



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

Contact: ADRC (608) 355-3289 or (800) 482-3710

Veterans Service Office: (608) 355-3260

WE'RE STILL LISTENING

The ADRC would like to thank each and every one of you who shared your thoughts in the 2022-2024 Aging Plan Survey and sent them back to us. Your survey responses are being used to help us plan the goals we want to accomplish in the next three years.

Our Aging Plan team read and analyzed your comments to see what was on your minds. You shared many thoughts and ideas but we found three concerns were mentioned more than anything else. The concerns that seemed to be on many of your minds were:

- **Transportation**

- To and from doctor's appointments, the grocery store, and other personal needs

- **Money**

- Renting, health care, insurance, property taxes

- **In-Home Care/Chore Services**

- Cleaning, personal cares, snow removal, lawn care

The ADRC will be holding virtual listening sessions to prioritize needs, get ideas for how to accomplish goals, and hear your feedback on ADRC services and programs. These sessions will take place via Zoom where participants can call in on their phones, tablets, or computers on the following dates:

- **Wednesday, March 17th 9:30 AM**
- **Thursday, March 18th 12:00 PM**
- **Monday, March 29th 2:00 PM**
- **Tuesday, March 30th 7:00 PM**

Interested in participating?

*Contact Marina Wittmann to sign up:
marina.wittmann@saukcountywi.gov
or (608) 355-3289*

Spots are limited, so sign up today!

Not able to join our listening sessions? We would still love to hear from you! Tell us your ideas by contacting Susan Blodgett at (608) 355-3289 or susan.blodgett@saukcountywi.gov

(Please note that ADRC & other programming may be cancelled/postponed due to COVID-19. Please call with any questions.)

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THE ADRC WOULD LIKE TO THANK THE FOLLOWING
INDIVIDUALS FOR THEIR GENEROUS DONATIONS!



- Ralph & Donna Soeldner for the home Delivered Meals Program
- The Bryant Foundation, in honor of David Bryant, for the Home Delivered Meals Program
- The Bryant Foundation, in honor of Kelly Bryant, for the Home Delivered Meals Program
- Corptax Inc, in memory of James & Marilyn Karch, for the Home Delivered Meals Program
- Rose Fingerhut for the Home Delivered Meals Program
- Barbara Salveson for the Home Delivered Meals Program
- Carol Treptow for the Volunteer Driver Escort Program
- Safe Harbor Homeless Shelter for Caregiver Support Programs, the Helping Hands @ Home Program, the Veterans Transportation Program, and the Volunteer Driver Escort Program
- Patricia Ann Bullard for the Home Delivered Meals Program
- Brad & Claire Reinke for the Home Delivered Meals Program



FROM THE DIRECTOR'S DESK
SUSAN BLODGETT, ADRC DIRECTOR



OLDER AMERICANS MONTH 2021: COMMUNITIES OF STRENGTH

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

The ADRC has again partnered with Sauk County Parks and Recreation to offer free Sauk County Park Passes to Sauk County residents age 60 and over for Wednesdays in the month of May. Check out the next page for more information on how to get a pass!

The Aging & Disability Resource Center of Eagle Country-Baraboo Office provides services, support, and resources to Older Americans year-round. Contact the ADRC at 608-355-3289 for more information on what we have to offer the strong communities here in Sauk County.

Adapted from www.acl.gov

Celebrate Older Americans Month with a FREE Sauk County Park Pass!

In honor of Older Americans Month, the ADRC, in conjunction with Sauk County Parks & Recreation, will again be providing free park passes to Sauk County Residents age 60 and over, allowing access into the Sauk County parks and boat landings for free on Wednesdays in the month of May. This pass not only allows the holder free access, but also anyone riding with them in their vehicle. There is no limit to the number of times you can use your pass during the approved dates.



CALL THE
ADRC AT
608-355-3289
TO HAVE A
PASS MAILED
RIGHT TO
YOU!



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

DUE TO COVID-19, THERE WILL BE NO ELDER BENEFIT SPECIALIST SITE VISITS OR IN-PERSON "WELCOME TO MEDICARE" PRESENTATIONS UNTIL FURTHER NOTICE.

A Refresher on Divestments By the GWAAR Legal Services Team

What is a divestment?

A divestment is a gift, sale, or transfer for less than fair market value. A divestment can take many different forms: a cash gift, a sale of a home for less than its current value, adding someone's name to a property deed, disclaiming an inheritance, or paying on debt the person is not legally obligated to pay for.

Why is it important to know about divestments?

People applying for long-term care Medicaid benefits such as FamilyCare, IRIS, Partnership, Pace, and Institutional Medicaid will be screened to determine if any divestments were made in the five years prior to their application.

Note: Divestments are also relevant for eligibility for Supplemental Security Income (SSI), but the penalty is calculated differently.

How does a divestment impact eligibility for long-term care Medicaid?

The agency that processes Medicaid applications will calculate a divestment penalty that will render the applicant ineligible for long-term Medicaid for a specific period of time. The current divestment divisor is \$303.38 per day (according to Operations Memo 20-27, effective January 1, 2021). To calculate a person's divestment penalty, take the total amount divested and divide it by \$303.38. The result is the number of days that a person will be ineligible for long-term care Medicaid programs.

For example, if a person gave away \$100,000, then take 100,000 and divide it by 303.38. The answer is 329.62, which is rounded down to 329. That means this person would be ineligible for long-term care Medicaid for 329 days (approximately 11 months).

What else is important to know about divestments?

Medicaid presumes that family members perform work and provide care to other family members gratuitously. Said another way, Medicaid assumes that the person who is performing the services or providing the care is not expecting to be paid. However, sometimes payment is expected and appropriate. In that case, there must be a signed and notarized contract in place between the two parties prior to the services being rendered and payment made. Otherwise, Medicaid will count those payments to family members as divestments. For more information, read the Medicaid Eligibility Handbook section 17.8.

It is also important to note that sometimes a transaction may appear to be a divestment, but

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upon further investigation, may not be a divestment at all. For example, someone may sell their home for less than the fair market value, which would seem to be a divestment. However, if there was a fire in the home and it was no longer structurally sound and needed a lot of repairs, it could be sold in "as is" condition for much less than it was previously worth. In those cases, pictures, insurance claim forms, and statements from a realtor can provide verification that the transaction was not a divestment.

Finally, remember that transactions between family members are always highly scrutinized. Keep good records, save receipts, take pictures, and create written agreements to substantiate the understanding of both parties.

Choosing a Medicare Durable Medical Equipment Supplier By the GWAAR Legal Services Team

Durable medical equipment (DME) is medical equipment that helps you with your activities of daily living or to help treat a medical condition. It includes a variety of items, such as walkers, wheelchairs, and oxygen tanks. If you want Medicare to help cover your durable medical equipment (DME) costs, it is important to use the right supplier.

If you have Original Medicare, you should get your DME from a Medicare-approved supplier that takes assignment. You may call 1-800-MEDICARE or visit www.medicare.gov/supplier to find DME suppliers who take assignment. Original Medicare will normally pay 80% of the Medicare-approved amount after you meet your Part B deductible, and you are responsible for the 20% coinsurance. Your costs will also depend on whether or not you are required to rent or buy the equipment you need.

Be aware that many suppliers are Medicare-approved but do not take assignment. These suppliers may charge you more than Medicare's approved amount for the cost of services. Medicare will still only pay 80% of its approved amount for services, so you will be responsible for any additional costs.

If you have a Medicare Advantage Plan, you must follow the plan's rules for getting DME. Your plan may require that you:

- Receive approval from the plan before getting your DME
- Use a supplier in the plan's network of suppliers (You may get little or no coverage if you use an out-of-network supplier.)
- Use a preferred brand (You may pay a higher cost when using a non-preferred brand.)

If you have a Medicare Advantage plan, it is wise to contact your plan to learn more about its DME coverage rules before ordering your DME.

For more information, visit: <https://www.medicare.gov/coverage/durable-medical-equipment-dme-coverage>

Medicare Covers the COVID-19 Vaccine By the GWAAR Legal Services Team

Pharmaceutical manufacturers are distributing the vaccine to federally and state-approved locations to start the vaccination of priority groups. Each state has its own plan for deciding who they'll vaccinate first and how residents can get vaccines. [Contact your local health department](#) for more information on COVID-19 vaccines in your area. Medicare covers the vaccine at no cost to you. Be sure to bring your Medicare card so your health care provider or pharmacy can bill

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Medicare. **Be alert for scammers trying to steal your Medicare Number.** Medicare covers the vaccine at no cost to you, so if anyone asks you for your Medicare Number to get early access to the vaccine, you can bet it's a scam.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

For more information, visit <https://www.medicare.gov/medicare-coronavirus>

Medicare Coverage of Vaccines By the GWAAR Legal Services Team

Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B. Please note that SeniorCare does not yet cover any vaccines.

Vaccine	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Part B pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Part B pays for one shot, recommended for all adults aged 65+ and younger adults with health conditions.
Hepatitis B	Part B	Part B covers the series of three shots for high or medium risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection. (A prescription drug plan may cover the vaccine for someone who does not satisfy Part B coverage criteria. Contact your drug plan for more information.)
COVID-19	Part B	Medicare Part B covers FDA-approved COVID-19 vaccines and the administration of the vaccines at no cost to beneficiaries. This applies to beneficiaries in both Original Medicare and Medicare Advantage plans.
Shingles	All Medicare prescription drug plans must cover	Two doses of Shingrix, separated by 2 to 6 months are recommended for healthy adults 50 years and older. Check with your plan to find out specific rules for administration and payment.

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The amount you pay for your vaccine will vary depending on the vaccine. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B. Medicare Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

When it is available, Medicare will cover the COVID-19 vaccine at no cost to you regardless of whether you have Original Medicare or a Medicare Advantage plan. For more information about vaccine availability in Wisconsin, please see the Department of Health Services website at: <https://www.dhs.wisconsin.gov/covid-19/vaccine.htm>. Please note that you cannot pay to put your name on a waiting list for the vaccine or to get early access to the vaccine. Do not share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

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

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

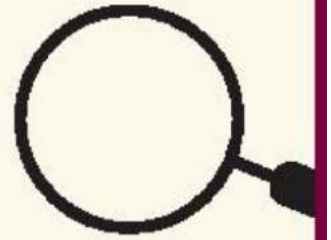
Solution on page 16

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1			9	4				
	3				4	7		
6	1			3			9	4
		7	8				2	
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Sudoku puzzle provided by www.sudokuoftheday.com



WORD SEARCH



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Z	I	F	B	P	V	I	N	D	E	P	E	N	D	E	N	C	E	T
L	C	O	N	N	E	C	T	E	D	T	R	O	P	P	U	S	N	N
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I	E	L	P	W	T	A	N	O	I	T	A	C	U	D	E	K	M	D

LICENSED NURSES
PEACE OF MIND
ENGAGED
CONNECTED
ENTERTAINMENT
EDUCATION
SUPPORT
INDEPENDENCE
STAY ACTIVE
KITCHENETTES
ZEST FOR LIFE
NEW FRIENDS
RESPIRE CARE
HOUSEKEEPING
BEAUTY SALON
PRIVACY
LIKE HOME



Puzzle Provided by:



Meadows 
Assisted Living & Memory Care



NUTRITION NEWS

MEG ALLEN, NUTRITION COORDINATOR



MAGDA
BARABOO



BRITTANY
REEDSBURG



TORILL
SAUK
PRAIRIE



KATIE
LAKE
DELTON



DONNA
THE SHED
SPRING
GREEN



BARB
VOLUNTEER
REEDSBURG
COUNTRY
CLUB

MALNUTRITION

Malnutrition is misunderstood condition that affects all ages, and is a serious health concern for older adults. Malnutrition can lead to an increased risk of infection, poor wound healing, weakness and decreased bone mass that can lead to falls and broken bones, and increased risk of hospitalization and death.

The causes of malnutrition may seem straightforward, or even obvious – too little food or a diet lacking in the nutrients necessary for good health. The reality is much more complex. Malnutrition in older adults is often caused by a combination of factors. For example:

- Normal age-related changes – changes in taste, smell, appetite that make eating less enjoyable
- Illness – many illnesses can contribute to a loss of appetite and changes in how your body absorbs and uses nutrients
- Impaired ability to eat - poor dental health, difficulty chewing or swallowing and changes in ability to handle tableware can be a significant barrier to healthy eating
- Medications- medications can affect appetite and the ability of the body to absorb nutrients
- Dementia - memory problems can result in forgetting to eat, not buying groceries, or other concerning habits related to food
- Limited access to food – adults with limited mobility may not have access to food or right types of food
- Reduced social contact – eating alone may not be as enjoyable as eating in the company of others; grief, loneliness and lack of mobility may contribute to depression and potentially a loss of appetite

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How do you know if you are malnourished? Some of the warning signs include muscle weakness, fatigue, increased illness or infection, feeling irritable or depressed, unplanned weight loss, and decreased appetite.

Becoming aware of the warning signs and the factors that can contribute to malnutrition are the first steps in fighting it! Some additional strategies for maintaining a healthy diet and eating habits include:

- Nutrient rich foods – plan meals around nutrient rich foods – fruits, veggies, whole grains, fish and lean meat.
- Healthy snacks – select nutrient rich snacks with fruits, veggies, and low fat dairy.
- Herbs and spices – use herbs and spices to add flavor and variety. Try something new! Experiment!
- Get active – daily light exercise, even a walk around the house can stimulate appetite, and help strengthen bones and muscles.

Preventing malnutrition isn't always about eating more food. It's about adjusting what you eat so your body gets all the nutrients it needs. Good nutrition is critical to overall health and well-being and more important than ever has we continue to fight the COVID-19 pandemic. Talk to your health care provider if you are concerned about changes in your appetite, weight or other nutritional health issues.

(Sources: Mayo Clinic Healthy Lifestyles/Senior Health and the National Council on Aging)



Home Delivered Meals

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

Menus

Menus for April and May will be available at the dining centers and will be given to home delivered meal clients when they are finalized. If you do not regularly pick up carry outs at the dining center and would like a menu mailed to you, please call the ADRC at 608-355-3289.

MARCH FOR MEALS - MEALS ON WHEELS

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“The pandemic has introduced many of us to the newfound and harsh realities of food insecurity and social isolation – something that far too many seniors experience as their daily norm. More than ever, we must rally around our essential community-based programs that serve as lifelines to a growing number of people in need, to enable their own long-term vitality,” said Ellie Hollander, President and CEO of Meals on Wheels America. “Even when we make it through this unprecedented time in our nation's history, there will still be millions of vulnerable older adults who will rely on that familiar knock on the door that provides peace of mind and hope beyond the meal itself. Please join us in celebrating the power and importance of Meals on Wheels this March and always.”

According to Meals on Wheels America:

- Meals on Wheels can serve a senior for an entire year for about the same cost as just one day in a hospital or ten days in a nursing home.
- Daily home-delivered meals help keep 8 out of 10 recipients who have previously fallen from falling again.
- 9 out of 10 recipients say Meals on Wheels helps them live independently.
- 58% of home-delivered meal recipients live alone, and for many of them, the person delivering the meal is often the only person they will see that day.



WANT TO SEE HOW THE ADRC IS "MARCHING FOR MEALS" THIS YEAR? CHECK OUT OUR WEBSITE!



[HTTPS://WWW.CO.SAUK.WI.US/ADRC/MARCH-MEALS](https://www.co.sauk.wi.us/adrc/march-meals)

Sauk County ADRC Dining Sites

DURING COVID-19

THERE IS CURRENTLY NO IN-PERSON DINING AT ANY OF THE ADRC DINING SITES. CARRY OUTS ARE AVAILABLE.

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Baraboo Dining Site: High Pointe Commons

1141 12th St | Carry Outs served at 11:00 AM
Call Magda to make a reservation | (608) 963-3436

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Lake Delton Dining Site: Frank Fischer Senior Center

20 Wisconsin Dells Pkwy | Carry Outs served between 11:30 AM - 12:00 PM
Call Katie with questions, no reservation needed | (608) 393-7214

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Reedsburg Dining Site: Cornerstone Church

E3111 Ableman Rd | Carry Outs served at 11:00 AM
Call Brittany to make a reservation | (608) 963-3438

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Sauk City Dining Site: Sauk Prairie Community Center

730 Monroe St | Carry Outs served at 11:30 AM
Call Torill to make a reservation | (608) 963-3437

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My Meal, My Way Reedsburg Country Club (Soup & Salad/Sandwich)

3003 E Main Street | Carry Outs served between 11:30 AM - 12:30 PM
Wednesdays: Full Salad & Soup; Thursdays: Full Sandwich & Soup
Call RCC **the day before** to make a reservation at 524-6000 Option 2.
Please leave a message if no one is available to take your call.

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My Meal, My Way Spring Green: The Shed (Soup & Salad/Sandwich)

123 N. Lexington | Carry Outs served between 11:00 AM - 1:00 PM
Wednesdays: 1/2 Sandwich & Soup/Salad; Thursdays: Full Salad & Soup
Call The Shed **the day before** to make a reservation 588-9049.
Please leave a message if no one is available to take your call.

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Suggested Donation for Regular Sites

(Baraboo, Lake Delton, Reedsburg, and Sauk City): \$4.00/meal

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**Suggested Donation for MMMW Sites (Reedsburg Country Club and The Shed):
\$5.00/meal. MMMW diners will receive a donation letter.**

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NEW DINERS WILL BE ASKED TO FILL OUT A BRIEF FORM ON THEIR FIRST VISIT

MARCH 2021

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	2 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix	3 Goulash Brussel Sprouts Wheat Roll Cookie	4 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread Ice Cream	5 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread Pie
8 Chili Cottage Cheese Biscuit Cherry Crisp	9 Oven Fried Chicken Mashed Potatoes/Gravy Cole Slaw Biscuit	10 Italian Meat Sauce Spaghetti Capri Blend Veggies Garlic Bread Pudding Parfait	11 Cran Glazed Pork Loin Au Gratin Potatoes Broccoli Dinner Roll Honeyed Pears	12 Baked Fish Herbed Rice Pacific Blend Veggies Dinner Roll Fruit Mix
15 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie	16 Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll Jell-O Whip	17 Lasagna Italian Veggies Garlic Bread Fruit Mix	18 Honey Garlic Chicken Parslief Red Potatoes Winter Mix Veggies Wheat Roll Frosted Cake	19 Fried Fish Waffle Fries Baby Carrots Cookies
22 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Pie	23 Cran Glazed Chicken Au Gratin Potatoes Dill Carrots Wheat Roll Cookie	24 Grilled Ham Slices Scalloped Potatoes Butternut Squash Wheat Roll Ice Cream Fudge Bar	25 Roast Beef/Gravy Mashed Potatoes Scalloped Corn Dinner Roll Strawberries w/Whip	26 Tuna Noodle Casserole Buttered Beets Dinner Roll Lemon Cake
29 Chicken Teriyaki Rice Pilaf Asian Veggies Wheat Roll Peach Pie	30 Meatloaf Baked Potato Brussel Sprouts Wheat Roll Sliced Strawberries	31 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Roll Frosted Marble Cake	To cancel a Home Delivered Meal or make a Dining Site reservation call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289	
NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.				

RECIPE FOR TWO-TUSCAN STUFFED PORTOBELLO MUSHROOMS

from Maplewood's Kitchen



- 2 Large Portobello Mushrooms
 - 1/2 cup chopped zucchini
 - 1/2 cup chopped tomato
 - 1/2 cup chopped onion
 - 1 cup chopped chicken or beef
 - 1tbsp minced garlic
 - 1tsp oregano
 - Salt & Pepper
 - 1/4 stick of butter
 - 1/2 cup shredded cheese of your choice
1. Hollow out mushrooms & soak under hot salt water for 4 minutes to clean it
 2. Chop zucchini, tomato, onion, and meat
 3. Saute meat & veggies in butter & garlic, salt & pepper to taste
 4. When veggies are tender, stuff sauteed mix in mushroom
 5. Top w/your choice of shredded cheese
 6. Bake at 375 degrees for 15 minutes or until cheese is bubbly & browning
 7. Serve with rice, potato, or salad



Solution to puzzle on page 9

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



DON'T OVERLOOK DEPRESSION

Do you feel sad, empty, and hopeless much of the day? Are you having trouble sleeping, eating, or functioning? Have you lost interest in things that you used to enjoy? These are all signs of depression, a medical illness that affects how you feel, the way you think and how you act.

Depression often goes undiagnosed and untreated as people tend to downplay the symptoms or blame them on other things. While it's normal to feel sad and have a lack of energy occasionally, these feelings shouldn't persist for more than a few days. Right now, with the cold darkness of winter and the pandemic raging, depression symptoms are on the rise. Depression is treatable and should not be overlooked as a possible cause of feeling sad and hopeless.

Symptoms of depression can vary from person to person, but anyone who has been experiencing five or more of the following symptoms for more than two weeks should contact their health care provider.

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Change in appetite resulting in weight gain or loss
- Loss of pleasure and interest in activities once enjoyed
- Irritability, restlessness
- Crying too often or too much
- Aches and pains that don't go away when treated
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of death or suicide

Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at twice the rate of the general population. The added responsibility and stress of caring for a loved one, especially during a pandemic, can have a negative impact on a caregiver's health if steps are not taken

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to stay healthy. If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

If diagnosed with depression, treatment usually includes medication, counseling, or a combination of the two. You can also practice these coping mechanisms to relieve symptoms of depression.

- Communicate your feelings with friends, family, a support group, or mental health professional.
- Set limits – don't try to do more than you can handle. Ask for help.
- Take care of your body – eat well, get enough sleep, and exercise regularly.
- Learn ways to manage stress and relax. Schedule time each day to do something for yourself.
- Maintain a good sense of humor. Find humor in daily events.

Knowing the symptoms of depression and understanding ways to reduce your risk of depression can help you stay healthy. Don't overlook the seriousness of depression. If you or someone you know exhibits the signs of depression, seek medical help.

*Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources*

The ADRC is recruiting participants for the next Powerful Tools for Caregivers workshop. This workshop is geared for family caregivers (children caring for older parents, spouse caring for a spouse, or a friend, neighbor or other family member caring for an older adult). This workshop gives caregivers the confidence and support to better care for themselves and their loved ones.

**If you are interested in the next workshop, call
Marina Wittmann at the ADRC (608)355-3289.**

Participant from the most recent Powerful Tools for Caregivers workshop in Sauk County: "It deals with so many ways to communicate and how our feelings and emotions enter into it. I liked the example situations presented. Most of it hit home with all that I was going through."



LOOK WHO'S GETTING YOU THERE!
STACI DANKERT, TRANSPORTATION COORDINATOR



TOM



JEFF



ARVIN



GORDY



DAVE



RICKY

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

ADRC Transportation is committed to providing individuals age 60 and older and adults with disabilities with affordable transportation options through the Volunteer Driver Escort Service, Taxi Subsidy Program, and Shopping and Fun Day Bus Trips.
Due to Covid-19 our bus trips have been put on hold.

SPRING DRIVING TIPS

Springtime weather differs across the country, so driving conditions and cautions differ, too.

CHECK YOUR TIRES

Tires are your only connection with the road. Be sure the tread is deep enough to channel away water on the road instead of letting it build up under tires.

A good measure is a quarter inserted in the groove with George Washington's head down. If you can see the top of his head, the tread is less than one-eighth of an inch, and you should replace the tire soon.

From a safety standpoint, too little tread can cause tires to float uncontrollably on the pavement surface, called hydroplaning. And the newer the tire the better.

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ASSESS YOUR WINDSHIELD WIPERS

Wiper blades are key to vision. Blades are easy to overlook — until you need them to see through rain and muddy road spray from other cars. Make sure they're not loose on the wiper arms and aren't split.

Clean the blades with a paper towel or cloth soaked in windshield washer fluid or a mild detergent. Then wash the windshield itself, taking care to dislodge dried bugs, road grime and sap.

Take a test swipe while sitting in your driveway after wetting your windshield. If you have spots where your wiper blades are brittle with age, leaving patterns on your glass and not merely holding onto debris, it's time to spring for a new set.

Don't forget to do the same test on any rear window with wipers.

THEN, BE VIGILANT

If those foundational items are OK, remember these tips:

- **Slow down on slick roads.** Slick doesn't always mean icy. Hail can not only damage vehicles from above, but also act like ice when it covers a roadway. Rain is its own safety hazard. When a shower begins, the water lifts a film of oil and other slick substances from the road, creating dicey going. Or maybe the spring storm is over, but some leaves left over from fall or mud have washed onto the road. Drop your speed and leave more distance between you and the car in front in case of sudden stops.
- **Share the road.** Warm weather and that extra hour of sun from daylight saving time brings out bicyclists, motorcyclists and pedestrians. Some of them will be children without a good idea of their proper place on a street or sidewalk.
- **Understand the effects of medications on driving.** For many people, spring means seasonal allergies. Over-the-counter allergy medicines can have side effects or interact with other substances to diminish your driving ability. Opioid pain pills can slow reaction times and contribute to accidents, often making the driver wander out of the traffic lane into another vehicle.
- **Go around potholes if possible.** Deep potholes can throw your car out of alignment or worse, forcing you to buy a new tire before it wears out or potentially pay for a new wheel.
- **Avoid driving through large puddles.** Even on a familiar street, the unexpected water could have opened up new potholes, deepened existing ones, moved manhole covers or taken out sections of asphalt in their entirety. Driving through a small amount of standing water still can impair your brakes, cloud your vision or cause you to hydroplane.

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- **Keep up to speed on severe weather.** Large swaths of the Midwest average more than two dozen tornadoes a year, according to the National Oceanic and Atmospheric Administration. Spring is prime time for twisters. If you're caught in high winds and flying debris, park your car out of traffic lanes, stay in the car with your seat belt on, lean as much as you can below the windows and cover your head with your hands and a blanket, coat or other cushion. Don't seek shelter under a bridge or overpass. Only if you can find a spot that's definitely lower than the road should you leave your vehicle and lie face down. Continue to cover the back of your head with your hands.

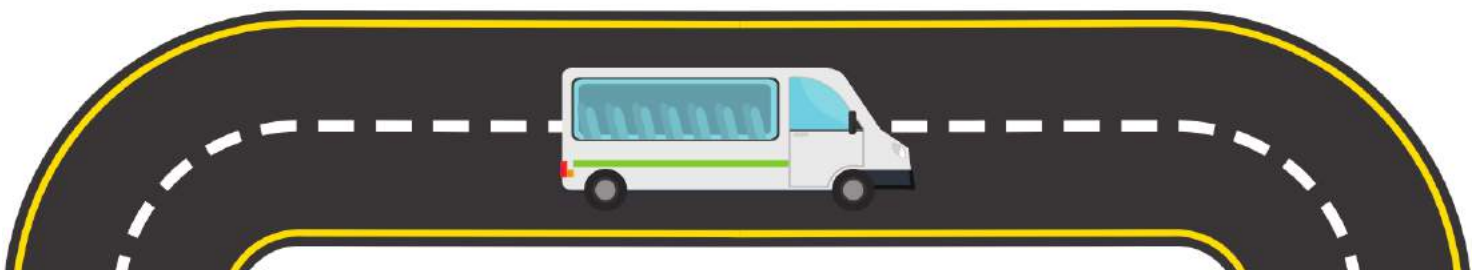
SOURCE: <https://www.aarp.org/auto/driver-safety/info-2020/spring-driving-tips.html>

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.

Medication and Grocery Pickup

Due to the rise in COVID-19 cases, the Shopping Bus will not be running. In place of the Shopping Bus, we are 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.



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 - 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 for the foreseeable future. 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.

Find us on



WANT TO STAY UP TO DATE BETWEEN NEWSLETTERS?

CHECK OUT OUR FACEBOOK PAGE!

[HTTPS://WWW.FACEBOOK.COM/ADRCSAUK](https://www.facebook.com/ADRCSAUK)



**OPEN THE CAMERA
ON YOUR
SMARTPHONE OR
TABLET AND SCAN
THE QR CODE TO
BE TAKEN TO OUR
FACEBOOK PAGE**

AGING & DISABILITY SPECIALISTS

Helping you put the pieces together!



JIM
PRITZKOW



JULIE
MAYER



RACHEL
HEINZMAN



HANNAH
HALVERSON



KARI
EDWARDS

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 608-355-3289 or 800-482-3710.

MEDICAID FOR THE ELDERLY, BLIND OR DISABLED (EBD) ELIGIBILITY NUMBERS UPDATED

By the GWAAR Legal Services Team

The Department of Health Services (DHS) announced the Cost-of-Living Adjustment (COLA) for Medicaid for the Elderly, Blind or Disabled, as well as increases in some Medicaid financial eligibility limits, effective January 1, 2021, in Operations Memo 20-28.

Operations Memo 20-27 covers updates to the institutional cost of care values, including the daily average private pay nursing home rate used to determine a divestment penalty period.

The Social Security Administration (SSA) announced the COLA for 2021 is 1.3% for the SSA Old Age, Survivors and Disability Insurance (OASDI or Title II) Program and the Supplemental Security Income (SSI or Title XVI) Program. Medicare Part B costs are also updated based on the yearly amount set.

The COLA increase will result in some changes to Medicaid income levels, allowances, and deductions in CARES. CARES eligibility redeterminations for January 2021 will occur as part of the annual mass change. SSI amounts will not be updated in CARES through the COLA mass change.

SSI amounts will continue to be auto-updated on a weekly basis. The increase in federal SSI payments will appear as an auto-update after adverse action in December 2020 and will

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impact February 2021 benefits. There will not be a COLA increase in state SSI Supplement or Supplemental Security Income Exceptional Expense (SSI-E) payment amounts.

Increases in Social Security benefits due to the COLA may not result in increases to the amount of met or unmet deductibles, as per the Medicaid Eligibility Handbook (MEH 26.2.1). Increases in Medicare Premiums must be used to adjust the amount of any remaining unmet deductibles.

The updated program amounts (all effective January 1, 2021, unless otherwise noted) are as follows:

Institutional Medicaid Categorically Needy Monthly Income Limit

	New Amount	Old Amount
Categorically needy monthly income limit for a person in a medical institution	\$2,382	\$2,349

Elderly, Blind and Disabled (EBD) Medicaid Monthly Income Limits and Asset Limits

	New Amount	Old Amount
Categorically Needy Monthly Income Limits*		
Group Size of 1	\$877.78	\$866.78
Group Size of 2	\$1,323.05	\$1,307.05 (both were effective 8/1/2020)
Categorically Needy Asset Limits		
Group Size of 1	No Change	\$2,000
Group Size of 2	No Change	\$3,000
Medically Needy Asset Limits		
Group Size of 1	No Change	\$2,000
Group Size of 2	No Change	\$3,000

*Effective August 1, 2020, the maximum allowable shelter cost has been included in the SSI-Related income limits, instead of using the member's actual shelter costs up to the maximum allowable amount.

Note: The Medically Needy monthly income limits will be updated in early 2021 when the Federal Poverty Level income guidelines are updated.

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Monthly EBD Deeming Amount to an Ineligible Minor

New Amount	Old Amount
\$397	\$392

Monthly Parental Living Allowance

	New Amount	Old Amount
1 Parent	\$794	\$783
2 Parents	\$1,191	\$1,175

Community Waivers Monthly Basic Needs Allowance

	New Amount	Old Amount
Monthly Basic Needs Allowance	\$974	\$963
EBD Maximum Monthly Personal Maintenance Allowance	\$2,382	\$2,349

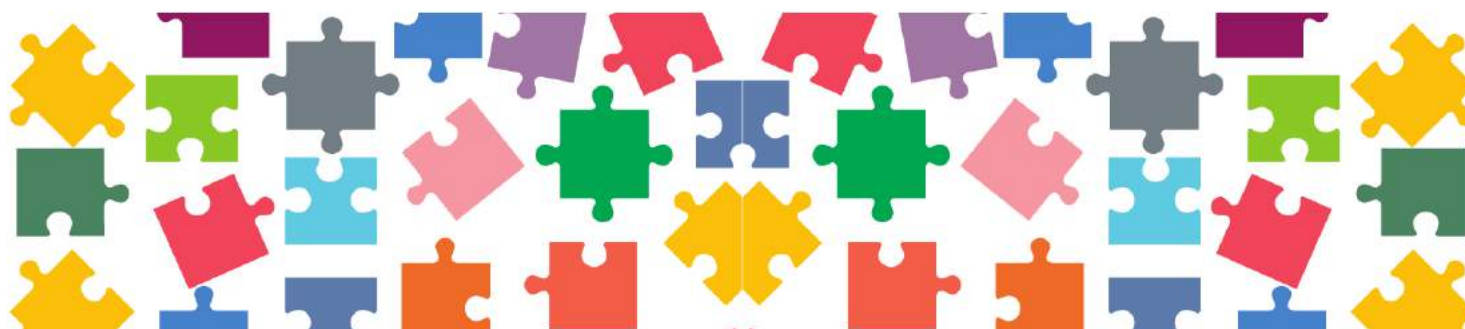
Medicare Savings Program Asset Limits

	New Amount	Old Amount
Asset limit for one person	\$7,970	\$7,860
Asset limit for two persons	\$11,960	\$11,800

Note: This applies only to Qualified Medicare Beneficiary (QMB), Specified Low-Income Medicare Beneficiary (SLMB), and Specified Low-Income Medicare Beneficiary Plus (SLMB+). It does not apply to Qualified Disabled and Working Individuals (QDWI).

Private Pay Nursing Home and Group B Plus Waivers Rates

Daily average nursing home private pay rate	\$303.38 per day
Monthly average nursing home private pay rate	\$9,227.81



Disability Benefit Specialists



Quinn Hause



Holly Shafer



TAX SEASON IS UPON US! A Q&A FROM SSA.GOV

How can I get a copy of my wage and tax statements (Form W-2)?

We can give you copies or printouts of your Forms W-2 for any year from 1978 to the present. You can get free copies if you need them for a Social Security-related reason. But there is a fee of \$90 per request if you need them for an unrelated reason. You can also get a transcript or copy of your Form W-2 from the Internal Revenue Service. However, state and local tax information isn't available if you e-filed your tax return. Some examples of non-Social Security program purposes are:

- Filing federal or state tax returns;
- Providing income information for workers' compensation;
- Establishing residency; and
- Establishing entitlement to private pension benefits.

If you do not give a reason, we assume you need the forms for non-program purposes. When you write to us, be sure to include:

- Your Social Security number;
- The exact name shown on your Social Security card;
- Any different names shown on your W-2;
- Your complete mailing address;
- The year(s) for which you need copies;
- Your daytime telephone number; and
- The reason for your request.

Send your request with a check or money order payable to the Social Security Administration. Please include your Social Security number on the check or money order. You also can pay with a credit card by completing Form-714. Regular credit card rules apply.

Please send your request to:

Social Security Administration
Office of Central Operations
Office of Earnings and International Operations
Division of Earnings and Business Services
P.O. Box 33003
Baltimore, MD 21290-3003

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SCIL SAUK COUNTY INSTITUTE OF LEADERSHIP

What is the next step in your leadership journey? The Sauk County Institute of Leadership (SCIL) is a leadership development program that empowers, engages, and equips participants to make a positive difference in Sauk County. The nine-month program kicks off with an overnight retreat in September followed by eight day-long workshops that are held throughout the county on the second Thursday of each month from October to May. Each interactive SCIL session blends leadership skill development with an examination of emerging community issues.

SCIL has a rich history of success. Alumni routinely note a more comprehensive understanding of community issues and leadership practices. They also demonstrate a new confidence to take on leadership roles in their homes, communities and workplaces. SCIL graduates cite improvements in their effectiveness as decision makers and leaders in their current roles. They also value the opportunity to grow and develop a diverse network of local resources and contacts.

SCIL is co-facilitated by Jen Erickson and Morgan McArthur, Community Development Educators from UW-Madison Sauk County. Together these educators push participants to examine their roles as leaders, expand their skills, and explore opportunities to create meaningful impacts with enthusiasm and encouragement.

Applications are due July 1st (\$75 discount if the application is received by June 1st).

Additional information including the application is available at <http://www.saukcountyinstituteofleadership.org/>.



Please contact Ellen Klima at the UW-Platteville Continuing Education Institute located on the Baraboo/Sauk County campus at (608) 355-5220 or klimae@uwplatt.edu for more information.

The mission of the Sauk County Institute of Leadership is to develop informed, civic minded leaders who are committed to a vibrant Sauk County.



COP'S CORNER

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

Disabled Parking

The use of parking stalls restricted for those with Disabled Parking Permits is a great benefit for those of us with mobility issues, but there are some things to keep in mind. The police often receive complaints about some simple issues that can easily be remedied.

There are two permit types, permanent and temporary. Both have rules for their use.

Both MUST be displayed when using handicap parking areas. This is easy when you have a permanent designation on a license plate, but is something to remember if you have the hang tag. That tag should not be hanging while operating but must be displayed hanging when you park and exit the vehicle.



Disabled Plate



Temporary Hang Tag



Permanent Hang Tag

Failure to hang this is actually a violation of the law. You cannot lend the pass to another party. The person to whom the pass is issued must be in the vehicle and must be getting out of the vehicle to go into a business or location that the stall is being used. You cannot remain in the vehicle and have another non-qualified individual running into the store.

Vehicles with disabled cards or plates are subject to the same traffic and parking rules

- No parking areas
- Fire hydrants
- Fire lanes
- Within a crosswalk.

There is only the added benefit of parking in the handicap stalls. Many stalls also have the large cross hatching for wheelchair accessibility. It is important to remember that these are not additional parking spots, but access isles for loading of wheelchair individuals. Parking in the cross hatch is a violation and could result in a parking citation. Recent laws increased the fines for parking in a disabled/handicap stall to \$150.00. Though our goal is to have these stalls available for the citizens that need them, failure to use the spots and permits correctly could result in a hefty fine.



VETERANS MESSENGER

VOICE OF THE MESSENGER

TONY TYCZYNSKI, VETERANS SERVICE OFFICER



PAMELA RUSSO
PROGRAMS
COORDINATOR



SANDY DEICH
VETERANS
BENEFIT
SPECIALIST



RICK ERICKSON
ASSISTANT
CVSO



SUSAN STODDARD
VETERANS
BENEFIT
SPECIALIST

Dear Friends,

I just wanted to give a brief update to some new conditions the VA recently added for Agent Orange presumptives. There are three new presumptives for Agent Orange exposure if you served in the Republic of Vietnam. The new diseases added are Parkinsonism, Bladder Cancer, and Hypothyroidism. If you have these, along with any of the other Agent Orange Presumptives, please contact your local CVSO.

For Gulf War Veterans, VA presumes that unexplained symptoms are related to Gulf War service if a Veteran has experienced them for six months or more. The "presumptive" illness(es) must have first appeared during active duty in the Southwest Asia theater of military operations or by December 31, 2021, and be at least 10 percent disabling. If you are a Gulf War Veteran who may experience a cluster of medically unexplained chronic symptoms that can include fatigue, headaches, joint pain, indigestion, insomnia, dizziness, respiratory disorders, and memory problems, VA presumes that some health conditions were caused by military service. In practical terms, Gulf War Veterans who meet certain criteria don't have to prove an association between their illness and military service. By assuming a link between symptoms and military service, it can simplify and speed up the application process for benefits. Please see the illnesses listed in a following section.

As we have been all along, our office continues to be open. As always, and even more important now, is to make an appointment before coming in to see us. We have a new phone system and the voice mail works and is set up to go to all of us for a faster response time.

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

Gulf War Presumptive Illnesses

Chronic Fatigue Syndrome: A condition of long-term and severe fatigue that is not relieved by rest and is not directly caused by other conditions.

Fibromyalgia: A condition characterized by widespread muscle pain. Other symptoms may include insomnia, morning stiffness, headache, and memory problems.

Functional Gastrointestinal Disorders: A group of conditions marked by chronic or recurrent symptoms related to any part of the gastrointestinal tract. Functional condition refers to an abnormal function of an organ, without a structural alteration in the tissues. Examples include irritable bowel syndrome, functional dyspepsia, and functional abdominal pain syndrome.

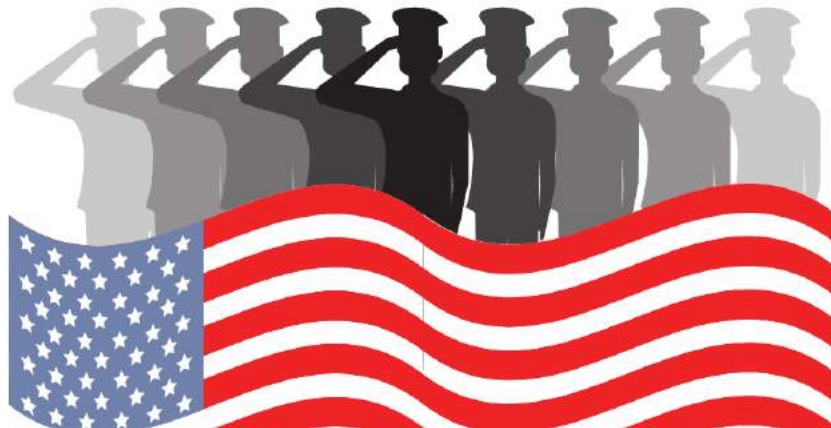
Undiagnosed Illnesses: With symptoms that may include but are not limited to: abnormal weight loss, fatigue, cardiovascular disease, muscle and joint pain, headache, menstrual disorders, neurological and psychological problems, skin conditions, respiratory disorders, and sleep disturbances.

Chronic multi-symptom illness

Chronic multi-symptom illness (CMI) describes the presence of symptoms in two or more body systems that last or recur regularly for more than six months. This term was first used in 1998 in the article describing the symptoms of Gulf War Veterans and its use and meaning has evolved over the years. According to the Institute of Medicine, CMI was a general term that applies to a diverse mix of conditions. Some examples of CMI include:

- Chronic Fatigue Syndrome
- Fibromyalgia
- Gulf War Illness
- Irritable Bowel Syndrome

If you suffer from CMI, consider reaching out to VA to get help. VA is actively strengthening its support of Veterans with CMI through enhanced recognition, education, and monitoring of their needs. Through an improved system of care and a well-prepared workforce, Veterans with CMI will find the clinical care and additional benefits they need to optimize their health and quality of life.



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. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. <https://www.facebook.com/WisconsinDellsJudoDojo/>



We want to thank all those that have recently donated to the Veterans Care Trust Fund. Because of your generous, tax-deductible donations we have been able to help needy veterans of Sauk County in various ways. We have helped veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

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Must I pay taxes on Social Security benefits?

Some people who get Social Security must pay federal income taxes on their benefits. But, no one pays taxes on more than 85 percent of their Social Security benefits.

You must pay taxes on your benefits if you file a federal tax return as an "individual" and your "combined income" exceeds \$25,000. If you file a joint return, you must pay taxes if you and your spouse have "combined income" of more than \$32,000. If you are married and file a separate return, you probably will have to pay taxes on your benefits.

How can I have income taxes withheld from my Social Security benefits?

If you get Social Security, you can ask us to withhold funds from your benefit and we will credit them toward your federal taxes.

SOURCE: WWW.SSA.GOV



The Volunteer Buzz

BRIANNA WIPPERFURTH, PROGRAM COORDINATOR



Thank You Volunteers!

Each May the ADRC celebrates our outstanding Volunteers and the time and efforts they donated in the year prior. In 2020, ADRC Volunteers donated over 9,148.55 hours of their time and talents, valued at \$229,811.58!

We here at the ADRC could not be more grateful for the folks who choose to volunteer with our programs. We truly could not run them all without our Volunteers!

In a typical year, we would bring all our Volunteers together and celebrate another year of service. Due to COVID-19, we are choosing to postpone this year's Volunteer Appreciation Breakfast. We hope to be able to celebrate together later in the year. The health and safety of our volunteers is our number one priority and we will continue to follow public health guidance on gatherings.

Now more than ever, we are so grateful for our volunteers and all they do to serve their neighbors here in Sauk County!

March for Meals Volunteer Drive

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government, and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating, or speaking out, you can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be.

In the month of March we "March for Meals" to celebrate Meals on Wheels, the older adults we serve, and the volunteers that make it all possible. We're kicking the month off with our volunteers in hopes of recruiting more volunteers to join the ADRC team!

From March 1st - March 31st, current ADRC Meals on Wheels Volunteers compete to see who can recruit the most new Volunteers! Prizes will be awarded to the Volunteers who distribute the most Volunteer Drive postcards and who refer the highest number of new Volunteers.

1960'S SONG WORD SEARCH

- BABY LOVE
- BLUE MOON
- BLUE VELVET
- BUS STOP
- CARA MIA
- CHAIN GANG
- CHERISH
- CRAZY
- CRYING
- DIZZY
- DOWNTOWN
- EL PASO
- ELENORE
- FINGERTIPS
- FIRE
- GALVESTON
- GOOD LOVIN'
- GROOVIN'
- HAIR
- HEATWAVE
- HEY JUDE
- HOLIDAY
- ITCHYCOO PARK
- LAST KISS
- MEMPHIS
- MY GIRL
- MY GUY
- PEOPLE
- PUPPY LOVE
- RESPECT
- RUNAWAY
- SHERRY
- SOUL MAN
- SPOOKY

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

- STAY
- SURF CITY
- TEEN ANGEL
- THE BOXER
- THE TWIST
- THESE EYES
- VALLERI
- VOLARE
- WHITE RABBIT
- WILD THING
- WINDY
- WORDS
- YESTERDAY
- WIPEOUT



CAREGIVERS: COPING AND ADAPTING TO COGNITIVE CHANGES

Alzheimer's disease and other memory or cognitive disorders cause gradual irreversible changes in the brain cells. These changes usually result in difficulties with memory, decision making, caring for oneself, and communication. Learning to cope with the effects of cognitive change and adapt over time is essential. It will be necessary to make adaptations and adjustments to your way of doing things.

Consider these daily living tips:

- Focus on strengths and what the person is still able to do.
- Be patient with yourself and with others.
- Focus on what you can change and control instead of what you can't.
- Accept help from others - family, friends, neighbors and professionals.
- Share with others. What did or did not work for you may work for another. Each person is different.
- Understand you may need to change your strategy. What works well now may not work well in the future.
- Keep a sense of humor. A positive attitude can go a long way in helping you cope.
- Sort out your priorities and protect what's most precious to you.

It is important to know that the changes the person is experiencing is because of the disease and that the disease affects each person differently and symptoms will vary. Understanding reasons why behavior changes occur can help you prevent and manage them.

Have questions about Alzheimer's or other dementias? Contact Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin (ADAW), 608.697.2838 or email janet.wiegel@alzwisc.org. Janet is available to problem-solve specific issues, assist in determining future care needs and help connect to community resources.



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.

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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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