



AddLIFE Today!

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

A note from AARP Tax-Aide:

The AARP Tax-Aid Program regrets to inform residents that AARP Foundation Tax-Aide will not have a tax preparation site in Baraboo this season.

You may obtain information about other Tax-Aide sites in Wisconsin by visiting the following website:

www.aarp.org/findtaxhelp

or calling the following phone number:
(888)-227-7669.

Please note: the ADRC is not involved in scheduling or preparing taxes. We are only sharing the information we are given to keep you informed.

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The ADRC will be closed on the following dates:
December 23rd,
December 24th,
December 30th, &
December 31st

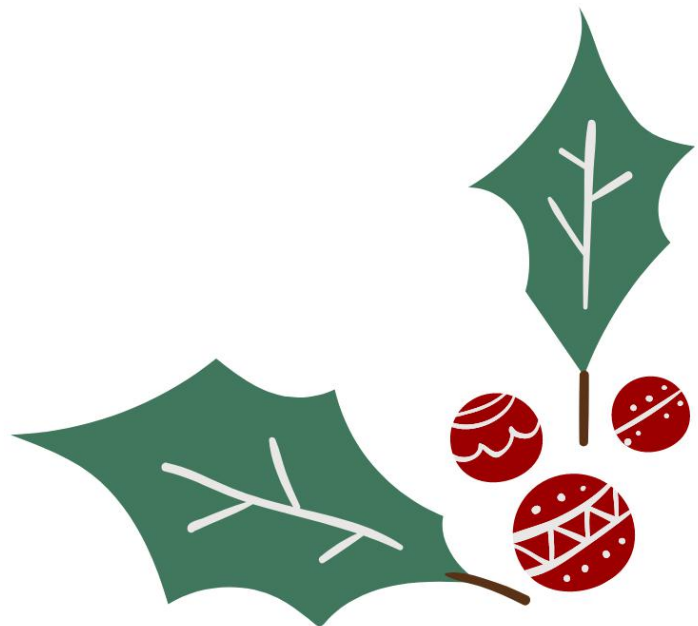
Ever think to yourself, “Jeez, wouldn’t it be fun to work with the awesome people at the ADRC!”? Well, the ADRC may be looking for you! For current job openings at the ADRC and in Sauk County, head over to the Sauk County website and click on “Employment”.

<https://www.co.sauk.wi.us/>



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

- The Family of Phil Craker, in Memory of Phil Craker, in appreciation of the AddLIFE Today Newsletter & Resources
- Gail Lamberty, in memory of Al & Amelia Kowalski, for the publishing of AddLIFE Today!
- Sheila Klicko for the Veterans Transportation Program
- Yvonne & Dean McCoy, in memory of Caroline Siberz, for the Volunteer Driver Escort Program
- Kevin Enge for the Home Delivered Meals Program
- Lisa Horne for the Transportation Program
- Patricia Ann Bullard for the Home Delivered Meals Program
- Betty Telvick, in memory of Marvin Telvick, for the Transportation Program
- Alecia Chenoa, in memory of Ronald John Bolgren-Schulz, for Caregiver Support Programs, the Disability Benefit Specialist Program, and the Volunteer Driver Escort Program
- Dorothy Sivam for the publishing of AddLIFE Today! and the Helping Hands at Home Program





Sauk County ADRC Proposal to Deliver Christmas Comfort Gifts to Meals on Wheels Clients Wins AARP WI Grant

A proposal by the Sauk County Aging & Disability Resource Center to brighten the spirits of their Meals on Wheels clients by providing each of them with a Christmas comfort gift this December has been selected to receive an AARP Wisconsin "Small Dollar, Big Impact" grant.

Grants are being awarded each month throughout 2021 to projects across Wisconsin that are designed to improve communities and make them better places for everyone to live, work and play as they age. Judges selected this project for a \$1,000 grant after reviewing dozens of proposals submitted from all over the state.

"This project fits perfectly with the spirit and intent of the Small Dollar, Big Impact grant program," said AARP Wisconsin State Director Sam Wilson. "Our goal is to support communities as they make positive changes that inspire long-term progress on livable issues. This proposal hits that nail right on the head."

Marina Wittmann, Aging Program Coordinator for the Sauk County ADRC, said she and the rest of the staff and volunteers are "really excited to receive the grant" so they can begin the process of brainstorming some ideas for the gift bags that will be delivered to all 250 of their Meals on Wheels clients – probably a week or so before Christmas.

"The best part will be seeing the clients' faces when we make the deliveries," she said. "This shows we care about them more than just by delivering meals to them. This will bring a little joy to their lives this year."

Winter can be a difficult time for older adults in Wisconsin, Wittmann explained. "There may be long stretches where they cannot get out to visit their friends and family, due to cold and snowy conditions. Family and friends may also find it difficult to visit the older adult during the cold months. Additionally, holidays can put more emotional stress on older adults, especially those who are lonely and isolated," she said.

That's why the ADRC came up with the idea of creating Christmas comfort gifts, which could include items like cookies, candy, or even small plants. Once the gifts are purchased and assembled, each of the 40 to 45 Meals on Wheels volunteer drivers will personally deliver them to clients' homes along with their meals. For many of these people, "this may be the only gift under their Christmas tree," Wittmann said.

continued on page 24



Marina Wittmann
Aging Program Coordinator

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

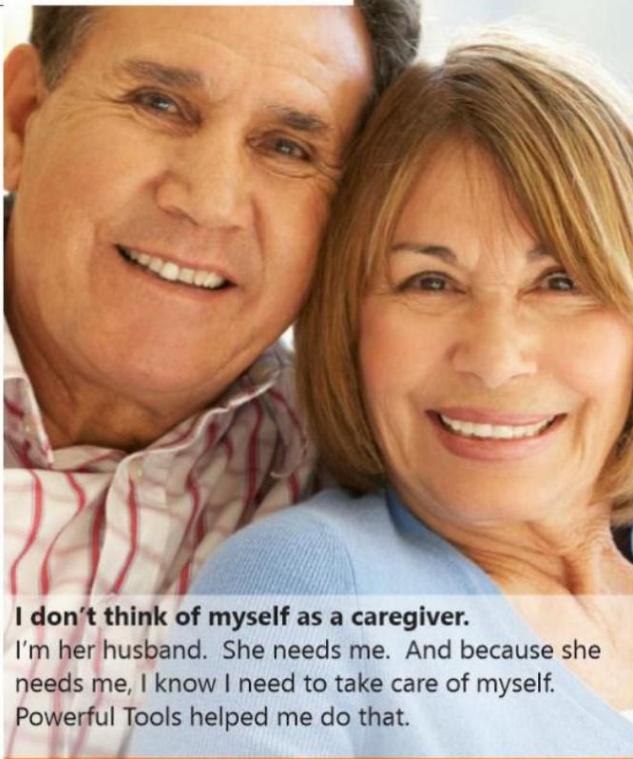
Do you worry about falling this winter? Do you want to take steps to make your home safer? Do you want to learn easy strength and balance exercises? Stepping On is for YOU! The ADRC is putting together a workshop in 2022 in Sauk County. Location, dates, and times are yet to be determined. Masks will be required, social distancing guidelines will be in place, and class size will be limited. Call Marina Wittmann to put your name on the list today!

IN SEARCH OF: INDIVIDUALS WHO DO SNOW REMOVAL!

The ADRC maintains a list of individuals who do snow removal and other household/outside chores in Sauk County. Want to increase your snow removal clientele? We can help! Contact Marina Wittmann for a Helping Hands at Home application and background check. Workers are not employees, nor supervised by the ADRC. Workers are paid directly by individuals who contact them needing snow removal and other services.



Powerful Tools
FOR Caregivers



I don't think of myself as a caregiver.

I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

ONLINE VIRTUAL WORKSHOP!

Starts: Tuesday, January 11, 2022

Time: 2:00pm – 3:30pm

Runs for 6 consecutive weeks

***Need a Zoom Demo?** We can schedule one-on-one time to show you how Zoom works, so you can feel confident using the virtual platform!

Pre-Registration Required!

Call or email Marina Wittmann at the ADRC to register and receive login information.

ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



The Volunteer Buzz

Brianna Wipperfurth, Program Coordinator



The ADRC is looking for Meals on Wheels Volunteers!

The ADRC is looking for volunteers to deliver Meals on Wheels in Sauk Prairie, Reedsburg, and Baraboo. Contactless delivery protocols have been adopted for our Meals on Wheels program to keep our volunteers and clients safe & healthy in these unprecedented times. Home delivered meal routes are typically under an hour. As a Meals on Wheels Volunteer, you have the option to be reimbursed for your mileage if you so choose. If you are interested in learning more, contact Brianna Wipperfurth, the ADRC Volunteer Coordinator.

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

Did you know???

According to Meals on Wheels America:

2 OUT OF 3
RECIPIENTS
report the meals
make up half or
more of all food
eaten that day

Daily home-delivered
meals help keep 8 OUT
OF 10 RECIPIENTS who
have previously fallen
from falling again

9 OUT OF 10
RECIPIENTS
say Meals on
Wheels helps
them live
independently

Meals on Wheels can
serve a senior for an
entire year for about the
same cost as just one
day in the hospital or 10
days in a nursing home

58% of home-delivered meal
recipients live alone, and for
many of them, the person
delivering the meal is often
the only person they will see
that day



<https://www.co.sauk.wi.us/adrc/volunteer-opportunities>



Nutrition News

Meg Allen, Nutrition Coordinator



Norma
Baraboo



Brittany
Reedsburg



Torill
Sauk
Prairie



Pat
Lake
Delton



Donna
The Shed
Spring
Green



Barb
Volunteer
Reedsburg
Country
Club

Love Your Home Delivered Meal Driver!

Winter months bring joy to those who love the feel of the crisp cold air and the beauty of a snow-covered landscape, but they can present a challenge to our volunteer home delivered meal drivers who must brave the elements to bring your lunch to your door.

There will be winter days when the local roads will be difficult to navigate, and the meals will arrive at the dining centers later than usual. On those days your meal may arrive late, so your patience will be truly appreciated!

There is also the possibility that if the weather is truly bad and the roads are snow-covered and slippery, meals might be cancelled for the day. Please understand that this decision is a very difficult one to make, and that it is made with safety in mind.

Our volunteer drivers are the best, and our meal program simply would not be possible without them. Keeping them safe as they carry out their duties is extremely important. More than one of our drivers has been injured in the past after falling on the ice while delivering meals. Please remember to make the necessary arrangements to have your sidewalks and/or driveway cleared of snow and ice before delivery time.

Also please keep in mind that if a driver feels that your walkway is unsafe, your meal will not be delivered. This is another very difficult decision to make, and the last thing a driver wants to do!

We are so grateful for your patience and understanding as we face the upcoming winter days. By preparing yourself -- and your sidewalk and driveway -- you'll make your driver's challenging day a lot brighter!

Winter Policy and Food Suggestions

There may be days when the dining centers are closed due to inclement weather and no home delivered meals will be provided. It is a great idea to keep some easy-to-prepare foods on hand. Something that is convenient when you don't feel like cooking, but still provides a nutritious meal.

Here are some suggestions:

In the pantry:

- Pasta and sauce
- Macaroni and cheese
- Rice
- Reduced sodium soups
- Water packed tuna, salmon or chicken
- Whole grain crackers
- Peanut butter
- Dried fruit

In the refrigerator:

- Hard-boiled eggs
- Yogurt
- Cottage cheese
- Low fat cheese
- Veggies and dip
- Fresh fruit
- Deli meat

In the freezer:

- Bread
- Bags of veggies
- Low fat frozen dinners

Listen to the Radio!

When weather looks threatening, be sure to listen to your radio. A decision to close the Dining Sites that your Home Delivered Meals depart from will be made by 8:00 AM that day. The following radio stations will report the dining center closings:

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

As a general rule of thumb, if the Baraboo School District cancels school, the ADRC will close its Dining Sites.



ADRC

Transportation

608-355-3278

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

Tom

Jeff

Arvin

Dave

Rick

Nik

Renee

Shopping Bus and Fun Day Travels are still suspended due to COVID-19

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

Medical Transportation Line: 608-355-3278 or 800-830-3533

Medication and Grocery Pickup



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

A \$3.00 fee will be due upon delivery.

Please call (608)355-3278 to schedule a pick up/delivery.

Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments, grocery/drug stores, and other personal trips. Masks are required at this time. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Eligible passengers include those who are ambulatory and/or those who use assistive devices such as walkers, canes, and power chairs. The cost to the passenger is \$0.35 per mile starting from and ending at the volunteer driver's home. Transportation staff do their very best to find the closest volunteer driver to keep costs to the passenger at a minimum. To schedule transportation, please call the Transportation Office at (608) 355-3278 at least 48 business hours prior to your scheduled appointment. The office is open Monday through Friday from 8:00 a.m. to 4:30 p.m. excluding holidays.



Taxi Subsidy Program



The Taxi Subsidy program offers half-price taxi tickets for rides through taxi services in Baraboo, West Baraboo, Reedsburg, and Sauk Prairie. This service is available to Sauk County residents age 60 and over and adults with disabilities who are unable to transport themselves. Taxi Tickets are good for 10 one-way rides within the city limits.

Taxi Ticket Prices:

- Reedsburg: \$17.50
- Sauk Prairie: \$15.00
- Baraboo: \$15.00
- West Baraboo: \$7.50 – West Baraboo taxi tickets cannot be used alone. They must be used along with the Baraboo tickets when traveling to, from and within the village of West Baraboo.

Taxi Ticket sales will continue by mail for the foreseeable future. This is to reduce the number of people coming into the ADRC's limited office space. Please do not come to the ADRC office to purchase a taxi ticket. We kindly ask you to send in an application and payment by mail instead. Please continue sending taxi ticket applications and payments to the ADRC via mail to: 505 Broadway, Baraboo, WI 53913. Call (608) 355-3289 with any questions. Thank you for your cooperation.

A drop box has been installed outside the West Square Building by the parking lot entrance. You can put your payment and application in an envelope labeled "ADRC" and place it in the drop box. We will then process applications the next business day.

Aging & Disability Specialists

Helping you put the pieces together!



Jim
Pritzkow



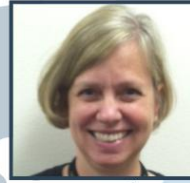
Julie
Mayer



Rachel
Heinzman



Hannah
Halverson



Kari
Edwards



Kim
Fiske

Avoid Coronavirus Scams

from the GWAAR Legal Services Team

The Federal Trade Commission (FTC) recently released consumer advice on avoiding scams related to COVID-19 and vaccines.

- COVID-19 vaccines are free. If anyone charges you for help signing up or the shot itself, it's a scam.
- You can't buy the COVID-19 vaccine anywhere. It's only available at federal and state-approved locations.
- Always talk with your doctor or healthcare professional before you try any product claiming to treat, prevent, or cure COVID-19.
- Don't post your vaccination card to your social media account. Someone could use the information for identity theft.
- Right now, there are no official plans to create a national vaccine verification app, certificate, or passport.
- If someone asks you for personal information or money to get a national vaccine certificate or passport, that's a scam.
- Contact your state government about its vaccine verification plans and requirements.
- Check with airlines, cruise lines, and event venues about their vaccine verification or negative testing requirements.
- When you're looking for pandemic-related help, start with sites like [covid19.gov](https://www.covid19.gov) and [usa.gov/coronavirus](https://www.usa.gov/coronavirus).

From the Federal Trade Commission (FTC):

<https://www.ftc.gov/coronavirus/scams-consumer-advice>

Fall Prevention

By the GWAAR Legal Services Team

As we get older, physical changes, health conditions, and/or certain medications make falls more likely to occur. In fact, falls are a leading cause of injury among older adults. However, many falls can be prevented simply by being more aware of the risk of falling and by taking some steps to prevent falls. Some tips for preventing falls are below.

1. Talk to your doctor about side effects of any medications you are taking, any health conditions you have that can make you more prone to falling, and any strategies to prevent falls, especially if you have fallen before or had any “close calls.” Also, have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.
2. Stay physically active, if approved by your doctor, of course. Consider activities such as walking, water workouts or tai chi – a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination, and flexibility. Your doctor may even recommend seeing a physical therapist for a custom exercise program aimed at improving balance, flexibility, muscle strength, and gait.
3. Wear sensible shoes, even indoors. High heels, floppy slippers and shoes with slick soles can make you slip, stumble, and can lead to falls. Wearing stockings or socks indoors may also lead to falling, especially on hard floors or stairs. Instead, wear properly fitting, sturdy shoes with nonskid soles. If you don't like wearing your outside shoes inside your home, consider getting a pair of sensible shoes that you wear only indoors.
4. Remove home hazards, and make sure your living area is well-lit. Remove boxes, newspapers, electrical cords, and phone cords from walkways. Move coffee tables, magazine racks, and plant stands from high-traffic areas. Secure loose rugs with double-faced tape, tacks, or a slip-resistant backing – or remove loose rugs from your home. Repair loose, wooden floorboards and carpeting right away. Store clothing, dishes, food, and other necessities within easy reach. Use nonslip mats in your bathtub or shower. Install grab bars for the shower or tub and use a bath seat, which allows you to sit while showering. Consider installing handrails on both sides of stairways and place nonslip treads on any bare wood steps. To help keep your home well-lit you can place night lights in your bedroom, bathroom, and hallways. Place a lamp within reach of your bed for middle-of-the-night needs. Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches. Turn on the lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.

5. To prevent falls during winter, make sure all walking areas near your home are free from ice and snow by using salt or sand. Consider hiring a service, a neighbor, or ask a friend or family member to help keep walkways clear and salted in winter. If you must walk on an icy surface, walk like a penguin. To do this, bend slightly and walk flat footed. Keep your center of gravity over your feet as much as possible. Point your feet out slightly and shuffle your feet and take short steps. And, of course, wear shoes with good tread when venturing out in the winter elements.

6. Use assistive devices such as a cane or walker if needed. Appropriate use of canes and walkers can prevent falls. If your doctor tells you to use a cane or walker, make sure it is the right size for you and the wheels roll smoothly. This is important when you're walking in areas you don't know well or where the walkways are uneven. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.



Trading in summer sandals for winter's warm socks? For anyone over 60, making sure foot care does not become an out of sight, out of mind experience is an important health priority in every season.

As our bodies age, our skin loses its thickness and elasticity. A simple scratch or sore that could have easily healed when we were young now

requires monitoring. Dry winter weather compounds our already drier skin, leaving large cracks that can be especially problematic for those with diabetes or other health conditions. Use these 5 foot care tips to stay healthy and avoid injuries that can impair mobility, balance, and overall function:

- Keep Feet Clean
 - For most of us, our feet may just happen to get washed as water finds its way over them during a bath or shower. This may have been enough of a cleaning when we were younger, but for older adults, good foot hygiene is critical to preventing fungal, viral, and bacterial infections. Routine foot wipe downs may need to happen outside of the shower with warm water, soap, and a washcloth. Setting time to carefully wash our feet, in between toes, thoroughly drying, and applying moisturizer followed by a pair of clean, breathable socks is the ideal routine. This task can be done with a portable plastic foot bath while watching TV in the evening and, if done before bedtime, it can even promote relaxation and sleep. If

- mobility issues prevent adequate cleaning of the feet, consider seeking out a caregiver or family member to assist in the process. Wear shoes or socks at all times to protect feet and prevent injury. Alternate what shoes you wear each day to avoid problems such as foot odor.
- **Moisturize**
 - Applying a good quality lotion to the skin is as important as regularly brushing your teeth,” says Jody Berndt Public Health Technician for Sauk County Public Health. “I recommend a sensitive-skin approved, oil-free lotion like Cetaphil or CeraVe available at local pharmacies, retail stores, and warehouse savings chains.” Any time the skin has been wet, towel dry, and apply lotion immediately to the feet, but not in between the toes. This will help lock in the moisture and keep skin supple, helping to protect it from cracking and breaking. Apply lotion daily to extra dry spots such as backs of heels.
- **Trim Nails**
 - Make a habit of trimming toenails once a week. Overgrown nails can cut skin, cause pain, interfere with walking, and become tripping hazards. Cut the nail straight across the top, careful not to curve your cut into the sides. This will help prevent ingrown toenails. If trimming your own nails becomes too much of a challenge due to mobility or thickness, podiatrists and community foot clinics offer routine foot care services such as toenail clipping and removal of corns and calluses. Many of these routine services are covered by Medicare. Medicare will also cover treatments it considers medically necessary. Before seeking care and filing for reimbursement for any foot-related care, consult with your doctor or a podiatrist to provide evidence that the care is medically necessary. Regular pedicures at a nail salon or spa are another option. Not only do pedicures keep nails trimmed they also remove dead skin and soften calluses. Whether male or female, there is nothing more relaxing than an hour of pampering at the spa. A once-a-month treatment may cost between \$35 and \$60.
- **Increase Circulation**
 - Approximately 25% of seniors live with diabetes. Seniors who suffer from chronic illnesses like diabetes, peripheral artery disease, or other conditions that limit mobility may experience reduced circulation in their lower legs and feet, leading to numbness and pain. To increase circulation, elevate the lower legs when resting and massage your feet. Ask your doctor about prescription compression hose. Avoid crossing your legs for long periods and refrain from smoking, which narrows arteries, incorporate walking, yoga, or exercises into your weekly routine. Try these four simple foot exercises while watching TV or working at your computer:
 - **Point Your Toes:** Sit in a chair with your feet flat on the floor. Lift one foot and point your toes toward the ground. Hold for 5 seconds. Repeat 3 times with each foot.

- **Curl Your Toes:** Sit in a chair with your feet flat on the floor. Lift one foot and curl your toes in. Hold for 3 seconds. Repeat 3 times with each foot.
- **Raise Your Toes:** Sit in a chair with your feet flat on the floor. Keep your heels flat on the ground and raise your toes. Hold for 5 seconds. Repeat 3 times with each foot.
- **Spread Your Toes:** Sit in a chair with your feet flat on the floor. Spread your toes apart. Hold for 5 seconds. Repeat three times with each foot.

EXAMPLES OF ROUTINE FOOT CARE SERVICES COVERED BY MEDICARE

- Foot problems caused by conditions such as diabetes, cancer, multiple sclerosis, chronic kidney disease, or inflammation of the veins related to blood clots.
- If the act of toenail clipping would be hazardous to your health unless done by a professional, such as a podiatrist.
- If you have diabetes, diabetic peripheral neuropathy, or loss of sensation in your feet, you qualify for a foot test every six months, provided you have not seen a foot care specialist for another reason between visits.
- If you have diabetes, Medicare may cover custom-molded therapeutic shoes or inserts.

Source: AARP

- **Get Regular Check-Ups**
 - Feet are often the first parts of the body to show signs of more serious illness. Checking in regularly with your medical provider can head off any major issues, sometimes with simple corrective measures like orthotic aids, updates to footwear, or over the counter topical skin treatments. If you are experiencing any numbness, tingling, stiffness, inflammation or pain in your feet or ankles or notice a sore or bruise that does not seem to be healing, make an appointment with your doctor or podiatrist for a thorough exam as soon as possible. Happy feet are the foundation to a healthy life.

**WEEKLY FOOT CLINIC
IN THE BASEMENT OF**

Wilz Hometown Pharmacy

**140 E Cook Street
Portage, WI 53901**

**WEDNESDAYS
8 AM to 12 PM**

**No Appointment Necessary | First Come First Served
No Charge | No Income Guidelines
Free Regardless of Insurance Coverage
Welcome From Everywhere**

Disability Benefit Specialists



Quinn Hause



Holly Shafer

Social Security Announces 5.9 Percent Benefit Increase for 2022

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration announced today.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2022, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced. Final 2022 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Need a Standardized Benefit Verification Letter? Get It Online!

If you need a Benefit Verification letter, sometimes called a “proof of income letter,” we have good news! Their Benefit Verification letter is available online when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, your Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit as proof of income for loans, housing assistance, mortgage, and other verification purposes.

The same letter is also available if you need proof that you don't receive benefits, or proof that benefits are pending. If you have an individual representative payee, you can use the my Social Security Representative Payee portal to access the Benefit Verification letter online for your beneficiaries.

You can get your Benefit Verification letter anytime using your personal my Social Security account. You can use any device to quickly and efficiently access your Benefit Verification letter. Request it today at www.ssa.gov/myaccount.

Guard Your Card – Protect What's Important to You

Do not to carry your Social Security card with you every day. The best way to “Guard Your Card” is to keep it in a safe place and share it only when required, which is rare. In fact, in most cases, just knowing the Social Security number should be enough. In 49 states and the District of Columbia, a Social Security card is not required to request a Real ID; only Pennsylvania requires it.

You should be careful about sharing your number when asked for it. You should always ask why your number is needed, how it will be used, and what will happen if you refuse. Also, you shouldn't carry documents that display your number.

If you need a replacement Social Security card, we make it easy. You may be able to use a personal my Social Security account to request a replacement. If you live in one of 45 participating states or the District of Columbia, and are requesting a replacement card with no changes, like a name change, you can use our free online service at www.ssa.gov/myaccount/replacement-card.html.

Visit www.ssa.gov/ssnumber to learn more about your Social Security card. Read and share our factsheet, How You Can Help Us Protect Your Social Security Number and Keep Your Information Safe with your clients, friends, and family at www.ssa.gov/pubs/EN-05-10220.pdf.

Articles from SSA.gov

Wisconsin

WORD SEARCH



A	N	E	R	V	B	B	B	J	W	E	R	F	C	P	C
C	R	E	I	Z	P	V	B	U	P	A	B	V	I	R	V
T	S	Z	V	A	B	F	K	S	Y	F	N	H	A	J	Y
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- Activities
- Care
- Cheese
- Community
- Crafts
- Deer
- Dells
- Eagles
- Family
- Friendship
- Riverwood
- Scenery
- Wisconsin



Puzzle Provided By:





Tony Tyczynski
Veterans
Service Officer



Dear Friends,

Military Sexual Trauma (MST) can come in many different forms and refers to sexual assault or sexual harassment experienced during military service. It can range from harassment inuendo to actual physical assault. Veterans of all genders and from all types of backgrounds have experienced MST. While most of the time when this topic comes up we think of women in the military being victims, the actual truth is more men are victims of this type of assault in any given year than women. The men that are victimized by this are no less traumatized than the women and quite often are even more reluctant to report, admit, or come forward. Whether it's a man or woman, the effects of this attack are profound and have a very negative impact on the victims.

I want everyone reading this to understand that our office deals with these types of situations and the claims for service connection on a routine basis, sadly. So when you are ready to come forward, be assured that we are competent, compassionate, and capable to assist and guide you to treatment as well as through the claims process. While this is not an easy process for the victims, in the end it is very important in being able to heal and move forward. The fact that you did not report the assault at the time and may not have even shared it in any way since, does not preclude you from either treatment or a path to service-connection and compensation from the VA. If a veteran would like to talk to a professional counselor that is also a veteran, they can contact the Veteran Center at (608) 264-5342.

We want to remind you is it important to make an appointment before coming in to see us. If you call and we don't answer, please leave a voice mail. The voice mail is set up to go to all of us for a faster response time. If you call and we don't answer, leave a message with your name and number, and who you are trying to get in touch with. Also, 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



Pamela
Russo
Programs
Coordinator



Rick
Erickson
Assistant
CVSO



Sandy
Deich
Veterans
Benefit
Specialist



Susan
Stoddard
Veterans
Benefit
Specialist

Female Veteran Charter Honor Flight–Spring 2022

Badger Honor Flight is a non-profit organization dedicated to recognizing the service and sacrifice of our military veterans by providing an all-expense paid trip* for these heroes to visit the memorials in Washington D.C. Founded in 2009, Badger Honor Flight has flown 3,453 veterans of which 61 were females. In September 2021 we have 1429 veterans on our waitlist of which 29 are females. It is evident that these numbers do not represent all our eligible female veterans. We want to provide these heroes with the recognition and camaraderie of their sisters-in-arms that they so deserve.

In Fall 2020, Alice Ladwig's generous donation has provided us the opportunity to fly our female veterans on a special flight that will not displace any veteran currently on our waitlist. This flight will be part of Badger Honor Flight; however, this Female Veteran Charter Honor Flight is fully funded by Alice Ladwig bequeath.

The date of this flight is yet to be determined but we are targeting Spring 2022. It is anticipated that this one-day trip will have the regular visits to memorials at WWII, Korean, Vietnam, Air Force, Arlington and will have emphasis on the Women's Memorial, WAC museum and Vietnam Women's Memorial.

To apply or for questions: www.badgerhonorflight.org or Email: administration@badgerhonorflight.org with Subject: Alice Ladwig Female Flight

USPS is hiring nationwide, Veterans and families get preference

There may not be a stoplight in your hometown, but there's a United States Postal Service® (USPS) post office. Post offices become the hub of many communities because they are reliable. It's comforting that "neither snow nor rain nor heat nor gloom of night" will prevent letter carriers from delivering the mail. This dedication to mission is something Veterans hold dear as well.

That's why USPS is specifically reaching out to Veterans as they staff up. USPS has a long history of providing career opportunities to those who've previously served and values the leadership, reliability, and high-tech skills Veterans can bring, as well as their loyalty, leadership, reliability, and integrity.

Nearly 100,000 Veterans currently work for USPS and more than 100,000 positions are available across the nation such as:

- City and rural postal carriers
- City carrier assistants
- Tractor trailer operators
- Sales and support
- Mail processors
- Mail handler assistants

These positions are available full time, or just on weekends and holidays. Veterans, disabled Veterans, Reservists, spouses of disabled Veterans, widows or widowers of Veterans and mothers of Veterans all receive special preference for these USPS positions.

To view positions near you or across the country visit [USPS.com/Careers](https://www.usps.com/Careers).

USPS treats military service as prior employment. In order to receive preference in hiring, you must clearly identify your claim for Veteran's preference on your online application. The Postal Service requires that you submit a copy of your Certificate of Release or Discharge from Active Duty, DD-214 (Member 4 Copy), or other official documentation from a branch of the Armed Forces or VA showing dates of service and type of discharge.

Lifeline Phone Services

QLink Wireless

The goal of the Lifeline program is to ensure low-income households have access to basic telecommunication services so they can stay connected to family, friends, work, healthcare, job opportunities and 911 emergency services. Q Link Wireless is one of the leading providers of the Lifeline government benefit program, and provides eligible participants free cell phone service every month that includes FREE data, talk & text. You may qualify if you already receive government benefit programs like:

- Food Stamps (SNAP)
- Medicaid
- Federal Housing / Section 8 Assistance
- Supplemental Security Income (SSI)
- Veteran's Pension and Survivors Pension Program

You may also qualify if your total household income meets Federal Poverty Guidelines. To find out if you qualify today, call Q Link Wireless, Toll-Free at 1-855-754-6543.

SafeLink Wireless

SAFELINK WIRELESS® is a program provided by TracFone Wireless, Inc. serving eligible households. To participate in the SAFELINK WIRELESS® service, certain eligibility requirements must be met, which are set by each State where the service is provided. These requirements are based on a person's participation in state, Federal support programs, or by meeting the Income Poverty Guidelines as defined by the U.S. Government. SAFELINK WIRELESS® service is limited to one person per household. You can contact SafeLink For Enrollment and Plan Changes Support: 1-800-SafeLink (723-3546)

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 Reedsburg Thurber-Greenwood VFW Post 1916 breakfast will be served every second Sunday from 8:00 A.M-12:00 P.M. Please stop by and enjoy breakfast if you can. Menu items include: Made to order omelets, scrambled eggs, breakfast sausage, hash browns, homemade buttermilk pancakes, biscuits and gravy, applesauce, bagels with cream cheese, toast, and drinks of your choosing. Pricing: \$10 per person; Children under 10 are \$1 for each year of age.

The Dells Judo Club (4 years - adult) Held on Tuesday & Friday from 6-8 p.m. at the Delton Sportsman's Club (off Hwy P), E9602 Berry Rd, Wisconsin Dells, WI 53965. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. <https://www.facebook.com/WisconsinDellsJudoDojo/>

We want to thank all those that have recently donated to the Veterans Care Trust Fund. Because of your generous, tax-deductible donations we have been able to help needy veterans of Sauk County in various ways. We have helped veterans keep from becoming homeless by giving temporary housing, food, rent, gas, utilities, clothing, and more.

Continued from page 4

The \$1,000 probably won't cover the entire cost of the gifts, although it is a good start. The ADRC will look at other grant opportunities and hope from some contributions from the public to cover the remainder. "Any additional donations would be a bonus," she said.

AARP Wisconsin's launched its "Small Dollar, Big Impact" grant program in 2020 and is now in its second year of helping proposed projects move forward in rural and urban parts of the state.

"These grants are exactly what the name describes – short-term, low-cost solutions that could have remarkable impacts on the shaping of neighborhoods and cities," said Darrin Wasniewski, Associate State Director of Community Outreach for AARP Wisconsin.

"There are so many great ideas and proposals for making life better in communities across Wisconsin. We know how impactful \$1,000 can be. This is our way of extending some seed money to get these projects off the ground."

The grant program is open to some nonprofits and government entities. For more information on the program, visit www.aarp.org/WIsdbi

For Your Benefit...Your Elder Benefit Specialists



Pam Fuchs
Serving the Eastern
Part of Sauk County



Mindy Shrader
Serving the Eastern
Part of Sauk County

Due to COVID-19, there will be no Elder Benefit site visits or in-person Welcome to Medicare presentations until further notice.

Don't Forget the Formulary (Exception)!

by the GWAAR Legal Services Team

Although resources like the Medicare Plan Finder and the Marketplace Plan Comparison tool can help ensure that consumers get connected to insurance plans that cover their prescription drug needs, there are times when unexpected formulary issues can arise. Drug plan formularies can change from year to year. A prescription that was covered in the past may be subject to changes in price tiering or dose limitations in a new plan year and, in some cases, may no longer be covered at all. When these problems occur, requesting a formulary exception may be a good solution.

In general, all commercial health insurance plans are required to have a procedure for requesting a formulary exception. When it comes to Part D prescription drug plans, the exception procedure offers additional flexibility. Part D plans are required to offer two different types of exceptions – a formulary exception and a tiering exception. The formulary exception allows a plan participant to request coverage of a drug that is not normally included in the plan formulary. A tiering exception allows the participant to request coverage of a non-preferred drug at the lower cost of a preferred drug.

Part D plans are required to allow participants to make formulary exception requests either verbally or in writing, though the plan may require a verbal request to be followed up by a formal written request. Either type of request must be submitted by the prescribing health care professional and both types of requests must include a supporting statement identifying why the preferred or excluded drug would not be as effective as the requested drug for treating the enrollee's condition or how the preferred drug would have adverse effects for the enrollee. For a tiering exception, the request should additionally explain why the number of doses under a dose restriction have been or are likely to be less effective, or why alternative drugs required to be used in accordance with step therapy have been or are likely to be less effective or have adverse effects.

When a formulary exception request is submitted, the drug plan must provide notice of its decision within 72 hours or within 24 hours for an expedited request. The initial decision may be provided verbally, but the plan must follow up with a written notice within three calendar days. As with any Medicare claim determination, the formulary request decision may be appealed through the usual redetermination, reconsideration, and administrative hearing procedures. Each Part D plan is likely to have its own proprietary form for making a formulary exception request, so plan participants will need to call the insurer or go to the plan's website to access a copy of the appropriate form.

Help with Heat this Winter

It's hard to believe that the winter season is already upon us! As the temperatures drop, it's important to keep in mind that there are several types of heating assistance options administered through the Wisconsin Home Energy Assistance Program (WHEAP), as well as legal protections against utility disconnections. During the heating season (October 1-May 15), the following types of assistance are available:

- **Heating Assistance.** This is a one-time payment for a portion of heating costs; it is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies on the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the energy supplier.
- **Electric Assistance.** Electric (non-heating) assistance pays a portion of a household's electrical (non-heating) costs, and, like heating assistance, the payment is not intended to cover the entire cost of the non-heating costs. The amount of the non-heating assistance also varies based on the household's size, income, and non-heating costs, and the non-heating assistance benefit is paid directly to the household energy supplier.
- **Crisis Assistance.** A household may be eligible for crisis assistance in an energy emergency. Crisis assistance is available through local WHEAP agencies that provide a 24-hour crisis phone number to help with emergencies that occur after business hours. Crisis assistance is intended to provide emergency and/or preventative services to assist eligible households experiencing an energy emergency. Non-emergency or preventative crisis services are also available and include providing information on how to reduce fuel costs, counseling on budgeting and money management, providing payments to a fuel supplier, and co-pay agreements.
- **Furnace Assistance.** WHEAP emergency heating system assistance can provide services to eligible homeowners if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler. Call the local energy assistance office immediately if you are experiencing a no-heat situation.

Eligibility for the above programs are based on a number of factors, including income. If your household size is below the State Median Income (SMI), below, you should consider applying for energy assistance.

Income Guidelines

Household Size	One-Month Income	Annual Income
1	\$ 2,591.92	\$31,103
2	\$ 3,389.42	\$40,673
3	\$ 4,186.92	\$50,243
4	\$ 4,984.42	\$59,813
5	\$ 5,781.92	\$69,383
6	\$ 6,579.42	\$78,953
7	\$ 6,729.00	\$80,748
8	\$ 6,878.50	\$82,542

How to Apply

Households must complete a Home Energy Plus application through the local WHEAP agency or apply online via: <https://energybenefit.wi.gov/>.

You can call 1-866-HEATWIS (432-8947), or visit the “Where to Apply” tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

Weatherization Assistance Program

In addition to the energy assistance programs mentioned above, there is also the weatherization assistance program, which is available year-round (not just during the heating season).

The Division of Energy Housing and Community Resources contracts with local agencies to provide basic weatherization services to reduce home heating bills, save energy, and make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor will look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulating attics, walls and floors
- Insulating or replacing water heaters
- Installing energy efficient lighting

- Reducing air leakage
- Repairing or replacing furnaces
- Testing and/or replacing refrigerators
- Performing a general health and safety inspection
- Providing information about maintenance and energy conservation

Illegal Utility Disconnections

It is against the law in Wisconsin for a utility provider to disconnect utilities for non-payment between November 1 and April 15 if that utility (water, gas, electricity) is necessary for heating the dwelling. Keep in mind, however, that this rule only applies to residential buildings, and does not apply to utility cooperatives. Also, if you have fallen behind on utility payments, the utility provider does not have to turn on your utilities on November 1. They are only prohibited from turning the utilities off after November 1. In this case, it is best to contact your utility provider and work out a payment plan to get your utilities up and running again.



Maplewood of Sauk Prairie's Chicken Pot Pie for Two

Easy and flavorful, the perfect combination for a hearty meal.



1 pound deli turkey cut into 3/8 inch slabs
 One 10.5 ounce can cream of chicken soup
 Half of a 10 ounce bag of frozen mixed vegetables (carrots, corn, beans)
 Kosher salt and freshly ground black pepper
 1 tsp. garlic powder
 1 mini can biscuit dough

Directions:

- 1** Preheat the oven to 350 degrees F.
- 2** Slice deli turkey to form 3/8 inch cubes.
- 3** Mix together ingredients for pot pie filling: cream of chicken soup, frozen vegetables, garlic powder, shredded chicken, salt and pepper into a bowl.
- 4** Fill 4 oven safe mugs three-quarters full with the pot pie filling. Top each cup with 1 biscuit. Bake until the biscuits are golden brown, 15-20 minutes.

Independent Living: Choosing a Lifestyle



Living in Wisconsin brings excitement and anticipation with changing seasons; vibrant colors on the trees in the fall, long sunny days during the summer months, fresh fallen snow and ice on the trees during the winter, and budding flowers each spring. But change in seasons also brings thoughts of yard work; shoveling, gardening, and keeping up a house that may seem more overwhelming each year. Many seniors find themselves torn between keeping their home with all the fond memories and the practical need for downsizing to something smaller—and the thought of change is scary.

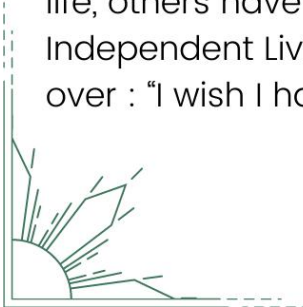
For seniors who are still independent and caring for themselves, Assisted Living may not be the next logical step. There is another option to consider. Independent Living is all about a lifestyle that offers social opportunities and a sense of community without the hassles of upkeep that come with owning a home. The words Independent Living describe a range of options from simple apartment living in a 55+ community to an apartment complex with services and amenities such as meals, activities—sometimes even transportation—offered daily. Seniors can choose a community that fits their needs and has all the features and amenities they want at this point in their lives.

Even after the decision has been made to make a move, mixed emotions, doubt and even second thoughts may linger. Is this really the right time? What about the memories of happy years in the house? Listening close, there are still sounds of laughter and familiar voices from times gone by. This is a natural reaction and by embracing it rather than avoiding the conversation, families can find great joy in this process of preparing to make another important, exciting life change.

At this point, it is important to reminisce and remember the good times in the home. Pull out the old photos and go through the carefully packed boxes tucked in the attic for safe-keeping. No doubt, there will be laughter and tears! Seniors, friends and families alike realize the memories will always be with them – in their hearts and in their thoughts.

Feeling alone in the decision-making process is hard. But as with all milestones in life, others have experienced similar feelings. And for most seniors who make Independent Living their home, there is one piece of advice that is shared over and over : “I wish I had made the move sooner.”

Article Provided by:  Oak Park[®]
place





Cop's Corner

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

When is the last time you looked at your medications? Not the ones you take on a regular basis, but the ones that are expired. The ones your doctor took you off and that pill bottle still sits in the drawer.

The National pill take back sponsored by the Department of Justice and the Drug Enforcement Agency was in October and local police and the sheriff collected hundreds of pounds of old and unused medications for disposal. Being properly disposed, these drugs stay out of the hands of children, persons who may abuse medications and out of the environment. For years, we would just flush old and unused medications, but we now know the toll this has on our environment. Wisconsin has been 3rd in the nation collecting unused medications, behind California and Texas!

If you still have unused and expired medications, all of the police departments in Sauk County and the Sheriff's office have disposal bins in their lobby. Bring us those items and we will make sure they are taken care of. Please be aware there are items we cannot accept due to safety reasons, including:

- Any sort of needle—Diabetic syringes, testing supplies, etc. Those can be disposed of at the hospital or Baraboo District Ambulance Service
- Any thermometers—especially mercury thermometers
- Any type of inhalers or aerosol cans
- Hydrogen peroxide
- IV bags/fluids/IV lines
- Any type of biohazard
- Personal care products—sunscreen, shampoo/conditioner, calamine lotion, hand/body lotion, etc.

*Mark Schauf
Baraboo Chief of Police*

Don't be a Fool! Mark Schauf, Baraboo Chief of Police

We all remember the old saying, "A Fool and their money are soon parted!" This came from con artist years ago swindling people of their money through all nature of schemes from selling cars with saw dust in the transmission so it will shift smooth to the magic elixir the cures anything.

Swindlers are still here, as a matter of fact, in our digital world, there are more than ever and we are more connected and vulnerable. We can give away information to bad people because we are nice or we fear that the law is coming after us.

The police and Wisconsin Department of Agriculture Trade and Consume Protection (DATCAP or the Better business Bureau for short) have put out a slew of information, but our Mid-West nice still gets hold of us. I am going to venture away from the polite conversation and yell to all who will listen, STOP!

We have had many elderly residents victimized. One recent case, due to the excellent work of a police officer locally, we saved more than \$50,000 of a man's life saving from going to the bad people. It was a cooperative effort, but it is also very rare. This is the first time I recall we got lucky enough to get people's money back and it was only because we stopped a check delivery in time.

There are too many scams, frauds and swindles to list, but I am including web links to the DATCP flier on the subject

<https://datcp.wi.gov/Pages/Publications/ImposterScams214.aspx> . This is just some of the things we encounter in a way to make you a fool and take your money. In the most simple and maybe rude way I can put it, DO NOT give out information about yourself via phone or internet. Stop being helpful and nice to people on the phone you do not know who want any information about you or your money. You should never send someone you do not know any money!

Your bank and the police have the information they need or will come talk to you in person. If there is a threat to turn you over to the IRS or police if you do not pay, welcome that because the IRS is not someone to fear like the scammers are hoping you will do. The local police are not coming to arrest you on a warrant.

I recently was on a phone call with a group that was telling the victim the police would come get her. They did not want to talk to me and when I identified myself, I was sworn at and the phone hung up. Not the actions of a legitimate government investigator. Don't be a fool!



COVID & Memory

By Bonnie Beam Stratz, Dementia Care Specialist for ADRC of Southwest

Recently I had a community member call me to talk about his concerns regarding some memory changes he had noticed in himself. When reflecting on those changes he felt they were more of an issue after having had COVID last year. I have had a few other people tell me they felt their memory and/or concentration seemed more challenged after getting through an episode of COVID. This encouraged me to do a little research. In a February 10, 2021 Newsweek article, Adam Piore wrote, "Loss of smell, emotional detachment and other cognitive disorders among Covid-19 survivors has in recent weeks become an urgent medical issue. Some patients experience psychotic breaks. Others report strange neurological symptoms – tremors, extreme fatigue, phantom smells, dizziness and bouts of profound confusion, a condition known as "brain fog". In one early study of more than 200 patients in Wuhan, neurological complications were identified in 36 percent of all cases and in 45 percent of severe cases. Another study in France in the New England Journal of Medicine reported neurological symptoms in 67 percent of patients." The Alzheimer's Association has also reported on "brain fog" associated with COVID.

In an article by Harvard Health on March 4, 2021 Dr. A Budson writes of brain changes that appeared to have occurred due to infection (encephalitis), by strokes and lack of oxygen that could be related to COVID. Experiencing such effects were a higher risk for those requiring an ICU stay.

In another article by NHS (National Health Services in England), I feel, it gave a broader view of how COVID could affect one's memory and thinking. "There are several reasons why people who have been ill with coronavirus might experience difficulties with their memory and thinking skills." The article gives the following list: fatigue, fear & anxiety, low mood, brain inflammation, acute-respiratory distress syndrome and stroke. Yes, these can be the result of having been diagnosed with COVID. A key sentence I found in the article was "The first step to managing problems with memory and thinking is to accept that you have them."

I am not a medical professional nor a diagnostician, but I am very aware of the importance of having an evaluation if one is experiencing memory challenges that are affecting one's daily life. We may not always be aware of the changes but family and friends may be witnessing them. It is good to go for a medical evaluation as there are many treatable conditions that can cause dementia-like symptoms such as dehydration, sensory changes, sleep apnea, B-12 deficiency, and depression which are just a few. If needed, the physician may also recommend other evaluations by a neurologist or psychiatrist. Alzheimer's disease or other related dementia is a diagnosis of exclusion meaning other potential causes need to be ruled out.

There is much more one can read about the effects researchers are finding as a result of a person becoming ill due to COVID-19. I have to say the studies I read did not have large numbers of study subjects so how they may reflect the experiences of hundreds of thousands of people worldwide is yet to be determined. I encourage people to do your own research and ask questions of medical professionals. Memory screens can be conducted by ADRC staff. The screen will not diagnosis dementia but it can indicate if there is an issue that needs further discussion/evaluation with your physician. Besides offering memory screens the ADRC also offers education on brain health and dementia. Please contact your local ADRC to learn of the resources that are available to you. Together, Dementia Care Specialists can go over brain health, strategies to improve your cognitive skills and discuss resources that are available for further evaluation.

To get connected with the Dementia Care Specialist in Sauk County, contact the ADRC at 608-355-3289



FoodShare

is a monthly benefit deposited on a debit-like card, the QUEST Card, to help with food purchases, freeing up money for bills, medications and other necessities. You or someone you care about may be eligible.

Eligibility is based on income and certain expenses, so you can own a home and car and even have a savings account.

You may qualify if your household's gross monthly income is less than...	
	\$2,148
	\$2,904
	\$3,660
	\$4,418
For each additional member add \$758	

Income guidelines are valid through September 2022

Claiming FoodShare helps your community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers.

\$20 or more for groceries each month

Most people receiving Social Security are eligible—even if they have a small pension.

You receiving benefits does not take away from others. Everyone who is eligible and applies will get benefits.



Applying is fast, easy, and confidential!

Call Brian **(608) 807-7859** OR

Call the FoodShare Helpline **Toll-Free (877) 366-3635**

The FoodShare Helpline is a service of Feeding Wisconsin and its member food banks. These institutions are equal opportunity providers.



Coloring Page Provided by:



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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Welcome to Medicare

Workshops

Veterans Transportation

Other _____

Kindly make your checks payable to:

ADRC

505 Broadway St, Room 102
Baraboo, WI 53913



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

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

Winter Word Search

- TINSEL
- FIREPLACE
- FROZEN
- GINGERBREAD
- SNOWBOARD
- SNOWSTORM
- HIBERNATE
- BOOTS
- FROSTBITE
- SHIVER
- THERMOMETER
- SLED
- BLANKET
- SHOVEL
- SNOWMAN
- HOLIDAY
- PINECONE
- PARKA
- SLEET
- BLIZZARD
- SCARF
- QUILT