



***A quarterly newsmagazine for adults with disabilities,
older adults, veterans, and their families.***

Contact: ADRC at 355-3289 or 800-482-3710

Veterans Service Office at 355-3260



Fall 2020

Volume Twelve - Issue Three

Have You Requested Your Absentee Ballot Yet???

Due to COVID-19, absentee voting is being highly encouraged for the November 3rd election. Requesting an absentee ballot as soon as possible is important in ensuring you receive your ballot in time to have it mailed in or delivered to your polling place by election day. There are a couple ways you can request an absentee ballot:

1. Visit myvote.wi.gov and sign up to have your absentee ballot mailed to you. From this site you are able to request absentee ballots to be delivered to you for the upcoming election, for every election in a given year, or for every election, indefinitely.

2. Request an absentee ballot directly from your Clerk. Contact information for all Sauk County Clerks can be found in the "Director's Desk" section of this newsletter.

Absentee ballots should be requested as far in advance of the election as possible. The deadline to request a ballot by mail in Wisconsin for the November 3rd election is Thursday, October 29th, 2020. Wisconsin also requires a witness signature on all absentee ballots. Don't have anyone to sign as a witness for you? Give our transportation department a call and we will schedule one of our drivers to come out and sign as a witness for you. (608) 355-3278

Do You Have Voter ID???

The state of Wisconsin requires a photo ID to vote. Examples of acceptable IDs are:

- A Wisconsin DOT-issued driver license, even if driving privileges are revoked or suspended
- A Wisconsin DOT-issued identification card
- A Military ID card issued by the U.S. Uniformed Services (including retired and dependent uniformed service IDs)
- A U.S. passport book or card

Wondering if your Photo ID is acceptable? Call the Voter ID Hotline: (844) 588-1069

Need a free ride to the DMV to apply for a free Wisconsin Voter ID card? Call our transportation department: (608) 355-3278

Want to Vote Absentee, but not sure if you're registered?

If you are not already registered, you will need to register before an absentee ballot can be sent to you. You can register at myvote.wi.gov, in person at your municipal clerk's office, or at your polling place on election day if you choose to vote in person. If registering online, you must register at least 20 days before the election. After October 14, you can only register at your clerk's office.

From the



Director's Desk

Susan Blodgett
ADRC Director



Tuesday, November 3rd **is Election Day.**

Are YOU Ready?!

- Are you registered to vote?
- Have you requested an absentee ballot?
- Do you know where your polling place is located?
- Do you know who is on your ballot?

These are all great questions to ask yourself as election day approaches. A quick trip over to the MyVote Wisconsin website (myvote.wi.gov) can help you with all of the above questions, and more! With just a few clicks you can update your voter information, find your polling place, learn what is on your ballot, update your name and/or address, register to vote, and even request an absentee ballot.

If you are unable to access the MyVote Wisconsin site, give your municipal Clerk a call. On the following two pages, we have provided all Sauk County polling locations, Clerk's name, and contact information for all municipalities. The municipalities denoted with (*) are located in more than one county. If you have questions or concerns about voting safely during this global pandemic, please reach out to your Clerk.

Voter Checklist

- Do you have the required photo ID?
- Are you registered to vote?
- Do you know who/what is on your ballot?
- Have you decided how you will be voting (absentee or in person)?
- If voting absentee, have you requested your ballot?
- If voting absentee, do you have someone who can sign your ballot as a witness?
- If voting absentee, how are you ensuring your ballot will be delivered in time?
- If voting in person, do you know where your polling place is?
- If voting in person, do you have transportation to your polling place?

See page 24 for more information on ADRC provided voting assistance

TOWNSHIPS:	Polling Place Clerk Contact Information
Baraboo	Baraboo Town Hall, 101 Cedar Street (South of Village of West Baraboo) Clerk: Morgan K. Olson (608) 356-5170 townshipbaraboo@centurytel.net
Bear Creek	Bear Creek Town Hall, S9497 County Road G, Plain Clerk: Mrs. Lawrence (Eileen) Eberle (608) 546-2201 eileeneberle@gmail.com
Dellona	Dellona Town Hall, E8062 County Rd H, Lyndon Station (between P & HH) Clerk: Mr. Lynn A. Eberl (608) 524-0800 clerk@townofdellona.com
Delton	Marshall Memorial Hall, 30 Wisconsin Dells Pkwy S, Village of Lake Delton Clerk: Deborah L. Kowalke (608) 253-4621 dkowalke@townofdelton.org
Excelsior	Excelsior Town Hall, 100 E Broadway, Rock Springs Clerk: Sandra M. Swanson (608) 522-5115 tnexcel@centurylink.net
Fairfield	Fairfield Town Hall, E12891 County Road U & T, Baraboo Clerk: Brandie Grob 608-355-0406 townoffairfield@gmail.com
Franklin	Franklin Town Hall, 550 Main Street, Plain Clerk: Tamara Alt 608-546-5033 altconst6@gmail.com
Freedom	North Freedom Community Ctr, 105 N Maple Street, North Freedom Clerk: Jennifer Roloff (608)522-4343 freedom.townof@gmail.com
Greenfield	Greenfield Town Hall, E13098 County Road W, Baraboo Clerk: Mary Friesen (608) 356-0054 friesen.mary@gmail.com
Honey Creek	Honey Creek Town Hall, E8712 Cty Rd C, North Freedom Clerk: Crystal Fahrenkampf (608) 477-0304 cfahrenkampf@yahoo.com
Ironton	Ironton Town Hall, E4206 Old K Road, Reedsburg Clerk: Sharon Verthein (608) 524-6679 townofironton@yahoo.com
La Valle	La Valle Town Hall, 314 State Road 33/58, La Valle Clerk: Jean Judd (608) 985-7695 clerk@townoflavalles.us
Merrimac	Merrimac Town Hall, S6911A State Road 113, Merrimac Clerk: Tim McCumber (608) 493-2588 townmerr@tds.net
Prairie du Sac	Prairie du Sac Town Hall, S9903 US Hwy 12, Prairie du Sac Clerk: Richard M. Nolden (608) 643-3656 townofprairiedusac@gmail.com
Reedsburg	Reedsburg Town Hall, 600 W Main Street, Reedsburg Clerk: Rebecca Lynn Meyer (608) 524-3999 townofreedsburgclerk@gmail.com
Spring Green	Spring Green Town Hall, E4411 Kennedy Road, Spring Green Clerk: Vicki Terpstra (608) 588-3235 springgreenclerk@gmail.com
Sumpter	Sumpter Community Center, E10496 County Road C, North Freedom Clerk: Lee Nolden (608) 477-0114 townofsumpter@gmail.com
Troy	Troy Town Hall, S10372 County Road C, Sauk City (in Blackhawk) Clerk: Mary Zins (608) 544-3549 mazins@tds.net
Washington	Washington Town Hall, S6101 State Road 154, Hillpoint Clerk: Joyce Huebsch (608) 986-2875 jhuebsch@wicw.net
Westfield	Westfield Town Hall, 200 Mill Street, Loganville Clerk: Stephanie Knuth (608) 415-7511 westfield@wicw.net

TOWNSHIPS:	<u>Polling Place Clerk Contact Information</u>
Winfield	Winfield Town Hall, S1992 County Road K, Reedsburg Clerk: Teresa Bass (608) 524-6654 tbass@rucls.net
Woodland	Woodland Town Hall, S548 County Road G (Southwest of Wonewoc) Clerk: Nancy Dieck (608) 464-3290 townofwoodland@centurytel.net
VILLAGES:	<u>Polling Place Clerk Contact Information</u>
*Cazenovia	Cazenovia Firehouse Meeting Room, 310 N State Road 58, Cazenovia Clerk: Robin Landsinger (608) 963-3702 robinlandsinger@gmail.com
Ironton	Ironton Village Hall, 600 State Street, La Valle Clerk: Jennifer Ferguson (608) 985-7959 voironton@gmail.com
Lake Delton	Kay C. Mackesey Admin. Bldg, 50 Wisconsin Dells Pkwy S, Lake Delton Clerk: Kay C. Mackesey (608) 254-2558 kay2busy@dellsnet.com
La Valle	Village Hall/ Library, 101 W Main, La Valle Clerk: Colette Skundberg-Radtke (608) 985-8383 lavlib@mwt.net
Lime Ridge	Lime Ridge Village Hall, 109 Main Street, Lime Ridge Clerk: Becky Riberich (608) 986-6200 becky.riberich01@gmail.com
Loganville	Loganville Village Hall/Fire Station, 140 West Street, Loganville Clerk: Donna Hahn (608) 727-5981 clerk.loganville@wicw.net
Merrimac	Merrimac Village Hall/Municipal Bldg, 100 Cook Street, Merrimac Clerk: Margaret Budde (608) 493-2122 merrimac@merr.com
North Freedom	Village Hall/Municipal Building, 105 N Maple Street, North Freedom Clerk: Nicki Breunig (608) 522-4550 villageofnorthfreedom@gmail.com
Plain	510 Main Street, Plain Clerk: Sheila Carver (608) 546-2047 clerk@villageofplain.com
Prairie du Sac	Village of Prairie du Sac Municipal Bldg, 335 Galena Street, Prairie du Sac Clerk: Niki Conway (608) 643-2421 nconway@wppienergy.org
Rock Springs	105 E. Broadway, Fire Station, Rock Springs Clerk: Jenny Roloff (608) 522-5700 villageofrocksprings@gmail.com
Sauk City	Municipal Building, 726 Water Street, Sauk City Clerk: Vicki Breunig 643-3932 vicki@saukcity.net
Spring Green	Spring Green Community Library, 230 E Monroe Street, Spring Green Clerk: Wendy Crary (608) 588-2335 wcrary@villageofspringgreen.com
West Baraboo	Village Hall, 500 Cedar Street, West Baraboo Clerk: Owen M. Mergen 356-2516 O.Mergen@villageofwestbaraboo.us
CITIES:	<u>Polling Place Clerk Contact Information</u>
Baraboo	Civic Center Gymnasium, 124 2nd Street, Baraboo, WI 53913 Clerk: Brenda Zeman (608) 355-2700 bzeman@cityofbaraboo.com
Reedsburg	Reedsburg Recreation Center, 134 S Locust Street, Reedsburg Clerk: Jacob Crosetto (608) 768-3346 jcrosetto@ci.reedsburg.wi.us
*Wisconsin Dells, Ward 4, 8 & 10	Municipal Building, 300 La Crosse Street, Wisconsin Dells Clerk: Nancy Holzem (608) 254-2012, EXT. 405 nholzem@dellscitygov.com



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The ADRC will be closed on September 7th, November 26th, and November 27th

Need to drop something off after business hours? The West Square Building has a new drop box located outside the parking lot entrance. Please specifically label who the item is intended for and which department they work in (i.e. ADRC-Susan Blodgett). This box will be checked each morning and distributed to the appropriate staff member.

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

- **Ken & Jean Benzel for the Home Delivered Meal Program**
- **Howard & Karen Diehl for the Veterans Transportation Program**
- **Sheila Klico for the AddLIFE Today! Newsmagazine publishing**
- **Wendy, Kim, Jennifer, & John, in memory of Nancy Ann Erdman, for Home Delivered Meals**
- **Productive Processing, in memory of Nancy Ann Erdman, for Home Delivered Meals**
- **OAC, in memory of Nancy Ann Erdman, for Home Delivered Meals**
- **Claire & Theodore Walmer, in memory of Nancy Ann Erdman, for Home Delivered Meals**
- **Amy & Michael Luebke, in memory of Nancy Ann Erdman, for Home Delivered Meals**
- **Bonrisu for the donation of 60 masks for our Meals on Wheels Volunteers**



Caregiver Connections & Prevention Pointers

Marina Wittmann | Aging Program Coordinator



TIPS FOR DIFFUSING FAMILY CONFLICT

Jane Mahoney | Greater Wisconsin Agency on Aging

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication is essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone.
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you communicate better.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write things down.

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- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

If you need help in your caregiving role, contact the Sauk County ADRC at (608)355-3289.

It's time to take care of you!

Powerful Tools for Caregivers is a 6-week evidence-based workshop that teaches caregivers how to take care of themselves while caring for a loved one. Powerful Tools for Caregivers gives caregivers the confidence and support to better care for a loved one. Caregiving is easier when you're better prepared to face the challenges that arise.

The ADRC is looking to hold a virtual session of this class in 2020. Call Marina at the ADRC for more information or to be added to the waiting list (608)355-3289.

Participant quote: "I learned that you don't have to go it alone. It's OK to ask for help."

Powerful Tools
FOR Caregivers

Looking for Extra Caregiving Support?

Are you interested in a caregiver support group near you?

A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases.

Contact Marina Wittmann for the most up-to-date listing! (608) 355-3289



LEARN HOW TO
KEEP YOUR LOVED ONE HAPPY AND HEALTHY AT HOME

INCLUDING BRAIN HEALTH, SAFETY & INJURY PREVENTION AND PERSONAL CARE

- Improve confidence and reduce stress by learning care skills.
- Helpful tips available in print, audio, video, eLearning and more.
- Login to the website on any computer, tablet or smartphone - no app required!



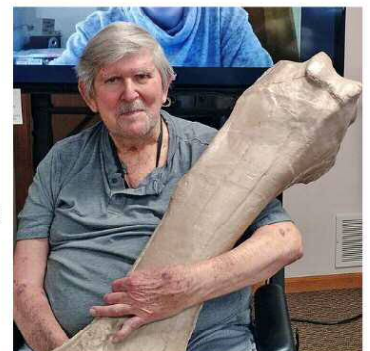
And that fact that you can do a module in five minutes is great!

- JERRY, 65,
 CARING FOR HIS WIFE WITH ALZHEIMER'S

Register Now!

Marina Wittmann
 marina.wittmann@saukcountywi.gov
 ADRC: (608)355-3289

As COVID-19 restrictions continue on into their sixth month and senior living residences remain closed to non-essential visitors, staff members are finding creative and unique ways to keep residents engaged. We've all probably heard about friends and family having window visits with loved ones, but how about dogs, horses and goats? These special guests generate lots of joy and opportunities to reminisce about growing up on farms and showing animals at county fairs. The popular virtual meeting platform Zoom is being used for family visits, but it's also being used for virtual educational presentations. A presenter from the UW Geology Museum dropped off a variety of fascinating specimens at an area assisted living residence - including a replica leg bone of a mastodon - so the seniors could view them in person while she gave her talk. If you or a loved one is considering a move to a senior living residence, be sure to find out what special programming is being done to ensure residents are staying healthy physically and emotionally during these days of COVID-19.



Provided by ElderSpan Management, LLC:





For Your Benefit...

Your Elder Benefit Specialists

Mindy Shrader—serving the Western part of Sauk County

Pam Fuchs—serving the Eastern Part of Sauk County



Due to COVID-19, there will be no Elder Benefit Specialist Site Visits or in-person Welcome to Medicare Presentations until further notice.

IMPORTANT NEWS ABOUT MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment season runs from October 15th through December 7th. This is the time to review your prescription drug plan coverage for next year. This year, due to the COVID-19 Pandemic, the ADRC will NOT be conducting our Medicare Part D Clinics to assist with these reviews. Please know that our Benefit Specialists are still here and ready to do our very best to assist you with your drug plan reviews in other ways! Our Benefit Specialists are trying something new and will be available to review plans through the mail this season. **PLEASE SEE THE INSERTS ON THE FOLLOWING PAGES FOR MORE INFORMATION.** Thank you for your patience, understanding, and cooperation during this time.

MEDICARE ZOOM PRESENTATION

The Aging & Disability Resource Center of Eagle Country – Baraboo/Sauk County will hold a free “Welcome To Medicare” Zoom presentation on Tuesday, September 22nd at 11:30 AM. Advance registration is required. Please contact the Aging & Disability Resource Center at 608-355-3289 to register. The presentation is tailored to people retiring, turning 65, or starting Medicare.

Participants will learn about the basics of Medicare parts A, B, C, and D. Elder Benefit Specialists will help participants make informed decisions about their Medicare options. Our session will focus on the important questions confronting people eligible for Medicare such as “Do I need to enroll now?”; “Will I be able to enroll later?” and “Will late penalties apply to me?”.

If you are not able to participate in this zoom presentation, contact the ADRC to get a phone appointment with one of our Elder Benefit Specialists.

Medicare Part D Disclaimer and Information Sheet

BOTH SIDES of this form must be fully completed, signed by the customer and returned to the ADRC at the address above in order for us to assist you with your drug plan review. One sheet per person.

NOTICE TO CUSTOMERS OF ADRC OPEN ENROLLMENT REVIEWS

The ADRC will assist you in exploring your drug plan options by using the plan finder tool on Medicare's website, www.medicare.gov. The ADRC's role is to provide you with assistance, information and guidance so that you can choose the plan you feel is best for you. **The ADRC cannot and will not choose a plan for you.**

Accuracy of results depends upon information provided by the Part D plans on Medicare's website and information provided by you on this form. The Medicare website is subject to revision and/or error. The drug prices are approximate and total year costs are estimates.

If, after reviewing your drug plan options, you wish to enroll into a new plan for next year, the ADRC will complete the enrollment process for you, provided your consent has been provided.

If you are unavailable to provide consent yourself, you may appoint a representative to do so on your behalf. Your representative must provide written proof that they are authorized to enroll you into a different plan for next year. Without such proof, the ADRC will not complete the enrollment process for you. Instead, the ADRC will provide your representative with your plan finder results and instructions for how you can complete the enrollment process on your own.

If you reside outside of Sauk County and require any follow up assistance outside of this review, you must seek such assistance from the ADRC in the county in which you reside.

A signature below indicates that you have read, understand and agree to the information in this disclaimer and you are requesting that the ADRC provide you with assistance to review your Medicare Part D Plan:

Signature _____ Date _____

PLEASE FLIP FORM OVER!

Please fill out the back of this form as completely as possible and return it to the ADRC office at **505 Broadway Street in Baraboo**. Once received, the ADRC will contact you to assist you with your drug plan review. You may return your form by mail or in person.

*For your safety and convenience, you may utilize the 'drop box' located outside the West Square Building Rear Entrance (West side of building by parking lot). Just put your form in a sealed envelope labeled 'ADRC' and drop it in the box. Staff will check the box daily and get your form to our ADRC office each morning.

INFORMATION SHEET

Last Name	First Name	Middle Initial
Address	City	State Zp
Home Phone Number () - - - -	Cell Phone Number () - - - -	Email Address _____
Marital Status: Married Widowed Single Divorced Separated Lives alone: Y N	Date of Birth: ____/____/____	Sex: M F Race: W Af Am Hisp Am Ind Asian Other
Are you a veteran? Y N		
Do you have Senior Care or a Forward Health Card? Y N		
How did you hear about the ADRC Medicare Part D Clinic or services? _____		
Medicare Number _____ Start Date Part A _____ Part B _____		
Medicare Account(if applicable) User Name _____ Password _____		
Preferred Pharmacy: _____ 2 nd Choice _____		
Willing to use Mail Order? Y N 3 rd Choice _____		
Provide a list of your prescribed medications including dosages or attach a current printout from your pharmacy:		

"The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information.. If you have questions regarding this, please ask the aging unit staff."

S:\Elder Benefit Specialist/Medicare Part D/ Medicare Part D Data sheet

Medicare Part D Disclaimer and Information Sheet

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NOTICE TO CUSTOMERS OF ADRC OPEN ENROLLMENT REVIEWS

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Accuracy of results depends upon information provided by the Part D plans on Medicare's website and information provided by you on this form. The Medicare website is subject to revision and/or error. The drug prices are approximate and total year costs are estimates.

If, after reviewing your drug plan options, you wish to enroll into a new plan for next year, the ADRC will complete the enrollment process for you, provided your consent has been provided.

If you are unavailable to provide consent yourself, you may appoint a representative to do so on your behalf. Your representative must provide written proof that they are authorized to enroll you into a different plan for next year. Without such proof, the ADRC will not complete the enrollment process for you. Instead, the ADRC will provide your representative with your plan finder results and instructions for how you can complete the enrollment process on your own.

If you reside outside of Sauk County and require any follow up assistance outside of this review, you must seek such assistance from the ADRC in the county in which you reside.

A signature below indicates that you have read, understand and agree to the information in this disclaimer and you are requesting that the ADRC provide you with assistance to review your Medicare Part D Plan:

Signature _____ Date _____

PLEASE FLIP FORM OVER!

Please fill out the back of this form as completely as possible and return it to the ADRC office at **505 Broadway Street in Baraboo**. Once received, the ADRC will contact you to assist you with your drug plan review. You may return your form by mail or in person.

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INFORMATION SHEET

Last Name	First Name	Middle Initial
Address	City	State Zp
Home Phone Number () - - - -	Cell Phone Number () - - - -	Email Address _____
Marital Status: Married Widowed Single Divorced Separated Lives alone: Y N	Date of Birth: ____/____/____	Sex: M F Race: W Af Am Hisp Am Ind Asian Other
Are you a veteran? Y N		
Do you have Senior Care or a Forward Health Card? Y N		
How did you hear about the ADRC Medicare Part D Clinic or services? _____		
Medicare Number _____ Start Date Part A _____ Part B _____		
Medicare Account(if applicable) User Name _____ Password _____		
Preferred Pharmacy: _____ 2 nd Choice _____		
Willing to use Mail Order? Y N 3 rd Choice _____		
Provide a list of your prescribed medications including dosages or attach a current printout from your pharmacy:		

“The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information.. If you have questions regarding this, please ask the aging unit staff.”

S:\Elder Benefit Specialist/Medicare Part D/ Medicare Part D Data sheet

COBRA Enrollment Extension

By the GWAAR Legal Services Team

COBRA (short for the Consolidated Omnibus Reconciliation Act) is the federal rule that allows continuation of employer health insurance after employment ends. Usually, COBRA allows an employee 60 days to decide to extend their employer-sponsored coverage after ending employment. However, due to the COVID-19 pandemic, a new rule now allows even more time to choose to extend coverage.

Individuals have always had the option to wait the full 60 days after ending employment coverage to see if they needed care. Then, they could pay the premiums and backdate their coverage if they did. The new rule allows more time to “wait and see.” Under the new rule, once the administration declares the national emergency over, workers get 120 days to decide whether to purchase their job-based insurance. The original COBRA 60-day clock starts running when the national emergency is declared over, and workers have an additional 60 day-extension after that.

As of the printing of this article, an end to the COVID-19 national emergency has not been declared.

However, there are a couple of cautions for waiting too long. First, if a person will be switching to a Marketplace health plan, the special enrollment period for doing so lasts only 60 days after employment coverage ends. Otherwise, a person has to wait for the open enrollment period in the fall (November 1 through December 15) for a coverage start date of January 1.

Second, if a person will be enrolling in Medicare, he or she must do so within eight months of either a) the month after the employment ends, or b) the month after group health plan insurance based on current employment ends – whichever is earlier. Otherwise, a person has to wait until the general enrollment period at the beginning of the year (January 1 through March 31) for a coverage start date of July 1.

Also, it is important to note that the COBRA extension is available only to people who worked at companies with 20 or more employees and had job-sponsored coverage before being laid off or furloughed. If the company goes out of business, there’s no health insurance to continue to buy. This is especially important as the COVID-19 pandemic continues to negatively impact businesses.

For the full rule, visit: <https://www.federalregister.gov/documents/2020/05/04/2020-09399/extension-of-certain-timeframes-for-employee-benefit-plans-participants-and-beneficiaries-affected>

For a summary, visit: <https://khn.org/news/administration-eases-rules-to-give-laid-off-workers-more-time-to-sign-up-for-cobra/>

Medicare Advance Beneficiary Notice of Noncoverage FAQs

By the GWAAR Legal Services Team

If you have Original Medicare (not a Medicare Part C Advantage Plan), you may receive a written notice called an "Advance Beneficiary Notice of Noncoverage" (ABN) from your health care provider or supplier if your provider or supplier thinks that Medicare will probably not pay for the items or services you receive. Below are the answers to some frequently asked questions regarding ABNs.

Q: If I received an ABN for a service that Medicare denied, may I still file an appeal?

A: Yes. You may still appeal the denial of the item or service if the provider billed Medicare and you received a Medicare Summary Notice (MSN) that lists the denied service. If the provider or supplier did not bill Medicare, you will want to request that they do so within one year of the date of service.

Q: I did not receive an ABN for a denied service, am I still responsible for paying?

A: No. You should not be responsible for denied charges if you meet all of the following requirements:

1. You did not receive an ABN from your provider before you were given the service or item;
2. Your provider had reason to believe your service or item would not be covered by Medicare;
3. Your item or service is not specifically excluded from Medicare coverage; and
4. Medicare has denied coverage for your item or service.

Or you may not be responsible for paying if you did receive an ABN but one of the following applies:

1. The ABN is difficult to read or hard to understand;
2. ABNs are given by the provider (except a lab) to every patient with no specific reason as to why a claim may be denied;
3. The ABN does not list the actual service provided;
4. You signed the ABN after the date the service was provided; or
5. The ABN was given to you during an emergency or was given to you just moments prior to receiving a service (for instance, immediately before an MRI).

Q: I did not receive an ABN for my hearing aid, but Medicare is not covering it, does that mean I'm not responsible for paying for it?

A: No. A provider or supplier does not have to issue an ABN for an item or service that Medicare never pays for, such as hearing aids. In this instance, you would still be responsible for paying for your hearing aid or other item or service that Medicare never covers.

Remember to Stay Up to Date on Recommended Vaccines!

By the GWAAR Legal Services Team

Vaccines are the best way we have to prevent some infectious diseases. While many serious diseases are no longer common in the United States because of vaccines, these diseases still exist and can spread when people aren't vaccinated. Not only does getting vaccinated protect you, but it also protects those around you. Because some people have medical conditions that prevent them from getting vaccinated or developing immunity after being vaccinated, it is important for others to get vaccinated so that these diseases are less common.

You can use the Center for Disease Control and Prevention's (CDC) adult vaccine assessment tool to find out which vaccines are recommended for your age, health conditions, job, and lifestyle. The tool is available here:

<https://www2.cdc.gov/nip/adultimmsched/>. Talk to your doctor about whether you have missed any vaccines. Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. It is especially important for people with chronic health conditions to be up to date on recommended vaccines because they may be at increased risk for complications from certain vaccine-preventable diseases.

Every year, thousands of adults in the United States become seriously ill and are hospitalized because of vaccine-preventable diseases. Unfortunately, many of these people die from these diseases. One of these diseases is influenza, or the flu. The flu and pneumonia represent the eighth-leading cause of death in the United States. The CDC estimated that there were tens of millions of cases during the 2019-2020 flu season, which caused tens of thousands of deaths.

This fall, it will be especially important for people to be vaccinated against the flu. In many parts of the country, the COVID-19 pandemic has strained and even overwhelmed healthcare systems. The 2020-2021 flu season is expected to burden healthcare systems even further. Unfortunately, although a yearly flu vaccine is recommended for everyone six months of age and older, only 45% of adults in the United States were vaccinated during the 2019-2020 flu season. Ask your doctor or clinic when they plan to have the flu vaccine available for the upcoming flu season. The CDC recommends that you receive the vaccine by the end of October.

If you are on Medicare, 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.

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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. Patient must check with plan to find out specific rules for administration and payment.

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.

NOTICE:

Due to COVID-19, Foot Clinics will be on hold for the foreseeable future. Please contact the Sauk County Public Health Department with any questions: (608) 355-3290

NOTICE:

Due to COVID-19, the Annual Sauk County TRIAD Vehicle Winterization Safety Checks are CANCELLED



Cop's Corner

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

Protecting Your Identity

COVID 19 has completely changed the landscape of our community and world. Things previously done in person have gone to electronic means and we are encouraged, at least for now, to avoid contact with others and social distance. This has become prime fishing grounds for the bad people who like to separate you from your money or identity.

Many fraud scams target at risk and older populations of a community. These can be done via phone or mail and often try to trick you out of your money. A couple common types of this scam include receiving notice that the victim has won a lottery or large financial settlement. All that they have to do to claim the money is deposit a check that they receive for a good sum of money, and then write a personal check to the sender to pay processing fees or taxes. The problem comes when the check does not clear and the victim is out the money that they sent. Different versions of this scam focus on people who put items for sale in the paper or via the internet. A proposed buyer sends a bad check for an amount in excess of the asking price and then wants the "change" sent back to them. The check they send does not clear and the victim is out the extra money they sent. Additionally now, COVID scams are out there as well. We are even now seeing unsolicited items sent to homes and bills later being sent! There are just too many ways to try to get your money on a virtual theft in our strange new normal.

A couple of keys to identify a scam are:

- Any time a person seeks your bank information or tries to confirm accounts or Social Security numbers on an unsolicited call.
- Unsolicited awards or prizes from a lottery or settlement.
- Any time that a person asks you to send money via wire gram such as Western Union.
- Any person you do not know and cannot verify asking for money.
- Any person who offers to check your credit history or extend a credit line unsolicited. They are trying to get your personal credit card number.

The bad actors are always looking for new ways to make you a victim. If you have any doubts about a situation, contact law enforcement or your bank to help prevent you from being their next victim.

Mark Schauf
Baraboo Chief of Police



Holly Schafer

Disability Benefit Specialists



Quinn Hause

News From Social Security

New Benefit Verification Letters

The Social Security Administration held discussions with stakeholders on ways to improve our Benefit Verification letters. We listened to those recommendations and are excited to release a new and improved letter. Soon, when a person requests a Benefit Verification letter, we will provide a standardized letter, whether they call asking us to mail the letter or get their letter using their personal my Social Security account. We will roll out the new Benefit Verification letters between July and September.

The new Benefit Verification letter includes additional identifiers in addition to name, date of birth, and the benefits received, if any. Clients receiving Social Security or Supplemental Security Income (SSI) benefits can use their letter as proof of income for loans, housing assistance, mortgage, and other verification purposes. Individual representative payees can also use the new Representative Payee Portal with their own my Social Security account to see and print a current benefit verification letter online for themselves or their beneficiaries. Non-beneficiaries may request proof they do not receive benefits, or proof that benefits are pending, in the same standardized letter.

Q&A

How can I get a Social Security Statement that shows a record of my earnings and an estimate of my future benefits?

- You can get your personal Social Security Statement online by using your my Social Security account. If you don't yet have an account, you can easily create one. Your online Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability and survivors benefits you and your family may be eligible for. We also mail paper Statements to workers age 60 and older three months before their birthday if they don't receive Social Security benefits and don't yet have a my Social Security account.

What should I do if I get a call claiming there's a problem with my Social Security number or account?

- If there is a problem, we will mail you a letter with your Social Security number. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number, account, or benefits.

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Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security may call you in some situations, but will never:

- Threaten you.
- Suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.

Don't be fooled! You should look out for:

- A caller saying there is a problem with your Social Security number or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

- If you receive a questionable call, hang up, and report the call to our Office of the Inspector General.
- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.

- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.
- Learn more at oig.ssa.gov/scam.
- Share this information with friends and family.

Learn more about fraud prevention and reporting at

<https://www.ssa.gov/antifraudfacts/>.

Can my Social Security benefits be garnished for alimony, child support or restitution?

- We can withhold Social Security benefits to enforce your legal obligation to pay child support, alimony or restitution. State laws determine a valid garnishment order. By law, we garnish current and continuing monthly benefits. We do not make retroactive adjustments. You cannot appeal to Social Security for implementing garnishment orders. If you disagree with the garnishment, contact an attorney or representative where the court issued the order.
- The Department of the Treasury can withhold Social Security benefits to collect overdue federal tax debts. It can use:
 - A Notice of Levy to collect overdue federal taxes under section 6334(c) of the Internal Revenue Code; or
 - The Federal Payment Levy Program to collect overdue federal taxes. This allows the Department of Treasury to withhold up to 15 percent of your monthly Social Security benefits until you repay the debt.

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- You cannot appeal the reduction of a Social Security benefit payment under tax levy to Social Security. Contact the Internal Revenue Service at 1-800-829-7650 to discuss any appeal rights.
- The Department of the Treasury can withhold Social Security benefits to collect delinquent non-tax debts owed to other federal agencies under the Debt Collection Improvement Act of 1996 (Public Law 104-134). The Department of the Treasury controls this activity and will contact you if you owe a non-tax debt.
- We have no control over this reduction of Social Security benefits, and there is no appeal available under the Social Security Act. If you have questions in this situation, contact Treasury staff at 1-800-304-3107.
- Through the Federal Payment Levy Program to collect overdue federal taxes by levying up to 15 percent of each monthly payment until the debt is paid under Section 1024 of the Taxpayer Relief Act of 1997 (Public Law 105-34);
- To withhold and pay another federal agency for a non-tax debt you owe to that agency according to the Debt Collection Improvement Act of 1996 (Public Law 104-134).
- You can choose for Social Security to withhold a percentage of your benefits to pay to the Internal Revenue Service to satisfy your federal income tax liability for the current year.

How much of my pay can be garnished under an Administrative Wage Garnishment (AWG) order?

What are the laws allowing the garnishment and levy of Social Security benefits?

- Section 207 of the Social Security Act (42 U.S.C. 407) protects Social Security benefits from garnishment, levy or other withholdings by the federal government, except:
 - To enforce child support and alimony obligations under Section 459 of the Social Security Act (42 U.S.C. 659);
 - For certain civil penalties under the Mandatory Victim Restitution Act (18 U.S.C. 3613);
 - With a Notice of Levy to collect overdue federal taxes under Section 6334(c) of the Internal Revenue Code;
- Social Security can order your employer to deduct up to 15 percent of your disposable pay. Disposable pay means your compensation after deductions such as health insurance premiums, Federal, state, and local taxes. You are entitled to keep an amount of disposable pay equal to at least 30 times the Federal minimum wage per week. If your pay is being garnished for other debts, your total garnishments will not exceed 25 percent of your disposable pay.

Source: SSA.gov



ADRC TRANSPORTATION

STACI DANKERT, TRANSPORTATION COORDINATOR



THE TRANSPORTATION DEPARTMENT IS HERE FOR YOU!

Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments, grocery/drug stores, and other personal trips. Masks are required at this time. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Eligible passengers include those who are ambulatory and/or those who use assistive devices such as walkers, canes, and power chairs. The cost to the passenger is \$0.35 per mile starting from and ending at the volunteer driver's home. Transportation staff do their very best to find the closest volunteer driver to keep costs to the passenger at a minimum. To schedule transportation, please call the Transportation Office at (608) 355-3278 at least 48 business hours prior to your scheduled appointment. The office is open Monday through Friday from 8:00 a.m. to 4:30 p.m. excluding holidays.

Shopping Bus

The Shopping Bus will resume with limitations. The Shopping Bus will only be going to Baraboo Walmart, Lake Delton Walmart and various shops close by. Seating is limited and masks are required on the bus. The cost is \$3.00 round trip. Please call (608) 355-4888 to make a reservation.

Taxi Subsidy Program

The Taxi Subsidy program offers half-price taxi tickets for rides through taxi services in Baraboo, West Baraboo, Reedsburg, and Sauk Prairie. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Taxi Tickets are good for 10 one-way rides within the city limits.

Taxi Ticket Prices: Reedsburg: \$17.50, Sauk Prairie: \$15.00,

Baraboo: \$15.00, West Baraboo: \$7.50

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LOOK WHO'S GETTING YOU THERE!



Tom
Hemberger



Jeff
Hanke



Tom
Clarkson



Arvin
Kaske



Hillarie
Ackerman



Gordy
Young



David
Sonntag



Piotr
Monaco

Medical Transportation Line: 608-355-3278 or 800-830-3533
Trip Reservation Line: 608-355-4888

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West Baraboo taxi tickets cannot be used alone. They must be used along with the Baraboo tickets when traveling to, from and within the village of West Baraboo. Taxi Ticket sales will continue by mail through the end of the year. This is to reduce the number of people coming into the ADRC's limited office space. Please do not come to the ADRC office to purchase a taxi ticket. We kindly ask you to send in an application and payment by mail instead. Please continue sending taxi ticket applications and payments to the ADRC via mail to: 505 Broadway, Baraboo, WI 53913. Call (608) 355-3289 with any questions. Thank you for your cooperation. A drop box has been installed outside the West Square Building by the parking lot entrance. You can put your payment and application in an envelope labeled "ADRC" and place it in the drop box. We will then process applications the next business day.

Medication and Grocery Pickup

We are still offering a \$3.00 grocery and medication pickup and delivery. Place an order through your grocery store or pharmacy and let us pick it up and deliver it to your home! You must pre-pay for your groceries or medications before we pick them up. We will only pick up and deliver within Sauk County. Please call the transportation office BEFORE you place your grocery/medication order. A \$3.00 fee will be due upon delivery. Please call (608)355-3278 to schedule a pick up/delivery.



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**NEED A RIDE TO THE POLLS?
WE CAN TAKE YOU THERE!**



The ADRC Transportation Department will be offering free transportation to the polls on November 3rd for the General Election. We are also offering free absentee ballot pick up and absentee ballot witnessing. To schedule these services, please call the Transportation Office at (608) 355-3278 at least 48 business hours prior. The office is open Monday through Friday from 8:00 a.m. to 4:30 p.m. excluding holidays.



The Wisconsin Department of Transportation is seeking input on transportation needs of Wisconsin Residents. Share your comments, take a brief survey, or learn more about this project here:
<https://connect2050.wisconsin.gov>

VETERANS MESSENGER



Dear Friends,

Most service-connected disabilities tend to worsen as veterans age. If it has been more than 3 years since you were last evaluated by the VA for the severity of a service-connected disability, it is time for you to contact our office so we can discuss whether or not it is appropriate to put in for an increase. Additionally, certain disabilities tend to affect other parts of our body as well as our mind, mood, and temperament. Almost any disability, because of the limitations it causes, is likely to lead to a variety of secondary conditions. These secondary conditions can and should be added to a veterans claim, as these conditions then become service-connected conditions, and may result in increased compensation to the veteran.

Military retirees who are service-connected at less than 50% should also contact our office to review their current disabilities. Any service-connected retiree that is rated less than 50% is likely missing out on hundreds of dollars monthly.

If you have a claim in progress please remember to COMMUNICATE with our office whenever you hear from the VA or a VA exam contractor.

ALS (Lou Gehrig's disease) is a presumptive condition for any and all veterans that served on active duty for 90 days or more. This means that if a veteran meets the above service requirement and served under honorable conditions and files a claim, the VA will grant service connection, which will likely result in significant monthly compensation. Also, if a veteran is deceased and had ALS there is likely significant benefits available for a surviving spouse.

As usual, if you would like a faster response to your questions, we would recommend you email the office at vetservice@saukcountywi.gov

***In Your Service,
Tony***

Thank you!

We want to thank the following for their recent donations to the Veterans Care Trust Fund: DAV Chapter 8; American Legion Reedsburg; and numerous individuals. These generous, tax-deductible donations are used to help needy veterans of Sauk County in various ways: to help veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.



VA publishes final regulation for its Program of Comprehensive Assistance for Family Caregivers-NOT ALL CAREGIVERS OF VETERANS THAT ARE RATED 70% OR HIGHER WILL QUALIFY FOR THE STIPEND (Payment by VA)

WASHINGTON —The U.S. Department of Veterans Affairs (VA) recently published its final regulation to improve and expand the VA Program of Comprehensive Assistance for Family Caregivers (PCAFC) with the final regulation going into effect on Oct. 1.

Under the final regulation, PCAFC will include eligible Veterans that have a single or combined service-connected disability rating by VA of 70% or higher, regardless of whether it resulted from an injury, illness or disease.

This is a notable change to the definition of serious injury from the current regulations, among other improvements aimed at standardizing the PCAFC and improving transparency in the program.

Expansion of VA's PCAFC to eligible Veterans of earlier eras will occur in two phases. The first phase will begin October 2020 and will include eligible Veterans who incurred or aggravated a serious injury in the line of duty in the active, military, naval or air service on or before May 7, 1975. Phase two will go into effect two years later and include eligible Veterans of all eras.

"The expanded regulation addresses the complexity and expense of keeping Veterans at home with their families who provide personalized care," said VA Secretary Robert Wilkie. "This will allow our most vulnerable Veterans to stay with their loved ones for as long as possible. Expanding the program and eligibility for the Program of Comprehensive Assistance for Family Caregivers ensures we can continue to meet the changing needs of America's Veterans and their caregivers."

Additionally, the new regulation will change the PCAFC stipend payment methodology, define new procedures for revocation and discharge, and include certain advance notice requirements aimed at improving communication between VA and PCAFC participants as well as include information for current program participants. VA is also standardizing operating procedures for the Caregiver Support Program, providing new training for staff and caregivers, and boosting operational capacity by hiring additional staff. With this expansion, Primary Family Caregivers in PCAFC will also have access to financial planning and legal services. VA is also working to fully implement the new information technology system required by the VA MISSION Act of 2018 by October 2020.

VA's Caregiver Support Program offers support services for caregivers including training, peer mentoring, respite care, a telephone support line, and self-care courses for caregivers of covered Veterans enrolled in VA health care who need personal care services. Every veteran in VA health care is assigned to a social worker, they will be an important point of contact in determining if a veteran qualifies for this benefit.

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Caregivers have several options for information. You can visit www.caregiver.va.gov website; call the Caregiver Support Line at 855-260-3274 for questions - they are available 8 a.m. – 8 p.m. Eastern Time.; or contact your VA social worker.

NOT ALL CAREGIVERS OF VETERANS THAT ARE RATED 70% OR HIGHER WILL QUALIFY FOR THE STIPEND (Payment by VA)

Upcoming Events

Please check with these organizations before attending any 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 or check with the organizations.

- 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/>
- 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. **Subject to change - updates are posted on Facebook American Legion Post 172**



Pamela Russo
Programs
Coordinator



Sandy Deich
Veterans Benefit
Specialist



Rick Erickson
Assistant CVSO



Susan Stoddard
Veterans Benefit
Specialist

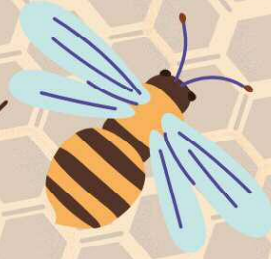
Sauk County Veterans Service Office

vetservice@saukcountywi.gov

(608) 355-3260

The Volunteer Buzzy

Brianna Wipperfurth, Program Coordinator



CAN YOU LEND A HAND?

The ADRC is currently in GREAT NEED of Volunteers in Reedsburg! As summer comes to an end, we are losing some of our trusty seasonal Volunteers and in need of folks to fill their shoes and help us deliver meals to home bound adults in the community. As a Volunteer, you have the flexibility to help out every day or every now and then. Home Delivered Meal Volunteers pick up meals at their local dining center and deliver them along a designated meal route. These routes typically take under an hour from start to finish.

Have questions? Interested in giving back to your community as an ADRC Volunteer?

Contact Brianna Wipperfurth to get started!

brianna.wipperfurth@saukcountywi.gov

or

608-355-3289

A Message from Maplewood

As people live longer, Alzheimer's Disease is becoming more prevalent. If you have concerns regarding your, or a loved one's cognitive status, don't hesitate to reach out to your doctor to determine if it is due to normal aging, or if it is related to another medical condition. When discovered in its early stages, one can delay the progression of Alzheimer's. There is not a cure, but one can have a more positive quality of life with early interventions.

The Alzheimer's and Dementia Alliance of Wisconsin, The Alzheimer's Association, and a podcast "Dementia Live" through the University of Wisconsin are sources to get help with dementia. Theresa Grimes facilitates a monthly Alzheimer's and Dementia caregiver's support group on the fourth Tuesday of each month at Maplewood from 3:00-4:30 p.m. In-person meetings are currently on hold due to COVID-19 restrictions. However, if you would like to be included in a virtual support group, please contact Theresa for more information, (608) 643-3383 or tgrimes@maplewoodsaukprairie.com.

Recipes for Two

Waldorf Chicken Salad Maplewood's Kitchen Recipe



Ingredients:

- 1 cup chicken - cooked & chopped
- 1/2 cup red grapes
- 1 small green apple - chopped
- 1/4 cup celery - chopped
- 1/4 cup walnuts
- 1/4 cup pineapple - chopped
- 1 cup mayo
- 1/4 cup plain yogurt
- 1/2 tsp ground mustard
- 1/2 tsp cinnamon
- dash of salt & pepper

Directions:

- Fold ingredients together.
- Serve on your favorite bread or try it on a bed or lettuce instead!
- Garnish with a melon wedge and enjoy!



Nutrition News

Meg Allen, Nutrition Coordinator



The Reedsburg Dining Center has a New Home!

After serving seniors in a space shared with the Reedsburg Boys and Girls Club since April 2019, the site has moved to Cornerstone Missionary Baptist Church (CMBC) east of town, just off Highway 33. The first home-delivered meals were sent out from the new location on August 24.

CMBC has a building, separate from the church, which they remodeled as an area for fellowship activities. They felt the facilities were being under-utilized and were searching for a partner organization with a service mission to share the space.

We are thrilled to be working CMBC. They have done an amazing job of preparing for our needs. The complementary timing of the dining site service and the church's events and youth activities make for an ideal collaboration and efficient use of the building.

Meals continue to be prepared by the Sauk County Health Care Center. Staff and volunteers at the site package and deliver the meals to home bound seniors in the City of Reedsburg as part of the county-wide nutrition program. Each meal provides at least one-third of the daily amounts of nutrients needed to promote good health.

If you live in the Reedsburg area and would like to get involved, we are looking for volunteers to help both in the dining center and to deliver meals. If you are interested please contact Volunteer Coordinator Brianna Wipperfurth at (608) 355-3289 or brianna.wipperfurth@saukcountywi.gov.

NEW Carryout Options @ The Shed!

Wednesday Special | 1/2 sandwich and choice of soup or side salad

Thursday Special | Full Shed salad and side of soup

You must be 60 or older to be eligible for the donation-based meal! New diners will be asked to fill out a brief form the first day. No donations will be collected during pickup, rather, a donation letter will be sent the following month. Call The Shed at 588-9049 the day before to reserve your meal! Pickup is from 11am - 1pm.

Soup & Salad Carryout at the Reedsburg Country Club!

Available Mondays and Wednesdays from 11:30am-1:30pm. Call the day before to reserve your meal! 524-6000 Option 2. Did You Know? The Reedsburg Country Club makes ALL their soups fresh and homemade each day! How does Tomato Bisque, Kielbasa Corn Chowder, or Creamy Vegetable Dill sound? YUM!

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.</p>	<p>1 Macaroni & Cheese Bologna Ring Garden Blend Veggies Watermelon</p>	<p>2 Chicken Drumsticks Macaroni Salad Baked Beans Wheat Roll Ice Cream</p>	<p>3 Pork Roast/Gravy White Beans Lemon Buttered Broccoli Wheat Roll Frosted Cake</p>	<p>4 Hamburger on Bun French Fries Pea Salad Wheat Roll Pound Cake</p>
<p>CLOSED <i>Happy Labor Day!</i></p>	<p>8 Chicken Teriyaki Thighs Garden Rice Seasoned Broccoli Wheat Roll Baked Apple Slices</p>	<p>9 Scalloped Potatoes w/Ham Gravy/Biscuit Prince Edward Veggies Applesauce Jell-O Salad</p>	<p>10 Turkey Alfredo w/Linguini Italian Veggies Breadstick Sherbet</p>	<p>11 Herb & Lemon Fish Rice Buttered Spinach Wheat Roll German Chocolate Cake</p>
<p>14 Corned Beef New Potatoes Seasoned Cabbage Wheat Roll Cherry Crisp</p>	<p>15 BBO Chicken Garlic Mashed Potatoes Ranch Beans Wheat Bread Pie</p>	<p>16 Bratwurst & Sauerkraut Macaroni Salad Pea Salad Cookie</p>	<p>17 Ham w/Pineapple Candied Sweet Potatoes Buttered Spinach Wheat Roll Frosted Brownie</p>	<p>18 Fried Fish Tartar Sauce Baked Potato Cole Slaw Cinnamon Apples</p>
<p>21 Ring Bologna Seasoned Beans Au Gratin Potatoes Wheat Roll Cinnamon Bread Pudding</p>	<p>22 Spaghetti w/Meatballs Italian Veggies Garlic Wheat Roll Cheesecake</p>	<p>23 Smothered Chicken Breast Gravy/Mashed Potatoes Red Cabbage Wheat Roll Poke Cake</p>	<p>24 Roast Pork/Gravy Yams & Apples Cauliflower w/Red Peppers Wheat Bread Fruit Cup</p>	<p>25 Fried Fish Baked Potato Wedges Herbed Green Beans Wheat Roll Cookie</p>
<p>28 Meatloaf/Gravy Garlic Mashed Potatoes Green Peas Wheat Roll Rainbow Cake</p>	<p>29 Oven Fried Chicken Baked Beans Creamy Cole Slaw Melon in Season</p>	<p>30 Orange Glazed Ham Whipped Sweet Potatoes Brussel Sprouts Wheat Roll Pineapple Cheesecake Bar</p>	<p>To cancel a Home Delivered Meal or make a Dining Site reservation, call:</p>	
<p>Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289</p>				

Aging & Disability Specialists

HELPING YOU PUT THE PIECES TOGETHER!

NOTICE: Due to COVID-19, there will be no site visits at our satellite offices in Reedsburg, Spring Green, Lake Delton, and Sauk Prairie, or extended office hours in Baraboo until further notice. If you would like more information, call the ADRC at 355-3289 or 800-482-3710.

Watch Out for COVID-19 Contact Tracing Scams

by the GWAAR Legal Services Team

Public health workers use contact tracing to track the spread of an infectious disease. Workers interview people who have the disease and ask them for the names and phone numbers of everyone they have been in contact with during the time they were contagious. Then, they alert anyone who may have been exposed. The names of people who test positive are kept confidential. The workers will ask about symptoms, offer testing, and discuss steps like quarantine and treatment. These workers usually work for a state or county department of public health. Health departments have used contact tracing for decades to stop the spread of infectious disease. The Wisconsin Department of Health Services (DHS) says that contact tracers will always identify themselves as representatives of state or local public health departments. They will reach out to you by phone, text, or email, depending on the contact information they have for you. If they contact you, they will verify that they are speaking to the correct person before they even begin to talk about contact tracing. Once they confirm that they are speaking with the right person, they will explain why they are contacting you. They will tell you that you have been exposed, but they will not identify the person you were in contact with or where you might have been exposed.

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***Jim
Pritzkow***



***Julie
Mayer***



***Rachel
Heinzman***



***Hannah
Halverson***



***Megan
Fecht***



***Kari
Edwards***

continued from previous page...

Contact tracers will ask you for:

- Your name,
- Your address,
- Your phone number,
- Your email address,
- Your occupation and work status,
- Your gender,
- Your race and ethnicity, and
- Whether you have any symptoms.

Then, the contact tracer will explain quarantine recommendations and sign you up for self-monitoring. Contact tracers will not ask you for information like your Social Security, bank account, or credit card number. In addition, they will never send you a text message or email with a link to click. You can always verify the identity of contact tracing staff by calling your local health department and asking to be connected directly to the contact tracer. All contact tracers have received training in the Health Insurance Portability and Accountability Act (HIPAA), which protects patient privacy, and the Wisconsin Electronic Disease Surveillance System (WEDSS). WEDSS is the secure system that handles the reporting, investigation, and monitoring of the information contact tracers receive. Unfortunately, scammers are pretending to be contact tracers and taking advantage of this process. Some scammers use robocalls that try to get you to speak to someone posing as a contact tracer who wants to verify your personal information. Other scammers send text messages that ask you to click a link. If you receive a robocall, hang up immediately without responding. Do not press any buttons even if they prompt you to "Press 1 to be removed from our list." By speaking or pressing a button the scammer knows this line has someone on the other end and may increase the calls. If you receive a message via text, email, or through social media from someone claiming to be a contact tracer, don't click the link. This is a "phishing" scam. Clicking on the link will download software onto your device that may give scammers access to your personal and financial information. Ignore and delete these scam messages. If you have been contacted by someone you think was not a legitimate contact tracer, please alert the Department of Agriculture, Trade and Consumer Protection: DATCPHotline@Wisconsin.gov or (800) 422-7128. You can also contact the National Center for Disaster Fraud (NCDF) Hotline at 1-866-720-5721. Alternatively, you can fill out the NCDF web complaint form here: <https://www.justice.gov/disaster-fraud/webform/ncdf-disaster-complaint-form>.

***What two, everyday,
ordinary, U.S., English words
have eight letter each, but
only one syllable?***

***Hint: Neither word ends
in the letter S.***

***This puzzle was submitted by AddLIFE
reader, EJ Laky!***

The solution can be found on page 5

Sauk County Clean Sweep

Saturday, September 26, 2020 from 7:30 AM - 1:30 PM

Old Sauk County Landfill

E8795 Evergreen Lane, Baraboo



Dispose of household hazardous waste safely.

Items accepted for **no charge** include: pesticides, cleaners, oil-based paint, batteries, light bulbs, and a wide variety of electronics.

For more information call 608-355-3245 or email conservation@saukcountywi.gov

If you are or recently were ill, please stay home.

Stay in your vehicle at all times while at Clean Sweep. Event staff will unload items at each station.

In an effort to minimize close contact, items located in the cab or passenger seats of vehicles will not be accepted. Please make sure ALL items are loaded in the rear of vehicle, trunk, truck bed, or trailer to be unloaded by the event staff.

ALL electronic items need to be cleaned/wiped down before they are brought to the event, electronic items that are not cleaned/wiped down may not be accepted.

Latex paint will no longer be accepted at Sauk County Clean Sweep events.

Fees for Tires

Car and light truck tires	\$6
Car and light truck w/rims	\$8
Ag and Semi tires	\$13
Ag and Semi tires w/ rims	\$25
<13" tires	\$2
<13" w/rims	\$4

Payment for tires can be made in CASH or CHECK payable to Sauk County Treasurer.

What is NOT ACCEPTED:

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

Small businesses **MUST pre-register for Paint & Chemicals with Veolia at least 1 week prior** please contact Chris Bahlow at (715) 298-2623.

Agricultural producers should contact Sauk County directly at (608) 355-4842.

No late registration will be accepted.

Resource Solutions will accept the following items at Clean Sweep:

No Charge: CPUs, Computer Printers, Speakers, Scanners, Fax Machines, Vacuum Cleaners, Phones, Laptops, Record Players, Tape Players, CD Players, iPods, VCRs, DVD Players, Beta Tape Players, Electric Saws, Drills, Calculators, Paper Shredders, Coffee Machines, Heaters, Game Systems, Sewing Machines, Electronic Toys, Most Household electrical items.

- \$10 - Hard Drive Removal and Destruction
- \$15 - Microwaves & Large Copy Machines
- \$20 - Small AC Units, mini fridges, dehumidifiers
- \$25 - Stoves, washers, dryers, dishwashers, treadmills, lawn mowers (oil/gas drained, tires removed)
- \$35 - Refrigerators & Large Freezers
- \$20 - All monitors, CRT & Flat Screen
- \$20 - CRT/Flat Screen TVs 29" and under
- \$40 - CRT/Flat Screen TVs 30"-49"
- \$60 - CRT/Flat Screen TVs 50" and up, projection, wooden console

Payment for electronics can be made in CASH, CREDIT, or CHECK payable to Resource Solutions at the event.

Contact Resource Solutions at (608) 244-5451 regarding electronic items not included on the list above.

For AddLIFE Today! questions or comments, please contact Brianna Wipperfurth at (608) 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!

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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



”the sun took a
step back, the
leaves lulled
themselves to
sleep, and
autumn was
awakened”
-Raquel Franco

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505 Broadway St
Baraboo, WI 53913

CHANGE SERVICE REQUESTED

Autumn Word Search

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

- ACORN
- APPLE
- BIRD MIGRATION
- BLOWING LEAVES
- BLUSTERY DAY
- CANNING
- CHESTNUTS
- CHILLY
- COLD
- CROPS
- EQUINOX
- FALL
- FARMING
- FEAST
- FROST
- HALLOWEEN
- HARVEST
- HAYSTACK
- HICKORY NUTS
- LONGER NIGHTS
- NOVEMBER
- OCTOBER
- ORANGE LEAVES
- PIE
- PUMPKIN
- RAKE
- RED LEAVES
- SCARECROW
- SCHOOL
- SEASON
- SEPTEMBER
- SHORTER DAYS
- SQUASH
- SWEET POTATOES
- THANKSGIVING
- TURKEY
- WINDY
- YELLOW LEAVES