

AddLIFE Today!

ADRC at 608-355-3289 or 800-483-3710

Veterans Service Office at 608-355-3260

Fall 2022

Volume 14 Issue 3



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

It's Medicare Open Enrollment Season Time to Check Your Drug Plan!

Medicare Open Enrollment runs from October 15th - December 7th.

Premiums may change! Coverage may be different! New plans may be available! For most people, the Annual Open Enrollment Season is the only time to change drug plans. It's important to check your drug plan every year, even if your medications have not changed.

The ADRC will be offering limited in-person Medicare Part D clinics in Baraboo only where we can help you find your best drug plan.

Phone appointments will also continue to be offered.

*In-person appointments subject to cancellation based upon
recommendations from the Public Health Department*

To reserve a spot, please see the insert on **pages 5 and 6**. Fill out the form completely, sign and return to the ADRC.



Table of Contents




03	Thank You's
04	From the Director's Desk
05	Medicare Part D Form (front)
06	Medicare Part D Form (back)
07	Elder Benefit Specialists
08-09	Election Information
10	Legislator & State Official Contact Info
11-12	Nutrition
13-15	Transportation
16-17	Volunteer Buzz
18-19	Aging & Disability Specialists
20	Coloring Page - Meadow Ridge
21	Disability Benefit Specialists
22-24	Caregiver Connections & Prevention Pointers
25	StrongBodies
26	Dementia Care Specialist
27	Alzheimer's & Dementia Walk
28	Alzheimer's & Dementia Alliance
29	Cop's Corner
30-32	Veterans Messenger
33	Chicken Bacon Ranch Wrap - Maplewood
34	Accessible Birding Event
35	Disclaimer and Donation Form





CAN YOU HELP?

Do you clean, help with personal cares, or assist with homemaker services for older adults? What about lawn care or snow removal? Let the ADRC help you build your clientele! We have the Helping Hands at Home worker referral list where you can list your services, receive calls from consumers and get paid for the work you love to do! Workers on the list must pass a background check. Call Marina for an application and background check today!
(608)355-3289



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

- Gertrude Crump for the Shopping and Grocery Bus Program
- Maplewood for AddLIFE Today!
- The creative knitters from Holy Stitches at St Joseph's church in Waupun for the donation of 15 activity muffs to our Dementia Care Specialist program.





Susan Blodgett

From the Director's Desk



Continuing Education
University of Wisconsin - Stevens Point

Fall 2022 LIFE Registration Is Open

What is LIFE?

Learning Is ForEver (LIFE) is a membership-based association dedicated to providing adult learners the opportunity to expand their knowledge, engage in discussion, and make new friends. Classes are delivered via Zoom with some also offered live in-person. The majority of classes are recorded and available to watch in the Canvas page, at your convenience. LIFE also offers technology assistance to make sure you get the best online experience possible.

Benefits of LIFE:

- Over 100 in-person and virtual learning events, focused on expanding your knowledge!
- Recorded on-demand classes in the Canvas page!
- Monthly film, TED Talk, and book discussions!
- New friends made from the comfort of your own home!
- Shared learning with friends and family around the world!

Sample of Upcoming Events:

**Good Beer, Good Cheese,
Good Times**
September 29, 2022

Hamlet at the APT
September 29, 2022

**Wreath Making with
Invasive Species**
October 7, 2022

Individual Membership is \$50 per semester

**Check out the website at <https://www3.uwsp.edu/conted/Pages/LIFE.aspx>
or Call 715-346-3838**



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.

You must reside within Sauk County in order for the ADRC of Eagle Country/Baraboo Office to assist you with your drug plan review. If you reside outside Sauk County, please contact the ADRC within your county of residence for assistance.

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.

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 AND FILL OUT COMPLETELY!

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 schedule a time to assist you with your drug plan review. You may return your form by mail or in person. The ADRC will attempt to accommodate your appointment method of preference if possible.

--

Last Name	First Name	Middle Initial
Address	City	State Zip
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
Please Circle Any That You Currently Have: Senior Care Extra Help with your Drug Plan Costs Medicaid Medicare Savings Plan Do you have Veterans Health Care, VA Meds by Mail or are you a Veteran? Yes _____ No _____ How did you hear about the ADRC Medicare Part D Clinic or services? _____		
I PREFER TO HAVE MY APPOINTMENT: In Person _____ By Phone _____ (please check one)		
Medicare Number _____ Start Date Part A _____ Part B _____		
Medicare Account (if applicable) Username _____ Password _____		
Preferred Pharmacy: _____ 2nd Choice _____		
Willing to use Mail Order? Y N 3rd Choice _____		
Name of your Current Drug plan: _____		
Provide a list of your prescribed medications including dosages or attach a current printout from your pharmacy:		

***Please Confirm you have SIGNED where required! Forms without valid signatures will not be accepted.**

Forms must be RECEIVED by our office no later than December 1st. *

"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

For Your Benefit...

Your Elder Benefit Specialists



Pam Fuchs

Serving the Eastern Part of
Sauk County



Mindy Shrader

Serving the Western Part of
Sauk County



PAM'S SITE VISITS

SAUK PRAIRIE COMMUNITY CENTER

1:30-3:30

**SEPTEMBER 14TH,
OCTOBER 12TH,
NOVEMBER 9TH AND
DECEMBER 14TH**

MINDY'S SITE VISITS

SPRING GREEN LIBRARY

1:00-3:00

**SEPTEMBER 7TH,
OCTOBER 5TH,
NOVEMBER 2ND AND
DECEMBER 14TH**

PLAIN LIBRARY

1:00-3:00

**SEPTEMBER 21ST,
OCTOBER 19TH,
NOVEMBER 16TH AND
DECEMBER 21ST**



TURNING 65 PRESENTATION

**TUESDAY, SEPTEMBER 13TH AT 4:30PM IN
THE WEST SQUARE BUILDING IN BARABOO.
CALL 608-355-3289 TO REGISTER**

Tuesday, November 8th, 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 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 pages, we have provided all Sauk County polling locations and contact information for all municipalities. The municipalities denoted with (*) are located in more than one county.

- ☐ 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?



Election Polling Locations - Sauk County

Election Day: Tuesday, November 8, 2022

All polls open 7:00 a.m. – 8:00 p.m.

TOWNSHIPS:

Baraboo	Baraboo Town Hall, 101 Cedar Street (South of Village of West Baraboo)	(608)355-5170
Bear Creek	Bear Creek Town Hall, S9497 County Road G, Plain	(608)546-2201
Dellona	Dellona Town Hall, E8062 County Rd H, Lyndon Station (between P & HH)	(608)524-0800
Delton	Marshall Memorial Hall, 30 Wisconsin Dells Pkwy S, Village of Lake Delton	(608)253-4621
Excelsior	Excelsior Town Hall, 100 E Broadway, Rock Springs	(608)522-5115
Fairfield	Fairfield Town Hall, E12891 County Road U & T, Baraboo	(608)355-0406
Franklin	Franklin Town Hall, 550 Main Street, Plain	(608)546-5033
Freedom	North Freedom Community Ctr, 105 N Maple Street, North Freedom	(608)522-4550
Greenfield	Greenfield Town Hall, E13098 County Road W, Baraboo	(608)356-0054
Honey Creek	Honey Creek Town Hall, E8712 Cty Rd C, North Freedom	(608)544-2012
Ironton	Ironton Town Hall, E4206 Old K Road, Reedsburg	(608)524-6679
La Valle	La Valle Town Hall, 314 State Road 33/58, La Valle	(608)985-7695
Merrimac	Merrimac Town Hall, S6911A State Road 113, Merrimac	(608)493-2588
Prairie du Sac	Prairie du Sac Town Hall, S9903 US Hwy 12, Prairie du Sac	(608)643-3656
Reedsburg	Reedsburg Town Hall, 600 W Main Street, Reedsburg	(608)524-3753
Spring Green	Spring Green Town Hall, E4411 Kennedy Road, Spring Green	(608)588-3235
Sumpter	Sumpter Community Center, E10496 County Road C, North Freedom	(608)643-7210
Troy	Troy Town Hall, S10372 County Road C, Sauk City (in Blackhawk)	(608)544-2000
Washington	Washington Town Hall, S6101 State Road 154, Hillpoint	(608)727-2293
Westfield	Westfield Town Hall, 200 Mill Street, Loganville	(608)727-2638
Winfield	Winfield Town Hall, S1992 County Road K, Reedsburg	(608)524-6654
Woodland	Woodland Town Hall, S548 County Road G (Southwest of Wonewoc)	(608)464-7260

VILLAGES:

*Cazenovia	Cazenovia Firehouse Meeting Room, 310 N State Road 58, Cazenovia	(608)983-2215
Ironton	Ironton Village Hall, 600 State Street, La Valle	(608)985-7959
Lake Delton	Kay C. Mackesey Admin. Bldg, 50 Wisconsin Dells Pkwy S, Lake Delton	(608)254-2558
La Valle	Village Hall/ Library, 101 W Main, La Valle	(608)985-8383
Lime Ridge	Lime Ridge Village Hall, 109 Main Street, Lime Ridge	(608)986-6200
Loganville	Loganville Village Hall/Fire Station, 140 West Street, Loganville	(608)727-5981
Merrimac	Merrimac Village Hall/Municipal Bldg, 100 Cook Street, Merrimac	(608)493-2122
North Freedom	Village Hall/Municipal Building, 105 N Maple Street, North Freedom	(608)522-4550
Plain	510 Main Street, Plain	(608)546-2047
Prairie du Sac	Village of Prairie du Sac Municipal Bldg, 335 Galena Street, Prairie du Sac	(608)643-2421
Rock Springs	105 E. Broadway, Fire Station, Rock Springs	(608)522-5700
Sauk City	Municipal Building, 726 Water Street, Sauk City	(608)643-3932
Spring Green	Spring Green Community Library, 230 E Monroe Street, Spring Green	(608)588-2276
West Baraboo	Village Hall, 500 Cedar Street, West Baraboo	(608)356-2516

CITIES

Baraboo	Civic Center Gymnasium, 124 2nd Street, Baraboo, WI 53913	(608)355-2700
Reedsburg	Reedsburg Recreation Center, 134 S Locust Street, Reedsburg	(608)524-6404
*Wisc Dells, Ward 4, 8, 10	Municipal Building, 300 La Crosse Street, Wisconsin Dells	(608)254-2012

*Municipality located in more than one county

Legislative State Senate

District 14

Joan Ballweg (R)

608-266-0751 Or (800) 266-0751

E-mail: Sen.Ballweg@legis.wi.gov

14th State Senate District: Consisting of the 40th, 41st, and 42nd Assembly Districts



District 16

Melissa Agard (D)

608-266-9170

E-mail: Sen.Agard@legis.wi.gov

16th State Senate District: Consisting of the 47th Assembly District



District 17

Howard Marklein (R)

608-266-0703

Email: Sen.Marklein@legis.wi.gov

17th State Senate District: Consisting of the 50th and 51st Assembly District



District 27

John Erpenbach (D)

(608) 266-6670

Email: Sen.Erpenbach@legis.wi.gov

27th State Senate District: Consisting of the 79th, 80th, and 81st Assembly Districts



Contact

Information for Your Legislator and State Officials

U.S. Representatives

Congressman **Mark Pocan (D)**

2nd District, Madison

Madison Office

608-258-9800

E-mail: mark.pocan.gov



Congressman **Ron Kind (D)**

3rd District, La Crosse

La Crosse Office

608-782-2558 or 1-800-442-8040

Email: kind.house.gov



U.S. Senators

Senator **Ronald Johnson (R)**

Oshkosh Office

920-230-7250

E-mail: ronjohnson.senate.gov



Senator **Tammy Baldwin (D)**

Madison Office

608-264-5338

E-mail: baldwin.senate.gov



State Assembly Representatives

Representative **Tony Kurtz (R)**

50th Assembly District

Madison Office

608-266-8531 Or (888) 534-0050

Email: Rep.Kurtz@legis.wisconsin.gov

50th District: That part of Sauk County consisting of:

- A. Township of: Dellona, Excelsior, Freedom, Ironton, LaValle, Reedsburg, Washington, Westfield, Winfield and Woodland
- B. Villages of: Ironton, LaValle, Lime Ridge, Loganville, North Freedom and Rock Springs; that part of Cazenovia located in the County
- C. City of: Reedsburg



Representative **Todd Novak (R)**

51st Assembly District

Madison Office

608-266-7502 Or (888) 534-0051

Email: Rep.Novak@legis.wisconsin.gov

51st District: That part of Sauk County consisting of:

- A. Townships of: Bear Creek, Franklin, Honey Creek, Prairie Du Sac, Spring Green, Sumpter and Troy;
- B. Villages of: Plain, Prairie Du Sac, Sauk City and Spring Green.



Representative **David Considine (D)**

81st Assembly District

Madison Office

608-266-7746 Or (888) 534-0081

Email: Rep.Considine@legis.wisconsin.gov

42nd District: That part of Sauk County consisting of:

- A. Townships of: Baraboo, Delton, Fairfield and Greenfield
- B. Villages of: Lake Delton and West Baraboo
- C. City of: Baraboo and that part of the City of Wisconsin Dells located in Sauk County



Representative **Jon Plumer (R)**

42nd Assembly District

Madison Office

608-266-3404 or (888) 534-0042

Email: Rep.Plumer@legis.wisconsin.gov

47th District: That part of Sauk County consisting of:

- A. Township of: Merrimac; and
- B. Village of: Merrimac



Representative **Alex Dallman (R)**

41st Assembly District

Madison Office:

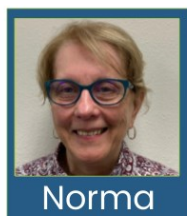
608-266-8077 or (888) 534-0041

Email: Rep.Dallman@legis.wisconsin.gov

41st District: That part of Sauk county consisting of:

- A. Village of Lake Delton
- B. City of Wisconsin Dells





Norma
Baraboo



Julianne
Reedsburg



Torill
Sauk
Prairie



Pat
Lake
Delton



Barb
Volunteer
Reedsburg
Country Club

Caring for Your Nutrition: Get the Facts on Malnutrition

Malnutrition Awareness Week: September 19-23

When your body does not get the right balance of energy and nutrients you may become malnourished. Why does that matter? Malnutrition threatens your health and your ability to fight sickness and injuries. Some specific areas of concern include:

- Higher risk of falls and broken bones
- Less independence
- Higher stress levels
- Greater risk of infections
- Longer and more frequent hospital stays
- Higher risk of death

Data shows that the rate of malnutrition is highest in older adults.

How can you tell if you are malnourished?

Malnutrition is not easy to see. It is important to keep an eye out for possible signs that you are malnourished. The major signs include:

<p>Sudden unexpected weight loss</p>	<p>Loss of appetite</p>	<p>Muscle weakness</p>	<p>You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.</p>
<p>Slow-healing wounds</p>	<p>Feeling tired or fatigued</p>	<p>Swelling in your ankles, legs, or belly</p>	

CREAMY PEACH SMOOTHIE – JUST PEACHY!



Article continued...

1 CUP VANILLA ICE CREAM, 1/2 CUP WHOLE MILK, 1 PEACH – BLEND AND ENJOY! (CALORIES: 435, PROTEIN: 11 G, CARBOHYDRATES: 51 G)

What can you do? Tips for Good Nutrition!

The good news is that malnutrition can be prevented and treated through a healthy diet and lifestyle.

- Buy foods that are tasty, easy to prepare and rich in calories and protein such as beans, meat, eggs and dairy products. Experiment with herbs and spices to make your meals more interesting.
- Get social! Invite family or friends to join you for a meal. Visit one of our dining sites or try a restaurant that offers senior discounts.
- Eat 5-6 small meals a day rather than 3 larger ones.
- Get strong! Build muscle by lifting weights, using resistance bands or taking walks.
- Find an oral nutrition supplement that you enjoy. They are an easy way to get calories, protein and essential nutrients your body needs.



Article from: www.nutritioncare.org/malnutrition

ADRC Dining Centers

Join us for lunch! Call the ADRC for a menu!

Dining Center	Center Manager	Phone Number	Availability	Address	Suggested Donation
Reedsburg: My Meal, My Way Soup & Salad	Reedsburg Country Club (RCC)	No reservation required RCC: 524-6000	IN-PERSON DINING Monday & Wednesday Open 11:30am-1:30pm	Reedsburg County Club 3003 E Main Street	\$5.50/meal
Baraboo	Norma	Call for Reservation: 963-3436	IN-PERSON DINING Tuesday & Thursday at 11:30am	Highpoint Commons 1141 12th Street	\$4/meal
Lake Delton	Pat	Call for Reservation: 393-7214	IN-PERSON DINING Monday-Friday at 11:30am	Frank Fischer Center 20 Wisconsin Dells Parkway	\$4/meal
Sauk/Prairie	Torill	Call for Reservation: 963-3437	IN-PERSON DINING Tuesday & Thursday at Noon	Sauk Prairie Community Center 730 Monroe Street	\$4/meal
Reedsburg	Julianne	963-3438	Call for carry-out availability	Cornerstone Church S3111 Ableman Rd	\$4/meal



ADRC Transportation Services

Shopping Bus

The **Shopping Bus** will be going to Baraboo Walmart, Lake Delton Walmart, West Towne and East Towne Malls in Madison, as well as various shops close by. If you need assistance with shopping, an escort will be required to accompany you in the store. Drivers cannot assist with shopping. The cost is **\$3.00 per round trip**. Escorts ride for free. Seating is limited. To make a reservation, please call our **ADRC Transportation Reservation Line at 608-355-4888**. Trips are subject to cancellation or change with little notice.

Fun Day Bus

The **Fun Day Bus** runs every week, and offers an opportunity for socialization and adventure. For a **round trip fee of \$5.00** per outing, our driver will pick you up at a pre-arranged location for a trip or tour for the day. **Passengers are responsible for any attraction fees that the destination may charge as well as their lunch.** Part of the experience includes a stop for a group meal at an affordable location. Our wide variety of excursions are designed by our drivers to be fun, affordable and educational. The trips provide a lively social environment during the ride and throughout the day.



Bus Rules

- Passengers must stay seated while the bus is in motion
- No eating or drinking on the bus
- Cover coughs and sneezes
- Monitor your health - if you aren't feeling well, please stay home
- Seatbelts must be worn

To allow everyone a fair opportunity to travel with us, we will not accept reservations until **2 weeks** before the trip. To make a reservation, please call our **ADRC Transportation Reservation Line at 608-355-4888**. We will contact you 1-2 days prior to the trip to confirm a pick up time. Trips are subject to cancellation or change with little notice.

Fun Bus Schedule



September

- 14th Dane County Farmers Market
- 20th Tuesday Movie Day, Sun Prairie Cinema, \$5 Admission
- 28th Oakwood Farms & Pecks market

October

- 5th Maple Ridge Orchard and Amish Shops, Cashton
- 12th Historic Indian Agency House, Portage, over 65 (\$6) & under 65 (\$7.50)
- 19th Wildcat Mountain plus Amish & Everything Small, Cashton
- 26th Harley Davidson Museum, Milwaukee, over 65 (\$16) & under 65 (\$22)

November

- 2nd Deke Slayton Memorial Space and Bicycle Museum, over 65 (\$4) & under 65 (\$5)
- 9th Fort McCoy & National Guard Museum
- 16th EAA Aviation Museum, Oshkosh, Admission \$10.50
- 29th Tuesday Movie Day, Sun Prairie Cinema, \$5 Admission

December

- 7th Old World Christmas Market, Elkhart Lake, Admission \$7
- 14th Governor's Mansion Christmas Display
- 21st Geneva Lake Museum Christmas Display

Shopping Bus



September

- 8th Walmart/Baraboo
- 15th Madison/West Side
- 22nd Walmart/Lake Delton
- 29th Madison/West Side

October

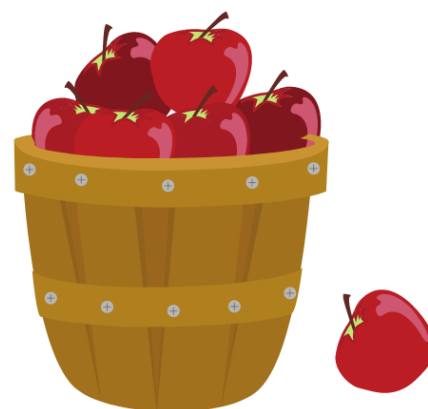
- 6th Walmart/Baraboo
- 13th Madison/East Side
- 20th Walmart/Lake Delton
- 27th Madison/West Side

November

- 3rd Walmart/Baraboo
- 10th Madison/East Side
- 17th Walmart/ Lake Delton

December

- 1st Madison/West Side
- 8th Walmart/Baraboo
- 15th Madison/East Side
- 22nd Walmart/Lake Delton





Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments and grocery/drug store trips. This service is available to Sauk County residents age 60 and over, and adults with disabilities who are unable to transport themselves. The cost to the passenger is \$0.35 per mile starting from and ending at the volunteer driver's home. **To schedule transportation, call the Transportation Office at (608) 355-3278 at least 48 business hours prior to your scheduled appointment.**

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. **To receive information, call the receptionist at (608)-355-3289.**



The Volunteer Buzz

Keri Luther, Volunteer Coordinator

With Appreciation,

On August 3, volunteers of the Aging and Disability Resource Center (ADRC) were recognized at a Volunteer Appreciation Luncheon and live performance by The Remember Project. So far this year, the ADRC volunteers donated over 6,043.90 hours of their time and talents, valued at \$162,943.54. (Value based on Independent Sector's 2022 value of volunteer hour, \$26.96/hour). The ADRC appreciates and applauds the tremendous contribution of time and energy by this wonderful group of volunteers, committed to serving their communities & neighbors. We here at the ADRC could not possibly say thank you enough times to adequately express how grateful we are for every one of our volunteers and all they do.

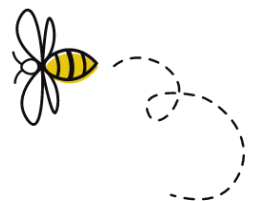
I am incredibly lucky to get to work alongside all our wonderful volunteers, and I am excited to see what you all accomplish for your communities in 2023!

Did you know that people volunteer for many reasons, sometimes personal, but always for a reason? For many it is a way of giving back. Others volunteer to meet people, learn new skills, build a connection, and gain insight into an organization. Volunteering can provide an opportunity to sample a new career, share skills and talents developed in the paid workplace, or just have some fun!

We are always looking for Volunteers to join our Amazing Team!!

To find out more about Volunteering, you can reach out to me! Volunteer Coordinator, Keri Luther at the ADRC (608)355-3289 or Email: keri.luther@saukcountywi.gov. You can also go to our website and apply online: www.co.sauk.wi.us/adrc/volunteer-opportunities.

Keri Luther



Volunteer Appreciation & Live Performance by The Remember Project!

Thanks to these generous door prize sponsors:

Alzheimer's & Dementia Alliance, Reedsburg Area Medical Center, J's Pub & Grill, Oakdale Credit Union, Mind, Body Harmony, & Culver's

Meal provided by the Reedsburg Country Club



Susan Blodgett, Tim McCumber, Brent Miller



Lots of smiling faces!



Thankful Staff



Live play - Fortune Cookies



Event Program & 'Fortune Cookie'

Special Thanks to The Remember Project for an enlightening play and discussion around memory!



Volunteer Judy with a door prize



Volunteer Jill with a door prize



A Program of TRELLIS™

Aging & Disability Specialists

Helping you put the pieces together!



Jim
Pritzkow



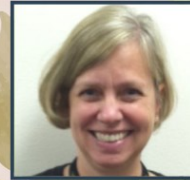
Julie
Mayer



Rachel
Heinzman



Hannah
Halverson



Kari
Edwards



Kim
Fiske

For your convenience, the ADRC Information and Assistance Specialists will be available for walk-in questions at these locations:

The Baraboo Dining Center
Highpoint Commons, 1141 12th St
Last Tuesday of each month
from 11am-1pm

The Ho-Chunk House of Wellness
S2845 White Eagle Rd, Baraboo,
First Thursday of each month
from 2pm-4pm

The Sauk/Prairie Dining Center
Sauk Prairie Community Center,
730 Monroe St
First Tuesday of each month
from 11am-1pm

The Good Neighbor Clinic
95 Lincoln Ave, Prairie Du Sac
Sept 14 and 28, Oct 12 and 26,
Nov 2 and 16, Dec 7 and 21
1pm-4pm

The Reedsburg ADRC office in
the Human Services Building at
425 6th St, Reedsburg
Every Wednesday
from 8am-12pm
No appointments are needed.

Reverse Mortgages

By the GWAAR Legal Services Team

You may have seen Tom Selleck, Mr. Magnum PI himself, on TV selling reverse mortgages, but what is a reverse mortgage, and are they a good idea? A reverse mortgage is a financial product available to individuals at least 62 years old that turns your home's equity into a lump sum of cash or regular income. Unlike a home equity loan or line of credit, you do not have to make payments on the loan as long as you live in the home, and any interest accrued is added to the amount you owe. When you die, sell your home, or move out, you, your spouse, or your estate would repay the loan. Usually that means selling the home to get money to repay the loan.

Here are some things to consider about reverse mortgages:

- **There are fees and other costs.** Reverse mortgage lenders generally charge an origination fee and other closing costs, as well as servicing fees over the life of the mortgage. In some cases, these fees can be very high. Some may also charge mortgage insurance premiums.
- **You owe more over time.** As you get money through your reverse mortgage, interest is added onto the balance you owe each month. That means the amount you owe grows as the interest on your loan adds up over time.

Article Continued...

- **Interest rates may change over time.** Most reverse mortgages have variable rates, which are tied to a financial index and change with the market. Variable rate loans tend to give you more options on how you get your money through the reverse mortgage. Some reverse mortgages offer fixed rates, but they tend to require you to take your loan as a lump sum at closing. Often, the total amount you can borrow is less than you could get with a variable rate loan.
- **Interest is not tax deductible each year.** Interest on reverse mortgages is not deductible on income tax returns until the loan is paid off, either partially or in full.
- **You have to pay other costs related to your home and keep it in a good state of repair.** In a reverse mortgage, you keep the title to your home. That means you are responsible for property taxes, insurance, utilities, fuel, maintenance, and other expenses. And, if you don't pay your property taxes, keep homeowner's insurance, or maintain your home, the lender might require immediate payment of your loan and initiate a foreclosure if you're unable to pay, which most people in this situation are not. A financial assessment is required when you apply for the mortgage. As a result, your lender may require a "set-aside" amount to pay your taxes and insurance during the loan. The "set-aside" reduces the amount of funds you can get in payments.
- **What happens to your spouse?** If you signed the loan paperwork and your spouse didn't, your spouse may NOT be able to continue living in the home after you die. This could be incredibly devastating because the lender will foreclose or force your spouse to sell the home to pay the loan in full as soon as 30 days after you pass away. If the loan contract language allows, your spouse may be able to live in the home after you die if they continue to pay taxes and insurance and continue to maintain the property. However, your spouse will stop getting any money from the reverse mortgage, since they weren't part of the loan agreement. These rules are complex and different depending on whether you took the loan out before or after August 4, 2014. The most important takeaway from this is that your spouse might NOT be able to remain in the home after you die, so you will want to be very careful that the loan is set up properly.
- **What can you leave to your heirs?** Reverse mortgages can use up the equity in your home, which means fewer assets for you and your heirs. Most reverse mortgages have something called a "non-recourse" clause. This means that you, or your estate, can't owe more than the value of your home when the loan becomes due and the home is sold. With most reverse mortgages, generally, if you or your heirs want to pay off the loan and keep the home rather than sell it, you would not have to pay more than the appraised value of the home.
- **What happens if the borrower moves to another residence or a skilled nursing facility?** With most reverse mortgage loans, the borrower can be away from the home, for example, in a skilled nursing facility, for up to 12 consecutive months; however, if the absence is longer, and the property is not the principal residence of at least one other borrower, then the loan becomes due and payable. Again, to resolve the debt, you can correct the matter, pay the balance in full, sell the home for the lesser of the balance or 95% of the appraised value and put the proceeds toward paying off the loan, or complete a deed in lieu of foreclosure. Otherwise, the lender will foreclose. Note that none of these are desirable options for most individuals in this situation. Most people would not have the funds on hand to pay off the loan, nor would most people wish to sell their home in this situation, especially if a spouse or other individual is still living in the home.
- **Medicaid and SSI eligibility may be affected.** Reverse mortgage proceeds, either a lump sum or a monthly payment, are not considered income for Medicaid and SSI; however, those funds are considered an asset or a resource in the month received and thereafter. This could affect eligibility for any means-tested program that has an asset limit.

For more information, visit: <https://www.consumer.ftc.gov/articles/0192-reverse-mortgages>



Coloring Page Provided by:





Federal Law Enforcement Agencies Warn of Impersonation Scam Involving Credentials and Badges

New reports show that scammers are reviving an old tactic to gain your trust. Scammers are emailing and texting pictures of real and doctored law enforcement credentials and badges in an attempt to 'prove' they are legitimate to scam people out of money. Scammers may change the picture or use a different name, agency, or badge number, but the basic scam is the same.

Federal law enforcement agencies are warning the public to be skeptical of emails and text messages claiming to be from a government or law enforcement agency. No one in federal law enforcement will send photographs of credentials or badges to demand any kind of payment, and neither will government employees.

These scams primarily use a telephone to contact you. Scammers may also use email, text message, social media, or U.S. mail. Scammers pretend to be from an agency or organization you know to gain your trust. Scammers say there is a problem or a prize. Scammers pressure you to act immediately. Scammers tell you to pay in a specific way.

Tips to Protect Yourself

1. Do not take immediate action. If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. Do not transfer your money! Do not buy that gift card! Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
3. Be skeptical. If you think a real law enforcement officer is trying to reach you, call your local law enforcement using a non-emergency number to verify. Do not believe scammers who "transfer" your call to an official or who give you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
4. Be cautious of any contact claiming to be from a government agency or law enforcement telling you about a problem you don't recognize. Do not provide your personal information, even if the caller has some of your information.
5. Do not click on links or attachments. Block unwanted calls and text messages.

If you are a victim, stop talking to the scammer. Notify financial institutions and protect accounts. Contact local law enforcement and file a police report. File a complaint with the FBI Internet Crime Complaint Center (IC3) <https://www.ic3.gov/Home/FileComplaint> and on the FTC website <https://www.ftc.gov/>.

September is
Falls Prevention
Awareness Month!



Caregiver Connections & Prevention Pointers

Marina Wittmann
Aging Program Coordinator



Debunking the Myths of Older Adult Falls

Article from: National Council on Aging (ncoa.org)

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Article continued...

Did you know?

Wisconsin leads the Nation in fall-related deaths at more than twice the national average. However, falls are preventable! Learn more on the next page.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

falls hurt...

- YOUR WALLET
- YOUR INDEPENDENCE
- YOUR QUALITY OF LIFE

Don't let a fall hurt your wallet, independence, or quality of life. Prevent it with the ADRC's Stepping On - Falls Prevention Workshop. Stepping On is a 7-week evidence-based workshop designed to reduce fall risk by 30%. Workshop topics include: strength & balance exercises (facilitated by a Physical Therapist), medication, vision, footwear, community safety, home safety hazards and much more!

Fall 2022 Workshop:

LOCATION: SAUK PRAIRIE COMMUNITY CENTER (730 MONROE ST, SAUK CITY)

DATES: OCTOBER 4 - NOVEMBER 15 (7 CONSECUTIVE TUESDAYS)

TIME: 1:30-3:30PM

REGISTER BY CALLING MARINA WITTMANN AT THE ADRC (608)355-3289

SUGGESTED DONATION OF \$10 FOR THE WORKSHOP!

wiha
Wisconsin Institute
for Healthy Aging

SteppingOn
© Clemson, Swann & Mahoney, 2022

Caregiving is rewarding. But it can be challenging too.

ADRC's Powerful Tools for Caregivers is a workshop that focuses on caregiver well-being. This 6-week workshop helps family caregivers reduce stress, guilt, anger; manage time, set goals, problem solve and much more.

The ADRC is gearing up for another workshop this Fall!
Give us a call for workshop details:
Marina or Kurt (608)355-3289

Powerful Tools
FOR Caregivers



Senior Farmers Market Vouchers are AVAILABLE!

You are eligible for \$25 worth of fresh fruits, vegetables & herbs at approved farmers market stands in Wisconsin if:

- 1) You are 60 or older
- 2) Your income is at or below 185% of the Federal Poverty Guideline.

Call Marina at the ADRC to complete an application:
(608)355-3289

Don't Forget Your Flu Shot!



With a new flu season fast approaching, health officials are reminding people of the toll last year's season took on Wisconsin residents, and encouraging everyone to get a flu shot to protect their families, communities, and themselves.

BY JULIA WEDEL,
PUBLIC HEALTH SAUK COUNTY



From outdoor adventures
to festivals and events,
ExploreSaucCounty.com is
a one-stop source for
unique things to do.

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

Reduced risk for chronic diseases:

Diabetes	Osteoporosis
High Blood	Pressure Arthritis
Heart Disease	Some Cancers

Increased:

Strength
Muscle Mass

**8-Week Class
Starting the week of
September 27, 2022**

**Tuesdays & Fridays, 9–10:15 am
September 27–November 18**

Extension Office, West Sq. Bldg.,
505 Broadway St., Baraboo, WI

Register

**In-person at Extension Sauk Co., 3rd Floor
West Sq. Bldg.**

Online at <https://forms.gle/5F5JkGuZAhrcbsKY6>



Extension
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements



Dementia Care Specialist

Kurt Goeckermann

Serving Individuals, Families & the Community

In my first attempt at an article last issue I noted what should be obvious, that everyone with a dementia diagnosis is also an individual. Whatever the type or stage, each person will live with dementia in their own way. This is why generalities are sometimes problematic. You may describe signs or behaviors associated with many dementias and it is completely possible certain individuals with the diagnosis may not exhibit several of them. Therefore, it is very important to tailor approaches to what the individual needs, not hold tight and fast to the textbook approaches related to the diagnosis.

That being said, there are basic ideas and approaches that, if applied, will lead to better quality of life overall for individuals with dementia and their caregivers. In writing this I tried to consider what advice I would want to communicate if I had just a few minutes. It was tough to narrow down, but I think my number one piece of advice would be for loved ones and caregivers to consciously ask themselves, "What can I let go?".

Dementia is hard. Big issues can arise like safe driving, getting lost, or serious care resistance that need to be addressed. But other losses also come that may not mandate such a need. If the person with dementia can no longer remember how to fold clothes correctly, do we take away a familiar task? Or, do we just accept a few wrinkles, perhaps refolding the clothes later? If a person with dementia persistently mistakes you for someone else, do we correct every time, possibly embarrassing them? Or, do we consider moving on and enjoying a pleasant visit? If a person with dementia is agitated and looking for their long-deceased mother, do we risk trauma and upset by informing them of reality? Or, do go with it and grab an opportunity to divert them into a potentially pleasant and calming reminiscence of their childhood?

Everyone IS different. Each encounter, even with the same person, can be different. Old ways, lifelong patterns and roles can be hard to change. That being said, adaptation and flexibility are skills that will serve caregivers well. A good starting point is to ask, "What can I let go?".

SATURDAY, NOVEMBER 12
REEDSBURG, WI

Special Guest from the
Alzheimer's Association!



Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's Disease and other dementias. Topics will include: Dementia 101, Effective Communication, Dementia Live Experience, Q&A and more! Call Marina or Kurt to reserve your spot or for more info (608)355-3289.



22nd Annual
**Sauk County Walk for
Alzheimer's & Dementia**

Saturday, September 24th 2022
Registration 8:00 am | Walk 9:00 am

Mary Rountree Evans Park | 2nd Ave & Park, Baraboo, WI

REGISTER:
alzwisc.org/walk-with-us

It's more than walking, it's a celebration of life!

Traveling with a loved one with dementia?

Planning ahead is important!

As the weather improves you may have plans to travel more with a family member who has Alzheimer's disease or another form of dementia. Having dementia does not mean that it's necessary to stop participating in meaningful activities like visiting family and friends. It just requires a little planning ahead to ensure safety, comfort, and enjoyment for everyone.

Here are some tips to keep in mind to help create a positive traveling experience:

- Consider sticking to familiar destinations that require few changes in daily routine.
- Travel during the time of day that is best for the person with dementia.
- Have a bag of essentials that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks, and activities.
- Carry a current picture and consider enrolling in MedicAlert® or other 24-hour nationwide emergency response service in case of wandering.
- Carry a "business" card stating "The person I am traveling with has Alzheimer's. Please be patient." Contact ADAW for cards or create your own.
- Avoid very loud restaurants and places with a lot of people especially if the person is overly tired.
- Watch for signs of anxiety and agitation and find a quiet place to rest if needed.
- Do not overload the person with many activities or too much information.
- Prepare family and friends by explaining dementia and any changes it may have caused.
- Do not hurry. Stay calm and provide plenty of time for travel and for any stops needed along the way.

Contact Sauk County Dementia Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin (ADAW), at 608-697-2838 or janet.wiegel@alzwisc.org, for more information. Visit alzwisc.org for details on support groups, and programs.



Memory Cafés are a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities.

Virtual Memory Café online

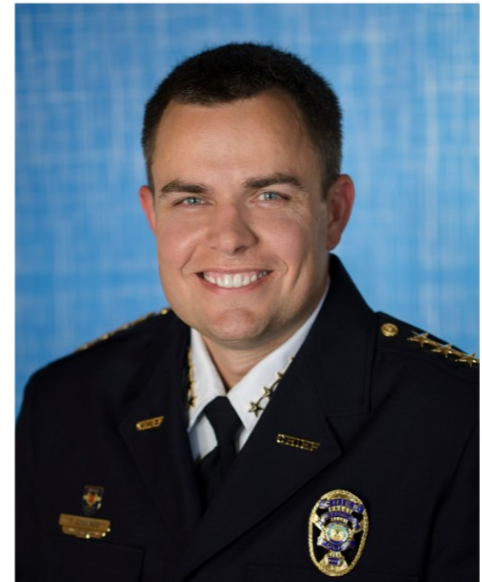
Meets the 3rd Friday of each month 10:00am-11:30am. For more information contact: RKearney@alzwisc.org

Sauk City Memory Café

Meets the 3rd Thursday of each month 9:30am-11:00am/Sauk Prairie Community Center: 730 Monroe St., Sauk City. For more information contact: Janet.Wiegel@alzwisc.org

Reedsburg Memory Café

Meets the 2nd Friday of each month 10am-12:00pm/Fusch Community Center: 2090 Ridgeview Dr., Reedsburg. For more information contact: Janet.Wiegel@alzwisc.org



Road Safety with Farm Equipment

Farmers work hard to help bring food to the table for all of us to enjoy. This fall, farmers will remain busy harvesting crops. farm equipment will be on our roadways and traffic safety is critical to avoid accidents.

Tips for Motorists:

- Provide plenty of space for tractors and combines to operate. This allows better reaction time in case sudden movements are made in traffic.
- Expect farm equipment to take up several lanes of traffic and make wide turns.
- Do not suddenly slow down if traveling in front of farm machinery. Farmers often haul large, heavy loads, which makes sudden braking difficult.
- Anticipate tractors to travel at a slower rate compared to normal traffic on the roadway.
- Monitor for lighted signals, hand signals or other forms of communications from the operators of machinery.
- Be Patient!

*Patrick Cummings, Chief of Police
Reedsburg Police Department*



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.





Tony Tyczynski

Dear Friends,

As I write this, the largest, most comprehensive bill ever to get passed through Congress is just getting finalized. The PACT Act is a comprehensive bill to address the health impacts of those who served overseas and were exposed to toxic hazards, such as burn pits, radiation, and Agent Orange. It offers expanded VA health care eligibility for many veterans who were not previously covered by VA care. However, this massive bill/law is going to affect the VA's ability to process claims in a timely manner and may also negatively affect the timeliness of VA health care for a period of time. Additionally, we expect a significant increase in the workload for this office. We will do everything we can to maintain the high level of service that you have come to expect from our office, but please be aware we are doing our best to handle the increased workload. Please try to minimize walk-ins. If nobody answers when you call, please leave a voice message and give us 3-4 business days to return your call. Leave as comprehensive of a message as possible so we can prioritize these calls appropriately.

Remember to call us to make an appointment or email us with questions you might have that can easily be answered this way. Our email is vetservice@saukcountywi.gov

In Your Service,
Tony

New 9-8-8 Suicide & Crisis Support Hotline Unveiled in Wisconsin

WDVA Secretary Mary Kolar joined Wisconsin Senator Tammy Baldwin and DHS Secretary-designee Karen Timberlake at TDS Headquarters in Middleton on July 15 unveiling the new 988 number of the National Suicide Prevention Lifeline. It went live on all phones and devices on Saturday, July 16.

988 will replace the existing 10-digit National Suicide phone number. Experts say a phone number that's easier to remember will save lives and help far more people who need immediate access to help in a crisis.

There is a special option for veterans – veterans can now dial 988, then 1 to connect to the Veterans Crisis Line (988+1). Veterans having thoughts of suicide, a mental health crisis, or any other kind of emotional distress can dial this number and be connected to counselors trained to work with veterans. These counselors will listen, provide support, and connect them to resources if necessary. Anyone can dial 988+1 if they are worried about a veteran who may need crisis support.

Reopening a Service-Connected Disability Claim

Once you file an initial service-connected disability claim, any claim filed after that is considered “reopening” your claim. You can reopen your claim for a couple reasons. If you feel your service-connected condition has worsened, you might want to consider reopening your claim and asking the VA to consider you for a higher rating. Every disability has a code, and every code has a rating schedule, but not every disability can be rated at 100%. Some disabilities only max out at 10% so no matter how bad that condition gets, you can never get higher than a 10% rating. If you are considering reopening your claim to request a higher rating, it is advisable to talk with your Veterans Service Office to find out what the criteria is to be eligible for a higher rating.

Service-connected disabilities can often cause other problems, which are called secondary conditions. If, for example, you have diabetes type 2, there are numerous secondary conditions diabetes can cause including, but not limited to, high blood pressure, stroke, upper and/or lower extremity neuropathy (numbness and tingling in the hands and feet), erectile dysfunction, and many other conditions. Secondary conditions can be claimed if they are caused by service-connected conditions. A low back condition can also cause problems with the legs; a neck condition can cause problems with the arms or cause headaches, and the list goes on. If you have secondary conditions, they must be documented in your medical record by your health care provider (VA or non-VA) before you can claim them and having your health care provider link them to your primary service-connected condition helps, too, but is not required.

Your service-connected disability rating, by law, cannot be lowered if you have had that rating for 20 years or more. If you haven't had it that long, the VA can always reduce your rating, so you want to keep that in mind when reopening your claim. With that being said, the VA is not out to lower a veteran's rating. They will only do that if they have very good reason and if they do, you can always appeal their decision. If you really feel you should reopen your claim, don't let that deter you from doing it.

If you have questions about reopening your claim or would like to set up an appointment to reopen it, please contact our office or the Veterans Service Office in your county.

Heroes with Hearing Loss CAP-TEL INFO

There's no need to let hearing loss impact the connections that matter most in life. Whether it's with family, friends, business contacts or healthcare professionals, it's our ability to connect and and communicate with others that makes our lives whole. For people with hearing loss, a simple thing like a telephone conversation can become an obstacle. But with the right technology, telephone conversations can become manageable.

The Hamilton® CapTel® captioned telephone is the most advanced captioned phone available. It's possible to listen & read captions of what's said over the phone ensuring clarity on every call—eliminating the frustration even a simple phone call can make.

With a qualified hearing loss, you are eligible to receive a Hamilton CapTel phone at no cost. If you are a Sauk County Veteran interested in obtaining a captioned telephone, please let our office know and we can help with the application.



**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.**

Veteran Community Social on October 7th from 10am-2pm. Devils Lake State Park-South Shore Area, S5975 Park Rd, Baraboo.

2022 Morrill Lecture Series - "Bridging the Civilian-Military Divide" - Leanne Knobloch & Doug Bradley - October 14-16: This year, we hope you'll join us as we explore ways to better understand and support our veterans. We'll be hosting a writing workshop for veterans on October 14-16 at Bethel Horizons. Civilians can help by sponsoring a veteran's attendance. More info can be found at www.morrilllectures.org

Veterans Coffee get together meets weekly on Thursdays from 8-10 a.m. at the Legion Hall in La Valle. The hall is located at 116 W Main St, LaValle.

Women Veterans Coffee meets the 1st Wednesday of the month at 1:30pm at Tin Roof Dairy & Spirit Lake Coffee Roaster, 119 Third St, Baraboo.

The Reedsburg Thurber-Greenwood VFW Post 1916 breakfast will be served every second Sunday from 8:00 A.M-12:00 P.M. Please stop by and enjoy breakfast if you can. Menu items include: Made to order omelets, scrambled eggs, breakfast sausage, hash browns, homemade buttermilk pancakes, biscuits and gravy, applesauce, bagels with cream cheese, toast, and drink. Pricing: \$10 per person; Children under 10 are \$1 for each year of age.

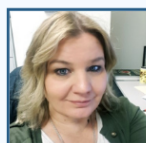
MEET SAUK COUNTY VETERANS SERVICE STAFF:



**Pamela
Russo
Programs
Coordinator**



**Rick
Erickson
Assistant
CVSO**



**Sandy
Deich
Veterans
Benefit
Specialist**



**Susan
Stoddard
Veterans
Benefit
Specialist**

*Restoring independence is
Maplewood of Sauk Prairie's goal.*

*What that means to you, is that once
your strength is restored, you will
return home.*

*May you enjoy this easy to make,
delicious meal.*



Chicken Bacon Ranch Wrap

1/3 c. lettuce
1/2 c. diced chicken
1/3 c. diced bacon
1 wheat or spinach tortilla
2 tbsp. shredded cheddar cheese
1 tbsp. ranch dressing
2 tbsp. sliced tomatoes

1. Lay tortilla flat on a cutting board. Spread 1 tablespoon of ranch dressing over the bottom half of the tortilla, leaving an inch border on each side.
2. Sprinkle lettuce, chicken, bacon, cheese, and tomatoes on the wrap.
3. Fold in the sides and roll tightly. Repeat with the remaining wraps. Cut in half to serve.

Maplewood
Sauk Prairie
Health & Rehabilitation Center

**SILENT
AUCTION!**

B A S C O

Baraboo Area Senior Citizen Organization

Fall Harvest Spaghetti Dinner

(includes salad, garlic bread, dessert, beverage)

Tuesday, October 11th

4-7pm

Civic Center

124 2nd Street, Room 24

356-8464

\$9 with ticket

\$10 at the door

Under 5 are free

**FUN FOR THE WHOLE
FAMILY!**

RAFFLE DRAWINGS \$1.00/TICKET OR 12 TICKETS FOR \$10

THE DRAWING FOR THE GUN/MEAT RAFFLE WILL BE ON
OCTOBER 12TH AT NOON IN THE BASCO OFFICE .



Accessible Birding Event at Upham Woods

October 15th

8:30am-3:30pm



Address:
N194 County Rd N
Wisconsin Dells, WI 53965
Phone:
608-254-6461

9-10:30 AM Guided Birding: This guided bird hike will stay on flat paved trails and wooden boardwalks and focus on identifying birds both by sight and by sound. Instructors will provide walking sticks, portable seating, and binoculars, and will stick to trails near buildings/restrooms for folks who need a break.

11:30-12:30 Raptor Show: Join our indoor presentation as you learn about raptor adaptations and meet a live bird. Chairs will be provided. This PowerPoint will include closed captions and a sign language interpreter upon request.

1:30-3:00 Bird Sensory Exploration: Spend time exploring birds with different senses and at your own pace. There will be bird artifacts, like feathers and skulls, to touch, idpads to listen to bird sounds and binoculars for sight. Separate quiet rooms are available as needed.

REMINDER

SAUK COUNTY WILL HOLD A HAZARDOUS WASTE CLEAN SWEEP EVENT FROM 8A.M. TO 12P.M. ON SATURDAY, SEPTEMBER 24, AT THE FORMER SAUK COUNTY LANDFILL, E8795 EVERGREEN LANE, BARABOO. CLEAN SWEEP IS AN OPPORTUNITY FOR HOMEOWNERS, AGRICULTURAL ENTERPRISES, AND BUSINESSES TO DISPOSE OF HAZARDOUS PRODUCTS AND ITEMS THAT POSE AN ENVIRONMENTAL RISK, SUCH AS PESTICIDES AND TOXIC CLEANING PRODUCTS. HAZARDOUS WASTE WILL BE COLLECTED AT NO CHARGE, HOWEVER, THERE ARE FEES FOR TIRES, SOME ELECTRONIC ITEMS AND APPLIANCES.

FOR MORE INFORMATION REGARDING THE SAUK COUNTY CLEAN SWEEP PROGRAM, CONTACT THE LAND RESOURCES AND ENVIRONMENT DEPARTMENT AT (608) 355-3245 OR CONSERVATION@SAUKCOUNTYWI.GOV. YOU CAN ALSO VISIT [HTTPS://WWW.CO.SAUK.WI.US/LANDCONSERVATION](https://www.co.sauk.wi.us/landconservation) FOR A MORE COMPLETE LIST OF ACCEPTED ITEMS AND ALTERNATIVE DISPOSAL OPTIONS



For AddLIFE Today! questions or comments,
please contact Marina Wittmann at
(608) 355-3289 or email at
marina.wittmann@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
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