



A quarterly newsmagazine for older adults,
adults with disabilities, veterans, and their families.
Contact: ADRC (608) 355-3289 or (800) 482-3710
Veterans Service Office: (608) 355-3260

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

**MEDICARE OPEN ENROLLMENT SEASON RUNS FROM
OCTOBER 15TH-DECEMBER 7TH. THIS IS THE TIME TO
REVIEW YOUR PRESCRIPTION DRUG PLAN COVERAGE
FOR NEXT YEAR.**

**THIS YEAR, DUE TO THE COVID-19 PANDEMIC, THE ADRC
WILL NOT BE CONDUCTING OUR MEDICARE PART D
CLINICS TO ASSIST WITH THESE REVIEWS.**

**HOWEVER, PLEASE KNOW THAT OUR BENEFIT
SPECIALISTS ARE STILL HERE READY TO DO OUR VERY
BEST TO ASSIST YOU WITH YOUR DRUG PLAN REVIEWS
IN OTHER WAYS!**

**PLEASE SEE THE INSERTS IN THIS ISSUE (PAGES 7-10)
FOR MORE INFORMATION.**

**THANK YOU FOR YOUR PATIENCE, UNDERSTANDING, AND
COOPERATION DURING THIS TIME.**

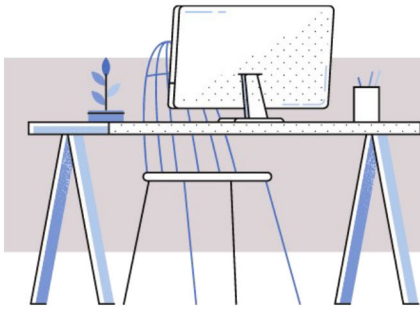
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The ADRC would like to thank the following individuals for their generous donations:

- **LARRY & DIANA SCHLUTER FOR THE HOME DELIVERED MEALS PROGRAM**
- **PATRICIA ANN BULLARD FOR THE HOME DELIVERED MEALS PROGRAM**
- **ANONYMOUS FOR THE PUBLISHING OF ADDLIFE TODAY!**
- **SHEILA KLINKO FOR THE VETERANS TRANSPORTATION PROGRAM**
- **JULIE MATTHEWS, IN MEMORY OF JAMES & MARILYN KARCH, FOR THE HOME DELIVERED MEALS PROGRAM**

The ADRC will be **CLOSED** on
September 6th, November 25th,
& November 26th



FROM THE DIRECTOR'S DESK SUSAN BLODGETT, ADRC DIRECTOR



PULL THE PLUG ON UTILITY SCAMS

Utility scams heat up as the temperatures rise (and when they fall). In fact, the Federal Trade Commission says that utility impostors top the list of reported scams. Here's what to be on the lookout for.

How It Works

- Someone claiming to be from your utility company shows up at your home unannounced, claiming they need to inspect or repair equipment.
- You receive a communication (phone, email, text) saying your account is past due and you must pay immediately, or they will cut off your power.
- You get a call claiming that you overpaid your utility bill, and they ask for your banking account information to provide a refund.

What You Should Know

- None of these tactics represent the way utility companies do business – they won't show up unannounced, they won't threaten to cut off your power without first mailing you notices if an account is past due, and they won't handle any overbilling this way.
- Utility scammers tend to target older adults and people who are not native English speakers.
- Requests for payment by way of purchasing a gift card and sharing the information off the back is sure-fire proof that it is a scam.

What You Should Do

- If you get a communication from your utility provider that is out of the ordinary, look on your last statement for the phone number and call to inquire if there is an issue with your account.
- Notify neighbors that a scammer is making the rounds – they tend to hit certain geographic areas at the same time.
- Alert your utility company if a scammer is impersonating them.

Knowledge gives you power over scams. The AARP Fraud Watch Network equips you with reliable, up-to-date insights and connects you to our free fraud helpline so you can better protect yourself and loved ones. We also advocate at the state, federal and local levels to enact policy changes that protect consumers and enforce laws.

Sincerely,
Kathy Stokes
AARP Fraud Watch Network

IS IT TIME TO GET YOUR WELL WATER TESTED?

The luxury of quality drinking water is something that many of us take for granted. Municipal public water supplies are subject to strict guidelines and water quality testing to ensure that the water meets the current drinking water standards and is safe to drink. However, there are over 800,000 private wells that serve as the primary water supply for a large number of people throughout the



state. Well water can be contaminated from variety of sources, and most water pollutants cannot be easily detected by taste or smell. Getting your water tested annually is the best way to determine if your water has been contaminated by chemicals or bacteria. In a recent survey conducted by UW-Stevens Point, 73% of survey respondents had not tested their well water in the last five years.

Is it time to get your well water tested?

Residents can pick up testing materials at the Extension Sauk County office located on the 3rd floor of the West Square Building at 505 Broadway, Baraboo and send in their samples to the UW Stevens Point Water & Environmental Analysis Lab. More information about this testing program (including ordering the testing bottles online) can be found at <https://tinyurl.com/wellwatertest> or contact Jen Erickson, Sauk County Extension at 608-355-3250 or jennifer.erickson@wisc.edu.

Sauk County Land Resources & Environment and Extension also offer a well water testing program for Sauk County's rural residents on a rotating schedule. The Sauk County well water program provides a convenient opportunity to test your water and learn about the issues facing well water in Sauk County. This fall residents living in the Towns of Honey Creek, Prairie du Sac, and Troy will have an opportunity to participate in a Well Water Testing Program. Participants will learn about their well water quality and what actions they take to protect Sauk County's groundwater. To find out more visit: <https://sauk.extension.wisc.edu/community-development/sauk-county-drinking-water-program/>

Please note: if you are pregnant or have an infant under 1 year old, the Sauk County Public Health Department will provide a free water test kit. Call 608-355-3290 for more information on this specific program.



For Your Benefit...

Your Elder Benefit Specialists



Pam Fuchs
Serving the Eastern
Part of Sauk County



Mindy Shrader
Serving the Eastern
Part of Sauk County

SEPTEMBER MEDICARE PRESENTATION - CANCELED

The “I’m Medicare Eligible/Turning 65: Now What?” on Tuesday, September 21st at 4:30 p.m. has been CANCELED.

If you have questions about turning 65/becoming Medicare eligible, our Elder Benefit Specialists are available to help via phone and Zoom. Please contact the ADRC with any questions: (608) 355-3289.

Need Help with Medicare Costs?

By the GWAAR Medicare Outreach Team

If you have Medicare and you’re facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don’t qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your income is \$1,449 or less for an individual, or \$1,959 for a couple, and your resources are under \$7,970 for an individual or \$11,960 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of the Medicare Savings Programs, you’ll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like

continued on page 11



Medicare Part D Disclaimer and Information Sheet

BOTH SIDES of this form must be fully completed, signed by the customer and returned to the ADRC at the address above in order for us to assist you with your drug plan review. ***One sheet per person***

NOTICE TO CUSTOMERS OF ADRC OPEN ENROLLMENT REVIEWS

The ADRC will assist you in exploring your drug plan options by using the plan finder tool on Medicare’s website, www.medicare.gov. The ADRC’s role is to provide you with assistance, information and guidance so that you can choose the plan you feel is best for you. **The ADRC cannot and will not choose a plan for you.**

Accuracy of results depends upon information provided by the Part D plans on Medicare’s website and information provided by you on this form. The Medicare website is subject to revision and/or error. The drug prices are approximate and total year costs are estimates.

If, after reviewing your drug plan options, you wish to enroll into a new plan for next year, the ADRC will complete the enrollment process for you, provided your consent has been provided.

If you are unavailable to provide consent yourself, you may appoint a representative to do so on your behalf. Your representative must provide written proof that they are authorized to enroll you into a different plan for next year. Without such proof, the ADRC will not complete the enrollment process for you. Instead, the ADRC will provide your representative with your plan finder results and instructions for how you can complete the enrollment process on your own.

If you reside outside of Sauk County and require any follow up assistance outside of this review, you must seek such assistance from the ADRC in the county in which you reside.

A signature below indicates that you have read, understand and agree to the information in this disclaimer, and you are requesting that the ADRC provide you with assistance to review your Medicare Part D Plan:

Signature _____ Date _____

PLEASE FLIP FORM OVER!

Please fill out the back of this form as completely as possible and return it to the ADRC office at **505 Broadway Street in Baraboo**. Once received, the ADRC will contact you to assist you with your drug plan review. You may return your form by mail or in person.

*For your safety and convenience, you may utilize the ‘drop box’ located outside the West Square Building Rear Entrance (West side of building by parking lot). Just put your form in a sealed envelope labeled ‘ADRC’ and drop it in the box. Staff will check the box daily and get your form to our ADRC office the following business day.

INFORMATION SHEET

Last Name	First Name	Middle Initial
Address	City	State Zip
Home Phone Number () - - - - - -	Cell Phone Number () - - - - - -	Email Address _____
Marital Status: Married Widowed Single Divorced Separated Lives alone: Y N	Date of Birth: ____/____/____	Sex: M F Race: W Af Am Hisp Am Ind Asian Other
Please Circle Any That You Currently Have: Senior Care Extra Help with your Drug Plan Costs Medicaid Medicare Savings Plan Do you have Veterans Health Care, VA Meds by Mail or are you a Veteran? Yes _____ No _____ How did you hear about the ADRC Medicare Part D Clinic or services? _____		
Medicare Number _____ Start Date Part A _____ Part B _____		
Medicare Account (if applicable) User Name _____ Password _____		
Preferred Pharmacy: _____ 2 nd Choice _____		
Willing to use Mail Order? Y N 3 rd Choice _____		
Name of your Current Drug plan:		
Provide a list of your prescribed medications including dosages or attach a current printout from your pharmacy:		
*Please Confirm you have SIGNED where required! Forms without valid signatures will not be accepted. Forms must be RECEIVED by our office no later than December 1st. *		

"The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging unit staff. "

S:\Elder Benefit Specialist/Medicare Part D/ Medicare Part D Data sheet



Medicare Part D Disclaimer and Information Sheet

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If you are unavailable to provide consent yourself, you may appoint a representative to do so on your behalf. Your representative must provide written proof that they are authorized to enroll you into a different plan for next year. Without such proof, the ADRC will not complete the enrollment process for you. Instead, the ADRC will provide your representative with your plan finder results and instructions for how you can complete the enrollment process on your own.

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A signature below indicates that you have read, understand and agree to the information in this disclaimer, and you are requesting that the ADRC provide you with assistance to review your Medicare Part D Plan:

Signature _____ Date _____

PLEASE FLIP FORM OVER!

Please fill out the back of this form as completely as possible and return it to the ADRC office at **505 Broadway Street in Baraboo**. Once received, the ADRC will contact you to assist you with your drug plan review. You may return your form by mail or in person.

*For your safety and convenience, you may utilize the ‘drop box’ located outside the West Square Building Rear Entrance (West side of building by parking lot). Just put your form in a sealed envelope labeled ‘ADRC’ and drop it in the box. Staff will check the box daily and get your form to our ADRC office the following business day.

INFORMATION SHEET

Last Name	First Name	Middle Initial
Address	City	State Zip
Home Phone Number () - - -	Cell Phone Number () - - -	Email Address _____
Marital Status: Married Widowed Single Divorced Separated Lives alone: Y N	Date of Birth: ____/____/____	Sex: M F Race: W Af Am Hisp Am Ind Asian Other
Please Circle Any That You Currently Have: Senior Care Extra Help with your Drug Plan Costs Medicaid Medicare Savings Plan Do you have Veterans Health Care, VA Meds by Mail or are you a Veteran? Yes _____ No _____ How did you hear about the ADRC Medicare Part D Clinic or services? _____		
Medicare Number _____ Start Date Part A _____ Part B _____ Medicare Account (if applicable) User Name _____ Password _____ Preferred Pharmacy: _____ 2 nd Choice _____ Willing to use Mail Order? Y N 3 rd Choice _____		
Name of your Current Drug plan:		
Provide a list of your prescribed medications including dosages or attach a current printout from your pharmacy:		
*Please Confirm you have SIGNED where required! Forms without valid signatures will not be accepted. Forms must be RECEIVED by our office no later than December 1st. *		

"The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refuse to provide this information. If you have questions regarding this, please ask the aging unit staff. "

S:\Elder Benefit Specialist/Medicare Part D/ Medicare Part D Data sheet

continued from page 6

premiums, deductibles, and coinsurance. If you don't automatically qualify for Extra Help, you may still be eligible if your income is \$1,610 or less for an individual, or \$2,177 for a couple, and your resources are under \$13,290 for an individual and \$26,520 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are 65 years of age or older and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to: www.dhs.Wisconsin.gov/seniorcare or call: 1-800-657-2038.

It's important to call or fill out an application if you think you could qualify for savings, even if your income or resources are higher than the amounts listed above. These amounts change yearly, and you may be eligible for another savings program depending on your situation. To find out if you're eligible for savings through one of these programs or any other benefits, contact the ADRC at (608) 355-3289.

Claiming 2020 Stimulus Checks

By the GWAAR Legal Services Team

If you still haven't received one or more Economic Impact Payments (EIPs) or "stimulus checks," and did not file taxes for 2020, then you may be able to use the Non-Filer Tool set up by the Internal Revenue Service (IRS). This tool is being advertised for individuals claiming the Child Tax Credit, but it can also be used to access stimulus checks if you haven't received them. If you did not receive the first or second Economic Impact Payment or the full amount you were entitled to receive, you may use this online form to claim the 2020 Recovery Rebate Credit. This free online form also allows you to provide banking information that the IRS will use to direct deposit any payment you are entitled to receive. When you use this online form, the IRS will also determine if you are eligible for the third Economic Impact Payment. If you're eligible, there's nothing else you need to do to get your payment.

The tool should NOT be used by the following individuals:

- You have already filed a 2020 federal income tax return;
- Your 2020 gross income exceeded \$12,400 (\$24,800 for a married couple);
- You were married at the end of 2020 but will not include your spouse's information when using this tool;
- You or your spouse can be claimed as dependents;
- Your main home is not in the United States; or
- You're requesting advance Child Tax Credit for a child born in 2021.

To access the tool, visit <https://www.freefilefillableforms.com/#/fd/childtaxcredit>



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

Protein Power!

While it is true that most Americans consume more protein than is recommended, as we grow older our protein needs change. In fact, for older adults, getting enough protein is extremely important. It helps prevent a condition called age-related muscle wasting or Sarcopenia.

From the time we are born to around age 40, our muscles grow larger and stronger. Our bodies have the greatest muscle mass between the ages of 25 to 40. However, after age 40, aging causes gradual muscle loss at a rate of about 1% per year. This means that we can lose roughly 24-30% of our muscle mass by the time we are 70! Loss of muscle means reduced strength and mobility, making falls and fractures more likely. Research has shown that the best defenses against muscle loss are regular physical activity and getting enough protein.

How much protein is enough? Each individual's needs are unique, but The Academy of Nutrition and Dietetics notes that experts suggest that older adults should get on average, 20 to 30 grams of protein at each meal – breakfast, lunch and dinner. Studies also suggest that 30 grams is the upper limit of the amount of protein that the body can use to form muscle at a time. It is best to eat protein throughout the day, rather than at one sitting.

Meat, eggs and dairy are great sources of protein, but plants have protein too! Beans, legumes, soy, nuts and whole grains all contribute to a healthy diet high in protein. Comparing soy milk to skim milk is fascinating. Soy milk has half the sugar, less sodium and the same, if not more protein. There is the same amount of protein in 100 grams of pinto beans and 100 grams of beef. And unlike the beef, the beans have fiber too, which helps you feel full.

There are lots of delicious ways to add protein to your meals. For breakfast, try Greek yogurt with fruit or nut butter on toast. Make hot cereal with milk instead of water and throw in some almonds. You can even sneak protein into your favorite recipes by adding nuts, seeds, cheese, or whey protein powder.

Fighting muscle loss means staying strong. It means being able to carry your groceries or your grandchildren! It means being able to take the stairs or catch yourself if you stumble. It is a key factor in remaining active and independent, and getting enough protein everyday can help!

Source: GWAAR Nutrition Team Eat Well, Care Well Resources

DID YOU KNOW?

There are NO income based guidelines to participate in the ADRC meal program!

Individuals eligible to receive a meal on a voluntary contribution basis at ANY of the ADRC dining site are:

- Aged 60 or older
- A spouse or domestic partner who eats a meal on the same day as their spouse or domestic partner who is age 60 or older
- An adult with a disability who is younger than age 60 and resides with an eligible older individual

Individuals who do not meet the above criteria are still able to receive a meal at the ADRC dining sites, but they will kindly be asked to pay the full cost of the meal. New diners will be asked to fill out a brief form on the day of their first visit.



SAUK COUNTY ADRC DINING SITES

There is currently NO in-person dining at any of the ADRC dining sites. Carry-outs are available.

Baraboo Dining Site | Highpointe Commons

1141 12th St | Carry-outs served at 11:00 AM

Call Magda to make a reservation (608) 963-3436

Lake Delton Dining Site | Frank Fischer Senior Center

20 Wisconsin Dells Parkway | Carry-outs served between 11:30 AM - 12:00 PM

NO RESERVATION NEEDED | Call Pat at (608) 393-7214 with questions

Reedsburg Dining Site | Cornerstone Church

S3111 Ableman Rd | Carry-outs served at 11:00 AM

Call Brittany to make a reservation (608) 963-3438

Sauk City Dining Site | Sauk Prairie Community Center

730 Monroe St | Carry-outs served at 11:15 AM

Call Torill to make a reservation (608) 963-3437

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

123 N Lexington, Spring Green | 11:00 AM - 1:00 PM

Wednesday: 1/2 Sandwich & Soup/Salad | Thursday: Full Salad & Soup

Call The Shed the day before to make a reservation (608) 588-9049

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

TEMPORARILY CLOSED effective August 6th, 2021

Suggested Donation for Regular Sites (Baraboo, Lake Delton, Reedsburg, and Sauk City): \$4.00/meal

Suggested Donation for My Meal, My Way Sites (The Shed & Reedsburg Country Club): \$5.00/meal. My Meal, My Way diners will receive a donation letter.

Caregiver Boot Camp

Caregiver Boot Camp

Caregiver Boot Camp



Friday, November 5th

- 9:00 AM - 2:30 PM
- Frank Fischer Senior Center
 - 20 Wisconsin Dells Pkwy,
Wisconsin Dells, WI 53965

Saturday, November 6th

- 9:00 AM - 2:30 PM
- Kraemer Library & Community Center
 - 910 Main St,
Plain, WI 53577

Caregiver Boot Camp is a FREE educational "survival" program for families coping with Alzheimer's Disease and other dementias.

Each date is limited to 20 in-person participants to maintain social distancing.

Virtual participation options are also available.

- ADRC staff will walk you through how to be a "Dementia Friend" and what local resources are available
- WI Guardianship Support Center Attorney Polly Shoemaker will present "Future Planning for Caregivers"
- WI Family Caregiver Walt Zerrenner will present "Living in the Moment"
- Be inspired by fellow Family Caregivers!



**To register or for more information,
call 355-3289 or email**

Brianna Wipperfurth:

brianna.wipperfurth@saukcountywi.gov

OR

Marina Wittmann:

marina.wittmann@saukcountywi.gov

Please note: All in-person programming is subject to change based on Public Health recommendations



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



TOM



JEFF



ARVIN



DAVE



RICK



NIK



RENEE

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

A green sign with a white border and four silver bolts. The text is in white, bold, sans-serif font. The sign is mounted on two grey posts.

**ALL BUS TRIPS
SUSPENDED UNTIL
FURTHER NOTICE**

Following Public Health guidance, all Shopping Bus and Fun Day Bus trips have been suspended until further notice due to COVID-19. Any changes will be posted on our Facebook page and/or in the next edition of AddLIFE Today!. Have questions? Contact ADRC Transportation at (608) 355-3278.

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.



Check Your Social Security Benefits Application or Appeal Online

If you applied for a Social Security benefit, or have a pending reconsideration or hearing request, you can check the status online. Everyone with a pending application or appeal can create or use their personal my Social Security account to check the status. You can open your free account at www.ssa.gov/myaccount to see:

- Date of filing.
- Current claim location.
- Scheduled hearing date and time.
- Re-entry numbers for incomplete applications.
- Servicing office location.
- Publications of interest, depending on the claim and current step in the process.

There's So Much You Can Do Online

With a free my Social Security account, you can take advantage of many convenient and secure services online, at www.ssa.gov/myaccount. Whether at home or on the go, you can use your account to complete most Social Security business online, without calling or requesting an appointment.

For example, individuals who are not receiving benefits can review their earnings history, check the status of their applications, view personalized estimates of future benefits based on their actual earnings, and see their latest Social Security Statement and new supplemental fact sheets.

Individuals who receive benefits can print their own benefit verification letter, change or start direct deposit, change their address, and request a replacement Medicare card.

Whether you receive benefits or not, you can use your my Social Security account to request a replacement Social Security card (in most States and the District of Columbia).

Visit www.ssa.gov/myaccount to create or access your personal account. You can also find a full list of our online services at www.ssa.gov/oneservices.



Update: New Fact Sheets Added to the Online Statement

Your Social Security Statement, available using a my Social Security account, explains how much you or your family could receive in disability, survivor, and retirement benefits.

We've added new fact sheets to accompany the online Statement. The fact sheets are designed to provide clear and useful information based on age group and earnings situations. The fact sheets can help you better understand Social Security programs and benefits.

The new Statement fact sheets cover the following topics:

- Retirement readiness for workers in four specific age groups.
- Workers with non-covered earnings who may be subject to the Windfall Elimination Provision and Government Pension Offset.
- Social Security basics for new workers.
- How people become eligible for benefits (for workers not fully insured).
- How additional work can increase future benefits.
- Medicare readiness for workers age 62 and up.

If you do not have a personal my Social Security account, you can create one at www.ssa.gov/myaccount. You can access your Statement, fact sheets, and other useful tools and information tailored to your needs.

You can visit our Social Security Statement webpage to learn more.

Sometimes folks need help with or have questions about their online accounts. For your convenience, we want to share some frequently asked questions you may find helpful with your personal my Social Security account needs.

What if I forgot my username or password?

- It happens to all of us on occasion. We can't remember our username or password. If you've forgotten your username or password – perhaps even both – we have you covered. Visit our my Social Security Sign In page and select "Forgot Username" or "Forgot Password." Follow the prompts, and in just a few minutes you will be back in business – Social Security business.

What if I am locked out of my account?

- Your account may be locked because you – or perhaps someone else – entered inconsistent or incorrect information. We lock your account to protect your information. If you are locked out of your account, you can call our my Social Security Help Desk at 1-800-772-1213 from Monday through Friday between the hours of 8 a.m. and 7 p.m. ET. When you call, say "Help Desk" at the voice prompt.

How can I block access to my account?

- We know that in certain instances, like for victims of domestic violence or identity theft, you may want to block access to your information. You can choose to block any automated telephone

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and electronic access to your Social Security record. When you do this, no one, including you, will be able to see or change your personal information online or through our automated telephone service.

- Please call us at 1-800-772-1213 or call your local Social Security office if you need to block access to your record. You can find the number for your local office using our Office Locator. If you change your mind in the future, you can contact us and ask us to unblock it.

What if I live overseas?

- At this time, you must have a United States mailing address to create a personal my Social Security account. People with an overseas APO/FPO/DPO address can create an account, but our system does not yet support registration for users with a foreign address. However, you may be able to access our services by creating an ID.me account. ID.me is a Single Sign-On provider that meets the U.S. government's most rigorous requirements for online identity proofing and authentication. On our my Social Security account set up page, select Sign in with ID.me and follow the link to create an ID.me account.
- We recommend that people living outside the U.S. contact the nearest Federal Benefits Unit or U.S. embassy for any assistance related to our programs and benefits. Our Office of Earnings and International Operations page also has more information.

What if I need additional help?

- We're happy to help with any difficulties you're having with your personal my Social Security account. For assistance, you may call us at 1-800-772-1213 (TTY 1-800-325-0778). Lines are open from Monday through Friday between the hours of 8 a.m. and 7 p.m. ET. Please say "Help Desk" at the voice prompt. You can also contact your local Social Security office.

We encourage you to sign up for your personal my Social Security account if you haven't done so. Please share this information with your family and friends—and help us spread the word on social media.

Source: SSA.gov





CAREGIVERS - KEEP YOUR TANK FULL!

We can't expect cars to run on an empty tank of gas. But why are caregivers expected to run on an empty tank of physical and emotional energy? If you are caring for a loved one, you may feel like you are running on empty. It's time to make a pitstop and fill up with some premium fuel!

The National Family Caregiver Support Program (NFCSP) is dedicated to supporting family caregivers and grandparents and relatives caring for young children. NFCSP is premium fuel! NFCSP provides respite and supplemental funding to eligible caregivers.

Who is eligible?

- Any caregiver who provides care to a person age 60+ or to a person under 60 who has Alzheimer's or dementia
- A grandparent age 55+ who is the primary caregiver for a child under age 19
- A relative age 55+ who cares for a person with a long-term disability between the age of 19-59
- Note: the older adult receiving care must have difficulty with activities of daily living.

What can the funding provide?

- Chore services like lawn care and snow removal
- Personal cares such as dressing, bathing, or toileting
- Homemaker tasks like meal prep, shopping, cleaning
- Companionship and general supervision for safety purposes
- Supplemental items that complement the care provided including transportation, assistive devices like grab bars, minor home repairs, incontinence supplies, personal emergency response systems, and much more!

How to apply?

- The NFCSP application can be found on the ADRC website (co.sauk.wi.us/adrc) under Caregiver Resources or call Marina at the ADRC (608) 355-3289 and request an application.

**The ADRC has funding available and we are still accepting new applications.
Caregivers - don't wait until your tank is empty.
You need routine maintenance and premium fuel!**

AGING & DISABILITY SPECIALISTS

Helping you put the pieces together!



JIM
PRITZKOW



JULIE
MAYER



RACHEL
HEINZMAN



HANNAH
HALVERSON



KARI
EDWARDS



KIM
FISKE

Potential Impact to Certain Individuals Who Received Services From Wisconsin Medicaid Long-Term Care Programs

Press Release from the Wisconsin Department of Health Services (DHS)

The Wisconsin Department of Health Services (DHS) announced in June that an unauthorized individual gained access to an email account on February 19, 2021. This unauthorized access was disabled quickly following discovery that day. DHS conducted an investigation of the unauthorized access, and determined that it may have exposed names, member identification numbers, dates of birth, some Social Security numbers, address, and health information such as medical conditions and treatment information. **No known exposure has occurred.**

DHS identified individuals whose information may have been accessed through its investigation of this incident. On June 4, 2021, notifications were mailed to 2,868 individuals who received services from Wisconsin's Family Care, IRIS, or Children's Long-Term Support programs, and whose information may have been accessed. Out of an abundance of caution, these individuals have been offered free credit monitoring for one year as well as given access to a dedicated call center to answer questions they might have.

Since discovering the unauthorized access on February 19, 2021, the Wisconsin Department of Health Services has taken actions to improve its security posture. DHS has also requested that the Department of Administration and the State's Chief Information Security Officer conduct a review of Department of Health Services' security protocols protecting personal health information including the adequacy of our information system protections against malicious phishing attacks.

Individuals in the above programs who received a notification letter or have questions about this incident, can call 1-833-664-2022 from 8:00 a.m. to 8:00 p.m. CT Monday through Friday.

ForwardHealth Members Will Continue to Keep Benefits During the COVID-19 Public Health Emergency

By the GWAAR Legal Services Team

In response to the COVID-19 public health emergency and federal rules, the Wisconsin Department of Health Services (DHS) temporarily changed program rules to help protect the health and safety of members.

Members will continue to keep their benefits if they were eligible for them on or after March 18, 2020. Their benefits will stay the same until at least the end of the month in which the federal public health emergency for COVID-19 ends. Based on what the federal government has said, DHS expects that the federal public health emergency will last at least until the end of 2021.

This affects members in the following programs:

- BadgerCare Plus
- Emergency Services Medicaid
- Family Planning Only Services
- Foster Care Medicaid
- Institutional Medicaid
- Katie Beckett Medicaid
- Medicaid Purchase Plan
- SeniorCare
- Supplemental Security Income Medicaid
- Supplemental Security Income-Related Medicaid
- Tuberculosis-Related Medicaid
- Waiver Medicaid
- Wisconsin Well Woman Medicaid

This means that any member who would normally have lost benefits on or after March 18, 2020 will continue to keep their benefits. This is true even if a member has had changes that would normally have resulted in a loss of benefits. During the federal public health emergency, a member will only lose their benefits if they move out of Wisconsin or ask to end their benefits.

DHS still expects members to report changes as appropriate for their program enrollment, such as changes in income or address.

NOTE: Members will receive a ForwardHealth Update in the mail with this information. The updates will be mailed over a four-week period beginning the week of July 5, 2021. Members will receive an update based on their program enrollment. For more information about program updates related to COVID-19, visit the ForwardHealth program updates webpage.



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BY:



Meadow Ridge
senior living

Assisted Living • Memory Care

Affiliated with SSM Health St. Clare Hospital - Baraboo



VETERANS MESSENGER

VOICE OF THE MESSENGER

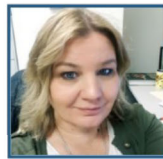
TONY TYCZYNSKI, VETERANS SERVICE OFFICER

Dear Friends,

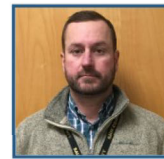
I hope you have enjoyed your summer and are able to get out and enjoy the nice weather we have been having. We have been busy filing claims for our veterans and helping to answer questions and problem solve any issues that come up with claims, the VA, and all that goes with applications, etc.



PAMELA RUSSO
PROGRAMS
COORDINATOR



SANDY DEICH
VETERANS
BENEFIT
SPECIALIST



RICK ERICKSON
ASSISTANT
CVSO



SUSAN STODDARD
VETERANS
BENEFIT
SPECIALIST

If you have any questions, please don't hesitate to call us. We are all taking some time off here and there, so we want to take this opportunity want to remind you that is it important to make an appointment before coming in to see us. If you call and we don't answer, please leave a voice mail. The voice mail is set up to go to all of us for a faster response time. If you call and we don't answer, leave a message with your name and number, and who you are trying to get in touch with.

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

In Your Service,

Tony

VA Community Emergency Care Facts

Effective June 8, 2020, the Department of Veterans Affairs (VA) established a national centralized notification center to simplify the emergency care notification process. Veterans do not need to check with VA before calling for an ambulance or going to an emergency department. During a medical emergency, VA encourages all Veterans to seek immediate medical attention without delay. It is, however, important to promptly notify VA within 72 hours of presenting to the emergency room. The Emergency Care Centralized Notification Center is the mechanism by which community providers,

Veterans and representatives should report instances of a Veteran presenting to a community emergency room. It offers simplified access to VA for care coordination, eligibility determination and payment authorization information. Centralized notification standardizes communication, documentation and collaboration between VA and community providers.

Providers, Veterans, and representatives should report instances of a Veteran presenting to a community emergency room to VA within 72 hours of the start of emergent care. Notifying VA within 72 hours is important because it allows VA to assist in coordinating care or transfer, it helps ensure that administrative and clinical requirements for VA to pay for the care are met and it may impact a Veteran's eligibility for VA to cover the cost of emergency treatment. For each notification the rendering facility will receive authorization or eligibility information and, if applicable, direction for claim submittal.

Notification Requirements - Providers and Veterans, or their representatives, should use one of the following centralized options to notify VA with pertinent details about Veterans receiving emergent care in the community:

1. Email: VHAEmergencyNotification@va.gov
2. Phone: 844-72HRVHA (844-724-7842)

If notification is made to a local VA medical facility, the notification will be referred to the centralized intake for action. Case-specific details are necessary for care coordination and eligibility determinations and will be requested during notification. The person notifying VA should be prepared to supply case specific information. If the person notifying is unable to supply all information, VA will engage with the appropriate parties to collect the information.

Optum – VA Community Care Network

Optum, part of UnitedHealth Group®, is honored to partner with the U.S. Department of Veterans Affairs through VA's new Community Care Network. Together, we will ensure that our nation's Veterans have access to the right care, at the right time and in the right setting.

Through the VA Community Care Network, VA medical staff can authorize and schedule care from a community care provider with the Veteran's approval. In addition, VA staff manages customer service for Veterans who are receiving care from a community provider. A network of community care providers and provider billing are managed by third-party administrators (TPAs) in each region. Optum is the TPA for this region.

Some of the following services are delivered by Optum, to accomplish its goal of delivering the highest quality of care to the Veterans they serve:

- Community care network of providers. Optum is leveraging its extensive network and relationships across UnitedHealth Group and beyond to provide a robust provider network for the VA. This includes medical, behavioral, chiropractic, skilled nursing, eye, pharmacy, dental and other complementary services like hypnotherapy and Tai Chi.
- Call center for VA staff and providers. VA staff and providers can contact, or chat live with the Optum call center to get their questions answered about authorizations, claims and

- other issues. Calls or questions from Veterans will be handled by a VA call center.

With the VA Community Care Network, Veterans will have better access to and greater choice in their health care, whether at a VA facility or through a community provider. Eligibility is determined by the VA for Veterans to receive care through the VA Community Care Network.

Example of a Veteran's journey through the VA Community Care Network:

1. Veteran seeks care from VA
2. VA determines, based on eligibility criteria, Veteran should receive care from a community provider. Veteran agrees.
3. VA engages community provider to accept referral and method of delivery (referral packet to include medical record).
 - a. VA schedules appointment with community provider and sends referral packet.
 - b. Veteran self-schedules his or her appointment following community provider acceptance of referral.
4. Veteran receives care from community provider.
5. Provider sends medical record to VA.
6. Provider bills Optum for the care.

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.

VA to Start Processing Disability Claims for Certain Conditions Related to Particulate Matter

WASHINGTON — The U.S. Department of Veterans Affairs will begin processing disability claims on August 2, 2021 for asthma, rhinitis, and sinusitis on a presumptive basis based on presumed particulate matter exposures during military service in Southwest Asia and certain other areas — if these conditions manifested within 10 years of a qualifying period of military service.

VA conducted the first iteration of a newly formed internal VA process to review scientific

evidence to support rulemaking, resulting in the recommendation to consider creation of new presumptions of service connection for respiratory conditions based on VA's evaluation of a National Academies of Science, Engineering and Medicine report and other evidence.

The process concluded that particulate matter pollution is associated with chronic asthma, rhinitis and sinusitis for Veterans who served in the Southwest Asia theater of operations beginning Aug. 2, 1990 to the present, or Afghanistan, Uzbekistan, Syria or Djibouti beginning Sept. 19, 2001 to the present. VA's review also concluded that there was sufficient evidence to presume that these Veterans have been exposed to particulate matter.

The Southwest Asia theater of operations refers to Iraq, Kuwait, Saudi Arabia, the neutral zone between Iraq and Saudi Arabia, Bahrain, Qatar, the United Arab Emirates, Oman, the Gulf of Aden, the Gulf of Oman, the Persian Gulf, the Arabian Sea, the Red Sea and the airspace above these locations.

To apply for benefits, Veterans and survivors should contact their the Sauk County Veterans Service Office vetservice@saukcountywi.gov or 608-355-3260

PEOPLE WITH CERTAIN CONDITIONS OR UNDERGOING CERTAIN TREATMENT ELIGIBLE FOR ADDITIONAL COVID-19 VACCINE DOSE

Who is Eligible?

FDA & ACIP recommend an additional dose of mRNA vaccine to people with medical conditions or people receiving treatments that are associated with moderate to severe immune compromise. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last two years or are taking medicine to suppress the immune system
- Active treatment with high-dose corticosteroids, alkylating agents, antimetabolites, tumor-necrosis (TNF) blockers, and other biologic agents that are immunosuppressive or immunomodulatory
- Moderate to severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection

If you are not included in this new group of individuals recommended for an additional dose, you should be reassured that the data shows good protection with the one or two-dose COVID-19 vaccine series at this time.

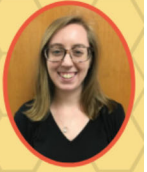
To learn more, visit: dhs.wisconsin.gov/covid-19/vaccine-dose.htm

SOURCE: Wisconsin Department of Health Services



The Volunteer Buzz

BRIANNA WIPPERFURTH, PROGRAM COORDINATOR



THE ADRC IS LOOKING FOR VOLUNTEERS TO DELIVER MEALS ON WHEELS IN BARABOO! CONTACTLESS DELIVERY PROTOCOLS HAVE BEEN ADOPTED FOR OUR MEALS ON WHEELS PROGRAM TO KEEP OUR VOLUNTEERS AND CLIENTS SAFE & HEALTHY IN THESE UNPRECEDENTED TIMES. HOME DELIVERED MEAL ROUTES START AT HIGHPOINTE COMMONS AND ARE TYPICALLY UNDER AN HOUR. AS A MEALS ON WHEELS VOLUNTEER, YOU HAVE THE OPTION TO BE REIMBURSED FOR YOUR MILEAGE IF YOU SO CHOOSE.

TO LEARN MORE OR APPLY ONLINE TODAY, PLEASE VISIT:
[HTTPS://WWW.CO.SAUK.WI.US/ADRC/VOLUNTEER-OPPORTUNITIES](https://www.co.sauk.wi.us/adrc/volunteer-opportunities)

Flu & People 65 Years and Older

Submitted by Sauk County Public Health

Source: Centers for Disease Control & Prevention

It has been recognized for many years that people 65 years and older are at high risk of developing serious complications from flu compared with young, healthy adults. This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

The best way to protect against flu and its potentially serious complications is with a flu vaccine. CDC recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even into January or later.

Flu vaccination is especially important for people 65 years and older because they are at high risk of developing serious complications from flu. Flu vaccines are updated each season as needed to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against flu. A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season.

Flu vaccines for 2021-2022 have been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination fully sets in after about two weeks.

Because of age-related changes in their immune systems, people 65 years and older may not respond as well to vaccination as younger people. Although immune responses may be lower in older people, studies have consistently found that flu vaccine has been effective in reducing the risk of medical visits and hospitalizations associated with flu.

Types of Flu Shots for People 65 and Older

People 65 years and older should get a flu shot, not a nasal spray vaccine. They can get any flu vaccine approved for use in their age group with no preference for any one vaccine over another. There are regular flu shots that are approved for use in people 65 years and older and there also are two vaccines designed specifically for this group:

- **High Dose Flu Vaccine:** The high dose vaccine (brand name Fluzone High-Dose) contains four times the amount of antigen (the inactivated virus that promotes a protective immune response) as a regular flu shot. It is associated with a stronger immune response following vaccination (higher antibody production). Results from a clinical trial of more than 30,000 participants showed that adults 65 years and older who received the high dose vaccine had 24% fewer influenza illnesses as compared to those who received the standard dose flu vaccine. The high dose vaccine has been approved for use in the United States

- **Adjuvanted Flu Vaccine:** The adjuvanted flu vaccine (brand name Fluad) is made with MF59 adjuvant, an additive that can create a stronger immune response to vaccination. In a recent review of multiple vaccine trials, older adults who received a MF59-adjuvanted vaccine had a significantly higher immune response than those who received a standard flu vaccine. The adjuvanted vaccine was available for the first time in the United States during the 2016–2017 flu season.

High Dose and Adjuvanted Flu Vaccine Side Effects

The high dose and adjuvanted flu vaccines may result in more of the temporary, mild side effects that can occur with standard-dose seasonal shots. Side effects can include pain, redness or swelling at the injection site, headache, muscle ache and malaise, and typically resolve with 1 to 3 days.

Get A Pneumococcal Vaccine with Your Flu Vaccine

- People who are 65 years and older also should be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Talk to your health care provider to find out which pneumococcal vaccines are recommended for you.
- Pneumococcal pneumonia is an example of a serious flu-related complication that can cause death. You can get the pneumococcal vaccine your provider recommends when you get a flu vaccine.

Other Preventive Actions

In addition to getting a flu shot, people 65 years and older should take the same everyday preventive actions CDC recommends for everyone, including avoiding people who are sick, covering coughs, and washing hands often.

Symptoms and Treatment

Because you are at high risk of developing serious flu complications, if you get sick with flu symptoms, call your health care provider right away. There are antiviral drugs that can treat flu illness and prevent serious flu complications. CDC recommends prompt treatment for people who have influenza infection or suspected influenza infection and who are at high risk for serious flu complications, including people 65 years and older.

Symptoms

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people may also have vomiting and diarrhea. People may be infected with flu and have respiratory symptoms without a fever.

Treatment

- Treatment should begin as soon as possible because antiviral drugs work best when started early (within 48 hours after symptoms start).
- For you to get an antiviral drug, a health care provider needs to write a prescription. These medicines fight against flu by keeping flu viruses from making more viruses in your body.
- Antiviral drugs can make your flu illness milder and make you feel better faster. They may also prevent serious health problems that can result from flu illness.



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

! 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.

Understanding Behavior Changes & Dementia

Dementia has an impact on many aspects of a person's daily living. One area where you may see signs is changes in behavior. Behavior changes are a symptom of dementia and are caused because the person is not able to respond in the usual way due to cognitive changes in the brain. By understanding the common symptoms of Alzheimer's disease and what other factors influence problem behaviors, you can better understand why your loved one might be acting in an unusual or frustrating way.

It is important to recognize that individuals with dementia are doing the best they can and they often don't have the ability or insight to understand that a behavior is disruptive and needs to change. In fact, their reaction might make perfect sense to them in the way their brain is currently interpreting and understanding the world.

When responding to behavior changes, first ask yourself, is it a problem? Is it unsafe, disturbing or distressful and if so to what extent? Is it a problem for the person with dementia, for others or for yourself? If the behavior is not harmful to anyone and is not disturbing to the person, you may choose to do nothing. This is often the simplest and easiest thing to do. By getting angry and upset when your loved one behaves in a certain way, may be more upsetting for them. This can lead to frustration and hurt feelings for both you and your loved one.

By looking closely at the behavior and what is happening around it, we can better understand what might be influencing behavior, and these may be things that we can change. Behavior changes tell us something. Behaviors are a form of communication - maybe alerting us to something that needs to be adapted or done differently.

Attend "Understanding & Responding to Behavior Changes" program on Tuesday, Nov. 2 from 1-2:30 p.m. on our Zoom platform to learn more. Free. No registration required. Contact Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin (ADAW), at 608.697-2838 for details.

This program supported by funds raised through ADAW's annual Alzheimer's Walk. Step Forward and Give Hope to individuals and families impacted by dementia in your community by joining the Sauk County Alzheimer's Walk Saturday, September 25 at Mary Rountree Evans Park in Baraboo. Visit www.alzwisc.org for details.



Sweet and Savory Chex Mix

2 sticks (1 cup) salted butter
1 cup brown sugar
1 (12 ounce) box Chex cereal (about 12 cups)
1.5 cups chopped almonds (6 ounces)
1/2 cup dried cranberries and apple pieces

Preheat oven to 325 degrees F. Line an extra-large baking sheet (or two smaller baking sheets) with foil and spray with cooking spray. Spread cereal and almonds on prepared baking sheets. Set aside. Mix butter and brown sugar in a saucepan. Boil for two minutes, stirring frequently. Pour caramel mixture over cereal, nuts and cranberries and dried apples; toss to coat. Bake for 8 minutes. Remove from oven, stir, and bake for an additional 8 minutes. Allow to cool, breaking apart any large clumps with a wooden spoon or spatula.

**Complimentary recipe
From Maplewood's kitchen**



We hope you love this recipe as much as our residents. The ease, use of simple ingredients, and the sweet and savory combination is appealing to many. However, you can modify this recipe to suit your preferences.

- Try using all 3 varieties of Chex (wheat, rice, corn).
- Substitute Crispix for Chex.
- Use a variety of nuts such as pecans and peanuts with the almonds.

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

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

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

Would you prefer to receive an electronic copy of future issues? Please email the editor at 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!

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



Donation Designation Form

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

Please designate this donation:

In Memory of _____

In Honor of _____

I want my donation to go towards 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



*Everyone must take time to sit
and watch the leaves turn.
-Elizabeth Lawrence*

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

CHANGE SERVICE REQUESTED

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

FALL WORD SEARCH

- ACORN
- HALLOWEEN
- HAYSTACK
- OWL
- SCARECROW
- SUNFLOWER
- TURKEY
- CORN
- HARVEST
- MUSHROOM
- PINECONE
- SQUASH
- THANKSGIVING
- WHEAT
- FOOTBALL
- HAYRIDE
- ORCHARD
- PUMPKIN
- SQUIRREL
- TRACTOR