

ADDLIFE TODAY!

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

Veterans Service Office at 608-355-3260

SUMMER 2022

VOLUME 14 ISSUE 2



A QUARTERLY NEWSMAGAZINE
FOR ADULTS WITH DISABILITIES,
OLDER ADULTS, VETERANS, AND
THEIR FAMILIES

SENIOR FARMERS' MARKET VOUCHERS



Each summer, the ADRC helps distribute the Senior Farmers' Market Nutrition vouchers. These vouchers are provided to older adults by the USDA to encourage shopping at local farmers' markets and eating more fresh fruits and vegetables. Eligible households receive \$25.00 in vouchers which are spent just like cash at approved farmers' markets and farm stands. We have a limited number of vouchers and they will be given out on a first come serve basis. We will again be distributing vouchers through the mail. The process is as follows:

1. Call the ADRC (608)355-3289 to schedule an appointment.
2. Staff will call you at your appointment time and fill out an application over the phone.
3. Staff will then mail the completed application to you to sign.
4. Mail your signed & completed application back to the ADRC.
 - ADRC, 505 Broadway St, Baraboo, WI 53913
5. Once we receive your signed and completed application, we will mail the vouchers to you.

2022 Income Eligibility Table

Effective: **June 1, 2022** Based on 185% of the US DHSS 2022 Poverty Guidelines.

Use total gross income - before taxes and deductions - of ALL household members

Household Size	Yearly	Monthly
1	\$25,142	\$2,096
2	\$33,874	\$2,823
3	\$42,606	\$3,551
4	\$51,338	\$4,279

To qualify, you must be a resident of Sauk County and over the age of 60 (or age 55 if you are Native American), AND meet the income guidelines.

Non-Discrimination Statement on Page 3



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



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



- Anonymous in memory of Louie Munz
- Beth Conley, in honor of Bonnie McGuine, for the Helping Hands at Home Program and the Home Delivered Meal Program
- Patricia Ann Bullard for the Volunteer Programs and the Home Delivered Meal Program.
- Chin Ying Ledbetter for the Elder Benefit Specialist Program
- Ervin Geitz for the Home Delivered Meal Program
- Anonymous for Addlife Today!
- The La Valle Public Library for their donation of large print books for ADRC clients
- Betty Telvick, in memory and honor of Marvin Telvick, for the Caregiver Support Program, Information and Assistance Program and the Veterans Transportation Program
- Maplewood for AddLIFE Today!
- The family of Gloria Craker, in memory of Gloria Craker

Senior Farmers' Market Voucher Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information should contact the agency where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.



Susan Blodgett

From the Director's Desk

What is the Affordable Connectivity Program?

The Affordable Connectivity Program (ACP) is a U.S. government program run by the Federal Communications Commission (FCC) program to help low-income households pay for internet service and connected devices like a laptop or tablet.

You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.

If your household is eligible, you could receive:

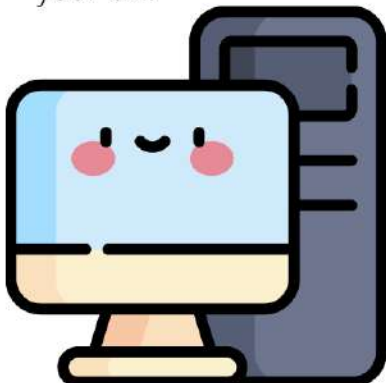
- Up to a \$30/month discount on your internet service
- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Only one monthly service discount and one device discount is allowed per household. To receive the connected device discount, consumers need to enroll in the ACP with a participating provider that offers connected devices (Note: not all internet companies offer device discounts.) The internet company will provide the discount to the consumer. Some providers may have an alternative application that they will ask you to complete.

Follow the following 2 steps to apply:

1. Go to [ACPBenefit.org](https://www.acpbenefit.org) to submit an application or print out a mail-in application.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Federal Communications Commission



GENERATIONS ON LINE

GENERATIONS ON LINE IS A PLACE TO FIND FREE, INTERACTIVE TUTORIALS, INCLUDING TUTORIALS ON HOW TO USE YOUR TABLET AND SMARTPHONE.

GO TO:

[HTTPS://GOLHELP.ORG](https://golhelp.org)



The Volunteer Buzz

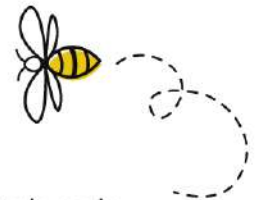
Keri Luther, Volunteer Coordinator

A Welcome from Keri:

I am a Baraboo native and live in Fairfield with my husband, 2 cats (Smudge & Peaches) and Dog (Honey). I have 3 adult children and 7 grandchildren, which are my pride and joy. For 28 years, I've worked in assisted living and long-term care settings and have worked closely with volunteers throughout the years. I've had several roles from being a CBRF Facilitator, Certified Nursing Assistant, Activity Facilitator, Admission and Discharge Planner, Social Services Representative, and Activity Director. Working with people and helping others is my passion along with serving those within the community and surrounding areas.

To me, volunteering is a very rewarding way to give back, meet others, and make a difference in someone else's life. I want to thank current and past volunteers for all that they do. They truly are the heart. I am very excited to be part of the ADRC Team and look forward to working with new and current volunteers.

Current Volunteer Opportunities:



Reedsburg Dining Site (located at S3111 Ableman Rd, Reedsburg)

- In-Site Volunteers who help packaging meals for Meals on Wheels
- Meals on Wheels Drivers on Mondays, Tuesdays, Fridays and every-other Wednesday
 - Meals on Wheels Drivers can be reimbursed mileage
- Substitute Meals on Wheels Drivers

Volunteer Escort Drivers (needed throughout Sauk County)

- Drive clients to/from medical appointments and are reimbursed mileage

Contact Keri at the ADRC to inquire about these or other volunteer opportunities:

ADRC (608)355-3289

The ADRC lost a long-time Volunteer Art Behnke in March. Art volunteered with our Transportation Department for 21 years! Thank you Art for your dedication to the ADRC. You will be missed.



Caregiver Connections and Prevention Pointers

Marina Wittmann
Aging Program Coordinator



What's "RESPIRE" and How Do I Get it?

For family caregivers, respite is a necessity! Respite, or "short breaks" is time away from caregiving duties and it may look different for each caregiver. Some caregivers may take a respite break to go have lunch with a friend while their loved one is kept safe at home with a friend, family member or other companion.

Other caregivers may take a respite break to take a class, run errands, get groceries, or even take a day away. Have you seen the preview for that new movie and would like a chance to go see it? RESPITE! The ADRC has a program called the National Family Caregiver Support Program that has funding available for eligible caregivers. The funding, once approved, can be used for all these respite ideas (and beyond)! If you are in need of respite, or a short break away from your daily caregiving duties, give the ADRC a call (608)355-3289. We are happy to speak with you about this program and other supports for family caregivers and loved ones.

COMING SOON!

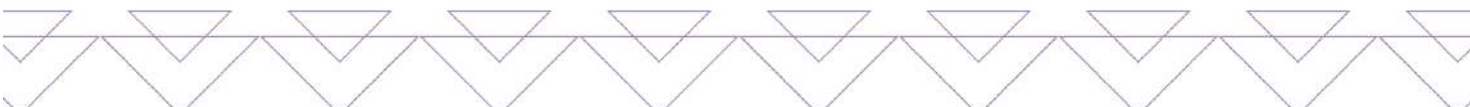
Well Connected



The ADRC Caregiver Support Program is excited to announce a NEW newsletter dedicated to Family Caregivers - called "Well Connected". The first issue will be distributed in September and bi-monthly after that.

Well Connected will contain local support group information, local and virtual educational and social events for caregivers, tips and best practices from fellow caregivers, and other educational information. We may also include words of advice from our very own Dementia Care Specialist, Kurt! This will be a newsletter dedicated to Family Caregivers so if you have ideas of your own that we should incorporate into this newsletter, let us know! We would love to hear your ideas!

To sign up for this FREE caregiver newsletter, please contact Marina Wittmann at the ADRC (608)355-3289 or email marina.wittmann@saukcountywi.gov. You will have the option to receive a paper copy in the mail OR an electronic copy via email.



Guilt and Grief When Moving Your Loved One to a Care Facility.

Article from the Alzheimer's Association

FACT: **Guilt** and **grief** are among the most challenging feelings caregivers must face when transitioning from home to a care facility.

Guilt is often tied to the belief that you “should” be able to care for your loved one until the very end. All caregivers have limits, and there comes a time when professional assistance is best for all involved. Feelings of guilt can also be influenced by your loved one’s seeming improvement after placement, causing you to second-guess your decision. Perhaps you feel guilty because you broke a spoken or unspoken “promise” never to place your loved one in a nursing home. Perhaps you sense that others judge you negatively for this decision, or that your loved one is unhappy in this new environment. It is also common to feel a sense of relief after placement – “now I can finally relax!” Beware of “should” statements that cause you to second guess yourself. Few caregivers are able to approach moving a loved one lightly. Some guilt feelings are normal and not evidence of failure.

Grief is an emotional, physical and/or thought-based reaction to perceived loss and change. We grieve in order to adjust and come to terms with loss that matters in our lives. Many losses occur along the Alzheimer’s journey. Like guilt, grief reactions are normal and to be expected. It is true that the sadness of grief can be overwhelming at times. Placement changes your pattern of living and providing care. An important challenge is learning how to live as yourself, separated from your loved one, yet still very much apart of his or her life.

How to Overcome Guilt and Grief

- Know that these are normal reactions that originate in the love and care you feel for your loved one.
- Know that it is common to feel conflicting emotions. It’s OK to feel love and anger at the same time.
- Reach out for support from those you trust about your grief, guilt, and/or any other emotions you are experiencing surrounding moving your loved one.
- If others are against the move, learn about your options and discuss everyone’s views and feelings together by contacting the Alzheimer’s Association to arrange a Care Consultation session (a meeting with a Social Worker).
- Keep a journal. Write down the stressful events you have endured in addition to the proud moments you have experienced throughout the journey of caring for your loved one. Write at least one positive entry each day.
- Think about what you expect from yourself. Ask yourself: “Is what I am feeling truly realistic?”
- What do guilty feelings accomplish for me? What do they accomplish for my loved one?”
- Research information on how to choose a nursing home. There are books and brochures offered through the Alzheimer’s Association that have tips on what to look for and questions to ask. These can be accessed by visiting the website or calling the 24/Hour Helpline.
- Take into consideration that having 24-hour care in a safe environment will help everyone involved, most of all, your loved one with dementia.

Continued from Page 7

- Your loved one will benefit from the structure and stimulation of nursing home activities and a daily routine in an accepting and understanding environment. This will also give them the opportunity to socialize with other people who are in similar shoes as they are.
- This is a chance for you to take care of your own physical, spiritual, social, and emotional needs that have possibly been neglected; as you know that your loved one is in a safe environment where others can help provide the care and supervision he or she needs.

After The Move

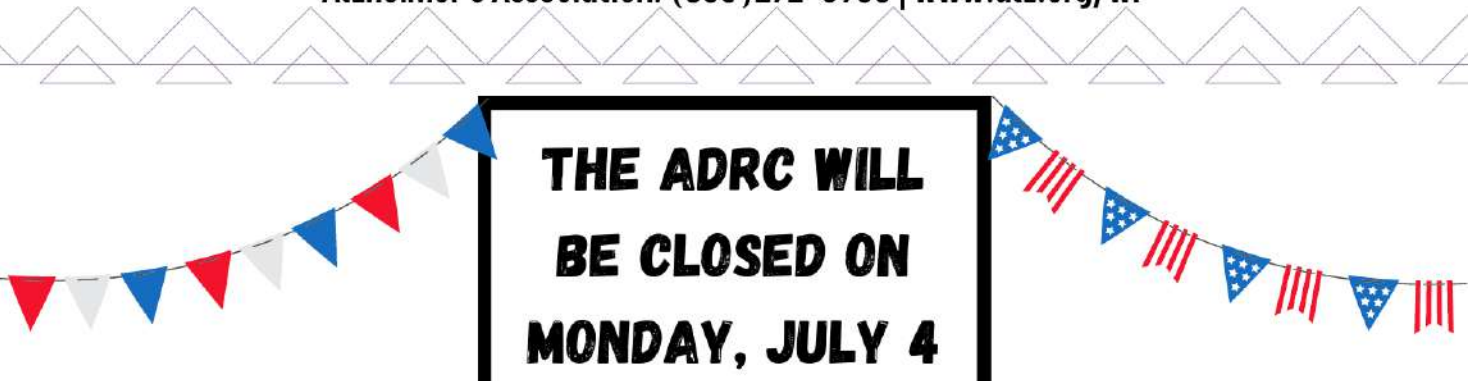
- Accept that your feelings and reactions are normal. Be open with yourself and others about how you feel.
- Allow yourself time – these difficult feelings will lessen and pass with time.
- Recognize your “new” relationship with your loved one. You will still be your loved one’s caregiver but others are now available around the clock to help with the physical care and to assure your loved one is safe. You will be your loved one’s voice at their new home and you can make the most of the time you spend with them.
- Try not to do everything at once right after the move.
- Be intentional in taking the time to do one pleasant thing for yourself every day.
- Make a plan, or coordinate a schedule, for your loved one to have frequent visits from others as well as yourself.
- Take action to develop good relations with those who are responsible for your loved one’s physical care.
- Only you know how to best deal with negative feelings. Take time to talk to a friend, a counselor, or spiritual leader.
- Connect with other caregivers, family members and friends impacted by Alzheimer’s. Consider joining a support group to meet others who are coping with similar situations. A listing of Support Groups can be found on our website or by calling the Helpline.

Suggested books on this topic:

- Searching for Normal Feelings by Doug Manning
- Moving a Relative with Memory Loss
- Making the Decision to Move: When Love Gets Tough by Doug Manning
- Living Well in a Nursing Home: Everything You and Your Folks Need to Know by Lynn Dickenson and Xenia Vosen
- Promises to Keep: The Families Role in Nursing Home Care by Katherine Karr
- What’s Happening to Grandpa? by Maria Shriver (Children’s Book)
- My Grandpa’s in a Nursing Home by Judy Delton and Dorothy Tucker (Youth Book)

alzheimer’s  association®

Alzheimer’s Association: (800)272-3900 | www.alz.org/wi



**THE ADRC WILL
BE CLOSED ON
MONDAY, JULY 4**



Nutrition News

Meg Allen, Nutrition Coordinator



Norma
Baraboo



Annie
Reedsburg



Torill
Sauk
Prairie



Pat
Lake
Delton



Barb
Volunteer
Reedsburg
Country
Club

**WE ARE
BACK!**

We are excited to announce our Nutrition Program has 3 dining sites open for in-person dining! Never eaten at an ADRC dining site before? No worries - it's easy to start! To be eligible for the donation-based meal, you must meet one of the following criteria: 1) be 60 or older, 2) be a spouse or domestic partner of an adult age 60 or older, or 3) be a disabled adult who lives with an adult who is age 60 or older. If you do not meet any of the above criteria, you will be asked to pay the full cost of the meal (\$11.55). You will be asked to fill out a demographic form the first day of your visit. All our dining sites run on a donation basis where you can donate at will each day you dine with us.

Baraboo Dining Site - open Tuesdays & Thursdays at 11:30am

Highpoint Commons, 1141 12th Street, Baraboo, WI 53913

Call Norma to make a reservation 24 hours in advance: (608)963-3436

Suggested Donation of \$4/meal



Lake Delton Dining Site - open Monday thru Friday at 11:30am

Frank Fischer Senior Center, 20 Wisconsin Dells Parkway S, Wisconsin Dells, WI 53965

Call Pat to make a reservation 24 hours in advance: (608)393-7214

Suggested Donation of \$4/meal



My Meal, My Way Soup & Salad Bar - open Mondays & Wednesdays from 11:30am-1:30pm

Reedsburg Country Club, 3003 E Main Street, Reedsburg, WI 53959

No reservation required

Suggested Donation of \$5.50/meal

CALL THE ADRC IF
YOU WOULD LIKE
A MENU!
(608)355-3289

2022

March for Meals!

In March, we joined Meals on Wheels America and March for Meals to celebrate the clients we serve and the volunteers and staff who make it all possible. We invited local and state leaders to deliver Meals on Wheels, and we were thrilled with the outcome! Pictured from left to right starting at the top: Rep. Dave Considine with Volunteer Joe, County Board Chair Tim McCumber with Volunteer Tracy, ADRC Regional Director John Grothjan, Congressman Mark Pocan with Volunteer Karin, Rep. Tony Kurtz with Volunteer Cheryl, Senator Howard Marklein with staff member Marina Wittmann, and Board Member Tom Dorner.



We want to extend our sincere gratitude to Wynn and the staff at The Shed for the My Meal, My Way Soup & Salad partnership. We also want to thank our site manager Donna for her dedication to the program. The ADRC wishes you all the BEST of luck!

Please note: the ADRC has not secured a location for the My Meal, My way program in Spring Green. Thank you for your patience!



SHASTA DAISY

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Coloring Page Provided by:



ADRC

Look Who's Getting You There!
Staci Dankert, Transportation Coordinator



Transportation

608-355-3278



Tom



Arvin



Dave



Rick



Nik



Robin



Kelli

Shopping Bus & Fun Day Travels ARE BACK!



The **Shopping Bus** will be going to Baraboo 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.



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.

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. 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 a pick up time. Trips are subject to cancellation or change with little notice.



2022 Summer Fun Bus Schedule



June

- 8th Henry Vilas Zoo, Madison
- 15th Swiss Historical Village & Museum, New Glarus, \$9 Admission
- 22nd White Mound County Park, (picnic & presentation)

July

- 6th Traux Air Force Base & WI Veterans Museum, Madison
- 13th Madison Mallards Baseball Game, \$4 Admission
- 20th WI Dells Upper Dells Boat Tour, Price TBD
- 27th Olbrich Gardens Blooming Butterflies, Madison

August

- 3rd Alp & Dell Cheese Store, Monroe
- 10th Dubuque Arboretum & Botanical Garden
- 17th La Crosse Queen Paddlewheeler, \$14 Admission, Reserve **2 weeks** prior
- 24th Milton House Museum, \$5 Admission
- 31st Sun Prairie Movie Day

September

- 7th Fort McCoy Tour & National Guard Museum
- 14th Dane County Farmers Market
- 21st Sun Prairie Movie Day
- 28th Oakwood Fruit Farm & Pecks Farm Market, Richland Center

Shop Your Way Bus Schedule



June

- 9th Walmart /Baraboo
- 16th Madison/West Side
- 23rd Walmart/Baraboo

July

- 7th Madison/West
- 14th Walmart/Baraboo
- 21st Madison/East
- 28th Walmart/Baraboo

August

- 4th Madison/West
- 11th Walmart/Baraboo
- 18th Madison/East
- 25th Walmart/Baraboo

September

- 1st Madison/West
- 8th Walmart/Baraboo
- 15th Madison/East
- 22nd Walmart/Baraboo
- 29th Madison/West

Bus Rules

- Passengers must stay seated while the bus is in motion
- No eating or drinking on the bus
- Cover coughs and sneezes
- Monitor your health - if you 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. 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.

Welcome Kelli

to the ADRC Transportation Team!
Kelli will be driving clients to medical appointments and assisting with the nutrition program as needed. If you see Kelli driving around, say hi!

In order to reduce the number of people coming into the ADRC's limited office space, we kindly ask you mail in your application/re-order form and payment to: ADRC, 505 Broadway, Baraboo, WI 53913. To receive information, call the receptionist at 608-355-3289

The ADRC staff was shocked at the sudden passing of our Transportation Driver, Renee. Renee started with the ADRC in July of 2021 and did a wonderful job transporting clients and assisting with the Nutrition Program. She will be missed.

**MEDICAL TRANSPORTATION LINE:
608-355-3278 or 800-830-3533**
**FUN-DAY TRIP RESERVATION LINE:
608-355-4888**

Aging & Disability Specialists

Helping you put the pieces together!



Jim
Pritzkow



Julie
Mayer



Rachel
Heinzman



Hannah
Halverson



Kari
Edwards



Kim
Fiske

HOT WEATHER TIPS FOR SENIORS AND FAMILY CAREGIVERS

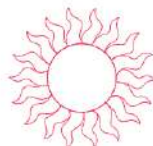
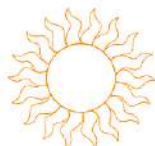
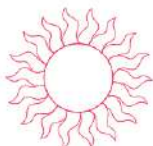
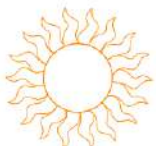
Heat waves are a potentially deadly problem, and they're only becoming more common. According to the Centers for Disease Control and Prevention (CDC), each year around 618 Americans die from extreme temperatures, most of them elderly people.

Part of the problem lies in the fact that seniors often don't realize when they are overheated, dehydrated and in danger. To make matters worse, older adults simply can't handle the heat as well as younger individuals because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk, as can certain medications like diuretics, antihypertensives and those used to treat Parkinson's disease. Fortunately, there are simple ways of protecting our aging loved ones from heat-related illness.

To protect seniors from the unrelenting summer heat, the standard advice is for them to remain inside air-conditioned buildings, dress lightly and keep hydrated. Unfortunately, this is easier said than done, since poor circulation often causes older adults to catch a chill more easily. It's not uncommon for an elder to reach for a sweater or turn on the heat in their home even though it's unbearably hot outside.

Dehydration is another serious concern. The body's natural thirst mechanism becomes less effective with age, so many seniors are perpetually dehydrated regardless of the season. Elders tend to prefer beverages like coffee and soda to water, too. Drinks that are high in caffeine and sugar do contain some fluids, but water is always the best option for staying hydrated.

While dehydration and overheating can be dangerous, the real threat to avoid this summer is heat stroke. Lisa H. Clark, M.D., a geriatrician based in Dallas, Texas, encourages caregivers to keep an eye out for signs of heat exhaustion, which can lead to heat stroke.



Continued on next page

Continued from page 15

Symptoms of Heat Exhaustion in Elderly Individuals: sweating profusely, cold, pale and clammy skin, fast, weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, fainting. Symptoms of Heat Stroke in Seniors: high body temperature (103°F or higher), hot, red, dry or damp skin, fast, strong pulse, headache, dizziness, nausea, confusion, loss of consciousness.

Be on especially high alert for confusion or altered mental state in seniors who are out in hot weather. If your loved one should collapse or lose consciousness, Clark says it's considered a medical emergency and 911 should be called immediately. While you are waiting for help, move them to a cooler location, remove as much of their clothing as possible and pour cold water all over their body to bring their body temperature down.

Additional Tips for Beating the Heat This Summer

- If your loved one complains of the cold indoors, turn up the thermostat in small increments and try to seat them away from the direct flow of air vents.
- If they won't stay inside, have them sit outside in a shady spot under a ceiling fan or near a box fan. Try to get them to spend the hottest parts of the day inside if possible.
- To keep a senior's home cooler, close curtains or blinds on the east side of the home during the morning and the west side in the afternoon.
- If your loved one doesn't have air conditioning or refuses to use it, make sure they spend at least some time in a cool, air-conditioned space like a library, mall, senior center or theater. In cities that are prone to hot weather, emergency shelters known as cooling centers provide the public with a safe place to enjoy a reprieve from the heat. "Even passing two or three hours in the AC each day can help reduce the risk of heat-related medical issues," Clark says.
- Offer plenty of drinks that your loved one prefers, but avoid highly caffeinated beverages, sodas loaded with sodium and alcohol.
- Keep cool treats available that are low in sugar and have a high water content. Sugar-free popsicles are a classic, and you can make your own using juice. Fruits and vegetables that are high in water, like watermelon, cucumbers, celery, strawberries and bell peppers, are also an easy way to increase a loved one's fluid intake without getting them to drink more.
- Seniors sometimes dress inappropriately for warm weather, so make sure your loved one's clothing is lightweight, not too form-fitting and light in color. Hats are useful, but make sure they are loosely woven or well ventilated, so they don't trap heat. A broad brim is also crucial for shading the entire face.
- Wear sunscreen when outside, and don't forget to reapply! Sunburns not only cause skin damage and increase the risk of skin cancer but they can also interfere with the ability to regulate one's body temperature.



The New (Buzzy) Benefits of Exercise

Michelle Crouch, AARP

You may already know that physical activity can boost your brain, strengthen your muscles and help you live longer. But it turns out that staying active also has powerful benefits that go beyond physical health.

Boosting your mood and helping you beat stress are two better known dividends paid by exercise. But the benefits go even further. A study of more than 18,000 middle-aged and older adults published in the *Journal of Behavioral Medicine* in April, for instance, showed a strong link between regular physical activity and feeling a greater sense of purpose in life.

"A sense of purpose comes from having goals and activities that add direction and meaning to life, and if you think about physical activity, that's exactly what it does," said Ayse Yemiscigil, lead author of the study and a researcher with the Human Flourishing Program at Harvard University.

The study found that the association goes both ways. In other words, people who exercise more reported an increasing sense of purpose, while those whose sense of purpose was strong in the beginning were the most likely to exercise regularly. "The more you get active, the more you get the sense of purpose – and vice versa," Yemiscigil says. "It's an upward spiral."

The findings are especially important for older adults because studies show that such a sense of purpose (and your activity level) tends to decline as you get older, Yemiscigil says. Maintaining this positive focus, on the other hand, has been tied to longevity and a lower risk of heart disease and Alzheimer's disease – not to mention that it's strongly linked to overall well-being.

Ilene Berns-Zare, a psychologist and professional coach, says having purpose is essential for finding that combination of physical, mental and emotional well-being that allows you to live your best life, a state that some call "flourishing."

"It's very important to have a sense of purpose; it's one of the pillars for flourishing," she says. "It's been shown to enhance your quality of life and your happiness."

Yemiscigil's study is one of a growing number teasing out the psychological benefits of exercise. The benefits "almost seem to have no limit," says Ramani Durvasula, a clinical psychologist based in Los Angeles. Exercise "makes us feel revitalized. It makes us feel stronger. It can even make us feel more powerful."

Here are some other specific ways physical activity can help you flourish, according to research:

It makes you happier

Physical activity releases chemicals in the brain that relieve anxiety and depression and make you happier almost instantly, Durvasula says. It happens with all types of activity, no matter how vigorous. "It doesn't have to be a marathon. It can be yoga or a moderate walk." A 2018 study found that as little as 10 minutes of physical activity may boost happiness.

It helps you bond with others

You've probably experienced that feeling of shared connection when you've exercised with others, whether it's as part of a group exercise class, or simply walking with a friend.

Research shows that physical activity actually primes our brains for socialization and makes us more likely to trust others. Exercising with someone “creates a different kind of connection and a deeper intimacy,” Durvasula says. “That's why the COVID-19 pandemic was tough for a lot of people. Taking a Zoom class together is not the same as exercising in person with other people.”

It gives you a sense of accomplishment

When you knock out a Pilates class, finish an exhilarating hike or mark your 50th indoor cycling class, admit it: You feel triumphant. That sense of self-efficacy helps you to be bold in other parts of your life, Durvasula says.

After physical activity, “we feel more powerful and capable of taking on other challenges in life,” she explains. “Research shows on a day you work out, you are much more likely to take on cognitive or workplace challenges. It shifts your mindset to ‘I can do this.’”

Michelle Crouch is a contributing writer who has covered health and personal finance for some of the nation's top consumer publications. Her work has appeared in Reader's Digest, Real Simple, Prevention, The Washington Post and The New York Times.

AARP

Physical Fitness for Those Over 65

by Julie Wedel, Sauk County Health Department

Dr. Jonathan Bean, a professor at Harvard Medical School, describes the case of a 101-year-old man who set a fitness goal of being able to wheel his own wheelchair down the hall to read the newspaper: "He [even] got to the point where he could use a walker to go down and read the newspaper." Although this example may be extreme, it's a powerful reminder of Dr. Bean's point: you can improve your fitness regardless of your age.



The National Institutes on Aging (NIA) suggests talking to your doctor about which exercises are the best fit for you and your fitness level. The NIA also recommends writing down fitness goals and/or filling out an Activity Log so you can reflect and build on your successes.

When beginning exercise programs, you should start slowly. Here's some exercises to consider:

- Water aerobics: The Centers for Disease Control and Prevention (CDC) states that pool exercises can be helpful for people with joint conditions, like arthritis.
- Resistance band workouts: Resistance bands are user-friendly and great for beginners!
- Yoga or chair yoga: Both are a gentle way to help with balance.

Staying active is important at any age, and it's never too late to get in better shape! No matter your age or ability, you have the power to improve your physical health and well-being.



For Your Benefit...

Your Elder Benefit Specialists



Pam Fuchs
Serving the Eastern Part of
Sauk County



Mindy Shrader
Serving the Western Part of
Sauk County

Pam-Coming to You Walk-in Appointments:

**Sauk Prairie
Community Center**

1:30-3:30pm
June 8th, July 13th,
and August 10th

Mindy-Coming to You Walk-in Appointments:

**Kraemer Public
Library-Plain**

1:00-3:00pm
June 29th, July 27th,
and August 17th

Spring Green Library

1:00-3:00pm
June 8th,
July 6th,
August 24th

Medicare Presentations

**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 who are continuing to work.

**Summer Workshops:
June 21st, July 12th, and August 16th
4:30pm Room B30
Call (608)355-3289 to register**



The Importance of Signing Up for Medicare During Your Initial Enrollment Period



By the GWAAR Legal Services Team

Your Initial Enrollment Period (IEP) is the 7-month window for you to sign up for Medicare when you first become eligible. Typically, this is when you turn 65 or after you've collected Social Security Disability (SSDI) for at least 24 months.

If you qualify for premium-free Part A, your Part A coverage starts the month you turn 65. (If your birthday is on the first of the month, coverage starts the month before you turn 65.)

Part B (and premium-Part A) coverage starts based on the month you sign up:

If you sign up before the month you turn 65 >>> coverage starts the month you turn 65

If you sign up the month you turn 65 >>> coverage start the next month

If you sign up 1 month after you turn 65 >>> coverage starts 2 months after you sign up

If you sign up 2 or 3 months after you turn 65 >>> coverage starts 3 months after you sign up

If you qualify for premium-free Part A, you can sign up any time after you turn 65. Your Part A coverage will start 6 months back from when you sign up or when you apply for benefits from Social Security (or the Railroad Retirement Board). Coverage can't start earlier than the month you turned 65.

If you do not sign up for Part B (and/or premium-Part A) during your IEP, you may not be able to sign up until the General Enrollment Period every year between January 1st and March 31st. You will likely also have lifetime late enrollment penalties added onto your monthly premium.

There are very limited circumstances where you may not face these negative consequences for not signing up for Part B (and/or premium Part A) during your IEP. If you have employer group health insurance from the active employment of either yourself or your spouse, you may sign up for Part B (and/or premium Part A) at any time.

You also get an 8-month Special Enrollment Period (SEP) to sign up after you or your spouse (or your family member if you're disabled) stop working or you lose group health plan coverage (whichever happens first). This 8-month Special Enrollment Period starts when you or your spouse stop working, even if you choose COBRA, retiree health insurance, or other coverage that's not Medicare.

Continued on next page

Keep in mind, however, that even if you have active employer health coverage and you will qualify for an SEP to enroll in Parts A & B later, you may still want to enroll in Medicare upon turning age 65. If your employer has fewer than 20 full-time employees (100 if you're Medicare-eligible due to disability), your employer group health insurance would likely be secondary to Medicare. This means, that insurance coverage would expect Medicare to be your primary insurance, whether you are enrolled in Medicare or not, and that insurance will pay as if it were secondary. In short, you will want to verify with your employer and your employer's group health plan before deciding to delay Medicare enrollment.

Some common example situations that do not qualify for a Special Enrollment Period:

- Your COBRA coverage or retiree coverage ends. If you miss your 8-month window when you stopped working, you'll have to wait until the next General Enrollment Period to sign up. The SEP is only when you lose employer coverage based on active employment.
- You have or lose your Marketplace coverage.
- You have or lose Medicaid coverage.
- You are released from jail or prison.

If you have questions about your enrollment timeframe, the different Medicare health coverage options, or are worried about paying for Medicare, there are programs that can help. For free and unbiased information about Medicare, you can contact the State Health Insurance Assistance Program (SHIP), which does not sell anything and is not affiliated with any company or plan, at any of the following resources:

Wisconsin's Medigap Helpline: 800-242-1060
1-800-Medicare
Your local Aging and Disability Resource Center (ADRC)



Sauk County Fair

700 Washington Ave, Baraboo
Coming July 11-July 17, 2022!
Stop by the Commercial Building
to chat with ADRC staff on
Wednesday, Thursday & Friday.



Social Security Field Offices Reopen

Article from the **Social Security Administration**

The Social Security Administration's (SSA) field offices reopened to the public on April 7, 2022 after more than two years of near-total closures.

Although SSA reopened their doors to the public, it is strongly encouraged to avoid waiting in line and use their online services at ssa.gov, call them either by local office or national number, and schedule appointments in advance rather than walking in without an appointment.

Phone appointments can save you a trip to a busy office.

Customers who walk in without appointments may encounter delays and longer waits at the SSA offices. Before going to an office, verify the status of that office opening. Be aware that offices tend to be the busiest first thing in the morning, early in the week, and during the early part of the month, so you may want to plan to visit at other times.

Certain safety measures are still being implemented at SSA offices which include masking (regardless of local guidance), physical distancing, and self-health checks for COVID-19 symptoms. The SSA office will provide masks to the public and employees if needed.

Online Services and telephone remain the most convenient ways to contact Social Security Administration.

Most Social Security services are available to the public online at ssa.gov and with a *my* Social Security account, or by telephone. And most Social Security services do not require the public to take time to visit an office. You may create your *my* Social Security account, a personalized online service, on their website. Many Social Security services are also conveniently available by dialing the national number toll-free, 1-800-772-1213 or looking up your local office number. People who are deaf or hard of hearing may call Social Security's TTY number, 1-800-325-0778.

Remain Vigilant Against Scams

Article from the **Social Security Administration**



Scammers' tactics continue to evolve. They call and pretend to be government employees to trick victims into providing personal information or money in cash, wire transfers, or gift cards. The scammers often make threats, including arrest.

They may send you emails with fake letters or reports that appear to be from Social Security, our Office of the Inspector General (OIG), or other agencies. The letters may appear to use official letterhead and government jargon to look legitimate.

Social Security employees will never:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, internet currency (Crypto), or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount owed.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.
- Email sensitive information.

Please use the online form at oig.ssa.gov to report Social Security-related phone and email scams. The information you provided — even if you did not fall for the scam — helps the OIG fight this type of fraud. People who submit the form can create a unique Personal Identification Number (PIN), so if OIG contacts you, you will know the call is legitimate.

If you receive a suspicious call or email, hang up. Do not respond or share any information or provide any form of money. Report it at oig.ssa.gov. Awareness and education are vital to protecting people.

Also, you should not be embarrassed if you shared personal financial information or suffered a financial loss. It's important that you report it right away.

Learn more at faq.ssa.gov/en-US/Topic/article/KA-10018 and recent blog post, *Slam the Scam: How to Spot Government Imposters*, at blog.ssa.gov.





Dementia Care Specialist

Kurt Goeckermann

Serving Individuals, Families & the Community

I have had the pleasure of being the Dementia Care Specialist of Sauk County for just three months and have come to realize how much I didn't know. Despite working in long term care for 30 years, assisting hundreds of residents and families who were negotiating the practical and emotional challenges of dementia, this new experience at the ADRC has been eye opening.

The world of long-term care has provided needed assistance for many individuals with a dementia diagnosis. These services are just a small slice of the picture, however. Many more of you are in our communities. You deal with the challenges faced providing care in the home and negotiating a complex system of programs and services that, while very helpful, at times seems a daunting maze.

As with any new employee, I have spent a fair amount of time getting myself up to speed on these programs and services. Some I was very familiar with from my previous social work experience, but others I had only vaguely heard of or was not aware of at all! As I watched videos, read material and picked the brains of my more experienced co-workers, I became increasingly amazed that anyone in the community can navigate all this. Just the acronyms of the programs and agencies themselves are intimidating.

Luckily, those same experienced ADRC employees that are helping me are available to all residents of Sauk County. I have learned so much from the staff I have the pleasure to work with here. They are a wealth of information and they, as a team, provide an amazing service. As the Dementia Care Specialist, I hope to be an asset to those of you with a dementia diagnosis and those of you who are caregivers. All the different specialists here and the wealth of knowledge they hold will help make that possible. There are many general patterns in dementia; stages, behaviors, approaches, that we can look to for guidance and planning. At the same time, as in life, each person is an individual. The course of dementia, the responses, what works and what doesn't will differ somewhat for everyone. As the Dementia Care Specialist, it is my goal to listen to every individual and caregiver, and to hopefully help those of you in Sauk County make each day with the diagnosis a little better, easier and less stressful. Each situation is unique and the team at the ADRC will help us accomplish that goal.

If you would like to speak with me, please call the ADRC office at (608)355-3289 and ask to speak to one of our I&A Social Workers who will get us connected.

~Kurt Goeckermann

Relaxation Techniques for Family Caregivers

Taking care of yourself while providing for others is a delicate balancing act. Whether you're a nurse, a home health aide, or a devoted family member, any caregiver will quickly realize that providing daily care is a demanding job.

Unfortunately, many family caregivers don't consider building respite time into their care plans. Those who do often face numerous obstacles to making self-care a priority. When a caregiver doesn't set aside time for their physical, mental, and social well-being, they put themselves at high risk for fatigue, depression, anxiety, and many physical ailments.

Suppose you don't have the resources to hire in-home care for a few hours each week, or your loved one resists the idea of a respite stay at a senior living community. In that case, there are small steps you can incorporate into your weekly routine to prevent caregiver stress from getting the best of you.

1. **Breathe Better.** It may surprise you to learn that chronic stress can lead to unhealthy breathing habits. Even taking just a few minutes each day to breathe deeply can help you achieve greater peace of mind. Just set a timer, close your eyes and focus on your breathing.
2. **Eat Healthy, Relaxing Foods.** When you are stressed and short on time, it can be tempting to grab fast food. This can leave you feeling even more rundown after the fact, especially if it turns into a habit. Indulging every so often is perfectly acceptable, but reaching for healthy, nutrient-dense foods will help keep you feeling your best. A stress-reduction diet can support good physical and mental health.
3. **Move Your Body.** Setting aside the time and energy for regular workouts is a lot to ask of a busy family caregiver. The truth is that you don't necessarily have to spend an hour at the gym daily to reap the benefits of exercising. Engaging in light physical activity each day can have dramatic effects on your health and mood, even if it's just for 10 minutes.
4. **Tune-In and Tune-Up.** Research shows that listening to music for only 30 minutes, especially classical melodies, produces a significant calming effect. Enjoying even a few songs throughout the day can benefit both you and your loved one.
5. **Stay Organized.** Caregiving isn't just one job; it's several jobs that must be performed at all hours of the day. Sorting out all your duties and how to best handle them can be mindboggling. The best way to manage this mental laundry list is to put it down on paper. Write down your to-do list and make a point of focusing on only one task at a time.

ADAW is your partner along the journey. If you are facing the challenges of a dementia diagnosis, call us to arrange a care consultation. Sauk County Dementia Outreach Specialist Janet Wiegel is available to provide information and support. Call Janet at 608-697-2838 or email janet.wiegel@alzawisc.org.





A Reflection from National Police Week May 15 - 21

Though Spring arrives in April, all too often we do not see the new beginning and growth until May. This year especially seems to have been an unusually cool wet spring and we all are hoping for some sun and warmer days.

May also brings the start to outside events and festivals all over the County. One celebration that is important to us as law enforcement is Police Week. President John F. Kennedy proclaimed the week of May 15 as Police Week in 1962. It is a time to reflect on those who serve in public life as a law enforcement officer at all levels of government. There are approximately 600,000 men and women that fulfill roles as law enforcement professionals. You will find cops working 24 hours a day, 7 days a week, holidays included. Though Police Week was originally designed to honor those in law enforcement that have died while serving, it is also a great time as a society to think of your local cops and deputies that are there for you whenever you pick up the phone and call for help.

In the United States in 2021, due to COVID and violent deaths combined, 616 police officer deaths are reported by Officer Down Memorial Page. This number is almost unbearable as we continue the fight going forward to protect the citizens of this nation. There is a lot of debate about the role that police take in the society, and what I can assure the people of Sauk County is that the men and women who serve here are caring dedicated professionals who love their communities.

On behalf of the Sauk County Chief of Police Association, we would like to thank all who serve as law enforcement across all levels of government this Police Week. We encourage you to say hello to your local cops and deputies and see them for the professionals they are, bringing comfort in these difficult times.

~Former Baraboo Chief Police Mark Schauf





Dear Friends,

Just like your medical checkups, your benefit and disability claim check ups are very important. If you have not checked in with our office in the last three years, it is time to do that. Veteran's benefits are ever changing. Veterans health is typically getting worse and qualifications for benefits change frequently. Call to have one of our qualified staff members review your situation, and make sure you are current on the latest changes to VA law and regulation, and both State & Federal benefits.

Also, if you have service-connected disabilities you should be contacting our office anytime you have health changes, even if you don't think they are directly related to anything to do with service.

One more reminder, if you or someone you know is involved in a claim with the VA for service-connection, regular communication with our office is more important now than it ever has been. Unless we instruct you otherwise, you should be checking in monthly.

If you are having any problems with VA health care your initial contact should be with the Patient Advocate. If you do not get satisfaction from them, then you can call us. Far too often veterans accept less than adequate care, follow through, and responses from their VA providers. You must be your own advocate. If you don't think they are hearing you or listening to your issues, there is a process to get your voice heard.

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

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.

WISCONSIN ADRC SEEKING VETERANS TO JOIN RESEARCH STUDIES

It's estimated that in the coming decades, approximately 450,000 Veterans will be diagnosed with Alzheimer's disease. Veterans, especially combat Veterans, are at a higher risk for developing dementia than the general public.

Health care providers believe the increased risk in Veterans can be attributed to the heart-head connection. Veterans experience high cholesterol, traumatic brain injury, post-traumatic stress disorder, and depression at higher rates than the non-military population - all health concerns that increase a person's risk for developing Alzheimer's disease.

While scientists know these differences exist, they do not know why.

The Wisconsin ADRC is enrolling Veterans into Alzheimer's disease and related dementias research studies. If you or someone you know is a Veteran who is interested in joining a research study, contact the recruitment team at (608) 265-0407 or adrc@medicine.wisc.edu.



**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.**

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

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) is 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/>

TYPES OF VETERAN ID CARDS

Military ID Card: This card is issued to active duty personnel, retired military, or members of the National Guard and Reserves. It's used to show your military status and to get access to services at military bases. These ID cards can be issued or reissued only at certain military installations in Wisconsin. To check what installations issue ID cards and to make an appointment, you must schedule it online at <https://idco.dmdc.osd.mil/idco/>. If you know you want to get an ID card renewed or issued at Fort McCoy, you can call their office at (608) 388-4563 but again, an appointment is required.

100% Disabled Veteran ID Cards: These ID cards are issued for permanent 100% service-connected veterans and their dependents. They can be used to get access to the commissary, military exchange, and MWR only on military installations. This card does not entitle the holder to TRICARE or medical care at military treatment facilities. The information regarding issuance provided above applies for this card, too.

Veteran Health Identification Card: These cards are only for veterans who are enrolled in the VA health care system. They can be used to check in for medical appointments at the kiosks throughout VA medical facilities. Some businesses may also accept them as proof of veteran status. These cards are issued at certain VA medical facilities.

Veteran ID Card: To be eligible for this ID card, veterans had to have served on active duty, in the Reserves, or in the National Guard and received an honorable or general discharge. This is a photo ID card that can only be applied for online at va.gov/records/get-veteran-id-cards/vic.

Veteran Identifier on Driver's License: Currently, all 50 states and Puerto Rico offer a veteran designation on state-issued driver's licenses. To verify eligibility in Wisconsin, call 800-WIS-VETS (947-8387) then press 1. If the recording tells you they cannot verify eligibility, take your DD 214 to your County Veterans Service Office and they can prepare a simple form that you can take to the DMV office as proof of veteran status. To qualify, veterans must have an honorable or general discharge and must have served two continuous years of active duty or 90 days during wartime. National Guard and Reservists who were not federally activated are not eligible for the veteran identifier.

Sauk County veterans can call (608) 355-3260.

MEET SAUK COUNTY VETERANS SERVICE STAFF:



Pamela
Russo
Programs
Coordinator



Rick
Erickson
Assistant
CVSO



Sandy
Deich
Veterans
Benefit
Specialist



Susan
Stoddard
Veterans
Benefit
Specialist

PORK TENDERLOIN & MASHED POTATOES FOR 2

Ingredients

- 1 small pork loin roast
- 3 potatoes
- 1 bag frozen mixed vegetables

Directions

Season pork with:

- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. rosemary
- 1/4 tsp. thyme
- 1/4 tsp. garlic
- 1/4 tsp. onion powder

Sear roast in pan for coloring.

Add 1 cup water to pan with roast, transfer to the oven, cover with foil.

Roast for 2 hours at 325 degrees or until internal temperature reaches 165 degrees.

Once roast has reached internal temperature, take it out of the oven and let it rest.

Mashed potatoes

Boil potatoes until they are tender.

Add 3 tsp. milk and 1 tsp. butter, then mash until it is a smooth consistency.



Complimentary recipe

- from Maplewood's kitchen

Maplewood
Sauk Prairie

Health & Rehabilitation Center

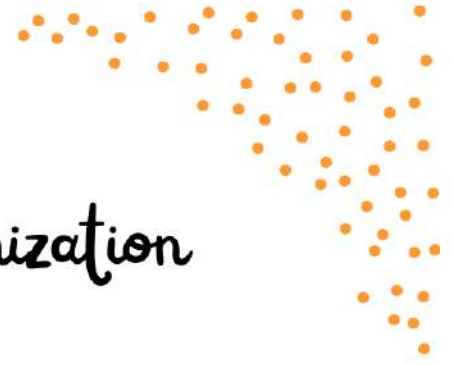
REHABILITATION | LONG-TERM CARE | MEMORY CARE
maplewoodsaukprairie.com

We hope you love this recipe as much as our residents. The ease, use of common ingredients, and refreshing flavor will have you looking forward to supper.

BASCO

Baraboo Area Senior Citizen Organization

Sponsored Events



Saturday, July 2 | 9AM-2PM | Brat Stand | Pierce's Baraboo

Saturday, Aug 13 | 9AM-2PM | Brat Stand | Pierce's Baraboo

Sunday, Aug 28 | Pork Chop Dinner | Thunderbird Lanes

Sept 3, 4 & 5 | Brat Stand | Ski Hi in Baraboo

Sunday, Sept 11 | Mollie B & Friends | CAL Center in Reedsburg



The Mollie B and Friends Variety show is coming to the Reedsburg CAL Center on Sunday, September 11th at 1pm. General Admission prices are \$32, \$30, \$28. All seats are reserved. For tickets call: Richard Knuth at 608-393-7314.

Upcoming Trip

Branson Holiday Show Extravaganza
Sunday-Friday, November 13-18, 2022. 5 Breakfasts &
3 Dinners included. \$789 members (non-members \$839)

For more information & reservations contact:
Senior Center 608-356-8464 or Nora Schmidt 608-448-7972

Sauk County Clean Sweep

Saturday, September 24, 2022 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



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
- Used motor oil
- 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.

\$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.

Sauk County Clean Sweep 2022 Voucher Program

Sauk County and Dane County are working together to provide Sauk County residents the opportunity to dispose of their household hazardous waste at the Dane County Clean Sweep facility through a new voucher program. Sauk County residents who would like to participate in this program should come to the Sauk County Land Resources and Environment Department, located in the West Square Building at 505 Broadway Street, Ste 248, Baraboo, to complete a voucher form to utilize the Dane County Clean Sweep facility to dispose of their household hazardous waste. Please be sure to bring all materials when applying for the voucher program. All materials for disposal through the voucher program need to be approved by LRE staff. Once participants receive the approved voucher from Sauk County, they are then able to attend the Dane County Clean Sweep facility. Participants with the Sauk County voucher are required to pay a \$10.00 fee upon arrival at the Dane County Clean Sweep instead of the \$75.00 fee for out-of-county participants.

Sauk County residents are limited to one voucher per household per year and must use their voucher within 30 days of approval by the Sauk County Land Resources and Environment Department. This voucher program is for household hazardous wastes only. Any businesses, including agricultural businesses, will be classified as very small quantity generators (VSQGs) and will need to contact Dane County Clean Sweep to register and set up an appointment. For any VSQGs there is a per pound charge.

Latex paint and motor oil are not accepted with this voucher program. Latex paint is non-hazardous, but it must be solidified before throwing away. It's easy to dry out. If you have a small amount, simply remove the lid and allow it to dry outside. Mix larger amounts with cat litter or a paint drying product sold at hardware stores. Never dispose of liquid paint in your trash.

Used motor oil may be taken to the Sauk County Highway shop during their drop off hours, Monday–Thursday from 8:00 am–3:00 pm. Please note that only clean waste oil will be accepted. No anti-freeze, gasoline, or any contaminated oil will be accepted. For more information, please contact the Highway Shop at (608) 355-4856.

To prepare for your Dane County Clean Sweep facility visit, please make sure to package any materials in boxes or rigid totes to keep products upright and prevent spills, keep materials in their original containers, and do not mix materials or co-mingle your waste in plastic bags.

For more information regarding the Sauk County voucher program or the Sauk Clean Sweep Program, please contact the Land Resources and Environment Department at (608) 355-3245 or conservation@saukcountywi.gov. You can also visit <https://www.co.sauk.wi.us/landconservation> for a more complete list of accepted items and alternative disposal options.

CONTACT:

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Why Yards Matter

Garden Tour

Saturday, June 11

9 to 11:30

RAIN OR SHINE

Join us for a guided tour of several Baraboo yards to learn what you can do to support pollinators and manage rainwater run off using native plants.

Tour led by Marcy Huffaker of Half-Aker Designs specializing in sustainable landscaping.

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For AddLIFE Today! questions or comments,
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- COLONY
- PRAYING MANTIS
- MOTH
- CENTIPEDE
- TERMITE
- FLEA
- FIREFLY
- BEE
- COCKROACH
- LADYBUG
- ANTS
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