

Winter 2022
Volume 14 Issue 4

AddLIFE Today!

A quarterly newsmagazine
for adults with disabilities, older
adults, veterans, and their families

ADRC: 608-355-3289

Veterans Service Office: 608-355-3260

Tax Assistance Programs (VITA/TCE)

This year, some Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites in Wisconsin are not operating at full capacity and others are not operating. The sites in Spring Green and Dodgeville WILL be open in 2023. Use the VITA/TCE/AARP Site Locator below for location details.

To locate an open site near you and learn about work schedules and protocols, use the VITA/TCE Locator Tool or the AARP Site Locator Tool. These tools will not be available until the middle of January. These locator tools are updated throughout the filing season, so please check back if you don't see a nearby site listed.

VITA/TCE: (800)906-9887

<https://irs.treasury.gov/freetaxprep/>



IRS



AARP[®]

AARP Site Locator: (888)227-7669

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

If you need additional information call:

- The United Way at "211"
- Wisconsin Department of Revenue - Customer Service Bureau at (608)266-2486

Information gathered from the State of Wisconsin, Department of Revenue

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

ADRC Services Quick Guide



Information & Assistance

ADRC I&A Social Workers are available to discuss your unique situation and provide free options counseling. Do you want to stay in your home? Need help with cleaning, personal cares or transportation? Interested in Meals on Wheels? We are here to answer questions you have!



Find Nourishment & Socialization

Join us at our dining sites for lunch! Or if you are over 60 and homebound due to illness, disability or isolation, you may be eligible for Meals on Wheels.



We'll Get You There

The ADRC sells discounted taxi tickets to individuals age 60 and older and those with disabilities. We also transport clients to out-of-town medical appointments. Check out our Fun-Day and Shopping Busses for social excursions!



Benefits for YOU!

ADRC's Elder and Disability Benefit Specialists help with determining benefits or helping appeal denials. Have questions about Medicare, Medicaid, SSI, SSDI, Social Security, Senior Care, Food Share? Your benefit specialists are here to help!



A Healthy Life

Take one of our Evidence-Based workshops - Stepping On for falls prevention and Powerful Tools for Caregivers.



For Family Caregivers

The ADRC offers funding for respite, support group info, and access to our Dementia Care Specialist who works with families who have a loved one living with dementia.



Build Yourself & Your Community

Want to find a new purpose or passion? Volunteer for us! We are always looking for new faces to join our volunteer team.

Table of Contents

03-04	From the Director's Desk	20-21	Information & Assistant Specialists
04	New ADRC Faces	22-23	Disability Benefit Specialists (DBS)
05	All About Aging	24	DBS, Rural Dementia Caregiver Project
06-07	Seasonal Affective Disorder	25	Strong Bodies - UW Extension
08-09	Elder Benefit Specialists	26-27	Alzheimer's & Dementia Alliance
10-12	Nutrition News	27	Recipe for 2 - Maplewood
13	Volunteer Buzz	28	Public Health Sauk County
14-16	Transportation	29	Cop's Corner
17	Dementia Care Specialist	30-33	Veterans Messenger
18	Wisconsin Respite Survey	34	BASCO, Suicide Prevention Lifeline
19	Coloring Page - Meadow Ridge	35	Disclaimer and Donation Form



From the Director's Desk

Susan Blodgett



Justice Department Intensifies Its Fight Against Elder Fraud

The Justice Department (DOJ) announced today that it would be accelerating its efforts to fight criminals who target older Americans for financial fraud. The new push will include adding 14 U.S. Attorney's Offices to the DOJ's Transnational Elder Fraud Strike Force — more than tripling the current number of offices, from six to 20.

Other existing Strike Force members include the Department's Consumer Protection Branch, the FBI, the U.S. Postal Inspection Service and Homeland Security Investigations, which collaborate to fight elder fraud schemes. All of the DOJ's U.S. Attorneys Offices across the country are focused on the effort, said Principal Deputy Assistant Attorney General Brian Boynton, head of the Justice Department's Civil Division, "but these are taking an extra step, dedicating additional resources."

The financial exploitation of older adults has ballooned since COVID-19 began its rapid spread in March 2020. A new report from AARP found that the rate of such exploitation between then and now has more than doubled. Tech scams are particularly rampant; cybercrime reported to the FBI cost Americans 50 and older nearly \$3 billion last year, a 62 percent increase from 2020, according to data from the bureau.

"This kind of behavior is just despicable," Attorney General Merrick B. Garland said in an interview with AARP about the new Elder Fraud effort. "The [DOJ's] Civil Division is doing everything to fight against it." Kathy Stokes, director of fraud prevention programs with AARP, called this "welcome news," and said, "We need to do more to take down these relentless crime rings and lean on tools that can return money to victims who are otherwise left financially devastated."

More arrests and convictions: Along with announcing its expanded Strike Force, DOJ officials highlighted the agency's recent successes in bringing fraud perpetrators to justice. Among them is an investment adviser who stole more than \$9.3 million from his customers in a Ponzi scheme. He was sentenced to nearly 22 years in prison in March after being convicted by the U.S. Attorney's Office for the Northern District of Ohio.

And members of a criminal ring were arrested earlier this year for orchestrating a large-scale grandparent scam, in which they called older adults and posed as a grandchild or another family member in crisis with an urgent need for money. "Often they'll tell the victim, 'You can't tell anyone about this,'" said Boynton, adding that many older people lost tens of thousands of dollars to this gang of thieves.

Continued...

The San Diego Elder Justice Task Force — a collaboration between the U.S. Attorney’s Office, the FBI, the District Attorney’s Office and all San Diego County law enforcement agencies — prosecuted the case, which so far has led to prison terms for most of the perpetrators arrested (a few are awaiting sentencing). It marked the first time that criminals behind such scams have been prosecuted and convicted under the Racketeer Influenced and Corrupt Organizations Act (RICO). “It was a big deal,” said Boynton.

It’s a powerful statute. It allows you to go after all of the participants in a conspiracy, and there are some pretty significant penalties. ... One was sentenced to nine years in prison.” Another DOJ goal is to return money to elder fraud victims. Some fraud-enabling companies have entered into deferred prosecution agreements with the agency to compensate victims. They include Epsilon Data Management and KBM Group, which had been selling data associated with millions of Americans to criminals behind fraudulent mass-mailing schemes. The companies paid \$127.5 million and \$33.5 million, respectively, to a victim compensation fund that the DOJ is in the process of distributing.

Reporting fraud: The DOJ is urging Americans to report when they’ve been the victims of fraud — or even just attempted fraud — so the agency knows where to focus its efforts. Prompt reporting is particularly important when the criminals are outside the U.S., noted Boynton, because “once [money] is sent off, it’s very hard to recover it.” If you or someone you know is 60 or older and has been a victim of financial fraud, report the incident to the DOJ’s National Elder Fraud Hotline at 833-FRAUD-11 (833-372-8311). Personalized support is available seven days a week from 6:00 a.m. to 11:00 p.m. ET.

Article from: www.aarp.org/money/scams-fraud/info-2022/elder-fraud-strike-force.html

Meet the New ADRC Faces!



Austin is our new Transportation Coordinator! Hi, my name is Austin I’m very thankful to have the opportunity to be the new Transportation Coordinator for the Sauk County ADRC. I grew up in Montello, Wisconsin where I went to High School and after that I went into the Marine Corps and lived in North Carolina for about 3 years before coming back home to Wisconsin. Being able to work and help others is something important to me and I’ve learned a lot already in my time here at this position and I look forward to the future with this amazing organization.



Mary joined us as a driver! She also assists with delivering frozen meals to rural clients.



Gordy may look familiar! He drove for us previously and is back driving clients and meals.



Staci moved into the Accounting Assistant position, previously Transportation Coordinator!



Yvette is the new voice on the phone - our Receptionist/Admin Support! My name is Yvette Ledezma, born and raised in Illinois and moved to Wisconsin about 7 years ago. I have a loving husband, 3 amazing kids and our horse Bambi that we love dearly. Love spending time with my family on my time off and making good memories. Very excited to be working here.

Take What You Need...

November was National Family Caregiver Month - a time to draw attention to Family Caregivers and all they do for their loved ones. If you came to the West Square Building in November, you may have seen the display at the front entrance of the building. For National Family Caregiver Month, the ADRC had a table display with the words - Take What You Need.

All About Aging!

Marina Wittmann
Aging Program Coordinator



For Family Caregivers who constantly give so much of themselves to their loved ones, doing something for themselves may seem far-fetched. No doubt, it is difficult to get away, especially with the national caregiver shortage. Of course, it would be a dream to take a weekend trip away, but that might not be realistic. So do something small for yourself each day - just 5 minutes! Grab a cup of hot chocolate and sit quietly. Listen to a favorite song, maybe twice! Call a friend you haven't talked to in a while. Make a list of things you are grateful for. Take a walk around the block and look for something beautiful. Remember something funny and laugh out loud.

For Family Caregivers who constantly GIVE, please Take What You Need:



Hope

Hope is being able to see that there is light despite all of the darkness.
~Desmond Tutu



Confidence

A flower does not think of competing to the flower next to it. It just blooms!
~Zen Shin



Love

When you love what you have, you have everything you need.
~Unknown



Kindness

Kindness is spreading sunshine into people's lives regardless of the weather. ~RAKivist



Patience

Patience in a moment of anger, saves you a hundred moments of regret. ~Ali ibn Abi Talib



Strength

Life doesn't get easier or more forgiving, we get stronger and more resilient. ~Steve Maraboli.



Inspiration

The best view comes after the hardest climb.
~Unknown



Joy

When the mind is pure, joy follows like a shadow that never leaves.
~Buddha



If you are not currently a Family Caregiver, you probably know one! There are 53 million Family Caregivers in the United States. I encourage you to reach out to them. Give them a friendly phone call, bring them dinner, ask if they need a break and sit with their loved one, or simply send a card in the mail. Your kindness is appreciated!

Marina

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.

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
- 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.

Article Continued...

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. Light therapy boxes are FSA and HSA eligible items. For more information and help selecting the light therapy box visit Mayo Clinic's page about SAD: <https://tinyurl.com/ycka6hvt>

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>

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

Anonymous donation for Shopping, Grocery & Fun-Day Trips

Anonymous donation in memory of Bill Wermuth in honor of Veterans, for
Veterans Transportation Program

Sharon for donating hand-made blankets for our Meals on Wheels clients

Your donations are greatly appreciated!!

For Your Benefit...
Your Elder Benefit Specialists



Mindy Shrader
Serving the Western Part
of Sauk County

Pam Fuchs
Serving the Eastern Part
of Sauk County



Inflation Reduction Act Extends Marketplace Subsidies

By the GWAAR Legal Services Team

The Inflation Reduction Act (IRA), passed by Congress and signed into law in August 2022, extended the increased subsidies for people buying their own health insurance through the Affordable Care Act's (ACA) Health Insurance Marketplace. These increased subsidies were originally passed as part of the American Rescue Plan Act (ARPA) and intended to last through the end of 2022. Because of the Inflation Reduction Act, these increases will be in place through the end of 2025.

ARPA increased Marketplace subsidies by increasing premium tax credits and expanding these subsidies to people who were previously above the income limit for subsidies. Under the ACA, only households with incomes between 100% and 400% of the federal poverty level (FPL) were eligible for premium tax credits. ARPA made individuals with incomes between 100% and 150% FPL eligible for a silver level benchmark plan with \$0 premium. It also granted them an ongoing monthly Special Enrollment Period (SEP) to enroll in a Marketplace plan or switch to a silver tier plan. In addition, under ARPA, premium contributions increase as income increases, but enrollees will not pay more than 8.5% of their income toward premiums. This means that households with incomes above 400% FPL are eligible for premium tax credits if their premium contributions are more than 8.5% of their overall household income.

Because of the IRA, it's expected that 2023 premium costs for enrollees will be similar to their 2022 premium costs, because the increased tax credits protect them from any increases in the base premium price.

It's unclear how much of a premium increase enrollees would have seen without the IRA because base premium prices depend on an enrollee's income, age, and where they live. In addition, the extension of \$0 premiums for enrollees with incomes under 150% means that the monthly low-income special enrollment period will continue at least through the end of 2025.

In addition, continuing to limit premium contributions to no more than 8.5% of income prevents enrollees with incomes above 400% FPL from experiencing two kinds of premium increases at once in 2023. If the expanded availability of premium tax credits had been allowed to expire, households with incomes over 400% FPL would lose eligibility for subsidies completely. That means that their premium costs would increase because of the loss of tax credits as well as any increase in the base premium.



Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

Spring Green Library

1:00-3:00pm
December 14
No January Visit
February 1
March 1

Plain Library

1:00-3:00pm
December 21
No January Visit
February 15
March 15

Sauk Prairie Community Center

1:30-3:30pm
December 14
January 11
February 8
March 8

I'm Turning 65/Retiring - Now What?

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those continuing to work. Workshop may be canceled if Covid numbers rise.

Pre-registration is required: (608)355-3289.



4:30pm
Tuesday, February 21
West Square Bldg
505 Broadway
Baraboo, WI 53913

Online FoodShare Retailers

By the GWAAR Legal Services Team

The list of online retailers that accept FoodShare benefits in Wisconsin continues to grow. Currently, FoodShare recipients can use their QUEST cards at the following online stores:

- ALDI
- Amazon
- Capital Centre Market
- Lou Perrine's Gas and Grocery
- Meijer
- Miller and Son's Supermarket
- Ptacek's IGA
- Sam's Club Scan and Go
- Schnuck's Market
- Target
- Walmart
- Whole Foods
- Woodman's Markets

This ever-growing list is available here:

<https://www.fns.usda.gov/snap/online-purchasing-pilot>



Meg Allen
Nutrition Coordinator



Torill
Sauk City



Pat
Lake Delton



Barb, Volunteer
Reedsburg Country
Club



Rick
Frozen Route Driver



Julianne
Reedsburg



Teri
Baraboo

Nutrition NEWS!

THE WEATHER OUTSIDE IS FRIGHTFUL!

Thoughts of winter bring up strong feelings for most people. A few of us love winter and a lot of us don't! Regardless of how we may feel about it, winter will arrive, and it will present some challenges for all of us.

If you receive home-delivered meals, there will be days when the roads will be snow-covered and slippery. The meals will arrive at the dining centers later than usual, and your meal may arrive later than usual as well. We are so grateful for your patience and understanding when the conditions slow us down!

There is also the possibility that if the weather is truly bad and forecast to get worse, meals may be cancelled for the day. Please understand that this decision is a very difficult one to make, and that it is made with safety as the top priority.

Our volunteer drivers are amazing, and our meal program simply would not be possible without them. Keeping them safe as they carry out their duties is extremely important. Please remember to make the necessary arrangements to have your sidewalks and 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 truly appreciate your kindness and support as we face the upcoming winter days. By preparing yourself -- and your sidewalk and your driveway -- you'll make your driver's challenging day a whole lot safer and brighter!

Winter Policy and Food Suggestions

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

Here are some suggestions:

In the refrigerator:

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

Article Continued...

Suggestions continued:

In the freezer:

- Bread
- Bags of veggies
- Low fat frozen dinners

In the pantry:

- Juices – bottles, cans or juice boxes
- Individual fruit cups
- Dry cereal – cold or hot
- Canned tuna or chicken
- Canned soup, chili, spaghetti or ravioli
- Peanut butter
- Crackers, cookies or protein bars
- Hot cocoa, tea, instant coffee or other instant drinks
- Nuts or trail mix



Other Needs

In addition to food, and depending on your individual circumstances, health conditions, and storage space, there are a number of other items you may want to have on hand particularly if a power outage should occur due to a winter storm:

- 3-5 gallons of fresh water for each member of the household
- A manual can opener you are able to use
- A battery-operated radio, flashlights, and extra batteries
- Extra blankets, coats, hats and gloves
- Non-perishable food for pets
- Candles and matches or a lighter
- Hand wipes or baby wipes
- A first aid kit
- At least one week of prescription and over-the-counter medications on hand at all times



A power outage can present a serious problem if you rely on a medical device. Talk to your health care provider about how to prepare. If you live alone, be sure to make arrangements for someone to check on you.

Each household is different, so developing your own plan and list of supplies is a great idea. Take the time now to think about what you'll need and pull those items together. When weather is frightful, you'll be glad you did!

(Sources: Greater Wisconsin Agency on Aging Resources and UW Cooperative Extension)

big thanks!

Blizzard Packs for Meals on Wheels clients are to be used if the ADRC cannot safely deliver meals on snowy or frigid days. The 2022 Blizzard Packs were funded with a grant from the Community Foundation of South Central Wisconsin. Thank you for your generous donation!



Remembering Norma

On Monday, October 17, 2022 Norma Spencer passed away suddenly after a full day of work. Norma was the Baraboo Dining Site Manager and had held that position for just over one year. During that time Norma transformed the site into a warm and welcoming place, refreshing the artwork, adding bowls of treats (always full!!), and above all, offering an open heart to listen and share both good news and bad. Nothing gave Norma greater joy than taking care of her volunteers and diners. It is no surprise that she called the site, "Her Happy Place." We miss her.



MOW

Meals on Wheels

Available for qualified individuals who are homebound and have nutritional need. Call the ADRC office to inquire: (608)355-3289

B

Baraboo Dining Site

Highpoint Commons, 1141 12th Street, Baraboo
In-Person Dining: Tuesdays and Thursdays
11:30am, Call Teri for reservations (608)963-3436

LD

Lake Delton Dining Site

Frank Fischer Center, 20 Wisc Dells Pkwy S
In-Person Dining: Monday - Friday
11:30am, Call Pat for reservations (608)393-7214

SP

Sauk/Prairie Dining Site

Sauk Prairie Community Center, 730 Monroe St, Sauk City
In-Person Dining: Tuesdays & Thursdays
Noon, Call Torill for reservations (608)963-3437

R

Reedsburg Dining Site

Cornerstone Church, S3111 Ableman Rd, Reedsburg
Carry Outs Available
Call Julianne for Carry Out availability (608)963-3438

RCC

My Meal, My Way Soup & Salad

Reedsburg Country Club, 3003 E Main St, Reedsburg
In-Person Dining; Wednesdays & Thursdays
11:30am - 1:30pm, No Reservation Required

ADRC Dining Sites

Meals run on a donation basis:

\$4/meal for dining sites and Meals on Wheels, \$5.50/meal at Reedsburg Country Club

The Volunteer Buzz

Volunteer Coordinator
Keri Luther

The Holidays are upon us and what a great time to give the gift of volunteering and helping your neighbors across Sauk County. We here at the ADRC are always looking for Volunteers. Give me a call and we can discuss how YOU can help those around you this holiday season and all year long.

Thank You & Happy Holidays!

(608)355-3289 or keri.luther@saukcountywi.gov

Current Volunteer Opportunities

- Volunteer Driver Escorts drive clients to/from medical appointments.

Driver Escorts & Meals on Wheels Drivers can be reimbursed mileage.

- Reedsburg Dining Center would welcome volunteers to help package meals in the dining site. Also looking for Meals on Wheels drivers to deliver once a week, twice a month or fill in when needed.

On behalf of all the people in Sauk County who had help with their Medicare Part D plans, we would like to thank Kathy, Fran, Patti, Lori, Wayne, Maggie, and Rosie for volunteering to assist with the Medicare Part D clinics. We were able to serve more people because you generously volunteered your time.

Thanks for all you do!

Mindy, Pam, Quinn and Holly
ADRC Elder and Disability Benefit Specialists



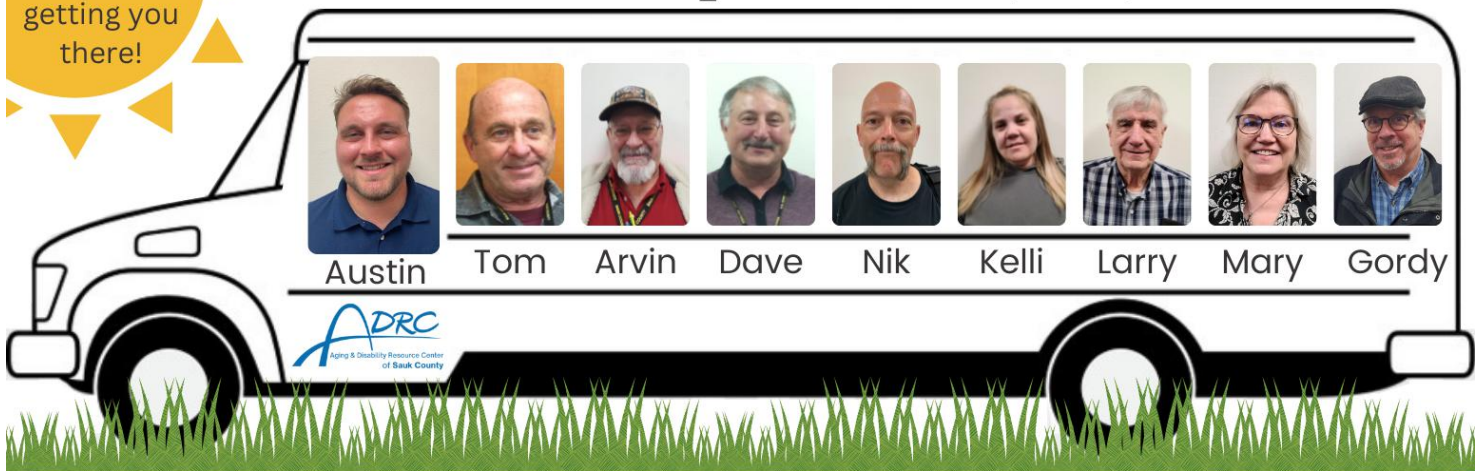
Keri

The greatest gift you can give someone is your time. Because when you give your time, you are giving a portion of your life that you will never get back.

~ Anonymous

Look who's
getting you
there!

ADRC Transportation: (608)355-3278



Shopping Bus

The **Shopping Bus** will be going to Baraboo Walmart, Lake Delton Walmart, West Towne and East Towne Malls in Madison, as well as various shops close by. If you need assistance with shopping, an escort will be required to accompany you in the store. Drivers cannot assist with shopping. The cost is **\$3.00 per round trip**. Escorts ride for free. Seating is limited. To make a reservation, please call our **ADRC Transportation Reservation Line at (608)355-4888**. Trips are subject to cancellation or change with little notice.

Fun Day Bus

The **Fun Day Bus** runs every week and offers an opportunity for socialization and adventure. For a **round trip fee of \$5.00** per outing, our driver will pick you up at a pre-arranged location for a trip or tour for the day. **Passengers are responsible for any attraction fees that the destination may charge as well as their lunch.** Part of the experience includes a stop for a group meal at an affordable location. Our wide variety of excursions are designed by our drivers to be fun, affordable and educational. The trips provide a lively social environment during the ride and throughout the day. Find the Fun Day Bus schedule and reservation information on the next page!

Volunteer Driver Escort Service

The Volunteer Driver Escort Service is available for out-of-town medical and dental appointments and grocery/drug store trips. This service is available to Sauk County residents age 60 and over, and adults with disabilities who are unable to transport themselves. The cost to the passenger is \$0.35 per mile starting from and ending at the volunteer driver's home. **To schedule transportation, call the Transportation Office at (608)355-3278 at least 48 business hours prior to your scheduled appointment.**

Taxi Subsidy Program

The Taxi Subsidy program offers half-price taxi tickets for rides through taxi services in Baraboo (\$15.00), West Baraboo (\$7.50), Reedsburg (\$17.50) and Sauk Prairie (\$15.00). 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. **To get information or request an application, call the ADRC Receptionist at (608)355-3289.**

To allow everyone a fair opportunity to travel with us, we will not accept reservations until **2 weeks** before the trip. To make a reservation, please call our **ADRC Transportation Reservation Line at (608)355-4888** and leave a voicemail with your name, phone number and the trip you would like to attend. We will contact you 1-2 days prior to the trip to confirm a pickup time. Trips are subject to cancellation or change with little notice.

WINTER FUN BUS

December

- 7 - Old World Christmas Market,
Elkhart Lake (\$7 Admission)
- 14 - Governor's Mansion Christmas
Display
- 21 - Geneva Lake Museum Christmas
Display

January

- 3 - (Tuesday) Movie Day, Sun Prairie
(\$5.00)
- 11 - WI Veterans Museum, Madison
- 18 - WI Geology Museum (\$3.00)
- 25 - WI Museum of Natural History,
Milwaukee, (\$18 for Adults over 65,
\$22 for Adults 18-64) *please sign up
3 weeks in advance for this trip

February

- 1 - Olbrich Gardens "Orchid Escape
Under the Glass Top" (\$8.00)
- 8 - National Historic Cheesemaking
Museum Tour, Monroe, WI (\$5.00)
- 15 - Valentine's Day Lunch - Club
Chapperal, Wonewoc
- 21 - (Tuesday) Movie Day Sun Prairie
(\$5.00)

WINTER SHOPPING BUS

December

- 1 - Madison/West Side
- 8 - Walmart/Baraboo
- 15 - Madison/East Side
- 22 - Walmart/Lake Delton

January

- 5 - Baraboo and Surrounding Area
- 12 - Madison West Side
- 19 - Baraboo and Surrounding Area
- 26 - Madison East Side

February

- 2 - Baraboo and Surrounding Area
- 9 - Madison West Side
- 16 - Baraboo and Surrounding Area
- 22 - Madison East Side

Bus Rules

- Seatbelts must be worn
- Passengers must stay seated while the
bus is in motion
- No eating or drinking on the bus
- Cover coughs and sneezes
- Monitor your health - if you aren't feeling
well, please stay home

Winter Weather Driving Tips

Article from: National Highway Traffic Safety Administration

Whether it's snow, sleet or ice, winter weather can cause extremely dangerous road conditions. In 2019, there were 440 fatal crashes, and an estimated 33,000 injury crashes that occurred in wintry conditions. Preparing yourself – and your vehicle – for winter weather is key.

Preparing Your Vehicle

Lights

Check your headlights, brake lights, turn signals, emergency flashers and interior lights. Be sure to also check your trailer brake lights and turn signals, if necessary.

Windshield Wipers

You can quickly go through a lot of windshield wiper fluid in a single snowstorm. Make sure your vehicle's reservoir is full of high-quality "winter" fluid with de-icer before winter weather hits. Make sure defrosters and all windshield wipers work and replace any worn blades. Consider installing heavy-duty winter wipers if you live in an area that gets a lot of snow and ice.

Cooling System

Make sure you have enough coolant in your vehicle, and that it meets the manufacturer's specifications. See your vehicle owner's manual for recommendations. Check the cooling system for leaks, test the coolant, and drain or replace the old coolant. You may also want to visit your mechanic for a tune-up and ask them to check for leaks, badly worn hoses, or other needed parts, repairs, and replacements.

Before You Go

Stock Your Vehicle

Carry items in your vehicle to handle common winter driving-related tasks, and supplies you might need in an emergency, including:

- a snow shovel, broom, and ice scraper;
- abrasive material (sand or kitty litter), in case your vehicle gets stuck in the snow;
- jumper cables, flashlight, and warning devices (flares and emergency markers);
- blankets for protection from the cold; and
- a cell phone and charger, water, food, and any necessary medicine.



Gas Up or Plug It In

Keep your gas tank close to full whenever possible. For electric and hybrid-electric vehicles, decrease the drain on the battery. In general, lithium-ion batteries have reduced energy at lower temperatures. Additionally, most all vehicle batteries will use battery power for self-heating in low temperatures. The battery drain due to heating can be minimized by keeping your electric vehicle as warm as possible during freezing temperatures. A common way to do this: plug your vehicle in at night during the winter, keeping the battery temperature in its optimal ranges.

Plan Your Route

Check your local weather and traffic reports before heading out. If your roads are not in good shape, consider postponing non-essential travel until the roads are cleared. If you do have to go out, make sure you are prepared in case you become delayed while traveling. If making a long road trip when winter weather is forecasted, consider leaving early or changing your departure to avoid being on the roads during the worst of the storm. Familiarize yourself with directions and maps before you go—even if you use a GPS—and let others know your route and anticipated arrival time. On longer trips, plan enough time to stop to stretch, get something to eat, check your phone, and change drivers or rest if you feel drowsy.

In my previous articles I highlighted some philosophical approaches that may help to alleviate caregiver stress while maximizing the independence and emotional well-being of the individual with dementia. This included letting things go whenever possible, not taking on issues that do not truly matter, thereby creating stress where it is not needed. As I wrote, however, I could hear someone thinking, "That's great, but mom is hitting dad when he tries to help her" or "I haven't had more than 4 hours sleep in months".

There are problems that must be addressed, ones that cannot be "let go". These are difficult - physically and emotionally draining for all involved. The list is long; Wandering/elopement, care resistance, incontinence, sleep disturbance, agitation, calling out/verbal outbursts, inability to drive safely, aggression, depression, significant weight loss to name just a few. There may be "fixes" for some of these but even these usually come with side effects or emotional repercussions. There may not be "fixes" for most, so we have to try to make it better.

Fortunately, we usually do not have to re-invent the wheel. The information and advice to make it better are available through a tremendous array of resources. These may come from experts or from the huge number of people who have experienced these issues themselves. The county Dementia Care Specialist is but one resource. We also have organizations like the Alzheimer's Association and the Alzheimer's and Dementia Alliance providing support and information. Other organizations specifically address different forms of dementia. The vast resources of the internet are at our fingertips. Hundreds of books are available that provide advice for almost any situation related to dementia we can think of. Even though I have worked with this issue for almost 30 years, I regularly benefit from these.

You can access any of these on your own, but the Dementia Care Specialist is a conduit that can assist you in sorting out this mass of resources, finding what fits your situation and working through ways to utilize them. Another strength is that there is a Dementia Care Specialist in each Wisconsin county. Each one has a different background and strengths. We regularly share ideas and utilize each other as resources in finding approaches to difficult situations. If I don't know something, usually someone does.

In upcoming articles, I will address specific issues and potential approaches that may help. Every approach will not work with every individual, but an approach of "throwing things at the wall and seeing what sticks", keeping those that work and discarding those that do not is usually a winning strategy. It is the goal of the Dementia Care Specialist program to be an important source for locating those approaches for all in Sauk County, making things better for those with dementia and their caregivers.



Kurt

WISCONSIN RESPITE SURVEY



**We invite you to share your
experience with respite care by
completing an online survey.**

**The Wisconsin Respite Survey is an online survey of
caregivers, care recipients, respite providers, and agencies.**

**Visit bit.ly/WIRespiteSurvey to complete the
survey or scan the QR code below!**

**This anonymous survey will take
approximately 25 minutes. Upon
successful completion, you will be given
the opportunity to enter a sweepstakes to
win one of ten \$100 gift cards.**

*FOR ENTRY RULES AND ENTRY OPTIONS VISIT
[HTTPS://WWW.MARQUETTE.EDU/RESEARCHCOMPLIANCE/
DOCUMENTS/IRB/PRIZENOTICE4145.PDF](https://www.marquette.edu/researchcompliance/documents/irb/prizenotice4145.pdf)



RCAW
Respite Care Association
of Wisconsin



BE THE DIFFERENCE.

**Deadline to Complete:
December 31, 2022**



Coloring Page Provided by:



Information & Assistant Specialists

Helping you put the
pieces together!



Jim
Pritzkow



Julie
Mayer



Rachel
Heinzman



Hannah
Halverson



Kari
Edwards



Kim
Fiske



TAP Hearing Aid Assistance

By the GWAAR Legal Services Team

Recently, the Wisconsin Department of Health Services (DHS) announced an increase in hearing aid assistance (HAA) funding through the Telecommunications Assistance Program (TAP). TAP HAA provides funding toward the purchase of new and refurbished hearing aids and cochlear implant external processors to increase the efficiency and use of telecommunications devices for distance communications. HAA can provide up to \$1,500 towards the cost of a telecoil or Bluetooth-enabled hearing aid or cochlear implant external processor. HAA is available to eligible applicants with an out-of-pocket expense and can be combined with additional benefits or discounts available through applicant insurance or supplemental plans.

Funding is limited and is on a first-come first-served basis. Applicants must meet the TAP program eligibility requirements. Specifically, applicants must:

- Be a Wisconsin resident;
- Meet income eligibility guidelines;
- Not be applying for TEPA, Copay, or TAP+;
- Purchase equipment through a certified audiologist or licensed hearing aid provider;
- Submit a quote for a hearing aid or cochlear implant external processor (must have a telecoil or Bluetooth program enabled and specified on quote);
- Submit a current completed hearing loss certification form, F-22554, signed by a certified audiologist or licensed hearing aid provider within the past six months (available at: <https://www.dhs.wisconsin.gov/library/f-22554.htm>); and
- Not be receiving Medical Assistance, like BadgerCare Plus or Medicaid.

Applicants may also use the printable application form, F-02743, available here:

<https://www.dhs.wisconsin.gov/forms/f02743.pdf>. As noted above, applicants must also submit a completed current hearing loss certification form, F-22554, and a quote noting that a T-coil or Bluetooth program is included and enabled.

AA vouchers will be mailed to the applicant or the applicant's legal representative to be redeemed with an approved vendor. These vouchers will serve as a credit towards the total purchase price.

Article continued...

HAA funding is not intended to cover costs associated with hearing exams, other clinical or office expenses, medical expenses, or past purchase amounts. In addition, the following items are not covered: over-the-counter (OTC) hearing aids, mail-order hearing aids, personal sound amplification products (PSAP) like pocket talkers, online testing documentation, battery replacements, hearing aid or external processor repairs, non-certified or unlicensed providers, and providers not approved or active as a vendor in DHS's accounts payable system.

To search for a hearing aid provider, please see <https://www.healthyhearing.com/hearing-aids/WI-Wisconsin> and <https://npino.com/audiologists/wi/>.

If you have any questions or need assistance, please contact the TAP Program Coordinator via email at dhstap@dhs.wisconsin.gov or call 608-267-7195.

FDA Finalizes Rule Allowing Access to Over-the-Counter Hearing Aids

By the GWAAR Legal Services Team

[In August], the U.S. Food and Drug Administration (FDA) issued a final rule to improve access to hearing aids. This action establishes a new category of over-the-counter (OTC) hearing aids, enabling consumers with mild to moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need for a medical exam, prescription or a fitting adjustment by an audiologist.

The OTC category established in this final rule applies to certain air-conduction hearing aids intended for people 18 years of age or older who have perceived mild to moderate hearing impairment. Hearing aids that do not meet the requirements for the OTC category (for example, because they are intended for severe hearing impairment or users younger than age 18) still require a prescription.

Consumers could see OTC hearing aids available in traditional retail and drug stores as soon as mid-October when the rule takes effect. For more information, visit: <https://www.fda.gov/news-events/press-announcements/fda-finalizes-historic-rule-enabling-access-over-counter-hearing-aids-millions-americans>



Walk-Ins Available in YOUR Community! Come see our I&A's at:

Baraboo Dining Center

Highpoint Commons, 1141 12th St
Last Tuesday of each month, 11am-1pm

Sauk Prairie Community Center, Dining Center

730 Monroe St, Sauk City
First Tuesday of each month, 11am-1pm

Ho-Chunk House of Wellness

S2845 White Eagle Rd, Baraboo
First Thursday of each month, 2-4pm

Reedsburg ADRC Office

Human Services Building, 425 6th St, Reedsburg
Every Wednesday, 8am-12pm

Good Neighbor Clinic

95 Lincoln Ave, Prairie du Sac; 1-4pm
Dec. 7 & 21, Jan. 11 & 25, Feb. 8 & 22

Frank Fischer Senior Center

20 Wisconsin Dells Parkway, Wisc Dells
Third Monday of each month, 11:30am-12:30pm



Disability Benefit Specialists



Quinn Hause



Holly Schafer

NATIONAL PARK ACCESS PASS

www.nps.gov (National Park Service)

The Access Pass, part of the America the Beautiful – National Parks and Federal Recreational Lands Pass Series, is available free for US citizens or permanent residents with permanent disabilities.

The Access Pass may be issued to U.S. citizens or permanent residents of any age that have been medically determined to have a permanent disability (does not have to be a 100% disability) that severely limits one or more major life activities. Applicants must provide documentation of permanent disability and residency or citizenship.

The pass may be obtained in person at a federal recreation site or through the mail using an application form. (Note: While the pass itself is free, the cost of obtaining an Access Pass through the mail is \$10 for processing the application.) Read more about the Access Pass, and other passes, below. Please note that passes are not available at all national parks; see a list of all federal recreation sites at: www.nps.gov, search for access pass.

U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) may get a free, lifetime pass that provides admittance to more than 2,000 recreation sites managed by five Federal agencies, including Lake Mead National Recreation Area. Access Passes are available online.

Required documentation: A copy of ID issued by an authorized U.S. agency such as your driver's license, passport or state-issued ID and documentation that proves permanent disability such as: a) a statement by a licensed physician (Statement must include: that the individual has a PERMANENT disability, that it limits one or more aspects of their daily life, and the nature of those limitations.) b) A document issued by Federal agency such as the Veteran's Administration, Social Security Disability Income or Supplemental Security Income or c) document issued by a state agency such as a vocational rehabilitation agency

Frequently Asked Questions

- Can my permanently disabled child get an Access Pass?
 - Yes. There is not an age requirement for this pass.
- Where can I use my Access Pass?
 - Please contact a site directly if you have a question about pass acceptance and fees.
 - The Forest Service, the National Park Service, Fish and Wildlife Service, Bureau of Land Management, USACE, and Bureau of Reclamation honor the Access Pass at sites where Entrance or Standard Amenity Fees (Day use fees) are charged.
 - Bureau of Land Management <http://www.blm.gov>
 - Bureau of Reclamation <http://www.usbr.gov>
 - Fish and Wildlife Service <http://www.fws.gov>
 - USDA Forest Service <http://fs.usda.gov>
 - National Park Service <http://www.nps.gov>
 - US Corps of Engineers <http://www.usace.army.mil>



Article continued...

- In addition to free entry, does the Access Pass include any discounts at Federal Recreation sites?
 - At many sites the Access Pass provides the pass owner a discount on Expanded Amenity Fees (such as camping, swimming, boat launching, and guided tours).
- What are the discount guidelines?
 - The pass program is managed by five Federal agencies that operate under different regulations and have different fees. Therefore, the discount program for the Access Pass is not handled in the same way on all Federal recreation lands.

In general discounts are honored as follows:

- Individual Campsites: The discount only applies to the fee for the campsite physically occupied by the pass owner, not to any additional campsite(s) occupied by members of the pass owner's party.
- Campsites with Utility Hookups: If utility fees are charged separately, there is no discount. The discount may apply if the utility fee is combined (seamless) with the campsite fee.
- Group Campsites and Facilities (including, but not limited to, group facilities, picnic areas or pavilions): There is no discount for group campsites and other group facilities that charge a flat fee. If the group campsite has a per person fee rate, only the pass owner receives a discount; others using the site pay the full fee.
- Guided Tours: The pass offers discounts on some guided tours. Only the pass owner receives a discount if one is offered.
- Transportation Systems, Concessionaire Fees, Special Use Permit Fees: (Inquire Locally)
- Does my Access Pass provide any discounts at Cooperating Association bookstores or gift shops that are located in the Federal Recreation sites?
 - No. The Access Pass does not cover discounts in on-site bookstores or gift stores.

Parks RIGHT HERE IN SAUK COUNTY and in Wisconsin that are not National Parks that you may enter:

Interstate Park, Saint Croix Falls | Chippewa Moraine, 6 miles north of Bloomer
 Mill Bluff State Park, northwest of Camp Douglas | Devil's Lake State Park, 3 miles south of Baraboo
 Cross Plains, 3 miles SE of Cross Plains | Campbellsport Drumlins, 3 miles west of Campbellsport
 Horicon State Wildlife Area and National Wildlife Refuge [exit DNR], north of Horicon
 Kettle Moraine State Forest - Northern Unit, 20 miles west of Sheboygan
 Two Creeks Buried Forest, 12 miles north of Two Rivers



Social Security Announces 8.7 Percent Benefit Increase for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced today. On average, Social Security benefits will increase by more than \$140 per month starting in January. The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (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.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

To view a COLA message from Acting Commissioner Kijakazi, please visit www.youtube.com/watch?v=Vgm5q4YT1AM.

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 \$160,200 from \$147,000.

Article continued...

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal my Social Security account to view the COLA notice online. It's secure, easy, and people find out before the mail arrives. People can also opt to receive a text or email alert when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their 'my Social Security' account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available 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.ssa.gov/cola.

Do you care for
someone with
memory
loss?



If you live in rural, farming,
or small town community
and care for a person with
memory loss...

A free 6-week online
workshop may help you!

Check if you are eligible at:
caregiverproject.ucsf.edu

Join a research study of the University
of California, San Francisco

**Rural Dementia
Caregiver Project**



Thank you

On behalf of the ADRC Dementia Care Specialist and Caregiver Support Program, we want to thank the Reedsburg Library for allowing us to use their meeting space for our very successful Caregiver Boot Camp! We also want to thank J's Pub & Grill for a delicious lunch.

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Tuesdays & Thursday
10:00-11:15am
January 10 - March 2, 2023

Register

In-person at Extension Sauk Co., 3rd Floor
West Square Building (505 Broadway, Baraboo)
(608)355-3250

Online at <https://forms.gle/5F5JkGuZAhrcbsKY6>

Benefits of Strength Training:

Reduced risk for chronic diseases:

Diabetes	Osteoporosis
High Blood	Pressure Arthritis
Heart Disease	Some Cancers

Increased:

Strength
Muscle Mass

8-Week Class
Starting the week of
January 10



Extension
UNIVERSITY OF WISCONSIN-MADISON

University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements



Alzheimer's & Dementia Alliance

Helping a Loved One with Dementia at Events & Family Gatherings

Winter is here, and our calendars are filling up fast. Whether it's a holiday, a wedding, or special event, a little extra planning can make the experience better for everyone! Small changes such as timing an event around your person with dementia's best time of day or limiting the number of guests can make the day smoother.

However, don't get so involved in planning you lose sight of the activity or occasion. The experience might not be like it used to be, but you can still find the special moments. Consider these recommendations:

Prior to the event:

1. Communicate with guests beforehand. Invite them to join you in making the day more manageable for the person with dementia. Explain to them that this may be a quieter occasion than previous ones.
2. Keep distractions to a minimum. Even beloved and well-mannered pets or small children can be bothersome to someone who isn't used to them.
3. Limit background noise. If music is part of your tradition, play it at times other than meals or during conversations.
4. Plan your event during a time of the day that works best for your person. Many people living with dementia are challenged late in the day, while others don't do well in the morning.
5. If the event is lengthy, arrange for your loved one to leave early or have quiet time or rest.
6. Make the most of "teachable moments" with young people before the day begins. Children love to feel helpful, so encourage them to think about how they could help their loved ones with dementia. For example, they could brainstorm activities that they could do together or put together a memory box.

During the event:

1. Honor your caregiver guests by "giving them a break" if possible. Allow the caregiver to connect with family members and get lots of support and love.
2. Designate a quiet area. Create a space where people can take turns visiting with Grandpa or Grandma one-on-one.
3. Focus on the things that the person with dementia can still do and acknowledge those that have become more difficult. If your person carried a family tradition, like carving the turkey, saying the blessing, or reciting a poem, try to find a way to do so this year.
4. Encourage reminiscing and storytelling. Use props like pictures, food, and decorations to trigger memories.
5. Capture memories. Take candid multi-generational photos or videos as they can be more touching and manageable than posed portraits.

Article Continued...

When dining:

1. Keep the table size small. Fewer people at the table might make conversation easier to follow and the environment less busy.
2. If you have a lot of people, consider setting two tables in separate areas. Far enough apart that you can't hear the conversation from the other.
3. Set the table with apparent color variations—white plates on a colored tablecloth or colored plates on a white cloth. People living with dementia often have depth perception and other vision issues.
4. Keeping place settings simple with less silverware, plates, and glasses to navigate helps everyone be successful.
5. Prepare in advance for caregivers to cut meat, butter bread, or otherwise prepare the plate before placing it on the table to avoid unsettling the person living with dementia.
6. Allow the person to do their best at the table without comment.
7. Surprise your guests with leftovers for at least one full meal. Caregivers will be extra delighted!

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



Recipe for 2

from the kitchen of
Maplewood Sauk Prairie

Chicken Parmesan

2 boneless skinless chicken breasts
2 oz. Italian style bread crumbs
2 oz. mozzarella cheese
1/4 c. grated parmesan cheese
1-16 oz. jar spaghetti sauce
1 egg beaten

Pour egg into a shallow bowl. Place bread crumbs into a quart size bag. Dip chicken into the egg, then into the breadcrumbs. Gently shake.

Place coated chicken on a lightly greased baking sheet. Bake uncovered, 40 minutes at 350°.

Pour 1/2 jar spaghetti sauce onto bottom of 7x11" baking dish. Place chicken breast on top of the sauce, cover chicken with remaining sauce. Sprinkle with parmesan and mozzarella. Continue to bake until cheeses are melted, about 20 minutes.



Maplewood
Sauk Prairie
Health & Rehabilitation Center
maplewoodsaukprairie.com



**PUBLIC HEALTH
SAUK COUNTY**

Together we thrive

COVID-19 At-Home Tests: What to Know

by Julia Wedel, Public Health Sauk County

What is an at-home test?

At-home tests for COVID-19 (also called rapid tests or self-tests) give quick results and can be taken anywhere at any time. They give you results in a few minutes and are different from lab-based tests that may take days to return your result.

How do I get an at-home test?

You can get COVID-19 at-home tests online, at pharmacies, and at retail stores. Private health insurance may reimburse the cost of purchasing at-home tests. Visit www.fda.gov for a list of authorized tests. Free tests may also be available through Public Health Sauk County, at your local library, church, or food pantry. Dial 608-355-3290 and select option #3 to find tests near you!

When should I take an at-home test?

If you have COVID-19 symptoms, you should test yourself right away. If you were exposed to someone with COVID-19, test at least five days after your exposure. If you test negative for COVID-19, consider testing again 1 to 2 days after your first test. You should also test before going to an indoor event or a gathering as close to the time of the event as possible.

How do I report a positive COVID-19 test?

Report positive COVID-19 tests by calling 608-355-3290 and selecting option #3.

Do you still have questions about COVID, testing, testing sites or vaccines? Then please call 608-355-3290, select option #3 and leave a message. We will make every attempt to respond to your issue within 24 hours. Please note that our phone is not monitored on the weekends. If you need emergency help, call 911.

Cop's Corner

Written by a Member of the Sauk County Chief's Association

WINTER WEATHER SAFETY

Colder weather brings snow and ice to our area, so it is important to remember a few safety tips for the winter season.

Tips for Motorists:

- Clean your windows before driving. State law requires that windows are kept reasonably clean at all times. This includes the removal of ice, snow or other debris that may interfere with the ability to look out the vehicle.
- Reduced speeds. Law requires that regardless of the posted speed limit, drivers have a duty to drive their vehicle in a manner that allows them to maintain control in a wide variety of situations to include weather. Drivers should also leave enough distance between other vehicles to safely stop when sudden braking is necessary.
- Safety plan. Have a safety plan in place in case you are stranded and have an emergency kit in your vehicle. Consider having blankets, sand/salt and a shovel available as well.
- Equipment. Make sure your vehicle has tires with enough tread, good windshield wipers and a strong battery.

Tips for Residents:

- Snow and ice removal. Owners or lessees of property are more than likely required by ordinance to remove snow and/or ice from sidewalks within a period of time, typically 24 hours from the completion of the snowfall. Snow and ice cannot be placed into the roadway unless ordinance allows.
- Follow winter parking restrictions so the street department can keep our roadways clear.



VETERANS MESSENGER



Tony Tyczynski
Veterans Service Officer

Dear Friends,

Some of the dust is settling regarding the PACT Act. What we know now is that the VA has chosen to start processing any and all claims related to this legislation immediately. If you have any conditions that might get service-connected because of this legislation you should be contacting us at your earliest convenience.

See some of the PACT Act information below. Keep in mind this a very condensed snapshot of this massive piece of veteran's law. If you served in any of these areas and have any health problems you feel are related to your service, even if they are not on this list, you should call or email us now. As we are soon to be entering tax time, remember that all monies received from the VA are tax free. Please try to minimize walk-ins. If nobody answers when you call, please leave a voice message and give us 3-4 business days to return your call. Leave as comprehensive of a message as possible so we can prioritize these calls appropriately.

Remember to call us to make an appointment or email us with questions you might have that can easily be answered this way. Our email is vetservice@saukcountywi.gov

*In Your Service,
Tony*

SAUK COUNTY/WI STATE PARK PASS INFO

We want to remind our Sauk County veterans that if you are a resident of Sauk County and an honorably discharged veteran who uses or visits the Sauk County parks & boat landings, you are eligible for ONE free Sauk County Park sticker. Our office will be the ones to verify eligibility & issue the park sticker. We will need to verify your military service and proof of residency. If you would benefit from this, please stop by our office with proof of residency & your DD214 if we do not have one in our files. This sticker will need to be renewed each calendar year. Due to the County's cost to issue these, we ask that you only get this sticker if you plan to use it. Veterans with a National Park Pass can access Devil's Lake State Park at no cost because a portion of the park is federally funded (the Ice Age Trail). We discovered through the Wisconsin Department of Natural Resources that Veterans with the National Park Pass can also access these other amazing State Parks for free: 1. Kettle Moraine Northern Unit, 2. Mill Bluff, 3. Drumlin, 4. Chippewa Moraine, 5. Interstate, 6. Horicon State Wildlife Refuge, 7. Two Creeks Buried Forest, 8. Cross Plains.

In order to qualify for the National Park Pass, you have to be over 65 years old or be a veteran with a service-connected disability (rated at 0% or higher). If you feel you have a disability that has not been recognized by the VA, it's never too late to claim that disability. Contact our office for more information. If you don't have a service-connected disability and are over 65 the lifetime pass will cost \$80; the lifetime pass is \$10 for disabled veterans of any age.

Find more information on the passes at <https://www.nps.gov/planyourvisit/passes.htm>

SCAMS TARGETING VETERANS

.....

Fraud cost veterans, service members and their families \$267 million in 2021, an astonishing 162 percent increase from the previous year, according to Federal Trade Commission (FTC) data. The median loss for military scam victims was \$600, 20 percent higher than for the general public.

Fraudsters come at ex-service members from many angles, employing vet-focused twists on identity theft, phishing, coronavirus scams, loan scams and investment fraud. Impostor scams are a particular threat, accounting for nearly 40 percent of the military community's fraud losses. A November 2021 AARP study found that veterans and service members are targeted by con artists at a considerably higher rate than civilians and are more likely to lose money to scams.

Often, the goal is to manipulate or gain access to benefits the government provides to those who served. For example

- Veterans are told they qualify for money from “secret” government programs but must first pay a fee or provide personal information.
- Scammers exploit veterans in financial duress by offering cash upfront in exchange for (much higher) future disability or pension payments.
- Con artists attempt to charge veterans for access to their service records or for government forms. Veterans can get this material for free from the Department of Veterans Affairs (VA) or the National Archives.

In another benefits scheme, unscrupulous advisers sell older veterans on plans to boost their pensions by investing in financial products that make it appear they have fewer assets. The advisers often do not warn veterans that the moves could disqualify them from other government help, including Medicaid, and strictly limit their access to their money.

Warning Signs

- An unsolicited call purporting to be from the VA requests personal information like your Social Security number. The VA will not ask for personal data by phone, text or email.
- An unsolicited call or online message offers to help you increase your benefits or access little-known government programs.

How to protect yourself from this scam

- Do hang up if you get an unsolicited call that purports to be from the VA.
- Do check the credentials of investment advisers who tout schemes to get you additional benefits.
- Do use VA-accredited representatives to help you with benefits issues. The VA maintains a searchable database of attorneys, claims agents and veterans service organizations (VSOs).
- Do confirm a veterans charity is legitimate before donating.
- Do inform yourself on how to spot and combat impostor fraud, phishing and identity theft, which you can do with AARP's Fraud Resource Center.
- Don't give sensitive information such as credit card details or your Social Security number over the phone or in an email unless you're sure of whom you're dealing with.
- Don't wire money to someone you don't know.
- Don't pay for copies of your military records. You can get them for free through your local VA.
- Don't allow someone else to access your information from the VA without an authorized power of attorney.
- If you've been victimized by a veterans-related scam, file a complaint with the FTC at 877-382-4357.
- Contact your state's veterans affairs office or local CVSO office for credible information on qualifying for benefits.

PACT ACT INFO

New: 10 years following 9/11 combat vets to enroll in VAMC and also establishes a 1 year open enrollment period. Expires October 1, 2023 – Must have been discharged between 9/11/2001 & 10/1/2013 and serviced in combat zone after 11/11/1998.

Burn PITS - some 8/2/1990 & 9/11/2001 or later

In June of 2022, the Senate voted to expand presumptive benefits for burn pit exposure conditions, paving its way to be signed into law. There will be 23 presumptive conditions added to the burn pit presumptive conditions list:

BURN PIT PRESUMPTIVES

- Brain Cancer
- Gastrointestinal cancer of any type
- Glioblastoma
- Head cancer of any type
- Kidney cancer
- Lymphatic cancer of any type
- Lymphoma of any type
- Melanoma
- Neck cancer
- Pancreatic cancer
- Reproductive cancer of any type
- Respiratory (breathing-related) cancer of any type
- Asthma that was diagnosed after service
- Chronic bronchitis
- Chronic obstructive pulmonary disease
- Chronic rhinitis (nasal congestion)
- Chronic sinusitis
- Constructive bronchiolitis/obliterative bronchiolitis
- Emphysema
- Granulomatous disease
- Interstitial lung disease
- Pleuritis
- Pulmonary fibrosis
- Sarcoidosis
- Squamous cell carcinoma of the larynx
- Squamous cell carcinoma of the trachea
- Adenocarcinoma of the trachea
- Salivary gland-type tumors of the trachea
- Adenosquamous carcinoma of the lung
- Large cell carcinoma of the lung
- Salivary gland-type tumors of the lung
- Sarcomatoid carcinoma of the lung, and
- Typical and atypical carcinoid of the lung

New Agent Orange Presumptives are High blood pressure (hypertension) (due to herbicide exposure) and Monoclonal gammopathy of undetermined significance (MGUS)

New Locations for Agent Orange are: Any U.S. or Royal Thai military base in Thailand from Jan. 9, 1962, through June 30, 1976; Laos from Dec. 1, 1965, through Sept. 30, 1969; Cambodia at Mimot or Krek, Kampong Cham Province from April 16, 1969, through April 30, 1969; Guam or American Samoa or in the territorial waters off of Guam or American Samoa from Jan. 9, 1962, through July 30, 1980; Johnston Atoll or on a ship that called at Johnston Atoll from Jan. 1, 1972, through Sept. 30, 1977

New Radiation Locations are: Cleanup of Enewetak Atoll, from Jan. 1, 1977, through Dec. 31, 1980; Cleanup of the Air Force B-52 bomber carrying nuclear weapons off the coast of Palomares, Spain, from Jan. 17, 1966, through March 31, 1967; Response to the fire onboard an Air Force B-52 bomber carrying nuclear weapons near Thule Air Force Base in Greenland from Jan. 21, 1968, to Sept. 25, 1968

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.

Women Veteran's Coffee - Tin Roof Dairy & Spirit Lake Coffee Roasters, 119 Third St, Baraboo, WI - First Wednesday of the month at 1:30pm.

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

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/>

Thank you!

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

SAUK COUNTY VETERANS SERVICE STAFF:



Pamela Russo
Programs Coordinator



Sandy Deich
Veterans Benefit Specialist

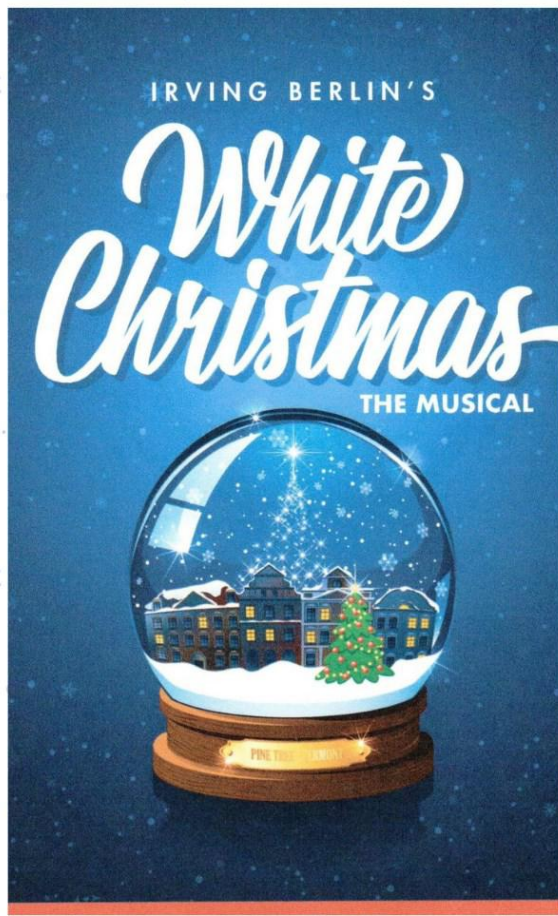


Rick Erickson
Assistant CVSO



Dear Sauk County Veterans,
Thank you all for allowing me to work with you all for the last few years. My last day here at the Veteran's office will be December 2, 2022. I have thoroughly enjoyed working with you all and cannot thank you enough for all of the freedoms I enjoy due to your sacrifices. Stay safe and thank you for your service.

Susan Stoddard
Veterans Benefit Specialist



JOIN BASCO AT THE FIRESIDE THEATRE FRI., DEC. 16, 2022

Price includes comfortable bus ride, leaving Baraboo at 8:30am. Lunch at the theatre (choice of grilled pork ribeye, beef short rib, grilled shrimp or vegetarian) Show starts at 1:30pm

\$120 per person includes all charges except beverages and bus driver tip.

For more information contact BASCO at (608)356-8464

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.



To appreciate the beauty of a snowflake, it is necessary to stand out in the cold. ~Aristotle



The ADRC office will be closed on: December 23rd, 26th, 30th, January 2nd & 16th



For AddLIFE Today! questions or comments,
please contact Marina Wittmann at
(608) 355-3289 or email at
marina.wittmann@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
marina.wittmann@saukcountywi.gov and we
will email you the latest issue of AddLIFE
Today!. Thank you for helping us reduce
postage costs as well as the amount of paper
generated!

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

Donation Designation Form

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

Please designate this donation:

In Memory of _____

In Honor of _____

I want my donation to go towards:

- ☐ 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
- ☐ Tele-Assure Program
- ☐ Turning 65/Retirement Workshops
- ☐ Veterans Transportation Program
- ☐ Volunteer Programs

Kindly make checks payable to:

'ADRC'

505 Broadway St, Room 102
Baraboo, WI 53913

We also accept credit cards! Call
the ADRC to inquire (608)355-3289
or donate directly here:
www.co.sauk.wi.us/adrc/donations



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

CHANGE SERVICE REQUESTED



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

BLIZZARD
SHOVEL
SLEIGH
DECEMBER
FROZEN
SLIPPERY
ICICLE
SNOWFLAKE
MITTENS
SNOWMAN
FIREPLACE
IGLOO
EVERGREEN
TOBOGGAN
HOLIDAYS
HOT CHOCOLATE
FRIGID
FLANNEL
SKATING

