



HELLO
SPRING

ADRC: 608-355-3289

Veterans Service Office: 608-355-3260

AddLIFE Today!

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

Spring 2023
Volume 15 Issue 1

OLDER AMERICANS MONTH 2023 - AGING UNBOUND

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Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging - and how we all benefit when older adults remain engaged, independent, and included. The ADRC has some ideas on how you can remain engaged, independent and included!

Engaged: Do you participate in activities that connect you with other people? As we get older, sometimes our social life slows down for a variety of reasons. Being socially, physically, and emotionally engaged is good for your whole body. There are many ways to get engaged in your community: take a class, participate in an exercise program, head outdoors and join a walking group, make music with others, get involved in a religious organization, join a book club, volunteer for a cause you are passionate about, or gather with others over good food.

Independent: What does independence mean to you? For some it may mean staying in their own home, driving, or making financial decisions. Independence gives us a sense of purpose. So how do we keep that? Continue to engage in social activities - attend church, visit relatives, reconnect with friends. Continue to stay active - not only exercise, but keeping up with day-to-day tasks such as cooking, shopping, and cleaning. Continue to keep the brain busy - play cards, do sudoku or crosswords, put a puzzle together. Continue to put safety first - remove potential fall hazards from the home, put grab bars in the bathroom, take it slow.

Included: The Reframing Aging Initiative, through the Gerontological Society of America is a long-term social change endeavor designed to improve the public's understanding of what aging means and the many ways older people contribute to our society. A simple change can produce big results - using more inclusive words like "we" and "us" in place of "they" and "them". No matter our age, we all want to be included in conversations and decisions.



Aging
UNBOUND

For more ways to remain engaged, independent and included, follow the Administration for Community Living's Facebook page or go to ACL's website: <https://acl.gov/oam/2023/older-americans-month-2023>

ADRC Services Quick Guide



Information & Assistance

ADRC I&A Social Workers are available to discuss your unique situation and provide free options counseling. Do you want to stay in your home? Need help with cleaning, personal cares or transportation? Interested in Meals on Wheels? We are here to answer questions you have!



Benefits for YOU!

ADRC's Elder and Disability Benefit Specialists help with determining benefits or helping appeal denials. Have questions about Medicare, Medicaid, SSI, SSDI, Social Security, Senior Care, Food Share? Your benefit specialists are here to help!



Find Nourishment & Socialization

Join us at our dining sites for lunch! Or if you are over 60 and homebound due to illness, disability or isolation, you may be eligible for Meals on Wheels.



A Healthy Life

Take one of our Evidence-Based workshops - Stepping On for falls prevention and Powerful Tools for Caregivers.



We'll Get You There

The ADRC sells discounted taxi tickets to individuals age 60 and older and those with disabilities. We also transport clients to out-of-town medical appointments. Check out our Fun-Day and Shopping Busses for social excursions!



For Family Caregivers

The ADRC offers funding for respite, support group info, and access to our Dementia Care Specialist who works with families who have a loved one living with dementia.



Build Yourself & Your Community

Want to find a new purpose or passion? Volunteer for us! We are always looking for new faces to join our volunteer team.

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From the Director's Desk

Susan Blodgett



The ADRC has some big news to share! As of January 1, 2023, we are no longer part of the ADRC of Eagle Country region. We are now a standalone ADRC - ADRC of Sauk County! Our programming will remain the same. We now have sole control of our services and funding - allowing for more personalized services for Sauk County residents. As always, reach out if you need us.

When "Do Me a Favor" is a Scam



How It Works

- You receive a brief but urgent message from someone you know asking for a quick favor—run to the store and pick up some gift cards, and they'll reimburse you later.
- The message can come by email, text or social media, and the sender claims to be traveling or is otherwise tied up.
- The ask may come from a supervisor at work who needs the gift cards for an employee appreciation event, a faith leader who is looking to quickly help a family in need, or a family member or friend.
- The request is for specific gift cards and a specific amount, and they ask you to snap photos of the front and back (exposing the PIN) and send the pictures.

What You Should Know

- Gift cards are attractive to criminals—they are everywhere, aren't generally trackable and can be converted to cash in an instant.
- Anytime someone asks you to buy gift cards and share the numbers off the back, it's a scam—full stop.

What You Should Do

- Verify. If you get a message like this, contact the person in a way you know to be legitimate and ask them if they sent it.
- If you buy gift cards only to later learn it was part of a scam, contact the retailer or card issuer immediately. If the funds weren't drained in full, you may be able to get some of your money back.
- Remember that all scams are crimes. If you ever experience financial loss from a scam, contact the police to file a report. If you get resistance, persist so you have a formal record in the event of possible future restitution.

Support for Fraud Victims: AARP offers a free emotional support program for people affected by a scam or fraud. In partnership with Volunteers of America, these Rest (Resilience, Strength and Time) sessions are online, hour-long, confidential small groups led by trained peer facilitators. Experiencing a scam can be devastating, but it doesn't have to define you. Visit www.aarp.org/fraudsupport to learn more.

Are You a Caregiver?

Like many people, you may not realize you are a caregiver. You might think of what you do as simply helping someone important to you. If you do any of the following, consider discussing your role with an ADRC Social Worker to learn what resources are available to you and your loved one. Also, we encourage caregivers to take a Powerful Tools for Caregivers workshop (see below for workshop details).

All About Aging!

Marina Wittmann
Aging Program Coordinator



You are a caregiver if you:

- Help someone with their medication
- Grocery shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry, and other household chores
- Care for someone who does not live near you – AKA 'long-distance caregiving'
- Provide care and support for someone in your home, in theirs or in a facility
- Worry about their general well-being

*Some days there won't be
a song in your heart.
Sing anyway.
~Emory Austin*

ANYONE CAN BE A CAREGIVER!

SISTER Son-in-Law Son DAUGHTER Relative GRANDCHILD
Spouse HUSBAND Brother FRIEND Daughter-in-Law WIFE

Powerful Tools for Caregivers (PTC)

PTC is a 6-week evidence-based workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver. This program can help you cope with the challenges of caregiving. Whether you are caring for a parent, spouse, family member or friend, PTC is beneficial to you!



Join us for our next workshop!
6 consecutive Tuesday afternoons
Tuesday, April 4th - Tuesday, May 9th
1:00-2:30pm | Virtual via Zoom

*I learned that you
don't have to go it
alone. It's OK to
ask for help.*

Call or email Marina to register (608)355-3289 | marina.wittmann@saukcountywi.gov
Please note: The ADRC has iPads and tablets for loan if you need a device to attend this class!

~Marina



Caregivers can borrow items for 6 months and request an extension if nobody is on the waiting list for that item. Caregivers will be asked to fill out a brief demographic form. Contact Marina at the ADRC to request an item or be put on the waiting list.

ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov

BOOKS

- The 36-Hour Day by Nancy Mace
- Dementia Reimagined by Tia Powell
- Creating Moments of Joy by Jolene Brackey
- My Two Elaines by Marty Schreiber
- Find Your Heart, Follow Your Heart by Keri Olson
- Cracking the Hospice Code by Linda Kritikos
- A Not So Lonely Journey by Thompson, Zerrenner
- On Vanishing by Lynn Casteel Harper
- Healing After Loss by Martha Whitmore
- It's Ok That You're Not Ok by Megan Devine
- Sometimes It's Grandmas and Grandpas, Relatives as Parents
- Grandparents As Parents: A Survival Guide
- Courageous Love for Relatives as Parents

TECHNOLOGY

- Electronic Pill Dispensers
- Digital Clocks
- Picture Memory Phones
- Wireless Door Alarm Sets
- iPads
- Amazon Fire HD 10 Tablets
- Amazon Echo Dots ("Alexa")
- Amazon Echo Shows ("Alexa")
- Amazon Alexa Complete User Manuals

TEEPA SNOW: POSITIVE APPROACH TO CARE DVDS

- It's All In Your Approach
- The Art of Caregiving
- The Journey of Dementia
- Challenging Behaviors in Dementia Care: Recognizing and Meeting Unmet Needs
- Progression of Dementia, Seeing GEMS - Not Just Loss

HANDS-ON

- Favorite Things Kits: photo, activity cards and DVDs to spark conversation: Farm or Summer Reminiscence Kits available
- 1950s - 2000s Rewind Cards - cards highlight the best things from that decade to reminisce about!
- Perfect Petzzz - lifelike companion pets that breathe
 - Chocolate Lab and Tabby Cat available

PORTABLE WHEELCHAIR RAMP



For Your Benefit... Your Elder Benefit Specialists



Mindy Shrader
Serving the Western Part
of Sauk County



Pam Fuchs
Serving the Eastern Part
of Sauk County

EARNED INCOME TAX CREDIT FOR WORKING SENIORS

By the GWAAR Legal Services Team

As we move toward tax filing season, working seniors should be sure to check whether they qualify for a bigger refund through expanded eligibility for Earned Income Tax Credits (EITC). Until last year, EITC eligibility was limited to workers between the ages of 25 and 64. Starting with the 2021 tax year, under provisions of the American Rescue Plan, the tax credits became available to any income-eligible worker over the age of 19. The 2021 tax year marked the first time that EITC credits have been available to workers age 65 and up, so many seniors may not be aware of this opportunity to increase the size of their tax refunds.

For the 2022 tax year, married taxpayers without dependent children can qualify for EITC if their earnings from work or self-employment in 2022 amounted to \$22,610 or less – up from \$16,000 in previous years. The income limit for single taxpayers is \$16,480. Unfortunately, the maximum EITC credit for workers without dependent children tops out at \$560, down from the 2021 maximum credit of \$1,500. Nonetheless, the credit can make a meaningful difference for low income seniors. And, since the EITC is a refundable tax credit, eligible taxpayers can see a refund even if they have zero income tax liability.

Seniors who think they may qualify for EITC should consider consulting with a tax professional or a free assistance resource, such as the IRS Volunteer Income Tax Assistance (VITA) program or the AARP Tax Aide program.

HOW YOUR INCOME MIGHT BE AFFECTING YOUR MEDICARE PREMIUMS

By the GWAAR Legal Services Team

If you are on Medicare, and you have higher income, you may have to pay a higher monthly premium for your Part B and prescription drug coverage. These higher premiums are called “Income-Related Monthly Adjusted Amount” (IRMAA). Fewer than 5 percent of people with Medicare will pay IRMAA, so most people are not affected.

Whether you have to pay an IRMAA depends on your tax filing status and yearly income from two years ago. That means that in 2023, your IRMAA will be based on your 2021 tax return, as shown in the table below.

Article continued



If your yearly income in 2021 was:			You pay each month (in 2023) for Part B	You pay each month (in 2023) for Part B-ID	You pay each month (in 2023) for Part D
File individual tax return	File joint tax return	File married & separate tax return			
\$97,000 or less	\$194,000 or less	\$97,000 or less	\$164.90	\$97.10	Plan premium
above \$97,000 up to \$123,000	above \$194,000 up to \$246,000	Not applicable	\$230.80	\$161.80	\$12.20 + plan premium
above \$123,000 up to \$153,000	above \$246,000 up to \$306,000	Not applicable	\$329.70	\$258.90	\$31.50 + plan premium
above \$153,000 up to \$183,000	above \$306,000 up to \$366,000	Not applicable	\$428.60	\$356.00	\$50.70 + plan premium
above \$183,000 and less than \$500,000	above \$366,000 and less than \$750,000	above \$97,000 and less than \$403,000	\$527.50	\$453.10	\$70.00 + plan premium
\$500,000 or above	\$750,000 or above	\$403,000 or above	\$560.50	\$485.50	\$76.40 + plan premium

If you believe that your IRMAA is wrong, the Social Security Administration (SSA) may recalculate it. However, this will usually happen only if you have had a life-changing event. SSA considers these situations to be life-changing events:

- Death of a spouse
- Marriage
- Divorce or annulment
- You or your spouse stopping work or reducing the number of hours you work
- Involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
- Loss of pension
- Receipt of settlement payment from a current or former employer due to the employer's closure or bankruptcy

You may also ask SSA to recalculate your IRMAA if you filed an amended tax return, if the IRS provided incorrect income information to SSA, or if there is a more recent tax return available.

If you have an IRMAA in 2023, and you experienced one of these life-changing events, or you believe that SSA is using incorrect tax information, contact your local SSA office. You will need to show proof that a life-changing event occurred or provide a copy of your tax return. For example, if you recently got married, you should be prepared to show your marriage certificate. If SSA finds that your IRMAA was incorrect, you will be refunded for any higher premiums that were already paid (the difference between the IRMAA premium and the standard premium amount).

Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

Spring Green Library

1:00-3:00pm
March 1
April 5
May 3

Plain Library

1:00-3:00pm
March 15
April 19
May 17

Sauk Prairie Community Center

1:30-3:30pm
March 8
April 13
May 11

I'm Turning 65/Retiring - Now What?



This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those continuing to work. Workshop may be canceled if Covid numbers rise.

Pre-registration is required: (608)355-3289.

4:30pm
Tues, March 21st &
April 18th
West Square Bldg
505 Broadway
Baraboo, WI 53913



Voting In Wisconsin **Voter Registration**



Are you a new voter? Have you recently moved and will now be voting at a new polling location? Start or update your registration at <https://myvote.wi.gov>

Other Voting Information

Nonprofit VOTE (www.nonprofitvote.org) is a nonpartisan resource for up-to-date information on state elections. Find state-specific information and use the voter engagement resource library to help you provide voter and encourage voter participation. (www.nonprofitvote.org/resource). For more information about non-partisan efforts to increase voting turnout and participation in the electoral process among members of Wisconsin's disability community, check the Wisconsin Disability Vote Coalition at www.disabilityvote.org

Stay Informed on Voting in Wisconsin

Find your polling place, your elected officials, learn when the next election is in your area, what's on the ballot and more at <http://www.myvote.wi.gov>

Reliable Information About Absentee Voting in Wisconsin

The Wisconsin Elections Commission has produced these six new informational videos about the absentee voting journey. If you want to share them, all videos can be viewed and downloaded from the WEC's Vimeo page <https://www.vimeo.com/showcase/7545193>



Free or Low-Cost Legal Resources in Wisconsin

By Guardianship Support Center Managing Attorney Polly Shoemaker

Guardianship Support Center

The Guardianship Support Center (GSC) is a neutral statewide informational helpline for anyone throughout the state. We can provide information on topics such as Powers of Attorney, Guardianship, and Protective Placement. The GSC is unable to provide information on minor guardianships, wills, trusts, property division, or family law. The GSC is also unable to give legal advice or specific direction on completing court forms such as the inventory and annual accounting. The GSC does not have direct involvement in cases nor are we able to provide legal representation.

If you have any questions or would like more information, contact the GSC on the Toll-Free Helpline (855) 409-9410, or email at guardian@gwaar.org. The Guardianship Support Center also provides free publications on a number of topics relating to powers of attorney and guardianship. These are available online at <http://gwaar.org/gsc>.

American Bar Association's Free Legal Answers

For general legal resources, contact the American Bar Association's Free Legal Answers website: Free Legal Answers (americanbar.org). Members of the public can ask volunteer attorneys legal questions.

State Bar of Wisconsin: Modest Means Program

The State Bar of Wisconsin also offers a Modest Means Program that is designed to assist people whose income is too high to qualify for free legal services, but too low to pay a lawyer's standard rate. The Modest Means Program is run by the Lawyer Referral and Information Service at the state bar. The legal services are not free but are offered at a reduced rate. Income qualifications must be met to qualify. For more information, visit the state bar's website: I Need a Lawyer (wisbar.org) or call (800) 362-9082.

Elder Rights Project

The Elder Rights Project, operated by Legal Action of Wisconsin and Judicare Legal Aid, provides statewide civil legal aid to older adults who have been victims of crime or abuse. Victim advocates at The Elder Rights Project can help create safety plans, find safe housing, provide emotional support, and connect people with resources and referrals as well as legal services. They are available at: 1-844-614-5468 or elderabuse@legalaction.org.

Wisconsin Elder Abuse Hotline Program

The Wisconsin Elder Abuse Hotline Program is a toll-free hotline available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities. The program also includes outreach to victims and an online reporting tool on the www.ReportElderAbuseWI.org website. Individuals who suspect they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at www.ReportElderAbuseWI.org and make a report through Wisconsin Elder Abuse Hotline at:

1-833-586-0107



Nutrition NEWS!

MAKE EVERY BITE COUNT!! DIETARY GUIDELINES FOR AMERICANS, 2020-2025



Meg Allen
Nutrition Coordinator



Torill
Sauk City



Pat
Lake Delton



Barb, Volunteer
Reedsburg Country
Club



Rick
Frozen Route Driver



Julianne
Reedsburg



Teri
Baraboo

Eating healthy seems like a moving target. It is frustrating how the latest research can contradict past guidance. Eggs are a great example. In the 1970s, my mother was diagnosed with high cholesterol. She brought home an educational handout from the doctor's office. It had a graphic of a stoplight and summarized the dietary recommendations for a person with high cholesterol. The first "red light" food was eggs. Today research shows that for most people, an egg a day does not increase your risk of a heart attack, a stroke, or any other type of cardiovascular disease!

We all know intuitively that the foods we eat and the beverages we drink have a profound impact on our health. The updated United States Department of Agriculture (USDA) Dietary Guidelines for Americans, 2020-2025 takes a fresh approach. Rather than a rigid prescription for eating, the new guidelines provide a framework within which we can each make our own choices depending on our budget and our personal, cultural and traditional preferences. The goal is to follow a healthy dietary pattern of nutrient dense foods to help maintain good health and can reduce the risk of chronic diseases throughout all stages of life. The four guidelines are as follows:

1. Follow a healthy dietary pattern at every stage of life.
2. Customize and enjoy nutrient dense food and beverage choices to reflect personal preferences, cultural traditions and budgetary considerations.
3. Focus on meeting food group needs with nutrient dense foods and beverages and stay within calorie limits.
4. Limit foods and beverages higher in added sugars, saturated fat and sodium. Limit alcoholic beverages.

How do we go about putting these guidelines into practice?
What is a dietary pattern and what constitutes a nutrient dense food?

- A dietary pattern is the combination of foods and beverages that make up an individual's dietary intake over time. It may be a way of describing a customary way of eating or a description of a combination of recommended foods.
- Nutrient dense foods and beverages provide vitamins, minerals and other health promoting components and have little or no added sugars, saturated fat and sodium.

Article continued

To begin building a healthy dietary pattern, we need to get to know what a healthy plate looks like. What are some examples of nutrient dense food choices?? We can create a pattern by choosing a mix of healthy foods from each food group. Here are some examples:

- Whole fruits – apples, berries, oranges, mangos, bananas
- Veggies – broccoli, sweet potatoes, beets, spinach, peppers
- Whole grains – brown rice, millet, quinoa, bulgur, oatmeal, whole wheat bread and pasta
- Protein foods – lean meat, chicken, eggs, seafood, beans, lentils, nuts, seeds, tofu
- Low fat or fat-free dairy – milk, yogurt, cheese, lactose free dairy, soy milk and soy yogurt
- Oils – vegetable oils and oils in food such as seafood, avocados and nuts

The number of calories each of us needs each day depends on our age, weight, height, sex and physical activity. In general, we need fewer calories as we get older. In order to stay within calorie limits, we need to find out how many calories we need. (<https://www.myplate.gov/myplate-plan>) has a great tool for determining the calories you need as well as how much food you need from each group.

Even with nutrient dense choices, meeting food group requirements requires most of a person's daily calorie needs and sodium limits. A healthy pattern does not leave much room for extra added sugar, saturated fat, or sodium, or for alcoholic beverages. Limits for older adults are as follows:

- Added sugar – less than 10% of calories per day. Added sugars include sugars that are added to foods and drinks, packaged sweeteners and sugar from syrups and honey.
- Saturated fat – less than 10% of calories per day. Saturated fat is higher in foods from animal sources like butter, cheese, whole milk and fatty meats like ribs and sausage. It's also in some plant food like coconut oil and palm oil. Choose foods with unsaturated fats instead – seafood, avocados, nuts and seeds, olive oil.
- Sodium – less than 2,300 milligrams per day. Sodium comes from salt. Most of the sodium we eat comes from packed foods and restaurant meals. Try cooking more at home and flavor foods with herbs and spices instead of salt.
- Alcoholic beverages – adults of legal drinking age can choose not to drink or drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less for women. Drinking less alcohol is better for health than drinking more!

Check the labels! Using the Nutrition Facts labels can help us choose foods to build a varied combination of nutrient dense food. Look for some key information:

- Serving size – how big is it and if you eat more, how much more of everything on the label are you getting?
- Calories – keep in mind how many calories you need each day
- Look at the % Daily Values
- 5% or less is low – try to choose foods low in added sugar, sodium and saturated fat
- 20% or more is high – try to choose food high in fiber, calcium, potassium, iron and Vitamin D

Getting started can be more fun when we share the experience. Try preparing healthy meals with friends and family. Or start a group and cook together. Maybe try making a healthy dinner just once a week. Even being aware the idea of choosing a variety of nutrient dense foods and cutting back on items with added sugar, saturated fat and salt at the grocery store is great beginning!

Article continued

Changing a habit is difficult and changing eating habits can be one of the most challenging. But the message from the updated Guidelines is so encouraging. Small but consistent changes that we each choose for ourselves can make a real difference, and it's never too late to start!

For tons of information about the Guidelines, Nutrition Facts labels, recipes, cooking together and other healthy eating tips checkout the following resources:

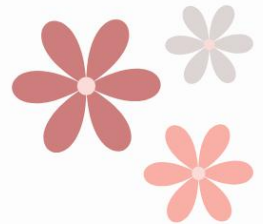
<https://www.dietaryguidelines.gov>

<https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>

<https://www.myplate.gov/myplate-plan>

<https://www.myplate.gov/myplate-kitchen>

<https://www.myplate.gov/life-stages/older-adults>



ADRC Dining Sites

Meals run on a donation basis:
\$4/meal for dining sites and Meals on Wheels,
\$5.50/meal at Reedsburg Country Club

MOW

Meals on Wheels

Available for qualified individuals who are homebound and have nutritional need. Call the ADRC office to inquire: (608)355-3289

B

Baraboo Dining Site

Highpoint Commons, 1141 12th Street, Baraboo
In-Person Dining: Tuesdays and Thursdays
11:30am, Call Teri for reservations (608)963-3436

LD

Lake Delton Dining Site

Frank Fischer Center, 20 Wisc Dells Pkwy S
In-Person Dining: Monday - Friday
11:30am, Call Pat for reservations (608)393-7214

SP

Sauk/Prairie Dining Site

Sauk Prairie Community Center, 730 Monroe St, Sauk City
In-Person Dining: Tuesdays & Thursdays
Noon, Call Torill for reservations (608)963-3437

R

Reedsburg Dining Site

Cornerstone Church, S3111 Ableman Rd, Reedsburg
Carry Outs Available
Call Julianne for Carry Out availability (608)963-3438

RCC

My Meal, My Way Soup & Salad

Reedsburg Country Club, 3003 E Main St, Reedsburg
In-Person Dining; Wednesdays & Thursdays
11:30am - 1:30pm, No Reservation Required

Eating Right and Reducing Food Waste

By Academy of Nutrition and Dietetics

GO FURTHER WITH FOOD by incorporating these food, nutrition, and physical activity tips!

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days. It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields. Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home. A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand

- Look in the refrigerator, freezer, and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

Get Creative With Leftovers

Transform meals into soups, salads, or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week. • Or simply brown bag the leftovers for lunch.

Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.

- Use by, Best by, and Best Before dates are found on foods, such as mustard, salad dressing, and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.
- Sell by dates are displayed on perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

Practice Good Food Safety

- Don't risk eating or drinking anything that you suspect has spoiled.
- Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months).
- Test your food safety knowledge or find out if it's time to toss those foods by downloading FoodKeeper App on [foodsafety.gov](https://www.foodsafety.gov).
- Create ideal storage conditions. • Store foods in the pantry so that products with closer dates are up front.
- Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they're not perishable). Wait to wash produce until right before serving.
- Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry place. Check out the "How to Keep Produce Fresh Longer – Infographic" on [homefoodsafety.org](https://www.homefoodsafety.org) for more information.



The Volunteer Buzz

Volunteer Coordinator
Keri Luther

NATIONAL VOLUNTEER WEEK IS APRIL 16-22!

HELLO AND HAPPY SPRING!

National Volunteer Week is April 16-22, so I wanted to take a moment and to say a heartfelt THANK YOU to all our wonderful ADRC Volunteers! Whether you volunteer every single day or an hour here and there, your time and effort is so appreciated by everyone here at the ADRC. We truly could not do what we do without all our dedicated volunteers.

Did you know helping others, kindles happiness?

Research published by the Mayo Clinic health system shows that volunteering offers many health benefits, especially for older adults including improving physical and mental health. Research has also shown that volunteering leads to lower rates of depression and anxiety.

2018 Senior Corp Volunteer Survey reported that 78% of volunteers reported feeling less depressed and 84% reported improved health.

We here at the Aging & Disability Resource Center are encouraging people to get out into the community, volunteer, and discover the many benefits of giving back.

Current Volunteer Needs

- Volunteer Escort Drivers: Provide transportation to Sauk County residents that are age 60 or older and/or disabled, who are unable to drive, do not have family or friends available to drive them, or have no means of transportation to medical appointments and other trips of necessity.
- Meals on Wheels Drivers: Baraboo, Reedsburg, Lake Delton and Sauk City/Prairie Du Sac. Deliver meals from local dining center to home bound adults in your community who are 60 or older and/or disabled. Volunteers can deliver once a week, twice a month or even as a fill-in.
- Dining Center Helpers: Baraboo, Reedsburg, and Lake Delton. Assist in setting up the dining room, serving the meals, cleaning up, etc. as well as package meals for Meals on Wheels delivery

Both the Volunteer Driver Escorts and Meals on Wheels Drivers have the option to receive mileage reimbursement.

ARE YOU INTERESTED IN VOLUNTEERING?

Contact our Volunteer Coordinator, Keri Luther
Call (608)-355-3289 or Email: keri.luther@saukcountywi.gov
Or apply online at www.co.sauk.wi.us/adrc/volunteer-opportunities



**WE MAKE A LIVING BY WHAT WE GET
WE MAKE A LIFE BY WHAT WE GIVE
WINSTON CHURCHILL**



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.



SAUK COUNTY
PARKS + RECREATION



Look who's
getting you
there!

ADRC Transportation: (608)355-3278



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. Find the Fun Day Bus schedule and reservation information on the next page!

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 (\$15.00), West Baraboo (\$7.50), Reedsburg (\$17.50) and Sauk Prairie (\$15.00). 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 get information or request an application, call the ADRC Receptionist at (608)355-3289.**

The ADRC Transportation Department had some significant vandalism to our two Fun-Day and Shopping busses in January. It is anticipated that one of our busses will be fixed in time for March 2023 trips. That said, the trips may run on very limited seating because we will be down one bus. We appreciate your support and patience as we resume our trips!

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 and leave a voicemail with your name, phone number and the trip you would like to attend. We will contact you 1-2 days prior to the trip to confirm a pickup time. Trips are subject to cancellation or change with little notice.



FUN BUS

March

- 1-Wisconsin Capitol, 11:00am tour
- 7-Portage Theater (\$5 Admission)-Tuesday
- 15-Baraboo Fire Department
- 22-New Glarus Brewing
- 29-Town of Stevenson Museum

April

- 4-Sun Prairie Theater (\$5 Admission)-Tuesday
- 12-Channel 27 Tour (Madison)
- 19-Milwaukee Public Museum
(Sr \$18 Adult \$22)
- 26-Johnson Creek Premium Outlets

May

- 3-International Crane Foundation
(Sr \$10 Adults \$12.50)
- 10-Crazy Franks Flea Market, Readstown
- 17-Old World Wisconsin
(Sr \$13.99 Adults \$15.99)
- 24-The Highground Veterans Park (\$4 Donation)
- 31-Camp Randall (\$15)

SHOPPING BUS

March

- 2-Baraboo Walmart & Surrounding areas
- 9-Madison West
- 16-Baraboo Walmart & Surrounding areas
- 23-Madison East
- 30-Baraboo Walmart & Surrounding areas

April

- 6-Madison West
- 13-Baraboo Walmart & Surrounding areas
- 20-Madison East
- 27-Baraboo Walmart & Surrounding areas

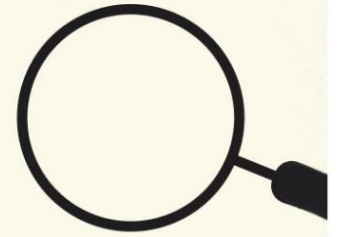
May

- 4-Madison West
- 11-Baraboo Walmart & Surrounding areas
- 18-Madison East
- 25-Baraboo Walmart & Surrounding areas

Bus Rules

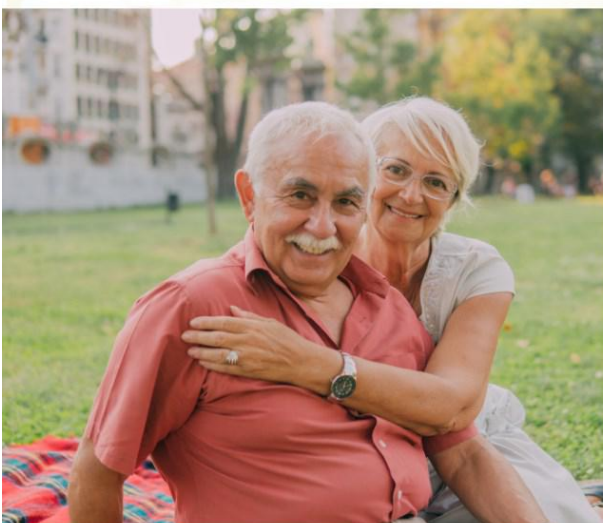
- *Seatbelts must be worn
- *Passengers must stay seated while the bus is in motion
- *No eating or drinking on the bus
- *Cover coughs and sneezes
- *Monitor your health-if you aren't feeling well, please stay home

WORD SEARCH



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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:



Dementia Care Specialist

Serving Individuals, Families & the Community
Kurt Goeckermann

In 2022, for the first time, we had a Dementia Care Specialist specifically dedicated to Sauk County. I had the honor of being that individual. This was part of an expansion statewide, with each county now having a specialist. As noted in previous articles, Wisconsin is the only state in the country with a DCS program. We are a model. Other states are coming to us for guidance.

The Dementia Care Specialist program is unique in that it recognizes that each county is unique. Needs here may be different from those in northern Wisconsin or Milwaukee County. This allows the Dementia Specialist to adapt to area needs and utilize their own strengths in providing services. In 2022 I had the privilege of meeting with numerous individuals with dementia, their families and caregivers. These meetings were in homes, at the ADRC and by phone. They ranged from simply introducing the program and services to multiple, involved consultations. The response to the program was almost universally positive.

Another positive was the interaction with Sauk County agencies, businesses and organizations. All county Emergency Medical Services and Law Enforcement were contacted. I was able to train several Sauk County municipality's EMS staff. I presented to all heads of law enforcement agencies and the County Board. I spoke at churches and trained personnel at banks. Information on the program was placed at all county libraries. In November, a day long "Caregiver Boot Camp" was held at the Reedsburg Library.

2023 offers opportunities to expand on all those successes. Planning includes providing training to remaining county EMS and law enforcement staff. Expanding educational and support programming is also on the docket. Another Caregiver Boot Camp is planned, and we have a Powerful Tools for Caregivers class upcoming. There are other wonderful organizations such as the Alzheimer's Association and Alzheimer's and Dementia Alliance to continue collaborating with, utilizing and promoting their offerings to benefit county residents. If you are a business or organization that wants information or training on serving residents with a dementia diagnosis and making Sauk County dementia friendly, please contact the ADRC.

Lastly if you or a loved one is facing the challenges presented by dementia, the DCS continues to be available to you as a resource for information and consultations. While there is currently no "fix" for dementia, there are many things that can be done to better outcomes and quality of life. In 2023 we continue to offer memory screens that can identify potential concerns earlier. An earlier diagnosis and subsequent discussions, planning and treatment has been shown to improve quality of life in those with dementia and their caregivers. As the Dementia Care Specialist program grows and evolves in Sauk County suggestions and opportunities to improve and expand are always welcomed.



Kurt

Mental Health Matters

by Julia Wedel, Public Health Sauk County



What is mental health?

Mental health is the health of our minds. It includes how we feel, think, and interact with others, and affects how we deal with stress. Mental health is important at every stage of life.

Sometimes life can get hard, and it's okay not to feel okay. If you or someone you know is struggling with your mental health, know that help is always available.

Mental Health Resources

988 Suicide & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress. Call **988** to get connected.

Sauk County Crisis Line

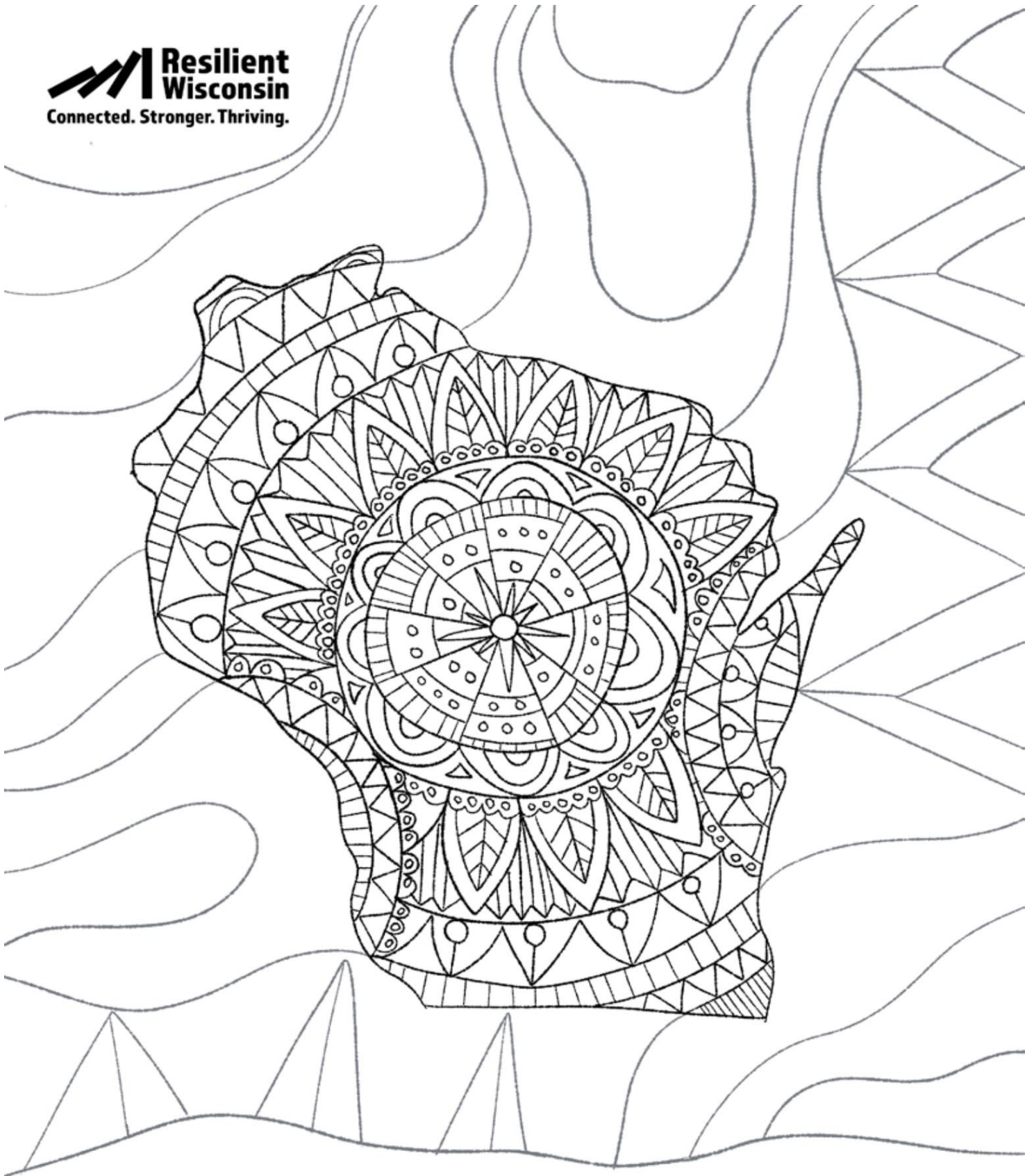
Sauk County maintains a 24-hour Crisis Line after office hours, weekends, and holidays for crisis intervention. **The Crisis Line number is 1-800-533-5692.** The staff is well trained in crisis intervention and is supported by on-call professionals.

Solstice House Warmline

You can call **608-244-5077** for non-emergency support. Please leave a message with your name, phone number, and brief description of the support you are seeking.

Resilient Wisconsin

Resilience is the ability to bounce back from hard times. The mission of Resilient Wisconsin is to give everyone in our state the opportunity to live their best lives. A coloring page from Resilient Wisconsin is provided on the next page, designed as a self-care activity.



Live Your Best Life

Opportunities for better health are all around you! Explore them everywhere you live, work, and play to live a full life. Learn more at resilient.wi.gov.

Information & Assistant Specialists



Jim Pritzkow



Julie Mayer

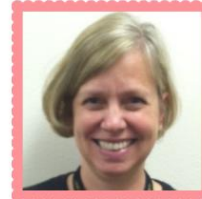
Helping you put the pieces together!



Rachel Heinzman



Hannah Halverson



Kari Edwards



Kim Fiske

✓ Your Home Checklist for Aging in Place ✓

Article by AARP

Take a look around your home with the future in mind. Do you have handrails along the stairs? What about a walk-in shower? Are your doorways wide enough to allow a wheelchair to pass through? Evaluate your living space to see if it's ready to age gracefully along with you.

Jack Miller, 58, of San Francisco has placed nonslip rugs in the bathroom and kitchen, moved his bedroom to the first floor, and widened his halls and doorways. "It's definitely brought me some form of relief knowing that I live in a place that can accommodate me just fine once I reach older age," says Miller.

If you feel overwhelmed, don't worry — you can start small. Start with the rooms you use the most and focus on something challenging for you at the moment, like navigating the stairs or reaching high for items. Then, move on to things like improving the lighting in your house or decluttering pathways.

AARP's HomeFit guide, which features smart ways to make a home comfortable, safe and a great fit for people of all ages, can help.

"Every year when you do your spring cleaning, maybe take one step in making your house age-friendly," suggests Lakelyn Hogan, Ph.D., a gerontologist and caregiver advocate at home care provider Home Instead. "So this year focus on lighting, next year make sure that there are grab bars in the bathrooms." To help this process, we consulted experts to create a checklist of ideas that will keep you in your home longer.

Bathroom:

- Install a walk-in shower to avoid falling.
- Place a shower chair or bench in the shower for bathing.
- Swap out a showerhead for a handheld nozzle to enable sitting while rinsing off.
- Install grab bars on the shower wall and near the toilet.
- Replace glass shower enclosure with non-shattering material.
- Apply slip-resistant strips/shapes to the floor of the shower, as these are more effective than mats.
- Swap out your toilet for a taller version or give it a boost with a toilet riser.
- Opt for lever-style faucets if arthritis or joint pain becomes an issue.

Article Continued

Bedroom:

- If stairs are hard to navigate, move a bedroom downstairs by turning a room like an office into a bedroom.
- Make sure the bed is easy to get in and out of. Purchase bed risers, if needed.
- Invest in an adjustable bed for extra comfort.

Kitchen:

- Purchase a stove with safety features that alert you when a burner is on.
- Adjust the location of major appliances so they are easier to reach.
- Get a refrigerator with handles accessible from a wheelchair or walker.
- Add slide-out drawers or trays to existing cabinets for better access.

Furniture:

- Declutter and get rid of extra furniture to make rooms easier to navigate.
- Opt for chairs with armrests to make it easier to stand and sit.
- If needed, purchase a lift chair—similar to a recliner—that you can electronically control for safe sitting and standing.
- Keep electric cords out of pathways—but don't put them under rugs.



FoodShare Recoupment of Benefits

FoodShare recipients have been receiving maximum allotments for their household sizes for over two years. As a result, some people have found that they have not been able to spend all of this money each month. It is important for members to know that they need to use their QUEST cards every 365 days or FoodShare will begin to recoup benefits. This does not mean members need to spend all of their benefits in one year.

If a person has not used their QUEST card for at least 365 days, any monthly benefits that are older than 365 days will be expunged (taken back or recouped). The expungement occurs only for benefits that were issued more than 365 days in the past.

For example, Luis is a household of one and has received the maximum allotment since August, 2021. He has not used his QUEST card since September, 2021. He now has nearly \$3,000 in his FoodShare account. Luis finally uses his QUEST card to make a small purchase in November, 2022. Because it has been more than 365 days since he used his QUEST card, \$454 is expunged. These are his benefits from September (\$204) and October (\$250), 2021 (not the entire \$3,000).

It is important to alert individuals to this rule. Members should also remember that excess benefits can be used to stock up on non-perishable items or items to freeze for when the Public Health Emergency ends and benefits return to levels based on income.

Members can check the balance of their QUEST card at any time through the ebtEDGE website or ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164. Article by the GWAAR Legal Services Team

Walk-Ins Available in YOUR Community! Come see our I&A's at:

Baraboo Dining Center

Highpoint Commons, 1141 12th St
Last Tuesday of each month, 11am-1pm

Sauk Prairie Community Center, Dining Center

730 Monroe St, Sauk City
First Tuesday of each month, 11am-1pm

Ho-Chunk House of Wellness

S2845 White Eagle Rd, Baraboo
First Thursday of each month, 2-4pm

Reedsburg ADRC Office

Human Services Building, 425 6th St, Reedsburg
Every Wednesday, 8am-12pm

Good Neighbor Clinic

95 Lincoln Ave, Prairie du Sac; 1-4pm
March, 1 & 21, April, 5 & 19, May, 3 & 24

Frank Fischer Senior Center

20 Wisconsin Dells Parkway, Wisc Dells
Third Monday of each month, 11:30am-12:30pm



Quinn Hause



Holly Schafer

Social Security Can Help You Start or Return to Work

If you rely on Supplemental Security Income (SSI) payments or Social Security Disability Insurance (SSDI) benefits and want to start or return to work, we can help.

Ticket to Work (Ticket) is a program that supports career development for SSDI beneficiaries and SSI recipients who want to work and progress toward financial independence. The Ticket program is free and voluntary. Learn more about the Ticket to Work program or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET. or check the website at visit www.choosework.ssa.gov.

In addition to the Ticket to Work program, the Plan for Achieving Self-Support (PASS) program also helps people with disabilities return to work. A PASS allows you to set aside resources and other income besides your SSI for a specified period. With a PASS you can pursue a work goal that will reduce or eliminate your need for SSI or SSDI benefits.

How does a PASS help someone return to work?

We base SSI eligibility and payment amounts on income and resources (items of value that the person owns). PASS lets a person with a disability set aside money and items they own to pay for items or services needed to achieve a specific work goal. The objective of the PASS is to help people with disabilities find employment that reduces or eliminates the need for SSI or SSDI benefits. You can read all about the PASS program in our publication, Working While Disabled—A Guide to Plans for Achieving Self-Support.

The PASS must be in writing and we must approve the plan. To start, contact your local PASS Cadre or local Social Security office for an application (Form SSA-545-BK). You can also access the form on our website www.ssa.gov/pubs. Ticket to Work service providers, vocational counselors, or a representative or relative can help you write a PASS.

For more information about PASS, read The Red Book – A Guide to Work Incentives. www.ssa.gov/redbook/eng/resources-supports.htm.

Your job isn't just a source of income – it can be a vehicle to independence or the beginning step to fulfilling your dreams. Let the Ticket to Work program or PASS program help you achieve your goals. Please share this with your friends and family – and post it on social media.

Article continued

Understanding the need for a Representative Payee

You may know someone who gets a monthly Social Security benefit or Supplemental Security Income payment and who also needs help managing their money. If someone you know needs help, we can appoint a person or an organization to act as a “representative payee” responsible for receiving and managing a person’s benefits.

When we assign a representative payee, we select someone who knows the beneficiary’s needs and can make decisions about how to best use their benefits for their care and wellbeing. Representative payees are responsible for completing an annual form to account for the benefit payments they receive and manage. They must complete this form and return it to Social Security by mail or, if they have a personal my Social Security account, they can file it online using the Representative Payee portal. Account holders can get a benefit verification letter and manage direct deposit and wage reporting for their beneficiaries.

You also have the option to identify, in advance, up to three people you trust to serve as your future representative payee and help manage your benefits, if the need arises. We call this Advance Designation. We offer Advance Designation to capable adults and emancipated minors who are applying for or already receiving Social Security benefits, Supplemental Security Income, or Special Veterans Benefits. With Advance Designation, you and your family can enjoy peace of mind knowing someone you trust may be appointed to manage your benefits.

Find more information about:

Advance Designation
Representative Payees.

Publications about representative payees.

Visit our website at www.ssa.gov/pubs/EN-05-10097.pdf

If you know someone who needs help managing their monthly benefits, please consider becoming a representative payee. You can also help by sharing this information with friends and family. www.ssa.gov/payee



Watch Out for the “Hang-up Delay” Phone Scam

By the Wisconsin SMP Team

A New Phone Scam Is Making the Rounds

Here’s what you need to know about the “hang-up delay” or “delayed disconnect” scam so you can protect yourself.

In this scam, someone calls you on your landline phone pretending to be your bank, a police officer, or a government agency. For example, the caller may tell you that there have been unauthorized withdrawals from your bank account or that they are calling from Medicare about your new Medicare card. To seem more believable, the caller will ask you to call the bank or government agency for more information.

However, when you hang up on a call on your landline phone line, the person who called you can stay on the line for several seconds. That means that if you hang up to call, for example, your bank or Medicare, the scammer will still be on the line. The person might even play a false dial tone to make it sound like you are making a new call. Then, the scammer will answer your call pretending to be the agency you are calling.

The scammer may then pretend to verify your identity by asking questions that sound like security questions or ask you for your Medicare number or credit card information. The scammer can then use the information you provided to steal your identity, fraudulently bill Medicare, or make purchases with your credit card. Unfortunately, because you thought that you were calling your bank or a government agency, you will not realize that you have been speaking with the same person who called you. Instead, you will believe that you are speaking with someone trustworthy.

If you receive a call from your bank about suspicious charges or from someone claiming to be from a government agency, do not give the caller any information. Instead, hang up the phone immediately and wait a minute before calling that agency yourself. You can also use a cell phone instead of a landline to make that call.

Helping Hands at Home Workers - THANK YOU!!

ADRC Helping Hands at Home Workers provide many services - from cleaning to personal cares as well as chore service and lawn care. They are a dedicated group of individuals who provide a MUCH-needed service to Sauk County Residents. Here's a big THANK YOU to those workers: Deborah C., Terri B., LeAnn G., Jean V., Nancy R., Dorene S., Terri H., Jake D., Lori S., Christina D., Daniel V., Galiya L, David Z., Anacelis F., Vaughn K.

A helping hand can be a ray of sunshine in a cloudy world.

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Tuesdays & Thursdays
10:00-11:30am
March 21st-May 11th

Register

In-person at Extension Sauk Co., 3rd Floor
West Square Building (505 Broadway, Baraboo)
(608)355-3250

Online at <https://forms.gle/5F5JkGuZAhrCbsKY6>

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
March 21st



Extension
UNIVERSITY OF WISCONSIN-MADISON

When Caregiving Ends

by Jane Mahoney, GWAAR

Taking care of a loved one takes a lot of time and energy. Your own needs move lower on the priority list as you spend more time caring for your loved one. You start saying no to the weekly coffee clutch, decrease the number of days you participate in volunteer or paid work, leave your favorite hobbies on the shelf and slow down your travel plans. As your loved one needs more and more assistance it is tempting to just drop out of everything so you can be there for the person as much as possible.

While your intentions might be good, giving up things you enjoy also has negative consequences. The stress of intense caregiving can put your physical and mental health at risk now and leave you vulnerable when your role as caregiver is over. When deciding what activities to give up to be a caregiver, don't just think about your life situation now but also ask yourself the question, "What will I do when I am no longer needed as a caregiver?"



I have been spending a lot of time thinking about what a caregiver's life is like when caregiving ends. The death of my father left my mom with an entirely new life ahead of her. She went from having her days filled with caring for my dad to a world in which she lives alone. For several years she put her activities on hold and put Dad's needs first. During that time, I encouraged Mom to keep doing some of those things she really loved, even if it was infrequently. At the time, my hope was to keep her healthier and happier by designating time out of the week for herself. But now I see that keeping active in those activities was important in another way, too. Finding a new routine for her life now is a little easier because she remained involved with those activities. Had she given up everything, her whole identity would be lost now.

No matter what, life after caregiving will be a transition and will be a difficult adjustment. Here are some points to consider to help you when your job as caregiver has ended.

- Begin thinking about your future when you are still a caregiver. Having some long-term dreams and goals will make this transitional time easier.
- Time helps – while you will never forget your loved one, as time passes it will become easier to find your way in life without that person.
- Accept and express your feelings of loss, loneliness and whatever else you may be feeling – keep attending your caregiver support group, join a grief support group or find a trusted friend to share with. Seek help from a counselor if your grief leaves you overwhelmed by feelings of depression or hopelessness.

Article Continued

Reconnect with things and people you used to be involved with.

- Look for new challenges – a new job, volunteer work or planning a trip somewhere you’ve always wanted to go will help you focus on positive things.
- Keep busy, but allow for quiet times to grieve. Reflect on what you’ve been through, be proud of the good work you did for your loved one and let go of any guilt you may feel.
- Change is the name of the game – reshaping your life and creating a “new normal” is what you need to do, but it is not done overnight. Give yourself time to find your way.

Even if you don’t want to think about the death of your loved one, start creating a plan for what your life will be like after caregiving has ended. It isn’t selfish to look at the future in which your caregiving role is over; it is simply practical and healthy. If you are able, involve your loved one in this discussion as they most likely want you to be happy, too. Life after caregiving happens, and it may even include a new, fulfilling adventure.

If you have questions about caring for a loved one or would like help in your caregiving journey please call the Sauk County Aging & Disability Resource Center (608)355-3289.

Jane Mahoney
Caregiver Specialist
GWAAR



Recipe for 2

from the kitchen of
Maplewood Sauk Prairie

Chicken Tortellini Soup

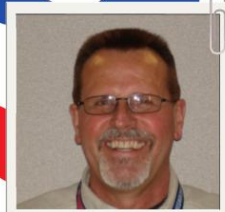
- ½ Tbsp. olive oil
- 1 small sweet onion, *peeled and chopped*
- 1 cups carrots, *sliced*
- 2 cloves garlic, *minced*
- 1 large boneless skinless chicken breast
- 4 cups chicken broth
- 4 oz. tortellini pasta
- ¼ c. fresh spinach, *coarsely chop*
- ¾ tsp. dried thyme leaves
- ½ tsp. salt
- ⅛ tsp. black pepper

- In a large sauce pot, add olive oil, onions, carrots, and garlic - *sauté* until soft.
 - Add raw chicken breasts, chicken broth, dried thyme, salt, and pepper. Cook until the chicken is cooked through – about 15 minutes. Shred chicken.
 - Add Tortellini. Stir so it doesn't stick together.
- Cook until *al dente* - about 10 minutes.
- Add spinach. *Serve and Enjoy.*



Maplewood
Sauk Prairie
Health & Rehabilitation Center
maplewoodsaukprairie.com

VETERANS MESSENGER



Tony Tyczynski
Veterans Service Officer

Dear Friends,

It is more important than ever before that you and your fellow veterans are aware of the need to communicate. This means not only letting us know if you get correspondence or contact from the VA, it also means letting us know when you don't, and we tell you that you should.

For example: If you apply for VA healthcare you should get a call within 3 business days to set up an initial appointment. If you do not hear within 5 business days please contact Madison Eligibility at (608) 280-7038.

If your VA doctor puts in a referral for Community Care, they are averaging 3-4 weeks, and if you don't hear anything after 4 weeks, you should first contact the VA dr to make sure the referral was put in. If it was, then contact Community Care & be prepared to be on hold the better part of an hour.

Community Care is (608) 830-6591. A side note - The VA Medical Center is currently hiring for both medical & non-medical positions. If interested in a position contact Human Resources at the VA in

Madison. They are willing to help with the application process. Their number is (608) 280-7026
ChampVA is still averaging about 6 months. If there is an urgent need to get approved faster let us know.

Compensation Claims: When a claim has been filed - give a full month to hear something. If you have not heard after a month, touch base with our office so we can make sure everything is in order. For an Intent to File - Please check in with us after 3 months regardless if you are ready to file or not.

Please let us know where you are at in the process.

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*

Project Healing Waters Fly Fishing

Project Healing Waters Fly Fishing has come to Tomah Wisconsin as part of a Rural initiative! This program works with Active Duty/Reservists and Veterans in need of supports! The program provides all needed equipment to engage in classes, outings, and even overnight trips! Whether you are new to the sport or an avid fly fisher you can take part! There are opportunities year-round! We are looking for participants and volunteers meaning there are different ways to get involved! Spouses & family are welcome. For more information on the program please visit:

<http://projecthealingwaters.org/>

To get signed up please reach out to Heather Sangl, Tomah Program lead at Heather.Sangl@projecthealingwaters.org or by calling 702-445- 2744

Now Veterans with Hearing Loss Can Stay Connected Wherever They Are

Keeping your veterans with hearing loss connected with what matters most in their lives is vital for their well-being. The Heroes With Hearing Loss® team is excited to announce the new Heroes Mobile™ CapTel® app for iOS! Features include the following:

- Captions on incoming and outgoing calls
- Seamless syncing with device contacts
- Built-in Voicemail with captions
- Simultaneous viewing of captions on a larger screen with Browser Caption Viewing
- Call Forwarding and Custom Caller ID
- Customizable font style, color & size of captions
- Choice of captioning method – Auto or Assisted
- Access to call logs and review of captions

Now, veterans can enjoy a Captioned Telephone experience on a mobile device – at home or while on the go! Available now at no cost for veterans with hearing loss – download today on your iOS device!

Free Emergency Health Care for Veterans in Crisis

Veterans in acute suicidal crisis will now be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This policy, which took effect on January 17, 2023, allows VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat), or text 838255

Easterseals Wisconsin 2023 - 2024 Veterans Family Camp

Twice a year, a free Veterans Family Camp weekend is held at Easterseals Wisconsin Camp Wawbeek in Wisconsin Dells for military veterans and their families. One weekend takes place in the fall and one in the spring (2023 – April 28-30, 2023). These weekends are meant for families to reconnect with each other and network with other veterans while having a fun and relaxing weekend with many optional planned activities. Activities include: fishing, archery, high-ropes course, arts and crafts, making s'mores, and other "Dells" activities such as a boat tour adventure.

Article continued

Who can attend? Family members may include spouses or significant others, children, parents, grandparents, etc. The camp is available to all veterans, recently-returned or those whose service was far in the past. Semi-private family lodging, food, all activities and trips are included, in a beautifully-wooded 400 hundred acre setting just outside the city of Wisconsin Dells. If you, or someone you know, is a veteran who might be interested, please contact our Camp office by phone at (608) 237- 1551. To register for Veterans Family Camp, visit the registration page. The Veterans Family Camp weekend is offered at no cost to the veteran or their family through generous contributions to Easterseals Wisconsin.

<https://camp.eastersealswisconsin.com/veterans-family-camp>

★★★★★ 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.



- Women Veteran's Coffee - Tin Roof Dairy & Spirit Lake Coffee Roasters, 119 Third St, Baraboo, WI - First Wednesday of the month at 1:30 p.m.
- There is a Veterans Coffee get together that meets weekly on Thursdays from 8-10 a.m. at the Legion Hall in Lavallo. The hall is located at 116 W Main St, LaValle.
- 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 drinks of your choosing. Pricing: \$10 per person; Children under 10 are \$1 for each year of age.
- 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/>



Thank You

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

SAUK COUNTY VETERANS SERVICE STAFF:



Pamela Russo
Programs Coordinator



Sandy Deich
Veterans Benefit Specialist



Rick Erickson
Assistant CVSO



Becky Held
Benefit Specialist



Cop's Corner

Written by a Member of the Sauk County Chief's Association

Work Zones Safety Tips

According to the Federal Motor Carrier Safety Administration, over 700 fatalities occur in work zones on average each year. Drivers can follow a number of tips to stay safe while traveling through work zones. These tips can also help protect the workers who are fixing our roadways.

- Research your route. Avoid work zones and use designated detours.
- Pay attention. Keep your eyes on the road and look for signage throughout the work zones that might indicate reduced speeds, lane changes and other important information. Avoid possible distractions such as cell phone use, food/beverage consumption and handling of other electronics or devices.
- Slow down. Reduced speeds can help drivers maneuver through lane closures, traffic pattern shifts and other surprises found in work zones. Be prepared to stop.
- Move into the open lane. Move into the open lane as soon as possible when approaching lane closures and watch around you for vehicles in your blind spots.
 - Keep your distance. Rear-end crashes are common in work zones because drivers do not maintain extra space for sudden stops. Give workers within the work zone extra room.
 - Be patient!
- For more information on work zone safety visit workzonesafety.org

Patrick Cummings, Chief of Police
Reedsburg Police Department

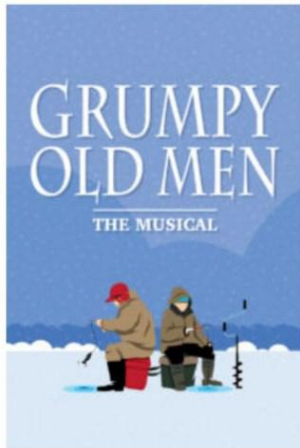


988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.



**JOIN BASCO IN 2023 at the
Fireside Theater**
Call 608-356-8464 for Information

BASCO 2023 CALENDAR EVENTS



April 14

DATE	EVENT	LOCATION
APRIL 22ND	Brat Stand	Pierce's
MAY 13TH	Spring Fair	Baraboo Square
MAY 20TH	Brat Stand	Pierce's
MAY 22-26	Mackinac Island Trip	

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

Gail Lamberty to AddLIFE in memory of Al & Armella Kowalski
 Kelly & David Bryant to Meals on Wheels
 Kathy Kienow to HDM Program
 Glenda Woosley to ADRC
 John & June Bryant to HDM in honor of David & Kelly Bryant
 Laura & Alan Stanek in memory of Ralph Soeldner
 Anonymous to ADRC Staff
 Katie Jackson to HH@H & Other in memory of Pam Moss
 Betty Telvick for Caregiver Boot Camp
 Anonymous For Caregiver Boot Camp

Your donations are greatly appreciated!!

For AddLIFE Today! questions or comments, please contact Yvette Ledezma at (608) 355-3289 or email at yvette.ledezma@saukcountywi.gov

If you know of someone who would enjoy receiving the AddLIFE Today! Newsmagazine, let us know! Do you have a friend or family member who cannot read AddLIFE Today! because of poor eyesight? AddLIFE Today! is also available on cassette tape. For more information, please call the ADRC at (608) 355-3289 or (800) 482-3710.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going to be on vacation, are moving, or if you would like to be removed from this mailing list. AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc

Would you prefer to receive an electronic copy of future issues? Please email the editor at yvette.ledezma@saukcountywi.gov and we will email you the latest issue of AddLIFE Today!. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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

Donation Designation Form

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

Please designate this donation:

In Memory of _____

In Honor of _____

I want my donation to go towards:

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

Kindly make checks payable to:

'ADRC'

505 Broadway St, Room 102
Baraboo, WI 53913

We also accept credit cards! Call the ADRC to inquire (608)355-3289 or donate directly here:
www.co.sauk.wi.us/adrc/donations

Happy Easter!

"A kind word is like a
Spring day"



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

CHANGE SERVICE REQUESTED

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

Spring Word Search

- FLOWERS
- UMBRELLA
- BUTTERFLY
- SUNSHINE
- RAINBOW
- NATURE
- SPRING
- MARCH
- LADYBUG
- APRIL
- SHOWERS
- SUNFLOWERS
- DAYLIGHT
- MAY
- EGGS
- BUNNY
- BLOSSOM
- BASKET
- CATERPILLAR
- GARDEN

