



May is Older Americans Month Age Out Loud!

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Congressman Mike Honda, who had a 30-year career in education, was elected to the House of Representatives at age 60. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month.

Since 1963, Older Americans Month has been

a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The ADRC will use Older Americans Month to celebrate how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Source: <https://oam.acl.gov/2017/materials.html>



During May, the ADRC, in junction with the Sauk County Parks and Recreation Department, will provide certificates allowing senior citizens into the Sauk County parks and boat landings for free on Wednesdays during the month of May. This certificate not only allows the holder free access into the parks and boat landings, but also anyone riding with them in their vehicle. There is no limit on the number of times you can use your certificate during May. So get out and enjoy one or all of Sauk County's nine (9) parks and boat landings. To get a certificate stop in or call the ADRC at 608-355-3289 to have one mailed to you.

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ADRC Office Hours:

Monday Wednesday Thursday Friday
8:00 a.m. - 4:30 p.m.

Tuesday 8:00 a.m. - 7:00 p.m.



A kind word
is like a



spring day

Russian proverb



Voice of the Messenger
Tony Tyczynski,
Veterans Service Officer



★★ VETERANS MESSENGER ★★

Dear Friends,

Sauk County is in the process of changing email servers. The Veterans Service Office is one of the few offices changed so far. Beginning immediately our department email address is vetservice@saukcountywi.gov. You can use this email for general inquires and the four of us in the office will receive the email and someone should get back to you within a day or two, if necessary.

If you are a veteran enrolled in VA health care and end up visiting a private emergency room and/or using an ambulance to get to any emergency room, please call Madison VAMC Non-VA Coordinator Notification line (608) 256-1901, ext. 14431 within 72 hours to notify the VA. This will not guarantee payment by the VA, but it will give you the best chance of the VA covering the bills.

Generally, to get service connected, the claimed condition must manifest and/or be diagnosed while in service or within 1 year of separation from active duty. However, there are some exceptions to this; the most notable being Multiple Sclerosis (MS). MS has a 7-year

post-service window for manifestation of symptoms. What this means is that if the symptoms of MS show up within 7 years of a veteran leaving the military, there is the possibility for this condition to be viewed by the VA as service-connected. If you know of any veterans that have this condition, they should be referred to their local County Veterans Service Office for a review of their circumstances to determine if a claim for service-connection would be appropriate.

As always, be sure to stay up to date with important veteran related items and events on our Sauk County website <https://www.co.sauk.wi.us/veteransserviceoffice>

In Your Service,

Tony

Vietnam War & Vietnam Era Veterans

The Baraboo 21 cordially invites you to a special breakfast and appreciation ceremony at Baraboo High School on Friday, March 10, 2017. This event is being held to mark the 50th Anniversary of the peak years of U.S. deployments to Vietnam, from 1967-1970. More info is on our website.



We want to thank the following for their recent donations to the Veterans Care Trust Fund: VFW Post 2336, VFW Post 987, Wanda West, Bob O'Brien, Marilyn Voltz, Pierce's Rewards, Don Schultz, American Legion Post 242, American Legion Post 350, and Anonymous.

These tax deductible donations are used to help needy veterans of Sauk County. We also want to remind you that you can designate the Sauk County Veterans Care Trust Fund, Code 1115 on your Pierce's Rewards Card, and all money we receive goes to help needy Sauk County veterans.

Veterans Benefit Specialists

Veterans Office

505 Broadway * Baraboo, WI 53913

Telephone - 608-355-3260

www.co.sauk.wi.us



Kathy Kent ★ *Lonie Birkholz* ★ *Pamela Russo*

New Regulation Decreases Cost of Outpatient Medication Copay for Most Veterans

The Department of Veterans Affairs (VA) is amending its regulation on copayments for Veterans' outpatient medications for non-service connected conditions. VA currently charges non-exempt Veterans either \$8 or \$9 for each 30-day or less supply of outpatient medication, and under current regulations, a calculation based on the medication of the Medical Consumer Price Index (CPI-P) would be used to determine the copayment amount in future years.

“Switching to a tiered system continues to keep outpatient medication costs low for Veterans,” said VA Under Secretary for Health Dr. David J. Shulkin. “Reducing their out-of-pocket costs encourages greater adherence to prescribed outpatient medications and reduces the risk of fragmented care that results when multiple pharmacies are used; another way that VA is providing better service to Veterans.”

This new regulation eliminates the formula used to calculate future rate increases and establishes three classes of outpatient medications identified as Tier 1, Preferred Generics; Tier 2, Non-Preferred Generics including over-the-counter medications; and Tier 3, Brand Name. Copayment amounts for each tier would be fixed and vary depending upon the class of outpatient medication in the tier.

These copayment amounts will be effective February 27, 2017: \$5 for a 30-day or less supply - Tier 1 outpatient medication; \$8 for a

30-day or less supply - Tier 2 outpatient medication; \$11 for a 30-day or less supply - Tier 3 outpatient medication

These changes apply to Veterans without a service-connected condition, or a disability rated less than 50 percent who are receiving outpatient treatment for a non-service connected condition, and whose annual income exceeds the limit set by law. Medication copayments do not apply to former Prisoners of War, catastrophically disabled Veterans, or those covered by other exceptions as set by law.

NEW Presumptive Law for those who served at Camp Lejeune

The VA has published regulations to establish presumptions for the service connection of eight diseases associated with exposure to contaminants in the water supply at Camp Lejeune, N.C.

The presumption of service connection applies to active duty, reserve and National Guard members who served at Camp Lejeune for a minimum of 30 days (cumulative) between August 1, 1953 and December 31, 1987, and are diagnosed with any of the following conditions: adult leukemia; aplastic anemia and other myelodysplastic syndromes; bladder cancer; kidney cancer; liver cancer; multiple myeloma; non-Hodgkin's lymphoma; Parkinson's disease.

Veterans with 30 or more cumulative days of active duty service, at Camp Lejeune during the contamination period are already eligible for certain medical benefits, following passage of



Upcoming Events

the Honoring America's Veterans and Caring for Camp Lejeune Families Act of 2012.

In the early 1980s, volatile organic compounds, trichloroethylene (TCE), a metal degreaser, and perchloroethylene (PCE), a dry cleaning agent, as well as benzene and vinyl chloride, were discovered in two on-base water supply systems at Camp Lejeune. The contaminated wells supplying the water systems were shut down in February 1985.

The area included in this presumption is all of Camp Lejeune and MCAS New River, including satellite camps and housing areas.

VA to Begin Covering IVF & Adoption Costs for Wounded Veterans

The Department of Veterans Affairs will begin covering costs for in vitro fertilization and adoptions for combat-wounded veterans struggling with infertility because of their injuries, giving thousands of young veteran families fresh hope at starting a family, advocates say.

President Obama recently signed a bill that allows the agency to pay the costs for the next two years from existing VA health-care funds. For more than 24 years, VA was banned from covering the costs of IVF by a law that Sen. Patty Murray (D-Wash.) and others say is outdated. Congress passed the ban because of conservative opposition to assisted reproduction. Today, however, IVF is widely accepted around the world.

“Our goal is to restore, to the greatest extent possible, the physical and mental capabilities of veterans with service-connected injuries. The provision of assisted reproductive technologies would do that,” said Walinda West, a VA spokeswoman, in a statement. “It is important that we fully understand the needs of our veteran population, and fully incorporate the major scientific advances available today that can allow them to live a full life.”

May 5-7, 2017 Veterans Family Camp - Camp Wawbeek, Wisconsin Dells - Offered to Veterans and their families at no charge. See website: <https://camp.eastersealswisconsin.com/veterans-family-camp/>

Camp American Legion has many special weeks coming up this summer. More information can be obtained by viewing the information on our website or calling the Camp at (715) 277-2510. Examples of the weeks offered are: Homeless and at-risk veterans; Women veterans; Korea and Vietnam Veterans; Post 9/11 Veterans; Veterans Recovery; Diabetes.

Veterans meet for Coffee on the second Tuesday of every month from 9-11 a.m., at the MATC Reedsburg.

Veterans meet for breakfast every Wednesday morning from 7 - 8:30 a.m. at the Reedsburg VFW post 1916 building, at 200 Veterans Drive, Reedsburg.

On **every second Sunday** of the month, the Reedsburg VFW Post 1916 hosts a breakfast buffet from 8:00 am - noon. Adults \$8.00, children ages 4-11 \$3.00. They serve omelets, scrambled eggs, French toast, pancakes, sausage, biscuits and gravy, and other amenities.

Sign up for the E-News magazine

Any veteran who would like to receive upcoming issues of *AddLIFE Today!* via e-mail, please e-mail kathy.kent@saukcountywi.gov with your name and e-mail address. If you have already given us your e-mail address, please let us know of any updates or if you no longer wish to receive our newsmagazine.





FROM THE DIRECTOR'S DESK

Susan Blodgett
Aging & Disability Resource Center Director



Aging Out Loud

May is Older American's Month and we would like to celebrate it with you. The National theme this year is *Aging Out Loud*. What that means to me is that as we age it is even more important for us to advocate for ourselves.

You might not think of yourself as an advocate, but each and every time you speak up and say what you think, you are advocating - be it for yourself or for someone else!! There are times when we all feel like we've lost control over our life, this is when you really need to speak up.

It is very important that we advocate for ourselves and those we care about. We need to stand up and let people know about our healthcare and long term care choices, our financial needs, what we want for our loved ones, our communities, and the our country.

Tips to Being an Effective Advocate

1. **Believe in Yourself** - You are a valuable person and worth the effort it takes to advocate for yourself and your rights. Know that you are important and know what you want.
2. **Know Your Rights** - You have the right to speak up for yourself. Put systems in place, so if you ever are in a situation that you can't make good decisions for yourself, you have designated someone you trust to make them for you, especially with your health and financial needs.
3. **Decide What You Want** - This is an important step! Take the time to think through exactly what you want. Then set your own goals, and decide what you need to do for accomplishment. Don't forget to communicate to others what you want as well.
4. **Get the Facts** - To advocate for yourself and others, you need to know what you are talking about and asking for. Learn as much as possible from a variety of sources to make sure the information you are gathering is accurate. Check with experts. Ask others who are concerned about the same issues you are. Check out references in the library. Contact agencies and organizations for information and support.
5. **Planning Strategy** - Use the information you have gathered and plan a strategy that will work for your needs and what you want. Think of the different ways to address the problem. Ask for suggestions and feedback on your ideas, then choose the action that you feel has the best chance of success for you.
6. **Gather Support** - When advocating for yourself and others, it is helpful to have the support of family members, friends and other like minded people with similar issues and concerns.
7. **Target Efforts** - Who is the person, persons, or organizations you need to deal with to get action. Talk directly with the person who can best assist you. It may take a few phone calls to discover which organization or person can help, or who is in charge, but it's worth the effort. Keep

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trying to find the right person. The right person might be your spouse or a family member who can advocate for your help needs. It might be the local banker who you ask to help with your financial concerns or your government official who represents you. It might even be the Aging & Disability Resource Center.

8. **Express Yourself Clearly** - When asking for what you need and want, be brief. Stick to the point. Don't allow yourself to be diverted or to ramble on with unimportant details. State your concerns and how you want things changed. If the other person tries to tell you reasons why you cannot achieve what it is you want for yourself, repeat again what it is you want and expect until they either give it to you, help you get it, or refer you to someone else who may be able to support your needs
9. **Assert Yourself Clearly** - Don't lose your temper and lash out at the other person, their character or the organization. Speak respectfully, asking for what you need and want and then listen. Respect the rights of others while you stand up for yours.
10. **Be Firm and Persistent** - Don't give up! Keep working for what you want. Always follow through on what you say. Dedicate yourself to getting whatever it is you need for yourself, for your loved ones, your communities, or your country.

Source: WRAP Plus



If you would like to contact your State and Federal Representatives with any of your concerns their contact information is:

U.S. Senators:

- **Ronald Johnson (R)**
Washington, D.C. Office
328 Hart Senate Office Bldg
Washington, D.C. 20510-4903
202-224-5653

Madison Office
14 W Mifflin St., Ste 207
Madison, WI 53703
608-264-5338
Email: ron_johnson@johnson.senate.gov

- **Tammy Baldwin (D)**
Washington, D.C. Office
717 Hart Senate Office Bldg
Washington DC 20510
202-224-5653

Madison Office
30 W Mifflin St Suite #700
Madison WI 53703
608- 264-5338 or
800-247-5645
Email: www.baldwin.senate.gov/contact.cfm

U.S. Representatives

- **Mark Pocan (D)**
Washington D.C. Office
313 Cannon House Office Bldg
Washington, DC 20515
202-225-2906

Madison Office
10 E Doty St, Suite #405
Madison WI 53703
608-258-9800
Email: mark.pocan@mail.house.gov
- **Ron Kind (D)**
Washington, D.C. Office
1502 Longworth House Office Bldg
Washington, D.C. 20515
202-225-5506

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La Crosse Office

205 Fifth Avenue South
Suite #300
La Crosse, WI 54601
605-782-2558

Email: ron.kind@mail.house.gov

Wisconsin Senators

Contact the Wisconsin Senators by mail at:

**P.O. Box 7882
Madison, WI 53707-7882**

- **Luther Olsen (R)**

District 14 - consisting of :
Townships: *Baraboo, Delton, Fairfield, and Greenfield;*
Villages: *Lake Delton and West Baraboo;*
City: *Baraboo and that part of the City of Wisconsin Dells located in Sauk County*

Email: sen.olsen@legis.state.wi.us

- **Howard Marklein (R)**

District 17 consisting of the 50th and 51st Assembly Districts:
Townships: *Bear Creek, Dellona, Excelsior, Franklin, Ironton, La Valle, Reedsburg, Spring Green, Washington, Westfield, Winfield and Woodland.*
Villages: *Cazenovia (Sauk County portion), Ironton, La Valle, Lime Ridge, Loganville, Plain, Rock Springs, and Spring Green.*
City: *Reedsburg*

Email: Sen.Marklein@legis.wi.gov

- **Jon Erpenbach (D)**

District 27 consisting of the 81st Assembly District:
Townships: *Baraboo, Delton, Fairfield, Freedom, Greenfield, Honey Creek, Merrimac, Prairie du Sac, Sumpter, and Troy*
Villages: *Merrimac, North Freedom, Prairie du Sac, Sauk City, and West Baraboo.*
City: *Baraboo and Wisconsin Dells (Sauk County portion Wards 8 & 10)*

Email: Sen.Erpenbach@legis.wisconsin.gov

Wisconsin Representatives

Contact the Wisconsin Representatives by mail at:
**P.O. Box 8952
Madison, WI 53708-8952**

- **Joan Ballweg, (R)**

41st Assembly District consisting of:
Village: *Lake Delton*
City: *Wisconsin Dells (Sauk County portion Ward 4)*

Email: Rep.Ballweg@legis.wi.gov

- **Ed Brooks, (R)**

50th Assembly District consisting of:
Townships: *Dellona, Excelsior, Ironton, La Valle, Reedsburg, Westfield, Winfield, and Woodland*
Villages: *Cazenovia (Sauk County portion), Ironton, La Valle, Loganville, and Rock Springs*
City: *Reedsburg*

Email: Rep.Brooks@legis.wi.gov

- **Todd Novak, (R)**

51st Assembly District consisting of:
Townships: *Bear Creek, Franklin, Spring Green, and Washington*
Villages: *Lime Ridge, Plain, and Spring Green*

Email: Rep.Novak@legis.wi.gov

- **Dave Considine, (D)**

81st Assembly District consisting of:
Townships: *Baraboo, Delton, Fairfield, Freedom, Greenfield, Honey Creek, Merrimac, Prairie du Sac, Sumpter, and Troy*
Villages: *Merrimac, North Freedom, Prairie du Sac, Sauk City, and West Baraboo.*
City: *Baraboo and Wisconsin Dells (Sauk County portion, Wards 8 & 10)*

Email: Rep.Considine@legis.wi.gov

Asking for what you need, what you want and what you're worth requires practice. So practice self-love and start asking.

--Ann Marie Houghtailing

When do I know it's time for facility care?

Most families want to keep a loved one with Alzheimer's disease or other forms of dementia at home for as long as possible but if you are pondering this question, chances are it is probably the right time. Rarely do people say they moved a loved one too soon, however, it is important to know the answer is different for everyone.

Reviewing these areas may provide you with some clear signals of whether a move is necessary.



- **Safety.** Are accidents with household appliances happening or becoming more likely to happen, like burning food on the stove? Has it become more difficult to navigate at home? Is the possibility of falls increasing?
- **Personal hygiene and care needs.** Is bathing becoming less common? What about issues of incontinence or difficulty using the toilet? Is laundry done regularly or are the same clothes being worn without washing? What about personal care tasks like dressing and grooming? Can tasks still be managed by the person?
- **Behavior.** Is the person leaving home and getting lost? Has he or she become more agitated, suspicious or angry? Does the home environment seem more confusing?
- **Nutrition.** Are you seeing signs of dehydration or weight loss? Are healthy meals cooked and eaten or is your loved one forgetting to eat? Is eating and/or swallowing difficult?
- **Socialization.** Does the person have enough to do during the day? Is the person sleeping all of the time or sitting in front

of the TV? What about you as the caregiver? Too often, caregivers underestimate the impact of caregiving tasks and the importance of their own wellbeing.

- **Time and energy.** Are you taking on more and more tasks every day, like bill paying and helping with personal cares? Are you feeling exhausted at the end of the day and/or not sleeping at night?
- **Family conflict.** Do you feel you're missing out on important family activities because of caregiving responsibilities? Is there disagreement on how to provide care for your loved one?
- **Health issues.** Are you experiencing your own health-related issues due to caregiver stress and responsibilities, like depression or anxiety? Are you more irritable than normal?
- **Financial concerns.** Are you frequently missing work? Are your caregiving responsibilities putting a strain on your own budget? Do you have concerns about how you will pay for care as needs change?

Writing down answers to each of these questions may better define your specific situation. It may also identify the point at which a move is right for both you and your loved one. Maybe a move is not right at the moment but you could benefit from companion/respite care for your loved one, to help take on some of the responsibilities.

If you need more guidance or want to discuss your specific circumstances, contact Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin, at 608.742.9055 or email janet.wiegel@alzswisc.org

ADRC Transportation

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

Fun-day Trip Reservation Line: 608-355-4888

Look
Who's
Getting
You
There!



Robin



Bill



Gary



Tom

Have you traveled on the Shopping Bus?

Hello to those who use our various modes of transportation. Let me introduce the rest of you to some of our various fun and interesting transportation programs !

We offer a Shopping Bus, Fun Day Travels Bus Trips, a Taxi Subsidy Program, and our Volunteer Driver Escort Program.

Now that the weather is getting better (less snow and warmer temps), you may want to take advantage of these transportation programs offered thru the ADRC.

In each AddLIFE Today! issue this year, we will introduce you to another one of our Transportation Services Programs. If you would like more information, or to receive a brochure on any of these programs, please give us a call at 355-3278. We'll be happy to go over this information with you.

The following is a brief overview on our Shopping Bus (Specialized Transit Bus Service).

The ADRC offers specialized transit bus service on Fridays (**by reservation only**) for local shopping and other activities. Every other week we offer a shopping bus that takes you to either the Baraboo or Lake Delton shopping areas, which can include stops at WalMart, Pierces, Aldi, Kohls, JoAnn Fabrics,

or the Dells Outlet Mall, to name a few.

If demand requires it, on occasion we may run a Shopping Bus every other Thursday. Call us at the ADRC if this would be helpful.

The Shopping Bus is a transportation program for people aged 60 years and older, and adults with disabilities. Space is reserved for them, but people of all ages may ride IF SPACE IS AVAILABLE.

Reservations can be made 48 hours in advance prior to travel. Space is limited and based on a first-call basis. You can call ahead and make a reservation to be picked up from your community by our transit bus. The round trip cost is \$3.00.

Please call to make your reservation
608/355-3278

Guidelines:

- Minimum capacity is 6-8 passengers per bus.
- Seats are limited and by reservation.
- Please call at least 2 days in advance to reserve your seat
- Cost is \$3.00 to board and includes your return fare.
- Passengers will be picked up at pre-arranged group locations.
- Your bus driver reserves the right to deny stops other than those listed.



POTHOLES

Potholes - they are a fact and way of life in Wisconsin. The freezing and thawing of winter/springtime temperatures erode our road bases and cause pavement stress. That and traffic combine to create potholes and cause us all headaches!! While reading up on potholes, I came across an interesting article by Matt Pommer (reprinted below).

While there is no "permanent" cure for potholes, we should all be aware of them and try as we might, drive safely to avoid them.

Wisconsin and its pothole problems

Wisconsin has road problems that may be costing you more in automotive repairs, according to the League of Wisconsin Municipalities. It's a big issue for local officials, who have 103,000 miles of roads and streets to maintain. That compares to the 11,800 miles of Interstate and state highways that the state DOT maintains.

Part of the Wisconsin road picture is historic. Paved roads helped get milk from dairy farms to processing companies. Aid from state government helped local officials maintain those roads.

The bulk of money in the state transportation fund comes from fuel taxes and vehicle registration fees. Fifteen years ago, 40 percent of the state transportation fund was returned to municipal and county governments. Now, less than one-third of that fund returns to local governments.

Over the last five years, annual revenue from fees and taxes has increased just three-tenths of 1 percent. The recent recession contributed to a decline in travel, and more fuel-efficient vehicles played a role. Meanwhile, road repair costs continued to escalate.

Asphalt prices were increasing 11 percent annually on average. That's a major bump for local governments struggling to fill potholes

after harsh winters.

Part of the drop in help for local officials reflects a shift in priorities toward major highway construction projects. Critics have suggested politicians of both parties have grown fond of fancy, multi-lane Interstate projects with their heavy bonding.

A 2012 study showed that 35 states have roads that are in better condition than those in Wisconsin. The situation was worse in Wisconsin's urban areas, according to the League of Municipalities. Just 15 percent of the highway system in those areas was rated "good." Then, a 2013 study showed that more than half of the roads in the Milwaukee area were in poor condition. It suggested that road conditions cost Milwaukee-area drivers an average of about \$700 per year in vehicle repairs.

Curt Witynski, assistant director of the League of Municipalities, said local officials are caught between declining state and federal funding and the inability to increase local taxes and fees to adequately fund transportation needs. In the League's January magazine, he warned of what could happen.

"If nothing is done, state transportation funding could be short between \$2 billion and \$6 billion over the next 10 years," he wrote.

"Wisconsin's economy relies heavily on transportation: manufacturing, farming and trucking claim a larger share of employment and wages than in any other state, save Indiana," he wrote. "In addition, good roads boost Wisconsin's \$11 billion tourist industry."

Witynski suggests state government might want to look at regional approaches to raising the necessary money. "There are economies of scale in investments, as well as economic and social impacts, regardless of jurisdiction."

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Local governments already have the power to impose wheel taxes on vehicles licensed in their jurisdictions. But few local governments have opted for the approach. Citizens often are furious when someone suggests a local tax to fill the potholes.

Other possible revenue raisers include a personal property tax imposed on vehicles, a

local gas tax or even a local sales tax, Witynski suggests. But the experience with a modest wheel tax shows these approaches could cause large political storms.

Reprinted with Permission:

Matt Pommer writes this Wisconsin Newspaper Association weekly state government newsletter. He is dean of the state Capitol correspondents, having covered government action in Madison for 36 years. Readers can contact Pommer at mpommer@sbcglobal.net.

FUN DAY TRAVEL RESERVATIONS !!!

Changes are being made to be fair to all due to the timing and receipt of our newsletter.

- Reservations are taken up to 2 WEEKS PRIOR TO DAY OF TRIP
- Please call the Reservation line at 608/355-4888.
- You can reserve a spot for yourself and 1 OTHER PERSON.
- We will notify you 24 hours prior to departure information regarding pick up times and location



Fun-day Travels

!Fun-day travels promote an independent lifestyle, encourage socialization and add some fun to your weekly routine. The trips are designed for adults age 60 and over as well as adults with disabilities. The round-trip fare is \$5.00 per person, payable to the bus driver. Passengers are responsible for purchasing their own lunch and any additional admission fees. Pick up locations are determined based on the passenger list.

For reservations, call the Fun-day Travels number: 608-355-4888.

You can make a reservation for yourself and one other person!

To Register Call Fun Day Travels at 355-4888	
March Events	
March 14	Target & Hilldale
March 21	Westgate Mall & HyVee Supermarket/Whitney Way
March 28	West Towne Mall
April Events	
April 4	COSTCO and Greenway Station
April 11	Cedar Grove Cheese Factory Tour and lunch in Spring Green or Sauk City (Walking Tour)
April 18	Olbrich Gardens
April 25	East Towne Mall
May & Early June Events	
May 2	Target and Woodman's
May 9	West Towne Mall
May 16	Cardinal Glass Factory Tour and lunch at Shifflets Riverside Grill (Walking Tour)
May 23	Henry Vilas Zoo
May 30	Greenway Station
June 6	East Towne Mall and HyVee Supermarket-East



Upcoming Events

ALZHEIMER'S AND DEMENTIA



How to Care for Your Loved Ones

with
Janet Wiegel,
Outreach Specialist

Learn ways to effectively and compassionately communicate with someone who has dementia. Learn 10 steps to plan ahead to support people with dementia.

St Clare Hospital,
Ringling Rooms
Thursday, May 4,
10:30 am- 12:00 Noon

Call St♥Clare HOSPITAL's
GoldenCare
for Reservation (608) 356-1407

Refreshments will be provided

Sponsored by:
St♥Clare HOSPITAL GoldenCare
and
St♥Clare Health Care Foundation

AARP DRIVER SAFETY CLASS

with Instructor, Gary Zarcone
St. Clare Hospital, Ringling Rooms
Thursday, June 29, 2017
Registration at 12 pm Noon
Class: 12:30pm – 4:30pm
\$15 AARP Member
\$20 Non Member



What Will I Learn by Taking the Course?

Learn about current rules of the road, how to operate your vehicle more safely in today's challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. You will also learn about:

- Reducing traffic violations, crashes, and chances for injuries.
- Maintaining proper following distance at all times.
- The safest way to change lanes and make turns at intersections.
- Minimizing the effect of dangerous blind spots.
- Properly using safety belts, air bags, and anti-lock brakes.
- Maintaining physical flexibility.
- Continuing to monitor your own and others' driving skills and capabilities.

After completing the course, you'll develop a greater appreciation of driving challenges and how you can avoid potential collisions and injuries to yourself and others

- Though geared for drivers age 50 and older, it is open to people of any age.
- AARP membership is not required to take the course.
- Contact your Auto Insurance Company you may receive a reduction in your premium.
- **There is no final test to pass.**



Please register with
GoldenCare at 608-356-1407



The Volunteer Buzz

Cathy Bindl



Happy Volunteer's Week

Volunteer week is April 23-29

Giving back to others is a powerful feeling. Many of you experience that on a regular basis. According to the Corporation for National and Community Service, one in four American's aged 55 and older volunteer. That's pretty impressive!!

Many older adults are able to live at home with dignity and independence because an ADRC volunteer has donated their time to take them to a doctor's appointment, or delivered a meal to their home, or helped serve a meal at the dining center, or helped mail out the AddLIFE Today! so they can stay informed. Sauk County is a better place to live because of all the volunteers do!

Volunteers not only make a difference in the lives of others and provide economic benefits to their community, they also gain great health benefits for themselves.

If you are an older adults seeking new ways to stay active and healthy consider volunteering. Research shows that those who volunteer for as little as two hours a week or 100 hours per year may experience improved mental, emotional and physical health.

Older Adult Volunteers by the Numbers

- Nearly a quarter of Americans age 65 and over volunteered during 2015 (*U.S. Department of Labor*); this age group also had the highest number of average hours of service per year (94) compared to any other age group.
- 76 percent of volunteers said serving in this role made them feel better; 94 percent said it improved their mood; and 25 percent said it helped them manage a chronic illness. (*UnitedHealth Group*)
- Older adults who volunteer at least four hours per week are 40 percent less likely to develop hypertension. (*Carnegie Mellon University*)
- Volunteering to improve a community can foster a sense of purpose and meaning, help volunteers build social relationships and connections, increase physical activity and provide a fresh perspective on life. Looking beyond the day-to-day struggles of one's own life and focusing externally may help decrease

Source: <http://www.n4a.org>

SAVE THE DATE

The Volunteer Appreciation Breakfast is scheduled for May 11th.

Watch your mailbox in April for our invitations!!



If you haven't returned your "2017 update my volunteer application" form, please do so.

Remember, if you use your vehicle to volunteer, I am required to have a current copy of your auto insurance in your file. The simplest way for you is to have your insurance agent fax me a current certificate of insurance when you renew your policy. (The fax number is 608-355-4375.) Your insurance agent will be able to provide the ADRC with this certificate each time your policy is renewed. You won't have to do it yourself and I will always have the current copy on file.

If you are a driver escort and still haven't had your vehicle inspected, this can be done at the Sauk County Highway Dept. Call the Highway Dept. 355-4855 to schedule an appointment.

If you still haven't sent me your updated application, please do. If you misplaced your form, give me a call and I will send you a new one.

Thanks - Cathy

Volunteer^c Ombudsman Program



Volunteer advocates are needed in nursing homes

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

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

Please consider giving your time to become a volunteer in this important volunteer program.

For more information, please call Julia Pierstorff, Coordinator Volunteer Ombudsman Program, Board on Aging and Long Term Care at 608-246-7004 or 1-800-815-0015 today!



*Congratulations Village Family Dental
for being Dementia Friendly Certified!*

The Village Family Dental staff, from the Black Earth, Prairie du Sac and Spring Green offices, completed Dementia Friendly Communities training. Through this training they were educated on dementia. With their new awareness, they will better be able to support those in their communities who are dealing with dementia.

The ADRC and the Alzheimer's & Dementia Alliance are partnering to make Sauk County dementia friendly.

For Your Benefit . . . Your Elder Benefit Specialists

Mindy Shrader serving the western part of Sauk County
and
Pam Fuchs serving the eastern part of Sauk County

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



Mindy - coming to you: Walk in appointments

Howard Wynne Apartment	April 4 11:00 to 12:00		
Park Place Senior Apartment Reedsburg	March 7 2:00 to 3:00	April 4 2:00 to 3:00	May 2 2:00 to 3:00
Plain Green TTEC	March 8 1:00-3:00	April 7 1:00-3:00	May 3 1:00 - 3:00
Spring Green Senior Center	March 15 10:30 to 11:30	April 19 10:30 to 11:30	May 17 10:30 to 11:30
Spring Green Library	March 15 1:00 to 2:00	April 19 1:00 to 2:00	May 17 1:00 to 2:00



Pam - coming to you: Walk in appointments

Sauk/Prairie Community Center	March 9 10:00 to 11:30	April 13 10:00 to 11:30	May 18 10:00 to 11:30
Merrimac Village Hall	April 19 10:00 - 11:00		



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

Presented by:
Mindy Shrader and
Pam Fuchs

The next workshops will be:
Tuesday, March 14
and
Tuesday, May 9
at 4:30 p.m.
West Square Building,
Room B30
505 Broadway, Baraboo

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those who are continuing to work. It is designed to help you make informed retirement decisions.

Public Housing Goes Smokefree



By the GWAAR Legal Services Team

The Department of Housing and Urban Development (HUD) recently issued a final rule requiring each public housing authority (PHA) administering public housing to implement a smoke-free policy. By July 30, 2018, PHAs must implement a policy banning the use of prohibited tobacco products in all public housing living units, indoor common areas in public housing, PHA administrative office buildings, and all outdoor areas up to 25 feet from the public housing and administrative office buildings. Prohibited tobacco products include: cigarettes, cigars, pipes, and waterpipes (hookahs).

Although many PHAs have voluntarily implemented a smoke-free policy, over 700,000 units will be affected by this rule. HUD

decided to implement this rule based on the health of tenants as well as benefits to PHAs. Namely, tenants will have the potential to experience health benefits from reduction of second hand smoke. PHAs will benefit from reduction in damage caused by smoking, which includes fires.

This rule does not prohibit individual PHA residents from smoking; however, the resident will be prohibited from smoking inside his or her rental unit. If the resident has mobility impairments or mental disabilities, he or she may request a reasonable accommodation (such as moving to the first floor).

To view the complete rule and report by HUD, please visit: <https://s3.amazonaws.com/public-inspection.federalregister.gov/2016-28986.pdf>.

HOUSING & BANKRUPTCY ADVICE CLINICS

Volunteer Lawyers Project

ABOUT US

Legal Action of Wisconsin is a non-profit law firm that provides civil legal representation to achieve justice for low-income people in consumer law, certain landlord/tenant cases, public benefits and family law.

We have two new clinics that provide free consultations with attorneys to eligible persons.

COUNTIES SERVED

Columbia, Dane, Dodge, Green, Iowa, Rock, Jefferson, Lafayette, and Sauk.

CONTACT:

Call our general numbers at anytime to ask

about each clinic.

General Phone Number: 1-608-256-3304
1-800-362-3904

HOUSING ADVICE CLINIC

DATES:

1st & 3rd Thursdays of each month.

APPOINTMENT TIMES:

9:00 AM – 12:40 PM

- Consultations are 40 minutes.
- We have five appointments scheduled for each clinic.

(Continued on page 18)

(Continued from page 17)

TYPES OF CASES:

- Security Deposit Claims
- Retaliation Claims
- Replevin Cases (Property)
- Claims against tenants for damages.
- We request that clients bring relevant documents with them or fax them prior to the appointment.

BANKRUPTCY ADVICE CLINIC

DATES:

2nd Friday of each month.

APPOINTMENT TIMES:

10:00 AM – 12:00 PM

- Consultations are 40 minutes
- We have six appointments scheduled for each clinic.

BANKRUPTCY CONSULTATION

The clinic advises clients about what

bankruptcy is; whether a bankruptcy is appropriate or makes sense; how filing a bankruptcy affects finances.

- We request all clients to forward a copy of their credit report prior the appointment.



Legal Action of Wisconsin, Inc. does not discriminate on the basis of disability in the provision of services or in employment. If you need printed material interpreted or in a different form, or if you need assistance in using our services, please inform us. Deaf, hearing-impaired or speech-impaired callers may reach us through the Wisconsin Telecommunication Relay System (1-800-947-3529).

Substance Abuse in Older Adults

By the GWAAR Legal Services Team



Substance abuse among older adults is a growing problem. As Baby Boomers age and America's demographics change, substance abuse in older adults is becoming a widespread issue. The nature of substance abuse can vary. However, a growing number of older Americans are suffering from alcohol and prescription drug abuse. Unfortunately, older adults' substance abuse is often undetected and untreated.

It is suggested that healthcare providers often overlook substance abuse in older adults.

Further, some argue that substance abuse is hard to detect in older adults because its symptoms are quite similar to those of other medical issues. For example, substance abuse can cause fatigue, irritability, and/or chronic pain. However, these symptoms could also be a result of common medical conditions. Moreover, substance abuse is associated with young people, not older adults. Additionally, the stigma or denial that is often associated with substance abuse may hinder an individual

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from discussing his concerns with his health care providers.

Individuals 65 and older make up 14.5% of the population. However, this group accounts for one-third of the nation's total prescription drug use. It is suggested that older adults are more likely to be prescribed multiple long-term prescriptions, which may contribute to the possibility of improper medication use.

Patients are encouraged to take precautions when using prescription medications. The following is a list of easy ways to promote proper medication use:

- Always follow prescribed directions;
- Be aware of potential interactions among the drugs that you are prescribed;
- Never use another person's prescription; and
- Always discuss all of your medications with your healthcare provider, including prescriptions, over-the-counter medications, and dietary supplements.

As one ages, his body is increasingly sensitive to the harmful effects of alcohol. Accordingly, the National Institute of Alcohol Abuse and Alcoholism recommends that individuals 65 and older limit alcohol consumption to 7 drinks a week (but no more than three drinks on any one day).

If you have concerns regarding substance abuse, be sure to talk with your health care provider. Medicare may cover treatment for substance abuse if you receive services from a Medicare-participating facility, your doctor indicates that the treatment is medically necessary, and your doctor works with you to set up a plan of treatment. Mental health conditions, like depression or anxiety, can affect anyone. If you are experiencing thoughts of suicide, a lack of energy, or an increased use of alcohol or other drugs, you should speak with your health care provider.

For more information about mental health services, contact the Substance Abuse & Mental Health Services Administration at samhsa.gov or **(877) SAMHSA-7**.

More information can be found at:
<http://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/older-adults>,
<http://www.samhsa.gov/>,
http://www.medicareinteractive.org/page2.php?topic=counselor&page=script&script_id=925,
http://newoldage.blogs.nytimes.com/2013/04/29/a-rising-tide-of-mental-distress/?_r=1
https://aoa.acl.gov/aging_statistics/index.aspx



Thank You

- Thank you to the Patricia Jensen for her donation in memory of Robert France to the publishing of the *AddLIFE Today!*
- We would like to thank Margaret Fargen for the donation to the Home Delivered Meal program.
- Thank you to Audrey Eastman for her donation to the publishing of the *AddLIFE Today!*
- We would like to thank Gregory Halvorson for his donation to the Shopping/Grocery Bus program.
- Thank you to Jerry and Patricia Bullard for their donation to Home Delivered Meal program.
- We would like to thank an anonymous donor for their donation to the publishing of the *AddLIFE Today!*
- Thank you to Halsey and Lyla Sprecher for their donation to the Information & Assistance program and to the publishing of the *AddLIFE Today!*

Student Debt is Pushing Elders into Poverty

By the GWAAR Legal Services Team

Unfortunately, student loan debt is not a problem limited to Millennials. An increasing number of older Americans have defaulted on their federal student loans. These defaults can result in a portion of their Social Security retirement or disability benefits being withheld – known as an offset. Generally, creditors cannot garnish Social Security benefits, but there is an exception for federal debts such as Medicare, IRS, SSA, and federal student loans. An offset can be as much as 15% of a person’s Social Security benefit.

Because Social Security is often the primary source of income for older Americans, the U.S. Government Accountability Office (GAO) recently conducted a study regarding this situation. The GAO found that 43% of older borrowers (age 50 and older) who were subject to the offset for the first time had held their student loans for 20 years or more. In addition, three-quarters of these older borrowers had taken loans out only for their own education, and most owed less than \$10,000 at the time of their initial offset. More than half of the nearly 114,000 older borrowers who had such offsets were receiving Social Security disability benefits rather than

Social Security retirement income.

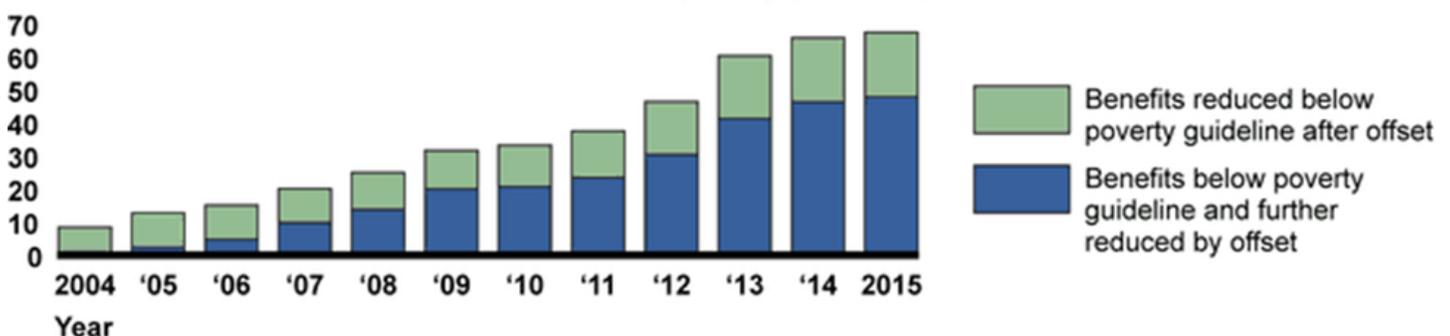
The GAO identified a number of effects on older borrowers resulting from the design of the offset program and associated options for relief. One of the few avenues for relief is through a process known as a total and permanent disability (TPD) discharge. It is available to borrowers with a disability that is not expected to improve. The Department of Education determines whether a borrower meets the criteria for TPD discharge. If, however, a borrower’s loans are discharged and he or she fails to comply with annual reporting requirements, a loan initially approved for TPD discharge can be reinstated and offsets resume.

Perhaps the most alarming effect the GAO identified is that older borrowers subject to an offset are increasingly receiving benefits below the federal poverty guideline. As a result of this study, the GAO has suggested that Congress consider adjusting the Social Security offset provisions to reflect the increased cost of living. The GAO is also making recommendations to the Department of Education, including that it clarify documentation requirements for TPD discharge.

Source: <http://www.gao.gov/products/GAO-17-45>

Impact of Offsets on Older Borrowers’ Social Security Benefits:

Number of borrowers with benefits at or below the poverty guideline (in thousands)



Source: GAO analysis of data from the Departments of Education and Treasury, and the Social Security Administration. | GAO-17-45



Cop's Corner

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

Tax Fraud and Identity Theft



I know we discussed this last year at this time, but it is important, so I would like to readdress the issues of Tax fraud and ID thefts.

It seems that this time of year, the local police get a lot of calls about tax scams and theft of identity complaints. A little information can go a long way to protecting yourself.

The most common tax scam we hear of is a phone call made by a robot dialer who tells the caller that the IRS is launching an investigation and if they want to avoid being arrested, they need to call and wire money or provide access to a bank account.

The first problem with the scam is that the IRS will not call you. If you are being audited, you would be contacted by an IRS agent in person who will present proper credentials. Any call made via the phone should be suspect to you and you need to follow up before sending money or allowing anyone access to your bank accounts. If you pay, it is extremely difficult for local law enforcement to track the bad guys and the chances of getting your money back are almost none. Never divulge

information over the phone to anyone you do not know, even if you believe it is an official.

The second type of issue we see this time of year is identity theft through tax return fraud. This is where your identity is stolen to file a tax return for fraudulent return monies. The following is from the IRS web site and has some helpful hints:

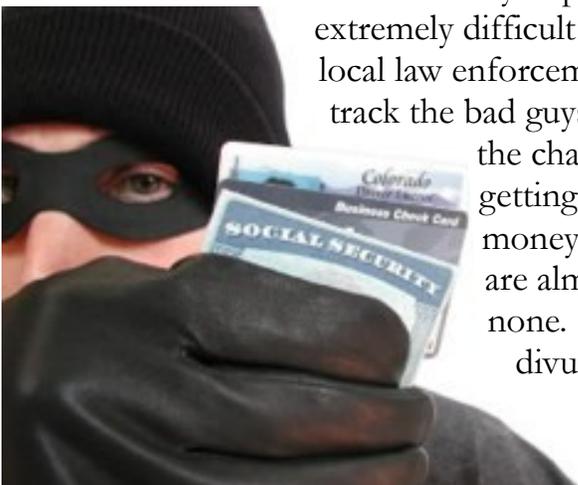
Know the warning signs

- Be alert to possible tax-related identity theft if you are contacted by the IRS or your tax professional/provider about:
- More than one tax return was filed using your SSN.
- You owe additional tax, refund offset or have had collection actions taken against you for a year you did not file a tax return.
- IRS records indicate you received wages or other income from an employer for whom you did not work.

Steps to take if you become a victim

If you are a victim of identity theft, the Federal Trade Commission recommends these steps:

- File a complaint with the FTC at identitytheft.gov.
- Contact one of the three major credit bureaus to place a 'fraud alert' on your credit records:
 - ⇒ Equifax, www.Equifax.com, 1-800-766-0008



(Continued from page 21)

- ⇒ Experian, www.Experian.com,
1-888-397-3742
- ⇒ TransUnion, www.TransUnion.com,
1-800-680-7289

- Contact your financial institutions, and close any financial or credit accounts opened without your permission or tampered with by identity thieves.

If your SSN is compromised and you know or suspect you are a victim of tax-related identity theft, the IRS recommends these additional steps:

- Respond immediately to any IRS notice; call the number provided or, if instructed, go to IDVerify.irs.gov.
- Complete IRS Form 14039, Identity Theft Affidavit, if your e-filed return rejects because of a duplicate filing under your SSN or you are instructed to do so. Use a fillable form at IRS.gov, print, then attach the form to your return and mail according to instructions.
- Continue to pay your taxes and file your tax return, even if you must do so by paper.

If you previously contacted the IRS and did not have a resolution, contact us for specialized assistance at 1-800-908-4490. We have teams available to assist.

A little prevention may save a lot of pain in the very near future. Protect your identity and yourself. The IRS has advised that due to the number of ID thefts in recent years, that returns may be delayed.

Mark Schauf
Chief of Police
Baraboo Police Department

***Thank you to Oak Park Place for
providing a wonderful lunch for our
newsletter volunteers.***



Sauk County Foot Clinics Schedule

Please Note the New Phone Number

*Call the Health Department at **355-4338***

*The cost for the foot clinic visit
is \$30.00.*

Baraboo - West Square Building

Tuesdays - March 7 & 21

Tuesday - April 4 & 18

Tuesdays - May 2 & 16

Wednesday - April 19

LaValle - Fire Department

Wednesday - March 22 & May 24

Plain - Plain Green TECC

Wednesday - April 26

Reedsburg - Maple Ridge

Tuesday - March 14, April 11 & May 9

Thursday - April 20

Reedsburg - Willow Heights

Wednesday - April 12

Reedsburg Area Senior Life Center

Wednesday - March 8 & May 10

Sauk Prairie - St John's Church

Thursdays - March 2 & 9

Thursdays - April 6 & 13

Thursdays - May 4 & 11

Spring Green - Christ Lutheran Church

Tuesdays - March 28 & May 23

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

Join Our AMP Class

Baraboo Area Senior Center (BASCO) was selected to improve the health, well-being and independence of rural older adults through the National Council on Aging's Aging Mastery Program (AMP). It consists of 10 courses that combine evidence-informed materials, expert speakers, group discussions, levels of mastery and achievement, and small rewards. The courses are designed to provide the skills and tools needed to achieve improvements in health, remaining economically secure and continuing actively in society.

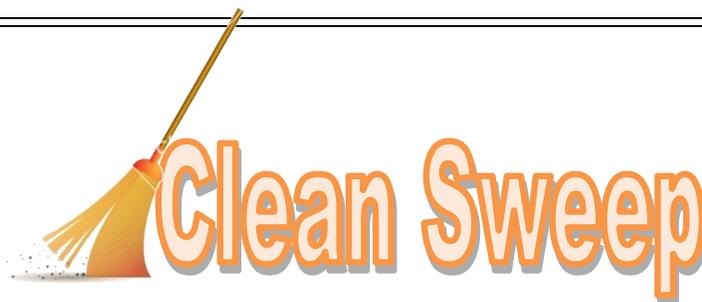
Aging Mastery Core Curriculum:

1. Navigating Longer Lives: The Basics of Aging Mastery
2. Exercise and You
3. Healthy Eating
4. Sleep
5. Financial Fitness
6. Medication Management
7. Advance Planning

8. Falls Prevention
9. Healthy Relationships
10. Community Engagement

The program is open to everyone, not only BASCO members. This AMP session will be held at the **Frank Fischer Community Center, 20 Wisconsin Dells Parkway, in Lake Delton**. It will start on Tuesday, March 21 from 10:00-12:00 noon and run for 10 weeks. Lunch will be served at the Lake Delton Dining Center located there. There is a \$25 charge for the course which can be fully reimbursed based upon attendance.

This is a wonderful opportunity for older adults to participate in, and reap the benefit of this cutting edge program. We are currently recruiting 30 adults ages 55+ to attend this 10-week educational program. Call the Baraboo Senior Center at 356-8464 for more information.



Sauk County's "Clean Sweep" will be held on Saturday, June 3rd, from 8:30 a.m. to 12:00 noon at the former Sauk County landfill located at E8795 Evergreen Lane, Baraboo.

Clean Sweep is an opportunity for homeowners, agricultural enterprises, and businesses to dispose of hazardous products/items that pose an environmental risk. Sauk County

households will be able to dispose of chemicals, pesticides, light bulbs, waste motor oil, oil filters, and paint at **no charge**.

Tires will be accepted **for a fee**. Electronics and appliances will also be accepted for **either free or at a charge**, depending on the item.

For more information please call 355-3245

Aging & Disability Specialists - Helping you put the pieces together!



Ra-



Julie Mayer



Megan Fecht



Hannah Halverson



Jim Pritzkow

To Serve You Better!

Aging & Disability Specialists Satellite Offices and Extended Hours

For your convenience, the ADRC has satellite offices in Reedsburg, Sauk Prairie and Spring Green and extended hours in Baraboo.

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

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

The **Spring Green** satellite office is at the Spring Green Senior Center at 117 S. Washington St. and is open every other Thursday from 10:00 a.m. to 12:00. The dates being March 9th & 23rd, April 7th and 21st, May 4th and 18th and June 1st. No appointments are needed.

The **Baraboo** office has extended hours on Tuesdays evenings until 7:00 p.m.. Feel free to stop in or telephone to discuss services available, options or ask any questions you may have.

If you would like further information call the ADRC at 355-3289 or 800-482-3710.



WILL You Be Ready?

There comes a time in our lives when we start thinking about our loved ones and what we will leave behind. The best way to make sure our wishes are carried out after we pass away is to have a Last Will and Testament. A Last Will and Testament gives you the ability to decide how your estate will be distributed after you pass away and should be done for anyone over the age of 18 and of sound mind. It will help in avoiding disputes or confusion regarding your estate. Further, if you have minor children under the age of 18, a Last Will and Testament will allow you to appoint a guardian for them and set aside funds in their best interest.

When looking at drafting a will, there are a few areas to consider. First, should you have it drawn up by a lawyer or use a will template that can be purchased over the internet? For people who have complex finances or estates, it would be advisable to seek the assistance of a lawyer. For people who have simpler finances and estates, a template may be a very cost-effective option. Second, you need to consider who will be designated in the Last Will and Testament and in what capacity. All Last Will and Testaments will have a **Testator**. A Testator is the person who's estate will be distributed by the Last Will and Testament after they

pass away. A female Testator is commonly referred to as the **Testatrix**. You are referred as the Testator or Testatrix in your own Last Will and Testament. Next, the Last Will and Testament will designate a **Beneficiary**. A Beneficiary is the person, persons and/or organizations who you designate to receive property through your Last Will and Testament. If you do not designate any beneficiaries, the Court will distribute your property with a pre-determined formula among surviving family members. Finally, the **Executor** is the person you designate to administer your Last Will and Testament as you have intended. It is important to choose someone who is trustworthy, responsible and willing to carry out your instructions. Before you draft your Last Will and Testament, it is important to discuss your wishes with the potential Executor to make sure they understand their role.

In the event that you want to change your Last

Will and Testament, you will need to attach a legally valid **Codicil** to the Last Will and Testament. A Codicil is a short document which contains the changes made to the original Last Will and Testament. To be legally valid, the Codicil must be signed and witnessed with the same formalities as the original Will and Testament.

If you wish to revoke your Last Will and Testament, you can do it either partially or entirely by drafting a new subsequent Last Will and Testament. Best practice when doing this is to state in the new Last Will and Testament that the new one replaces the old one to avoid confusion. Further, if the new one does not dispose of all of the Testator's property, the law will assume it supplements the original and will not replace it. A Testator may also revoke their Last Will and Testament by destroying it, as long as that is the intention.

Reedsburg Utility Commission and the Lifeline Program

Reedsburg Utility Commission offers low income customers a program to help reduce their telecommunications costs. With Lifeline, eligible customers are provided with a monthly credit on their phone bill. Eligible customers may only receive the benefit from one telephone company at a time (landline or cellular) and only one member of a "household" may receive the benefit.

Customers must qualify for at least one of the following:

- Wisconsin Works (W2)
- Medical Assistance (MA)/Medicaid
- Badger Care
- Food Share

- Supplemental Security Income (SSI)
- Low Income Home Energy Assistance Program (LIHEAP)
- National School Lunch Program (Free Lunch Program)
- WI Homestead Tax Credit (Schedule H)
- Federal Public Housing Assistance or Section 8
- Income at or below 135% of Federal Poverty Level

If you receive any of the above benefits, please contact the Reedsburg Utility Commission at 768-1000 to complete the necessary paperwork to see if you qualify for a monthly credit on your phone bill.



Holly Schafer

Disability Benefit Specialist

Quinn Hause



Finding Value — and my Social Security — in light of Budget Cuts

Every payday, you have Federal Insurance Contributions Act (FICA) and Self-Employed Contributions Act (SECA) taxes deducted from your paycheck. Nearly all of these contributions are used to pay Social Security benefits to more than 60 million retired, disabled, and widowed workers and their children, as well as to Medicare beneficiaries. A very small amount also helps pay for the work it takes to manage Social Security programs.

Providing Social Security services to the public is a big job. We have fewer than 64,000 employees in offices across the country handling millions of transactions yearly — taking applications, answering questions in person and on the phone, verifying benefit amounts, and reviewing appeals, among other things. The cost of doing these services is less than one penny out of each dollar paid in FICA and SECA taxes, which is a very good value. Lawmakers in Congress decide each year how much money we can use to manage our programs and pay our staff. Because that hasn't been settled yet, we're operating under a continuing resolution (CR) with less funding than last year. This is not new for us. In fact, the amount we have to run our programs is 10 percent lower than it was in 2010, after adjusting for inflation. At the same time, the number of beneficiaries we serve has gone up by 13 percent. So, we have fewer resources to

serve more people.

We made some difficult decisions because of these latest budget limits. During the past year, we began a hiring freeze that will reduce our staff to the lowest level since FY 2013. We use a lot less overtime now, which affects our ability to reduce critical backlogs. Over a million people are waiting for a hearing to see if they are eligible for disability benefits.

Today, we are taking another cost-saving step. We will mail fewer paper *Social Security Statements*. Paper *Statements* will only be sent to people age 60 and over, who are not getting benefits and don't have a *my* Social Security account. This will bring down the costs of processing and mailing paper *Statements* by \$11.3 million in FY 2017.

We know that our cutbacks will affect many of you, but we have no choice. We will continue to serve you and work for you as best we can. Congress has until April 28, 2017, to pass a spending bill for the full year or pass another CR. While we can't predict our budget level for the rest of the fiscal year, we think there may be more bumps in our journey together. We'll do our best to get through them so you will have a secure today and tomorrow.

*by Doug Walker, Social Security Deputy Commissioner,
Office of Communications*

You Can Be Scammed With One Word!

“Can you hear me?” Such a simple question. Yet the police are urging people to avoid answering it if you are called and don’t recognize the phone number, even if it has the same area code as yours.

Scammers are trying to get unsuspecting victims to say "yes" -- an answer the scammer records and uses to authorize charges on a phone, utility or credit card bill.

How the scam works:

You receive a call from someone who provides an introduction about a business or agency they supposedly represent. Scam reports have indicated that the callers have represented themselves as being from various companies, such as a home security agency, a cruise line or sometimes from the government. After the introduction, the recording will ask if you can hear the caller clearly.

If you answer "yes" there's a good possibility that the scammer behind the phone call has recorded you and will use your recorded voice to sign you up for a product or service and then demand payment. If you deny owing for the product or service, the caller may play back your recorded “yes” response and say that they

recorded your verbal confirmation to the purchase agreement. The scammer may already have gotten their hands on some of your personal information, such as credit card numbers, which they can use in tandem with your recorded affirmation to push through charges. The scammers may threaten legal action if you try to deny the charges.

All too often, victims don’t want to come forward because they are embarrassed that they were scammed. They feel like it was their fault and should have known better. Many will pay the “fees”. It is important to not be embarrassed and to report it to your local police.

How to Protect Yourself:

- First and foremost, do not answer calls from numbers you do not recognize. If it’s a legitimate contact, they will leave a message. Even if a scammer leaves a message, this will give you time to think about what is being asked of you.
- If you do answer and are asked questions that seem to be fishing for a ‘yes’ or ‘no’ answer, do not respond and hang up immediately. People may think it’s impolite to hang up, but it is a good strategy.
- Never give out any personal identifying information over the phone when you are not sure of the caller.
- If you believe you may have fallen for this, contact your bank and credit card companies to flag your accounts. Check your account daily - the earlier you identify unauthorized charges on your accounts, the easier it will be to recover any lost money.

Here are a few questions that a scammer might ask in an effort to get you to say “yes”:

- Can you hear me?
- Are you the homeowner?
- Are you over 18?
- Do you pay the household bills?
- Do you have a home computer?
- Are you the lady of the house?"
- "Do you pay the telephone bills?"





Caregiver Connection and Prevention Pointers



*Marina Wittmann
Aging Program Specialist*

Turn Stress into Strength

Stress is a natural part of life, regardless of where you are in your journey. Stress can be described as a rubber band. We can stretch ourselves quite easily to meet various needs. But, when we stretch ourselves too far, we are bound to break. Take a minute now to think about something in your life that seems to be adding stress. Instead of letting ourselves get to the point of breaking, let's turn that stress into strength!

Talk about it.

If you ever feel like you have to deal with everything on your own, don't keep it bottled up inside. Call an old friend, a neighbor. Simply talking about what is going on can reduce the effect of the situation. After the phone call, you should feel refreshed and realize that maybe the situation could be handled differently. That person may be able to suggest some new solutions to the situation that you are dealing with or shine light on the positives in your life.

Get Moving.

Exercise releases endorphins – chemicals that make us feel good. Go for a 15 minute walk around every day – you will start feeling better before you know it! When is the best time to exercise? When you feel like you don't need to exercise! Walk, jog, bike, swim, buy a weight set for at-home strength exercises, and just be creative in getting active. The best thing about being active is that it helps us get a better night

sleep so we can wake refreshed and ready to tackle whatever the day puts in our way.

Educate.

Maybe it is stressful when you can't answer a question about your loved one's condition or when the medical terms seem like a foreign language. The best thing you can do is arm yourself with that knowledge. Research for information online, read books, or have a phone conversation with your doctor or pharmacist – they are great resources. Remember: knowledge is power. Lastly, don't stop learning. If you are constantly learning and gaining new skills, you will continue to move forward in a positive direction.

Stop Worrying.

Easier said than done! But if you find yourself lying in bed at night worrying about that "what if", you aren't doing yourself any favors. You will wake up tired and have no energy to get through the day. Worrying benefits no one. Take that "what if" and write down possible solutions. So, if that "what if" actually happens, you know exactly how to react. Feel the love and live in the moment.

I challenge you to take one of these suggestions and implement it into your life today. If you need more support, please consider attending our caregiver support group that meets on the second Thursday of each month at 9:00am at the West Square Building in Baraboo.



Are you interested in taking a course about falls prevention?

The ADRC will be hosting Stepping On in Sauk City beginning Thursday April 27th. This course will meet two hours each week for seven consecutive weeks.

To register, call Marina at the ADRC (608) 355-3289.



Servin' up more than Lunch: Plan for What's Ahead!

Learn how to identify potential medical and support needs and how to be proactive with medical, physical, cognitive changes in your life.

Sponsored by Home Health United.

Come join us for lunch and learning! Please reserve a plate by calling the dining centers 24 hours in advance.

The following dates and times are when this presentation will occur at our dining sites:

Highpointe Commons Baraboo
Tuesday March 7th at 11:00 a.m.

Sauk Prairie Community Center
Tuesday March 14th at 12:00 Noon:

Spring Green Senior Center
Monday April 10th at 11:30 a.m.

Willow Heights Reedsburg
Tuesday April 11th at 11:30 a.m.

HERE TO SUPPORT YOU!

Need a place to vent? Need people to talk to who understand your caregiving situation? Want to learn new ways to approach caregiving situations?

Family Caregiver Support Group:

Sauk Prairie Community Center
730 Monroe St, Sauk City
3rd Tuesday of each month
5:00pm-6:00pm

Light dinner will be provided.

Next Meetings: Tuesday March 21,
Tuesday April 18, and Tuesday May 16

Grandparent Circle

Sauk Prairie Community Center
730 Monroe St, Sauk City
6:00 - 7:00 p.m.

Next Meetings: Tuesday March 21,
Tuesday April 18, and Tuesday May 16

Dementia-Specific Caregiver Support Group

Senior Life Center
2350 North Dewey Avenue, Reedsburg
3rd Wednesday of the month
12:00 Noon - 1:30pm

Next Meetings: Wednesday March 15,
Wednesday April 19, and Wednesday May 17
Co-sponsored by the Alzheimer's and
Dementia Alliance

A Helping Hand at Home

When you need a little help around the house

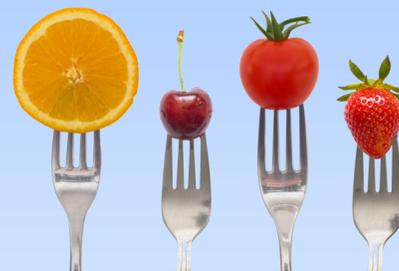
Do you have a Helping Hand at Home listing? If you do, check the "updated date" on the front page. If your list is more than a couple months old, please call the ADRC. The Helping Hand at Home list is updated frequently and we want to make sure you get the most up-to-date list.

Thank you!

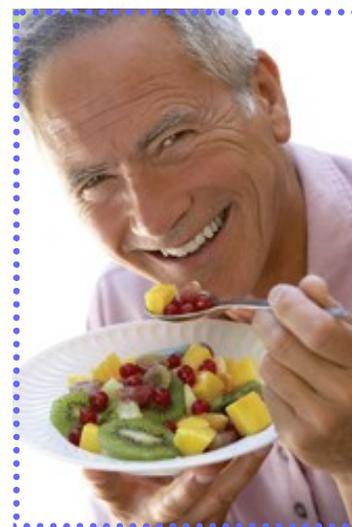


Nutrition News

Jennifer Kamrowski
Nutrition Coordinator



WAYS to combat mindless eating



“Ever eat a whole bag of chips when you’re not even hungry?”

If so, count yourself among the millions who are victims of mindless eating. That's the phrase coined by Cornell University food psychologist Brian Wansink, PhD, to describe subconscious eating habits that can lead to unnecessary weight gain.

The good news: You can turn mindless eating into mindlessly eating better -- and maybe even weight loss -- simply by making little changes such as eating off smaller plates, he tells WebMD.

At the American Psychological Association's annual meeting here today, Wansink described his experiments into mindless eating and strategies for mindlessly eating better.

Larger Plate = Larger Meal

One problem, at least in the U.S., is that our

eyes really are bigger than our stomachs, his tests suggest.

"We asked 150 Parisians how they knew they were through with dinner and they said, 'When we're full.' When we asked 150 Chicagoans the same question, they said, 'When the plate is empty,'" Wansink says.

Other experiments suggest that dish size influences how much we eat. In one test, 168 moviegoers who had just finished dinner were given fresh or stale popcorn from different-size containers.

People ate 34% to 45% more popcorn if it was served in "extra-super-size ginormous buckets" than in regular large containers -- even if the popcorn was stale," Wansink says.

In another test, he found that people pour about 37% more liquid in short, wide glasses than in tall, skinny ones of the same volume.

(Continued on page 31)

(Continued from page 30)

Even a kid's cereal bowl can be a trap, according to Wansink. Children poured about twice as much cereal into a 16-ounce bowl than into an 8-ounce bowl, he says.

In another experiment, 30 people were served soup out of a "bottomless bowl" that was pressure-fed under the table and slowly refilled from the bottom without them knowing. Another 30 people were served soup in regular bowls.

The people with bottomless bowls ate 73% more than those with regular bowls, but they didn't rate themselves as any more full than those who ate less.

"Don't rely on your stomach to tell you when

you're full. It can lie," Wansink says.

The Solution: Mindful Eating

To combat mindless eating, get rid of things in your immediate environment that are biasing you toward eating too much, he says.

His suggestions:

Since people eat more off of large plates, serve meals on salad plates rather than large dinner plates.

Keep the candy dish out of view and move healthier foods to eye level in the cupboard and refrigerator.

Eat in the kitchen or dining room, rather

(Continued on page 32)

	From Our House to Yours!	
	<i>Grilled Cheesy Garlic Potato Packet</i>	
	2 Servings	
<i>Ingredients:</i>		
<ul style="list-style-type: none"> • 1/2 teaspoon Olive Oil 	<ul style="list-style-type: none"> • 2 teaspoons fresh chopped chives 	<ul style="list-style-type: none"> • 1 Tablespoon grated Parmesan cheese
<ul style="list-style-type: none"> • 1 Yukon Golden Potato (8 oz) cut into 1/2 inch pieces 	<ul style="list-style-type: none"> • 1/2 teaspoon garlic salt 	
<i>Directions:</i>		
1) Heat gas or charcoal grill. Cut 1 (14x12 inch) sheet of heavy-duty foil. Spray one side generously with cooking spray.		
2) In small bowl, pour oil over potato pieces, toss to coat. Add chives and garlic salt; toss to coat. Sprinkle with cheese; toss to coat.		
3) Place potatoes on center of foil sheet. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2 inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.		
4) Place packet on grill. Cover grill; cook over medium low heat 15 - 20 minutes, rotating packet 1/2 turn after 8 minutes, until potatoes are golden brown and tender.		
Source: <i>Betty Crocker</i> Cooking for Two		
<p>This recipe brought to you from the kitchens of Our House Senior Assisted Living. Visit us in Baraboo, Reedsburg, and Wisconsin Dells</p>		

(Continued from page 31)

than in front of the TV, where you're likely to lose track of how much you've eaten, he says.

Jean Kristeller, PhD, professor of psychology at Indiana State University, says that while it's true that many of us are mindless eaters, we can train ourselves to better know when we're full.

She suggests starting with this simple mindful eating technique. "Pour yourself a 20-ounce glass of water, drink half, and concentrate on what it feels like in your stomach. Then drink the other half.

"People notice an immediate difference. The water stretches the stomach and they feel full," Kristeller tells WebMD.

By Charlene Laino
WebMD Health News
Reviewed by Laura J. Martin, MD

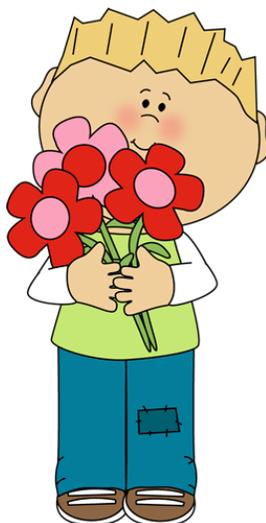
The menu for May will be delivered to home delivered meal clients and to the dining centers when it is completed. If you aren't a home delivered meal client or a regular at the dining center, and would like a copy mailed to you, please call the ADRC at 355-3289. One will be mailed to you when they are completed.

Say It With Flowers

On the first day of our marriage retreat, the instructor talked about the importance of knowing what matters to each other.

"For example," he began, pointing to my husband, David, "do you know your wife's favorite flower?"

David answered, "Pillsbury All Purpose."



Dining Center Schedule

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

Baraboo

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

Lake Delton

Frank Fischer Center
20 Wisconsin Dells Pkwy S, Lake Delton
Phone: 393-8701
Lunch served at 11:30 a.m.

Reedsburg

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

Sauk/Prairie

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

Spring Green

Spring Green Senior Center
117 S Washington St., Spring Green
Phone 588-7800
Lunch served at 11:30 a.m.

Home Delivered Meals Only

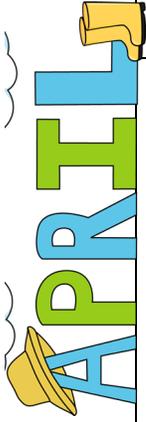
North Freedom-Railroad Inn Café (also offers an in-house lunch special for seniors)

Home Delivered Meals

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

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Note: Meals are subject to change on occasion. Dining site meals include milk & coffee. Home delivered meals include milk.</p> <p>To CANCEL your meal 24 hours in advance, call: Reedsburg: 963-3438 Spring Green: 588-7800 Baraboo: 963-3436 Sauk Prairie: 963-3437 Frozen & La Valle Route: 355-3289 (ADRC)</p>	<p>1 Breaded Chicken on Bun Squash Casserole Rice Pudding Buttered Corn</p>	<p>2 Fried Fish Cheesy Broccoli Rice Cornbread Fruit Mix</p>	<p>3 Herbed Pork Cubes New Potatoes Herbed Green Beans Frosted Angel Food Cake Whole Wheat Roll</p>	
<p>6 Chili Carrot & Celery Sticks Cornbread Dutch Apple Pie</p>	<p>7 Oven Fried Chicken Mashed Potatoes, Gravy Green Bean Casserole Biscuit Cherry Crisp</p>	<p>8 Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Assorted Cookies</p>	<p>9 Pork Roast w/ Sauerkraut Au Gratin Potatoes Broccoli Frosted Marble Cake Bread</p>	<p>10 Parmesan Fish Herbed Rice Pacific Blend Vegetables Fresh Apple Slices Bread</p>
<p>13 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Lemon Whip</p>	<p>14 Honeyed Mustard Pork Red Bliss Potatoes Capri Blend Vegetables Seasonal Fresh Fruit Bread</p>	<p>15 Lasagna Italian Vegetables Garlic Bread Cheesecake</p>	<p>16 Lemon Pepper Chicken Bread Stuffing Winter Mix Vegetables Raspberry Parfait Square Roll & Gravy</p>	<p>17 Beef Stew Biscuit Garlic Green Beans Mint Truffle Brownie</p>
<p>20 Marinated Chicken Breast Buttered Pasta Dill Carrots Pineapple Tidbits Roll</p>	<p>21 Sloppy Joe on Bun French Fries Harvest Blend Veggies Pie</p>	<p>22 Grilled Ham Slices Baked Potato Squash Casserole Roll Cookie</p>	<p>23 Roast Beef & Gravy Scalloped Potatoes Seasoned Carrots Strawberries w/ Topping Bread</p>	<p>24 Tuna Noodle Casserole Brussels Sprouts Buttered Beets Lemon Cake Bread</p>
<p>27 Baked Chicken Breast Alfredo Sauce Buttered Bowties Glazed Carrots Brownie & Roll</p>	<p>28 Meatloaf Baked Potato Brussels Sprouts Iced Pound Cake Roll</p>	<p>29 Cranberry Glazed Pork Loin, Calico Rice Green Bean Casserole Honeyed Pears Bread</p>	<p>30 Beef Stew Green Peas Biscuit Peach Pie</p>	<p>31 Oven Fried Fish Sweet Potatoes Seasoned Broccoli Cookies Roll</p>



Monday	Tuesday	Wednesday	Thursday	Friday
3 Goulash Spinach Assorted Pies Whole Wheat Roll	4 Marinated Pork Roast Baked Beans Baby Carrots Banana Cake	5 Breaded Chicken on Bun Squash Casserole Rice Pudding Buttered Corn	6 Fried Fish Cheesy Broccoli Rice Cornbread Fruit Mix	7 Herbed Pork Cubes New Potatoes Herbed Green Beans Frosted Angel Food Cake Whole Wheat Roll
10 Chili Carrot & Celery Stick Cornbread Dutch Apple Pie	11 Oven Fried Chicken Mashed Potatoes, Gravy Green Bean Casserole Biscuit Cherry Crisp	12 Italian Meat Sauce Spaghetti Italian Vegetables Garlic Bread Assorted Cookies	13 Pork Roast w/ Sauerkraut Au Gratin Potatoes Broccoli Frosted Marble Cake Bread	14 NO Home Delivered Meals Dining Centers Closed
17 Meatball Stroganoff Buttered Noodles Fresh Baked Squash Lemon Whip	18 Honeyed Mustard Pork Red Bliss Potatoes Capri Blend Vegetables Seasonal Fruit, Bread	19 Lasagna Italian Vegetables Garlic Bread Cheesecake	20 Lemon Pepper Chicken Bread Stuffing, Gravy Winter Mix Veggies, Roll Raspberry Parfait Square	21 Beef Stew Biscuit Garlic Green Beans Mint Truffle Brownie
24 Marinated Chicken Breast Buttered Pasta Dill Carrots Pineapple Tidbits Roll	25 Sloppy Joe on Bun French Fries Harvest Blend Veggies Pie	26 Grilled Ham Slices Baked Potato Squash Casserole Roll Cookie	27 Roast Beef & Gravy Scalloped Potatoes Seasoned Carrots Strawberries w/ Topping Bread	28 Tuna Noodle Casserole Brussels Sprouts Buttered Beets Lemon Cake Bread
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For *AddLIFE Today!* questions or comments,
please contact Cathy Bindl at 355-3289
or email at cbindl@co.sauk.wi.us.

If you know of someone who would enjoy receiving the *AddLIFE Today!* Newsmagazine - Let us know! Do you have a family member or friend who cannot read *AddLIFE Today!* because of poor eyesight? *AddLIFE Today!* is also available on cassette tape. For more information, please call the ADRC at (608) 355-3289 or (800) 482-3710.

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going on vacation, or are moving, or if you want to be removed from this mailing list.

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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.

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- Health Promotion Programs
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- Home Delivered Meals Program
- Information & Assistance Programs
- Living Well with Chronic Conditions
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All the flowers of all the tomorrows



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States Birds -

Circle birds representing each state

- American Gull
- Baltimore Oriole
- Blue Hen Chicken
- Bluebird
- Brown Pelican
- Brown Thrasher
- Cactus Wren
- California Quail
- Cardinal
- Chickadee
- Common Loon
- Eastern Goldfinch
- Flycatcher
- Great Carolina Wren
- Hermit Thrush
- Lark Bunting
- Mockingbird
- Mountain Bluebird
- Nene
- Purple Finch
- Rhode Island Red
- Ringnecked Pheasant
- Roadrunner
- Robin
- Ruffed Grouse
- Western Meadowlark
- Willow Goldfinch
- Willow Ptarmigan
- Yellowhammer

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