

A QUARTERLY NEWSMAGAZINE FOR ADULTS WITH DISABILITIES,
OLDER ADULTS, VETERANS, AND THEIR FAMILIES.
CONTACT: ADRC AT 608-355-3289 OR 800-483-3710
VETERANS SERVICE OFFICE AT 608-355-3260

Add LIFE Today!



WINTER 2020/2021 | VOLUME TWELVE | ISSUE FOUR

NOTICE:

Due to increasing COVID-19 numbers, the West Square Building (including ADRC & VSO offices) is open

BY APPOINTMENT ONLY.

The building is locked. Only visitors with an appointment will be allowed in the building.

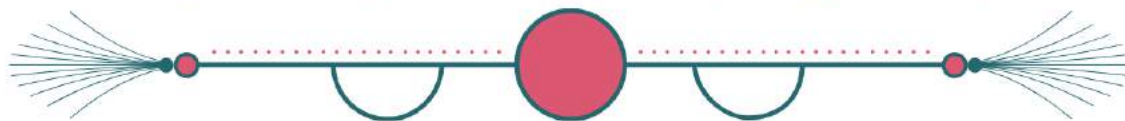
Want to know if you should stop in or stay home? Call ahead!

ADRC: 608-355-3289

VSO: 608-355-3260

Need to drop something off? The West Square Building has a new drop box located outside the parking lot entrance. Please specifically label who the item is intended for and which department they work in (i.e. ADRC-Susan Blodgett). This box will be checked each morning and distributed to the appropriate staff member.

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The ADRC will be closed
on the following dates:
December 25th, 26th, & 31st
January 1st & 18th

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



- Patricia Ann Bullard for the Home Delivered Meals Program
- Jacqueline Keith in Memory of Nancy Erdman
- Lynn & Irene Walmer in Memory of Nancy Erdman
- Banker's Bank in Memory of Nancy Erdman
- Mary Hasse in Memory of Jeanette Kelley for the Home Delivered Meals Program
- Anonymous in Memory of Bill Wermuth for the Veterans Transportation Program
- John Kremm for Senior Meals at The Shed, My Meal, My Way Dining Site
- National Christian Foundation Chicago on behalf of volunteers Ro & Karen Sparacio
- Kathy Kienow
- Anonymous for the Transportation Program
- Antionette Kallin for the Home Delivered Meals Program
- L Saccomanno in Memory of Joseph Sweet
- Dorothy Sivam for the Elder Benefit Specialist Program
- Jean Fritz for the Information & Assistance Program
- Betty Telvick in Memory of Marvin Telvick



From the Director's Desk



Let your Voice be Heard!

To be a strong and supportive Aging & Disability Resource Center, we need your help! The ADRC receives funding from the Older Americans Act to provide many of our services such as congregate and home delivered meals, caregiver supports such as respite care, classes like "Stepping On" and "Powerful Tools for Caregivers", transportation, and efforts to make Sauk County Dementia Friendly. The Older Americans Act requires that we prepare an "aging plan" every three years to plan for services needed for residents over age 60. This plan is due to our funder next year. Before then, the ADRC needs to hear from you what services you need from the ADRC. Your comments help us determine the best way to spend funds in Sauk County during the next aging plan's cycle - 2022-2024. We need to know:

- What do you need to successfully age in Sauk County?
- What is the greatest challenge facing you and/or your family in the next five years?
- What is the ADRC doing well, and should continue to do?
- What is the ADRC not doing that needs to be done?

Will you help us get started on our information gathering? You can help in two ways. First, enclosed in this newsletter is a simple survey: tear it out, fill it in and mail back to the ADRC. Second, invite me to your next event! If you belong to a community services organization, a church group, a book club, a service organization, contact me to present and at the same time I can gather information from you. This is your chance to have input into the next three years of ADRC services. Make sure you take this opportunity to let your voice be heard. I look forward to learning your thoughts.

-Susan Blodgett

2022-2024 ADRC Aging Plan Survey

PLEASE RETURN TO THE ADRC BY FEBRUARY 1ST, 2021

1) What do you need to successfully age in Sauk County?

2) What is the greatest challenge facing you and/or your family in the next five years?

3) What is the ADRC doing well and should continue to do?

4) What is the ADRC not doing that needs to be done?

5) Additional Comments:

6) Demographic Information:

- I am: Over 60 years of age Under 60 years of age
- I live in the _____ community/area
- I have used ADRC services: Yes No

Please complete the following if you or your organization would like to be included in virtual or in-person focus groups to help us narrow down our priorities for 2022-2024.

Name: _____

Organization (if applicable): _____

E-Mail: _____

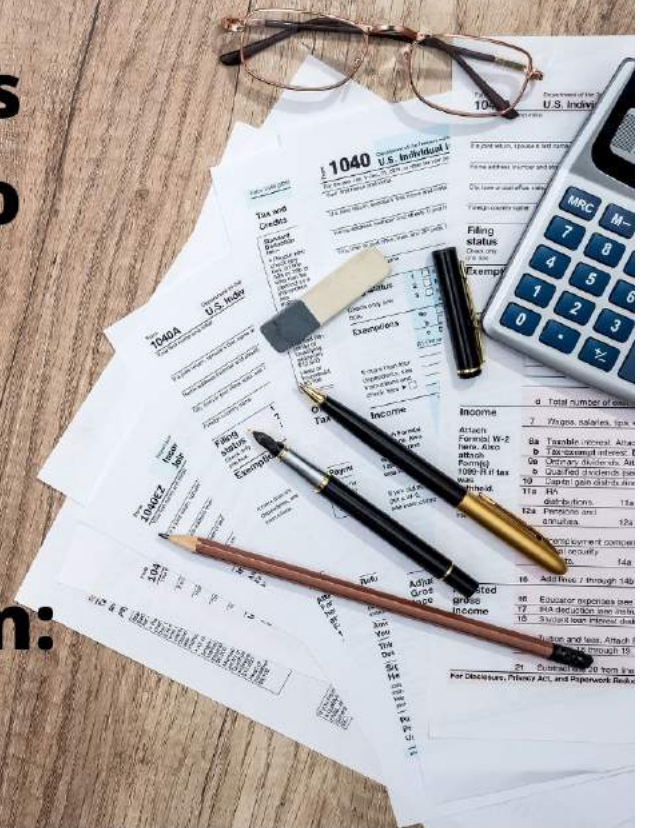
Phone Number: _____

Focus Group Preference: In-Person Virtually (via Zoom)

**Place
Stamp
Here**

**Aging & Disability Resource Center
Attn: Susan Blodgett
505 Broadway St
Baraboo, WI 53913**

**ATTENTION:
AARP Tax-Aide sites
for 2021 have yet to
be announced. We
hope to have more
information in the
next From our Intern:
Mini Newsletter.**



OH SNOW!

**THE ADRC IS LOOKING
FOR PEOPLE WHO DO
SNOW REMOVAL IN
SAUK COUNTY.**

**INDIVIDUALS MUST PASS A BACKGROUND CHECK
AND WOULD THEN BE ADDED TO THE HELPING
HANDS AT HOME LIST. CONTACT MARINA
WITTMANN AT THE ADRC FOR AN APPLICATION!
(608) 355-3289**



A Fall Can Hurt More Than Your Pride!



Marina Wittmann
Aging Program Coordinator

In a normal year, the ADRC would have hosted 4-5 Stepping On–Fall Prevention workshops. In my best effort to share this invaluable information one would learn from Stepping On, I'll share some fall prevention pointers as winter looms ahead.

1. Identify and remove fall hazards in your home.

- This includes throw rugs, cords across walkways and general clutter. When getting up in the night to use the bathroom, many (probably most) of us think we know how to get to and from the bathroom safely without turning on the lights and while avoiding any fall hazards. Be cautious! Remove the clutter (yes, including those throw rugs) and install some dawn to dusk nightlights in the hallway and bathroom.

2. Take extra precautions going outside when it is cold and snowy.

- Yak Tracks are inexpensive cleats that attach to the bottom of any sized shoe and will grip into snow or ice and prevent you from slipping. Yak Tracks are available at many sporting goods stores or large chain stores (Walmart, Farm & Fleet). Note: do NOT wear Yak Tracks on hard floors! If you use a cane outside, purchase an Ice Tip Cane Attachment that fits on the bottom of your cane and will provide extra stability for walking over snow or ice. They are retractable and can be flipped up when not in use.

3. Walk like a penguin, smaller and slower steps.

- Make sure your foot is firmly planted before taking another step. Don't let black ice be the culprit for a fall.

4. Stay active!

- The expression 'move it or lose it' is true. If it is too cold to go outside, make your home your exercise space. Have a favorite TV show but hate the commercials? Each time your show goes to commercial, get up and walk around the kitchen table or down the hall. By the time you get back, your show will be back on. Win, win!

1 in 4 adults over 60 fall each year. Don't let that be you! If you would like to be put on the waiting list for Stepping On, please call me at the ADRC (608)355-3289. When we are able to resume in-person workshops, you will be the first to know!

Powerful Tools for Caregivers

The ADRC wrapped up a very successful Powerful Tools for Caregivers workshop in October and we are recruiting participants for another workshop that will be held sometime this winter. This workshop is geared for family caregivers (children caring for older parents, spouse caring for a spouse, or friend, neighbor or another family caring for an older adult). This workshop gives caregivers the confidence and support to better care for themselves and their loved one. If you are interested in the next workshop, call Marina Wittmann at the ADRC (608)355-3289.

Participant from the most recent workshop: "It was good to have small goals set and worked on each week. The class was very positive and offered numerous self help tips."

National Family Caregiver Month

November was National Family Caregiver Month and the ADRC celebrated by distributing dozens of "We LOVE Family Caregiver" signs across the community. Hope you spotted some! Caregiving can have its challenges but caregiving during a pandemic is even more difficult. If you know a family caregiver, reach out to them and ask if you can do anything to ease their stress - bring them a hot meal, write a friendly note, or give them a call 'just because'. It will make their day!



COMING SOON: Boost Your Brain & Memory!

Class Topics:

1. Orient to Class & Intro
2. Physical Activity
3. Emotional Health
4. Cognitive Activity
5. Nutrition
6. Spiritual Activity
7. Social Engagement
8. Review & Summary

Mather LifeWays Institute on Aging created this evidence-based brain health program that goes beyond simple brain games. It focuses on a variety of lifestyle factors that impact brain health, and on memory strategies that participants can implement in their daily lives. Boost Your Brain & Memory offers a unique approach to brain fitness. Program participants will learn practices that can help them live a healthier lifestyle, remember things better, be more organized, pay closer attention, and regulate their emotions. This class runs once a week for eight weeks. Participants must attend all eight, hour and a half long sessions.

The Sauk County ADRC is looking to hold this class virtually in January/February 2021. Interested in participating? Contact Marina Wittmann to be added to the waiting list! marina.wittmann@saukcountywi.gov or 355-3289



The holiday season is upon us! As you are thinking about what to gift your family and friends, I encourage you to consider gifting your time to your neighbors across Sauk County. Your time is never the wrong size or color. Your time is always guaranteed to put a smile on the face of the one receiving it. As an ADRC volunteer, you have the opportunity to give the gift of your time to others that are truly grateful.

"Time is your most precious gift because you only have a set amount of it. You can make more money, but you can't make more time. When you give someone your time, you are giving them a portion of your life that you'll never get back."

-Rick Warren

Interested in giving the gift of time this holiday season?

Contact Brianna Wipperfurth to get started!

brianna.wipperfurth@saukcountywi.gov

608-355-3289



NUTRITION NEWS

MEG ALLEN, NUTRITION COORDINATOR



MAGDA
BARABOO



BRITTANY
REEDSBURG



TORILL
SAUK
PRAIRIE



KATIE
LAKE
DELTON



DONNA
THE SHED
SPRING
GREEN

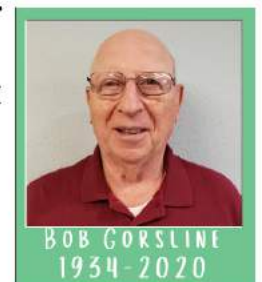


BARB
VOLUNTEER
REEDSBURG
COUNTRY
CLUB

A YEAR FOR GRATITUDE

Every year at this time, I can't help but re-visit that classic Thanksgiving dinner conversation staple - what are you thankful for this year? For me, a blessing of this year like no other has been the generosity of our community. The Nutrition Program has received so much support from so many people county-wide. Thank you for ...

- Your Time - to all of our volunteers, past and present and future; we truly could not do it without you.
- Your Words - for all the words of appreciation and support, both spoken and written, like the call from a new meal recipient, "I just called to tell you we ate our first meals today and they were delicious!"
- Your Smiles - for all smiles, all the time, but right now, particularly the smiles heard over the phone or above a mask, smiles that warm the voice and crinkle the eyes.
- Freezer space - John and Kris at the Sauk Prairie Food Pantry, Jeff and Marcie at Bobbers, Liz and John and all the folks at the Sauk County Fairgrounds, Baraboo Fire Chief Kevin Stieve. You provided what we needed, just when we needed it.
- A new home for the Reedsburg Dining Site - to the Trustees and congregation at the Cornerstone Missionary Baptist Church, we are delighted to be sharing space with you.
- Sheer endurance and good humor - the ADRC was shocked and saddened by the sudden passing of Bob Gorsline. Bob had co-managed the Lake Delton Dining Site since 2018 and was running the site solo since July when his job share partner resigned. He agreed to run the site until we were able to hire a new partner for him. Bob passed away on October 6th, the day after we announced that we had hired a new co-manager to join him. Bob was a consummate dishwasher, a meticulous food handler, and most of all, a warm and welcoming presence at the Lake Delton Dining Site. He is missed.



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It has been a challenging year no matter who you are, no matter what your circumstance. That said, our community is made up of people who are at their best when things are at their worst. On behalf of the Nutrition Program I want to say thank you for all the kindnesses, all the generosity. We are deeply grateful.



The ADRC Nutrition Program wants to recognize the Greater Sauk Community Foundation for their generous gift of \$750 towards our annual Blizzard Pack distribution. Blizzard Packs go out to Meals on Wheels clients before the snow flies and are intended to be used in the event severe weather prohibits us from safely delivering a meal. Thank you Greater Sauk Community Foundation for your generous gift!

WINTER WEATHER AFFECTS YOUR HOME DELIVERED MEALS

During these winter months, there are days when our volunteer drivers for home delivered meals must brave the elements to get lunch to your door!

There is a possibility that there will be days during the winter months when roads might be a little more difficult to navigate than normal. On those days your meal may be delivered a little later than usual, and your patience will truly be appreciated!

We're sure you will agree that our drivers' safety is very important. Please remember to make the necessary arrangements to have your sidewalks and/or driveway cleared of ice and snow. Our volunteers will not deliver to your home if the walkways are unsafe. Thank you!

This year will be different due to the COVID-19 pandemic. We cannot rely of the school closings to alert us as most are virtual and our own congregate sites have yet to re-open. This year we will be making the decision on our own observation but as well as the weatherperson and the Highway Department recommendations.

When weather looks threatening, be sure to listen to the radio. A decision to close the dining center will be made by 8:00 am that day. the following radio stations will report the dining center closings:

- Baraboo WRPQ 740 AM
- Reedsburg WRDB 1400 AM
- Richland Center WRCO 1450 AM or 100.9 FM.



You may also phone the ADRC at (608) 355-3289 and they will be able to tell you.

MY MEAL, MY WAY CARRYOUT OPTIONS:

- Reedsburg Country Club – updated winter hours; carryouts available for pickup from 11:30am – 12:30pm. Salad and Soup on Wednesdays, Sandwich and Soup on Thursdays. Call the day before to reserve your meal, 524-6000, option 2.
- The Shed in Spring Green - available for pickup from 11:00 am - 1:00 pm. 1/2 sandwich and choice of soup or side salad on Wednesdays, full Shed salad and side of soup on Thursdays. Call the day before to reserve your meal, 588-9049.

You must be 60 or older to be eligible for the donation-based meal. New diners will be asked to fill out a brief form on their first day. No donations will be collected during pickup, rather a donation letter will be sent the following month.

Free COVID-19 Tests

Choose from 1 of these 4 Weekly Testing Events
Hosted by Sauk County Community Partners

1



MONDAY

11:00 am - 1:00 pm

Spring Green Fire/EMS

327 Winsted St, Spring Green, WI 53588

Appointments Required. Register

Online: www.springgreenems.com

2



TUESDAY

8:00 am - Noon

Reedsburg Ambulance Service

230 Railroad St, Reedsburg, WI 53959

Register online:

<https://register.covidconnect.wi.gov>

3



WEDNESDAY

2:00 - 7:00 pm

Sauk Prairie Healthcare

Wellspring Campus

95 Lincoln Ave, Prairie du Sac, WI 53578

2-Step Registration Required

1. Complete questionnaire:

<https://register.covidconnect.wi.gov>

2. Call 608-643-7603 for appointment

4



FRIDAY

8:00 am - Noon

Baraboo

Circus World Parking Lot

550 Water St, Baraboo, WI 53913

Appointments are Required.

Unable to accept Phone Calls.

Online Registration only.

Register at: <https://bit.ly/2RdpStf>





December 2020



Monday

Tuesday

Wednesday

Thursday

Friday

<p>To cancel a Home Delivered Meal or make a Dining Site reservation, call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289</p>				
	1	2	3	4
	Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll Jell-O Whip	Lasagna Italian Veggies Garlic Bread Fruit Mix	Honey Garlic Chicken Parslised Red Potatoes Winter Mix Veggies Wheat Roll Frosted Cake	Fried Fish Waffle Fries Baby Carrots Cookie
7	8	9	10	11
Sloppy Joe On Bun French Fries Harvest Blend Veggies Pie	Cranberry Glazed Chicken Au Gratin Potatoes Dill Carrots Wheat Roll Cookie	Grilled Ham Slices Scalloped Potatoes Butternut Squash Wheat Roll Ice Cream Fudge Bar	Roast Beef Gravy Baked Mashed Potatoes Scalloped Corn Dinner Roll Strawberries w/Whip	Tuna Noodle Casserole Buttered Beets Dinner Roll Lemon Cake
14	15	16	17	18
Chicken Teriyaki Rice Pilaf Asian Veggies Wheat Roll Peach Pie	Meatloaf Baked Potato Brussel Sprouts Wheat Roll Sliced Strawberries	Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Roll Frosted Marble Cake	Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp	Oven Fried Fish Tartar Sauce Sweet Potatoes Seasoned Broccoli Wheat Roll/Cookie
21	22	23	<p><i>All Dining Sites will be CLOSED on December 24-25</i></p>	
Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix	Goulash Brussel Sprouts Wheat Roll Cookie		
28	29	30	<p><i>All Dining Sites will be CLOSED on December 31</i></p>	
Chili Cottage Cheese Biscuit Cherry Crisp	Oven Fried Chicken Mashed Potatoes/Gravy Cole Slaw Biscuit Ice Cream Sandwich	Spaghetti w/Italian Meat Sauce Capri Blend Veggies Garlic Bread Pudding Parfait	<p>NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.</p>	



Monday

Tuesday

Wednesday

Thursday

Friday

<p>To cancel a Home Delivered Meal or make a Dining Site reservation, call:</p>	<p>Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289</p>	<p>NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.</p>		<p>All Dining Sites Will be CLOSED on January 1st</p>
<p>4 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie</p>	<p>5 Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll/Jell-o Whip</p>	<p>6 Lasagna Italian Veggies Garlic Bread Fruit Mix</p>	<p>7 Honey Garlic Chicken Parsliled Red Potatoes Winter Mix Veggies Wheat Roll/Frosted Cake</p>	<p>8 Fried Fish Waffle Fries Baby Carrots Cookie</p>
<p>11 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Pie</p>	<p>12 Cranberry Glazed Chicken Au Gratin Potatoes Dill Carrots Wheat Roll/Cookie</p>	<p>13 Grilled Ham Slices Scalloped Potatoes Butternut Squash Wheat Roll Ice Cream Bar</p>	<p>14 Roast Beef/Gravy Mashed Potatoes Scalloped Corn Dinner Roll Strawberries w/Whip</p>	<p>15 Tuna Noodle Casserole Buttered Beets Dinner Roll Lemon Cake</p>
<p>All Dining Sites Will be CLOSED on January 18th</p>	<p>19 Meatloaf Baked Potato Brussel Sprouts Wheat Roll Sliced Strawberries</p>	<p>20 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Roll Frosted Marble Cake</p>	<p>21 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp</p>	<p>22 Oven Fried Fish Tartar Sauce Sweet Potatoes Seasoned Broccoli Wheat Roll/Cookie</p>
<p>25 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake</p>	<p>26 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix</p>	<p>27 Goulash Brussel Sprouts Wheat Roll Cookie</p>	<p>28 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread Ice Cream</p>	<p>29 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread Pie</p>

February 2021

Monday

Tuesday

Wednesday

Thursday

Friday

1 Chili Cottage Cheese Biscuit Cherry Crisp	2 Oven Fried Fish Mashed Potatoes Gravy Cole Slaw Biscuit Ice Cream Sandwich	3 Italian Meat Sauce Spaghetti Capri Blend Veggies Garlic Bread Pudding Parfait	4 Cran Glazed Pork Loin Au Gratin Potatoes Broccoli Dinner Roll Honeyed Pears	5 Baked Fish Herbed Rice Pacific Blend Veggies Dinner Roll Fruit Mix
8 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie	9 Roast Turkey Bread Stuffing Capri Blend Veggies Dinner Roll Jell-o Whip	10 Lasagna Italian Veggies Garlic Bread Fruit Mix	11 Honey Garlic Chicken Parslised Red Potatoes Winter Mix Veggies Wheat Roll Frosted Cake	12 Fried Fish Waffle Fries Baby Carrots Cookie
15 Sloppy Joe on a Bun French Fries Harvest Blend Veggies Pie	16 Cranberry Glazed Chicken Au Gratin Potatoes Dill Carrots Wheat Roll Cookie	17 Grilled Ham Slices Scalloped Potatoes Butternut Squash Wheat Roll Ice Cream Fudge Bar	18 Roast Beef/Gravy Mashed Potatoes Scalloped Corn Dinner Roll Strawberries w/Whip	19 Tuna Noodle Casserole Buttered Beets Dinner Roll Lemon Cake
22 Chicken Teriyaki Rice Pilaf Asian Veggies Wheat Roll Peach Pie	23 Meatloaf Baked Potato Brussel Sprouts Wheat Roll Sliced Strawberries	24 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Roll Frosted Marble Cake	25 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp	26 Oven Fried Fish Tartar Sauce Sweet Potatoes Seasoned Broccoli Wheat Roll/Cookie
To cancel a Home Delivered Meal or make a Dining Site reservation call:		Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437		La Valle: 355-3289 Frozen: 355-3289

NOTE: Meals are subject to change on occasion.

Site meals include milk & coffee. Home Delivered Meals include milk.



*Building Homes,
Community,
and Hope.*



Repair Program

Habitat for Humanity is accepting applications for larger-scale home repair projects from disabled veterans! Repairs can range in scope, from serving critical needs to increasing accessibility, or installing energy efficient fixtures.

Our regular repairs program for low-income homeowners uses the same application, and are continuing to be accepted!



©Habitat for Humanity International

Volunteering Opportunities

We understand you hear the call to serve your community and fellow citizens, but we must be careful in doing so right now. If you have construction or office skills, contact us to see how you can best help out!

Seeking to Fill Repairs Position

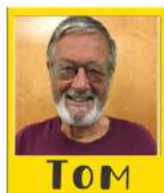
If you or someone you know loves to help others, consider applying to be Assistant Manager of Construction & Repair! The position is responsible for reviewing projects, submitting estimates, obtaining permits and overseeing the work of volunteers. Previous experience required. Apply online today!

Contact Colin Mackey with any questions or inquiries about the repairs program by email at vista@hfhwisconsinriver.org or by phone at (608) 448-2888.

Repair applications can be found online at hfhwisconsinriver.org/home-repair or can be mailed upon request.



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



MEDICAL TRANSPORTATION LINE: 608-355-3278 OR 800-830-3533
TRIP RESERVATION LINE: 608-355-4888

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.

Medication and Grocery Pickup

Due to the rise in COVID-19 cases, the Shopping Bus will not be running. In place of the Shopping Bus, we are 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.

Transportation Safety Tips:

1. Wash your hands often – Use soap and make sure you wash for at least 20 seconds. Use hand sanitizer if soap is not available. Avoid touching your face and eyes with unwashed hands.
2. Avoid close contact – The best way to do this is to sit in the back seat of a vehicle whenever possible.
3. Wear a mask or face covering – Masks help prevent people who have the illness (even if they do not have symptoms) from spreading it. Here are a few tips for using a mask:
 - Place your mask over your mouth and nose.
 - Tie it behind your head or use ear loops and make sure it's snug.
 - Don't touch your mask while wearing it.
 - If you accidentally touch your mask, wash or sanitize your hands.
 - Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
 - Wash or sanitize your hands immediately after removing your mask.
 - Regularly wash a cloth mask with soap and water in the washing machine. It's fine to launder it with other clothes.
4. Cover coughs and sneezes – As always, cover your nose and mouth when you cough or sneeze.
5. Clean and disinfect – Frequently touched surfaces (like, most everything in a vehicle) should be disinfected daily.
 - Hard surfaces can be wiped down with a 70% alcohol solution, a bleach solution or any other EPA registered household disinfectant (e.g. Lysol wipes), used as directed.
 - A 70% alcohol solution can be sprayed on cloth seats to disinfect them. A non-abrasive soap (such as Ivory) and water is recommended for leather seats.
6. Monitor your health – Watch for fever, cough, shortness of breath, and take your temperature. If you have any symptoms, aren't feeling well or have been in contact with someone who is sick, call your doctor.



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.



Recipe for Two - CAVATINI from Maplewood's Kitchen



- 1/2 lb hamburger
 - 1/2 cup chopped pepperoni
 - 1 diced green pepper
 - 1 small diced onion
 - 1 small can mushrooms
 - 1-24oz can spaghetti sauce
 - 1 cup rotini
 - 1 cup shell pasta
 - 1 cup macaroni
 - 1/2 cup mozzarella cheese
1. Brown hamburger and mix first 6 ingredients together to create the sauce
 2. Bake sauce at 350 for 1 hour
 3. While baking the sauce, cook the pasta
 4. Mix sauce & pasta, top with mozzarella and return to oven for 10 minutes
 5. Serve w/French bread or salad



<p>STAY SAFE STAY HOME STAY HEALTHY</p>	<p>Wear a Mask</p>	<p>6' Distance</p>
<p>Use Sanitizer</p>	<p>Public Health ESTD 1844 SAUK COUNTY WISCONSIN Prevent • Promote • Protect</p>	<p>Avoid Crowds</p>
<p>Wash Your Hands</p>	<p>Don't Touch Your Face</p>	<p>Use Tissue</p>

AGING & DISABILITY SPECIALISTS

Helping you put the pieces together!



JIM
PRITZKOW



JULIE
MAYER



RACHEL
HEINZMAN



HANNAH
HALVERSON



MEGAN
FECHT



KARI
EDWARDS

NOTICE: Due to COVID-19, there will be no site visits at our satellite offices in Reedsburg, Spring Green, Lake Delton, and Sauk Prairie, or extended offices hours in Baraboo until further notice. If you would like more information, call the ADRC at 608-355-3289 or 800-482-3710.

Ten Tips to Avoid Fraud

Source: Wisconsin Department of Agriculture, Trade and Consumer Protection

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

1. **Spot Imposters.** Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request; whether it comes as a text, a phone call, or an email.
2. **Do online searches.** Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam," or search for a phrase that describes your situation, like "IRS call." You can even search phone numbers to see if other people have reported them as scams.
3. **Do not believe caller ID.** Scammers use technology to fake or "spoof" caller ID information, so the name and number you see are not always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine. A good way is to use the number printed on a bill or statement.

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4. **Do not pay upfront for a promise.** Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
5. **Consider how you pay.** Credit cards have significant fraud protection built in, but some payment methods do not. Wiring money through services like Western Union or MoneyGram is risky business because it's impossible to get your money back. That is also true with reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies will not require you to use these types of payment methods. They will also not ask you to pay in iTunes or Amazon gift cards.
6. **Talk to someone.** Before you give up money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert, or talk to a friend or family member. Do not give in to high-pressure sales tactics.
7. **Hang up on robocalls.** If you answer the phone and hear a recorded sales pitch, hang up and report it to the Bureau of Consumer Protection. These calls are illegal, and often the products being sold are bogus. Don't press 1 or any other number to be taken off the call list. That could lead to more calls.
8. **Be skeptical about free trial offers.** Some companies use free trial offers to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. Always review your monthly credit card statements for charges you do not recognize.
9. **Do not deposit a check and then wire money back.** Banks make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be fake, you are responsible for repaying the bank all of the money and any fees associated with the transaction. If a deal is too good to be true, it generally is.
10. **Sign up for free scam alerts.** Get the latest tips about scams sent right to your inbox from the Bureau of Consumer Protection (datcp.wi.gov) and the Federal Trade Commission (FTC.gov/scams).

For more information or to file a complaint, visit our website or contact: Wisconsin Department of Agriculture, Trade and Consumer Protection Bureau of Consumer Protection 2811 Agriculture Drive, PO Box 8911 Madison, WI 53708-8911

Email: DATCPHotline@wi.gov

Website: datcp.wi.gov

(800) 422-7128 TTY: (608) 224-5058

Disability Benefit Specialists



Quinn Hause



Holly Shafer

The following information has been provided by Social Security Administration online at ssa.gov. We, at the ADRC, feel that is important that everyone understands Social Security business during this time, as it relates to COVID-19

SSA ended my disability benefits because of a CDR determination. I submitted a request for reconsideration to appeal SSA's decision, but I did not elect that my disability benefits should continue. Can I now request that my benefits continue (or resume) until there is a determination on my appeal?

- Yes. You may, at any time, submit a late request to continue (or resume) your benefits while we make a determination on your appeal. We will grant the request if you provide a good reason. We have experienced delays in processing certain requests for reconsideration of initial disability cessation determinations (including age-18 redeterminations) during the Coronavirus Disease 2019 (COVID-19) pandemic. We will accept this delay as a good reason to resume benefit payments when you file a late request and the following apply:
 - The determination notice ending your disability benefits (notice of cessation) is dated on or before August 30, 2020; and
 - Your request for reconsideration of the cessation determination is still pending with us.

Am I eligible for an in-person appointment during the COVID-19 pandemic?

- Due to the COVID-19 pandemic, you can only enter our offices if you have an appointment.

I need help with benefits.

- Generally, we will schedule an in-person appointment in dire need situations. Dire need exists when you:
 - Are without food or shelter, including utilities or are without medical care or coverage and need to apply for or reinstate benefits.
 - Currently receive benefits and have an urgent need for payment to meet expenses for food, shelter, or medical treatment, and you cannot receive the payment electronically.

I need help with my Social Security Number (SSN)

- We are prioritizing requests for in-person SSN services for:

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- Individuals age 12 or older applying for their first SSN card.
- Individuals who need to update or correct their SSN information (such as your name, date of birth, or citizenship) to obtain income, resources, or medical care or coverage, or other services or benefits (for example filing a tax return, applying for housing, or seeking an Economic Impact Payment).
- If you believe you qualify for an in-person appointment, call your local office. Please note that appointments may not be immediately available, depending on local health and safety conditions and staffing.

How do I replace my Social Security card if I do not qualify for an in-person appointment?

- You may be able to request a replacement Social Security card online with your personal my Social Security account, which is easy to set up if you do not already have one. Or, you can ask us for a replacement card by completing and mailing the Social Security card application with your original proof of identity, and proof of age and citizenship if we have not previously confirmed this information, to your local office. We will return your proof(s) to you. To update the date of birth in our records, applicants must also submit an original or certified copy of a birth certificate showing the correct date of birth. To update the name in our records, applicants must also submit a recent document that identifies them in both their old and new names. For additional information, please read the instructions on the Social Security card application. Because we are experiencing slight delays processing mail-in SSN card applications, it may take us between two and four weeks to process the application and return the evidence.

Do I Need to Show My Social Security Card?

- It is important to know that your Social Security card is not an identification document, and in many situations, you only need to know your Social Security Number (you do not need the physical Social Security card). You can find out how to replace lost, destroyed, or stolen identification documents (including your birth certificate, driver's license, or Department of Homeland Security documents) by visiting www.usa.gov/replace-vital-documents. The following list includes common situations where you think you may need your Social Security card, but other alternatives exist:
- For evidence for work: A Social Security card is one of several documents listed as acceptable to establish work authorization on Form I-9. Other examples of acceptable documents include:
 - Original or certified copy of a birth certificate issued by State, county, municipal authority, or territory of the United States bearing an official seal,
 - Permanent Resident Card or Alien Registration Receipt Card (Form I-551),
 - Employment Authorization Document (Form I-766), or
 - Form I-94 or Form I-94A.
- *For evidence for Department of Motor Vehicle / Driver's License (REAL ID):* The deadline to obtain a Real ID is October 1, 2021. Only Georgia and Pennsylvania require the physical

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Social Security card as evidence. Other documents listing your full Social Security Number may be acceptable for the Real ID including:

- A W-2 form,
- A SSA-1099 form,
- A non-SSA-1099 form, or
- A pay stub with your name and SSN on it.

Check with your state's Driver's Licensing Agency for more information.

- *For Tax Purposes:* You do not need your Social Security card. To obtain your Social Security Number, you may call your local Social Security office to request that we mail you an SSN printout. It is important that your name on your Social Security card matches your name with the IRS when you file your taxes. To correct your name or other information on your Social Security card, you can request a corrected card by completing the paper application and mailing it with your original proof of identity, and proof of age and citizenship if we have not previously seen these to your local office. We will return your proof to you. To find out what documents we need to update your name visit, please read our fact sheet U.S. Citizen/Adult — Replacement Social Security Card.
- *To Receive Other Benefits:* You may need your Social Security Number to get benefits or assistance such as housing, health insurance, or food assistance, but you should not need your Social Security card. If you need to provide proof of your Social Security Number, call your local Social Security office to ask that we mail you an SSN printout. The U.S. Department of Housing and Urban Development should be able to verify your Social Security Number and if you receive benefits from Social Security without requiring you show or request a replacement Social Security Card.
- *To help with school enrollment:* Contact the school administration to ask if you can provide an SSN printout instead of a Social Security Number card. You can request an SSN printout by calling your local Social Security office.
- If you need to obtain forms of proof, you can find out how to replace lost, destroyed, or stolen identification documents (including your birth certificate, driver's license, or Department of Homeland Security documents) by visiting www.usa.gov/replace-vital-documents.

How can I get a new or replacement Social Security number card?

- A Social Security number (SSN) is important because you need it to get a job, collect Social Security benefits, and get some other government services. However, please note that you may not need the physical SSN card for many of these services.
- New Card Requests
 - We assign the vast majority of SSNs and issue SSN cards at birth. We will continue to process new card requests through our automated processes for newborns as part of the hospital registration process (we call that process Enumeration at Birth). We will also continue to process SSNs and issue cards for certain lawful immigrants [we call

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- these processes Enumeration at Entry (EAE) and Enumeration beyond Entry (EBE)].
- If these automated processes are not available to you, we may schedule an in-office appointment for a new card request in certain situations. Appointment availability is based on available staff and office operating status. Please call your local office to see if an in-office appointment is necessary and possible. To contact your local office, please look for the local office telephone number at Social Security Office Locator under “Social Security Office Information” for the office you select. The toll-free “Office” number is your local office.
- Replacement Card Requests
 - You may be able to request a replacement Social Security card online with your personal my Social Security account, which is easy to set up if you do not already have one. Or, you can ask us for a replacement card by completing and mailing the Social Security card application with your original proof of identity, and proof of age and citizenship if we have not previously confirmed this information, to your local office. We will return your proof(s) to you. To find out what documents we need to issue a replacement Social Security Number card, please read our fact sheet U.S. Citizen/Adult — Replacement Social Security Card. To update the date of birth in our records, applicants must also submit an original or certified copy of a birth certificate showing the correct date of birth. To update the name in our records, applicants must also submit a recent document that identifies them in both their old and new names. For additional information, please read the instructions on the Social Security card application. Because we are experiencing slight delays processing mail-in SSN card applications, it may take us between two and four weeks to process the application and return the evidence. There are certain situations where we may be able to make an in-office appointment to update or correct your SSN information.

Is Representative Payee monitoring continuing during the COVID-19 Pandemic?

- Yes. During the COVID-19 pandemic, the state Protection and Advocacy (P&A) networks will conduct new representative payee monitoring reviews in-person only when state and local conditions permit and reviews can be conducted safely while social distancing with personal protective equipment (PPE). Reviews may also be conducted by video and phone. P&A grantees will comply with the Centers for Disease Control and Prevention’s social distancing guidelines.

SOURCE: www.ssa.gov





VETERANS MESSENGER

VOICE OF THE MESSENGER

TONY TYCZYNSKI, VETERANS SERVICE OFFICER



PAMELA RUSSO
PROGRAMS
COORDINATOR



SANDY DEICH
VETERANS
BENEFIT
SPECIALIST



RICK ERICKSON
ASSISTANT
CVSO



SUSAN STODDARD
VETERANS
BENEFIT
SPECIALIST

Dear Friends,

You will notice information below that talks about how the VA handled copays over the past 9 months. Please contact our office immediately if you get a bill too large for you to be able to pay. The sooner you make us aware of any problems the easier it is for us to help, and the more options you will have. Do not ignore this, as the VA collections process is very aggressive and could result in collection action in a very short time.

As we have been all along, our office continues to be open. As always, and even more important now, is to make an appointment before coming in to see us. We have a new phone system and the voice mail works and is set up to go to all of us for a faster response time.

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

Free Entrance to National Parks for Veterans and Gold Star Families

Effective November 11, 2020 U.S. military veterans and Gold Star Families receive free access to more than 2,000 federal recreation areas, including national parks, wildlife refuges and forests. The free access program is a way to thank America's veterans and Gold Star families for their support of our country and to encourage them to explore recreational opportunities on their public lands and waters.

For purposes of this program, a veteran is identified as an individual who has served in the U.S. Armed Forces, including the National Guard and Reserves, and is able to present one of the following forms of identification when entering a national park:

- Department of Defense Identification Card (CAC Card)

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- Veteran Health Identification Card (VHIC)
- Veteran ID Card
- Veterans designation on a state-issued U.S. driver's license or identification card

Before visiting a national park site, Gold Star Family members download and print a voucher to present to the ranger or place on the vehicle dashboard at unstaffed sites. By downloading and signing the voucher, Gold Star Family members are self-certifying that they meet the required criteria as identified in sections 3.2 and 3.3 of Department of Defense Instruction 1348.36.

For more information please visit <https://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm>

VA Suspension of Monthly Statements/Collection Actions- October/November 2020 Frequently Asked Questions

Why are Veterans currently not receiving monthly patient statements from the Department of Veterans Affairs (VA)?

Due to the potential impact COVID-19 may have on Veterans' financial well-being, VA is not printing and mailing patient statements for health-care-associated costs from April 6, 2020, through December 31, 2020. This means Veterans will not receive a monthly bill for any copays incurred during this time. VA will not be adding late charges or interest to accounts or take any collection action on medical care debt until after December 31, 2020.

When will the printing and mailing of statements resume?

Patient statements are expected to resume mail delivery in January 2021. Those patient statements will include unpaid charges incurred prior to April 2020 and charges for services and medications received from April 2020 through December 31, 2020.

How can Veterans find their current balances?

Veterans can obtain balances by calling 866-400-1238 or their local VA medical center's revenue office. In November 2020, Veterans will receive a letter citing a current balance owed on accounts, with information on how payments may be voluntarily made. An outgoing call campaign will commence on November 6, 2020 and will include Office of Community Care Revenue Operations staff calling Veterans with a greater than \$2,000 copayment balance.

What happens in January 2021 when statements resume? Will Veterans be required to pay the full statement balance?

In January 2021, Veterans will have the option to pay their charges in full or arrange a payment plan to make smaller monthly payments. VA continues to consider Veterans who experienced changes to income and are struggling to make copayments due to COVID-19. Financial Hardship arrangements can also be requested at this time or earlier.

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How do Veterans make payments on their accounts if they are not receiving monthly patient statements?

Veterans can make payments to accounts during this time. Veterans or other payers must have their account number. An account balance can be obtained by: Calling 866-400-1238; Calling the local VA medical center's facility revenue office; Consulting the November letter containing their account balance and additional details on the halt in patient statement printing and mailing

Methods by which a Veteran can pay on a balance

- www.pay.gov
- Calling a VA medical center facility revenue office
- By mail:
 - Department of Veterans Affairs
PO Box 3978
Portland, OR 97208-3978
- By phone at 888-827-4817

To learn more, please visit <https://www.va.gov/health-care/pay-copay-bill/financial-hardship/>

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. The first month is free for veterans, per our Facebook video on December 14, 2018. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc.

<https://www.facebook.com/WisconsinDellsJudoDojo/>



We want to thank the following for their recent donations to the Veterans Care Trust Fund:
American Legion Reedsburg; American Legion Lavelle, and numerous individuals.

These generous, tax-deductible donations are used to help needy veterans of Sauk County in various ways: to help veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

For Your Benefit...Your Elder Benefit Specialists



Pam Fuchs
Serving the Eastern
part of Sauk County

Mindy Shrader
Serving the Western
part of Sauk County



Due to COVID-19, there will be no Elder Benefit Specialist Site Visits or in-person Welcome to Medicare Presentations until further notice.

Reminder: Get Your Flu Shot

By the GWAAR Legal Services Team

The flu season usually runs from approximately November through April every year. Medicare Part B covers one flu shot every flu season. So, depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2020 for the 2019/2020 flu season, you could get another shot in November 2020 for the 2020/2021 flu season.

Original Medicare covers flu shots at 100% of the Medicare-approved amount when you receive the service from a Medicare-participating provider. Similarly, Medicare Advantage Plans are required to cover flu shots without applying deductibles, copayments, or coinsurance when you see a provider within your plan's network.

For more information, visit: <https://www.medicare.gov/coverage/flu-shots>

Stop Unwanted Robocalls

By the GWAAR Legal Services Team

Unwanted calls – including illegal and spoofed robocalls - are the Federal Communications Commission's (FCC) top consumer complaint. Not only can the sheer volume of unwanted calls be aggravating, they can also put your financial and personal information at risk.

What You Can Do

- Beware that Caller ID showing a "local" number does not necessarily mean it is a local caller.
- If you answer the phone and the caller (or a recording) asks you to press a button to stop getting the calls, you should just hang up. Scammers often use this trick to identify potential targets.
- Do not respond to any questions, especially those that can be answered with "Yes."

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- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords, or other identifying information in response to unexpected calls or if you are at all suspicious.
- If you get a call from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, in the phone book, or on the company's or government agency's website to verify the authenticity of the request. You will usually get a written statement in the mail before you get a phone call from a legitimate source, particularly if the caller is asking for a payment.
- Be suspicious if you are being pressured for information immediately.
- If you have a voicemail account with your phone service, be sure to set a password for it.
- Some voicemail services are pre-set to allow access if you call in from your own phone number. A hacker could spoof your home phone number and gain access to your voicemail if you do not set a password.
- Talk to your phone company about call-blocking tools they may have and check into apps that you can download to your mobile device to block unwanted calls.
- If you use robocall-blocking technology already, it often helps to let your provider know which numbers are producing unwanted calls so they can help block those calls for you and others.
- To block telemarketing calls, register your number on the Do Not Call List (<https://www.donotcall.gov/>). Legitimate telemarketers consult the list to avoid calling both landline and wireless phone numbers on the list. Note, however, that even after you register, other types of organizations may still call you, such as charities, political groups, debt collectors and surveys.

For more information, visit: <https://www.fcc.gov/consumers/guides/stop-unwanted-robocalls-and-texts>

Tips to Help with Seasonal Affective Disorder (SAD)

By the GWAAR Legal Services Team

If you start feeling down during this time of year, you are not alone. Also known as the “winter blues,” Seasonal Affective Disorder or SAD affects millions of people during the winter months in the northern hemisphere. This year may be especially difficult for people with SAD when added to the social isolation of COVID-19.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods

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- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

So, if you’re feeling this way around this time every year and if it’s especially difficult this year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D. Medication Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

Light Therapy: Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light. Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis, from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called “happy lights” or “happy lamps” can be purchased at many retailers.

Psychotherapy: Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD (CBT-SAD). CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.



Vitamin D: Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect. For more information visit: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>



This Little Piggy Says

At this time we are still not able to safely operate our foot clinics due to the presence of COVID-19 in our communities. Thank you for your patience as our staff focuses to address issues related to this pandemic.

If you are in need of foot and nail care, please do not put off these services. Contact your healthcare provider to help determine what you need and when.



CHECK BACK FOR UPDATES

Sauk County Public Health on Facebook
www.co.sauk.wi.us/publichealth



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!

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Donation Designation Form

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

Please designate this donation:

In Memory of _____

In Honor of _____

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

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

Kindly make your checks payable to:

'ADRC'

505 Broadway St, Room 102
Baraboo, WI 53913



"KINDNESS IS LIKE SNOW-
IT BEAUTIFIES EVERYTHING
IT COVERS"
-KAHIL GIBRAN

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U.S. POSTAGE PAID
BARABOO, WI
PERMIT NO. 65

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

CHANGE SERVICE REQUESTED

FIND AND CIRCLE ALL OF
THE WINTER RELATED
WORDS THAT ARE HIDDEN
IN THE GRID. THE
REMAINING LETTERS
SPELL A JAPANESE
PROVERB. SOLUTION
FOUND ON PAGE 34

- HAIL
- HEADBAND
- HIBERNATION
- HOCKEY
- HOLIDAYS
- ICE FISHING
- ICICLES
- KNIT CAP
- LONG UNDERWEAR
- MITTENS
- OLYMPICS
- PARKA
- SCARF SEASON
- SKATES
- SKI DOO
- SKI PANTS
- SKIING
- SLED
- SLEET
- SLIPPERY
- SNOW CASTLE
- SNOW PLOW
- SNOW SHOVEL
- SNOW TIRES
- SNOWBALL
- SNOWBOARD

- BLACK ICE
- BLIZZARD
- BOOTS
- CARNIVAL
- CHRISTMAS
- COLD
- EGG NOG
- FIREPLACE
- FIREWOOD
- FOG
- FREEZE
- FROST
- GLOVES
- SNOWFLAKE
- SNOWMAN
- SNOWSHOES
- SOLSTICE
- SOUP
- STEW
- STORM
- SWEATSHIRT
- TOBOGGAN
- VACATION
- WIND CHILL
- WOOL SOCKS

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