual Enrollment Period Has Changed To 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, 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. And 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 also advisable that you keep any letters that come from the Part D plan that you are currently enrolled in. They may include

information about how your plan is changing for next year or they could inform you that your plan won’t even be available in 2012 and you have to find a new one.

Your Benefit Specialist 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 2012 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 Aging and Disability Resource Center at 1-800-482-3710 or 608-355-3289 and schedule an appointment to review your Medicare Part D options. Appointments will start October 17th and be 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.

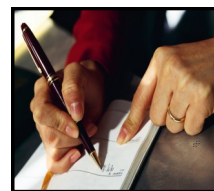
Other helpful resources include Medicare at 1-800-633-4227; the Wisconsin Prescription Drug Helpline at 1-866-456-8211 for those age 60 and older; or the Disability Drug Benefit Helpline at 1-800-926-4862 for those under age 60 and on disability. GoldenCare 608-356-1407 or if you’re enrolled in Family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

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The leaves fall,
the wind blows,
and the farm country
slowly changes from
the summer cottons
into its winter wools.

Henry Beston, Northern Farm



Mark Your Calendar

The ADRC will be closed on:

November 24 & 25	Thanksgiving
December 23 & 26	Christmas
January 2	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



Director's Notes

Trish Vandrz, ADRC Director



Unfortunate News for the LivingWell Expo

Hello All and Welcome to Fall, 2011!

A usual hallmark of the fall at the ADRC is the buzz of preparations by the Team for the annual LivingWell Expo. This year, however, is different. Due to the changes to public school funding at the State level, the Teacher's Association is not holding its annual teacher's convention this fall. Instead they will be holding school on the day that we usually use the Baraboo High School to host you all at the LivingWell Expo. Since the school is not available and we have not been able to find a suitable replacement facility, the LivingWell Expo has been cancelled for this year.

Your ADRC Team is thinking creatively about ways they can bring you the wonderful experiences that are usually contained in that one-day event. As we find new possibilities, we will include announcements here in *AddLIFE Today!* as well as in your local newspapers and radio programming so you are sure not to miss out on a thing.

Please let us know if you have some particular favorites among the Expo's activities and we will try to focus our efforts on bringing those to you.

This is indeed an unfortunate circumstance but we look forward to the opportunities it may bring us too!

Enjoy picturesque Sauk County this fall by going out for a stroll in your own effort to...

Be Well,
Trish



Voice of the Messenger

Tony Tyczynski,
Veterans Service Officer



Dear Friends,

In our continuing effort to best serve the veterans of Sauk County and their family members, starting October 15, 2011 we are going to request all veterans coming to our office for an appointment or as a "walk-in" to first stop in the Aging & Disability Resource Center (ADRC) on the first floor of our building. It is my concern that many of our veterans are missing out on services and benefits available to them. The ADRC can inform you of additional services and benefits that you might be eligible for. As you have noticed since we incorporated our newsletter with *AddLIFE Today!*, the ADRC can help in many different areas. It is our desire veterans and their families become aware of the ADRC. The best way to do this is by stopping in, introducing yourself and finding out what the ADRC has to offer.

Starting this month we will give an example of hypothetical situations where we might help a veteran and/or family member in our office, in order to help people better understand the type of work we do and services we offer. Please see the "Example Veteran Benefit Scenario" on page 18.

We have now added Twitter as an additional way to get information regarding benefits to you quickly and accurately. Please follow us **@saukcountyvets** on **Twitter.com**. We also continue to update our website and Facebook page regularly.

In Your Service,
Tony



Volunteer Vantage Point

Mary Jane Percy
Volunteer Coordinator

“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!!

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 newsmagazine volunteers do!!

Thank you to:

Becky Radke from **BrightStar**

and

Todd Campbell from **Oak Park Place**

for providing the delicious meals for our hard working team in May and July. Very much appreciated ... and YUMMY!!

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



Last month I received a few phone calls 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 up!

*“Appreciation is
a wonderful thing,
it makes what is
excellent in others
belong to us as well.”*

- Voltaire

AARP Driver Safety Class

The AARP Driver Safety Program (formerly known as 55 Alive) is the nation's first and largest refresher course for drivers age 50 and older. This class has helped millions of drivers remain safe on today's roads.

If you have never taken this course, or if it has been more than three years since your last class, **NOW IS THE TIME!** "Tune Up" your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.



In Baraboo

Thursday, October 13th
St. Clare Hospital,
707 14th St, Baraboo
12:30 pm - 5:00 pm
Call St. Clare's Golden Care office
to register at 356-1407

\$12.00 with proof of AARP
membership

\$14.00 for non-members

The fee must be paid at the time
of the class.

Please make your check payable to:
AARP Driver Safety

If you pre-pay on-line please print out and bring
your receipt with you.

Thank you, Bill!

Thank you to Bill Grosz who gives of his time
and energy to teach this class!

Foot Clinic Schedule

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

The cost for foot clinic visit is
\$23.00.

Baraboo - West Square Building

Tuesdays - October 4 & 18

Wednesday - October 19

Tuesdays - November 1 & 15

LaValle - Fire Department

Wednesday - November 23

Merrimac - Village Hall

Wednesday - November 16

Plain - American Legion Hall

Thursday - October 27

Thursday - December 22

Reedsburg - Maple Ridge

Tuesday - October 11

Thursday - October 20

Tuesday - November 8

Thursday - November 17

Reedsburg - Willow Heights

Wednesday - October 12

Sauk Prairie - St John's Church

Thursdays - October 6 & 13

Thursdays - November 3 & 10

Spring Green - The Meadows

Tuesday - November 22

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.

Getting You There!

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

We Bid a Fond Farewell...

To Ashley as he embarks on a new adventure with Southwest Community Action Program's transportation services and;

To Sylvia as she boards the Retirement Express to all those back-burner projects and special interests in our communities that she so enjoys.

We wish you both all the best and hope our paths will cross often in the future!

Happy Trails to you Both and Thank You!

Temporary changes to the Driver Escorted Transportation Services

Until we can add new team members to the Transportation Team, there will be limited services available. Please do call for your transportation services giving us as much advance notice as possible. We will work hard to full as many requests as possible with the limited staff time available. If an ADRC Team member is not available when you call, please leave a voice message so we can call you back and get all the information we need to serve you! Thanks for your cooperation!



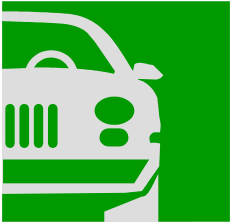
Drive Safe This Winter

As the weather begins to turn from summer to winter remember to adjust your driving.

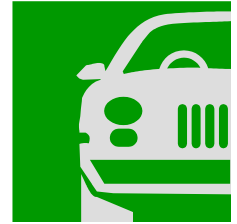
We want you to get to and from your destinations with as little trouble as possible, arriving safely no matter if you are having to travel through snow, ice, sleet or freezing rain.

Winter Driving Tips

- Put some extra clothing and emergency items in your vehicle. Assemble a basic emergency kit including an extra pair of gloves, weather-resistant pants and/or coat, a pair of boots, a blanket, jumper cables, a flashlight with extra batteries and a windshield scraper. Don't forget to add few nutrition bars.
- Make sure that your car is checked over for the winter weather. **Check out the Sauk County TRIAD Vehicle Winterization Safety Checks which are free to senior citizens. Don't forget to check and clean your headlights and taillights, especially in stormy weather. Keep your windows clean and make sure the defrosters work well.
- Remember to adjust your speed if the weather turns bad and leave additional space between you and the car in front of you.
- Pay extra attention to bridges as they are more susceptible to ice.
- Skip the cruise control when you are driving in the winter. Your cruise control feature may respond to unexpected road conditions and accelerate when you aren't intending and planning it to
- Keep a bag of kitty litter in the trunk, both for added ballast to offer better traction and to put under the wheels if you need to get yourself out of a slippery spot.



**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 **11th** annual "Vehicle Safety Check". **TRIAD** is a cooperative effort between Seniors, Police Departments and Sheriff's Departments to work together to reduce victimization of senior citizens. Sauk County **TRIAD** has teamed up with various sponsors; Glacier Valley Ford-Mercury, Hartje Farm, Home & Tire, Hovlands BP-Amoco, Ballweg Ford, Fedderly's and George's Auto Body, to conduct **FREE** winterization checks for senior citizens. These businesses volunteer their services and expertise in checking vehicles to make sure they are properly prepared for winter driving.

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.

9 A.M. - NOON
Friday, September 30, 2011
BARABOO - Sauk County Law Enforcement Center
(with Glacier Valley Ford-Mercury)

9 A.M. - NOON
Friday, October 7, 2011
SPRING GREEN - (Spring Green Township Hall with George's Auto Body)
(Located 1 mile West of Spring Green on Kennedy Road at Spring Green Township Hall)

9 A.M. - NOON
Friday, October 14, 2011
SAUK CITY - Ballweg Ford (837 Phillips Boulevard)

9 A.M. - NOON
Friday, October 21, 2011
REEDSBURG - Fedderly Chrysler Dodge Jeep Inc.
(850 Viking Drive / CTH H)

9 A.M. - NOON
Friday, October 28, 2011
LAVALLE - Hartje Farm, Home & Tire Center
(Located on STH 33 just North of LaValle)

9 A.M. - NOON
Friday, November 4, 2011
LAKE DELTON - Held at Lake Delton Fire Department with Hovland's

For questions contact: 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.

Sheriff Chip Meister -Sauk County Sheriff's Department

For Your Benefit

Call 355-3289 or (800) 482-3710

To confirm site visits or to schedule office appointments



Lorie Bednarek

Coming to you:

Lime Ridge Senior Center	October 4 11:00 to 12:00	November 1 11:00 to 12:00
Reedsburg Willow Heights	October 18 11:00 to 12:00	November 8 11:00 to 12:00
Baraboo Highpoint Commons	October 25 11:00 to 12:00	November 15 11:00 to 12:00

Do I Need Long-Term Care Insurance?

Long-term care insurance refers to insurance coverage for medical or personal care services that you may need in the future due to a chronic illness or disability. It usually does not cover care received on a short-term basis following a hospitalization or an acute illness.

In the past, long-term care generally just covered nursing home care. Many of today's long-term care policies cover care provided in a variety of settings, including nursing homes, assisted living facilities, your own home, adult day care center or group living arrangements with supportive services. Wisconsin law dictates that long-term care policies sold within this state must provide coverage for both institutional and community-based care, meaning the policy must provide coverage both in a nursing home, as well as in your own home.

The costs for long-term care policies vary greatly depending on the types of services included in the policy. The average cost of nursing home care in Wisconsin increases each year as well. For example, in 2005, the average

DEB HARVEY

Coming to you:



Plain Library	October 12 1:00 to 3:00	November 9 1:00 to 3:00
Spring Green Senior Center	October 19 10:30 to 11:30	November 16 10:30 to 11:30
Spring Green Library	October 19 1:00 to 2:00	November 16 1:00 to 2:00
Sauk/Prairie Community Cntr	October 20 10:00 to 11:30	November 17 10:00 to 11:30
Merrimac Village Hall	October 20 8:30 to 9:30	November 17 8:30 to 9:30

cost for a day of nursing home care was \$164; however, in 2011, this amount has risen to \$215 per day.

Is a long-term care policy right for me? There are many factors which impact whether or not a person should buy long-term care insurance including age, financial status (assets & annual income), health, marital status, and overall retirement objectives. For example, if a minimum Social Security benefit is your only source of income, or if your assets are close to the Medicaid eligibility limit, you may not be able to afford a long-term care policy. Additionally, pre-existing health issues may make it difficult to pass underwriting.

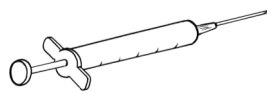
Considerations & Pointers:

- Understand the type of coverage you are buying.
 - Does the policy pay a fixed amount for each day your require care? Or does it pay out according to the provider's actual charges?
 - Does the policy cover care in an assisted living facility or community based residential facility as well as a nursing home?
 - Is there an elimination period? This refers to a certain number of days that you must pay for your care

entirely out of pocket before the policy pays out any benefits. Usually the longer the elimination period, the lower the premium.

- Is there a lifetime maximum benefit?
- Does the policy give you a written assurance that if future policy upgrades are made, you will be given an opportunity to decide whether you would like to upgrade your policy regardless of your health circumstances?
- What period of time are you buying benefits for?
 - Does the policy pay benefits for one year, or the rest of your life?
 - Can you increase the benefits later in life?
- Are premiums based on issue age (only increase if premiums are increased for everyone) or attained age (premiums automatically increase as you age)?
- What is the trigger point in order to receive benefits under the policy?
 - Who does the assessment of your care needs—the insurance company or a doctor/nurse/social worker not employed by the company?
- Is there a pre-existing condition waiting period? The longest pre-existing waiting period allowed in Wisconsin is 6 months.
- Does the policy provide for a waiver of premium after a specified time receiving benefits under the policy?
- Since costs in long-term care are expected to continue to rise, consider purchasing an inflation protection rider to assure that the policy continues to have a meaningful level of coverage in the future.

For additional information on long-term care policies, contact the Wisconsin Medigap Helpline at 800-242-1060.



Medicare Coverage of Flu Vaccines

Medicare Part B covers 100% of the cost of a flu shot once every flu season with no Part B deductible required. This is true for both Original Medicare and Medicare Advantage plans (private health plans).

Original Medicare will pay for the flu shot no matter where you get it, as long as the health care provider is enrolled in Medicare. You will pay no copay or deductible if you see a doctor or other health care provider who takes assignment. Providers who take assignment cannot charge you more than the Medicare approved amount. If you receive your Medicare benefits from a private plan, the plan cannot require that you get a referral for the vaccine, but it can require that you use providers in the plan's network. You should call your plan to find out what rules apply.

The flu season usually runs from November through April. Therefore, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2011 for the 2010/2011 flu season, you could get another shot in October 2011 for the 2011/2012 flu season.

Thankful to be needed
Thankful to be here
Many be your reasons for thankfulness
this year.

A vibrant illustration of a cornucopia overflowing with autumn harvest items like pumpkins, gourds, and corn, set against a warm sunset background.

A Glad Thanksgiving



It's Wonderful To Be A Grandparent!

We would like to thank everyone who participated in the Grandparents Contest. We had a marvelous turnout. Thanks to all of you who participated.

The winners of the contest are as follows;

1 I took my 4 year old granddaughter to church with me, and told her to pay close attention to the Pastor as he was going to baptize a baby. When we got home her mother asked her if she liked church. She said no, they washed the baby's head and did not use any shampoo.

From proud Grandma Vada Schwenkhoff

2 We took our grandson to the Log Cabin for lunch. He picked out what he wanted off the menu and when the waitress took his order for a grilled cheese sandwich, she asked what kind of bread would you like, wheat, white, rye or sourdough. He looked puzzled and said do you just have regular bread?

From proud Grandma Jean Stopper

3 My husband has all these sayings he's used over the years, one of them being when he get's a haircut he says "he's getting his ears lowered. Our daughter and her family were visiting one day. Papa came home after stopping to get a haircut. Our daughter upon seeing him said "Papa, I see you got your ears lowered" Our granddaughter never having heard this particular saying before, looked at him and asked, "Papa what was wrong with your ears before?".

From proud Grandma Laura Sloan

We would also like to include all the honorable mentions as well. Here they are in no particular order:

♥ While baby-sitting my granddaughter when she was around two, she needed her diaper changed. While walking her to the bathroom I remarked "Who Wee someone is sure stinky!" She looked up at me and said "Me to Grandpa!"

From proud grandparents Terry & Gerald
Bethke

♥ Recently my 13 year old grandson was visiting me. When some of the neighborhood children where outside, he decided to meet them. When he came back later he named some of the children, and said one girl was really bossy! He said "she's only 9 and I'm 13. I told her she needed to respect her elders.

From proud Grandma Yvonne O'Connell

♥ My granddaughter stayed with me for a few days during summer vacation, when she was about 5 years old. One day I told her we are going to the cemetery to water the flowers. We were driving through the cemetery and she looked around and said "You mean we have to water ALL THESE flowers?" Needless to say she was happy that we only had two planters to water.

From proud Grandma Helen Grosinske

Please stop by the ADRC to claim your prizes and again thank you all for participating! All these will be posted on our office bulletin board.



Presenting The Following Seminars

**Understanding
non-Alzheimer's dementias:
Part 1 – Lewy body dementia**

Thursday, October 6
9:00 am - 12:00 noon
Oak Park Place, Big Top Room
800 Waldo St, Baraboo

Learn the unique symptoms and treatment of dementia with Lewy bodies, strategies and techniques to help maintain function and maximize quality of life, and resources available to help. Presenters are Dr. Kim Petersen, Elder Advocates and Mary Reines, LCSW, Alzheimer's & Dementia Alliance.

Free for family caregivers,
\$15 for professionals (payable at the door).
This program supported in part by a grant
from the Helen Bader Foundation.
Call 888-308-6251 to register.

**Legal and Financial Planning
Seminar**

Tuesdays, October 25 and November 1
5:30 - 7:30 pm
West Square Building
505 Broadway, Baraboo

Join the Alzheimer's & Dementia Alliance of Wisconsin for this two-part workshop for families providing an overview of legal and financial issues for anyone caring for an older family member. Some of the topics addressed include basic estate planning; advance directives; guardianship; medical assistance; funeral pre-planning; and various ways to pay for long-term care. Our guest speaker is Attorney Jeffrey P. Clark, Lathrop and Clark.

Free, but donations are appreciated.
No solicitations will be made.
Call 888-308-6251 to register.



**Discover
Winona, Minnesota**

Join UW-Baraboo/Sauk County Continuing Education on our visit to Winona on Wednesday, **November 2**. Our tour will include a visit to the Winona County Historical Society; Minnesota's largest county historical society with three floors of permanent exhibits as well as the featured photography exhibit "One Shot" – Two Siblings: The Photography of Merritt and Harriet Kelley. Our next stop will be Cathedral Crafts, Inc/Studios of Stained Glass and see quality leaded stained glass window restoration and fabrication.

Lunch will be at Betty Jo Byoloski's Bar and Grill, Winona's most unusual theme restaurant and bar, known for their award winning chili and homemade soups. The Minnesota Marine Art Museum, opened in 2006, will be the final stop on our tour, home of some of the best collections of "art inspired by water" in the United States. A special exhibit "Marine Watercolors by Cheng-Khee Chee" features 40 watercolor paintings from around the globe. The museum's permanent collection includes a variety of maritime paintings, historic artifacts, personal possessions, ship models and navigational instruments from several centuries.

Trip Fee of \$59 includes motor coach, admission to Historical Society, Cathedral Crafts tour, Marine Art Museum and lunch.

7:00 am (Reedsburg departure) or
7:30 am (Baraboo departure)
Return to Baraboo approximately 5:30 pm.

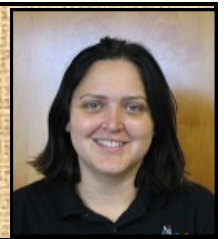
For more information or to register call
608-355-5220.



Natalie Wilmot

Disability Benefit Specialist

Holly Schafer



Can Social Networks Hurt Your Social Security Case?



Social media sites like Facebook, Myspace and Twitter can be of comfort to individuals with a disability as it allows one to communicate in ways in which they normally could not. However if you are applying for Social Security Disability Benefits, you should know that the default privacy settings on social media sites usually allow anyone to see your profile, photos and comments. These privacy settings also pertain to your family and/or friends and what they may post about you.

People have lost or had their benefits suspended because of what is on their social media sites and/or their family and friends media sites.

Things to keep in mind:

- What photos and videos are posted that might hurt your case?
- What comments have you made that might hurt your case?
- How does your profile look to people who don't know you?

If you use social media:

- Be very careful of the pictures you or anyone else post.
- Be very careful of anything you say about yourself (or anyone else says about you).
- Check your privacy setting and make sure that only people you know are able to view your profile; same with your family and/or friends.
- Or, chose to disable your profile altogether.

You should also keep in mind that anything you post or do online maybe present on the internet for a long time. Social media is a wonderful networking tool; be careful what you allow to be put on these social media networks about you!



100 Disability Conditions Fast - Tracked

By Karyl Richson
Social Security Public Affairs Specialist
in Milwaukee, WI

Here's some important news if you're applying for Social Security disability benefits for yourself or a loved one. There are 100 conditions which qualify for an expedited process known as Compassionate Allowances.

Compassionate Allowances, which began in December 2007, are a way to quickly identify diseases and other medical conditions that, by definition, meet Social Security's standards for disability benefits.

"We have an obligation to award benefits quickly to people whose medical conditions are so serious they clearly meet our disability standards," said Michael J. Astrue, Commissioner of Social Security. "We are now able to do precisely that for 100 severe conditions."

The Compassionate Allowances conditions are developed from information received at public outreach hearings, and from the Social Security and Disability Determination Service communities, medical and scientific experts, and the National Institutes of Health. We also consider which conditions are most likely to meet our definition of disability.

"By definition, these illnesses are so severe that we don't need to fully develop the applicant's work history to make a decision," said Commissioner Astrue. "As a result, Social Security has eliminated this part of the

application process for people who have a condition on the list, and we can award benefits much more quickly."

The Compassionate Allowances initiative is



one of two parts of the agency's fast-track system for certain disability claims. When combined with the Quick Disability Determination (QDD) process, Social Security last year approved the claims of more than 100,000 people, usually in less than two weeks. This year, the agency expects to fast-track nearly 150,000 cases. Under QDD, a predictive model analyzes specific elements of data within the electronic claims file to identify claims where there is a high potential the claimant is disabled and where evidence of the person's allegations can be quickly and easily obtained.

For more information on Compassionate Allowances, including a list of all 100 conditions, visit www.socialsecurity.gov/compassionateallowances

Medication Questions?

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

Reedsburg Area Medical Center here to help. The first Monday of every month, Matt Steiner, RAMC Pharmacist, is available from 9:00 – 10:00 am in the hospital conference room, located in the main lobby. This is a **free service** for Reedsburg and residents of our surrounding communities.

Call 524-6487 for more details.

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.

This Healthy Tip 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



FREE Medication Take Back Day

Saturday, October 29, 2011

9 am – Noon

Sauk Prairie Memorial Hospital's
**Main Entrance on Prairie Avenue,
Prairie du Sac**

In conjunction with the DEA National Medication Take Back Day, Sauk Prairie Memorial Hospital will have a drive-thru medication drop off site. This will be set up where staff will collect and safely dispose of any old, unneeded or expired vitamins, herbals, over-the-counter and prescription medications.

Sharps containers will also be available upon request for used needles/lancets. Please keep your pills in the original labeled prescription bottles and scratch off your name.

Sponsored by the SPMH Foundation as part of its *From the Heart* series.

Special thanks to the
Sauk City and Prairie du Sac Utilities,
Sauk Prairie Police Department and
SPMHC volunteers.

*Please protect
our environment and
our drinking water
by disposing
of your
medications
properly*





HAZARDOUS WASTE CLEAN SWEEP

LaValle Town Hall, 314 Hwy. 33, LaValle
Saturday, October 1 8:30 a.m.-Noon

For more information:
www.co.sauk.wi.us
(608) 355-3245
ppohle@co.sauk.wi.us

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 acceptable:

- Pharmaceuticals, IVs, and 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
- Appliances and electronics
- Batteries (automotive, alkaline, rechargeable)

Helping Hands Recycling will accept at **no** charge the following (donations will be accepted for Habitat for Humanity):

- Electronics
- Appliances
- Scrap metals

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



*Rich with happiness
Filled with warmth
is the season...!
So is my heart...
blessed with the precious
gift of our friendship!
Happy Thanksgiving Day*

Aging & Disability Specialists

Here to Help you!



Jim
Pritzkow



Lisa
Karau



Quinn
Hause



Abigail
Musselman



Need Help in your Home?

Are you looking for help with light housekeeping, meal preparation or bathing? Maybe you are a loved one caring for your spouse or significant other and are needing some respite care?

If so, there are many agencies in Sauk County that provide supportive home care and/or personal care services that an individual could hire. Since each agency sets its own rates they will vary from agency to agency but on average the cost to you would be between \$17-\$28 per hour depending on the services needed.

It is important to know the differences between supportive home care (SHC) and personal care (PC). Supportive home care provides an array of services designed to help the individual maintain their home. Agencies provide staff to come in to the home to complete tasks such as laundry services, cooking and meal preparation, house cleaning, companion services, respite care etc. Often times these services are all that are needed to keep an individual in the home setting or give a break to a caregiver so errands can be run or

appointments can be scheduled.

Personal Care consists of any type of care that requires physical assistance, but does not require the services of a registered nurse. Personal Care services are paid for privately or by the Medicaid program. Medicare does not pay for personal care services. Some of the services provided by a personal care worker include transfers which may include getting in and out of bed, the chair or bathtub. The physical assistance with bathing which could include setting the water temperature, running the water and/or physically assisting with the showering, bathing or sponge bathing. Personal care workers can help the individual with dressing, grooming and personal hygiene tasks such as brushing one's teeth, trimming fingernails or toenails, shaving, etc.

As you can see supportive home care provides services around the individual's environment whereas personal care is more "hands-on" care to meet an individual's needs. However, both offer services that can help maintain an individual's independence in the home.

Another option that the ADRC offers is "A Helping Hand at Home" chore service listing. It contains the names of individuals who are interested in being hired as a worker for you. They are willing to complete indoor chores, outdoor chores and/or respite care. These workers are not Sauk County employees nor are they supervised by the ADRC but a criminal background check has been completed on each worker and references are checked at the time of the application process. The individual and the potential worker negotiate the rate, hours and services to be provided.

If you are interested in finding out more about supportive home care/personal care agencies in Sauk County call us at 355-3289 and ask for an Aging & Disability Specialist as they will be happy to share the resources available to you.



A New Service To Remember

The ADRC is pleased to announce a new, FREE SERVICE, to screen for memory loss. In the past couple of months, 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.

Medicare Savings Plan

The Medicare Savings Plan program was designed to help low income Medicare recipients with their Part B Medicare Premium. If your income is limited to \$1225/month or \$1655/month if married and your assets are limited to \$6700 or \$10,000 if married, you may be eligible to have your premium waived and added back into your Social Security check. (Note: Your residence and personal vehicle do not count as assets.) Recently we learned that the ADRC was awarded a grant to extend the outreach services to explain this program and assistance with completing the application. The Medicare Savings Plan Advocate, Mike Lew, will be able to continue to assist anyone who is interested in this program. In addition, Mike can assist with Foodshare applications and other programs available through the ADRC.

The Medicare Savings Plan program has helped over 100 Sauk County residents save about \$100/month. If you have a question or would like further information for yourself or a family member or friend, please contact Mike Lew at 608-355-3289 and ask about the Medicare Savings Plans.

What do you call a fat Jack-O-Lantern?



A PLUMP-KIN!



Kathy Kent
**Veterans
Benefit Specialists**
Pamela Russo



Veteran Benefit Scenario

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



This month we are taking a look at “Jim” a Vietnam Veteran. Jim’s family member brought him to our office as he was reluctant to come on his own. Jim has heart problems and had heard Ischemic Heart Disease was a presumptive condition for Vietnam Vets. With the help of our Veterans Service Office, Jim filed a claim for a service-connection for heart disease. We assisted Jim in gathering evidence to support his claim. In less than two months, he received a response from the Veteran’s Administration granting him a very high percentage for service connection.

This award has completely changed Jim’s life. While this granting does result in monetary benefits, it also opens up a whole new window of opportunities, including health and dental care, life insurance, vocational rehabilitation, health coverage and possible education for Jim’s spouse and dependants, access to National Parks and State Parks, property tax credit, and eligibility for a VA nursing home, should the need arise in the future. These are just some of the benefits, as the maximum award has up to 30 ancillary benefits available to veterans and their families.

Secretary Scocos Looks Ahead to New Priorities for Wisconsin Veterans

The newly appointed Secretary of the Wisconsin Department of Veterans Affairs (WDVA), John A. Scocos, looks ahead with excitement about restoring Wisconsin’s reputation as a leader in taking care of its veterans.

“I want to thank Governor Scott Walker for appointing me to this post and for signing the legislation to make the WDVA stronger and more accountable than it was under a board,” said Scocos. “I also want to thank the state legislature for supporting this effort. And last, but not least, I want to thank all the veterans service organizations for their support in moving the direction of the department forward.”

Scocos emphasized that after assembling his leadership team, his top priority will be the long-term solvency of the agency. “In 2003, I created a solvency plan for the Veterans Trust Fund,” Scocos noted. “I will continue to build upon that original model with the goal of moving the department into the direction of self-sustainability.”

Scocos said he will reorganize the WDVA with the goal of creating the right blend of outreach that reflects the needs of veterans in the 21st Century. “Veterans need to know what resources are out there to help them transition smoothly back in to the civilian sector,” said Scocos. “But the reality is their top concern is finding a good job, and Governor Walker’s job agenda certainly is focused on addressing the huge issue of veteran unemployment.”

“John Scocos is the right choice to lead the agency as a cabinet member working to move ahead one of our top priorities of investing in Wisconsin’s veterans by bringing them into the workforce,” said Gov. Walker.



Scocos said he understands the challenges of the department are numerous, but that he is looking forward to providing the leadership necessary to make the citizens of Wisconsin once again proud of its record for taking care of the heroes who take care of them.

VA's Telephone Service Helps Family Members Encourage Veterans

The Dept. of Veterans Affairs (VA) has launched a telephone service, Coaching into Care, to provide assistance to family members and friends trying to encourage their Veteran to seek health care for possible readjustment and mental health issues.

“Those closest to Veterans are often the first to recognize when Veterans are having difficulties,” said Secretary of Veterans Affairs Eric K. Shinseki. “Family members and friends may not know what to say to encourage their Veterans to seek much needed readjustment and health care. The Coaching into Care line will help them find the right words.”

To help Veterans address problems and support them in making decisions about getting care, the Coaching into Care program offers unlimited, free coaching with family members or friends over a series of telephone calls. The priority is connecting Veterans with VA care in their community through the family member's help and encouragement.

Callers can reach VA's Coaching into Care at 1-888-823-7458, 8:00 a.m. – 8:00 p.m., Mondays through Fridays, and online at <http://www.mirecc.va.gov/coaching/>. As always, Veterans can reach immediate help at

the Veterans Crisis Line at 1-800-273-8255, press 1 for Veterans.

War Deployments Linked to Lung Ailment

Some soldiers have returned from Iraq and Afghanistan with an untreatable lung disease that interferes with their ability to do physical exercise, possibly caused by inhaling toxic material, doctors report. The illness is rare in otherwise healthy young people, Dr. Robert Miller of the Vanderbilt University Medical Center, and colleagues say in the New England Journal of Medicine.

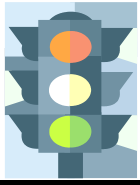
Their analysis can't show how common the condition is nor positively identify its cause. But 28 of the 38 diagnosed soldiers in the analysis had been exposed to a sulfur-mine fire near Mosul, Iraq, in 2003. That suggests they inhaled a significant dose of sulfur dioxide, a known cause of the lung disease, called constrictive bronchiolitis, Miller said. Dust storms and burning of waste in pits may also have played a role. Identifying the cause would help with prevention, he said.

The soldiers were evaluated between 2004 and 2009. The diagnoses were made after lung biopsies. At least half the soldiers have left the service with a disability rating. The researchers said they counted nine more cases since 2009.

R. Craig Postlewaite of the Office of the Assistant Secretary of Defense and two other Army medical experts said they had "some concerns" about the lung biopsy procedures and the diagnoses and they're working with several authors of the report and others to do further research.

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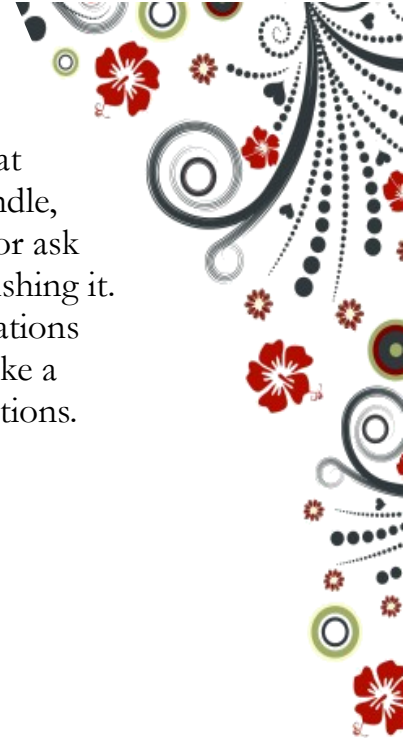
Ready - Set - Live Well

Get Ready - The Holidays Are Coming

The Holidays will be here before we know it. We sometimes put so much pressure on ourselves to make the holidays perfect, we don't truly enjoy them or the time we spend preparing for the holiday or the people we are with. So let's do a little preparing now, so we can enjoy the holidays more and stress less!

When you begin planning, first decide what brings you joy during the holidays and what doesn't. If something doesn't bring you joy,

eliminate it! Next, if something brings you joy, but also is more work than what you feel you can handle, adjust the tradition or ask for help in accomplishing it. Knowing your limitations will allow you to make a change to your traditions.

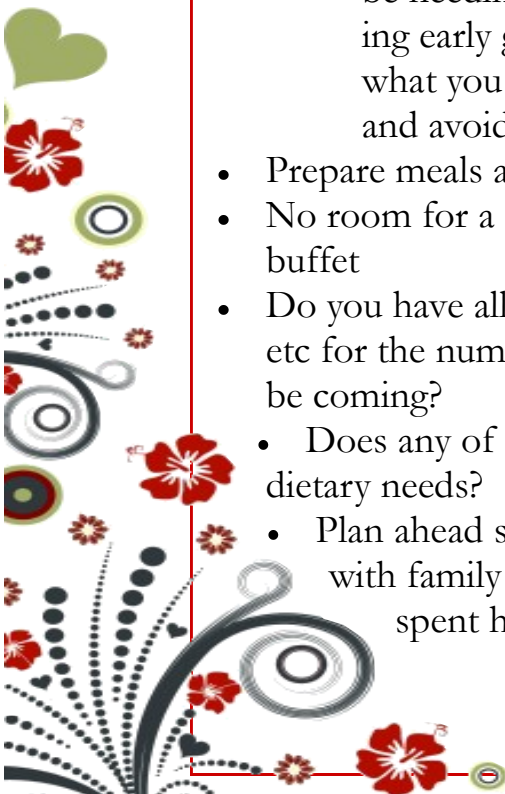


Food

- Buy on sale, use coupons and stock up
 - Turkeys are on sale at Thanksgiving, buy two and save one for Christmas
 - Avoid getting your specialty items at the last minute, a lot of people will be needing the same items. Purchasing early guarantees you will have what you need when you need it, and avoiding last minute stress.
- Prepare meals ahead of time and freeze
- No room for a sit down dinner, do a buffet
- Do you have all the cutlery, pots, dishes, etc for the number of people who will be coming?
- Does any of your guests have special dietary needs?
- Plan ahead so you have more time with family and friends and less time spent hidden away in the kitchen.

Decorating

- Keep it simple
- Only put out the holiday decorations that "bring you joy"
- Double the decorations by putting a mirror behind so the reflection adds to the effect



Guests and Sleeping Arrangements

- Start now and think of where everyone will be sleeping
- Laundry sheets, etc. Make sure you have enough bedding, pillows and towels
- Have little comforts available for guests— toothpaste, toothbrushes, extra shampoo, soaps.
- Freshen up the guest room now, instead of waiting for the last minute when you are trying to do everything at once.
- Check out the hotel accommodations near you
- Make sure you have a few games, toys for younger guests to play with and keep from being underfoot. Have them stocked in a kid friendly area, so the kids will feel welcome and have a place to be.
- Have the hall closet cleaned out and ready for all your guests winter coats and boots.
 - Make sure your medications are up and out of reach of small children

Gift Giving

- Decide your gift giving list early, write it down and when you are doing your regular shopping take it with you, you might find the perfect gift.
- Don't shop beyond your means, make a budget and stick to it.
- Order those hard to get items early
- If you are choosing to change the gift giving traditions of your family, make that decision now, it's easier to let people know the "new" tradition earlier than waiting until close to the holiday when people may have already done some of their shopping.
- Buy now when you find something on sale
- If you are the creative type—begin those handmade gifts now will help eliminate last minute stress as you try to finish up that last gift.
- This is a great time to pass down a cherished heirloom, instead of purchasing something
- Have gift wrapping supplies on hand and wrap the gifts as you go.

October Is Family Health Month!

“Family Health Month” is a campaign in which the American Academy of Family Physicians (AAFP) recommends everyone take a closer look at their health by conducting a personal health inventory. In addition to encouraging people to take a closer look at their families’ eating habits, physical fitness, stress and mental health, the focus is also on alerting families to be aware of the hazards of tobacco and alcohol use, as well as possible hazards in the home.

Proper Nutrition: Do you eat a balanced diet? See that your family eats appropriately. Heart disease, some cancers, stroke, diabetes and damage to your arteries can be linked to what you eat. Fiber, fruits and vegetables can help reduce your risk of some cancers.

Physical Fitness: Does your body feel in tune? Keep your family's bodies in tune. Exercise can help prevent disease and illness. You'll also feel better and keep your weight under control if you exercise regularly.

Lose Weight if Overweight: Are you carrying too much weight? Carrying too much weight increases your risk for high blood pressure, high cholesterol, diabetes, heart disease, stroke, some cancers, gallbladder disease and arthritis in the weight-bearing joints (like the spine, hips or knees). A high-fiber, low-fat diet and regular exercise can help you lose weight gradually and help you keep it off.

Stress: Do you feel pressured? Pay attention to your family's mental and spiritual health.

Hazards: Is your home safe for young and old? Control hazards in your home and reduce the health risks.

Disease: Are immunizations up to date in your household? Schedule periodic health screening exams and immunizations for your family.

Tobacco: Do you use tobacco? Healthy life-style habits play a major role in preventing illness. Using tobacco is one of the most dangerous things you can do. More preventable illnesses are caused by tobacco than by anything else.

Alcohol: Do you drink too much? Again, healthy life-style habits play a major role in preventing illness. Limit how much alcohol you drink. Too much alcohol can damage the liver and contribute to some cancers, such as throat and liver cancer.

Partnership for Health: Do you have a regular doctor? Family physicians are experts in helping you set up the personal health program that not only gets you healthy but keeps you healthy.



If you are aware and know your family health history and your risk factors, you can help yourself stay well with preventive health care. Don't let your family health get lost in the chaos of everyday life - make a commitment to communicate and be healthy and well!

This partnership article is provided by:

BrightStar

507 Linn Street

Baraboo, WI 53913

608.355.5015

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You have questions . . .

. . . We have answers.

Medicare, Insurance, EOBs, etc...

"Which insurance benefits me most?"

"How do I understand Medicare Supplemental Insurance?"

"How do I know what's covered under my policy?"

Have questions like these? We can help you make sense of it all.

Jan Brown, Reedsburg Area Medical Center's Consumer Advocate, is pleased to offer FREE patient assistance services.

Look to Jan to help provide:

- Guidance through the Medicare maze
- Assistance with insurance questions
- Interpretation of EOBs (Explanation of Benefits)
- Direction to appropriate consumer resource
- and so much more!

Office Hours:

Thursdays 8:00 am - 4:00 pm

Fridays 8:00 am - 12:00 noon

Jan's office is located just off the Reedsburg Area Medical Center hospital's main lobby.

Stop in or call 768-6296 to make an appointment.

Work Related Hearing Loss A Problem?

Most people think of Workers' Compensation (WC) when they think of injuries that happen to them while on the job—a fall from a ladder, a pulled muscle or a back injury. But did you know that Workers' Compensation will also pay for hearing aids? There are some conditions that must be met, but they are relatively simple: 1). You worked in harmful noise and 2) it affected your hearing.

Generally, if you worked in a noisy environment, such as a factory, your hearing was probably damaged somewhat by the constant exposure to noise over a period of time. You may also have been a construction worker, a policeman or fireman, a county highway worker, an electrician or you worked in a paper mill. Work noise is a problem in many different walks of life. Under WI Worker's Compensation laws, noise in the work environment doesn't have to be the sole cause of your hearing loss, only contribute to it (with age, normal hearing loss occurs in most of us, but work noise often plays a role). In order to file for WC benefits you also must have left the noisy environment. Many people do this by retiring but there are other reasons as well (you were laid off or you went from the factory to the office). So if you have left your noisy job, it's not too late—it may be just the right time. There is no statute of limitations and it does not matter where you live now.

Individuals with a claim for hearing loss may receive a cash settlement for, not only past and future hearing aids, but also for the disability you have to live with for the rest of your life. Claims can go as high as \$60,000.00, plus hearing aids. Many claims are settled in just several months.

This partnership Article Provided by:

Mary Jo Helker
Johnson Law Offices
P. O. Box 161
Evansville, WI 53536

PH: 608-882-6571/800-400-5765

MaryJo@Johnsonlawoffices.net

www.hearinglosshelp.net





Caregiver Corner

Caring For A Loved One With Mental Illness

If someone you love has mental illness, it is important for you, your loved one, and your loved one's healthcare team to work together. The following suggestions may help you on a day-to-day basis:

- Identify reasonable and obtainable goals
- Learn to reduce stress
- Talk to each other and to the healthcare team
- Be encouraging and supportive
- Learn problem-solving techniques
- Be sensitive
- Encourage compliance in taking medication
- Avoid relapses by knowing the early signs

Caring for someone with mental illness takes a good deal of energy, balance, and hard work. You may need to constantly juggle schedules, make and keep medical appointments, keep track of medications, and more - not to mention the emotional toll. As the days fill up, it's important to remember to schedule some time for yourself ... as impossible as that may seem.

Call a friend, listen to your favorite music, curl up with a book, or simply take 10 minutes to do whatever you like best.

Taking care of yourself is the best thing you can do ... for everyone!

From www.strengthforcaring.com

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

NAMI Introduces Mind, Body, Spirit

Can NAMI (National Alliance on Mental Illness) help you? If you or someone you love is coping with mental illness the answer is YES!

NAMI strives to improve the quality of life of people affected by mental illnesses by promoting recovery and public understanding.

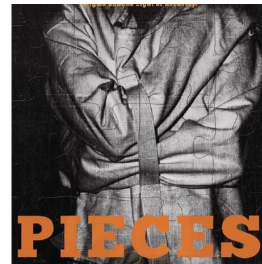
The Sauk County chapter of NAMI is introducing a new program called "Mind, Body, Spirit", The topics we will explore will include Meditation, Massage, Acupuncture, Financial Health, Caregiver Resources, Healthy Eating, Living Well With Chronic Conditions, and Travel Options.

NAMI meets in Baraboo on the 2nd Thursday of each month, beginning at 6:30 pm at St. Paul's Lutheran Church, 727 8th St.

Please join us!



Is Presenting:



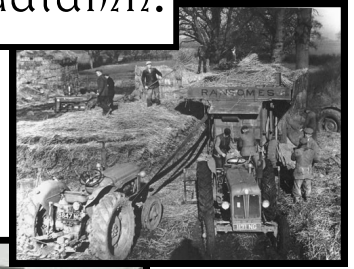
"In My Own Voice"

A thought provoking theatrical production depicting the lives of people living with a mental health diagnosis. Experience the Darkness of Stigma and the Light of Recovery

Saturday, October 8, 2011 6:00 pm
R.G. Brown Theatre,
UW-Baraboo/Sauk County
Free Admission
A free will donation is appreciated.



If you do not sow in the spring
you will not reap in the autumn.



Diabetes:

Do you know your numbers?

Taking control of your diabetes can help you feel better and stay healthy. It's important to know your blood sugar, cholesterol, and blood pressure numbers.

Blood sugar - High blood sugar can cause hardening of the arteries – which can lead to poor circulation in the feet, or a heart attack or stroke. The HbA1c test is a simple lab test for blood sugar levels.

Set a personal blood sugar goal with your doctor. If your number is too high, talk to your doctor about ways to bring it down. You should take the HbA1c test at least two to four times a year.

Cholesterol - When you have diabetes, your risk for heart disease goes up. LDL cholesterol can build up on artery walls causing blockages that can lead to heart attacks.

Work with your doctor to create a personal LDL goal, and try to make some lifestyle changes to meet that goal. Eating soluble fiber and increasing exercise can help. Have your cholesterol checked at least once a year.

Blood pressure - High blood pressure increases the risk of heart attack and stroke. It is also a major risk factor for complications such as eye and kidney disease.

Talk to your doctor about a goal that's right for you. Have your blood pressure taken at every doctor visit.

This partnership article is brought to you by:

UCare

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Minneapolis, MN 55440-0052

1-877-523-1518



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



Dining Center Schedule

Mary Ellen Beich, from Master Gardeners, will be joining the Dining Centers again in October. She will be talking about vegetable winter sewn gardening and give us the scoop on where and what to seeds to purchase for our best crop next year. Please join us to share your vegetable gardening stories

<p>Baraboo Highpointe Commons 1141 12th St., Baraboo Phone 963-3436 <i>Lunch Served at 11:30 am</i></p>	<p>Tuesday, October 4 <i>Guest Speaker Mary Ellen</i></p>	<p>Thursday November 3</p>
<p>Lime Ridge Tuesday-Thursday Lime Ridge Senior Center 308 West Maple Ave Lime Ridge Phone 986-2424 <i>Lunch served at 12:00 noon</i></p>	<p>Thursday October 26</p>	<p>Tuesday November 1 <i>Guest Speaker Mary Ellen</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>Tuesday October 18 <i>Physical Therapist Presentation</i></p>	<p>Thursday November 10 <i>Guest Speaker Mary Ellen</i></p>
<p>Reedsburg Willow Heights 800 Third St., Reedsburg Phone 963-3438 <i>Lunch Served at 11:30 am</i></p>	<p>Thursday October 6 <i>Guest Speaker Mary Ellen</i></p>	<p>Tuesday November 8</p>
<p>Sauk/Prairie 730 Monroe St., Sauk City Phone 963-3437 <i>Lunch Served at 11:30 am</i></p>	<p>Tuesday October 5 <i>Physical Therapist Presentation</i></p>	<p>Tuesday November 15 <i>Guest Speaker Mary Ellen</i></p>
<p>Spring Green 117 S Washington St., Spring Green Phone 588-7800 <i>Lunch served at 12:00 noon</i></p>	<p>Tuesday October 11 <i>Guest Speaker Mary Ellen</i></p>	<p>Wednesday November 9</p>

Food Safety Scraps

Expiration Dates

It's not always clear when a food is no longer good. Many food companies use dates and codes that are designed for their own tracking purposes, but many of these codes are not dates and are not easily read by consumers.

Food items like meats and dairy products often have expiration dates - dates when the food should be discarded if not eaten. But what about the others? A **Sell-By** date tells the store how long to display the product for sale. You should buy the product before the date expires. A **Best if Used By** (or **Before**) date is recommended for best flavor or quality but is not a purchase or safety date. A **Use-By** date is the last date recommended for the use of the product while at peak quality, but can be used to indicate the safety of a food item.

It may come as a surprise that even fresh vegetables can have a use-by date. Cut baby carrots and bagged lettuce lose quality over time, and may become unsafe if left too long in the fridge. The Food Code says that potentially hazardous, ready-to-eat foods cannot be kept longer than 7 days in the fridge. So once you open that bag of baby carrots or hot dogs, they need to be consumed within 7 days or they



should be discarded (starting with the day the

package is opened as day 1). Even though most dates are guides for quality, they could be based on the safety of the food, so watch those dates closely.

Clean Out Your Fridge!

November 14, 2011 is National Clean Out Your Refrigerator Day. So ask yourself: how long has that ketchup bottle been in there, anyway? And that salsa that you bought last May for Cinco de Mayo. Wait – was that last May or the year before? Unless you make regular practice of cleaning your fridge, you probably have some unusual - possibly scary - stuff in there.



Just because it's in the fridge doesn't mean it's still good. For example, do you have deli meat that you've had over a week? Deli meats are only good for about a week. While most condiments are good for about a year, we still need to watch our use-by dates and make sure we don't keep old food. If you have a habit of pulling out raw meat and then not getting to cooking it, raw meat is only good for a couple days before it needs to be cooked or frozen. Eggs are good for 3-5 weeks after you bring them home, but they all have dates stamped on the cartons and those dates need to be monitored. Fresh produce is usually good until it gets rotten, moldy or wilted. But if the produce is cut it's only good for a week.

It's also important that the fridge itself is cleaned regularly. Good food isn't safe if it's in a dirty fridge. Use a mild detergent and hot soapy water or cleaning wipes to clean the surfaces and doors—inside and out. An open box of baking soda can help keep the odors reasonable.



What's Happening At Your Dining Centers

Katie has scheduled a number of interesting presenters for some of the dining centers. Speakers will start at 12:30 p.m.

Upcoming speakers include:

October 12 - Café Connections

Marion Nelson, the owner of Global View in Spring Green. She will share stories, pictures and art objects from her travels.

October 13—Café Connections

David White, from Sauk City Fire Department, will share fire safety information.

October 20 - Café Connections

Millie Rott, from the Taliesin, will be talking about “Frank Lloyd Wright and the Lloyd Jones Family” along with “Life in the Valley”.



Café Connections October Trips and Senior Events

Café Connections along with Sauk Prairie Community Center will be hosting a variety of

(Continued on page 28)

(Continued from page 27)

upcoming trips and senior events.

Tour of Cedar Grove Cheese Factory and Global View Gallery

Thursday, October 20, 2011

Depart Café Connections at 9:00 a.m.

Returning at 2:45 p.m.

Join us as we take off on a beautiful October day where our adventures will begin with a tour of Cedar Grove Cheese Factory. After our tour, we will travel to Spring Green and enjoy lunch at the Dining Center operated by the Aging & Disability Resource Center. It will be a great opportunity to connect with other senior dining center regulars! After lunch, we'll take a leisurely drive to the Global View Gallery where you will have a chance to explore the culture & artwork of India, Nepal, Indonesia and Tibet.

Fees (those under 60 yrs) - \$28.50

Fees (those over 60 yrs) - \$22 (**includes suggested donations of \$3 for lunch*)

Call the Sauk Prairie Community Center at

643-8386 for trip information and to register.

Middle School Play Lunch & Performance

“30 Reasons Not to Be In a Play”

Friday, October 6, 2011

Lunch @ 11:45 a.m.

Performance @ 12:45 p.m.

(approximately 2 hours)

Join us for this hilarious comedy. “30 Reasons not to be in a Play” is a comical production of the horrors and hardships that befall those who feel the call of the stage.

Fees: \$6.50 (\$3.00 for performance only)

Min/Max: 15/65 for lunch

Location: River Arts Center Gallery & Theater

Call the Sauk Prairie Community Center at 643-8386 for field trip information and to register.

Answer to Brainteaser Puzzle:
THERE IS NO POSSIBLE WAY

Recipe for: Herbed Spaghetti Squash

1 small spaghetti squash

2 ½ tablespoons butter

2 ½ tablespoons finely chopped mixed soft herbs (basil, chives, parsley, sage, etc.)

Salt and Fresh Ground Pepper to taste

Cut squash in half lengthwise, remove seeds and pierce several times with fork. Place cut side down in baking dish, add ½” water and cover with aluminum foil. Bake 30-45 minutes, until squash is easily pierced with paring knife. Turn squash over and cook another 10-15 minutes. Remove from oven and allow to cool slightly. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into mixing bowl. Heat skillet. Add butter, squash, herbs, salt and pepper and toss gently to heat and thoroughly combine. Serve immediately.

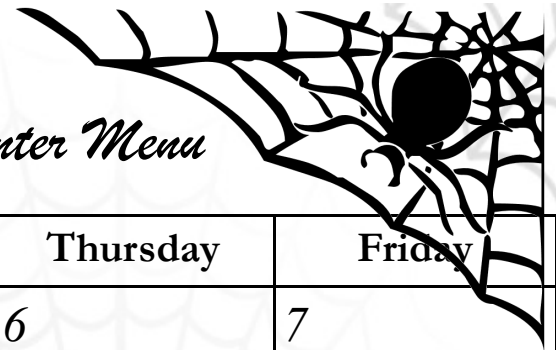
Beneficial Bites





October 2011

Sauk County Dining Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak Mashed Potatoes Wax Beans Fruited Gelatin Ice Cream Cup * Sliced Bread	4 Chicken Teriyaki Red Skin Potatoes Carrots Cream Sicle Torte Apple * Dinner Roll	5 Hungarian Goulash (includes veg.) Tossed Salad Pineapple Tidbits Cookie * Sliced Bread	6 Bratwurst on a Bun German Pot. Salad Mixed Vegetables Birthday Cake Watermelon Slice *	7 Baked Spaghetti (includes veg.) Italian Blend Veg. Petite Banana Fudge Brownie * French Bread
10 Roast Pork Loin Mashed Potatoes Baby Carrots Apple Pie Honeydew Melon * Sliced Bread	11 Glazed Ham Sweet Potato Bake Peas Mand. Orange Gel. Vanilla Pudding * Dinner Roll	12 Chicken Alfredo Cass. (incl. veg.) Summer Blend Veg. Peanut Butter Cook. Fruit Cocktail * Sliced Bread	13 Pepper Steak Baked Potato Seven Layer Salad Pear Slices Frosted Cake * Dinner Roll	14 Salmon Loaf Au Gratin Potatoes Winter Blend Veg. Orange Sherbet Plum Halves * Sliced Bread
17 Chicken Breast Mashed Potatoes Peas and Carrots Peach Slices Cookie * Sliced Bread	18 Beef Stroganoff Cass. (includes veg.) Corn Cantaloupe Slice Chocolate Pudding * Dinner Roll	19 Baked Chicken Mashed Potatoes Three Bean Salad Coconut Cream Pie Pineapple Tidbits * Sliced Bread	20 Mushroom Pork Cutlet Mashed Potatoes Carrots Applesauce Cinnamon Roll * Dinner Roll	21 Smoked Sausage Red Skin Potatoes Green Beans Butterfinger Torte Pear Slices * Sliced Bread
24 Swedish Meatballs Mashed Potatoes Peas/Pearl Onions Fruited Gelatin Frosted Cake * Sliced Bread	25 Chicken Cacciatore Cheesy Potato Bake Winter Blend Veg. Apricot Halves Raspberry Sherbet * Dinner Roll	26 Swiss Steak Mashed Potatoes California Blend Veg. Choc. Banana Torte Peach Slices * Sliced Bread	27 Sweet and Sour Pork over Rice Tossed Salad Mand. Orange Gel. Cookie * Dinner Roll	28 Meatloaf Escalloped Potatoes Mixed Vegetables Choc. Chip Cookie Applesauce * Sliced Bread
31 Baked Chicken Twice Bk Style Pot. Copper Penny Sal. Pineapple Tidbits Frosted Cake * Sliced Bread	<div style="display: flex; align-items: center; justify-content: space-between;">  <div style="text-align: center;"> <p>When witches go riding and black cats are seen, The moon laughs and whispers, Tis near Halloween.</p> </div>  </div>			

November 2011

Sauk County Dining Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Jaegerschnitzel Mashed Potatoes Red Cabbage Egg Custard Pie Pear Slices * Dinner Roll	2 Lasagna Casserole (includes veg.) Italian Blend Veg. Apricot Halves Fudge Brownie * French Bread	3 Ham Rolls Red Skin Potatoes Peas and Carrots Birthday Cake Applesauce * Dinner Roll	4 Crispy Fish Fillet German Pot. Salad Winter Blend Veg. Fruited Gelatin Cookie * Sliced Bread
7 Country Fried Steak Mashed Potatoes Summer Blend Veg. Alexander Torte Peach Slices * Sliced Bread	8 Hawaiian Meatballs Baked Potato Seven Layer Salad Pineapple Tidbits Frosted Cake * Dinner Roll	9 Baked Chicken Mashed Potatoes Pickled Beet Salad Molasses Cookie Fruit Cocktail * Sliced Bread	10 Liver and Onions Au Gratin Potatoes Winter Blend Veg. Pear Slices Vanilla Pudding * Dinner Roll	11 BBQ Pork Cutlet Red Skin Potatoes Carrots Pecan Pie Petite Banana * Sliced Bread
14 Chicken Breast Mashed Potatoes Mixed Vegetables Fruited Gelatin Cookie * Sliced Bread	15 Escalloped Potatoes and Ham Casserole Corn Butterfinger Torte Apple * Dinner Roll	16 Chopped Steak in Burg/Mush Sauce Mashed Potatoes Calif. Blend Veg. Peach Slices Cinnamon Roll * Sliced Bread	17 Chicken Tetrizzini (includes veg.) Spinach Salad w/ Hot Bacon Dressing Mand. Orange Gel. Frosted Cake * Dinner Roll	18 Meatloaf Cheesy Potato Bake Peas/Pearl Onions Key Lime Pie Honeydew Melon * Sliced Bread
21 Swiss Steak Mashed Potatoes Baby Carrots Fruit Cocktail Chocolate Pudding * Sliced Bread	22 Beef Stew (includes veg.) Winter Blend Veg. Spice Cake Pear Slices * Biscuit	23 Roast Turkey Mashed Potatoes Escalloped Corn Pumpkin Pie Cranberry Gelatin * Sliced Bread	 <p>24 25</p> <p>Dining Centers Closed and No Home Delivered Meals in Observance of the Thanksgiving Holiday</p> <p>Best Wishes for a Happy Thanksgiving.</p>	
28 Swedish Meatballs Mashed Potatoes Wax Beans Choc. Chip Cookie Plum Halves * Sliced Bread	29 Glazed Ham Sweet Potato Bake Cole Slaw Pineapple Tidbits Frosted Cake * Dinner Roll	30 Baked Chicken Twice Bk Style Pot. Three Bean Salad Coconut Cream Pie Applesauce * Sliced Bread	<p>Thanksgiving is a time for remembering and appreciating the special people in our lives. Our home is warmed by the love of family and friends.</p> <p>- Anonymous</p>	

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



In honor of Bob & Marge Nachreiner, thank you for the donation towards the Home Delivered Lunch Program.



Thank you to Doris and Vernon Bindl for their donation in honor of Leo and Lucy Kraemer.



Thank you to an anonymous donor for the donation towards the Information & Assistance Program.



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Find the complete sentence

Can you make your way to all the letters and back to the starting point without going through any letter spot more than once?

**Begin at the letter 'T',
spell a complete sentence,
using each letter once.**

The answer is on page 28



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