

# *From our Intern: Mini Newsletter*

*Contact : ADRC at 355-3289 or 800-482-3710*

*Veterans Service Office at 355-3260*



## ***What do you need to vote?***

Something that is needed to vote is a Photo ID. Some of the different forms that a Photo ID can come in are:

- A Wisconsin DOT - issued drivers license
- A Wisconsin DOT - issued identification card
- A U.S. passport or card
- A Military ID card that is issued by the U.S. Uniformed Services
- An ID card issued by a federally recognized Indian tribe in Wisconsin

If you are unsure if the Photo ID that you have is valid, feel free to contact the Voter ID Hotline at (844) 588-1069. If you are needing to get a Photo ID card, the ADRC can help get you to the DMV. Call us!

## ***How to get an Absentee Ballot?***

If you are wanting to vote by using an absentee ballot for the election on November 3rd, 2020, you should request your ballot as soon as you can. Ways that you can request a absentee ballot are as follows:

- Go to [myvote.wi.gov](https://myvote.wi.gov) and sign up by 5:00p.m. on October 29th in order to request your absentee ballot to get sent to you through the mail.
- Contacting your County Clerk is another way for you to get your absentee ballot and their hours for absentee voting.

If you are mailing back your absentee ballot, the U.S. Postal Service would recommend you mail it one week before Election Day.



# Meet our new Intern, Chantel Ellis-Jesus

*I am currently living in Prairie du Sac, Wisconsin and I am also attending school at Madison College. Through the college, I am studying Human Services. Something that I really enjoy is sitting outside while enjoying mother nature and reading a good book! Another thing that I enjoy spending time doing is curling up on the couch with snacks and some of my favorite movies. One of my favorite places to travel to is the San Luis Valley in Colorado to visit family members and see the Rocky Mountains.*



## !REMINDER!

### *Medicare Part D*

Medicare Open Enrollment is from October 15th until December 7th. Due to the COVID-19 Pandemic, we won't be having our Medicare Part D Clinics.

However, our Benefit Specialist will still be here to assist you with your drug plan reviews through the mail. For more information feel free to give the Aging and Disability Resource Center a call at 608-355-3289.



# *Be on the Lookout: Contact Tracing Scams*

*By SMP Resource Center*

Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19,
- Helping people who may have been exposed to COVID-19 get tested, and
- Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 infection to others.

## **GREEN FLAGS**

Contact tracers will:

- Be state or local Department of Health employees or their contractors,
- Ask about your personal symptoms to gauge for possible COVID-19 infection,
- Ask about others you may have come into contact with recently,
- Be able to refer you to other medical and social resources, and
- Ask whether you have insurance so they can connect those who are not insured with resources

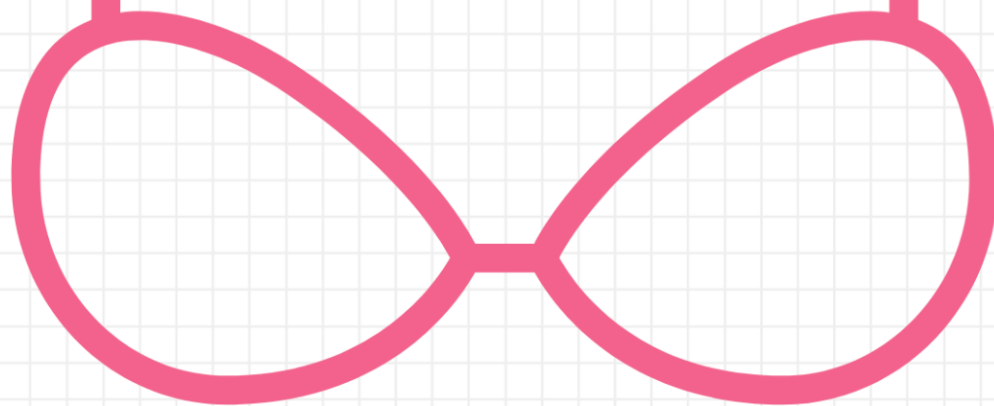
## **RED FLAGS**

Be cautious of anyone who:

- Asks for specifics about your health insurance, like your Medicare number,
- Claims they need a credit card or cash to pay for a COVID-19 test, or
- Wants your personal information to help you set up a COVID-19 test.

## **How Can Your Senior Medicare Patrol (SMP) Help?**

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained teams help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.



OCTOBER IS

# **BREAST CANCER AWARENESS MONTH**

JOIN THE FIGHT AGAINST CANCER

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**IN 2020 ALONE, THERE WILL BE OVER 300,000  
NEW BREAST CANCER CASES.  
UNFORTUNATELY, THESE STATISTICS DON'T  
STOP BECAUSE OF A GLOBAL PANDEMIC.**

## **GET CHECKED NOW.**

**TO SEE IF YOU QUALIFY FOR A FREE MAMMOGRAM CALL THE  
WISCONSIN WELL WOMAN PROGRAM AT (608)847-9455 OR  
TOLL-FREE AT 1-866-735-9616.**



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY



# NOVEMBER 2020

2 Sloppy Joe On Bun French Fries Harvest Blend Veggies Pie	3 Cranberry Glazed Chicken Au Gratin Potatoes Dill Carrots Wheat Roll Cookie	4 Grilled Ham Slices Scalloped Potatoes Butternut Squash Wheat Roll Ice Cream Fudge Bar	5 Roast Beef Gravy Baked Mashed Potatoes Scalloped Corn Dinner Roll Strawberries w/Whip	6 Tuna Noodle Casserole Buttered Beets Dinner Roll Lemon Cake
9 Chicken Teriyaki Rice Pilaf Asian Veggies Wheat Roll Peach Pie	10 Meatloaf Baked Potato Brussel Sprouts Wheat Roll Sliced Strawberries	11 Pork Roast/Sauerkraut Au Gratin Potatoes Green Beans Dinner Roll Frosted Marble Cake	12 Beef Stew Baked Lima Beans Cornbread Apple Cranberry Crisp	13 Oven Fried Fish Tartar Sauce Sweet Potatoes Seasoned Broccoli Wheat Roll Cookie
16 Marinated Pork Roast Scalloped Potatoes Buttered Spinach Banana Cake	17 Swedish Meatballs Buttered Noodles Chopped Broccoli Fruit Mix	18 Goulash Brussel Sprouts Wheat Roll Cookie	19 Orange Glazed Turkey Creamed Peas Boiled Potatoes French Bread Ice Cream	20 Parmesan Fish Herbed Rice Winter Mix Veggies Cornbread Pie
23 Chili Cottage Cheese Biscuit Cherry Crisp	24 Oven Fried Chicken Mashed Potatoes/Gravy Cole Slaw Biscuit Ice Cream Sandwich	25 Spaghetti w/Italian Meat Sauce Capri Blend Veggies Garlic Bread Pudding Parfait	ALL DINING SITES WILL BE CLOSED ON NOVEMBER 26 & 27 	
30 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Peanut Butter Brownie		NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered Meals include milk.	To cancel a Home Delivered Meal or make a Dining Site reservation, call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 La Valle: 355-3289 Frozen: 355-3289	



# **JOIN THE ADRC OF EAGLE COUNTRY FOR: VIRTUAL CAREGIVER BOOT CAMP**

Caregiver Boot Camp is a FREE educational "survival" program series for families coping with Alzheimer's disease and other dementias. Sessions will be held via Zoom every Monday in November from 1:00pm - 3:00pm. There will be giveaways at all sessions! The first 50 participants to register will also receive a FREE "Survival Kit"!

- November 2nd: Let's Talk About Dementia - A Dementia 101 Session
- November 9th: Tough Conversations and Question & Answer
  - Participants will have the opportunity to submit questions ahead of time as well as real time through Zoom's chat feature.
- November 16th: Steering Into the Skid - A One-Act Dementia Play
  - In 12 short scenes, all taking place in Tim & Amanda's SUV, the audience comes to know this loving couple as they navigate the early progression of dementia. As months pass, the audience sees the subtle changes and adjustments the couple is forced to make on this journey together. The play will be followed by a group discussion.
- November 23rd: Dementia Friends Session and Local Resources
  - Participants will learn the five key messages of dementia, what it's like to live with dementia, and how to better communicate with someone who has dementia. This session will also cover what resources are available for persons with dementia and their care partners in each county.
- November 30th: "Taking Care of YOU" - Stories from Local Caregivers and "Finding Balance When Busy Seems To Be The Only Word You Know" with Local Author, Blogger, and Speaker, Keri Olson
  - Participants will hear local caregivers share their stories as well as a live, inspirational program about joy, gratitude, and self-care for those who care for others from Local Author, Blogger, and Speaker, Keri Olson.

**Register for all sessions or just a few, the choice is up to you!**

**Contact Brianna Wipperfurth at the  
ADRC of Eagle Country-Baraboo Office to register!  
[brianna.wipperfurth@saukcountywi.gov](mailto:brianna.wipperfurth@saukcountywi.gov) or (608) 355-3289**





# Fall Photo Shoot



This season we are asking you to submit a photo, either a digital or hardcopy, that has to do with the fall season. After the photo is submitted we are going to post it to Facebook and to the ADRC website. Please submit your photo to our Intern, Chantel Ellis-Jesus through email at [chantel.ellisjesus@saukcountywi.gov](mailto:chantel.ellisjesus@saukcountywi.gov) or to 505 Broadway St in Baraboo, WI. Once we have all of the photos that have been submitted a winner will be decided and a prize may be handed out. If you have any questions feel free to contact Chantel through email or call (608) 355-3289.



## UPDATE



### *The Reedsburg Country Club*

Starting in October the Country Club My Meal, My Way will have new hours. They will be open from 11:30am to 1:30pm on Wednesday and Thursday. On Wednesday they will be serving a full salad with a side of soup. Thursdays menu will be a full sandwich with a side of soup. Just as a reminder it is best if you call the day before getting your meal at (608) 524-6000 and select option 2 for the bar. If nobody answers feel free to leave a message. This program is available to folks 60 and older and available for a suggested donation of \$5/meal. New diners will be asked to fill out a brief form.



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

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

CHANGE SERVICE REQUESTED

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

# Thanksgiving Word Search



AMERICA	MAYFLOWER
CANOE	MILES STANDISH
COLONY	NEW WORLD
CORNUCOPIA	NOVEMBER
ENGLAND	PILGRIMS
FALL	PLYMOUTH
FAMILY	PUMPKIN PIE
FEAST	PURITANS
FREEDOM	SQUASH
GRATITUDE	STUFFING
HARVEST	THANKSGIVING
HOLIDAY	TURKEY
INDIANS	YAMS
MAIZE	