

**ADDLIFE  
TODAY!**  
VOLUME 13 | ISSUE 2

**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**

## **WHAT CAN THE ADRC DO FOR YOU??**

As we've been working on our next Aging Plan, we've heard a lot of "So what does the ADRC actually do?" and "Wow! I never knew the ADRC did all of that!". Want to know what the ADRC can do for you? Read on!

### Information & Assistance

Information & Assistance (I&A) Specialists provide the general public unbiased information & referrals about services, resources and programs. This information can be obtained by emailing, calling, stopping into the ADRC office, and/or through a home visit. Our I&As can help provide information & assistance on a variety of needs, such as:

- Supportive Home Care & Personal Care
- Housekeeping & Chore Services
- Home Modifications, Safety, & Maintenance
- Health (healthy lifestyles, management of chronic conditions, dementia, etc.)
- Respite
- Transportation
- Nutrition, Home Delivered Meals, Food Share
- Housing - including Senior & Low Income
- Assisted Living, Nursing Homes, & other Long Term Care Facilities
- Financial Assistance (e.g., Social Security SSI, Disability, Medicare, Medicaid, etc.)
- Legal Issues (Guardianship, Power of Attorney, Client Rights Advocacy)
- Abuse, Neglect, & Financial Exploitation (Adult Protective Services)
- Mental Health, Alcohol, & Drug Abuse
- Employment, Vocational Services, Volunteer Opportunities
- Assistive Technology
- And So Much More!

### Elder Benefit Specialists

Elder Benefit Specialists provide information, assistance, & counseling advocacy & representation to Wisconsin residents age 60 and over with benefit & entitlement programs such as:

- Original Medicare A and B
- Medicare Supplements, Advantage Plans, and Prescription Drug Plans
- State of Wisconsin Senior Care Prescription Drug Coverage
- Medicare Coverage/Billing Issues
- Medicare Savings Programs
- Medicaid Programs
- Extra Help for Prescription Drug Plans
- Medical Billing Issues or Reduction/Charity Care needs
- Social Security Retirement
- Social Security Disability
- Supplemental Security Income
- Social Security Overpayments
- Public Benefits including Foodshare, Energy Assistance, etc
- Marketplace, Employer, COBRA and Retiree Coverage and how they coordinate with Medicare
- Veterans Health Care Programs and how they coordinate with Medicare
- Landlord/Tenant Issues
- Consumer Protection/Fraud Issues

continued on next page

Elder Benefit Specialists are part of a federal and state-mandated advocacy program designed to provide older adults with free legal services. The Elder Benefit Specialists are supervised by Elder Law attorneys. To contact one of the Elder Benefit Specialists, you must first speak with an ADRC Intake Worker.

### Disability Benefit Specialists

Disability Benefit Specialists (DBS) provide services to people ages 18 to 59 with physical disabilities, developmental disabilities, mental illness, and substance use disorder. The DBS provide information about public and private benefit programs including assistance with application and appeal procedures. A DBS can help provide you with accurate information on public and private benefits and programs. A DBS may:

- Help determine which benefits and programs you may be entitled to
- Help you to fill out applications for benefits, programs and services
- Talk with you about your choices and the programs or services that might meet your needs
- Provide assistance in obtaining or retaining benefits and services
- Provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits
- In some cases, you may receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public or private benefits

Programs a DBS can help with are:

- Medicaid (Medical Assistance)
- Medicare, including Part D
- Social Security Disability Insurance (SSDI)
- Supplemental Security Income (SSI)
- Insurance Issues
- Prescription Drug Assistance

- Food Share
- Housing & Utility Issues

To contact one a DBS, you must first speak with an ADRC Intake Worker.

### Dementia Care Specialist

The Dementia Care Specialist (DCS) is responsible for assisting individuals and families living with dementia to continue to be active in their community and remain in their homes for as long as they are able. Our DCS can help:

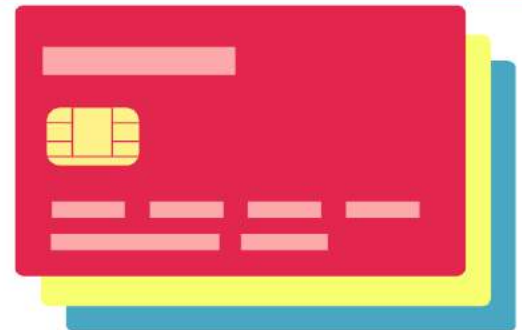
- Complete memory screens for those individuals who question whether they are having memory issues and offer options of follow-up to consider.
- Individuals and their families plan for their future by providing information on what to expect, decisions they may want to consider in advance and resources available to support individuals living with these changes.
- Local businesses interested in learning how to best serve customers and employees who are experiencing memory loss in themselves or loved ones.
- Provide education to local service and civic groups about the impact of dementia and how they can support and assist their family, friends, and neighbors.

To contact the Dementia Care Specialist, you must first speak with an ADRC Intake Worker.



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## The ADRC now accepts Credit & Debit Cards!

Please Note: A Convenience Fee of 3.0% will be assessed to each Credit/Debit Card transaction. There is a minimum Convenience Fee of \$1.00 for all transactions under \$33.00.



The ADRC will be CLOSED on  
**Monday, July 5th**  
in observance of  
Independence Day



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

- **PATRICIA ANN BULLARD FOR THE HOME DELIVERED MEALS PROGRAM**
- **WILLIAM & SHIRLEY GRUBER FOR THE HOME DELIVERED MEALS PROGRAM**
- **BETTY TELVICK, IN MEMORY OF HER SOULMATE, MARVIN TELVICK, FOR ALL ADRC PROGRAMS**
- **JOAN SIGNA FOR THE TRANSPORTATION PROGRAM**
- **REGINA & KURT PUHL, IN HONOR OF JOHN PUHL, FOR THE VETERANS TRANSPORTATION PROGRAM**
- **MARY LUCKHARDT KLEMM FOR CAREGIVER SUPPORT PROGRAMS**
- **DAVE AND JOY CARROLL, IN MEMORY OF ARLENE KISSACK, FOR THE HOME DELIVERED MEALS PROGRAM**
- **ROBERT & BARBARA PRICE FOR PUBLISHING OF THE ADDLIFE TODAY! NEWSMAGAZINE**
- **JEFF BREUNIG FOR THE HOME DELIVERED MEALS PROGRAM**
- **THE FAMILY OF MARGERY STEFFES, IN MEMORY OF MARGERY STEFFES, FOR THE HOME DELIVERED MEALS PROGRAM**
- **CAROL TREPTOW FOR TRANSPORTATION PROGRAMS**
- **FARM & FLEET FOR THEIR DONATION OF HAND SANITIZER TO OUR MEALS ON WHEELS PROGRAM**
- **RICHARD SCHULTZ FOR THE HOME DELIVERED MEALS PROGRAM**
- **ANONYMOUS FOR THE PUBLISHING OF ADDLIFE TODAY! AND TRANSPORTATION PROGRAMS**



FROM THE DIRECTOR'S DESK  
SUSAN BLODGETT, ADRC DIRECTOR



# EMERGENCY BROADBAND BENEFIT

HELPING HOUSEHOLDS CONNECT DURING THE PANDEMIC

The Emergency Broadband Benefit is a temporary FCC program to help families and households struggling to afford broadband internet service during the COVID-19 pandemic.

The Emergency Broadband Benefit provides:

- Up to \$50/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if they contribute more than \$10 but less than \$50 toward the purchase price.

The Emergency Broadband Benefit is limited to one monthly service discount and one device discount per household.

## Who is Eligible?

A household is eligible if a member of the household meets one of the criteria below:

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income or COVID-19 program.

Check out [www.fcc.gov/broadbandbenefit](http://www.fcc.gov/broadbandbenefit) for a Consumer FAQ and other program resources.

## Three Ways to Apply

1. Contact your preferred participating broadband provider directly to learn about their application process.
2. Go to [GetEmergencyBroadband.org](http://GetEmergencyBroadband.org) to apply online and to find participating providers near you.
3. Call 833-511-0311 for a mail-in application, and return it along with proof of eligibility to: Emergency Broadband Support Center, P.O. Box 7081, London, KY 40742

**Call 833-511-0311 or find more information about the Emergency Broadband Benefit at [www.fcc.gov/broadbandbenefit](http://www.fcc.gov/broadbandbenefit)**

**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

## **MEDICARE PRESENTATION**

The Aging & Disability Resource Center of Eagle Country – Baraboo/Sauk County will hold a free presentation, “I’m Medicare Eligible/Turning 65: Now What?” on Tuesday, June 15th at 4:30 p.m. in Room B30 at the Sauk County West Square Building, 505 Broadway in Baraboo. The presentation is tailored to people considering retirement, turning 65, or starting Medicare.

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

**“I’m Medicare Eligible/Turning 65” presentations are presented free of charge by ADRC Elder Benefits Specialists in June, July, August and September. Class size will be limited to 10 and masks must be worn. Reservations are necessary to attend the presentations. To reserve your spot, contact the ADRC at (608) 355-3289.**

**Event is subject to change based on Public Health recommendations.**

## **MARKETPLACE CHANGES UNDER THE AMERICAN RESCUE PLAN**

by the GWAAR Legal Services Team

In addition to providing for a third round of stimulus checks, the American Rescue Plan (ARP) Act will make marketplace health plans more affordable. These changes affect people who are already enrolled in marketplace coverage as well as people who sign up this year.

- **Increased Marketplace Premium Subsidies**

The ARP increases premium tax credits, or subsidies, for everyone enrolled in a marketplace plan. In the past, everyone with a marketplace plan had to pay some amount of premiums. Under the ARP, people with incomes under 150% FPL may be able to choose a premium-free silver plan with a small deductible.

In addition, people with incomes above 400% of the federal poverty level (FPL) may be eligible for premium subsidies. Before the ARP, people with incomes above 400% FPL were not eligible for any premium subsidies. Now people may be eligible for premium subsidies if they would be

required to contribute more than 8.5% of their household income toward their plan's premium, depending on the plan. This is even true for people with incomes above 400% FPL.

The increased premium subsidies will be in effect during 2021 and 2022. The Department of Health and Human Services announced that the subsidies will be available on HealthCare.gov beginning April 1, and the subsidies for current enrollees will be retroactive to January 2021. It is unclear whether these changes will be automatic for current enrollees. Beginning April 1, consumers should update their HealthCare.gov applications and reselect their current plan to receive the tax credits this year. If they do not take any action after April 1, they can claim the increased subsidies as tax refunds when they file their 2021 tax return next year.

Under the current COVID-19 special enrollment period, people have until August 15 to sign up for coverage or change plans to take advantage of the additional subsidies.

- Increased Subsidies for People Receiving Unemployment Benefits

When people receiving unemployment benefits apply for a marketplace plan in 2021, their income over 133% FPL will be disregarded for purposes of determining eligibility for premium and cost-sharing subsidies. As a result, people who receive unemployment benefits at any time in 2021 may be able to choose a premium-free silver plan with a small deductible. This rule will only be in effect during 2021. In addition, people receiving unemployment benefits must meet the other requirements to be eligible for marketplace subsidies. For example, if they have access to job-based health insurance that meets the Affordable Care Act's standards for affordability and minimum value, they will be ineligible for any marketplace premium subsidies.

- Premium Tax Credit Repayment Forgiveness for 2020

People who apply for marketplace premium subsidies must provide an estimate of their income for that tax year. When they file federal tax returns for that year, they must determine whether they received the correct amount of premium tax credit. Individuals who overestimated their income will receive an additional premium tax credit. On the other hand, individuals who underestimated their income must repay any excess premium tax credit. Individuals with income above 400% FPL must repay the entire amount of excess premium tax credit they received that year. There is a limit to how much a person with lower incomes must repay.

Because the COVID-19 pandemic caused significant income uncertainty last year, the ARP waives repayment of any excess premium tax credit received by marketplace enrollees in 2020. This will protect people at any income level, including those with income over 400% FPL. Because the 2020 tax forms were finalized before the ARP was passed, the Internal Revenue Service is expected to release additional guidance. Individuals with questions should consult a tax professional.

People who would like help enrolling in marketplace coverage should go to <https://localhelp.healthcare.gov/#/> to find local assistance in their area. People who are enrolled in Medicare should not attempt to enroll in marketplace coverage.

World Elder Abuse Awareness Day serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect, and exploitation.

Elder abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect. Elder abuse can include isolating an elder from family and friends, withholding or mismanaging medications, refusing to seek appropriate medical care, leaving an elder in soiled clothing or sheets, abandoning a dependent elder, stealing checks or money, enticing vulnerable elders to give away large amounts of money or property, or knowingly encourage an elder with cognitive impairments to sign legal documents.

Educating others of elder abuse and taking action is important. This has become more difficult given the COVID virus and being safe is priority. Here are some ways to be involved in supporting elders in your community:

- Volunteer for an organization that supports elders. Deliver meals or offer companionship to someone in need.
- Give a caregiver a break.
- Check on your elderly neighbor.
- Ask your church or organization to add information about elder abuse to their newsletters
- Join a virtual event. One option: <https://www.twtvite.com/WEAADwave>

Ways to report suspected elder abuse:

- Contact Sauk County Department of Human Services to make a report at 608-355-4200. Sauk County Department of Human Services Adult Protective Services investigates abuse and assists elders and vulnerable adults in connecting with services.
- Wisconsin Elder Abuse Hotline: 1-833-586-0107  
<https://reportelderabusewi.org/report-elder-abuse/>



June 15th



# Sauk County Clean Sweep

Saturday, September 25, 2021 from 8:00 AM - 12:00 PM

Old Sauk County Landfill

E8795 Evergreen Lane, Baraboo



## Dispose of household hazardous waste safely.

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

For more information call 608-355-3245 or email [conservation@saukcountywi.gov](mailto:conservation@saukcountywi.gov)



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



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

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

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

**Latex paint is not accepted at Sauk County Clean Sweep events.**

### Fees for Tires

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

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

### What is NOT ACCEPTED:

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

Small businesses **MUST pre-register for Paint & Chemicals with Veolia at least 1 week prior.** Please contact Zach Davis at (262) 253-3504.

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

No Late registration will be accepted

**Resource Solutions** will accept the following items at Clean Sweep:

\* Please remove all batteries from electronics

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

\$1 - \$10 - Battery Removal Fee

\$10 - Hard Drive Removal and Destruction

\$15 - Microwaves & Large Copy Machines

\$20 - Small AC Units, mini fridges, dehumidifiers

\$25 - Stoves, washers, dryers, dishwashers, treadmills, lawn mowers (oil/gas drained, tires removed)

\$35 - Refrigerators & Large Freezers

\$20 - All monitors, CRT & Flat Screen

\$20 - CRT/Flat Screen TVs 29" and under

\$40 - CRT/Flat Screen TVs 30"-49"

\$60 - CRT/Flat Screen TVs 50" and up, projection, wooden console

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

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



# Grow Solar Sauk County

The sun is shining for homeowners and business owners throughout Sauk County, as the Grow Solar Sauk County (<http://sauk.growsolar.org>) program commences this summer. The program will allow individual home and commercial property owners to access competitive prices for solar installations through the power of volume purchasing.

Grow Solar Sauk County builds on the success of a similar program in 2018, when over 65 home and small business owners installed solar around the county. That program surpassed its goal of adding 200 kilowatts (kW) of solar more than twice over. The program achieved a total capacity of over 430 kW.

One of the participants from the 2018 program, David Kell, explains why he and his wife Barbra took the solar plunge: “We wanted to decrease our carbon footprint and use less energy from the electric company...Our payback will be 10 years. But financial savings is not the main reason to install solar panels. Our main concern is to do all we can in our household to reduce carbon in the atmosphere.”



Grow Solar Sauk County allows individual home, farm and commercial property owners to access lower prices for solar installations through the power of volume purchasing. As such, at each interval of 50, 150, 250, and 350 kW of solar capacity that the program participants collectively achieve, the price of solar is reduced.

Between April and August, the Midwest Renewable Energy Association will provide free, public, one-hour long educational sessions called Solar Power Hours via webinar for prospective participants to learn how solar energy works and to answer questions. The program’s website, [sauk.growsolar.org](http://sauk.growsolar.org),



includes a sign up form that area residents can fill out for an estimate, or to receive general program updates and Solar Power Hour announcements.

The program is administered by the MREA at no cost to the County, and is supported by Sauk County Land Resources and Environment, UW-Madison Extension, One Heart, Inc, and Powered Up Baraboo.



# NUTRITION NEWS

MEG ALLEN, NUTRITION COORDINATOR



MAGDA  
BARABOO



BRITTANY  
REEDSBURG



TORILL  
SAUK  
PRAIRIE



PAT  
LAKE  
DELTON



DONNA  
THE SHED  
SPRING  
GREEN



BARB  
VOLUNTEER  
REEDSBURG  
COUNTRY  
CLUB

My Nutrition column for the last edition of AddLIFE was about malnutrition and how to fight it. One of the main strategies for fighting malnutrition is to get active. Many people have strong opinions about physical activity. Some love it, others loathe it! No matter what your personal preferences, we can all benefit from a reminder about how critically important physical activity is to health and overall well-being.

Research has shown that exercise and physical activity have a positive impact on every aspect of our lives. Staying active helps us:

- Maintain and increase strength, which is so important to staying as independent as possible.
- Improve balance, lower the risk of falls, and lessen injuries from falls.
- Perk up our mood and reduce feelings of depression.
- Sleep better at night.
- Reduce fatigue and have more energy for the people and activities we love.
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, and osteoporosis.

So being active is important to not only our physical health, but our emotional and mental health too. It can help us stay strong enough to continue to do the things we love and maintain our independence. Over time, it can produce long term health benefits at any age.

In fact, it turns out that inactivity is risky. Studies have shown that inactivity, not age, is often to blame when older people lose the ability to do things independently. As a result health experts recommend that older adults make physical activity a part of their daily/weekly habits to maintain optimal health.

As you think about the activities you might enjoy, research has also shown that it is important to include the four different types of exercise in your plan: endurance, strength, balance and flexibility. Each one has benefits and the variety can help reduce boredom and the risk of injury.

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Endurance activities increase your heart and breathing rate and improve the health of your heart, lungs and circulatory system. They can also delay or prevent many diseases that are common in older adults such as diabetes, heart disease and others. Endurance activities build your energy or staying power. Some examples are brisk walking, dancing, swimming, biking, climbing stairs, and yard work like cutting the grass or raking.

The strength of your muscles can make a big difference in your everyday activities. When you have strong muscles, you can get up from a chair by yourself, lift your grandchildren and walk through a park. Keeping your leg and hip muscles strong can improve your balance and help prevent falls as well as fall-related injuries. Strength building activities might include lifting weights or working with a resistance band.

Balance exercises help prevent falls. Many lower body strength exercises also help improve balance. Working on your balance can be as simple as trying to stand on one foot and then on the other. When you're starting out, hold on to something sturdy. Tai chi is an excellent activity for working with balance. Tai chi is a moving meditation involving slow, gentle and deliberate shifting of the body.

Stretching can improve your flexibility. Moving more freely will make it easier to reach down to tie your shoes or look over your shoulder when you back up your car. Stretch when your muscles are warmed up such as after endurance or strength exercises.

Staying safe while you exercise is always important, whether you're trying something new or haven't been active for a long time.

- Start slowly – build up, little by little
- Don't hold your breath during strength exercises. This could cause changes in your blood pressure.
- Use safety equipment. For example, wear a helmet when bicycling.
- Find the right shoes for walking or jogging.
- Wear comfortable, loose fitting clothes.
- Drink plenty of fluids.
- Dress appropriately for the temperature outdoors; opt for an indoor activity if it is very hot or cold.
- Consider talking with your healthcare provider about your exercise and physical activity plans. It might be a good idea if you have a chronic health condition, aren't active, or plan to significantly increase your activity level.

Being physically active is not on everybody's list of favorite things. Sometimes it just takes looking at it from a new perspective.

No time? Make it a priority! Do your activity first thing in the morning or combine it with something else you have planned for the day.

Bored? Make it fun! Do things you enjoy. Try something new. Exercise with a friend!

Too expensive? You can use a comfortable pair of non-skid shoes for many activities. Try using soup cans or water bottles as weights for strength training.

Tired? Regular moderate physical activity can actually help reduce fatigue and manage stress.

Above all, make it happen. Don't let these barriers stop you. In the end the goal is to do something, anything! Any physical activity you do will be to the good. You can get fit for life!

If you are curious to learn more, this article is based on highlights from the National Institute on Aging publication, "Get Fit for Life: Exercise & Physical Activity for Healthy Aging." It is an inspiring and up-to-date resource about the benefits of exercise and physical activity. It is bursting with information, suggestions, tips, and worksheets to help you get started, track progress and stay motivated, plus loads of additional sources for a deeper dive.

<https://order.nia.nih.gov/sites/default/files/2021-02/exercise-physical-activity-get-fit4-life.pdf>



## From the Maplewood Kitchen

### BLT Pasta Salad

### Summer Fruit Skewers

- 2 c. cooked and chilled pasta
- 12 grape tomatoes
- 1/2 c. diced celery
- 1/4 c. chopped, cooked bacon
- 1/4 c. shredded cheddar cheese
- 1 c. mayonnaise
- 1/2 tsp ground mustard
- 1/2 tsp garlic powder
- salt & pepper to taste
- 1 head iceberg lettuce



- 6 fresh strawberries (washed)
- 6 fresh pineapple chunks
- 6 fresh blueberries (washed)

- 1/2 c. chocolate chips
- 1 tsp Karo syrup
- 6 long toothpicks

Combine the first 5 ingredients. Wisk together mayo & spices. fold in pasta mix.

Serve over shredded lettuce & enjoy!

Skewer a strawberry, blueberry and pineapple chunk. Place on parchment paper. Let sit. Mix chocolate chips, Karo syrup and double boil until melted. Drizzle over skewers. Let sit for 30 minutes. Enjoy!

# JUNE 2021



## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.	1 Hamburger on Bun Oven Browned Potatoes Tomato Slices Creamy Fruit Salad	2 Roast Turkey Au Gratin Potatoes Broccoli Wheat Bread Frosted Cake	3 Spaghetti w/Meat Sauce Capri Blend Veggies Garlic Wheat Roll Ice Cream	4 Fried Fish Baked Beans Baked Potato Wedges Wheat Bread
7 Roast Beef w/Gravy Mashed Potatoes Brussel Sprouts Wheat Roll Ice Cream Sundae	8 BBQ Pork Herbed Potatoes Buttered Spinach Wheat Roll Peach Parfait	9 Fried Chicken Parslied Noodles Mediterranean Veggies Fruit Cobbler	10 Scalloped Potatoes w/Ham California Veggies Wheat Roll Pear Slices	11 Hamburger on Bun Macaroni Salad Pickled Beets Mandarin Oranges
14 Bratwurst & Sauerkraut Macaroni Salad Pickled Beets Wheat Roll Cookie	15 Grilled Citrus Chicken New Potatoes Seasoned Carrots Wheat Bread Lemon Pudding Parfait	16 Italian Meatloaf Garlic Mashed Potatoes Spinach Wheat Roll Toffee Bar	17 Pork Roast/Gravy Boston Baked Beans Cauliflower Wheat Roll Strawberries	18 Seasoned Tilapia Garden Rice California Veggies Wheat Roll Angel Food Cake
21 Greek Roasted Chicken Garden Rice Roasted Cauliflower Wheat Roll Strawberries	22 Spaghetti w/Meat Sauce Garlic Bread Capri Blend Veggies Frosted Cupcake	23 Marinated Pork Roast Navy Beans Seasoned Carrots Wheat Roll Baked Peach Slices	24 Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Rosy Pears	25 Italian Baked Fish Parslied Bowties Seasoned Peas Wheat Roll Cookie
28 Fried Chicken Macaroni Salad Broccoli & Cauliflower Sour Cream Pound Cake	29 Corned Beef Boiled Potatoes Baby Carrots Wheat Roll Pineapple Cubes	30 Ring Bologna Macaroni & Cheese California Veggies Melon Cubes	To cancel a Home Delivered Meal or make a Dining Site reservation call:	La Valle: 355-3289 Frozen: 355-3289 Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437



**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

<p>NOTE: Meals are subject to change on occasion. Site meals include milk &amp; coffee. Home Delivered Meals include milk.</p>	<p>To cancel a Home Delivered Meal or make a Dining Site reservation call:</p>	<p>La Valle: 355-3289 Frozen: 355-3289 Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437</p>	<p>1 Glazed Meatloaf Mashed Potatoes Herbed Green Beans Wheat Roll Caramel Peach Crisp</p>	<p>2 Fried Fish Tartar Sauce Tater Tots Calico Slaw Wheat Roll Cheesecake</p>
<p>5 <b>ALL DINING SITES WILL BE CLOSED ON JULY 5TH</b></p>	<p>6 Hamburger on Bun Oven Browned Potatoes Tomato Slices Creamy Fruit Salad</p>	<p>7 Roast Turkey Au Gratin Potatoes Broccoli Wheat Bread Frosted Cake</p>	<p>8 Spaghetti w/Meat Sauce Capri Blend Veggies Garlic Wheat Roll Ice Cream</p>	<p>9 Fried Fish Baked Beans Baked Potato Wedges Wheat Bread</p>
<p>12 Roast Beef Gravy Mashed Potatoes Brussels Sprouts Wheat Roll Ice Cream Sundae</p>	<p>13 BBQ Pork Herbed Potatoes Buttered Spinach Wheat Roll Peach Parfait</p>	<p>14 Fried Chicken Parsley Noodles Mediterranean Veggies Fruit Cobbler</p>	<p>15 Scalloped Potatoes w/Ham California Veggies Wheat Roll Pear Slices</p>	<p>16 Hamburger on Bun Macaroni Salad Pickled Beets Mandarin Oranges</p>
<p>19 Bratwurst &amp; Sauerkraut Macaroni Salad Pickled Beets Wheat Roll Cookie</p>	<p>20 Grilled Citrus Chicken New Potatoes Seasoned Carrots Wheat Bread Lemon Pudding Parfait</p>	<p>21 Italian Meatloaf Garlic Mashed Potatoes Spinach Wheat Roll Toffee Bar</p>	<p>22 Pork Roast/Gravy Boston Baked Beans Cauliflower Wheat Roll Strawberries</p>	<p>23 Seasoned Tilapia Garden Rice California Veggies Wheat Roll Angel Food Cake</p>
<p>26 Greek Roasted Chicken Garden Rice Roasted Cauliflower Wheat Roll Strawberries</p>	<p>27 Spaghetti w/Meat Sauce Garlic Bread Capri Blend Veggies Frosted Cupcake</p>	<p>28 Marinated Port Roast Navy Beans Seasoned Carrots Wheat Roll Baked Peach Slices</p>	<p>29 Meatballs w/Gravy Buttered Noodles Brussels Sprouts Wheat Bread Rosy Pears</p>	<p>30 Italian Baked Fish Parsiled Bowties Seasoned Peas Wheat Roll Cookie</p>



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2 Fried Chicken Macaroni Salad Broccoli & Cauliflower Sour Cream Pound Cake	3 Corned Beef Boiled Potatoes Baby Carrots Wheat Roll Pineapple Cubes	4 Ring Bologna Macaroni & Cheese California Veggies Melon Cubes	5 Glazed Meatloaf Mashed Potatoes Herbed Green Beans Wheat Roll Caramel Peach Crisp	6 Fried Fish Tartar Sauce Tater Tots Calico Slaw Wheat Roll Cheesecake
9 Honey Mustard Chicken Garden Rice Mixed Veggies Wheat Roll Cream Pie	10 Hamburger on Bun Oven Browned Potatoes Tomato Slices Creamy Fruit Salad	11 Roast Turkey Au Gratin Potatoes Broccoli Wheat Bread Frosted Cake	12 Spaghetti w/Meat Sauce Capri Blend Veggies Garlic Wheat Roll Ice Cream	13 Fried Fish Baked Beans Baked Potato Wedges Wheat Bread
16 Roast Beef Gravy Mashed Potatoes Brussels Sprouts Wheat Roll Ice Cream Sundae	17 BBQ Pork Herbed Potatoes Buttered Spinach Wheat Roll Peach Parfait	18 Fried Chicken Parsley Noodles Mediterranean Veggies Fruit Cobbler	19 Scalloped Potatoes w/Ham California Veggies Wheat Roll Pear Slices	20 Hamburger on Bun Macaroni Salad Pickled Beets Mandarin Oranges
23 Bratwurst & Sauerkraut Macaroni Salad Pickled Beets Wheat Roll Cookie	24 Grilled Citrus Chicken New Potatoes Seasoned Carrots Wheat Bread Lemon Pudding Parfait	25 Italian Meatloaf Garlic Mashed Potatoes Spinach Wheat Roll Toffee Bar	26 Pork Roast/Gravy Boston Baked Beans Cauliflower Wheat Roll Strawberries	27 Seasoned Tilapia Garden Rice California Veggies Wheat Roll Angel Food Cake
30 Greek Roasted Chicken Garden Rice Roasted Cauliflower Wheat Roll Strawberries	31 Spaghetti w/Meat Sauce Garlic Bread Capri Blend Veggies Frosted Cupcake	NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.	To cancel a Home Delivered Meal or make a Dining Site reservation call:	La Valle: 355-3289 Frozen: 355-3289 Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437





# COP'S CORNER

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

Police departments all across Sauk County have seen an increase in identity theft and fraud scams. COVID 19 has changed the way we do things such as banking and we have seen an exponential increase in victims of crimes via the phone and internet. There is little we can do to recover your money if you send it out, as these are sophisticated organized efforts not in the area often not even in the country.

There are hundreds of scams and the way to protect yourself seems simple, but they play on our being good citizens who want to do the right thing. In the last week, on a government owned line, I received three scam calls. They have no information about you until you give it to them! The most common tax scam we hear of is a phone call made by a robot dialer who tells the caller that the IRS is launching an investigation and if they want to avoid being arrested, they need to call and wire money or provide access to a bank account.

The first problem with the scam is that the IRS will not call you. If you are being audited, you would be contacted by an IRS agent in person who will present proper credentials. Any call made via the phone should be suspect to you and you need to follow up before sending money or allowing anyone access to your bank accounts. If you pay, it is extremely difficult for local law enforcement to track the bad guys and the chances of getting your money back are almost none. Never divulge information over the phone to anyone you do not know, even if you believe it is an official.

There are so many new scams, we could list page after page, but they all have a few things in common.

- They try to play on fear of arrest or that a loved one is arrested
- They want you to give them information they do not have
- They are looking to get money from you in cash or money order
- They will give you numbers to call back or names of investigators that are made up. Any real investigator will talk to you in person not via the phone.

Steps to take if you become a victim

If you are a victim of identity theft, the Federal Trade Commission recommends these steps:

- File a complaint with the FTC at [identitytheft.gov](http://identitytheft.gov).
- Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
  - Equifax, [www.Equifax.com](http://www.Equifax.com), 1-800-766-0008
  - Experian, [www.Experian.com](http://www.Experian.com), 1-888-397-3742
  - TransUnion, [www.TransUnion.com](http://www.TransUnion.com), 1-800-680-7289

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# HOME SAFETY TIPS FOR CAREGIVERS

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

**FLOORS:** Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc. across the walkway.

**STAIRS AND STEPS:** Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

**KITCHEN:** Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

**BATHROOMS:** The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

**BEDROOMS:** Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online:

[https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)

Jane Mahoney  
Caregiver Support Specialist  
Greater Wisconsin Agency on Aging Resources

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Continued from page 17:

- Contact your financial institutions, and close any financial or credit accounts opened without your permission or tampered with by identity thieves.
- If your SSN is compromised and you know or suspect you are a victim of tax-related identity theft, the IRS recommends these additional steps:
- Respond immediately to any IRS notice; call the number provided or, if instructed, go to [IDVerify.irs.gov](https://www.irs.gov/IDVerify).
- Complete IRS Form 14039, Identity Theft Affidavit, if your e-filed return rejects because of a duplicate filing under your SSN or you are instructed to do so. Use a fillable form at [IRS.gov](https://www.irs.gov), print, then attach the form to your return and mail according to instructions.
- Continue to pay your taxes and file your tax return, even if you must do so by paper.

If you previously contacted the IRS and did not have a resolution, contact us for specialized assistance at 1-800-908-4490. We have teams available to assist.

A little prevention may save a lot of pain in the very near future. Protect your identity and yourself. NEVER give out personal information on the phone or access to any account. Never send money or MoneyGram's to anyone you do not know personally and know it is actually them!

Mark Schauf  
Baraboo Police



# ADRC TRANSPORTATION



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



**TOM**



**JEFF**



**ARVIN**



**GORDY**



**DAVE**



**RICK**



**NIK**

# THE BUS IS BACK!

\*Please note: All dates/trips are subject to change due to COVID-19 restrictions and/or other unforeseen circumstances. Seating is limited and masks will be required on the buses. Second trips to the same location may be scheduled if there is a demand. As a courtesy to the other riders, please be at your pick-up location at the scheduled time. \*

## Fun Bus

June 15th - Fort McCoy (Mask required at destination)

June 29th - Olbrich Gardens, Madison

July 13th - Sauk County Fair, Baraboo

July 27th - Mischler's Amish Country Store, Dalton

August 10th - Vilas Zoo, Madison

August 24th - The High Ground Veterans Memorial Park, Neilsville

## Shopping Bus

June 17th - Reedsburg

June 10th & 24th - Sauk City

July 1st, 15th, & 29th - Reedsburg

July 8th & 22nd - Sauk City

August 12th & 26th - Reedsburg

August 5th & 19th - Sauk City

**PLEASE SEE THE NEXT PAGE FOR MORE INFORMATION ABOUT BUS TRAVELS**

## **Shopping Bus**

The Shopping Bus will resume with limitations starting in June. The Shopping Bus will only be going to Baraboo Walmart, Lake Delton Walmart, and various shops close by. Bags are limited to what can fit under your seat and in the seat beside you. If you need assistance with shopping, an escort will be required to accompany you in the store. The drivers do not assist with shopping. Seating is limited and masks are required on the bus and for the entire duration of the shipping trip. The cost is \$3.00 round trip. Please call (608) 355-4888 to make a reservation.

## **Fun Day Travels**

The Fun Day Bus will resume with limitations starting in June. Every other week, the ADRC 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. Please see the trip schedule for upcoming destinations. To allow everyone a fair opportunity to travel with us, we will only accept a reservation 1 week before the trip day. Seating is limited and masks must be worn on the bus and for the entire duration of the trip. All reservations will be made on a first-come, first-serve basis. To make a reservation, please call our ADRC Transportation Reservation Line at 608-355-4888. We will contact you 1-2 days prior to the trip to confirm pick up time.

## **COVID-19 BUS RULES**

- **Masks are required on the bus and for the entire duration of the trip**
- **Seating will be limited to allow for social distancing**
- **Wash hands often - use hand sanitizer when entering the bus**
- **Avoid touching surfaces**
- **No eating or drinking on the bus**
- **Cover coughs and sneezes**
- **Monitor your health - if you have any symptoms or aren't feeling well, please stay home**
- **Respect all people on the bus**

### **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.

### **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.

### **Medication and Grocery Pickup**

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

# DISABILITY BENEFIT SPECIALISTS



*Quinn Hause*



*Holly Shafer*

## **Social Security Administration encourages people of All Ages to Use my Social Security**

My Social Security is your online gateway to Social Security. It provides interactive and secure access to many Social Security online services. Creating an account gives you the control to check your Social Security Statement, change your address, verify your reported earnings, estimate your future benefits, and much more.

If You Do Not Receive Benefits, You Can:

- View retirement benefit estimates at different ages or dates when you want to start receiving benefits;
- View possible spouse's benefits;
- Request a replacement Social Security card if you meet certain requirements;
- Check the status of your application or appeal;
- Get a letter proving you don't receive benefits; and
- Get your Social Security Statement, to:
  - View estimates of your future benefits;
  - Verify your earnings; and
  - View the estimated Social Security and Medicare taxes you've paid

If You Receive Benefits Or Have Medicare, You Can:

- Request a replacement Social Security card if you meet certain requirements;
- Report your wages if you work and receive Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI) benefits;
- Get your benefit verification letter;
- Check your benefit and payment information;
- Change your address and phone number;
- Start or change direct deposit of your benefit payment;
- Request a replacement Medicare card;
- Get a replacement SSA-1099 or SSA-1042S for tax season; and
- Opt out of receiving mailed notices for those available online.

If You Are a Representative Payee, You Can:

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- Use the Representative Payee Portal to conduct your own business or manage direct deposits, wage reporting, and annual reporting for your beneficiaries;
- Complete and submit Representative Payee Accounting Reports;
- See the status of any completed Representative Payee Accounting Report; and
- Receive a receipt for any report you submit.

To open a personal my Social Security account go to [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)

### **Replacement or Corrected Social Security Cards during the COVID-19 Pandemic**

Social Security offices are currently open only for in-person appointments for limited, critical situations, depending upon local office conditions. However, you may apply for a replacement Social Security card online and by mail. Before requesting a replacement card, please remember that you might not need the physical card. Most of the time, simply knowing the Social Security number is enough. If you have a critical situation that requires the need to have a physical card and you cannot apply by mail or online, you should call your local Social Security office. Please visit Social Security Administration's Coronavirus (COVID-19) Updates page for more information at [www.ssa.gov/coronavirus](http://www.ssa.gov/coronavirus).

#### **Applying Online**

You can use the online application if you are an adult, have a State-issued drivers' license or non-driver identification card, and live in the District of Columbia or one of the 45 States that verifies State-issued documents for us. All you need to do is create a personal my Social Security account to access and complete the online application at [www.ssa.gov/myaccount/replacement-card.html](http://www.ssa.gov/myaccount/replacement-card.html). If you live in one of the five States that do not participate — Minnesota, Nevada, New Hampshire, Oklahoma, and West Virginia — know that the Social Security Administration is working hard to bring this service to these states as soon as possible.

#### **Applying by Mail**

The Social Security Administration requires proof of your identity with your replacement card application ([www.ssa.gov/forms/ss-5.pdf](http://www.ssa.gov/forms/ss-5.pdf) - opens PDF), usually a U.S. passport, or State-issued drivers' license or non-driver identification card. These proofs must show your name and identifying information (such as date of birth or age), be current (i.e., not expired), and be an original or a certified copy. The Social Security Administration will return any documents you send them.

### **What to Do If You are Missing Economic Impact Payments**

The Internal Revenue Service (IRS) issued the third round of Economic Impact Payments (EIP) last month. Most Social Security beneficiaries and Supplemental Security Income recipients should have received their EIPs by now. Do you believe you were missed for an EIP?

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# AGING & DISABILITY SPECIALISTS

*Helping you put the pieces together!*



JIM  
PRITZKOW



JULIE  
MAYER



RACHEL  
HEINZMAN



HANNAH  
HALVERSON



KARI  
EDWARDS



KIM  
FISKE

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## COVID-19 Funeral Assistance

by the GWAAR Legal Services Team

The Federal Emergency Management Agency (FEMA) is now accepting applications for financial assistance for COVID-19 related funeral expenses. If you paid for funeral services and burial or cremation for someone whose death was caused by or likely a result of COVID-19, you can apply by calling the COVID-19 Funeral Assistance Line at 844-684-6333 (TTY: 800-462-7585) between 8 a.m. and 8 p.m. Central time. Interpreters will be available. No online or mailed applications will be accepted.

To be eligible for funeral assistance, the following criteria must be met:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia;
- The death certificate must say that the death was caused by or likely a result of COVID-19 or COVID-19-like symptoms; and
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.

The deceased person is not required to have been a U.S. citizen, non-citizen national, or qualified alien.

When you apply, you will need to provide your Social Security number and date of birth. You will also need to provide the deceased person's Social Security number and date of birth. In addition, you will be asked for your current mailing address and telephone number, and if you choose to receive funds by direct deposit, the routing and account number of your checking or savings account. You will also need to provide:

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- An official death certificate that states that the death was directly or indirectly caused by COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia;
- Documentation of funeral expenses, including receipts, the funeral home contract, etc., that include the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened; and
- Proof of funds received from other sources specifically for use toward funeral costs, including burial or funeral insurance, pre-planned and pre-paid funerals, or financial assistance from other sources.

FEMA is not able to duplicate benefits received from other sources.

If the death certificate does not list COVID-19 as a cause of death, you should contact the person who certified the death. This may be a treating doctor or a coroner or medical examiner. Their name and address will be on the death certificate.

At this time, there is no deadline to apply for COVID-19 funeral assistance. FEMA has reported that the agency is experiencing high call volumes, so if your call is not able to connect, please try calling again later.

If you are found eligible for funeral assistance, you will receive either a check by mail or funds by direct deposit. You can choose either option when you apply for assistance. If FEMA determines that you are not eligible for funeral assistance, you will have 60 days to appeal. Be aware that FEMA has received reports of scammers reaching out to people offering to register them for funeral assistance. Please note that FEMA will not contact people before they apply for assistance.

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If so, you can visit the EIP and Tax Credits page at [www.ssa.gov/eip](http://www.ssa.gov/eip) to learn what steps to take. You may need to file a 2020 tax return with the IRS and claim the Recovery Rebate Credit to receive missing first or second EIPs, even if you do not have income to report for 2020. The IRS will send you any additional third EIP amount you are eligible for in 2021 separately. The Social Security Administration web page also provides links to the IRS where you may be able to file your federal taxes free of charge at [www.irs.gov/filing/free-file-do-your-federal-taxes-for-free](http://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free).

Please know that you should contact the IRS for questions about tax-related topics and economic impact payments.



# 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,**

There is at least one recent study out that looked at a relationship between tinnitus (ringing in the ears) and sleep apnea. Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea. I know of at least one instance where the VA has looked at this study and a veteran and granted service connection for sleep apnea secondary to their service-connected tinnitus. So, if you or someone you know has tinnitus that is so bad it interferes with sleep, and end up developing sleep apnea, contact your County Veterans Service Officer.

It seems like the Community Care is working well under the new law but there are a few things to keep in mind. Make sure you have authorization before you go to any appointment at a non-VA provider, and reiterate on your visit they are billing Optum and not the VA, your private insurance, or Medicare.

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. So if you call and we don't answer, leave a message with your name and number.

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

**In Your Service,**

***Tony***

## **How to Survive a Heart Attack when Alone**

The following information comes from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute University Hospital, London Ont. I hope everyone can send this on as it is really important for everyone to know!

Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.

Tell as many other people as possible about this. It could save their lives!

A cardiologist says that if everyone who gets this information shares it with 10 people, you can bet that we'll save at least one life.

## **Camp American Legion**

What is Camp American Legion? It is a place for Wisconsin Veterans, Military and their families to come together in a safe and comfortable environment. Our guests find it easy to connect with each other because they often have shared life experiences. When you first arrive at Camp you will notice the abundance of opportunities to unwind, relax, and rejuvenate.

There really is something about the Northwoods experience that helps us to find value in the little things in life. It can help families to reconnect, bring a new appreciation for each other for couples and helps us to heal on our journey to find our own quality of life.

Who can attend? Applications are required but you do not need to be an American Legion member to apply or attend. The facilities are open to the following: All listed below must be Wisconsin residents: Honorably discharged veterans and their spouse or caregiver and immediate dependent age children; Actively serving military members and their families (dependent age children only); Survivor immediate family members of family-of-a-fallen.

The Camp is open to all who meet the eligibility requirements regardless of race, color, national origin, sex, age or handicap. The camp schedule includes many Open weeks for general applications starting June 7; Women Veterans Week (June 14-18); Vietnam & Korean War Veterans Week (June 21-25, August 2-6); Camp Serenity for families of the Fallen (August 18-21); Vision & Hearing Impaired Veterans & Families (August 24-28); Couple Focus Week (August 31-September 3); along with other weeks.

**Contact them:** (715) 277-2510 Website: <https://www.campamericanlegion.org/>

**Find them:** 8529 County Road D, Lake Tomahawk, Wisconsin 54539

Veterans' Family Camp - A Free Weekend Retreat for Veterans and their Families  
(September 24-26, 2021)

**What is Veterans' Family Camp?** Twice a year, a free Veterans Family Camp weekend is held at Easter Seals Wisconsin Camp Wawbeek in Wisconsin Dells for military veterans and their families. One weekend takes place in the fall (September 24-26, 2021) and one in the spring (April 29-May 1, 2022). 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 trip to a water park.

**Who can attend?** Family members may include spouses, children, significant others, parents, grandparents, etc. and are open to all veterans, recently-returned or those whose service was far in the past. 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.

**Additional Information:** If you, or someone you know, is a veteran who might be interested, please contact the camp office via e-mail or by phone at (608) 237-1551. To find out how to register for Veterans' Family Camp, visit the registration page. The Veterans' Family Camp weekend is offered at no cost to the veterans or their families through generous contributions to Easter Seals 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.

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!

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.



# The Volunteer Buzz

BRIANNA WIPPERFURTH, PROGRAM COORDINATOR



## WANTED

## YOUR NAME HERE

The ADRC is always looking for

- Volunteer Escort Drivers
- Dining Center Helpers
- Meals on Wheels Drivers
- Substitute Meals on Wheels Drivers
- Staff Support
- and More!



Interested in learning more? Contact  
Brianna Wipperfurth, Volunteer Coordinator  
[brianna.wipperfurth@saukcountywi.gov](mailto:brianna.wipperfurth@saukcountywi.gov)  
(608) 355-3289

DUE TO COVID-19, THE VOLUNTEER BREAKFAST IS STILL POSTPONED. WE HOPE TO BE ABLE TO CELEBRATE TOGETHER LATER IN THE YEAR. THE HEALTH AND SAFETY OF YOUR VOLUNTEERS CONTINUES TO BE OUR NUMBER ONE PRIORITY AND WE WILL CONTINUE TO FOLLOW PUBLIC HEALTH GUIDANCE ON GATHERINGS WHILE MAKING DECISIONS ABOUT THIS EVENT.

Have you heard  
about the ADRC's  
Caregiver Lending  
Library??

Caregivers who are caring for a loved one can take advantage of our Caregiver Lending Library for FREE! Caregivers can borrow items for 6 months and then request a 3 month extension if no one is on the waiting list for that specific item.

The Caregiver Lending Library currently consists of the following items:

- iPads
- 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
  - Sometimes It's Grandmas and Grandpas by Gayle Byrne
  - Grandparents as Parents, A Survival Guide by Sylvie de Toledo
  - Courageous Love for Children of Trauma by Laura Montane Bailey
- Dementia Expert 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, Progression of Dementia)
- Amazon Fire HD 10 Tablets
- Amazon Echo Dots ("Alexa")
- Amazon Alexa Complete User Manual
- Favorite Things Kits (photo and activity cards, DVD to spark conversation with loved one)
  - Summer and Farm Reminiscence



Contact Marina Wittmann or Brianna Wipperfurth to request an item:  
marina.wittmann@saukcountywi.gov, brianna.wipperfurth@saukcountywi.gov  
or call the ADRC: (608) 355-3289. Please note: for data collection purposes,  
caregivers are asked to fill out a demographic information sheet.



is offering **FREE** transportation  
- details below

# Need a Ride to Get Vaccinated?



Over the age of 60 & homebound?  
18 or older and disabled?

Call Christine to schedule a ride, M - F 10 am - 2 pm

**608.355.4452**

**Note: If you are enrolled in a Long Term Care program or other Medicaid program, please consult with your care manager before calling.**





## TRAVELING WITH A LOVED ONE WITH DEMENTIA? PLANNING AHEAD IS IMPORTANT!

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

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

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

Contact Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin (ADAW), at 608.697-2838 or [janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org), for more information. If you are interested in supporting programs and services provided by ADAW join the 2021 Sauk County Alzheimer's Walk on Saturday, September 25. All funds raised stay in Wisconsin. Visit [alzwisc.org](http://alzwisc.org) for details.



## WHAT JUNE SAYS ABOUT THIS RECIPE:

**“Once you try it, you will know why I always make it for my birthday and then of course pass pieces out to share!”**

**Recipe provided by:**



## JUNE'S FAVORITE CAKE

**Recipe by Oak Park Place Resident, June**

### Cake Ingredients:

- 1 box yellow cake mix
- 1 11oz can mandarin oranges & juice
- 4 eggs
- 1 cup oil

### Frosting Ingredients:

- 1 9oz carton cool whip
- 1 20oz can crushed pineapple & juice

### Instructions:

- Mix cake ingredients in a large bowl for 2 or 3 minutes. Pour into a 9x13" greased and floured pan. Bake at 350 for 30-35 minutes. Cool thoroughly.
- Once cake is completely cool, prepare the frosting. Mix the frosting ingredients together by hand with a wooden spoon until well blended. Frost the cake.
- Chill for 4 hours before serving. Enjoy!

For AddLIFE Today! questions or comments, please contact Brianna Wipperfurth at (608) 355-3289 or email at [brianna.wipperfurth@saukcountywi.gov](mailto:brianna.wipperfurth@saukcountywi.gov)

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

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

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

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## Donation Designation Form

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

Please designate this donation:

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

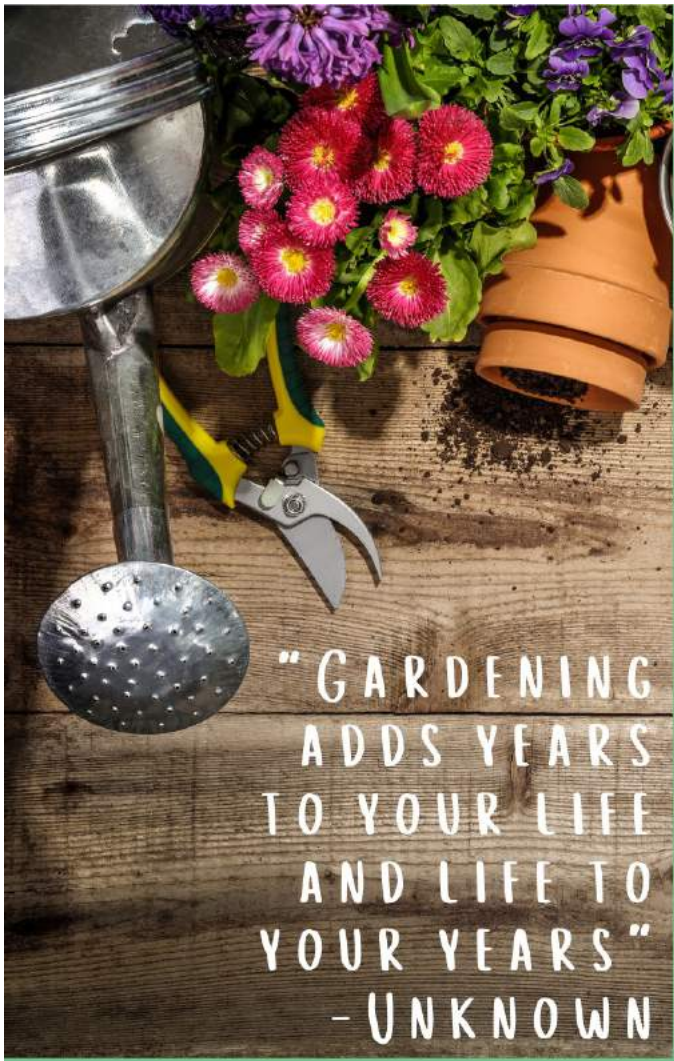
I want my donation to go towards the following program(s):

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

Kindly make your checks payable to:

'ADRC'

505 Broadway St, Room 102  
Baraboo, WI 53913



"GARDENING  
 ADDS YEARS  
 TO YOUR LIFE  
 AND LIFE TO  
 YOUR YEARS"  
 - UNKNOWN

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

CHANGE SERVICE REQUESTED

A R S E L T E E B U T T E R F L I E S  
 E E E N B R N L O H G N I S E E D S L  
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### Gardening Word Search

- BEANS
- SOIL
- BIRDBATH
- BUTTERFLIES
- DASIES
- CUCUMBER
- WEEDING
- BEETLES
- CORN
- CATERPILLAR
- COMPOST
- RAIN
- WHEELBARROW
- GOPHERS
- HOSE
- LETTUCE
- MOSS
- TOMATO
- MULCH
- ONIONS
- RAKE
- ROCKS
- SEEDS
- HOE
- ROTOTILLER
- SHOVEL
- SUNSHINE
- VEGETABLES

