



AddLIFE TODAY!

Laughter, Independence, Friends, & Energy

Volume II / Issue III

A quarterly newsmagazine for adults with disabilities, older adults, and their families. Contact: ADRC at 355-3289 or 800-482-3710, Veterans Service Office at 355-3260



**IT'S MEDICARE OPEN
ENROLLMENT SEASON!
TIME TO CHECK YOUR
DRUG PLAN!**

The ADRC will be holding Medicare Part-D clinics to help you find your best drug plan.

**CALL THE ADRC ON OR AFTER
OCTOBER 1ST TO RESERVE YOUR SPOT**

Every year, drug plans can change! Premiums may increase, coverage may be different, and new plans may be available! For most people, the annual open enrollment season is the **ONLY TIME** to change drug plans. It is important to **CHECK YOUR DRUG PLAN EVERY YEAR**, even if your medications have not changed. **THESE CLINICS ARE FREE** and will be offered in Baraboo, Prairie du Sac, Reedsburg, and Spring Green.

**PLEASE CALL THE ADRC AT 608-355-3289
TO RESERVE YOUR SPOT**

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The ADRC Office will be CLOSED on
September 2nd & November 28-29th



The ADRC would like to thank the following individuals for their generous donations!

- Patricia Ann Bullard for the Home Delivered Meals Program and Transportation Program
- Ben Malin for the Transportation Program
- Betty & Chris Mittlesteadt for the Home Delivered Meals Program
- Family of Bill Dunse, in Memory of Bill for the Dining Center Program
- Jules & Ella Beghin for the AARP Tax Prep Program
- Robert & Barbara Lucile Brice, in Memory of Joy McHenry, for the Transportation Program
- Betty Telvick for the Volunteer Escort Driver Program
- Anonymous for the Transportation Program
- In honor of Pam Fuchs, Elder Benefit Specialist, and Attorney Amanda Grady, from the Valley of Our Lady Monastery



From the Director's Desk



Susan Blodgett
ADRC Director

Save the Date!

Regional Veterans Conference/Resource Fair

Tuesday, November 19th, 2019 | 9:00 am - 2:00 pm
Alliant Energy Center | 1919 Alliant Energy Center Way, Madison, WI

The Sauk County ADRC is thrilled to be a part of this upcoming FREE event. The Regional Veterans Conference will feature booths from a number of organizations, including representation from ADRCs and Veterans Service Offices for thirteen counties, speakers, a free lunch, and much more!

The Sauk County ADRC will offer bus transportation to those who are 60 or older and/or disabled and would like to attend.

Keep an eye on our Facebook page and website for more details to come!



<https://www.facebook.com/adrcsauk/>

<https://www.co.sauk.wi.us/adrc>



For Your Benefit...

Your Elder Benefit Specialists

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

Mindy-Coming to You Walk-In Appointments:

Plain Library

1:00-3:00 pm:

September 4, October 9,
November 6

Spring Green Library

1:00-3:00 pm:

September 25, October 23

Pam-Coming to You Walk-In Appointments:

Sauk Prairie Community Center

9:00-10:30 am:

September 12, October 10,
November 14

Merrimac Village Hall

10:00-11:00 am:

October 9

Welcome to Medicare

Presented by Mindy
Shrader & Pam Fuchs

This workshop is for people turning 65 or becoming newly eligible for Medicare. It discusses Medicare and additional options available to those signing up for Medicare. It is designed to help you make informed decisions regarding your Medicare health insurance.

Next Workshop:

September 17th, 4:30 PM

Room B30

West Square Building

505 Broadway St

Baraboo, WI 53913



Pam Fuchs serving the eastern part of Sauk County



Mindy Shrader serving the western part of Sauk County

Medicare Coverage of Vaccines

By the GWAAR Legal Services Team

You may have seen recent stories in the news about an increase in cases of diseases like measles or hepatitis A, both of which can be prevented by vaccines. Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing.

Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines, including the vaccine for shingles. The only exceptions are the vaccines for flu, pneumonia, and hepatitis B, which are covered by Part B. Please note that SeniorCare does not cover any vaccines.

The amount you pay for your vaccine will vary depending on where you get vaccinated. Check your Medicare prescription drug plan's documents for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan's approved coinsurance or copay for the vaccination. If you get a vaccine at your doctor's office, ask the doctor to call your plan to find it if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for your vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be refunded for any amount you pay the provider above your plan's approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill upfront and then request a refund from your plan.

Vaccine Type	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Medicare pays for (and recommends one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Medicare pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.
Hepatitis B	Part B	Series of three shots, paid for by Medicare for high or medium risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection.
Shingles	All Medicare prescription drug plans must cover	One shot paid for (and recommended) after age 60. Patients must check with plan to find out specific rules for administration and payment.

Post-Operative Depression

By the GWAAR Legal Services Team

Depression after surgery is common, but it's rarely talked about. Doctors spend time prepping someone for surgery in terms of practical needs (like what to eat, wear, and how to manage pain), but there's not enough focus on emotional needs. Some studies show that depression and anxiety can make it slower and harder to heal after the surgery. Therefore, it's helpful for people and their family members to understand why this happens and what can be done about it.

Surgery is an invasion of a person's body, which can be quite traumatizing, whether they realize it or not. Depression can be caused by a number of things, including pain and discomfort, a lack of mobility, an increased dependency on others, and financial stress. For patients who have had an organ or body part removed, a feeling of loss can also play a role.

It can be difficult to tell the difference between post-operative depression and normal feelings of sadness that come with recovery. Some symptoms are the same, such as fatigue and irritability, but post-operative depression lasts longer than two weeks. If left untreated, it can actually go on for months. Surprisingly, feelings of hopelessness can persist even when a patient

had a successful surgery and is on their way to a full recovery. And, it doesn't matter how small or large the operation is. The following is a list of possible symptoms a person with post-operative depression may feel:

- fatigue
- difficulty making decisions
- eating much more or less than normal
- sleeping much more or less than normal
- feeling a loss of interest in regular activities
- feelings of anxiety, stress, irritability, or aggression
- fidgeting or restlessness
- feelings of despair or hopelessness with no cause
- thoughts of harming oneself or others

The following is a list of possible signs of what you may notice in a person with post-operative depression:

- weight change
- withdrawal from others
- irritability
- changes in self-care/appearance
- personality changes
- tearfulness
- indecisiveness/confusion
- disorganization
- forgetfulness
- self-criticism

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People with a history of mental illness are at the highest risk for developing depression after surgery. No one knows the exact cause of post-operative depression, but some triggers may be:

- reaction to anesthesia, antibiotics, or certain painkillers;
- pain and discomfort while recovering;
- physical, mental, and emotional stresses caused by the disorder and/or surgery; and
- facing the possibility of death.

Having a strong support system is key to recovery. Other things you can do to combat the condition include spending time outdoors (sunlight is a natural mood enhancer), getting enough sleep, maintaining a healthy diet, spending time with loved ones, and finding ways to pass the time, like listening to music, reading, or playing games, while you recover from your procedure. When your body (and brain) is ready, you can slowly get back into your usual routine.

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Answers on Page 24

Sudoku puzzles are provided by www.sudokuoftheday.com – visit them and get a new Sudoku every day!

Caregiver Connections & Prevention Pointers

Aging
Program
Coordinator
Marina Wittmann



Providing Purposeful Activities

When your loved one is no longer able to do the hobbies or activities he or she once enjoyed, it can be hard to know how to spend meaningful time with them. The person may no longer be able to complete puzzles, play bridge, build a birdhouse, or tend a garden. He or she may spend much of their time staring off, pacing, or dozing. How can a caregiver provide meaning and purpose in their loved ones' life?

When you explore a person's life story you discover the things that once were meaningful and important to them. Look at what the person's occupation and hobbies were, then consider their current ability level and skills to creatively adapt or simplify the activities to match their abilities.

For example, a retired farmer may no longer drive tractor, but may enjoy visiting the implement lot or looking at farming magazines. Think about the tools that he once used. Let the person hold and "use" a wrench, pliers, twine, etc. and talk about all the work that needed to be done on the farm. There may even be a favorite cap, overalls or work gloves that may refresh the person's memory and bring a smile to their face. And getting their hands in fresh soil may spark memories about years of drought or flooding and simply connect them to the earth.

What about a plumber? Try giving him different sections of PVC pipes and connectors. For the housewife who raised a family, give her some canning jars with lids and screw tops or baby clothes and diapers to hold and sort. The person who was always building things may enjoy a box of different kinds of wood blocks to feel, sand, or even smell.

A once avid card player might enjoy playing a simple card game or feel honored to be an "advisor" to a newer player. Or perhaps simply holding the cards in her hands can bring back even some vague memories. A past gardener could help plant seeds or use gardening tools to dig in the soil. Looking at a variety of seed packets and helping choose what will be planted can give him a sense of control and productivity.

Be creative and try a variety of things. Remember, the goal is to help the person feel important and productive and to give their life purpose and meaning. Connecting the person with past memories and meaningful activities will give the person feelings of accomplishment, value, and purpose.

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The Alzheimer's Association suggests that successful activities should focus on past interests and skills, recall a person's work related past, stimulate all 5 senses and be adult in nature. If possible, find ways for the person to "help" with household duties and their personal cares. Keep in mind that the process is more important than the final product.

When you find activities that help your loved one feel good, both of you will enjoy your time together much more.

Jane Mahoney

Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

NEW Grandparent & Relative Caregiver Circle

3rd Tuesday of the month at 6:00pm at the Tin Roof Dairy (119 3rd Ave in Baraboo) starting in September.

Enjoy a dish of ice cream (provided by the ADRC) and find support in other grandparents & relative caregivers.



Stepping On Fall 2019 Workshop:

Stepping On is a 7 week, evidence-based workshop that is proven to reduce falls and improve confidence in avoiding fall hazards.

- 7 sessions, starting on Wednesday, September 25th
- 1:30-3:30 pm
- Sauk Prairie Community Center, 730 Monroe St, Sauk City



Contact Marina Wittmann to register, 608-355-3289, space is limited so call today!

Powerful Tools for Caregivers Fall 2019 Workshop:

Powerful Tools for Caregivers is a 6 week, evidence-based workshop that gives caregivers the confidence to better care for their loved ones - and themselves.

- 6 consecutive Thursdays, Starting on October 17th
- 2:00-3:30 pm
- Oak Park Place, 800 Waldo St, Baraboo



Contact Marina Wittmann to register, 608-355-3289, space is limited so call today!

Caregiver Support Groups

General Family Caregiver Groups

- Oak Park Place in Baraboo, 4th Tuesday of the month at 6:00 pm
 - Mary Brewer | 355-4111
- First Congregational Church in Baraboo, 2nd Monday of the month at 2:00 pm
 - Mary Larson | 254-7002
- Baraboo VA Clinic (1670 South Blvd, Suite 101), 4th Monday of the month at 1:30 pm
 - caregiver of enrolled veteran or enrolled veteran who is a caregiver
 - Meghann Schmitt | 356-1901 ext 13059

Parkinson's Specific Support Groups

- First Congregational Church in Baraboo, 3rd Monday of the month at 2:00 pm
 - Sylvia Kriegl | 356-7096
- Wellspring in Prairie du Sac, 3rd Monday of the month at 3:00 pm
 - Deb Fanta | 592-7860

Dementia Specific Groups

- Reedsburg Senior Life Center, 3rd Wednesday of each month at Noon
 - Janet Wiegel | 742-9055
- Maplewood in Sauk City, 4th Tuesday at 3:00 pm
 - Theresa Grimes | 634-3383
- Spring Green Library, 4th Monday of the month at 1:00 pm
 - Janet Wiegel | 742-9055
- Memory Café at the Sauk Prairie Community Center in Sauk City, 3rd Thursday of the month at 10:30 am
 - Janet Wiegel | 742-9055

Relatives as Parents Program

- Tin Roof Dairy (119 3rd Ave, Baraboo), 3rd Tuesday of the month at 6:00 pm
 - Mel Reber | 355-3289

Powerful Tools for Caregivers

- A 6-week, evidence-based workshop that teaches caregivers how to take care of themselves while caring for a loved one
 - Marina Wittmann, ADRC | 355-3289

**Contact Marina Wittmann at the ADRC for more information
regarding caregiver services in Sauk County
(608) 355-3289 | marina.wittmann@saukcountywi.gov**

VETERAN'S MESSENGER

VOICE OF THE MESSENGER



**TONY TYCZYNSKI,
VETERANS SERVICE OFFICER**

Dear Friends,

As most of you are aware, we are in the early stages of many changes to both veteran's health care & benefits at the federal level. As I am writing this in late July, so far things are going fairly well. However, do not let your guard down, especially with the changes to VA health care, specifically the Care in the Community Program. A friendly reminder, make sure before you go see a non-VA provider, that you have gone through the VA Medical Center to get that authorized. Regarding Urgent Care, even though you do not need prior authorization from the VA to visit **CERTAIN** private urgent care clinics, you must ensure that urgent care clinic you want to go to, is in the approved network. Additionally, you have to take responsibility for making sure that clinic bills the VA, and **NOT** anyone else. If you end up with a bill, go to the clinic immediately and remind them they should have billed the VA.

I recently learned that there are some circumstances where veterans with temporary 100% VA disability ratings can qualify for the State of Wisconsin Department of Revenue **Property Tax Credit** for certain disabled veterans. If you had a temporary 100% in the last 4 years or if you are currently a permanent 100% and have not claimed this credit yet, please call our office to see if you qualify.

**In Your Service,
Tony**

THANK YOU!

WE WANT TO THANK THE FOLLOWING FOR THEIR RECENT DONATIONS TO THE VETERANS CARE TRUST FUND: VINCENT BRUNNER; ROBERT O'BRIEN; HAUSMANN-JOHNSON INSURANCE; ROLLING THUNDER WI CHAPTER 5; FRANKIE'S BAR; VFW POST 1916; VFW POST 987. THESE TAX-DEDUCTIBLE DONATIONS ARE USED TO HELP NEEDY VETERANS OF SAUK COUNTY.

VHA Caregiver Support Program Status Update

As part of the recently approved Mission Act, VA will be expanding access to the Program of Comprehensive Assistance for Family Caregivers (PCAFC). (the paid stipend program). Currently, the PCAFC is only eligible to Veterans with a serious injury incurred while on active duty on or after September 11, 2001. This remains the case for now.

- The Mission Act requires VA to implement an information technology system that fully supports the PCAFC and allows for data assessment and comprehensive monitoring of the Program. VA is actively pursuing an IT solution. The timeline for completion and the subsequent certification is in development. VA will provide updates on the MISSION Act Website.
<https://missionact.va.gov/>
- Once the IT system is successfully implemented, the expansion of the PCAFC will occur in two phases, beginning with eligible Veterans who incurred or aggravated a serious injury in the line of duty on or before May 7, 1975.
- About two years later, VA expects to roll out a second phase of PCAFC expansion and increased eligibility that will include veterans who meet the criteria and who served after May 7, 1975 and before September 11, 2001.
- Although the PCAFC is currently limited to caregivers of Post-9/11 Veterans, the majority of VA services available to caregivers are open to caregivers of Veterans of all eras. This other program

they are eligible for is called the Program of General Caregiver Support (PGCS).

- Services all caregivers (depending on their individual circumstances) are eligible for as participants in the PGCS, may include VHA online and phone support groups; connection to VHA Home Health Aid, VHA Respite, or other existing VHA resources; referrals to community-based caregiver grants, caregiver classes and in person support groups in their local community, as well as Dementia Care Specialists who will work with our Veterans to maximize available resources in their local community.
- Caregivers and Veterans can learn about the full range of available support by visiting www.caregiver.va.gov or by calling the Madison VA Social Work Dept at #608-280-7085.

Badger Honor Flight Fundraiser

September 5, 6, & 7th, 2019 -

A John Denver Tribute - Ted Vigil held at The Palace Theater

There will be a fundraiser for the Badger Honor Flight on September 5th, 6th and 7th. A John Denver tribute band will be playing these days and \$1 from each ticket sold will be donated to the Badger Honor Flight. Use code "honor15" and 15% of the sale will also be donated back to the Badger Honor Flight.

Contact Group sales at (608) 253-9000 or groupsdept@dellspalace.com

Upcoming Events

For current upcoming events or for more information on the following upcoming events that are for veterans/to support veterans, please see our website.

- The Dells Judo Club (4 years - adult) Held on Tuesday & Friday from 6-8 p.m. at the Delton Sportsman's Club (off Hwy P), E9602 Berry Rd, Wisconsin Dells, WI 53965. The first month is free for veterans, per our Facebook video on December 14, 2018. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. <https://www.facebook.com/WisconsinDellsJudoDojo/>
- Every Friday the American Heroes Cafe inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 a.m. - noon.
- The American Legion Post 172 has a walleye feed on the third Saturday of each month in the months September—November, and January—April. The feed is held from 4:00—7:30 p.m. at 106 E. Walnut in North Freedom, WI. Questions can be directed to Anthony Gartner at (757) 437-2616.



Louis Birkholz
Assistant Veterans
Service Officer



Kathy Kent
Veterans Benefit
Specialist



Pamela Russo
Veterans Benefit
Specialist



Sandy Diech
Veterans
Administrative
Support

Connect with Sauk CVSO!

Stay up to date with important veteran related items and events:

Website: www.co.sauk.wi.us/veteransserviceoffice

Facebook: Sauk County Veterans Service Office

General E-mail for our office: vetservice@saukcountywi.gov

Aging & Disability Specialists

Helping you put the pieces together!

**For Your Convenience, the ADRC has four satellite offices
and extended hours in Baraboo.**

The Baraboo office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 p.m. on the following Tuesdays: September 17, October 15, and November 12. As always, after hours appointments are available upon request and availability.

The Lake Delton office is in the Frank Fisher Senior Center at 20 Wisconsin Dells Parkway South and is open every Tuesday from 11:00 a.m. to 1:00 p.m. No appointments are needed.

The Reedsburg office is in the Reedsburg Human Services Building at 425 6th St and is open every Wednesday from 8:00 a.m. to 12:00 p.m. No appointments are needed.

The Sauk Prairie satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m. No appointments are needed. This satellite office will be closed September 18 & 25.

The Spring Green satellite office is at the Spring Green Community Library at 230 E Monroe St. The office will be open every other Thursday from 10:00 a.m. to 12:00 p.m. The next days are: September 5, September 19, October 3, October 17, October 31, and November 14. This satellite office will be closed November 28.

If you would like further information, call the ADRC at 355-3289 or 800-482-3710. Some dates subject to change.



Jim
Pritzkow



Julie
Mayer



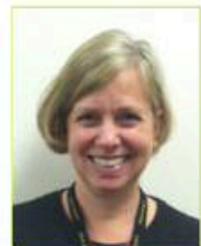
Rachel
Heinzman



Hannah
Halverson



Megan
Fecht



Kari
Edwards

Food Insecurity in the United States

By the GWAAR Legal Services Team

Feeding America has released its annual report detailing senior hunger in America. The State of Senior Hunger in America series documents food insecurity among seniors age 60 and older. It documents that 5.5 million seniors struggle to access enough food. This is about 1 in 12 seniors.

Wisconsin's rate of seniors who experience food insecurity is 4.8%. This percentage is below the national average but higher than Minnesota's 2.8% rate.

Economic conditions continue to cause millions of seniors to be food insecure. Being food insecure means not having enough nutritious food to live a healthy life-style. The high number of food insecure seniors continues to exist despite an improving economy. The stubbornly high number of food insecure seniors imposes a major health care challenge. Food insecurity has negative effects for individuals of every age. For seniors, these effects can be particularly difficult because of the health, economic, and nutritional challenges of aging.

The study highlighted the following:

- Nationally, 7.7% of seniors are food insecure.
- Seniors are more likely to experience food insecurity if they are a racial/ethnic minority; divorced, separated or never married; living with grandchildren; disabled; or female. These findings are consistent with prior reports.

- Food insecure seniors are more likely to experience chronic health conditions. For instance, food insecure seniors are 78% more likely to be depressed or 55% more likely to experience asthma when compared to most seniors.
- The number of food insecure seniors increased by 45% when compared to 2001.

However, SNAP could have a far greater impact in reducing senior hunger. Only 2 in 5 eligible seniors participate in SNAP. Several factors contribute to the low participation rate. Many seniors face barriers related to mobility, technology, and stigma. Moreover, many seniors do not participate because of widespread myths about how the program works and who qualifies for it. The full report may be accessed at the following website: <https://www.feedingamerica.org/research/senior-hunger-research/senior>

There are no asset limits to be eligible for SNAP/FoodShare. The 2019 income limit for an individual is \$2,024/month and for a couple is \$2,744/month. An individual can receive up to \$192/month while a couple can receive up to \$353/month depending on income and expenses. Contact the ADRC at (608)355-3289 and request to speak to an intake specialist for more information on how to apply or for information on other resources such as food pantries.

ADRC TRANSPORTATION

LOOK WHO'S GETTING YOU THERE!



**TOM
HEMBERGER**



**JEFF
HANKE**



**TOM
CLARKSON**

TAXI SUBSIDY PROGRAM

This is just a reminder that the Taxi Punch Card program is now handled by our receptionist, Sandy at 608-355-3289. If you have any questions about the Taxi Punch Cards, please call Sandy or visit the ADRC office during regular business hours.

VOLUNTEER DRIVER ESCORT RIDES

The Volunteer Escort Driver Program is designed to provide low cost transportation to adults with disabilities as well as those over age 60, that have limited or no transportation available. To schedule a ride, or for additional information, please call the Transportation Line at 608-355-3278. Volunteer Drivers are always needed - if you are interested in becoming a Volunteer Driver Escort, please contact Brianna Wipperfurth at 608-355-3289.

FUN BUS TRIPS

Fun Bus trips offer an opportunity for socialization and adventure! For \$5.00, our driver will pick you up at a pre-arranged location for the day's trip. To allow everyone a fair opportunity to travel with us, we will only accept a reservation 3 weeks before the trip day. All reservations will be made on a first-come, first-serve basis. To make a reservation, please call the Reservation Line at 608-355-4888, and let us know what trip you are interested in. We will contact you generally 1-2 days prior to the trip to confirm your pick up time.

SHOPPING BUS TRIPS

The Shopping Bus runs each Thursday for a round trip cost of \$3.00. The bus transports shoppers to one of three weekly destinations including Baraboo/Lake Delton, Madison West Towne, and Madison East Towne. Shoppers can request to be taken to other stores and restaurants within a five-mile radius of the central stop. Please call at least 48 hours in advance to reserve a spot on the Shopping Bus, first come first served. You may reserve seating for up to 4 total passengers. Please call our Reservation Line at 608-355-4888, and let us know what trip you are interested in. We will contact you generally one day prior to the trip to confirm your pick up time.

MEDICAL TRANSPORTATION LINE: 608-355-3278 OR 800-830-3533
FUN-DAY TRIP RESERVATION LINE: 608-355-4888

FUN BUS TRIPS

September:

- 3 - **No Bus**, Labor Day
- 5 - Quilt Expo, Thursday, \$10 Admission
- 9 - Dr. Evermore's Art in the Park, Monday,
Donations Accepted at Park
- 17 - Gays Mills Apple Orchards & Pie Depot
- 24 - Channel 27
- 27 - Merrimac Ferry & Slacks Jelly Farm,
Friday

October:

- 1 - Oakwood Fruit Farm
- 8 - Indian Agency House, Portage, \$6.00
admission, Veterans free
- 15 - Wildcat Mountain, Cashton
- 22 - Spellman Monument, Sauk City
(First 10 people calling only)
- 29 - Pecks Market

November:

- 5 - Epic, 2:00 Tour
- 12 - Portage Movie Theatre
- 19 - Veterans Resource Fair, Madison
- 26 - **NO BUS**, Thanksgiving

December:

- 3 - Governor's Mansion Christmas Tour
- 10 - Old World Christmas Market, Elkhart
Lake
- 17 - Christmas Lights Tour (PM)
- 24 - **NO BUS**, Christmas Eve
- 31 - **NO BUS**, New Years Eve



SHOPPING BUS TRIPS

September:

- 5 - Madison West Side
- 12 - Baraboo / Lake Delton
- 19 - Madison East Side
- 26 - Baraboo / Lake Delton

October:

- 3 - Madison West Side
- 10 - Baraboo / Lake Delton
- 17 - Madison East Side
- 24 - Baraboo / Lake Delton
- 31 - Madison West Side

November:

- 7 - Baraboo / Lake Delton
- 14 - Madison East Side
- 21 - Baraboo / Lake Delton
- 28 - **NO BUS**

December:

- 5 - Madison West Side
- 12 - Baraboo / Lake Delton
- 19 - Madison East Side
- 26 - **NO BUS**



Sauk County TRIAD Vehicle Winterization Safety Checks

Sauk County Sheriff Chip Meister, in conjunction with Sauk County Police Chiefs and the Sauk County TRIAD Program, would like to announce the 19th annual “Vehicle Safety Check”.

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, Hovland’s BP-Amoco, McFarlanes, Koenecke Ford 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.

FREE for Senior Citizens

Service includes: checking of fluids, hoses, belts, lights and equipment on the vehicle and is provided FREE of charge.

No appointments are necessary and refreshments will be provided.

BARABOO	Friday, September 27 9 A.M.—Noon	Sauk County Law Enforcement Center (with Glacier Valley Ford-Mercury) 1300 Lange Ct, Baraboo
SPRING GREEN	Friday, October 4 9 A.M.—Noon	Spring Green Township Hall (with George’s Auto Body) Located 1 mile West of Spring Green on Kennedy Road
REEDSBURG	Friday, October 11 9 A.M.—Noon	Koenecke Ford S2745 Twin Pine Road, Reedsburg
SAUK CITY	Friday, October 18 9 A.M.—Noon	McFarlanes 780 Carolina St, Sauk City
LAKE DELTON	Friday, October 25 9 A.M.—Noon	Delton Fire Department (with Hovland’s) 45 Miller Drive, Lake Delton
LAVALLE	Friday, November 1 9 A.M.—Noon	Hartje Farm, Home & Tire Center Located on STH 33 just North of LaValle

If you have any questions, please contact: Sheriff Chip Meister or Shelly Backeberg—Sauk County Sheriff’s Dept. at 355-3212; Detective Sgt. Jeff Shimon—Baraboo Police Dept. at 355-2720; Sgt. Andy Kurek - Spring Green Police Dept. at 588-2125; Officer Troy Spencer—Lake Delton Police Dept. at 254-7571; Officer Jeff Beck-Sauk Prairie Police Dept. at 643-2427; Sgt. Andrew Foesch—Reedsburg Police Dept. at 524-2376 and Chief Jim Astle-Town of LaValle Police Dept. at 985-7695.

Sheriff Chip Meister
Sauk County Sheriff’s Department

The TRIAD Clinics will also be Drug Take Back sites!

Accepted Items: Prescription (controlled & non-controlled), over-the-counter medications, ointments, patches, non-aerosol sprays, inhalers, creams, vials, and pet medications

DO NOT BRING: Illegal drugs, needles/sharps, or aerosol cans, Bio-hazardous materials (anything containing bodily liquid or blood) Mercury thermometers or personal care products (shampoo, soaps, lotions, sunscreens, etc.) Household hazardous waste (paint, pesticides, oil, gas, and no acids)



Brianna
Wipperfurth
Program
Coordinator

The Volunteer Buzz

The ADRC is in GREAT NEED of Home Delivered Meal Drivers in Reedsburg and Baraboo. Home Delivered Meal Drivers pick up meals at their local dining center and deliver them to home-bound adults in their community who are 60 or older and/or disabled. Drivers can have a regular schedule or be on call to fill in as needed. The ADRC is always looking for Volunteer Escort Drivers, Home Delivered Meal Drivers, Office Support, Dining Center Helpers, and more! No matter what the talents or gifts volunteers share - from expertise in a certain field to the ability to make others feel assured, cared for, and safe - volunteer experiences help us sustain a culture of connectedness in Sauk County!



What is Dementia?

Gina Laack, CSW

Dementia Care Specialist, ADRC of Eagle Country

According to the Alzheimer's Association, Dementia is a general broad umbrella term that describes a decline in mental ability severe enough to interfere with a person's daily life and activities. Dementia is commonly mistaken as just "memory loss" however it is much more complex and can affect many different areas of the brain including judgment, rational, reasoning, abstract thinking, communication, language, organizational skills, mobility, hearing, vision, balance, and more. There are many different conditions that can cause dementia. Alzheimer's disease which is a progressive disease of the brain is the most common cause of dementia. One of the most common early symptoms of Alzheimer's disease is having trouble with short-term memory. This can cause difficulty remembering newly learned information such as appointments or recent conversations. As the disease progresses, issues with communication, planning, judgment, mood, behavior, and confusion about time and place can occur. Although Alzheimer's disease is the most common, there are believed to be over 100 different types of dementia which include conditions such as vascular dementia, lewy body dementia, and frontotemporal dementia. Dementia including Alzheimer's disease results because of damage that has occurred or is occurring within the brain. This type of damage is what causes an individual to have difficulty with communication, planning, judgment, mood, behaviors, etc. It is important to know that the individual living with dementia cannot change their behavior so they must be met and provided with compassion, support, and understanding. If you would like more information on dementia or to learn about the support and resources available in your community, contact your local Aging & Disability Resource Center and ask to be connected to the Dementia Care Specialist.

ADRC of Eagle Country - Serving Crawford, Juneau,
Richland, and Sauk Counties, (800) 482-3710



COP'S CORNER

THE COP'S CORNER HAS BEEN WRITTEN BY A MEMBER OF THE SAUK COUNTY CHIEF'S ASSOCIATION

HOME SECURITY IN WARM MONTHS

Well the dog days of summer sure had us running the AC. Having a significant swing in temps it almost felt like we went from the heater to the AC and kept the house closed up. If you are like me, you are hoping the fall brings moderate temps so we can open the windows and let Mother Nature in!

In letting the fresh air in, we also want to be certain to not let the bad guys in. Law enforcement in the area has seen an increase in burglaries and thefts where the suspects are so brazen they walk into homes in the middle of the day. A simple check of the doors and windows to make sure they are secure, even if they are open a bit, can be the difference.

In the modern era, we can't be as trusting as we once were and go for a walk or a run to the store and not lock up our homes. This presents an opportunity for us to be victims and we can help to prevent that by taking just a moment and making sure we lock stuff up.

My mom always said locks are there to keep the honest people honest. I think if we heed that advice and we make sure to lock our homes and vehicles, we will all enjoy the cooler fall days just a bit more.

Mark Schauf
Baraboo Chief of Police





What is Your Holiday Made Of?

By GWAAR

Around the holidays eating healthy tends to take a backseat to good meals and good times with friends and family. But the nutrition community would like people to focus on the good and not so much on the bad. With that said, it's time to discuss all the good things that are in our holiday meals. For example, let's look at the obligatory Holiday Ham. Being meat, it of course is high in protein. But ham contains almost twice as much mono-unsaturated fat as it does saturated, and it's a good source of B Vitamins.

Can't keep your fork out of the pumpkin pie? Well, you're helping yourself to heaping portions of dietary fiber, Vitamin A and potassium. If mashed potatoes are more your style, you're consuming a good amount of potassium, which is great for the heart, and you're helping absorb minerals like calcium and iron because of the Vitamin C in potatoes. Not to mention the calcium you're receiving from the milk mixed in to make them smooth and creamy.

If your family is more the Hors d'oeuvre type, shrimp cocktail provides protein that's low in fat. Cheese and crackers are good for calcium, B Vitamins, possibly fiber, and phosphorus, which is an essential component in cell membranes. Olives are filled with healthy fats, and also contain some iron and Vitamin A. Even the traditional fruit cake has its merits-all those fruits and nuts provide fiber and loads of vitamins and minerals.

Answers to
Sudoku Puzzles
from Page 9

7	6	2	1	8	9	3	5	4
1	4	3	6	2	5	7	8	9
5	9	8	3	4	7	2	1	6
4	5	9	2	1	6	8	3	7
3	7	1	8	9	4	6	2	5
8	2	6	5	7	3	9	4	1
9	1	5	7	3	2	4	6	8
6	3	4	9	5	8	1	7	2
2	8	7	4	6	1	5	9	3

8	3	4	2	1	5	9	6	7
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7	5	6	8	2	4	1	9	3
4	9	8	5	3	1	6	7	2
2	8	3	6	5	9	7	1	4
9	1	7	3	4	2	5	8	6
6	4	5	1	8	7	2	3	9



Nutrition News



Thank You!!!

Our Sauk Prairie Dining Site was recently able to purchase a popcorn machine, Blu-ray player, and movies to enjoy during their Friday after-lunch movies, thanks to a generous donation made to the ADRC in Memory of Bill Dunse!



Menus for October & November will be available at the dining centers & will be given to the home delivered meal clients upon their finalization.

If you do not regularly attend the dining center & would like a menu mailed to you, please call the ADRC at 355-3289 to request one.



Dining Center Schedule

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



Baraboo

Highpointe Commons
1141 12th St, Baraboo
Phone: 963-3436
Lunch served at 11:00 a.m.

Reedsburg

Boys and Girls Club
300 Vine St, Reedsburg
Phone: 963-3438
Lunch served at 11:30 a.m.

Sauk/Prairie

Sauk Prairie Community Center
730 Monroe St, Sauk City
Phone: 963-3437
Lunch served at 12:00 noon

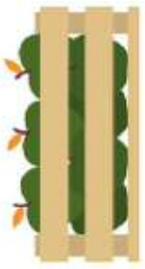
Lake Delton

Frank Fischer Senior Center
20 Wisconsin Dells Pwky S
Lake Delton
Phone: 393-7214
Lunch served between
11:30 a.m - 12:30 p.m.
No Reservations Needed

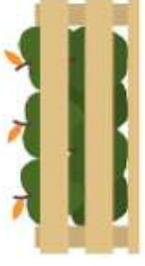
Home Delivered Meals

Remember, you are to call and cancel your meal 24 hours in advance. We know this isn't always possible, but would like to avoid wasting food when possible.

Plain: My Meal, My Way
Schnitzelbank Restaurant
1170 Main St, Plain
Breakfast served
Thursdays & Fridays
9:00 a.m. - 11:00 a.m.
No Reservations Needed



SEPTEMBER 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>HAPPY LABOR DAY!</p> <p>9 Bratwurst & Sauerkraut Sweet Potato Fries Seasoned Peas Fruit Salad</p>	<p>10 Glazed Meatloaf Scalloped Potatoes Fresh Baked Squash Pie</p>	<p>17 Lemon Pepper Chicken Garden Rice & Dinner Roll Sicilian Blend Vegetables Banana Pudding</p>	<p>24 Roast Beef Sandwich Baked Potato Wedges Coleslaw Peach Cobbler</p>	<p>30 Sloppy Joe Macaroni Salad Broccoli & Cauliflower Cookie</p>	<p>3 Roast Pork w/Plum Sauce Au Gratin Potatoes Capri Blend Vegetables Dinner Roll/Pudding Parfait</p>	<p>11 Honey BBQ Chicken Macaroni Salad Broccoli Brownie a la Mode</p>	<p>18 Baked Fish Buttered Noodles Spinach & Scalloped Corn Frosted Cake</p>	<p>25 Scalloped Potatoes w/Ham Seasoned Broccoli Buttered Corn Ice Cream</p>	<p>NOTE: Meals are subject to change on occasion. Site meals include coffee & milk. Home Delivered meals include milk.</p>	<p>4 Corned Beef Boiled Potatoes & Carrots Dinner Roll Poke Cake</p>	<p>12 Macaroni & Cheese Ring Bologna Italian Vegetables Watermelon Slice</p>	<p>19 Cheeseburger on a Bun Pea Salad Watermelon Slice Chips</p>	<p>26 Chicken Drumsticks Calico Rice Chef Cut Spring Veggies Cookie</p>	<p>Lake Delton: 393-7214 La Valle: 355-3289 Frozen: 355-3289</p>	<p>5 Oven Fried Chicken Mashed Potatoes & Gravy 3 Bean Salad Melon</p>	<p>13 Baked Glazed Ham Baked Potato Casserole Chef Cut Spring Veggies Applesauce Jell-O Salad</p>	<p>20 Cheese Ravioli & Marinara Garlic Bread Baked Zucchini Jell-O w/Fruit</p>	<p>27 Hamburger on Bun French Fries/Pickled Beets Country Blend Vegetables Cinnamon Apples</p>	<p>Sauk Prairie: 963-3437 Baraboo: 963-3436 Reedsburg: 963-3438</p>	<p>6 Hamburger on Bun Baked Beans Chilled Peaches Cookie</p>
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THE BASCO BEAT

A PEAK INTO THE HAPPENINGS OF THE
BARABOO AREA SENIOR CITIZEN'S
ORGANIZATION

AGING MASTERY PROGRAM®

The Aging Mastery Program offers 10 classes, held over five weeks, with materials, speakers, discussions, goal setting, and prizes, providing skills and tools to improve your life. Location: Big Top Room, Oak Park Place, 800 Waldo St., Baraboo. Thursdays from October 3-October 31, from 8:30 am-noon. Cost is \$25.00. Class curriculum includes: Navigating Longer Lives: the Basis of Aging Mastery, Exercise & You, Sleep, Healthy Eating & Hydration, Financial Fitness, Advance Planning, Medication Management, Community Engagement, Falls Prevention, & Healthy Relationships.

Call 608-356-8464 to register.

MIND OVER MATTER

New Evidence-based program for women helps to improve incontinence without medication and surgery, but through dietary changes and exercise. Proven 70% effective! October 15, October 29, & November 12, 9:00 am-11:00 am. Baraboo Senior Center, 124 2nd St, Room 21. Cost is \$10.00.

Call 608-356-8464 to register.

SIP & SWIPE CAFE

The Baraboo Senior Center is offering Sip & Swipe Cafes, providing FREE lessons on tablet computers through the Baraboo High School. A coach will arrange times and locations. Tablets can be checked out.

**Call the Center at 608-356-8464
for more information.**



Sauk County Foot Clinic Schedule



**NEW! Oak Park Place
(Reserved for Oak Park Place Residents)**

Wednesdays-Sept 18 & Nov 20

Baraboo-West Square Building

Tuesdays-Sept 3 & 17, Oct 1 & 15, Nov 5 & 9

Wednesday-October 16

Lake Delton-Frank Fischer Center

Wednesdays-Sept 4, Oct 2, Nov 6

La Valle-Fire Department

Wednesdays-Sept 25, Nov 27

Plain-Kraemer Library

Wednesday-Oct 23

Reedsburg-Maple Ridge

Tuesdays-Sept 10, Oct 8, Nov 12

Thursday-Oct 17

Reedsburg-Senior Life Center

Wednesdays-Sept 11, Nov 13

Reedsburg-Willow Heights

Wednesday-Oct 9

Sauk Prairie-St. John's Church

Thursdays-Sept 5 & 12, Oct 3 & 10,

Nov 7 & 14

Spring Green-Christ Lutheran Church

Tuesdays-Sept 24, Nov 26

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

**Please call the Health Department
at 355-4338.**

The cost for the foot clinic visit is \$30.00.

Creating a Peaceful and Enjoyable Holiday

It is the season for families and friends to celebrate and come together to share life stories, laughter and memories. It can be a time of excitement as well as high expectations. For people with dementia and their families, the holidays can be overwhelming, frustrating and sad. The holidays may cause a change in their daily structure and routine or a remembrance of what they have lost over the past years. Making changes to regular holiday traditions to better support your loved one will provide for a more enjoyable and peaceful holiday for all:

- Plan ahead and be realistic about expectations. Talk with family and friends about what you feel you can prepare for the holidays and what you cannot.
- Ask for people to help out and share in the responsibilities. Perhaps this year dinner will be pot-luck style or maybe catered.
- Consider altering the time and size of the holiday gathering. The time of day or the audio and visual stimulation from large gatherings may cause confusion.
- Share what changes you have observed and remind them they need to be patient, give the person time to process what is being said, and not correct or interrupt when he/she is talking.
- Provide a quiet room for the person with dementia. Give them a place to relax, nap and re-energize the brain if they become stressed or anxious.

For more tips join Dementia Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin, on Tuesday, October 22 from 5:30-7:00 p.m. at Oak Park Place, 800 Waldo St., in Baraboo for "Making Holidays Meaningful". Janet will share ways to keep cheer in the holidays and savor them too.

This program is supported by funds raised through ADAW's annual Alzheimer's Walk. Step forward and give hope to individuals and families impacted by dementia in your community by joining the Sauk County Alzheimer's Walk on Saturday, September 28 at Mary Rountree Evans Park in Baraboo. Visit www.alzwissc.org for details.





Holly Schafer

Disability Benefit Specialists

Quinn Hause



What Every Young Person Should Know About Social Security Disability Benefits

By The Social Security Administration

Disability can affect anyone at any time. That is a reality. The chances you will become disabled are probably far greater than you realize. According to government statistics, one in four 20-year-old Americans will likely become disabled before reaching age 67.

How prepared are young Americans for that possibility? The New York State Society of Certified Public Accountants believes that most people are not prepared. "While some people have the financial resources to fund a disability on their own," the group stresses in its online publication *The CPA Journal*, "most need disability income insurance to cover the risk."

The Society of Actuaries (SOA) agrees. In *Disability Insurance: A Missing Piece in the Financial Security Puzzle*, the SOA concludes that most people seriously misjudge:

- Their risk of becoming disabled;
- Their financial capacity to weather a disabling illness or injury; and
- The ability of Social Security disability benefits to fully address their needs.

This raises the question: Exactly how much help can you expect from Social Security if you become disabled? Social

Security is insurance coverage workers earn and can count on if a disabling condition forces them to stop working. Social Security disability payments are modest and allow people with severe disabilities to attend to their basic needs and pay for life-sustaining medications. If you qualify, you can receive a monthly disability benefit from Social Security for as long as your disability prevents you from working. Many young people spend a great deal of time working to succeed in their jobs and careers. Few think about building a safety net to catch them if they become disabled. Now is always the best time to prepare for future challenges. And knowledge is our first line of defense.

Social Security disability insurance is coverage that workers earn.

Social Security disability insurance is a social insurance program under which workers earn coverage for benefits, by working and paying Social Security taxes on their earnings. The program provides benefits to disabled workers and to their dependents. For those who can no longer work due to a disability, our disability program is there to replace some of their lost income.

Continued on next page

The Social Security Act defines disability very strictly.

Eligibility rules for Social Security's disability program differ from those of private plans or other government agencies. Social Security doesn't provide temporary or partial disability benefits, like workers' compensation or veterans' benefits do.

To receive disability benefits, a person must meet the definition of disability under the Social Security Act (Act). A person is disabled under the Act if they can't work due to a severe medical condition that has lasted, or is expected to last, at least one year or result in death. The person's medical condition(s) must prevent them from doing work that they did in the past, and it must prevent them from adjusting to other work.

Because the Act defines disability so strictly, Social Security disability beneficiaries are among the most severely impaired in the country. In fact, Social Security disability beneficiaries are more than three times as likely to die in a year as other people the same age. Among those who start receiving disability benefits at the age of 55, 1-in-6 men and 1-in-8 women die within five years of the onset of their disabilities.

Disability is unpredictable and can happen to anyone at any age.

Disability is something many Americans, especially younger people, think can only affect the lives of other people. Tragically, thousands of young people are seriously injured or killed, often as the result of traumatic events. Many serious medical conditions, such as cancer or mental illness,

can affect the young as well as the elderly. The sobering fact for 20-year-olds is that more than 1-in-4 of them becomes disabled before reaching retirement age. As a result, they may need to rely on the Social Security disability benefits for income support. Our disability benefits provide a critical source of financial support to people when they need it most.

Social Security disability payments are modest.

At the beginning of 2019, Social Security paid an average monthly disability benefit of about \$1,234 to all disabled workers. That is barely enough to keep a beneficiary above the 2018 poverty level (\$12,140 annually). For many beneficiaries, their monthly disability payment represents most of their income. Even these modest payments can make a huge difference in the lives of people who can no longer work. They allow people to meet their basic needs and the needs of their families.

The number of people qualifying for Social Security disability benefits has increased.

For almost 60 years, Social Security disability has helped increasing numbers of workers and their families replace lost income. Several factors have contributed to this increase, which the Social Security Trustees and our actuaries have projected for decades. For example, baby boomers have reached their most disability-prone years and more women have joined the workforce in the past few decades, working consistently enough to qualify for benefits if they become disabled.

continued on next page

Despite the increase, the 9 million or so people getting Social Security disability benefits represent just a small subset of Americans living with disabilities.

Social Security works aggressively to prevent, detect, and prosecute fraud.

Social Security, along with the Office of the Inspector General, identifies and aggressively prosecutes those who commit fraud. Our zero tolerance approach has resulted in a fraud incidence rate that is a fraction of one percent. One of our most effective measures to guard against fraud is the Cooperative Disability Investigations program. Under the program, we investigate suspicious disability claims early, before making a decision to award benefits. In effect, we proactively stop fraud before it happens. In fiscal year 2018, with the help of state and local law enforcement, the program reported nearly \$188.5 million in projected savings to the disability programs. This resulted in a return on investment of \$17 for each \$1 spent. Eradicating fraud is a team effort. We need people who suspect something to say something. If you suspect fraud, please visit the Office of the Inspector General and select Report Fraud, Waste, or Abuse or call 1-800-269-0271.

Social Security helps people work without losing benefits.

Often, people would like to re-enter the workforce but are afraid they might lose disability benefits if they try to get a job. If you are age 18 through 64 and receive Social Security disability benefits, you can participate in Social Security's Ticket to Work program.

The Ticket to Work program allows you to receive free employment support services and take advantage of work incentives that make it easier to work and still receive benefits such as health care. In some instances, you can receive cash benefits from Social Security, and you are protected if you have to stop working due to your disability. Learn about our Ticket to Work program or call 1-866-968-7842 or 1-866-833-2967 (TTY).



SAVE THE DATE: TUES NOVEMBER 19TH, 2019 | 9 AM – 2 PM

REGIONAL VETERANS CONFERENCE/RESOURCE FAIR

Alliant Energy Center

1919 Alliant Energy Center Way, Madison, WI

Who Should Attend: Veterans, their families and friends

- Resources for veterans and their families
- Special Guest Speakers presenting on key topics related to veteran benefits and services

Participating Counties:

Dane, Rock, Jefferson, Dodge, Columbia, Green, Grant, Iowa, Lafayette, Sauk, Richland, Juneau, and Crawford



SAVE THE DATE NOVEMBER 2019

Sauk County UW Madison Division of Extension will be offering a FREE educational event tailored for anyone 60 years and beyond! This program will be held in Baraboo and take place this fall!

Keep an eye out for details or join our mailing list by visiting <https://sauk.extension.wisc.edu> or calling 608-355-3250.



**Social Security:
You have questions, we have answers!**

with Rebecca Hammer, Focused Tax Solutions-Tax Advisor

**St Clare Hospital, Ringling Rooms
Wednesday Sept. 11, 2019 1pm and 3:30pm**

Please call for Reservation (608) 356-1407

St♥Clare HOSPITAL's GoldenCare

Sponsored by:

St♥Clare HOSPITAL's GoldenCare

and

St♥Clare Health Care Foundation

Refreshments will be Provided



Oral Health & Dementia/Alzheimer's Disease

Alzheimer's touches so many families now. We are living longer, but not always as we could have hoped.

Oral health may seem an insignificant issue when one is worried about such a devastating diagnosis. While not yet conclusive, there are some indicators that seem to point to inflammation (infection) in the body as a possible contributor to the process. Gum disease is one form of inflammation that may go undiagnosed for years if one does not seek routine dental/oral care.

If you or your loved one is in the early stages of the diagnosis, tell your dental team. Your dental hygienist can help you with resolving as much inflammation as possible, if you do also have gum disease. This may involve several visits at first, and possibly more frequent routine visits to manage your particular situation.

Switching to an electric toothbrush and possibly including an oral irrigator in your daily mouth care can help reduce the effects of gum disease. Again, ask your dental hygienist how to maximize the benefits for you.

You may have old fillings that need attention, or teeth that are not likely to last very long. Now is the time for a very frank discussion with your dentist about these issues.

Even though you are not a "kid" anymore, new research supports the use of fluoride varnish

in the adult population. The stronger you can make your enamel and any exposed root surfaces now, the better your chances of avoiding cavities during this journey.

A very simple, but extremely effective, way for you to start reducing the impact of the normal bacterial population in your mouth is through products with xylitol. The Spry product line includes toothpaste, chewing gum, mints, candies, moisturizing sprays and gels. Xylitol is a naturally occurring sweetener, found in all fruits and vegetables, and we make some every day in our liver. By introducing the xylitol into your mouth, and using it consistently the bacterial films (plaque) in the mouth are reduced to the point of being insignificant.

Six to seven "servings" a day of the xylitol is the key. A routine of brushing with the Spry toothpaste and having a mint or candy after each meal and you can easily reach the goal.

A word of caution, our body processes the xylitol like fiber, not like sugar. This makes it safe for diabetics, but it can be smart to slowly add the xylitol over the course of a four to five days.

Prevention now can save much distress later. Those of us who have had the privilege to serve the same families for years (or decades) can attest to the difficulty dementia patients can have with what used to be routine dental treatment. Eventually, any dental treatment may require sedation, which can be very disruptive to the dementia patient.

**By Highlife Oral
Health Alliance**

For AddLIFE Today! questions or comments, please contact Brianna Wipperfurth at 355-3289 or email at brianna.wipperfurth@saukcountywi.gov

If you know of someone who would enjoy receiving the AddLIFE Today! Newsmagazine, let us know! Do you have a friend or family member who cannot read AddLIFE Today! because of poor eyesight? AddLIFE Today! is also available on cassette tape. For more information, please call the ADRC 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 to be on vacation, are moving, or if you would like 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 email the editor at brianna.wipperfurth@saukcountywi.gov and we will email you the latest issue of AddLIFE Today!. Thank you for helping us reduce postage costs as well as the amount of paper generated!

Statements or expressions of opinions here are those of the authors and not necessarily those of the Aging & Disability Resource Center. In no event will the authors, the editors, the reviewers, or the publishers be liable for any damages resulting from use of this material. The publication of any information provided by an AddLIFE Today! partner is not to be construed as an endorsement of the product or service offered unless the article specifically states there is such endorsement or approval.



Donation Designation Form

I want to help the Aging & Disability Resource Center to continue its mission and dedication of service to older adults and individuals with disabilities and their families.

Please designate this donation:

In Memory of _____

In Honor of _____

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

- AARP Tax Preparation Program
- AddLIFE Today! Publishing
- Caregiver Support Programs
- Dining Center Program
- Disability Benefit Specialist Program
- Elder Benefit Specialist Program
- Helping Hands at Home Program
- Home Delivered Meals Program
- Information & Assistance Program
- Powerful Tools for Caregivers
- Stepping On
- Shopping/Grocery/Fun-Day Bus Programs
- Tele-Assure Program
- Turning 65/Retirement Workshops
- Veterans Transportation Program
- Volunteer Programs

Kindly make your checks payable to:

'ADRC'

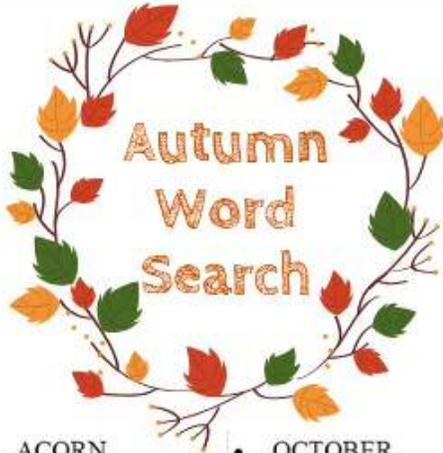
505 Broadway St, Room 102
Baraboo, WI 53913



NONPROFIT ORG
U.S. POSTAGE PAID
BARABOO, WI
PERMIT NO. 65

Aging & Disability Resource Center
505 Broadway St
Baraboo, WI 53913

CHANGE SERVICE REQUESTED



- ACORN
- APPLE
- AUTUMN
- BOUNTY
- COLORS
- CORN
- CRANBERRIES
- FALL
- FOLIAGE
- HALLOWEEN
- HARVEST
- LEAVES
- OCTOBER
- ORANGE
- PUMPKIN
- RAKING
- RED
- SCARECROW
- SQUASH
- SQUIRREL
- THANKSGIVING
- TREE
- TURNIP
- YELLOW

T	Y	R	L	J	T	A	E	Q	H	L	C	P	E	R	N	V
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P	I	O	T	W	S	U	V	N	J	U	E	I	E	C	L	N
A	F	P	E	O	M	G	W	O	V	Q	R	N	V	L	N	Z
L	E	E	T	N	B	X	I	R	N	S	R	G	A	L	G	E
U	N	R	O	C	A	E	S	V	E	Y	I	F	E	S	G	S
V	Y	T	N	U	O	B	R	R	I	D	E	U	L	N	K	Q
H	A	R	V	E	S	T	K	E	O	N	S	L	A	L	F	U
W	O	R	C	E	R	A	C	S	L	L	G	R	L	F	S	A
R	A	K	I	N	G	T	R	E	E	P	O	K	S	O	X	S
N	W	A	D	K	O	F	W	N	O	O	P	C	L	Q	W	H
B	N	E	L	U	L	L	W	G	Y	K	B	A	R	V	O	I