Add LIFE Today!
Laughter Independence Friends & Energy

A QUARTERLY NEWSMAGAZINE FOR ADULTS WITH DISABILITIES, OLDER ADULTS, VETERANS, AND THEIR FAMILIES
CONTACT: ADRC AT 355-3289 OR 800-482-3710
VETERANS SERVICE OFFICE AT 355-3260

WINTER 2018-2019
VOL 10 / ISSUE 4

Need Tax Help??

TAX COUNSELING IS DONE BY APPOINTMENT ONLY. APPOINTMENT SCHEDULING BEGINS DECEMBER 17, 2018.

Appointments in Baraboo will be at the West Square Building. To schedule an appointment in Baraboo, please call (608) 355-4890 and leave a message with your name and phone number. Someone will return your call within two business days to book your appointment. Appointments in Spring Green will be at the Spring Green Community Church, call 608-930-9835 to schedule an appointment.

Volunteer counselors are trained and ready to assist you with filing your 2018 taxes **Tuesdays** and **Thursdays** starting February 12 through April 11 in Baraboo. Don't delay in scheduling your appointment for this free service offered in cooperation with AARP and the IRS.

Spring Green is again an additional location. Tax assistance will be provided on selected Tuesdays in February, March and April.

Your Social Security card is now required to verify your Social Security number -a Social Security statement is no longer acceptable. If you need to request a new Social Security card, you can go to www. ssa.gov/ssnumber/

Those who are enrolled in an "Obama Care" health insurance program need to bring:

1. Health insurance coverage information for taxpayer, spouse and all dependents.

2. If the taxpayer doesn't have full-year coverage bring info on any monthly coverage.

3. If health insurance was purchased through the Marketplace/Exchange, Form 1095-A. *(This should be received in the mail by January 31.)*

4. Any health care exemptions received from the Marketplace/Exchange.

5. ALL information needed to complete returns for taxpayer, spouse, and for each dependent that has a filing requirement.

The volunteer tax counselors are trained and certified with AARP and the IRS. They assist with filling certain tax forms and schedules, including Form 1040 and Homestead Tax Credit. The Volunteer Protection Act requires the volunteers stay within the scope of this AARP program. If a counselor finds your return is too complex, they may ask you to seek paid tax assistance.

Everyone **MUST** be prepared to show a photo ID when registering, even if they have had their taxes prepared with AARP volunteers in the past. Please note that both spouses must sign returns on their own behalf - one cannot sign for the other. The volunteers are bound by IRS regulations and must strictly enforce these requirements.

See page 34 for a Tax Preparation Checklist

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The ADRC will be closed on the following dates:
December 24, December 25, January 1, January 21

ADRC Office Hours
Monday-Friday
8:00 a.m.-4:30 p.m.

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

- Ralph & Donna Soeldner for the Home Delivered Meal Program
- Anonymous for the printing of *AddLIFE Today!*
- Thomas & Melissa Hildebrandt for the printing of *AddLIFE Today!*
- Anonymous for the printing of *AddLIFE Today!*
- Florence Sprecher for the printing of *AddLIFE Today!*
- Gail Lamberty in memory of Albert & Armella Kowalski for the printing of *AddLIFE Today!*
- Anonymous for four cases of copy paper for the ADRC office
- Sharon Bernhard for the Volunteer Driver Escort Program
- Lawrence & Laura Koch for the printing of *AddLIFE Today!*
- Anonymous for the printing of *AddLIFE Today!*
- M.A. Hanusa for the printing of *AddLIFE Today!*
- Anthony & Christine Mangano for the printing of *AddLIFE Today!*
- Tracy Zimmerman in memory of Jeanine for the printing of *AddLIFE Today!*
- Howard & Karen Diehl for the Veterans Transportation Program
- Mercile Floerke for the printing of *AddLIFE Today!* and the Elder Benefit Specialist Program
- David & Doris Biermeier for the printing of *AddLIFE Today!*
- James & Ruth Gallagher for the printing of *AddLIFE Today!*
- Anonymous for the printing of *AddLIFE Today!*
- Anonymous in memory of Kathrym Ahlstrom for the printing of *AddLIFE Today!*
- Anonymous for the printing of *AddLIFE Today!*
- Anonymous for the printing of *AddLIFE Today!*
- Patricia Bullard for the Home Delivered Meal Program
- Joan Litcher for the Transportation Program
- D Sivam for the Home Delivered Meal Program and the printing of *AddLIFE Today!*
- Anonymous for the printing of *AddLIFE Today!*
- Anonymous for the Volunteer Driver Escort Program

Susan Blodgett
ADRC Director

From the Director's Desk

Combating Loneliness and Social Isolation During the Holidays

By the GWAAR Legal Services Team

Loneliness and social isolation are not the same thing but are related to one another. Social isolation is the state of having little interaction with people, while loneliness is the feeling of distress over this lack of interaction. Many studies indicate that social isolation and loneliness have adverse impacts on overall health, especially for seniors.

Feelings of loneliness often increase around the holidays and the winter months in general. Here are some tips to help reduce social isolation and loneliness during the holidays and throughout the rest of the year.

1. **Connect with others.** This first tip may be the most obvious. To combat social isolation, become less socially isolated. This may seem easier said than done, especially for those with mobility or transportation issues. However, there are many ways to connect with others, some that don't require leaving home.

• Reconnect with family and old friends online, over the phone, through holiday cards or letters, or in person. Also, when you reach out to people, suggest actual activities. People are much more likely to respond to specific suggestions rather than a generic "let's meet up."

• Join a club or group online or in person. Meetup.com is a great site for this and has many groups for seniors. You can also join a group through a community center, library, church, or similar organization.

• Volunteer. Volunteering is one of the best ways to connect with others, boost self-esteem, and make a difference in your community. There are many volunteer opportunities for all abilities. Your local United Way office is a good place to start.

2. **Don't expect perfection.** Many times, the holiday season comes with high expectations for picture-perfect ways to celebrate. Realize that not every holiday is like what you see on TV or in your friends' social media posts. Celebrate the holidays in your own way and focus your thoughts on what you have instead of what you don't have.

3. **Take care of yourself.** Good nutrition, exercise, and sleep are critical to self-care and well-being. Exercise is also a great way to connect with others. Your local YMCA, gym, or fitness center will likely have a variety of classes for just about any skill or mobility level. The YMCA has financial assistance programs and discounts for seniors. Local gyms and fitness centers may also offer a senior discount. Meals on Wheels is also a great program available in almost every community to provide nutritious meals either in a congregate meal site or in-home. This program helps provide good nutrition while also reducing social isolation and loneliness.

4. **Share your feelings and ask for help.** Finally, be honest with the people you trust, and tell them if you're feeling lonely. Identify ways that others can help and then ask for that help. Largely, people want to help, but first they need to know that help is needed and what they can do to help. People will generally appreciate this honest and direct communication. Lastly, if you're feeling overwhelmed with loneliness, consult with a doctor or therapist to see if therapy may help.

For Your Benefit...
Your Elder Benefit Specialists

Mindy Shrader serving the western part of Sauk County

Pam Fuchs serving the eastern part of Sauk County

Call 355-3289 or (800) 482-3710 to confirm site visits or to schedule office appointments.

Mindy-Coming to You: Walk-In Appointments

Plain Kraemer Library and Community Center	1:00-3:00 pm December 5th		1:00-3:00 pm February 6th
Spring Green Senior Center	10:30-11:30 am December 19th		
Spring Green Library	1:00-2:00 pm December 19th		1:00-3:00 pm February 20th

Note: No site visits in January

Pam-Coming to You: Walk-In Appointments

Sauk Prairie Community Center	9:00-10:30 am December 20th		9:00-10:30 am February 21
Merrimac Village Hall	10:00-11:00 am December 12th		10:00-11:00 am February 13th

I'm Turning 65/Retiring: Now What? Know Your Options!

Presented by:
Mindy Shrader & Pam Fuchs

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. It is designed to help you make informed retirement decisions.

Next Workshops:
January 15th & March 19th
4:30 PM
Room B30
West Square Building
505 Broadway St
Baraboo, WI 53913

A Warning About Online and Foreign Pharmacies

By the GWAAR Legal Services Team

It is no secret that medications are expensive, and prices for prescription drugs can change from year to year. Understandably, everyone wants to find the best deal for necessary medications. In an effort to find the lowest costs for medications, people often turn to online pharmacies or pharmacies from countries outside of the U.S.

Many people don't know that it is still illegal to purchase prescription medications from a foreign country and import them into the U.S. This law applies even if the medications are for personal use, and even for U.S.-based online pharmacies. If the drugs are imported from a foreign country, it is illegal to bring them in. For example, the online site PharmacyChecker.com uses what are called "verified pharmacies," but that does not mean "legal pharmacies" under the Food and Drug Administration (FDA) rules.

The FDA has discretion when it comes to penalizing people for purchasing foreign drugs, and it has been known to turn a blind eye when a drug is used for a serious condition for which effective treatment is not available in the United States and/or a person has imported less than a 3-month supply of the drug. However, that does not make the practice legal under federal law.

According to the FDA, reimporting medicines from outside the United States is dangerous because of the possibility that medications are counterfeit, mislabeled or otherwise unsafe. There is recent legislation to relax these laws to allow people to import foreign medications for personal use, but there are no direct laws in effect allowing such practices at this time.

So, even if you know someone who says it's OK to order these drugs or you yourself have done so in the past without penalty, you must still be aware that the practice is illegal. For more information, visit the FDA's website at https://www.fda.gov/aboutfda/transparency/basics/ucm194904.htm

2019 Medicare Numbers Released

By the GWAAR Legal Services Team

The Centers for Medicare & Medicaid Services (CMS) recently announced the 2019 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, more than 95% of Medicare beneficiaries receive premium-free Medicare Part A because they have at least 40 quarters of employment paying into Medicare taxes.

Medicare Part A Costs

Description	2018	2019
Premium with 40 work credits	$0	$0
Premium > 30 work credits	$232	$240
Premium < 30 work credits	$422	$437
Deductible (per benefit period)	$1,340	$1,364
Daily coinsurance in hospital days 61-90	$335	$341
Daily coinsurance in hospital days 91-150	$670	$682
Daily coinsurance in a skilled nursing facility, days 21-100	$167.50	$170.50

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. Regardless of work quarters, everyone pays a Medicare Part B premium (unless a person qualifies for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis.

Medicare Part B Costs

Description	2018	2019
Monthly Premium	$134	$135.50
Annual Deductible	$183	$185

In addition to Medicare Part A and B, it's important to take note of pricing changes on Medicare Part D drug plans and Medicare Advantage plans (optional). The last day of Medicare Open Enrollment is December 7th for plan changes in 2019.

COP'S CORNER

The Cop's Corner has been written by a member of the Sauk County Chief's Association

Winter Related Statutes and Ordinances

With the coming of winter, there are several State Statutes and Ordinances that are relevant and good for a review. These include everything from cleaning the windows on your vehicle before you drive to where to park for snow removal.

STATE STATUTES:

346.88(4) Motor Vehicle windows reasonably clean. State law requires that "The windshield, side wings and side and rear windows of a motor vehicle shall be kept reasonably clean at all times. This means that operators must remove all snow or ice or other debris that may interfere with the ability to look out the vehicle, obstructing the operators view. This is a big safety concern.

346.57(3) Conditions requiring reduced speed. Law requires that regardless of the posted speed limit, drivers have a duty to drive their vehicle in a manner which allows them to maintain control in a wide variety of situations, one of the most common of which is weather. Officers judge this by "reasonable and prudent". This means that it is understood that in the occasion of an ice storm, the roads my be impassable, but if there is winter driving conditions and a driver slides into the ditch or has a crash because they could not stop, they could receive a ticket.

347.48(2m) Mandatory seatbelts. This is quite possibly the most important statute to remember all year round, but is important in the increased risk of traffic crashes in the slick winter months. Wisconsin has hundreds of deaths on our roads each year. There are three contributing factors, speed, intoxicated drivers, and most important FAILURE TO WEAR SEAT BELTS. Studies show that up to 80% of serious injuries could be reduced or eliminated by buckling your seatbelt.

ORDINANCES

Every community in Sauk County has winter parking regulations or "Alternate Side" parking. The goal is to get vehicles moved for snow removal and street cleaning. Each community is different, but in Baraboo, the season is a bit longer for leaf pick up as well. Please check with your community to see what parking rules may be in effect on your City/ Village streets.

7.09 are the City of Baraboo parking ordinance. "Winter Parking Regulations"; commonly know as alternate side parking. These regulations are in effect from October 1 to April 15, and are for the hours of 12:00 am to 3:00 pm. These parking ordinances are valid on all city streets that there is parking on both sides of the street. The date is the defining factor on where you park. On the even days, you park on the even side of the street. I.e., on December 1, you need to park on the side of the street where the number ends in an odd digit. The even or odd day is determined by what date it is when the regulation starts at 1:00 am. If you park you vehicle at 10:00 pm on the 6th, remember it needs to be on the

odd side, as the regulation starts on the 7th, at midnight. These rules are consistent in Sauk County.

Snow emergencies are something that don't happen very often, but can be confusing when they do. When an elected official declares a snow emergency, there will be no parking on specific streets designated during the emergency. This is done to allow for snow removal or other specific reason. The important thing to know is that when this happens, there will be radio and newspaper announcements with directions and designation of specific areas. There are designated snow routes, which also may be put into place. These are defined in ordinance and are signed to show them as designated routes.

3. "Snow and Ice Removal". This is an important thing to remember as the owner or lessee of property. Ordinance states that a person must remove snow or ice with in 24 hours of the completion of the snowfall from all sidewalks up to the curb, regardless of the source of the snow. It is also important to note that when clearing snow from your driveway or sidewalk, snow cannot be place into the roadway, even if it has not yet been plowed by the city. People who violate this by failure to remove snow will receive a warning. Failure to comply with this will cause the snow to be removed by a city crew and the resident being billed.

OTHER SAFETY POINTS

Have a safety plan for your vehicle. This includes operating it and being ready for emergencies. Remember, 4wheel drive or all wheel drive in you vehicle may help you get moving, but it does not help you stop. If you become stranded, have a means of either calling for help or have warm clothing available. There are commercially available safety kits with shovels, sand or salt packs and blankets. You can buy one of these or make your own. Many travel websites have sample items, which you should carry. Get your vehicle ready for winter. A strong battery, tires with good tread, good windshield wipers etc. Taking a little time now could make things much safer this winter.

VETERANS MESSENGER

Dear Friends,

As we come to the end of another year of having the honor and opportunity to serve the veterans of Sauk County, I want to take a moment to remind those of us that are more fortunate, to remember those that are less fortunate and to look for opportunities to help and direct veterans that are struggling. There are many programs and benefits available to these veterans, but unfortunately they simply are not aware of them and/or don't know where to go to find out about them. The answer is simple – Sauk County Veterans Service Office. Oftentimes veterans don't even know what questions to ask or where to begin, and that is why we are here.

We can provide information on programs such as Heat For Heroes, the many programs for homeless or veterans that are at risk of homelessness, or a variety of opportunities for counseling, some of which are available right in our building.

Many of our veterans are suffering from hearing loss, which oftentimes originated in service. We can help in a variety of ways from free captioned phones to hearing aids to possible compensation. Additionally, for veterans that are terminally ill, there is the Dreams For Veterans organization.

I just want to thank all of you that have already been encouraging veterans to contact our office. The reason we are able to help as many veterans as we do is due to you all referring veterans and their families to us.

In Your Service,
Tony

Connect with the Sauk CVSO
Stay up to date with important veteran related items & events:
Website: www.co.sauk.wi.us/veteransserviceoffice
Facebook: Sauk County Veterans Service Office
Twitter: @saukcountyvets
General **E-mail** for our office:
Vetservice@saukcountywi.gov

Thank you!

We want to thank the following for their recent donations to the Veterans Care Trust Fund: Bob O'Brien; Vincent Brunner Family; Dells Delton United Methodist Church; Thomas Murphy; American Legion Post 26; VFW Post 2336; Anonymous.

These tax-deductible donations are used to help needy veterans of Sauk County.

Assistant Veterans Service Officer

Louie Birkholz

Veterans Benefit Specialists

Kathy Kent

Pamela Russo

Veterans Administrative Support

Sandy Deich

Tuscania Memorial

The Tuscania was carrying American troops to Europe during World War One when it was torpedoed by a German U-boat. It sank within hours. Thanks to the bravery of the British Royal Navy and the compassion of a Scottish island community, over 1,800 American soldiers survived.

This long-overdue memorial is located at Lower Ochsner Park in Baraboo, Wisconsin. The National Tuscania Memorial will honor the hundreds of brave American doughboys, rescuers, and survivors of the Tuscania disaster. The bronze relief memorial was unveiled on Saturday, November 10, 2018, a century after the end of World War One.

The Memorial is a great reminder of those who have gone before us, the human element of those willing to help others in their time of need in any situation. Baraboo is the perfect place for this memorial, as on board the Tuscania were 21 soldiers from Baraboo. All 21 escaped the sinking ship by climbing across ropes to the British warship. The 21 local survivors of the attack returned to Baraboo and became community leaders. Steve Argo, a Baraboo High School teacher who formed the Baraboo 21 Club, proposed the memorial to honor them and the seaside villagers who helped save more than 100 lives after the attack.

The Sculptor Homer Daehn of the memorial said today that as he worked on this project, it became more than a story; it came to life as he learned more and it came to life as he sculpted the people, both men and women on the shore that day.

The Tuscania Memorial at Baraboo Lower Ochsner Park is open to the public and it is lit up at night.

Veterans Service Office
505 Broadway Street
Baraboo, WI 53913
Telephone: 608-355-3260
www.co.sauk.wi.us

Boots to Business Reboot

Boots to Business Reboot brings the Boots to Business curriculum off installations and in to communities for veterans, members of the National Guard and Reserve, and military spouses.

The B2B curriculum starts with the "Introduction to Entrepreneurship" two-day course that provides you with an overview of the opportunities and challenges of business ownership. During this course, you will learn business fundamentals and techniques for evaluating the feasibility of your business concepts.

After completing the "Introduction to Entrepreneurship" course, you can choose to continue your journey with optional courses and follow-on actions through the Boots to Business (B2B) Follow-on Program Suite, B2B Revenue Readiness (B2B RR), or connecting with a VBOC and/or other SBA resource partner.

To deliver Boots to Business Reboot and support Veterans and military spouses, SBA collaborates with its resource partners (Veterans Business Outreach Centers, Small Business Development Centers, Women's Business Centers and SCORE). SBA also partners with the Institute for Veterans and Military Families at Syracuse University on program curriculum development, course material and instruction. Beyond Boots to Business Reboot, SBA's network of partners offer continued training and technical assistance, with an emphasis on access to capital and federal contracting opportunities.

SBA and its partners ensure that every Veteran and military spouse has the resources they need in their local communities to start and operate small businesses, achieve post-service career success, and strengthen the Nation's economy.

To learn more information about Boots to Business Reboot, please call 202-205-8381.

Upcoming Events

For more information on the following upcoming events that are for veterans/to support veterans, please see our website.

There are veterans that meet for coffee on the second Tuesday of every month when classes are in session at MATC-Reedsburg, from 9-11 a.m. This is an opportunity to meet with other veterans from all eras. Contact Barb Knopf with any questions at (608) 415-8967

Every Friday the American Heroes Cafe inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 a.m. - noon.

The American Legion Post 172 has a walleye feed on the third Saturday of each month in the months September-November, and January-April. The feed is held from 4:00-7:30 p.m. at 106 E. Walnut in North Freedom, WI. Questions can be directed to Anthony Gartner at (757) 437-2616.

Second Monday of each month (but not in December & January) there is a Caregiver Support Group - 1:00 p.m. at the United Church of Christ, 6th & Broadway, Baraboo. This support group is designed to address the needs of the caregiver. Contact Mary Larson for questions at (608) 254-7002.

Medical Transportation Line:
608-355-3278 or 800-830-3533
Fun-Day Trip Reservation Line:
608-355-4888

ADRC Transportation

Look Who's Getting You There!

Tom Hemberger

Dave Sonntag

Jeff Hanke

Nik Imobersteg

Bill Tobias

Tom Clarkson

Transportation News

We start this quarter with internal changes amongst the ADRC Transportation personnel. Lisa Johnson has moved on to be a Dining Center Coordinator and Dave Sonntag has moved up to be the Transportation Coordinator.

Volunteer Driver Escort Services

WE ARE SEEKING DRIVERS!!!

We have a truly special group of volunteers that provide mobility transportation to seniors and disabled citizens in Sauk County. We want to thank these dedicated local heroes for their service and kindness. We are in need of additional drivers to help us assist those who need transportation to get to their medical appointments and personal needs. If you are interested in joining this team of local heroes, please contact either the Volunteer Coordinator, Brianna Wipperfurth at (608) 355-3289, or Transportation Coordinator, Dave Sonntag at (608) 355-3278.

Shop Your Way Bus Service

The Specialized Shopping Bus has had a total change to better serve our clients. The Shop Your Way Bus takes you to your shopping destinations every Thursday (weather permitting). The Shop Your Way Bus travels to Madison West Side Shopping, Baraboo /Lake Delton area, and Madison East Side Shopping on alternating weeks. You tell us where you want to shop and we will take you within a five (5) mile radius of the Baraboo Wal-Mart, East or West Towne Malls. This allows you to shop at most of the popular area stores with each trip. If you like shopping at Festival Foods, Wisconsin Dells Mall, Kohl's, Target, Costco, or Greenway Station, simply ask your driver to take you there and enjoy your shopping experience! Invite your friends and family to join us!

Shop Your Way Bus Schedule

December 6 - Madison East Side
December 13 - Baraboo/Lake Delton
December 20 - Madison West Side
December 27 - Madison East Side
January 3 - Baraboo/Lake Delton
January 10 -Madison West Side
January 17 - Madison East Side
January 24 - Baraboo/Lake Delton
January 31 -Madison West Side
February 7 - Madison East Side
February 14 - Baraboo/Lake Delton
February 21 -Madison West Side
February 28 - Madison East Side

Thank you for completing survey comment cards! We use your feedback to make changes and improvements to our program so you can have the best possible experience. If you wish to comment regarding your experience with the transportation department, you can find and drop off the survey cards on the buses, Drivers may not accept gratuities. Your donations help lower admission fees, assist those who have difficulty affording those services, and help keep transportation services running. Your generosity is greatly appreciated!

2018-2019 Winter Fun Bus

December 4th - Old World Christmas Market, Elkhart Lake ($7 fee)
December 12th - Governor's Mansion Holiday Tour - **NOTE DATE CHANGE**
December 18th - Holiday Lights, Olin Park in Madison (No meal stop)
January 8th - **No Bus**
January 15th - Sun Prairie Cinema
January 22nd - TV Channel 27 Tour in Madison
January 29th - Epic Records - Verona
February 5th - Teel Plastics - Baraboo
February 12th - Sun Prairie Cinema
February 19th - Al & Lou Ringling Presentation
February 26th - Land's End Distribution Center Tour - Reedsburg
March 5th - TBD
March 12th - Sun Prairie Cinema

All winter season trips are weather permitting. If conditions warrant, cancellations will be made by the ADRC. All scheduled tours are subject to cancelations or re-scheduling

SCIL Sauk County Institute of Leadership

Developing informed, civic minded leaders who are committed to a vibrant Sauk County.

What is the next step in your leadership journey? The Sauk County Institute of Leadership (SCIL) is a nine- month program committed to developing informed, civic minded leaders dedicated to a vibrant Sauk County. The participants meet once a month from September through May on the second Thursday of each month. The first session is an overnight retreat and the remaining eight are day-long sessions. Each session focuses on a different set of leadership skills and community issues. The workshops include both classroom and project-based experiences designed to ensure an engaging learning process.

As a result of the program, participants identified a significant increase in their understanding of community issues and leadership practices as well as the confidence to take on new leadership roles in their homes, communities and/or places of employment. As part of a post-program evaluation, SCIL graduates also noted substantial improvements in their effectiveness as decision makers and leaders in their current roles. They also valued the opportunity to grow and develop a diverse network of local resources and contacts.

Here is a testimonial from one of our recent graduates:

> "SCIL has been the best leadership development experience I have had. This opportunity was packed full of exercises and presenters that helped to develop new skills and sharpen others that already existed. There were many valuable lessons learned that I will be able to use not only in my professional life but also personally."

Applications are due June 1st and additional information (including the application) is available at http://www.saukcountyinstituteofleadership.org/.

For additional information, please contact Jessica Munz, at UW-Platteville Continuing Education at 608.342.1305 or munzje@uwplatt.edu.

Dementia Support

Making Visits Meaningful

With the holiday season in full swing, you may be making visits to friends and family with dementia that are homebound or living in a residential care setting. Sometimes, these visits can cause anxiety, for the person making the visit and the person receiving visitors. With a little planning and awareness, you can maximize this quality time:

• Make a regular schedule of visits. The person being visited will come to look forward to these "highlights" in the day. This also helps them to schedule appointments, meals, naps and other visits.

• Encourage reminiscing. Most people enjoy talking about themselves, and some people with dementia can remember "the good old days' much more easily than they can remember what they did that morning.

• Know that some memories expressed may have become distorted by dementia. Do not argue facts or situations. The person with dementia is always "right."

• Be prepared not to be recognized. Avoid playing "20 Questions" such as "do you know who I am?" Repeated questioning, even about seemingly simple things, can cause the person with dementia to be ill at ease, unsure and sometimes suspicious of your motives.

• People with dementia have good days and bad days too. Try not to be discouraged if he or she is less able to communicate or enjoy your time together.

For more information about Alzheimer's disease and other dementias, contact Janet Wiegel, dementia outreach specialist for the Alzheimer's & Dementia Alliance of Wisconsin, at 608.742.9055. The Alzheimer's & Dementia Alliance of Wisconsin offers free care consultations providing individuals with personal assistance to access resources, problem-solve issues and plan for future care needs.

Alzheimer's & Dementia Alliance OF WISCONSIN

Aging & Disability Specialists

Helping you put the pieces together!

Jim Pritzkow	Julie Mayer	Rachel Heinzman	Hannah Halverson	Megan Fecht	Kari Edwards

ADRC Satellite Offices and Extended Hours

For your convenience, the ADRC has four satellite offices and extended hours in Baraboo.

The **Baraboo** office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 p.m. on the following Tuesdays: December 18, January 15, February 19. As always, after hours appointments are available upon request and availability.

The **Lake Delton** office is in the Frank Fischer Senior Center at 20 Wisconsin Dells Parkway South and is open every Tuesday from 11:00 a.m. to 1:00 p.m. No appointments are needed.

The **Reedsburg** satellite office is in the Reedsburg Human Services Building at 425 6th St and is open every Wednesday from 8:00 a.m. to 12:00 p.m. No appointments are needed.

The **Sauk Prairie** satellite office is located in the Good Neighbor Clinic in the old Sauk Prairie Hospital at 95 Lincoln Ave, Prairie du Sac. The office will be open every Wednesday from 1:00 p.m. to 4:00 p.m. No appointments are needed.

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. The office will be open every other Thursday from 10:00 a.m. to 12:00 p.m. The next days are: December 13, December 27, January 10, January 24, February 7, February 21.

If you would like further information, call the ADRC at 355-3289 or 800-482-3710
Some dates subject to change.

Aging in Place

By the GWAAR Legal Services Team

The goal of aging in place is avoiding the move to an assisted living facility or nursing home. For many seniors, aging in place can provide significant emotional, social, and economic benefits. Seniors who age in place welcome the emotional security of knowing they will remain supported by the same connections to family, friends, and community that have enriched their lives over many decades. They take comfort in the fact that they are familiar with their external social environment – the local park, pharmacy, grocery store, and post office. And aging in place can be the most financially sensible housing option. Seniors can take steps to preserve their ability to age in place, including the following steps to maintain their independence:

• **Assess their home's livability.** It is important for the senior to do a thorough assessment of his or her home to assure that it properly enables the senior to comfortably live there. Here is a link to a website that has common issues that a senior may confront and possible remedies to these issues. (http://www.seniorresource.com/ageinpl.htm#items)

• **Ensure household maintenance is performed.** One of the main reasons seniors move to senior living communities is because they have trouble "keeping up with the house." But, if a senior makes a list of household tasks -- both routine and intermittent (mowing the lawn, cleaning the rain gutters, taking the trash cans to the curb) -- and figure out which tasks the senior can still handle and which one the senior needs help with, the senior may be able to avoid an unwanted move. If a senior is no longer able to perform a task, there may be a professional, neighbor, or nearby loved one who will help.

• **Utilize technology to stay safe and connected.** Technology can be extremely helpful in accomplishing several important steps to remaining independent:

1) Many medical alert buttons use cellphone technology that works anywhere a senior goes and links to a call center 24 hours per day. The buttons come with a monthly monitoring fee.

2) Laptops and smartphones enable video chatting with loved ones, so you can see a friendly face. You can also place a video camera in your home (for example, the living room) that connects to an app on your loved one's smartphone. If you desire this option, it will enable the loved one to get a visual check on you at any time.

• **Arrange transportation.** If public transportation and taxis are not an option, learn how to use an on-demand ride-sharing service ordered via smartphone if your community has such services. Sometimes local governments provide low-cost bus or taxi rides to seniors.

• **Address in-home safety.** Seniors will want to do a top-to-bottom review of their home for comfort and potential safety hazards. Look for (and be prepared to install) things like bright lighting throughout the house, light switches at the top and bottom of stairs, and grab bars in the bathroom, for starters.

• **Personal care.** Some seniors find bathing, washing their hair, or dressing to be difficult without assistance. A relative or friend may be able to help.

Or, a personal care aide could come into the home to help with these tasks for a short time each day.

• **Have food delivered.** While it remains important to get out and about (and going to the grocery store may be one way of achieving this goal), sometimes not having this responsibility may help with remaining in your home. Many large grocery stores and online retailers offer grocery delivery. Seniors can also order subscription meal kits that deliver fresh, premeasured ingredients ready to prepare. And, there are nonprofit meal delivery services specifically for seniors, such as Meals on Wheels. Some nonprofit groups also deliver medically tailored meals based on a senior's needs.

Our agency has many resources and options for someone to remain in their home independently. We are able to make home visits and after hour appointments (upon request) to discuss program options so your family or friends can be present to also help you make decisions on what is best for you. If you question whether you may qualify for a program or would like discuss the options that may be available to you, please contact our office to speak with one of our knowledgeable intake workers.

If you have ever called the Sauk Co. ADRC the first words you probably heard were "Aging Disability Resource Center, this is **Sandy**, how may I direct your call?" Some of the responses I get make me smile & laugh to myself.

"Hi, **Mandy**, this is…" "Gee, I can't remember why I'm calling…" "Who is this?" "Where's my meal?" "Can you come over and move my couch?" "Will you cut my toenails for me?

Being "in charge" of the front desk has its advantages & disadvantages.

Advantage: I get to talk to everyone that calls or comes through the door.

Disadvantage: I have to talk to everyone that calls or comes through the door.

Anybody can make you cry, but only certain people can make you laugh. Laughter releases endorphins, which make us feel good about ourselves AND others. This good feeling creates a bond between two people. You make people feel good about themselves, they will like you—and laughter does just that. It makes you feel good about yourself and the person who triggered your laughter. I have learned so much in the 2 years I've been here. It is so important that we take care of our elderly & disabled.

Here's to life and getting older.

May you have a beautiful holiday season.

Remember to be kind, try & make people laugh, and always, **ALWAYS** wear safe shoes!!

Caregiving Connection

Marina Wittmann
Aging Program Specialist

The Caregiving Rollercoaster

Caring for an older adult can sometimes feel like a rollercoaster ride. Much of the time you are filled with joy and pride as you spend time with your loved one. Then there are times when you feel overwhelmed and stressed by the challenges of caregiving. Guilt often follows. Then your loved one thanks you for all the work you do and you feel love and joy once more. These emotional ups and downs often occur during the course of one day. When you are caregiving, life becomes a rollercoaster ride that doesn't stop to let you off!

It is normal to experience a large array of emotions when providing care for a loved one. Caregivers who report higher levels of satisfaction have learned the skill of managing their negative emotions. They are also able to focus on all of the benefits of caregiving.

- Growing closer to their loved one as they spend time together
- Feeling enhanced self-worth for coping with a difficult situation
- "Repaying" their loved one who used to care for them
- Having an increased sense of purpose in their life and a sense of achievement

But no matter how positive a person is, negative feelings will still come around. The first step toward managing these feelings is to recognize them before they become problematic.

Prevention Pointers

Some common emotions that creep up on caregivers are frustration, anger, fear and guilt. Some early warning signs of these feelings may be tension, headaches and increased impatience. As soon as you recognize negative feelings heading your way, step back and calm yourself before they take over. The following techniques can be helpful in keeping negative emotions at bay.

- Take some slow, deep breaths.
- Look at the event in a different way. Try to understand the other persons' perspective.
- Leave the room for awhile.
- Remember the good times.
- Participate in physical activity.
- Concentrate on the benefits and rewards of caregiving.

When you are calm again, think about what triggered the negative emotion and how it could have been avoided. You can use negative feelings as a catalyst for change. You may find you need more respite care, a change in routine, an outlet for emotional needs such as a support group or to distribute tasks to family members.

Negative emotions may not be pleasant, but they don't have to leave you full of anger and frustration. Learn to recognize the warning signs, calm yourself and initiate change to prevent it from happening again.

Life for a caregiver is like a rollercoaster ride, so buckle up and prepare for a thrilling ride!

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Family Caregiver Support Group
Sauk Prairie Community Center
730 Monroe St, Sauk City
3rd Tuesday of each month
5:00 p.m. - 6:00 p.m.
Light dinner will be provided.
Next Meetings:
Tuesday, January 15, February 19

Grandparent & Relative Caregiver Circle
Sauk Prairie Community Center
730 Monroe St, Sauk City
6:00 p.m. - 7:00 p.m.
Next Meetings:
Tuesday, January 15, February 19

Dementia-Specific Caregiver Support Group
Senior Life Center
2350 N. Dewey Ave, Reedsburg
3rd Wednesday of each month
12:00 p.m. - 1:30 p.m.
Next Meetings:
Wednesday, December 19, January 16, February 20

Caregiver Support Group & Loved Ones Social
West Square Building
505 Broadway St, Baraboo
2nd Wednesday of each month
9:00 a.m. - 11:00 a.m.
Room B24 for Caregivers, Room B24 for Loved Ones
Next Meetings:
Wednesday, December 12, January 9, February 13
Group respite is available for this group for free from Brightstar Care. If you are interested in respite, you must call Susan at the ADRC by the Friday prior to the meeting so respite care can be arranged. (608) 355-3289

A Memory Cafè is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, can come together. The Memory Cafè meets monthly to visit, share common interests, and enjoy refreshments. Each monthly Cafè is unique and offers a program or activity that is fun and chosen by participants interest. Family and friends are encouraged to come. If you require assistance to participate, please have someone accompany you.

Sauk City Memory Cafè
Thursdays: December 20, January 17, February 21
9:30 a.m. - 11:00 a.m.
Sauk Prairie Community Center
730 Monroe St, Sauk City

We make a living by what we get. We make a life by what we give.
-Winston Churchill

CONGRATS to the Spring Green Stepping On Graduates!

Stepping On is an evidence based, falls prevention course that has been shown to reduce falls by 30%.

If you are 60 years old or older, and have fallen in the past year or have a fear of falling, this workshop may be for you!

Stepping On helps you build confidence in your ability to manage your falls risk. You will learn to identify & remove home fall hazards, to choose safe footwear, to get up after a fall, strength & balance exercises, how vision & medication effect your fall risk & much more! Local experts in vision, medication, community safety, & physical therapy support & encourage you to find solutions to make your home safer & body stronger.

Call the ADRC for a workshop in your area. (608) 355-3289

Please note: those who rely on walkers or wheelchairs or have a cognitive impairment (like dementia) may not be suitable for this workshop.

Sauk County Foot Clinics Schedule

BARABOO-WEST SQUARE BUILDING

Tuesdays - December 4 & 18
Wednesday - December 19
Tuesdays - January 8 & 22
Monday - February 4
Tuesday - February 19
Wednesday - February 29

LAKE DELTON-FRANK FISHER CENTER

Wednesdays - December 5, January 2, & February 6

LA VALLE-FIRE DEPARTMENT

Wednesday - January 30

PLAIN-KRAEMER LIBRARY

Wednesdays - December 26 & February 27

REEDSBURG-MAPLE RIDGE

Tuesdays - December 11, January 15, & February 12
Thursdays - December 20 & February 21

REEDSBURG - WILLOW HEIGHTS

Wednesdays - December 12th & February 13

SAUK PRAIRIE-ST JOHN'S CHURCH

Thursdays - December 6 & 13, January 3 & 10, February 7 & 14

SPRING GREEN-CHRIST LUTHERAN CHURCH

Tuesdays - January 29

At the foot clinic appointment you will receive a foot soak, nails trimmed, callouses filed, and your feet are inspected by Sauk County Health Department aides and nursing staff.

Please call the Health Department at 355-4338

The cost for the foot clinic visit is $30.00.

Tai Chi Moving for Better Balance®

Baraboo Senior Center and Baraboo Parks and Rec. Dept. are co-sponsoring Tai Chi Moving for Better Balance® classes in the Baraboo Civic Center gym at 124 Second Street, on Tues. and Thurs. 1:00-2:00 pm. Starts January 8 to March 28. Cost: Baraboo city residents: $25.00 and nonresident: $35.00. If you have taken the class previously, the cost is $15.00 residents, $25.00 nonresident. Participants receive a DVD and manual. To register call Baraboo Parks and Rec. Dept. at 608-355-2760.

Walk With Ease

Baraboo Senior Center and Baraboo Parks and Rec. Dept. are co-sponsoring this Arthritis Foundation program which will help individuals motivate themselves to get into shape, walk safely and comfortably, improve their flexibility, strength and stamina, reduce pain and feel great. Location: Baraboo Civic Center gym at 124 Second St. Cost: Baraboo city residents: $10.00 and nonresident: $20.00. To register call Baraboo Parks and Rec. Dept. at 608-355-2760.

Sip & Swipe Café

The Baraboo Senior Center is offering Sip & Swipe Cafes providing FREE lessons on tablet computers through Baraboo High School computer studies students. A coach will arrange times and location. Tablets can be checked out. Call the Center at 608-356-8464 for more information.

Volunteer Ombudsman Program

Volunteer advocates are needed in nursing homes.

The State of Wisconsin Board on Aging and Long Term Care is recruiting individuals willing to be a Volunteer Ombudsmen in Sauk County. The main criterion is an interest in making a difference in the life of the residents receiving long term care.

Volunteer Ombudsmen represent the State of Wisconsin Board on Aging and Long Term Care, and work in partnership with the state's Regional Ombudsman to provide advocacy services to residents living in local nursing homes. Volunteers will be screened, and trained then assigned to a single facility in their community. Volunteers are supported by the Volunteer Coordinator in that region, and receive ongoing assistance, training, and guidance to ensure residents' rights are upheld.

Please consider giving your time to become a volunteer in this important volunteer program. For more information, please call Julia Pierstorff at 608-246-7004 or 1.800.815.0015 today!

Thank you,

Julia Pierstorff
Julia.Pierstorff@wisconsin.gov

Coordinator Volunteer Ombudsman Program
Board on Aging and Long Term Care

Brianna Wipperfurth
Program Coordinator

The Volunteer Buzz

"Help one another. There's no time like the present, and no present like the time."
– James Durst

The holiday season is upon us! As you are thinking about the perfect gifts for your friends and family, I encourage you to consider giving the gift of your time to your neighbors across Sauk County. When you volunteer with the ADRC, you give the gift of your time to others that are truly grateful. Your time is never the wrong size or color and always puts a smile on the face of the one receiving it. The ADRC is always looking for more volunteers!

Wisconsin winters take their toll on many, keeping some inside and sending others down south in search of sunny skies. These migrations and hibernations impact our ability to find the volunteers we so desperately need to keep our programs running all year long. I encourage you to call or email me if you have a desire to help those around you this holiday season and all year long. Whether it is as a Home Delivered Meals Driver, helping in a Dining Center, Volunteer Escort Driving, or as Front Desk Support, the ADRC has a volunteer spot for you!

Thank You & Happy Holidays!

-Brianna

brianna.wipperfurth@saukcountywi.gov
(608) 355-3289

Holly Schafer

Disability Benefit Specialists

Quinn Hause

Welcome to the Ticket to Work Program!
The Ticket to Work (Ticket) program is a free and voluntary program that can help Social Security beneficiaries go to work, get a good job that may lead to a career, and become financially independent, all while they keep their Medicare or Medicaid. Individuals who receive Social Security benefits because of a disability and are age 18 through 64 probably already qualify for the program. The Ticket program is a good fit for people who want to improve their earning potential and are committed to preparing for long-term success in the workplace. The Ticket program offers beneficiaries with disabilities access to meaningful employment with the assistance of Ticket to Work employment service providers called Employment Networks (EN).

Did You Receive a Call from 1-855-835-0010?
The phone call you received was from Social Security's Ticket program. The Ticket program is a free and voluntary Social Security program that helps people who receive disability benefits return to work or work for the first time. The call refers eligible beneficiaries to Ticket to Work's Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) and to https://choosework.ssa.gov/mycall/. One of Social Security's contractors manages this site and the Help Line. Visit https://choosework.ssa.gov/mycall/ to sign up for free information. Or contact one of our representatives through the Ticket to Work Help Line. Be one of the many people who have connected with us for important information about work as a path to financial independence

Frequently Asked Questions

Q1: What is the Ticket to Work and Self-Sufficiency (Ticket) program?

A: The Ticket to Work Program provides most people receiving Social Security disability benefits (beneficiaries) more choices for receiving employment services. Under this program, most beneficiaries become eligible for the Ticket to Work Program when they start to receive SSDI or SSI benefits based on disability. Beneficiaries may choose to assign their tickets to an Employment Network (EN) of their choice to obtain employment services, vocational rehabilitation services, or other support services necessary to achieve a vocational (work) goal. The EN, if they accept the ticket, will coordinate and provide appropriate services to help the beneficiary find and maintain employment.

Q2: What is the goal of the Ticket program?

A: The ultimate goal of the Ticket to Work program is to assist people receiving Social Security disability benefits in reducing their reliance on disability benefits. The Ticket program also seeks to promote increased self-sufficiency and greater independence for people receiving Social Security disability benefits through work.

Q3: How does the Ticket program help people receiving disability benefits go to work?

A: People with disabilities receiving benefits from SSA can use the Ticket issued to them by SSA to obtain services and supports to assist

(Continued on page 25)

(Continued from page 25)
them in preparing for work and entering and maintaining employment. SSA pays approved providers of services, referred to as "Employment Networks" (ENs), when the Ticket Holders they are serving go to work and achieve designated levels of work and earnings. Rather than being a fee for services, these payments are compensation for assisting beneficiaries to achieve employment-related Milestones and Outcomes as they move towards self-supporting employment.

Q4: What kind of entity can be an Employment Network in the Ticket program?

A: Any qualified entity, including employers, can become an EN in the Ticket program. An EN may be any public or private entity, so long as the EN is qualified to assume responsibility for the coordination and/or delivery of employment, vocational rehabilitation or other support services to Ticket Holders to help them achieve their employment goals. An EN may be an agency, an organization, a consortium of organizations, or an individual. Certain entities, like State Vocational Rehabilitation (VR) agencies and Department of Labor American Job Centers (formerly known as One Stop career centers), are automatically qualified as ENs under the Ticket Program. Federal agencies are precluded from becoming ENs and beneficiaries, who may be qualified and approved as ENs, are precluded from acting as their own EN.

Q5: Do I have to participate in the Ticket Program?

A: No. The goal of the Ticket to Work program is to help people receiving Social Security disability benefits obtain employment and work toward greater independence and increased self-sufficiency. Social Security pays ENs when the people receiving Social Security disability benefits they work with achieve certain Milestones and Outcomes associated with work and earnings. The program is free and voluntary, meaning you do not have to pay for services received under the Ticket program and there is no penalty for not participating.

Q6: Do I need to have the paper Ticket sent to me by Social Security in order to participate in the program?

A: No, you do not need to have the paper Ticket to start working with an approved provider of vocational services and supports called an Employment Network (EN). The EN you select can contact the Ticket Program Manager to verify your eligibility to participate in the program.

Q7: What is an Employment Network (EN)? How do I find information on ENs in my area?

A: ENs are organizations and agencies, including your State Vocational Rehabilitation (VR) agency, that entered into an agreement with the Social Security Administration to provide employment services, vocational rehabilitation services, and other types of support services to people receiving Social Security disability benefits under the Ticket to Work program. You can contact any EN in your area to see if the services and supports they offer are right for you. Use the " Finding an EN and Assigning Your Ticket Worksheet," to know what questions to ask and to help determine which EN is right for you. Both you and the EN must agree to work together and develop a plan that describes your employment goal and outlines the services and supports the EN will provide to help you reach that goal. If you need help in choosing an EN, visit the Find Help tool or call the Ticket to Work hotline at 866-968-7842 / 866-833-2967 (TTY).

Q8: What do I do if I want to change my Employment Network (EN)?

A: You are free to contact as many ENs as you like while you are looking for the one that is a good fit. Use the " Finding an EN and Assigning Your Ticket Worksheet," to keep track of the ENs you've contacted as you find the right one to reassign your ticket. To change ENs, you will need to un-assign your Ticket. First, we encourage you to notify your current

EN that you plan to un-assign your Ticket with them. Then, you will need to submit a Ticket Un-assignment form. Please complete the form and include all of the required information. For more details on un-assigning your Ticket, please see the question: How do I un-assign my Ticket from my Employment Network (EN)?

Q9: How do I un-assign my Ticket from my Employment Network (EN)?

A: You can un-assign your Ticket with your EN at any time; however you are encouraged to notify the

EN before requesting that your Ticket be un-assigned. To request un-assignment, please complete the Ticket Un-assignment Form and include all of the required information.

If you want to keep your medical Continuing Disability Review (CDR) protection, it's important that you re-assign your Ticket within 90 days. If you have any questions about CDR protection, or need more information about Ticket to Work, call 866-968-7842 or 866-833-2967 (TTY) M - F 8 a.m. - 8 p.m. ET.

Q10: Do I need to pay anything to participate in the Ticket Program?

A: No. The Ticket Program is free (and voluntary) for people receiving Social Security disability benefits. The Ticket Program allows you to receive vocational services and supports at no cost to you to help you obtain employment and work towards greater independence and increased self-sufficiency. Social Security pays the Employment Network you chose to work with when you achieve certain milestones and outcomes associated with work and earnings.

Q11: Can I participate in the Ticket Program and get services from my State Vocational Rehabilitation (VR) agency?

A: Yes. State VR agencies provide a wide variety of services and supports to help people with disabilities return to work, enter a new line of work, or enter the workplace for the first time. To locate the VR agency in your state, use our Find Help tool.

Q12: Can I work with my State Vocational Rehabilitation (VR) agency as well as another participating Employment Network (EN)?

A: It depends. The Ticket Program only allows you to work with one EN (including a State VR agency) at a time. However, you might be able to get services from the VR agency first and then, once VR closes your case, get follow-along or ongoing support services from a different EN. In addition, you may be able to work with a service provider that provides services under a contract with the State VR agency while your VR case is open and, after your VR case is closed, continue working with that same services provider under the Ticket program if the provider is an approved EN.

Q13: Will I lose my Social Security benefits when I participate in the Ticket Program to get vocational services and supports?

A: You will continue to receive your benefits until you begin earning wages or self-employment income above the applicable earnings limit for the Supplemental Security Income or Social Security Disability Insurance program. In addition, Social Security cannot perform a medical "Continuing Disability Review" to determine whether you continue to have a disability while you are participating in the Ticket Program, including receiving services from the State Vocational Rehabilitation agency, and progressing towards your employment goal. How much you can earn before it will affect the amount of your monthly benefit will vary for each individual. This is due in part to the fact that you can subtract certain amounts from your gross earnings by taking advantage of Social Security Work Incentives. For more information on Social Security Work Incentives, check out the Social Security Red Book at www.ssa.gov/redbook.

Nutrition News

Jennifer Kamrowski
Nutrition Coordinator

Food Safety Scraps: Debunking Food Safety Myths

We learn by example, and unfortunately some examples are just not good. There are too many inaccurate food safety ideas passed down from generation to generation, and some of these need to be brought into the open. Taken from "Food Safety Myths Exposed" from the informative website FoodSafety.Gov:

Myth: It's OK to thaw meat on the counter. Since it starts out frozen, bacteria isn't really a problem.
Fact: Actually, bacteria grow surprisingly rapidly at room temperatures, so the counter is never a place you should thaw foods.
Myth: To get rid of any bacteria on my meat, poultry, or seafood, I should rinse off the juices with water first.
Fact: Actually, rinsing meat, poultry, or seafood with water can increase your chance of food poisoning by splashing juices (and any bacteria they might contain) onto your sink and counters.
Myth: The only reason to let food sit after it's been microwaved is to make sure you don't burn yourself on food that's too hot.
Fact: In fact, letting microwaved food sit for a few minutes ("standing time") helps your food cook more completely by allowing colder areas of food time to absorb heat from hotter areas of food (conduction).
Myth: Leftovers are safe to eat until they smell bad.
Fact: The kinds of bacteria that cause food poisoning do not affect the look, smell, or taste of food. To be safe, use Safe Storage Times chart to make sure you know the right time to throw food out.

www.foodsafety.gov

Dining Center Schedule

Please call your local dining center by 12:00 noon to make a meal reservation for the next day

Baraboo
Highpointe Commons
1141 12th St, Baraboo
Phone: 963-3436
Lunch served at 11:00 a.m.

Reedsburg
Willow Heights
800 3rd St, Reedsburg
Phone: 963-3438
Lunch served at 11:30 a.m.

Lake Delton
Frank Fischer Center
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-7214
Lunch Served between 11:30 a.m. - 12:30 p.m.
No Reservations Needed

Sauk/Prairie
Sauk Prairie Community Center
730 Monroe St, Sauk City
Phone: 963-3437
Lunch served at 12:00 noon

Plain: My Meal, My Way
Schnitzelbank Restaurant
1170 Main St, Plain
Breakfast served Thursday-Friday
9:00 a.m. - 11:00 a.m. No reservations needed

Home Delivered Meals

Remember you are to call & cancel your meal 24 hrs in advance. We know this isn't always possible, but would like to avoid wasting food.

15TH ANNUAL FREE CHRISTMAS DINNER TO BE HELD AT BARABOO FIRST UNITED METHODIST CHURCH DEC. 25

The First United Methodist Church, 615 Broadway in Baraboo, will host the 15th annual free Baraboo Area Community Christmas Dinner on Tuesday, December 25 at 12:00 noon. All are welcome.

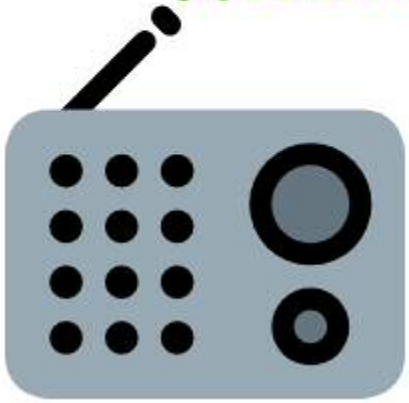
The Baraboo Area Community Christmas Dinner is the work of numerous churches, charitable groups and individual volunteers. Last year, the event drew more than 300 guests of all ages, both individuals and entire extended families.

The hot, home-cooked holiday dinner includes turkey, ham, mashed potatoes, dressing, vegetables, salads, desserts and beverages. The event is dine-in or delivery only to addresses within the Baraboo School District; there are no take-outs. While there is no cost for the meal, a free-will offering is accepted to help cover expenses.

Volunteers are needed to help prepare, serve and clean up after the meal. Cash donations and contributions of turkey breasts and hams (not spiral, please) are also welcome.

In order to plan for the proper amount of food, reservations are encouraged. To place a reservation to attend the dinner or schedule a meal delivery, please leave a voicemail message at (608) 448-6238 on or before Friday, December 21. To volunteer or make a donation of cash or food toward the dinner, please call the First United Methodist Church office at (608) 356-3991.

Listen to the Radio!



When the weather looks threatening be sure to listen to your radio. A decision to close the dining center will be made by 8:00 a.m. that day.

The following radio stations will report the dining center closings:

Reedsburg - WRDB 1400AM

Baraboo - WRPQ 740AM

Richland Center - WRCO 1450 or 100.9FM

Please note that Home Delivered Meals will not be delivered if sidewalks, or driveways are unsafe due to ice or snow

Tex-Mex Black Bean & Chicken Wrap

1/2 (15 oz) can no-salt black beans
1/2 tsp chili powder
1/4 tsp ground cumin
1/8 tsp black pepper
1/2 shredded carrot
1/2 avocado, cubed
Serves: 2

1/4 tsp red chili flakes (optional)
2 TBSP fresh cilantro
2 (8inch) wheat wraps or tortillas
4 oz all-white meat chicken
1/4 small tomato, cubed

***Note**: tsp-teaspoon, TBSP-tablespoon*

Combine beans, chili powder, cumin, black pepper, red chili flakes (optional), and cilantro. In the center of each tortilla/wrap, add 1/2 of the bean mixture to each wrap. Add chicken, carrot, tomato, and avocado on top. Fold up the bottom and each side of the tortilla one at a time towards the middle, overlapping them over the filling to make the wrap snug. Secure with toothpick if needed.

Maplewood Sauk Prairie
Health & Rehabilitation Center

This recipe is brought to you by Maplewood - Sauk Prairie
245 Sycamore St, Sauk City, WI 53583
www.maplewoodsaukprairie.com
608-643-3383

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatball Stroganoff Buttered Noodles Fresh Baked Squash PB Brownie	4 Roast Turkey & Stuffing Capri Blend Vegetables Gelatin Whip Dinner Roll	5 Lasagna Garlic Bread Italian Vegetables Fruit Mix	6 Honey Garlic Chicken Red Potatoes Mixed Veggies Dinner Roll, Marble Cake	7 Fried Fish Waffle Fries Broccoli Cookies
10 Sloppy Joe's French Fries Mixed Veggies Pie	11 Roasted Turkey Rice Pilaf, Creamed Peas Dinner Roll Cake	12 Grilled Ham Scalloped Potatoes Baked Squash Dinner Roll, Mixed Fruit	13 Roast Beef w/Gravy Mashed Potatoes Scalloped Corn Strawberries, Dinner Roll	14 Tuna Casserole Peas, Beets Dinner Roll Lemon Cake
17 Chicken Teriyaki Rice Pilaf, Dinner Roll Asian Veggies Brownie	18 Meat loaf Brussel Sprouts Baked Potato Strawberries, Dinner Roll	19 Cranberry Glazed Pork Au Gratin Potatoes Green Bean Casserole Honeyed Pears, Roll	**20** Beef Stew Lima Beans Corn Bread Peach Pie	21 Oven Fried Fish Sweet Potatoes Broccoli, Dinner Roll Cookies
		26 Goulash Brussel Sprouts Dinner Roll Pie	27 Orange Glazed Turkey Creamed Peas Potatoes, French Bread Ice Cream	28 Parmesan Fish Herbed Rice Mixed Veggies Cornbread
31 Hearty Chili Cottage Cheese Biscuit Cherry Crisp		**Note:** Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk.	To cancel meal call Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437	Lake Delton: 393-7214 Frozen/LaValle:355-3289

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk. To cancel meal call:		2 Spaghetti w/ Meat Sauce Capri Blend Vegetables Garlic Bread Pudding Parfait	3 Pork Roast & Kraut Au gratin Potatoes Broccoli / Dinner Roll Frosted Marble Cake	4 Baked Fish Herbed Rice Pacific Blend Vegetables Fruit Mix / Dinner Roll
7 Meatball Stroganoff Buttered Noodles Fresh Baked Squash PB Brownie	8 Roast Turkey & Stuffing Capri Blend Vegetables Gelatin Whip Dinner Roll	9 Lasagna Italian Veggies Garlic Bread Fruit Mix	10 Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll & Frosted Marble Cake & Milk	11 Fried Fish Waffle Fries Broccoli Cookies & Milk
14 Sloppy Joe French Fries Harvest Mix Veggies Pie & Milk	15 Roast Turkey & Gravy Rice Pilaf Wheat Roll Frosted Cake & Milk	16 Grilled Ham Slices Scalloped Potatoes Fresh Baked Squash Wheat Roll & Fruit Mix	**17** Roast Beef & Gravy Baked Mashed Potatoes Scalloped Corn Strawberries w/Whipped Topping	18 Tuna Noodle Casserole Green Peas & Buttered Beets Dinner Roll Lemon Cake & Milk
21 Chicken Teriyaki Rice Pilaf / Asian Veggies Brownie and Milk Dinner Roll	22 Meatloaf / Baked Potato Brussel Sprouts Sliced Strawberries Dinner Roll & Milk	23 Cran Glazed Pork Loin Au gratin Potatoes Green Bean Casserole Honey Pears/ Dinner Roll	24 Beef Stew Lima Beans Cornbread Peach Pie and Milk	25 Oven Fried fish Sweet Potatoes Seasoned Broccoli Cookies / Dinner Roll
28 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	29 Swedish Meatballs Buttered Noodles Broccoli Mixed Fruit	30 Goulash Brussel Sprouts Pie Dinner Roll	**31** Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread/ Ice Cream	Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Lake Delton: 393-7214 Frozen/LaValle: 355-3289

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk. To cancel meal call:	Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Lake Delton: 393-7214 Frozen/LaValle: 355-3289			1 Parmesan Fish Herbed Rice Winter Mix Vegetables Cornbread / Cookies
4 Hearty Chili Biscuit Cottage Cheese Cherry Crisp	5 Oven Fried Chicken Mashed Potatoes/ Gravy Green Bean Casserole Biscuit/ Ice Cream Sand	6 Spaghetti w/ Meat Sauce Capri Blend Vegetables Garlic Bread Pudding Parfait	7 Pork Roast & Kraut Au gratin Potatoes Broccoli / Dinner Roll Frosted Marble Cake	8 Baked Fish Herbed Rice Pacific Blend Vegetables Fruit Mix / Dinner Roll
11 Meatball Stroganoff Buttered Noodles Fresh Baked Squash PB Brownie	12 Roast Turkey & Stuffing Capri Blend Vegetables Gelatin Whip Dinner Roll	13 Lasagna Italian Veggies Garlic Bread Fruit Mix	**14** Honey Garlic Chicken Parslied Red Potatoes Winter Mix Veggies Wheat Roll & Frosted Marble Cake & Milk	15 Fried Fish Waffle Fries Broccoli Cookies & Milk
18 Sloppy Joe French Fries Harvest Mix Veggies Pie & Milk	19 Roast Turkey & Gravy Rice Pilaf Wheat Roll Frosted Cake & Milk	20 Grilled Ham Slices Scalloped Potatoes Fresh Baked Squash Wheat Roll & Fruit Mix	21 Roast Beef & Gravy Baked Mashed Potatoes Scalloped Corn Strawberries w/Whip Cr.	22 Tuna Noodle Casserole Green Peas & Buttered Beets Dinner Roll Lemon Cake & Milk
25 Chicken Teriyaki Rice Pilaf / Asian Veggies Brownie and Milk Dinner Roll	26 Meatloaf / Baked Potato Brussel Sprouts Sliced Strawberries Dinner Roll & Milk	27 Cran Glazed Pork Loin Au gratin Potatoes Green Bean Casserole Honey Pears/ Dinner Roll	**28** Beef Stew Lima Beans Cornbread Peach Pie and Milk	

Tax Preparation Checklist

Everyone must present:

__ **Last year's tax return**
__ **Picture identification**
__ **Social Security card(s) -** This includes ALL dependents. No other ID can be accepted.
__ **Form SSA-1099** showing Social Security benefit amount for 2018
__ **Bank account info** for direct deposit of any refund

Income information:

__ W-2 from each employer (if applicable)
__ Unemployment compensation statements
__ SSA-1099 (Social Security Benefits) *or* RRB-1099 (Railroad Retirement Benefits)
__ 1099 forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-B), and documentations showing the original purchase price of your sold assets
__ 1099-R form (pension or annuity)
__ 1099-MISC showing miscellaneous income

Payment information:

__ All forms and canceled checks showing federal and state income tax paid (including quarterly estimated tax payments)

Deductions:

__ 1098 form showing home mortgage interest
__ Receipts or canceled checks for medical/ dental expenses
__ Receipts for prescription medicines
__ Receipts for cost of assisted living services
__ Receipts for the cost of home improvements
__ Receipts for contributions to charity
__ Receipts or canceled checks for all tax income and property taxes you paid, as well as records of tax refunds

Credits:

__ Dependent care provider information
__ Receipts, canceled checks, 1098-E student loan information, or 1098-tuition paid forms related to your continuing education
__ If you rent/lease your home and are eligible to file a Homestead Credit claim, bring the rent certificate from your landlord with **absolutely no erasures, whiteouts, or any alterations**
__ For Homestead Tax Credit - Bring Real Estate Tax bills for 2017 and 2018
Note: - Tax payment receipts cannot be used
- If landlord will not sign your rent certificate, bring any proof that you actually paid the rent - receipts, bank statements showing withdrawals from your account, canceled checks
__ Federal and Wisconsin SSI payments, Veterans payments, and child support
__ If you want to claim the Homestead credit and both you and your spouse are under age 62, one of you must have either earned income or be disabled. If disabled, you will need either a physician's statement, a letter from Social Security stating the date the disability began, or a letter from the Veteran's Administration indicating the claimant is receiving a benefit payment due to a 100% disability. You can bring the same letter you used last year.

For *AddLIFE Today!* questions or comments, please contact Brianna Wipperfurth at 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 family member or friend 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 on vacation, or are moving, or if you want 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 e-mail the editor at brianna.wipperfurth@saukcountywi.gov
We will email the latest issue of *AddLIFE Today!*. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
1	T	U	R	K	E	Y	T	R	A	C	K	S	E	C	N	E	F	L	I	A	R
2	Q	G	U	S	E	S	E	E	G	G	N	I	Y	L	F	B	O	W	T	I	E
3	X	O	B	L	E	W	E	J	H	S	A	D	N	R	U	H	C	E	I	F	S
4	N	I	E	W	E	Z	A	M	N	E	D	R	A	G	L	L	E	R	H	Z	N
5	X	D	D	O	C	E	A	N	W	A	V	E	S	E	F	C	I	T	H	J	O
6	U	D	Y	L	F	O	O	H	S	K	U	R	X	Q	B	S	A	S	C	Z	W
7	N	B	R	O	K	E	N	D	I	S	H	E	S	Y	H	P	T	M	T	K	B
8	E	R	O	E	U	Z	P	F	T	D	L	W	G	C	S	E	K	X	A	L	A
9	S	L	A	I	S	S	X	E	M	I	Z	C	H	D	L	T	A	T	P	E	L
10	R	G	P	T	D	D	N	S	A	D	O	A	R	R	J	S	R	K	E	E	L
11	E	R	N	U	S	N	E	R	G	N	I	A	H	A	A	E	W	A	N	H	Z
12	W	E	N	I	O	P	T	N	T	N	K	O	C	E	E	S	M	E	I	W	T
13	L	J	M	B	R	S	I	R	P	N	I	O	Y	O	S	U	P	E	N	R	L
14	B	I	N	A	L	G	A	H	U	L	B	K	F	L	T	O	I	X	X	E	O
15	I	U	V	I	P	R	N	R	S	S	A	L	F	S	A	H	N	H	B	T	G
16	S	G	A	N	Y	L	D	I	L	D	I	T	O	C	M	T	E	N	L	A	C
17	D	N	A	W	A	X	E	A	D	F	N	G	E	Z	R	R	A	K	I	W	A
18	S	B	I	S	V	S	D	L	E	D	T	E	C	S	O	U	P	U	L	K	B
19	G	F	U	B	S	D	Z	A	E	U	E	X	I	N	T	O	P	H	K	C	I
20	E	E	B	Y	E	N	O	H	E	A	A	W	C	R	S	C	L	U	S	T	N
21	W	A	P	R	A	E	B	Y	Y	L	F	A	N	H	F	N	E	Y	O	Y	O

Word Search Answer/Hints

The words below are listed with their starting row and column

ANVIL 17:5
BEAR PAW 21:7
BOW TIE 2:16
BROKEN DISHES 7:2
CHURN DASH 3:17
CONTRARY WIFE 9:12
COURTHOUSE STEPS 20:16
DRESDEN PLATE 6:2
DRUNKARD S PATH 16:7
FLYING GEESE 2:15
FRIENDSHIP STAR 21:15
GARDEN MAZE 4:14
HONEY BEE 20:8
IRISH CHAIN 3:19
JACOBS LADDER 10:15
JEWEL BOX 3:8
KINGS X 14:12
LOG CABIN 13:21
MAPLE LEAF 13:3
NINE PATCH 13:19
OCEAN WAVES 5:4
PINEAPPLE 13:17
RAIL FENCE 1:21
SHOO FLY 6:9
SNAILS TRAIL 18:1
SNOWBALL 3:21
STORM AT SEA 20:15
SUNBONNET SUE 16:1
TREE OF LIFE 9:18
TURKEY TRACKS 1:1
WATERWHEEL 17:20
WEDDING RINGS 20:12
YO YO 21:18

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 to the following program(s):

[] AARP Tax Preparation Program
[] 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 Driver Escort Program
[] Volunteer Programs

Kindly make your checks payable to:
'ADRC'
505 Broadway St, Room 102
Baraboo, WI 53913

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PERMIT NO. 65

Aging & Disability Resource Center
505 Broadway
Baraboo, Wisconsin 53913

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Quilt Blocks

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

You can find the name of the quilt blocks in the grid by looking Diagonal, Forward, Backward, Up, and Down.

- ANVIL
- BEAR PAW
- BOW TIE
- BROKEN DISHES
- CHURN DASH
- CONTRARY WIFE
- COURTHOUSE STEPS
- DRESDEN PLATE
- DRUNKARD S PATH
- FLYING GEESE
- FRIENDSHIP STAR
- GARDEN MAZE
- HONEY BEE
- IRISH CHAIN
- JACOBS LADDER
- JEWEL BOX
- KINGS X
- LOG CABIN
- MAPLE LEAF
- NINE PATCH
- OCEAN WAVES
- PINEAPPLE
- RAIL FENCE
- SHOO FLY
- SNAILS TRAIL
- SNOWBALL
- STORM AT SEA
- SUNBONNET SUE
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