

AddLIFE Today Newsletter!

Aging & Disability Resource Center: 608-355-3289
Veterans Service Office: 608-355-3260

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



Senior Farmers' Market Vouchers Available!

Each summer, the ADRC helps distribute the Senior Farmers' Market Nutrition checks. These checks are provided to older adults by the USDA to encourage them to shop at local farmers markets and to eat more fresh fruits and vegetables. Eligible individuals receive \$45.00 in checks which are spent just like cash at approved farmers markets and farm stands.

Eligibility:

1. Must be a resident of Sauk County
2. Must be 60 or older (or 55 if Native American)
3. Income must fall at or below the guidelines listed below



Distribution:

We receive a set number of checks that will be distributed on a first-come-first-serve basis. Please see the distribution sites and be sure to get it on your calendar! This will be the first opportunity to get the checks. You may send a proxy on your behalf if you are physically unable to get to the distribution. The proxy must have a signed note from you and may pick up checks for no more than 4 people.

After Distribution:

If we have checks remaining after the site distribution is complete, we will have them available at the ADRC office for you to stop in or call. There is no guarantee there will be checks available once distribution is complete so please make every effort to attend or send a proxy to the site distribution.

2024 Income Eligibility Table

Effective: June 1, 2024; based on 185% of US Dept of 2024 Health and Human Services Poverty Guidelines. Use total gross income (before taxes and deductions) of all household members)

Household Size	Yearly	Monthly	Weekly
1	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110
5	\$67,673	\$5,640	\$1,302
6	\$77,626	\$6,469	\$1,493

Distribution Sites:

Wisconsin Dells

Frank Fischer Senior Center
20 Wisconsin Dells Pkwy
Tuesday, June 18th
1:00-3:00PM

Plain

Plain Library
910 Main St, Plain
Wednesday, June 19th
2:30-3:30pm

Baraboo*

Baraboo High School Commons
1201 Draper S
Thursday, June 20th
8:30-11:30AM

Sauk Prairie

Sauk Prairie Community Center
730 Monroe St
Thursday, June 20th
2:00-3:30PM

Reedsburg

Reedsburg City Hall
301 Vine Street
Friday, June 21st
9:00-11:30AM

*for current Hwy 33 road closures, go to: <https://baraboowi.gov>, hover over Community Links, click on Hwy 33 Detour Links; or call the ADRC for help

ADRC Services Quick Guide



Information & Assistance

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



Find Nourishment & Socialization

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



We'll Get You There

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



Build Yourself & Your Community

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



Benefits for YOU!

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



A Healthy Life

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

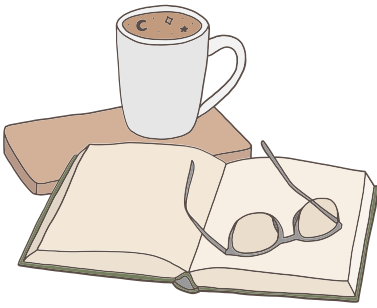


For Family Caregivers

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

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From the Director's Desk at the ADRC



-Susan Blodgett

Scams & Part D

Last fall, one of the ADRC's customers called me to ask about the new guy working for the ADRC. Supposedly, a man was telling people he was trying to sell insurance, that he worked with the ADRC, **NOT TRUE**, he does not work for the ADRC or with the ADRC in any capacity.

I guess I should feel flattered that he thought associating with the ADRC would give him better access to potential customers. But the fact remains that he has no association with the ADRC.

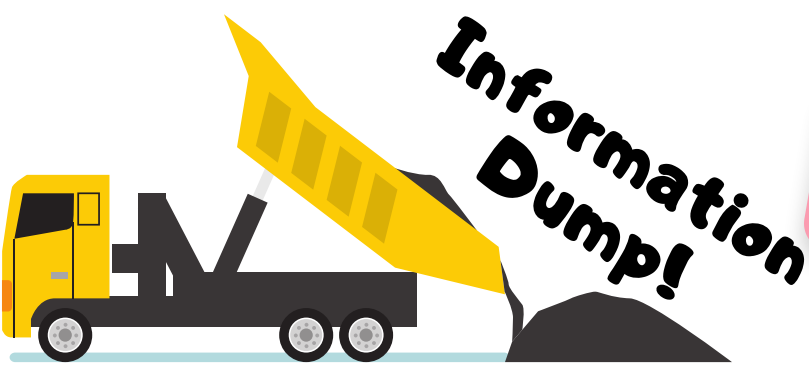
The ADRC will never recommend one insurance plan over another. We will never advocate you purchase a specific plan. We will never, ever, sell insurance.

If you do decide to purchase a new plan, you must be certain that the new plan covers your existing doctors, meds, and pharmacies. That is up to you as the consumer. Do not just take the salesman's word; ask to see it in the listing of providers.

As we do every fall, the ADRC will have their part D clinics starting in mid-October. Mindy and Pam, along with Holly and Quinn, do their best to assist you as you research new plans.

Be careful out there; there are so many unscrupulous people trying to get your money.





All About Aging!

Marina Wittmann
Aging Program Coordinator



I had the opportunity to attend two amazing conferences in May: the Aging, Disability, and Independent Living Network Conference in La Crosse and the 38th Annual Wisconsin Alzheimer's Conference in Wisconsin Dells. And what would be a conference without soaking in new information and sharing what I learned? So, I'm calling this article an Information Dump! Feel free to check out any of the resources below:

- 2022 National Strategy to Support Family Caregivers is a national initiative built from the RAISE Act Family Caregiving Advisory Council. The 5 shared goals throughout the country are: to increase awareness and outreach of family caregivers, build partnerships and engagement with family caregivers, strengthen services and supports, ensure financial and workplace security, and expand data, research and evidence-based practices. I'm happy to share there is great momentum with these 5 goals in Wisconsin! Learn more at: <https://acl.gov/CaregiverStrategy>
- WisconSibs is an organization that supports sisters and brothers of people with disabilities. Their mission/value is 'to help siblings feel less isolated and more empowered when it comes to unique issues they care about as siblings'. They provide camps, virtual workshops, social events and presentations. Website: <https://wisconsibs.org>
- The Wisconsin Council on Physical Disabilities has an EXCELLENT emergency preparedness toolkit for persons with disabilities and anybody else! If you or someone you know have a disability, when something bad happens, do you know what to do? Do you worry that you won't know when a natural disaster is coming? Are you afraid rescuers won't find you if you need help getting out? If you would like access to this toolkit, call me at (608)355-3289 and I'll get you a copy of the toolkit.
- I attended a session on Advance Care Planning (ACP): Facing Alzheimer's with Dignity. The two presenters from UW Health shared excellent information about ACP. Advanced Directives can include Power of Attorney for Health Care, Living Will, Do Not Resuscitate Order, and Guardianship. Planning ahead for future health care decisions if a sudden, unexpected event leaves you unable to communicate and make your own healthcare decisions and others would need to make decisions for you. Let your wishes be known! Our social workers at the ADRC can direct you to these documents. Additionally, if you think your loved one living with dementia or Alzheimer's may have difficulty with these conversations, check out <https://theconversationproject.org> for a starter guide.
- At the Alzheimer's Conference, keynote speaker Diana Shulla Cose shared her family's story with younger-onset Alzheimer's. In response to her husband's diagnosis at such a young age, she created Lorenzo's House which is a nonprofit organization designed to empower youth and families, living with younger-onset dementia. All of their programming is online and available throughout the country and world! Lorenzo's House has an annual summit for children whose loved ones are living with younger-onset Alzheimer's as well as healing spaces, care partner connections and youth groups. Check it out: <https://lorenzoshouse.org>

I have more to share but not enough room to write! If you have any questions about the resources listed above, please email or call me.



Marina.wittmann@saukcountywi.gov



(608)355-3289

Taking Steps to Prevent Falls

When you're young, an injury from a fall may sideline you for a few days or weeks, but a full recovery is usually quick. As you get older, the consequences of falls can become more serious, setting up a sequence of events that can have longstanding implications on independence and health.

It doesn't have to be that way, however. Although falls typically become more common and can be more serious as you age, falls are not a natural part of getting older. In fact, most falls are preventable. Knowing the factors that put you at greater risk of falling and taking proper steps can help prevent falls.

Risk factors for falls in older people include overall health (chronic diseases and physical conditions), environment (hazards and situations at home) and behaviors, such as rushing around or standing on a chair to reach something.

These steps from the experts at the National Council on Aging can help prevent falls:

- **Stay active:** Exercise helps increase or maintain coordination and muscle tone that can keep you steady on your feet and your reactions sharp. Walking, gardening or taking an exercise class are just a few ways to keep your heart healthy and your muscles toned.
- **Manage underlying chronic conditions:** The better your overall health, the lower your risk of falls. Chronic conditions like diabetes, depression, osteoarthritis, obesity and high blood pressure can increase your risk. Managing those conditions by seeing your health care provider regularly, taking medication as prescribed, eating a healthy diet and choosing appropriate exercise can help prevent falls.
- **Review medications:** Side effects from and interactions with some medications can cause dizziness that can increase the risk of falling. Types of medicine associated with an increased risk include sedatives and diuretics as well as those used to treat high blood pressure and anxiety. Talk to your doctor about all prescriptions and over-the-counter medicines you are taking.
- **Get your eyes checked:** Vision changes as you age, so it is important to get your eyes checked once a year to make sure your prescription is up to date and screen for any eye-related diseases like cataracts and glaucoma, which are usually treatable when caught at an early stage.
- **Assess your home:** Look around your home for potential hazards. Consider enlisting the help of a family member or neighbor who may be more likely to notice things you don't. Install grab bars in your bathrooms, get rid of slippery throw rugs (or add a rubber backing) and keep passageways inside and outside your home well-lit and free from clutter and debris.

For more tips and information, [visit https://www.acl.gov/fallsprevention](https://www.acl.gov/fallsprevention).



The Unique Challenges Facing Caregivers of Veterans: Rising Above and Beyond the Call of Duty



Article by: TRUALTA

Veterans make tremendous sacrifices to protect the freedom and safety of Americans, often returning home with wounds that extend far beyond the battlefield. Caregivers, frequently family members, play a critical role in helping veterans heal, both physically and emotionally. Approximately 5.5 million family caregivers in the United States provide care to current or former service members, according to a report, "Hidden Heroes: America's Military Caregivers," published by the RAND Corporation. These caregivers face unique challenges not encountered by those caring for non-veterans. Trualta aims to raise awareness about these distinct obstacles and provide valuable resources to support these dedicated caregivers on their journey.

Unique Challenges

Combat-related injuries

Veterans often suffer from injuries, wounds, and illnesses that can be severe and life-altering, such as amputations or spinal cord injuries. Caregivers must be prepared to address the physical and emotional implications of these injuries and often need to learn new skills or adapt their homes to accommodate their loved ones' needs.

Physical disabilities

Caring for a veteran with physical disabilities may require caregivers to assist with mobility, activities of daily living, and personal care, sometimes indefinitely. This can be physically demanding, particularly when the caregiver must lift, transfer, or reposition their loved one. Caregivers need to learn proper techniques to avoid injury and be aware of available resources, such as adaptive equipment, to help alleviate some of the physical strain.

Traumatic brain injuries (TBIs)

TBIs can lead to cognitive, emotional, and physical impairments, which require ongoing support and therapy. Caregivers must be patient and understanding as they help their loved ones navigate the challenges of memory loss, difficulty concentrating, and mood swings. This can be emotionally taxing and requires caregivers to have a strong support system and access to professional guidance.

Mental health issues

Veterans may face post-traumatic stress disorder (PTSD), depression, anxiety, and other mental health disorders, which can be challenging for caregivers to manage and support. The National Health Study for a New Generation of Veterans found that 13.5 percent of recent veterans experience PTSD, making it one of the most common mental health issues faced by veterans and their caregivers. The Department of Veterans Affairs reports that as many as 20 percent of veterans who served in Operation Iraqi Freedom or Operation Enduring Freedom suffer from major depressive disorder or other mental health conditions. Caregivers must be equipped with the knowledge and skills to recognize the signs of these conditions and understand how best to support their loved ones.

Navigating the VA healthcare system

The complexity of the VA healthcare system can be overwhelming, with bureaucratic hurdles and a lack of resources adding to caregivers' stress. Caregivers must learn to navigate this system to ensure their loved ones receive the care they need, often while juggling their own work and family responsibilities.

"In the service of their country, veterans gave their all. In return, we must provide them with every opportunity to recover and thrive." – Senator Elizabeth Dole, founder of the Elizabeth Dole Foundation, which supports military caregivers.

The Toll on Caregivers

Caregivers of veterans often face tremendous stress, as do most family caregivers. Nearly 20 percent of military caregivers provide care for post-9/11 veterans, and these caregivers are younger, more likely to be employed, and more likely to care for someone with a mental health or substance use disorder, according to the RAND study. These additional responsibilities can make it challenging for caregivers to maintain a healthy work-life balance, which can contribute to feelings of isolation, depression, and anxiety.

Article Continued...

The high demands of caregiving can lead to burnout, making self-care and community support essential for caregivers' well-being. According to the RAND study, 12 percent of post-9/11 military caregivers spend 40 hours or more per week providing care, similar to a full-time job. Identifying and managing caregiver burnout is crucial. Signs of burnout may include irritability, exhaustion, and feelings of hopelessness. Caregivers should seek support from friends, family, and professionals to help manage these feelings and maintain their mental health. *"These hidden heroes, military caregivers, they're all around us. They're the spouses, parents, siblings, and friends who step up when our wounded warriors need them most."* – Tom Hanks, actor and advocate for military caregivers.

The Importance of Self-Care

While caring for a veteran, it is essential for caregivers to prioritize their own health and well-being. Self-care may include regular exercise, getting enough sleep, and eating well. Caregivers should also ensure they have time for hobbies and activities they enjoy, as well as regular breaks from caregiving responsibilities. Support from friends, family, and the community can play a significant role in alleviating caregiver stress. Encouraging caregivers to share their feelings and experiences can help them feel less isolated and more understood. Building a network of people who can offer emotional and practical support is invaluable in maintaining a caregiver's well-being.



Resources and Support for Caregivers

Support groups and counseling services

Connecting with others who understand the unique challenges of caring for veterans can provide invaluable emotional support and practical advice. Local support groups, online forums, and counseling services specifically designed for caregivers of veterans can help create a sense of community and shared understanding. Trualta's caregiver chat room, virtual support groups, and care educator office hours are services provided to meet these needs.

Financial assistance and benefits

Caregivers may be eligible for financial support through the VA, such as the [Caregiver Support Program](#) and [Aid and Attendance benefits](#). These programs can help cover the costs of home modifications, respite care, and other expenses associated with caregiving.

Educational resources and workshops

Organizations like the [Elizabeth Dole Foundation](#) and the [National Alliance for Caregiving](#) offer workshops, webinars, and online resources to help caregivers build their knowledge and skills. [Trualta](#) offers skills-based education and training online as well. These educational opportunities can empower caregivers to better manage their loved ones' care and their own well-being.

Respite care

Providing temporary relief from caregiving duties, respite care allows caregivers to rest and recharge. Respite care can be provided by friends, family members, or professional caregivers and can be essential in preventing burnout.

Legal and advocacy support

Navigating the legal aspects of veterans' benefits and healthcare can be confusing and time-consuming. Organizations such as the [Veterans Consortium Pro Bono Program](#) and the [National Veterans Legal Services Program](#) offer free legal assistance to help caregivers advocate for their loved ones' rights. *"Caring for those who once wore the uniform is not only a sacred obligation but a moral responsibility. We must ensure that caregivers have the support and resources they need to provide the best possible care for our veterans."* – Robert L. Wilkie, former Secretary of Veterans Affairs.

Raising Awareness and Increasing Support

The challenges faced by caregivers of veterans are unique and complex, and understanding these obstacles is crucial to providing the support they need. By raising awareness and connecting caregivers with valuable resources, we can help ensure that these dedicated individuals can continue to rise above and beyond the call of duty, just as the veterans they care for have done. Let us all take action in supporting the caregivers of our nation's heroes, recognizing their sacrifices and offering the assistance they need to thrive in their vital role.



Information & Assistant Specialists

Providing Information about Resources
in Sauk County



**Jim
Pritzkow**



**Julie
Mayer**



**Rachel
Heinzman**



**Hannah
Halverson**



**Kari
Edwards**



**Kim
Fiske**

Walk-Ins Available in YOUR Community!

Come see our I&A's at:

Reedsburg ADRC Office

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

Frank Fischer Senior Center

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

St. Vincent DePaul Resource Center

1906 North St, Prairie du Sac
First Wednesday of each month, 8:30am-
10:30am

No one will be present for outreach on 7/3

Good Neighbor Clinic

95 Lincoln Ave, Prairie du Sac
Fourth Wednesday of each month, 1-3pm

Ho Chunk Nation Tribal Aging Unit

E8863 Winneshiek Dr, Wis Dells
Second Tuesday of the month
11:30am-12:30pm

**Our Information & Assistant Specialists
are available Monday thru Friday from
8am-4:30pm at the West Square Building in
Baraboo
505 Broadway Suite 234
Or simply give us a call and ask to speak
with them.**

Hospice Care Myths

By the GWAAR Legal Services Team

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up. **Fact:** Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place. **Fact:** Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications. **Fact:** This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back. **Fact:** Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be on hospice for a limited amount of time. **Fact:** Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed.

For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

- <https://leadingage.org/common-myths-ofhospice-care-debunked/>
- <https://www.npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life>



THE VOLUNTEER BUZZ



Keri Luther
Volunteer Coordinator

On May 3rd, volunteers of the Sauk County Aging and Disability Resource Center (ADRC), were recognized at a Volunteer Appreciation Breakfast at the Baraboo Arts Banquet & Convention Center, catered by Broadway Diner and special guest speaker Craig Culver. Last year, the ADRC volunteers donated over 13,196 hours of their time and talents. The ADRC appreciates and applauds the tremendous contribution of time and energy by this wonderful group of volunteers, committed to serving their communities & neighbors.

We here at the ADRC could not possibly say thank you enough times to adequately express how grateful we are for every one of our volunteers and all they do.

Thank you to area businesses for donating door prizes:

Kwik Trip, Cracker Barrel, Monks Bar & Grill Wisconsin Dells, Reedsburg & Baraboo Pizza Ranch, Moose Jaw Pizza & Dells Brewing Company, J's Pub & Grill in Reedsburg, Log Cabin, Culver's, The Grainery in Baraboo, Baraboo Area Senior Citizen Organization (BASCO), Voyager Inn and Conference Center in Reedsburg, and Troy Garwood & Family.

Volunteer Needs

- **Volunteer Drivers:** Provide transportation to Sauk County residents that are age 60 or older and/or disabled to medical appointments and other trips of necessity. You choose what days and times you want to be available.
- **Meals on Wheels Drivers:** Fill-in Drivers needed in Reedsburg, Lake Delton/WI Dells, and Sauk City. Routes average about 1 Hour.
- **Dining Site Help:** Reedsburg & Sauk City need Volunteers to help package meals for our Meals on Wheels Drivers.

Both the Volunteer Drivers and Meals on Wheels Drivers receive mileage reimbursement.

We would love to have you join our Amazing ADRC Volunteer Team!!

To find out more about Volunteering, contact our Volunteer Coordinator, Keri Luther at the ADRC (608)355-3289 or Email: keri.luther@saukcountywi.gov.

You can also go to our website to find more Volunteer Opportunities and to apply online:
www.co.sauk.wi.us/adrc/volunteer-opportunities.

THANK YOU FOR ALL YOU DO!



ADRC Transportation

Troy
Transportation
Coordinator

608-355-3289

Look who's getting you there!

Chantel
Transportation
Assistant



Mary



Tom



Brian



Mark



Linda

Volunteer Driver Escort Service

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

Taxi Subsidy Program

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

- **Baraboo:** \$20.00
- **West Baraboo:** \$7.50 - West Baraboo taxi tickets cannot be used alone. They must be used along with the Baraboo tickets when traveling to, from, and within the village of West Baraboo.
- **Reedsburg:** \$17.50
- **Sauk:** \$15.00

Taxi Ticket sales can be done by mail, over the phone with a debit/credit card (3% fee), or at the main ADRC office at: 505 Broadway, Suite 234, Baraboo, WI 53913.

To get information or request an application for taxi tickets, call the ADRC Receptionist at (608)355-3289.

Shopping Bus & Fun Bus

Shopping Bus takes riders to various shopping places, typically on Wednesdays alternating between Delton, Madison East, Baraboo, and West Madison is now **\$5.00** per passenger.

Fun Bus tours happen usually on Thursdays. The price is now **\$8.00** per passenger (plus any applicable entry fees and lunch). **The prices for Shopping and Fun Bus are for all riders with no exceptions.**

Thank you from the ADRC Transportation Department

FUN BUS

SHOPPING BUS

June

12-Reedsburg Country Club-Senior soup & salad lunch \$6.50

(Wednesday)

18-Sun Prairie Movie Theater- (members\$6/non-members\$7)

(Tuesday)

27-Midcontinent Railway-Coach Adults \$24/Sr \$22

Locomotive & Caboose also available for higher rates.

July

4- Holiday (no trips)

11-Sauk County Fair

18-Dane County Fair- \$7

25-LaCrosse Paddle Boat Sightseeing Cruise

Adult \$19.95/Sr \$18.95

August

1-Dr. Evermore Art Park/Delany's Surplus/Badger History

Museum/#1 Kitchen

8-Cashton Amish

14-Reedsburg Country Club-Senior soup & salad lunch \$6.50

(Wednesday)

22-Historic Auto Attractions- Roscoe IL, Sr\$23/Adult\$28

28-Dane County Farmers Market (Wednesday)

September

5-Quilt Show, \$13 (\$10 in advance)

10-Portage Movie Theater, \$5 (Tuesday)

19-Dalton Amish

26-Pendarvis Historic Site, Sr\$11/Adult\$12/Grounds only \$10

(Not all areas are ADA)

***Trips are subject to change or cancellation
with little notice.***

June

5-Lake Delton Area

13-Madison East

19-Baraboo Area

26-Madison West

July

3-Lake Delton Area

10-Madison East

17-Portage-Walmart/BentDent/Tractor

Supply/Goodwill/Aldi/DollarTree

24-Madison West

31-Lake Delton Area

August

7-Madison East

14-Babarboo Area

21-Madison West

29-Lake Delton

How to Reserve A Fun-Day Trip:

To allow everyone a fair opportunity to travel with us, we will not accept reservations until 3 weeks before the trip date. Example: trip is 9/28/24, reservations can start 9/7/24.

Last reservations taken on Monday the week of the trip.

You must call the ADRC reservation number (608)355-4888 to make reservations. Please do not call the main Transportation line to make a reservation. Leave a message with name, phone number, city of residence, trip name/date and if you are in a wheelchair. We will contact you 1-2 days before the trip with time of pickup.

For Your Benefit... Your Elder Benefit Specialists



Mindy Shrader
Serving the Western Part
of Sauk County



Pam Fuchs
Serving the Eastern Part
of Sauk County

Alphabet Soup: HRAs vs. HSAs vs. FSAs

By the GWAAR Legal Services Team

Health reimbursement accounts (HRAs), health savings accounts (HSAs), and flexible spending accounts (FSAs) all provide ways for consumers to save money on healthcare costs. However, there are some big differences between these types of accounts, and it's important to understand these differences.

	Health Savings Accounts (HSAs)	Health Reimbursement Accounts (HRAs)	Flexible Spending Accounts (FSAs)
How do you get it?	You must have a high deductible health plan. The IRS sets the minimum deductible amount for a plan to qualify.	If your employer offers a plan with an HRA, you will get the HRA when you sign up for the plan.	FSAs are established through your employer when you enroll in benefits. It is not connected to a health plan.
Who funds it?	You contribute pre-tax money via payroll deductions. The IRS sets contribution limits every year. Your employer and other people may also contribute if they choose. Unused money rolls over from year to year, and there is no limit to how much you can save over time.	An HRA is funded by your employer.	You contribute via payroll deductions. Some employers may also contribute. You generally have to use your FSA money within one benefits year – it does not roll over.
How can you spend the money?	You can spend the money on qualified medical expenses as defined by the IRS.	You can use your HRA for approved premium costs and out-of-pocket medical expenses.	You can spend the money on qualified medical expenses as defined by the IRS. There is a limit to how much you can spend in a benefits year.

article continued...

<p>What happens when you leave your job?</p>	<p>Once you open an HSA, the account is yours forever. You can take it with you when you leave your job.</p>	<p>The money in the HRA belongs to your employer, so you can't take an HRA with you when you leave your job.</p>	<p>Your employer keeps the funds when you leave your job or if you do not use the money within the benefits year.</p>
<p>What are the tax advantages?</p>	<p>Contributions and account interest are tax-free.</p>	<p>The HRA is tax-free for you and your employer.</p>	<p>The money you contribute to your FSA is tax-free.</p>
<p>Are they affected by Medicare enrollment?</p>	<p>You are no longer allowed to make contributions, and contributions may not be made on your behalf, once you enroll in Medicare. You may continue to spend the money that is already in your HSA after Medicare starts.</p>	<p>The HRA is not affected if you enroll in Medicare.</p>	<p>Your FSA is not affected if you enroll in Medicare.</p>

Medicare to Cover Wegovy

By the GWAAR Legal Services Team

The federal Food and Drug Administration (FDA) recently approved the drug Wegovy for reducing the risk of cardiovascular disease in people clinically diagnosed with obesity. The FDA approval means that the drug can now be covered under Medicare for people diagnosed with both obesity and cardiovascular disease. About one in four people diagnosed with obesity also have a diagnosis of cardiovascular disease, so the approval could make Wegovy available to some 900,000 Medicare beneficiaries, or about seven percent of the total Medicare population. Another 1.9 million Medicare participants may already have been eligible for coverage of Wegovy due to a diagnosis of diabetes.

Wegovy is one of a class of drugs known as semaglutides that have previously been approved by the FDA for treatment of obesity and diabetes. However, since 2003, federal law has prohibited Medicare from covering medications prescribed exclusively for weight loss. With the new FDA approval, at least a portion of Medicare participants may be able to benefit from the drug, though out of pocket costs are expected to range between \$325 and \$430 per year.

Wisconsin Aging Advocacy Day

On Tuesday, May 14, nearly 200 advocates (including our Elder Benefit Specialists Pam Fuchs and Mindy Shrader) participated in Aging Advocacy Day to meet with their legislatures and lift up five budget priorities for the 2025-2027 budget. The priorities included: Investing in Aging and Disability Resource Centers (ADRCs), Caring for Wisconsin's Caregivers, Safeguarding Nutrition Supports, Reducing Falls Among Older Wisconsinites, and Supporting Increased Funding for Specialized Transportation. Both Mindy and Pam reported they had a great experience and are following up with their representatives to share more data and information from Sauk County!

Group photo from Aging Advocacy Day.



Mindy Shrader meeting with other advocates in Representative Tony Kurtz's office.



Aging Advocacy Day is sponsored by the Wisconsin Aging Advocacy Network and happens either annually or bi-annually. If you are interested in attending the next Aging Advocacy Day with ADRC staff, give us a call!

Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

Spring Green Library

1:00-3:00pm

June 5th

July 3rd

July 31st

Plain Library

1:00-3:00pm

June 9th

July 17th

August 21st

Sauk Prairie Community Center

1:30-3:30pm

June 20th

July 18th

August 15th



I'm Turning 65/Retiring-Now What?

This workshop is for people considering retirement, turning 65 or reaching full retirement age. It discusses insurance questions confronting new retirees and those continuing to work.

Baraboo

Time: 4:30pm

When: Tuesday, June 25th

Where: West Square Bldg

Room B30

Baraboo

Time: 4:30pm

When: Tuesday, August 6th

Where: West Square Bldg

Room B24

Reedsburg

Time: 4:30pm

When: Monday, September 23rd

Where: Reedsburg Library

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



Cop's Corner

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

Scammers Target Older Adults

According to the Federal Trade Commission data shows that older adults are much less likely to report losing money to fraud than younger people. But when older adults do report losing money, they tend to lose much more than younger people.

Scammers tell different stories to steal money or personal information, but most scammers use three common tactics: Scammers contact you unexpectedly, create a sense of urgency and give you a specific way to pay or send money.

That's why helping people identify these common tactics can also help them avoid scams. Together, we can all help older adults spot, avoid and report scams.

- Don't give money or information to anyone who contacts you unexpectedly. Legitimate businesses and government agencies won't unexpectedly call, email, text, or message you on social media to ask for information or money. Only scammers do that.
- Slow down and check it out. Scammers want to pressure you to act quickly. That way, you don't have time to think or check out their story. Slow down. Do some research. Talk to someone you trust before you do anything else.
- Never pay someone who says you can only pay a certain way. Nobody legitimate will ever demand that you pay by gift card, wire transfer, cryptocurrency, payment app, or cash. And nobody legit will ever tell you to move your money to "protect" it. But scammers will.

Spot a scam? Report it to the Federal Trade Commission: [ReportFraud.ftc.gov](https://www.ftc.gov).

For more information, visit [ftc.gov/olderadults](https://www.ftc.gov/olderadults). As part of the Stop Senior Scams Act of 2022, the Federal Trade Commission convened a committee of government agencies, consumer advocates, and industry representatives to focus on tools to help older adults spot, avoid, and report fraud.

Patrick Cummings, Chief of Police

Reedsburg Police Department



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



The Better Business Bureau (BBB) has a scam tracker tool that is free for anyone to use. This tool can tell consumers about scams, please visit the website www.bbb.org/scamtracker. The BBB also reports that the biggest imposter scams right now are USPS, AMAZON and Publishers Clearing house. To assist in getting rid of the annoying calls, the website www.nomorobo.com will block scam calls on a landline.

IS MONEY TIGHT?

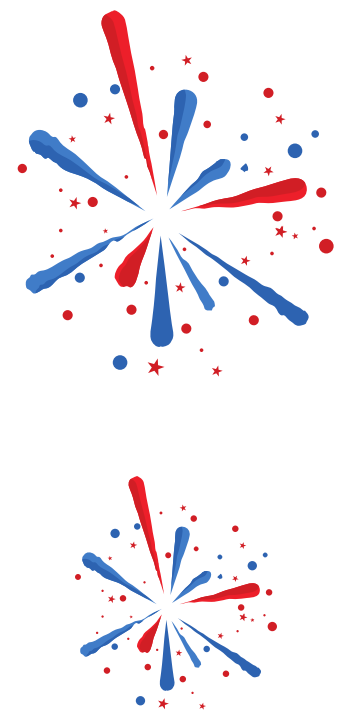
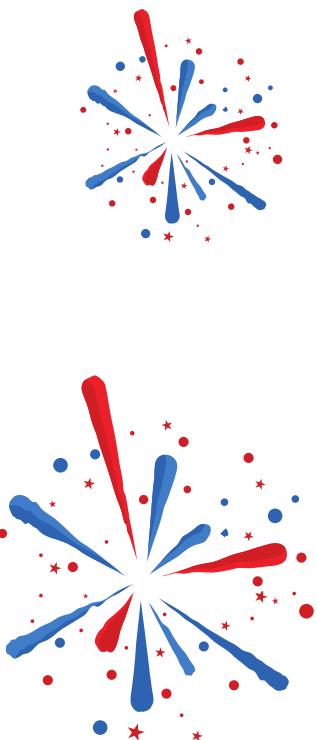
FOODSHARE helps stretch your budget by depositing money on a debit-like card once per month to help buy groceries.



Do you live in Adams, Crawford, Grant, Iowa, Juneau, Monroe, Richland, Sauk county and need help applying for FoodShare?

**CALL OR TEXT BRIAN
608-807-7859**

¿Necesita ayuda en español?
Llame a Julia 608-807-9006





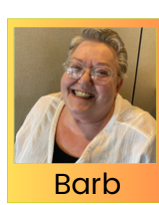
Meg Allen,
Nutrition Coordinator



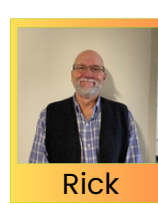
Torill
Sauk City



Pat
**Lake
Delton**



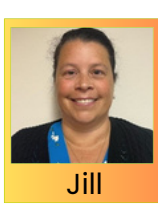
Barb
**Reedsburg
Country Club**



Rick
**Frozen Route
Driver**



Julianne
Reedsburg



Jill
Baraboo

The Sauk County Nutrition Program joined Meals on Wheels America and the nationwide campaign #SaveLunch in March. This campaign is designed to rally communities around our older adult neighbors and protect the essential services that enable so many to remain healthy and independent at home.



During the #SaveLunch campaign in March, we invited Sauk County Board Members to ride along on a Meals on Wheels route or visit dining sites.



- ★ 1) Supervisor Marty Krueger with Volunteer Roger.
- 2) Supervisor Dave Clemens with Volunteer Pam.
- 3) Supervisor Rebecca Klitzke visiting the Reedsburg Country Club (RCC) Soup & Salad with Diners Rita, Dale, and Sandy.
- 4) Supervisor Rebecca Klitzke visiting RCC with Volunteer Barb.

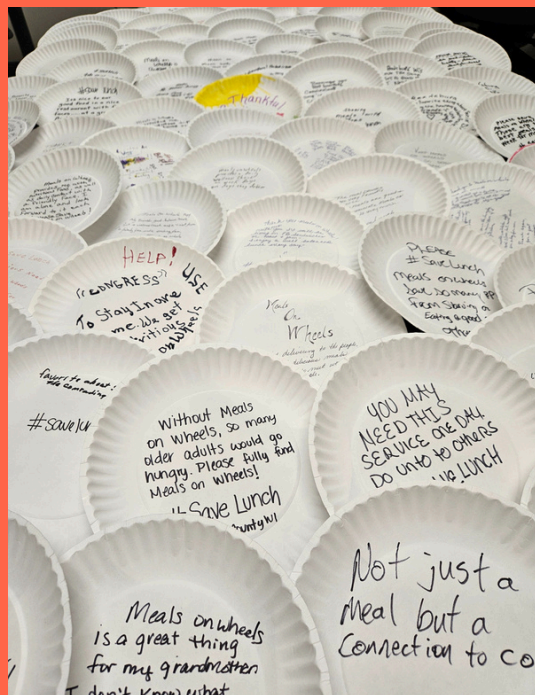
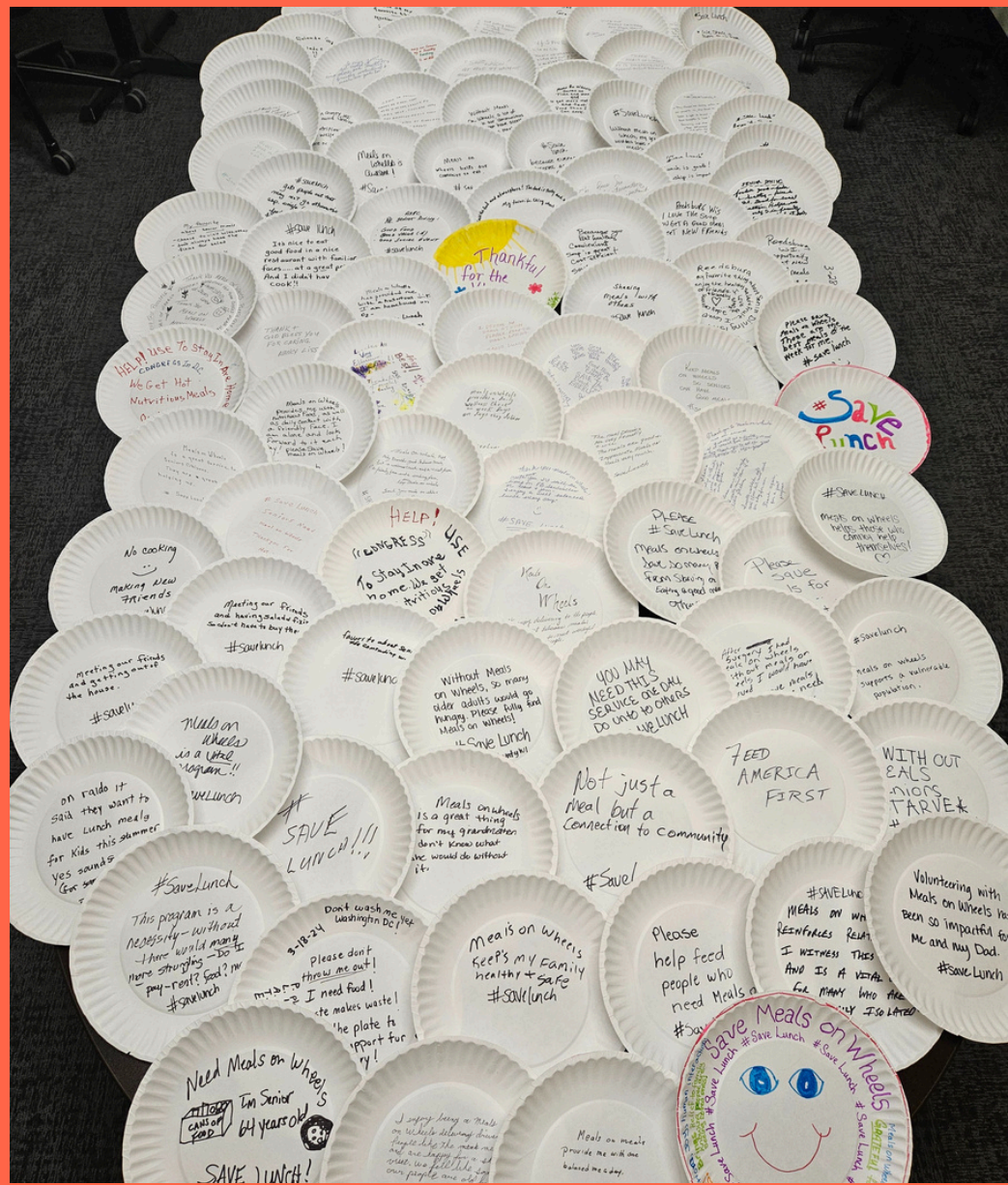


Paper Plate Campaign

We wanted to extend a big THANK YOU to all who participated in the Paper Plate Campaign! We asked Meals on Wheels participants and diners to fill out a paper plate and share why meals are so important! We received 95 paper plates back with amazing testimonies about why Meals on Wheels is needed and urging Congress to fully fund Meals on Wheels across America. The paper plates have been shipped to our Congressman, Mark Pocan in Washington D.C.!



#SAVE LUNCH



ADRC Dining Sites

Suggested Contribution:

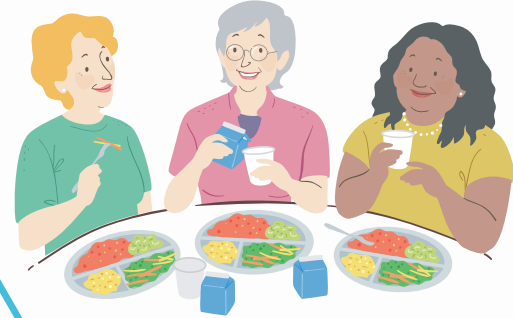
\$4/meal for dining sites and Meals on Wheels, \$6.50/meal at Reedsburg Country Club

Find monthly menus on our website or call the ADRC office for a hard copy:
<https://www.co.sauk.wi.us/adrc/nutrition-and-dining-centers> | (608)355-3289

MOW

Meals on Wheels

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



B

Baraboo Dining Site

Highpoint Commons, 1141 12th Street, Baraboo
In-Person Dining: Monday thru Friday
11:30am, Call Jill for reservations (608)963-3436

LD

Lake Delton Dining Site

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

SP

Sauk/Prairie Dining Site

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

R

Reedsburg Dining Site

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

RCC

My Meal, My Way Soup & Salad

Reedsburg Country Club, 3003 E Main St, Reedsburg
In-Person Dining; Mondays and Wednesdays
11:30am - 1:00pm | No Reservation Needed

MORE

THAN

A

MEAL



Coloring page
provided by:

Meadows 
Assisted Living & Memory Care
477 Rainbow Road - Spring Green


The Pines
Senior Living
1050 Prairie Street - Prairie du Sac


Meadow Ridge
Senior Living
1700 Jefferson Street - Baraboo

Strength Training Class StrongBodies

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Benefits of Strength Training:

◆ Reduced risk for chronic diseases:

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

◆ Increased:

- ◆ Strength
- ◆ Muscle mass

Baraboo West Square Building
505 Broadway St., Baraboo

Tuesdays & Thursdays

10am -11:30am

July 9, 2024- September 19, 2024

Sauk Prairie Community Center
730 Monroe St., Sauk City

Tuesdays & Thursdays

1:30pm -3:00 p.m.

July 9, 2024- September 19, 2024

Class Registration begins June 11, 2024.

Register online at [https://forms.gle/ u3QQZpQ2LuvHEXz88](https://forms.gle/u3QQZpQ2LuvHEXz88), scan the QR code, or visit the Sauk County Extension Office. Call (608)355-3250 for more info.



Extension
UNIVERSITY OF WISCONSIN-MADISON

EXTREME HEAT WORD SEARCH

Find the **highlighted** words in the word search below, and learn about how you can stay safe as it starts to get hot outside!



WATER - Drink more water than usual, unless your doctor limits your fluids.

ACTIVITY - Avoid outdoor activities and physical work.

SHOWERS - Take cool showers or baths to cool down.

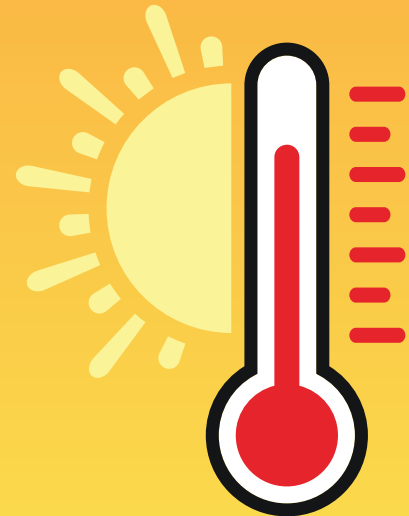
CHECK - Check on a friend or neighbor and have someone do the same for you.

COOK - Don't use a stove or over to cook, as it will make your house hotter.

CLOTHING - Wear loose, lightweight, light-colored clothing.

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

*None of the words in the search are diagonal or backwards.



PUBLIC HEALTH
SAUK COUNTY

Together we thrive

For more information on extreme heat safety, visit <https://www.cdc.gov/disasters/extremeheat/>.



Quinn Hause



Holly Schafer

5 Things to Know When Your Child with Disabilities Turns 18

By Margaret A. Graham, Esq., an attorney affiliated with Special Needs Alliance

When your child turns 18 years old, they legally become an adult. This is an important time to consider their financial future – especially if they need additional care into adulthood. Here are 5 things that you need to know to prepare for this milestone:

1. Health and Welfare Decision-making

When your child becomes a legal adult, you can no longer make certain decisions for them about their health and welfare. However, you can stay involved through:

- **A Representative Payee:** Social Security will determine who best serves as Representative Payee for your child's benefits.
- **Guardianship:** This requires court involvement. It may be necessary if your child can't execute a power of attorney. Please consult an attorney for assistance.

2. Changes in Supplemental Security Income (SSI) Eligibility

SSI provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits.

When your child turns 18, Social Security will review their eligibility for continued SSI payments based on the disability rules for adults. For more information, please review the publication, **What You Need To Know About Your Supplemental Security Income (SSI) When You Turn 18**. We also encourage you to check out **Social Security's Youth Resources** page.

3. Education Transitions

If your child attended public school, they have a few options to continue their education after graduation, including:

- **Diploma:** They may pursue further education in college or trade programs with **Individualized Education Program (IEP)**.
- **Certificate:** They may have the opportunity to continue in a transitional program in their high school even after they complete their senior year. Most are permitted to remain until they turn 22.
- **Employment:** Local Vocational Rehabilitation Services can assist with employment options during pre-graduation IEP meetings.

article continued...

4. Living Arrangements Supports

Once your child turns 18, they may choose or qualify for different living arrangements depending on the services they already receive. For example, if your child receives therapy services at school, how will they receive them once they transition out of school? They could receive them through a **Medicaid Waiver** or private insurance.

Qualification for respite services may also look different. Respite services allow family caregivers time to step away from their duties. It is essential you understand all the benefits and options available to your child after they complete high school before deciding on living arrangements and services.

5. Financial Protections

- **Special Needs Trust:** Update estate planning documents before your child turns 18. Otherwise, inheritance may terminate your child's governmental benefits.
- **ABLE Account:** You can deposit funds into this account up to a certain limit each year; however, there are limits on what its funding covers.

Children receiving benefits on a parent's record may continue to receive those benefits until age 19 if they're a full-time elementary or secondary school student. People who have a qualifying disability that began before age 22 may also be eligible to receive child's benefits at any age. For more information, please review the publication, **Benefits for Children**.

As your child turns 18, consider these issues while you navigate their financial future. For more information, please visit the **Social Security website** at <https://www.ssa.gov> and contact the **Special Needs Alliance**.

How to Spot an Imposter Social Security Social Media Account

Dawn Bystry, Associate Commissioner, Office of Strategic and Digital Communications

Do you know how to spot fake Social Security social media accounts? The tips below will help you protect yourself and your family.

How fraudsters create imposter accounts:

Fraudsters create imposter social media pages and accounts using Social Security-related images and jargon, making them appear as if they're associated with or endorsed by us. They also create imposter social media pages of Social Security and OIG officials, such as the Commissioner or the Inspector General.

Protect your personally identifiable information:

We will **never** ask for sensitive information through social media as these channels are not secure. Sometimes, users are asked to enter their financial information, Social Security number (SSN), or other sensitive information. This is a red flag, and often an indication of a fraudulent account.

article continued...

How to spot a fake social media account:

Identifying an imposter account may seem difficult at first, but there are a few things you can look for right away. You will want to focus on the following:

- How many people follow the imposter page. In most cases, fake pages have a very low number of followers as compared to Social Security’s official page.
- Improper punctuation.
- Links to pages not on SSA.gov.
- Advertisements for forms or other Social Security documents.
- Incorrect social media handle. To view the list of our official social media channels, we encourage you to visit our **Social Media webpage**.

Please report suspected Social Security imposter scams – and other Social Security fraud – to the **OIG’s website**. You can find more information about scams on our webpage, **Protect Yourself from Scams**.

Please share this information with your friends, family, and colleagues to help spread awareness about Social Security imposter scams.



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

- Anonymous In Memory of Floy Loos for EBS Program
- Amy & Eric Wink and Richard & Sandi Knuth In memory of Harvey Raasch for HDM Program
- Mari E Brown, friends & relatives in Memory of Charles B Hughes for HDM Program
- LeMoine Family in Memory of Ella Mae LeMoine for the 6th Annual Caregiver Boot Camp lunch
- Lake City Social in Lake Delton for their Super Bowl Party donation

Your donations are greatly appreciated!



RESTORING YOUR INDEPENDENCE

Is Maplewood Sauk Prairie's Goal.

Return home once your strength is restored!

Enjoy this easy to make meal.

Steak Fajitas

2 tsp. chili powder
1 tsp. ground cumin
1 tsp. smoked paprika
3 cloves garlic, minced
Kosher salt and freshly ground black pepper, to taste
1 ½ pounds flat iron or flank steak
2 ½ Tbsp canola oil, divided
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 red onion, cut into wedges
2 flour tortillas

Set grill to medium high heat.

In a small bowl, make a chili mixture. Combine chili powder, cumin, paprika, garlic, 1 tsp. salt and 1/2 tsp pepper.

Brush the steak with 1 tablespoon canola oil, then season it with the chili powder mixture.

Add steak to the grill to cook. Flip once, until desired doneness, about 4-5 minutes per side for medium rare. Let rest 5 minutes.

Season bell peppers and onion with remaining 1-1/2 tablespoons canola oil; season with salt and pepper, to taste.

Add bell peppers and onion to the grill to cook, turning occasionally, until charred and tender, about 6-8 minutes.

Thinly slice steak against the grain and serve on tortillas with bell peppers and onion.



Recipe
for 2

from the kitchen of

Maplewood Sauk Prairie

maplewoodsaukprairie.com

Coming Events at the Baraboo Area Senior Citizen Organization:

June 9th- Mallards vs. Wausau Woodchucks 4:05pm (\$25 per person includes free picnic)

June 15th- Elder Abuse Awareness Day activities

June 20th & 27th- Behind the Scenes Tour of the Baraboo Zoo

June 22nd- Brat Sale

July 20th- Brat Sale

July 24th- "Sneaky Pete Wild Show" at the Legacy Theater

August 10th- Brat Sale

August 25th- Pork Chop Dinner

August 30th-September 2nd- Brat Sale Ski Hi Orchard



Contact BASCO at booseniors@gmail.com or 608-356-8464 for more information.

In early May I attended the Wisconsin Alzheimer's Association annual conference in Wisconsin Dells. It brought together a wide array of health professionals, public and private providers, agencies, and family caregivers. The conference is a yearly source of support and education for all these varying groups. Several of your Sauk County ADRC staff attended and will be better equipped to serve the needs those with dementia and their caregivers having done so.


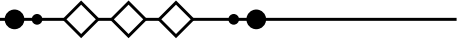
Also in attendance were a large portion of the state's Dementia Care Specialists. While we frequently interact and help each other, much of this is online or via phone. The conference is a nice chance to see each other and share ideas or ask questions face to face in a setting that facilitates learning.

One thing that is highlighted when we meet is our many different backgrounds. Some have been nurses, social workers, or therapists in a wide variety of settings. Some are past caregivers professionally or privately. There is also diversity in personal backgrounds culturally and demographically. This is a strength of the DCS program. When I encounter a situation where I lack experience, there is likely a DCS I can network with that has familiarity with the issue.

The ability to interact also aids in another facet of the DCS program. Each DCS is given flexibility within a framework to sculpt their county's program to meet the specific needs of that county. While there are universal similarities in need, a densely populated, urban county like Dane does not have all the same needs as rural Ashland County in northern Wisconsin. Neither is the same as our county of Sauk. Counties may have different or varying degrees of available private and public supports. There are different populations and cultures within each county. A county may have established support groups or may need the DCS to initiate them. Some Dementia Care Specialists find themselves focusing on education and networking to provide support, others are more occupied assisting individuals and their caregivers.

article continued...

The DCS program is malleable, able to adapt. I would encourage resident's, health professionals, agencies, and organizations, both public and private, to please contact me with any needs or ideas to assist those living with dementia in our county. We want to fill gaps in need, be they county wide or within certain locations or demographics. The strength of the DCS program lies with partnerships and collaboration within the program itself and with the people and organizations in the counties we serve.



Update on ILSP Program

The Sauk County ADRC is continuing to work with the Independent Living Support Pilot program. The pilot is currently providing funds to assist numerous county residents with maintaining independence and quality of life in their homes and waiting for approval on funds for many others who have applied. Residents have received funding for caregivers, equipment, services and renovations that will allow them to successfully remain in their current place of residence longer and aid caregivers in supporting them. As a pilot program, there have been significant challenges in negotiating the rules and criteria of the pilot, which have been evolving as the program develops. In the interest of providing the best service to those already signed up and those already on the waiting list for ILSP, the ADRC will not be taking more applicants at this time. The program will continue to provide funds to more than 200 residents of Sauk County through March 2025.



*Kurt
Goeckermann*



*Brenda
Carey-Schick*

Wisconsin Boating Safety Reminders and Resources for Summer 2024

By the GWAAR Legal Services Team



The snow has melted and the lakes have thawed, and that means it's boating season again in Wisconsin. Below are some tips, reminders, and resources available to make sure your 2024 boating season is a safe one! Even if you do not own a boat, this information is important to remember if you ever rent a boat or you're ever a passenger in a friend's boat. As they say, "it's always better to KNOW someone with a boat than to own one."

First, whether you're paddling a kayak, driving a motorboat, or enjoying a cruise as a passenger, you should ensure that you have a U.S. Coast Guard-approved wearable personal flotation device (PFD) for each person onboard and one approved throwable device for any boat 16 feet and longer. That is the law. Although not required by law, the Wisconsin Department of Natural Resources (DNR) recommends that all boaters wear their life jackets while on the water.

The different types of PFDs (aka life vests or jackets) are as follows:

- **Type I:** These PFDs are designed to turn most unconscious wearers face up in the water. They are designed for rough or remote waters where rescue may be slow to arrive.
- **Type II:** These are the PFDs that many smaller boats have on board. They can also be worn canoeing, kayaking, fishing, or sailing. They typically come in orange. Type II PFDs are more comfortable but less buoyant than Type I and are good for calm inland waters. (Pictured right).



- **Type III:** These vest or jacket style PFDs are typically worn for water activities such as waterskiing, jet skiing, and fishing. They can be worn in the same instances as Type II PFDs but are typically more comfortable. (Pictured left).
- **Type IV:** A Type IV is not wearable. It is designed to be thrown to an overboard victim or to supplement the buoyancy of a person overboard. It can be a square cushion, ring, or horseshoe buoy kept onboard the craft. In Wisconsin, every boat 16 feet or longer must have one must have one USCG approved throwable device on board that is immediately accessible.

- **Type V:** These are special use life jackets that must be worn when underway to meet minimum requirements per the US Coast Guard and Wisconsin boating regulations.

In short, the most common PFDs you will use in Wisconsin waterways are Types II, III, and IV. You should always make sure you have the correct PFD for your size and weight and that it fits comfortably. It should also be in good condition – free of wear and holes with all straps and buckles intact.

You should also have other safety equipment on board. The law requires that most motorboats and all personal watercrafts have Type B, USCG approved fire extinguisher on board. If you are operating your boat between sundown and sunset, you also need to make sure you have the required navigation lights and that your lights are fully operational.

You will also want to make sure you know the rules and regulations before hitting the water. The Handbook of Wisconsin Boating Laws and Responsibilities is available here: <https://widnr.widen.net/s/0vw8hwrae3>. An approved boater safety certificate is required to operate a motorboat for anyone born on or after January 1, 1989.

However, anyone can take the course, and it is not a bad idea to brush up on your knowledge and skills. For more information about boater safety education, visit:

<https://dnr.wisconsin.gov/Education/OutdoorSkills/safetyEducation>.

Finally, and most importantly, do not drink and operate a boat of any kind. It is illegal for a person to operate a motorboat or use water skis, a surfboard, or other device if they are under the influence of an intoxicant or a controlled substance, or if they have a blood alcohol concentration of 0.08% or greater. Simply by operating a boat or other kind of watercraft, you've legally given consent to drug and/or alcohol testing, and you may face the same consequences you would if you were driving drunk on the road. So besides being illegal, it is very unsafe to operate a boat under the influence. So, boat sober! Be safe and have a great boating season in Wisconsin!



Here are some tips for sun protection for older adults.

- Limit exposure to the sun, especially between 10 in the morning and 2 in the afternoon.
- Wear clothing that can cover your skin that is exposed to the sun. Wearing long-sleeves, long pants, sunglasses, and even hats to protect your face is recommended.
- Look for a sun protection cream that offers protection from UVA and UVB rays, with a sun protection factor (SPF) of 30 or above. Apply sunscreen about a half an hour before going out, and make sure to regularly reapply throughout the day.
- Spend time in the shade.



WISCONSIN WORD SEARCH!



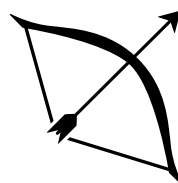
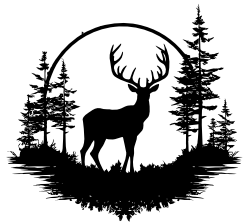
E	D	W	G	C	E	R	E	M	O	N	I	A	L	Y	N
H	D	E	I	R	S	K	R	A	P	R	E	T	A	W	M
H	E	B	E	S	C	H	I	K	I	N	G	K	W	C	I
B	L	O	F	R	C	D	R	A	P	C	U	J	A	I	R
E	L	B	H	W	P	O	G	E	I	A	P	M	H	I	R
N	C	A	O	E	P	A	N	B	S	T	P	C	Z	X	O
N	R	D	C	L	S	D	R	S	L	L	E	D	O	P	R
E	E	L	R	K	P	F	B	K	I	M	R	E	W	O	L
T	E	X	O	A	H	D	R	W	M	N	A	P	G	H	A
T	K	Q	D	I	Y	A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



BLACKHAWK
 BOWMAN
 CAMP
 CEREMONIAL
 CHIEFS
 DAM
 DAY TRIP
 DEER PARK
 DELL CREEK
 DELLS
 DELTON
 DUCKS

GOLF
 HAWKS BEAK
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For AddLIFE Today! questions or comments, please contact Yvette Ledezma at (608) 355-3289 or email at yvette.ledezma@saukcountywi.gov

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

Beach Word Search

- | | |
|------------|------------|
| BEACH | SCUBA |
| BIKINI | SEASHELL |
| BOAT | SUMMER |
| COOLER | SUN |
| FRISBEE | SUNBURN |
| GOGGLES | SUNGLASSES |
| LAKE | SURFBOARD |
| LIFEGUARD | SWIMMING |
| SAILBOAT | UMBRELLA |
| SANDALS | VACATION |
| SANDCASTLE | WAVES |