



A quarterly newsmagazine for adults with disabilities,
older adults, and their families.
Contact: ADRC at 355-3289 or 800-482-3710
Veterans Service Office at
355-3260

Summer 2019
Vol II / Issue II

LA Farmer's Market LA

Each summer, the ADRC helps distribute the Senior Farmer's Market Nutrition checks. These checks are provided to seniors by the USDA to encourage them to shop at local farmer's markets and to eat more fresh fruits and vegetables. Eligible households receive \$25.00 in checks which are spent just like cash at **approved** farmer's markets and farm stands.

To qualify, you must be a resident of Sauk County and over the age of 60 (or age 55 if you are Native American), and your annual income must be below \$23,107 for an individual or \$31,284 for a couple. We have a limited number of checks and they will be given out on a first come serve basis. We encourage you to sign up for the Senior Farmer's Market checks at the location that is most convenient for you.

If you are unable to come to the distribution date, you may send a proxy (a person you give permission to pick up the checks for you). The proxy **must have a signed note from you** and may pick up checks for no more than four people. The proxy will be filling out the application for you so make sure they know your date of birth, address, phone number, and that you qualify for the checks. After all the distribution dates have passed, and if there are any Senior Farmer's Market checks remaining, checks will be distributed from the ADRC office.

Distribution Dates

Plain

Plain Kramer Library
910 Main St
Monday, June 10th
1:00 - 3:30 PM

Wisconsin Dells

Tribal Aging Unit Dining Center
E8863 Winneshiek Dr
Tuesday, June 11th
11:30 AM - 12:30 PM

Lake Delton

Frank Fischer Senior Center
20 Wisconsin Dells Pkwy S
Tuesday, June 11th
1:00 - 2:00 PM

Sauk Prairie

Sauk Prairie Community Center
730 Monroe St
Friday, June 14th
9:00 AM - 12:00 PM

Reedsburg

Reedsburg City Hall
134 S Locust St
Tuesday, June 18th
9:00 - 11:30 AM

Baraboo

West Square Building
505 Broadway St
Thursday, June 20th
8:30 - 11:30 AM



Contents at a Glance

1	Farmer's Market
2	Contents
3	Thank Yous
4-5	From the Director's Desk
6	For Your Benefit...Your Elder Benefit Specialists
7-8	How to Maximize Your FoodShare Benefits/DHS Launches MyACCESS App
9	Do I Really Have to Worry About My Teeth at My Age?
10-11	Caregiver Connections & Prevention Pointers
12	Cop's Corner
13-15	ADRC Transportation
16	Aging & Disability Specialists
17-18	The Importance of Wisconsin Advanced Directives
19	Validation Aids Communication
20-23	Veteran's Messenger
23	Sauk County Health Department - Narcan
24	Sauk County Clean Sweep
25	The Volunteer Buzz
26-27	Disability Benefit Specialists
27	BASCO
28	Dementia Live @ St. Clare
29	Ten Minutes Can Make a Difference!
29	Sauk County Foot Clinic Schedule
30-34	Nutrition News
34	Sauk County Park Passes for Seniors

ADRC Office Hours:

Monday-Friday 8:00 am - 4:30 pm

The ADRC will be closed May 27th and July 4th

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

- Patricia Ann Bullard for the Home Delivered Meal Program
- Edith Burkhalter in memory of Ervin Burkhalter for the AARP Tax Preparation Program and the publishing of AddLIFE Today!
- Donna & Donald Huinkier for the AARP Tax Preparation Program
- Anonymous for the publishing of AddLIFE Today!
- Lyle & Barbara Duesterbeck for the AARP Tax Preparation Program
- Joan Litscher for the Volunteer Driver Escort Program
- John & Susan Fletcher for the AARP Tax Preparation Program
- Aida Valk for the AARP Tax Preparation Program
- In memory of Bill Wermuth for the Veterans Transportation Program
- Edward and Mary Prem for the publishing of AddLIFE Today! and the Veterans Transportation Program
- Betty & Marvin Telvick for Caregiver Support Programs, Disability Benefit Specialist Program, Elder Benefit Specialist Program, Information & Assistance Program, and the Volunteer Escort Driver Program
- In honor of Gerry Lehman for the AARP Tax Preparation Program, Elder Benefit Specialist Program, & Bus Programs



From the Director's Desk

Susan Blodgett - ADRC Director



Driving Retirement

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, **Driving Retirement** is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the ADRC. Find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or

friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations
- Lack of attention to traffic signs or pedestrians
- Increased agitation or irritation while driving
- Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.



When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.



Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at the ADRC or online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging
Resources

Looking for Part-Time Work this Summer/Fall?

The US Census Bureau is looking for temporary, part-time workers to re-validate mailing addresses throughout Sauk County. This position pays \$15/hr and \$0.58/mile.

You can apply online at
2020census.gov/jobs

For more information or help
applying, please contact
Bill Wood at
williamf.wood@2020census.gov
or call 1-855-JOB-2020



For Your Benefit...

Your Elder Benefit Specialists

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

Mindy-Coming to You Walk-in Appointments:

Plain Library

1:00-3:00 pm:
June 5th, July 10th,
and August 7th

Spring Green Library

1:00-3:00 pm:
June 26th, July 24th,
and August 28th

Pam-Coming to You Walk-in Appointments:

Sauk Prairie Community Center

9:00-10:30 am:
June 13th, July 25th,
and August 8th

Merrimac Village Hall

10:00-11:00 am:
June 12th and August 21st

**I'm Turning 65/ Retiring: Now
What? Know Your Options!**
Presented by Mindy Shrader
& Pam Fuchs

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.

Next workshop:

July 16th
4:30 p.m.
Room B30
West Square Building
505 Broadway St
Baraboo, WI 53913

Mindy Shrader serving
the western part of
Sauk County



Pam Fuchs serving the
eastern part of
Sauk County



How to Maximize Your FoodShare Benefits

by the GWAAR Legal Services Team

Whether or not you receive Supplemental Nutrition Assistance Program (SNAP) benefits through Wisconsin's FoodShare program, we could all use extra tips and reminders for smart food shopping. This article offers suggestions on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

BEFORE Shopping

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use.
- Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons to buy foods you normally eat. Make sure the coupons give you the best value for your money.
- For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- Try store brands. They are usually the same quality and cost less.
- Compare products and prices for the best deal. Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- Check "sell by" or "use by" dates. Buy the freshest food possible.

AFTER Shopping

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- Use foods with the earliest expiration dates first.

BEST BUYS for COST and NUTRITION

BREADS AND GRAINS

- Choose whole-grain breads. Look for bargains on day-old varieties. Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

- Buy large bags of frozen vegetables. When choosing canned vegetables, look for "low sodium" or "no added salt" on the label.

FRUITS

- Buy fresh fruit in season - it generally costs less. Frozen and canned fruits are available year-round, can save you money, and have similar nutrition values to fresh fruit.

Continued on next page

LOW-FAT OR FAT-FREE MILK PRODUCTS

- Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Typically, larger containers cost less per serving than smaller sizes. Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

- Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling. Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.

For more information, or to locate a retailer near you that accepts FoodShare benefits, visit the USDA website at <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>



DHS Launches MyACCESS App *by the GWAAR Legal Services Team*



The Wisconsin Department of Health Services (DHS) recently launched the MyACCESS mobile app. With the MyACCESS app, you can:

- See the status of your benefits, including Medicaid and FoodShare.
- Be reminded of actions you need to take. You can sign up to get notifications on your phone.
- Submit documents for your case. You can either take photos of the documents with the app or choose photos from your phone's gallery.
- Track the status of documents in real time.

To use the app, you must have applied for or be enrolled in BadgerCare Plus, Medicaid, or FoodShare. You can also use the app for Wisconsin Shares Child Care Subsidy Program and/or Wisconsin Works (W-2).

The MyACCESS app does not replace the ACCESS website. At this time, you cannot use the MyACCESS app to apply for benefits. If you would like to apply for benefits, you can do so online through the ACCESS website, over the phone with your Income Maintenance agency, using a paper application, or in person at your agency. In addition, you will need to continue to do some things, like renewing your benefits and reporting changes, through the ACCESS website or over the phone or in person through your Income Maintenance agency. Your local ADRC can also help you apply for benefits, report changes, and renew your benefits.

The app is free. To download it, go to the Apple App Store or Google Play. You can search for "MyACCESS Wisconsin" in either store. If you need help using the app, please call ForwardHealth Member Services at 800-362-3002, Monday through Friday, from 8 a.m. to 6 p.m.



Do I Really Have to Worry About My Teeth at My Age?

That is a valid question, and only answered accurately if you know how long you will be living. That is a glib response, but the health of our mouth means much more than only being cavity free.

We are one of the first generations who have had the resources to allow us to maintain all or most of our natural teeth. We have had regular preventions visits with our dental hygienists and have restored teeth when they did have cavities. Some of us have numerous gold or porcelain crowns or even implants to preserve the function of our teeth.

Besides the obvious function of chewing our food, why worry? The palate (roof of the mouth) actually contributes to our enjoyment of the taste of foods. The pleasure of a conversation with others is made possible by our teeth helping to form our speech. Both of these are compromised by a denture that covers the palate. People adapt all the time to this type of change, but speech changes take time for the adaptation and the sense of taste is affected any time the denture is in place.

If you are interested in how your face looks, your teeth matter there also. The back teeth, molars and premolars, help your face maintain "vertical dimension". When the teeth are missing in back or heavily worn down the cheeks start to sink in and wrinkles form.

Modern medicines have made it possible for us to live with the proper blood pressure, to control anxiety, depression, diabetes or live with organ transplants. Seldom does one meet another person over 50 who is not on at least one prescription. There are over 400 prescription medications that reduce our saliva or create a very dry mouth. A lack of saliva can be very dangerous to our teeth. It allows the normal bacteria of the mouth to stick to the teeth much more aggressively.

One of the most effective ways to combat the stickiness of the bacteria is the daily use of oral products containing xylitol. By using very small "servings" several times a day the bacterial plaque is reduced over a relatively short period. For a dry mouth a moisturizing spray containing xylitol can be used as needed, providing comfort and plaque reduction. Toothpaste, candies or gum sweetened with xylitol are easy and effective methods of using xylitol.

Studies have shown that six servings a day (in the form of two candies after each meal) greatly reduce the accumulation of the plaque individuals in long term care who have limited abilities to provide their own brushing or flossing.

by Highlife Oral
Health Alliance



Marina Wittmann
Lead Aging
Specialist

Caregiver Connections & Prevention Pointers



Juggling Isn't Just For Clowns

If you're like many grandparents who are raising their grandkids, your life is plenty busy, maybe even hectic. Sometimes, life becomes a juggling act; and just as a juggler who has too many balls in the air may drop one, so will the person who has too many things going on at one time. Here are some tips that may improve your juggling.

Decide what is important. Take the time to examine what you are doing. List the tasks that you want to get done. Divide them into three categories - very important, important, and nice to have done. Concentrate your energy on the very important tasks first, and then do the things that are important. Finally, consider eliminating the third category. Sometimes we get caught up in activities that are trivial, and that leaves little time for the important things.

Delegate. There may be the day when you walk into a room of hungry children, a sink full of snack dishes, piles of dirty laundry, and a dog that has run through the mud. You want to turn around and forget it. A better choice is to delegate to other family members.

Delegating not only helps you get the work done, but also teaches the children how to do the task and be a team player.

While the older children may not acknowledge it, everyone ends with a sense of accomplishment. Remember that new tasks take practice, so you might have to settle for something that is less than perfect while the children are learning.

Make time together count. Quality time together does not have to be extra time. Talk to your grandchild while working together or riding in the car. Laugh and relax with them. By using the time that you are together, even a little time can make a big difference in attitude.

Practice positive talk. Feeling overwhelmed and hopeless leaves us exhausted and drained. Talk to yourself and others with positive statements. Happy words create happy attitudes. Say, "I will," instead of, "I hope to," and, "I need this done," instead of, "You should do this." Say, "I know you can," instead of, "can't you ever?"

**By Rachel Schwarzendruber, Family Life Educator,
University of Illinois Extension**

CONGRATS

to the Plain
Stepping On Graduates!



Congratulations to our latest Stepping On class graduates! Thank you to the following supporters and guest experts of our workshop in Plain: Physical Therapists Hannah Johnson & Shelli Ness, Pharmacist Alisha Hahn, Police Officer Alex Ziemke, Vision Rehab Therapist Brent Perzentka, Past Participant Gwen Kraemer, and the Plain Kraemer Library & Community Center Staff.

The ADRC will be scheduling Stepping On and Powerful Tools for Caregiver workshops starting early Fall. If you are interested in taking a workshop, call us- we will come to you if there is enough interest! Contact Marina Wittmann (608)355-3289 to get your name on our list.



Dementia-Specific Caregiver Support Group
Reedsburg Area Senior Life Center
2350 N. Dewey Ave, Reedsburg
3rd Wednesday of each month, 12:00-1:30 p.m.
Next Meetings:
Wednesday-June 19, July 17, & August 21



Join us on Wednesday May 29th for the National Senior Health & Fitness Day expo at the Baraboo Civic Center from 11-1:30pm. The expo features health/fitness vendors, educational presentations, FREE lunch, door prizes, and a Fun Walk along the Baraboo River!



COP'S CORNER

THE COP'S CORNER HAS BEEN WRITTEN BY A MEMBER OF THE SAUK COUNTY CHIEF'S ASSOCIATION

SUMMER SAFETY IN TRAFFIC

With the warmer weather we are all looking forward to getting out and enjoying the longer and warmer days. As we do, we need to remember that there are others out there with us and make sure that we all have a safe and enjoyable summer.

While driving, be aware of the additional traffic problems such as pedestrians, bicycles and construction zones. As a driver, you need to yield to pedestrians in a crosswalk and be watchful for children that may dart into traffic. The easiest way to increase safety is to slow down and obey all traffic signs.

If you, your children, or grandchildren are on a bike, start with the three things for safe bike riding: A helmet, a safe bike and a safe rider.

1. Helmets should fit on the top of the head and be adjusted so the strap is snug enough to keep the helmet in place during a fall.
2. The bike should be checked to be sure it fits properly, all brakes are working properly, there is air in the tires and that all nuts and bolts are tight to be sure it will stay together.

3. Finally, the safe rider requires acting like a vehicle and never out riding your ability. Obey all traffic signs and be sure to signal your movements so others know what you are doing.

Construction season is in full swing as well with the warm weather. We all know the streets and roads are in desperate need of repair, so we need to follow the rules in construction zones as well to ensure safety of the workers.

- Slow down! Reduce speed and move over. Fines double in construction zones!
- Obey signs and detours. "Road Closed" signs are not for the other driver, they are for all drivers. Roads are closed for a lot of reasons and we need to be certain to stay off those areas that are not open to traffic.
- It is illegal to use a handheld device (cell phone) in a construction zone. Put the phone down and go hands free! Phone use distracts the driver in an already dangerous situation.

Mark Schauf
Baraboo Chief of Police



ADRC TRANSPORTATION

LOOK WHO'S GETTING YOU THERE!



**TOM
HEMBERGER**



**JEFF
HANKE**



**NIK
IMOBESTEG**



**TOM
CLARKSON**

ADRC TRANSPORTATION SERVICES

"Our Mission is to provide Mobility & Independence to Senior and Disabled Citizens"

The ADRC Transportation Programs have so much to offer seniors and disabled citizens within Sauk County. Our transportation services include our Volunteer Escort Driver program, Taxi subsidy program, Weekly Shopping Busses, and Fun Day Travel Busses. If you haven't tried these services, you are missing out!

Volunteer Drivers Needed!

Do you have spare time and want to give back to your community? Do you have reliable transportation and like to drive? If so, we would love to have you on our team! We are so proud to work with volunteer drivers who are the heart and soul of the Transportation Section. Our volunteers provide transportation to medical appointments, pharmacies, and other trips of necessity. If you are interested and able to volunteer, please contact Brianna Wipperfurth, Program Coordinator, to learn more and apply.
(608) 355-3289

Volunteer Driver Escort Rides

The Volunteer Driver Escort Program is designed to provide low cost transportation for adults that are disabled or over age 60, and have limited or no transportation available. To arrange transportation, please call the ADRC Transportation Line at 608-355-3278 **at least 48 business hours** prior to your scheduled appointment. Services are provided as allowed by availability of staff, drivers, and resources.

**MEDICAL TRANSPORTATION LINE:
608-355-3278 OR 800-830-3533
FUN-DAY TRIP RESERVATION LINE:
608-355-4888**

Shop Your Way -Shopping Bus Service

The Shop Your Way Bus travels every Thursday, alternating weekly between the Baraboo/ Lake Delton areas, Madison West, and Madison East. You tell us where you want to shop and we will take you within a five mile radius of Baraboo Walmart and the East or West Towne Malls. This allows you to shop at most of the popular area stores with each trip. Places like Target, Costco, Greenway station, and more are now at your disposal on a more regular basis. See the next page for dates and destinations. **Call (608) 355-3278 to make your reservation to be picked up from your community!**

Rules

- Minimum capacity is 3 passengers
- Bus trips may be canceled on short notice due to weather, mechanical issues, non-participation, or unforeseen issues.
- Seats are limited and by reservation only
- Please call at least 2 days in advance to reserve your spot
- Cost is \$3.00 to board and includes your return fare
- Passengers will be picked up at prearranged group locations. Exceptions may be made on a case by case, pre-approved basis to meet the needs of some passengers.
- Your bus driver reserves the right to deny stops other than those listed and passengers must remain seated and seat belts worn while the bus is in motion

Fun Day Travels

The very popular Fun Day Trips will continue to run on primarily Tuesdays and Wednesdays, depending on destination availability. **Please watch your calendar for the day of the week.** Come join us, make new friends, and enjoy the fun! All bus stops include a stop for lunch at a restaurant that is easy on the pocketbook. Check out the bus schedule on the next page and join us for a day of fun, socialization, and enjoyment.

To get on the bus, call (608) 355-4888 & leave your name and a call back number.

You may reserve a spot for yourself and one other person. We will contact you 24-48 hours prior to the trip with further details and pickup information. Pick up locations are determined based on the passenger list. The cost of the bus trip is \$5 round trip. Lunch and some entry fees, if applicable, are your responsibility.

Don't forget to complete the survey cards and make suggestions as to trips you would enjoy! We get our best ideas from YOU!

All trips are subject to last minute change or cancellation due to weather or other situations beyond our control



Aging & Disability Specialists

Helping you put the pieces together!

For Your Convenience, the ADRC has four satellite offices and extended hours in Baraboo.

The **Baraboo** office will be open on designated Tuesday evenings. The ADRC will be open until 6:00 p.m. on the following Tuesdays: May 21, June 18, July 16, & August 20. As always, after hours appointments are available upon request and availability.

The **Lake Delton** office is in the Frank Fisher Senior Center at 20 Wisconsin Dells Parkway South and is open every Tuesday from 11:00 a.m. to 1:00 p.m. No appointments are needed.

The **Reedsburg** office is in the Reedsburg Human Services 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. *This satellite office will be closed July 3rd & 24th.*

The **Spring Green** satellite office is at the Spring Green Community Library at 230 E Monroe St. The office will be open every other Thursday from 10:00 a.m. to 12:00 p.m. The next days are: May 16, May 23, June 6, June 20, July 18, August 1, August 15, & August 29. *This satellite office will be closed July 4th.*

**If you would like further information,
call the ADRC at 355-3289 or 800-482-3710.
Some dates subject to change.**



Jim Pritzkow

Julie Mayer

Rachel Heinzman

Hannah Halverson

Megan Fecht

Kari Edwards

The Importance of Wisconsin Advanced Directives

By the GWAAR Legal Services Team

Everyone over the age of 18 should be planning in the event incapacity would occur. Be sure to discuss your wishes with your agent or use this as an opportunity to have another conversation with them to ensure your wishes are clear!

The law on advance care planning documents and authority varies by state. In Wisconsin, practitioners typically recommend the following documents:

- Power of Attorney for Finances and Property;
- Power of Attorney for Health Care;
- Declaration to Physicians (a/k/a Living Will); and
- Authorization for Final Disposition (burial & funeral arrangements).

Advance planning documents can be executed with or without an attorney. Even though the basic forms are available online for free, an attorney can provide legal advice and counseling regarding the person's specific circumstances to ensure that the person's wishes are stated and carried out as desired. It is important that the power of attorney for health care is signed before two unrelated and disinterested witnesses. Although the power of attorney for finances does not technically require witnesses, it is granted important protections under Wisconsin law if it is notarized when signed.

Powers of attorney provide authority for someone to make financial and health care decisions for another person. Unlike other states, Wisconsin is not a "next of kin" state, meaning that family members do *not* have the ability to make health care decisions on behalf of another person just by virtue of being a relative (or spouse). Wisconsin law requires that a person be granted specific authority to act-- either authority from the individual person (via a power of attorney document), or from a court

(usually through a guardianship action). Power of attorney documents are valid once they are drafted and signed. When they are activated depends on the language within the document. Typically, a power of attorney for health care is activated by two physicians or a physician and a psychologist when the principal has an incapacity to make health care decisions. A power of attorney for finances is typically active upon signing, however, can be activated upon incapacity instead if those instructions are provided within the document.

A Living Will is a document that on its face may look similar to a power of attorney for health care; however, there are several important differences. In writing a Living Will, a person is making a directive to his or her doctor regarding the person's end of life decisions. There is no authority given to another person to act as an agent on the principal's behalf, as is the case in the power of attorney documents. Additionally, a Living Will only applies in limited situations, such as if you have a terminal condition or are in a persistent vegetative state. By contrast, a power of attorney for health care provides for an agent to have broad authority to make decisions in a wide range of situations. A person can have both a power of attorney for health care and a Living Will, if desired, or one or the other. If the documents are inconsistent, the power of attorney for health care takes precedence.

Finally, the Authorization for Final Disposition allows a person to indicate his or her funeral and burial preferences in writing and to appoint a representative to carry out those wishes upon the person's death. This document is recommended as part of a comprehensive estate plan because the authority under a power of

...Continued on next page

Continued from previous page...

attorney ends upon the principal's death. If no agent is appointed under an Authorization for Final Disposition form, Wisconsin law indicates that a surviving spouse, children, parent, or siblings (in that respective order) can make funeral and burial decisions on behalf of a decedent. If there are surviving children or siblings that are making the decision, a majority of that group must agree and that can potentially cause issues and delays.

Advanced Directive forms can be found on the Department of Health services website <https://www.dhs.wisconsin.gov/forms/advdirectives/index.htm>. More information on advance directives and how to complete these forms are also available on the Greater Wisconsin Agency on Aging Resources, Inc website <http://gwaar.org>. The ADRC of Eagle Country – Baraboo office also has Power of Attorney packets available, which include the Power of Attorney for Healthcare and Power of Attorney for Finance. Our Information & Assistance Specialist can assist Sauk County residents with completing the Power of Attorney for Healthcare at no charge. Please call or stop in at our office for a packet.

Myth-busting false beliefs about POA's:

1. I do not need a POA because my spouse or family can make decisions on my behalf.

- a. Wisconsin is not a “next of kin” state, meaning that family members do not have inherent authority to make decisions solely based on their relationship with you. Authority must be specifically given to a person through a POA document or a court order.

2. I do not need a POA until I am older or sick.

- a. Too often, people wait until it is too late to do advance planning. If a person no longer has the capacity to execute a POA document, then a guardianship

action in court may be needed. All adults over the age of 18 should consider creating advance directives.

3. Once I create a POA, I'm set for life.

- a. POA documents are not locked in stone. They can be revoked at any time or re-executed if the principal is of sound mind. Honoring Choices recommends that advance planning documents be reviewed if any of the 4 “d's” occur:
 - i. **Death** (if any of the agents named in your POA pass away);
 - ii. **Decade** (if it has been more than 10 years since you drafted or reviewed your documents);
 - iii. **Divorce** (if you subsequently get a divorce after drafting your POA—in Wisconsin, this invalidates your documents by law);
 - iv. **Disease** (if you become sick or are diagnosed with an illness).

In reviewing your documents, you want to ensure that the agent(s) you chose would still be able and/or willing to serve, that the principal and witnesses signed on the same date, that the witnesses are not related to the principal, that the document still reflects your current wishes and that nothing is crossed out.

4. I don't have a lot of money or property, so I don't need a Power of Attorney for Finance.

- a. A Power of Attorney for Finance may be needed to apply for or manage insurance and public benefits like Medicaid.
- b. A Power of Attorney for Finance agent would be the one who could sign contracts regarding property, represent your interests in litigation or sign a lease.
- c. A Power of Attorney for Finance can establish a special needs or burial trust.
- d. You determine exactly what authority you want your agent to have or not have.

Validation Aids Communication

The definition of validation is “recognizing or affirming the worth of a person, their feelings, and opinions, causing that person to feel valued.” Although we never know exactly what’s in the heart and mind of someone else, especially when they are confused and forgetful, validating can reduce anxiety and frustration and can strengthen our relationships. Validation does not mean that we have to believe or agree with everything the other person says. It simply asks that we accept and understand that the person’s thoughts and feelings are real and important to them.

Find positive ways to communicate with people with dementia by acknowledging their reality and keeping them engaged and active. It can be difficult to know how to be honest without causing more distress or confusion, or how to redirect the person to another activity or discussion. The following suggestions may help:

- Be willing to “step into the person’s shoes” and try to understand his or her reality.
- Listen and watch for the feelings behind the words to determine wants or needs. Pay attention to the tone of voice, body language, facial expression, etc.
- Name the feelings you see and help the person feel reassured, comforted, and accepted. (For example, “You seem upset. I’m sorry. I’m here to help.”)
- Use what you know about the person and his or her life story in order to reminisce, distract, or give the person something meaningful to do.

For more information about validation or other communication tips, join Dementia Outreach Specialist Janet Wiegel, Alzheimer’s & Dementia Alliance of Wisconsin, for the education program “Communication Tips & Strategies” on Wednesday, August 28 from 5:30 – 7:00 p.m. at the Spring Green Community Library, 230 Monroe St., Spring Green.

Other upcoming family education programs:

Alzheimer’s & Dementia: First Steps for Families

Learn about dementia-related diseases, what families can do, and resources to help.

Monday, June 24 | 5:30 - 7:00 p.m.

Ruth Culver Community Library, 540 Water St., Prairie du Sac

Is it Time for Facility Care?

Review things to consider when making the decision to move to facility care.

Tuesday, July 23 | 5:30 - 7:00 p.m.

Kilbourn Public Library, 620 Elm St., Wisconsin Dells

These programs are supported by funds raised at our annual Alzheimer’s Walk. Help sustain these important programs - join the Sauk County Alzheimer’s Walk on Saturday, September 28 at Mary Rountree Evans Park in Baraboo. Visit alzwissc.org for details or contact Janet Wiegel, (608) 742-9055.

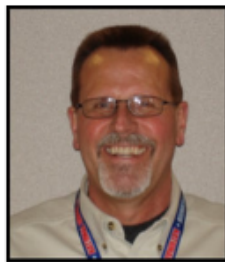




VETERAN'S MESSENGER

VOICE OF THE MESSENGER

TONY TYCZYNSKI,
VETERANS SERVICE OFFICER



Dear Friends,

Memorial Day is unique. On this day we honor those that died in service to our country; additionally, we thank their families. While many are excited for the first long weekend of the summer, it is my hope they will not miss the reason they are getting paid not to work on this day. It is my hope that all of you reading this can find a way to reflect on the significance of this day of remembrance, and the sacrifice and risk that our military members face daily.

**In Your Service,
Tony**

SPECIAL REQUEST

With our very busy summer season ahead, it will be ever more important to allow us to more efficiently serve you. While we look forward to seeing you all, if you wish to discuss something complicated, we want to strongly encourage you to call ahead for an appointment. These days we are often all working with a veteran at the same time and it helps us do a better job of helping you if you leave a voice message, rather than calling multiple times.

UPDATE ON BLUE WATER VIETNAM VETERANS

A very eventful past few months are highlighted by two major announcements from the Secretary of U.S. Department of Veterans Affairs (USDVA). First of all, in our last newsletter I had mentioned there had been a court decision telling VA to include Blue Water Navy personnel that served in the territorial waters of Vietnam. The huge update on this is that the USDVA will not appeal this court ruling. This means that in the not too distant future, Blue Water veterans will get presumption on all the conditions related to Agent Orange.



NEW PRESUMPTIVES ANNOUNCED FOR AGENT ORANGE

The second big thing is that the Secretary said that they will be adding four new conditions to the Agent Orange presumptive list. The conditions are: Parkinson's like syndrome/tremors; hypertension; hypothyroidism; and bladder cancer. Once again, this won't happen overnight. There is a process that has to be gone through before these will take effect, which will likely be later in the year or possibly next year.

However, veterans with any of these new presumptives, which may include some Korea, Thailand and other veterans that served during the Vietnam Era in addition to Vietnam and Blue Water Navy veterans - Do not wait until the VA gets around to formalizing these new regulations. They should contact our office immediately.

If you are a surviving spouse and your veteran passed away from any of these, including the new conditions, you should contact our office, as you may be eligible for benefits as well.

VETTIX: FREE/DISCOUNTED SPORTS & CONCERT TICKETS

The Veteran Tickets Foundation provides free and discounted event tickets (with a nominal delivery fee) to Veterans, active-duty military, their families, and immediate family survivors. VetTix provides these tickets to reduce stress, strengthen family bonds, build life-long memories and encourage local engagement. Vet Tix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation.

Every week thousands of tickets are available to veterans, service members, and family members of those killed in action enabling them go to major sports games, concerts, and many other ticketed events.

Vet Tix is committed to helping put veterans and service members (including Reserve and Guard) in empty seats at games and events across the nation. We are a nonprofit that channels more than 95 percent of its revenues directly into programs. Since 2008, we have had the pleasure to distribute more than 6.4 million free tickets to over 1,170,705 VetTixers.

To become a Vet Tix member, just complete the form online. Once you have created an account and verified your military service, you can review and apply for tickets to hundreds of other upcoming events across the country.

Vet Tix has both donated tickets and discounted ticket offers. Other than a very small delivery fee, all donated tickets are free! With certain partnerships, once donated tickets have been claimed, additional discounted opportunities will be made available.

<https://www.vettix.org/partner/veteransaffairs>

Connect with the Sauk CVSO

Stay up to date with Important veteran related items & events:

Website: www.co.sauk.wi.us/veterans-serviceoffice

Facebook: Sauk County Veterans Service Office

General E-mail for our office:
vetservice@saukcountywi.gov

KOHL'S STARTS OFFERING 15% MILITARY MONDAY DISCOUNTS

Members of the armed services will now get 15% discounts every Monday at Kohl's stores. The retail giant says it rolled out the new Military Mondays in-store discounts "to thank active and former military personnel, veterans and their families for their selflessness and service to our nation." Customers with a valid military ID, military dependent ID, or veteran ID are eligible to claim the discount at the point of purchase. Some brands and items aren't eligible, the store said. Kohl's also noted its employees have volunteered at more than 250 events, helping 230 organizations that support military causes, through its volunteer program.

SPECIAL EVENTS THIS SUMMER

There are many special events this summer that we don't have room to list here, so please see our website for the details. Included are special events at the Highground; Milwaukee County 2019 3 day Pass with Numerous events including: Mitchell Park Domes, Discovery World, Milwaukee Public Museum, Milwaukee County Zoo, Thrivent Member Network of South Wisconsin, Summerfest; Milwaukee Brewers Sunday Home Games - 2 Free Terrace Reserved Tickets at Box office day of game - 414-902-4000; and many more Milwaukee Events this summer.

MILITARY VETERANS FAMILY DAY AT THE MILWAUKEE COUNTY ZOO

Sunday, June 30, 2019 from 9 a.m. - 5:00 p.m. - free admission & parking for veterans. There is a maximum of 10 tickets per military member/veteran - immediate family only (immediate family = military member/veteran, spouse or significant other, dependent children and grandchildren for our aging veterans).

Our office has tickets for Sauk County veterans. Please stop by our office so we can verify your eligibility if you would like some tickets.

UPCOMING EVENTS

For more information on the following upcoming events that are for veterans/to support veterans, please see our website.

The Dells Judo Club
(4 years - adult) Held on Tuesday & Friday from 6-8 p.m. at the Delton Sportsman's Club (off Hwy P), E9602 Berry Rd, Wisconsin Dells, WI 53965. The first month is free for veterans, per our Facebook video on December 14, 2018. More information, please find the Wisconsin Dells Judo on Facebook as Wisconsin Dells Judo Dojo Inc. <https://www.facebook.com/WisconsinDellsJudoDojo/>

Every Friday the American Heroes Cafe inside the Festival Foods, Baraboo offers free donuts and coffee to veterans 8:00 a.m. - noon.

The American Legion Post 172 has a walleye feed on the third Saturday of each month in the months September—November, and January—April. The feed is held from 4:00—7:30 p.m. at 106 E. Walnut in North Freedom, WI. Questions can be directed to Anthony Gartner at (757) 437-2616.

THANK YOU

We want to thank the following for their recent donations to the Veterans Care Trust Fund: Vincent Brunner Family; Robert O'Brien.

These tax-deductible donations are used to help needy veterans of Sauk County.



Louis Birkholz
Assistant
Veterans
Service Officer



Pamela Russo
Veterans
Benefit
Specialist



Kathy Kent
Veterans
Benefit
Specialist



Sandy Diech
Veterans
Administrative
Support

Register online at
www.NarcanSavesLives.org, or
contact Kaeyla at the Sauk
County Health Department:
kaeyla.uttech@saukcountywi.gov
or 608-355-3290.

1+1>2

Mixing opioids with alcohol or other drugs can be a deadly combination.

NARCAN (naloxone HCl)
NASAL SPRAY 4mg

Sauk County Public Health

Get free Narcan & Learn How to Use it

KNOW THE SIGNS

Being high on opioids can look like being drunk. Know the signs to help prevent an overdose.

Slow Breathing
Passed Out
Snoring
Pinpoint Pupils

NARCAN (naloxone HCl)
NASAL SPRAY 4mg

Sauk County Public Health

Get free Narcan & Learn How to Use it

YOU CAN SAVE A LIFE WITH A SPRAY

Narcan, a nasal spray, can reverse the effects of an opioid overdose and **Save a Life.**

Get free Narcan & Learn How to Use it

NARCAN (naloxone HCl)
NASAL SPRAY 4mg

Sauk County Public Health

Sauk County Clean Sweep

Saturday, June 1, 2019 from 8:30 – Noon
Old Sauk County Landfill:
E8795 Evergreen Lane, Baraboo

Dispose of household hazardous wastes!

Items accepted for **no charge** include: pesticides, cleaners, paint, batteries, light bulbs, motor oil, and a wide variety of electronics.

For more information call 608-355-3245 or email
conservation@saukcountywi.gov

Fees for Tires

Car and light truck tires	\$3
Car and light truck tires w/rims	\$5
Ag and semi tires	\$13
Ag and semi tires w/rims	\$25
<13" tires	\$1
<13" w/ rims	\$3

CHECKS *for tires* will be accepted
payable to **Sauk County Treasurer**.

What is Not Accepted:

- Pharmaceuticals, IVs, needles
- Explosives, detonators, blasting caps
- Radioactive materials including smoke alarms
- Infectious and biological waste
- Compressed gas cylinders
- Recyclables, yard and household waste
- Asbestos
- Demolition materials
- Mattresses

Small businesses and agricultural producers **MUST pre-register at least 1 week prior** to the event by contacting Sauk County directly at (608) 355-4842. No late registration will be accepted.

Resource Solutions will accept the following items at Clean Sweep:

No charge: CPUs, Computer Printers, Speakers, Scanners, Fax Machines, Vacuum Cleaners, Phones, Laptops, Record Players, Tape Players, CD Players iPods, VCRs, DVD Players, Beta Tape Players, Electrical Saws, Drills, Calculators, Paper Shredders, Coffee Machines, Heaters, Game Systems, Sewing Machines, Electronic Toys, Most Household Electronics

\$10 - Hard Drive Removal and Destruction
\$15 - Microwaves, Treadmills, Large Copy Machines
\$20 - Small AC Units, mini fridges, dehumidifiers
\$25 - Stoves, washers, dryers, dishwashers, large copy machines, lawn mowers (oil/gas drained, tires removed), hot water heaters
\$35 - Refrigerators & Large Freezers
\$20 - All monitors, CRT & flat screen
\$20 - CRT/Flat Screen TVs 29" and under
\$40 - CRT/Flat Screen TVs - 30"-49"
\$60 - CRT/Flat Screen TVs - 50" and up, projection, wooden console

Please make checks payable to **Resource Solutions**.

Contact **Resource Solutions** at (608) 244-5451 regarding items not included on this list.





Brianna
Wipperfurth
Program
Coordinator

On May 8th, we celebrated another great year of volunteerism at our annual ADRC Volunteer Appreciation Breakfast! In 2018, the ADRC volunteers donated over 16,345 hours of their time and talents, valued at \$403,571.63. (Value based on Independent Sector's 2018 value of a volunteer hour, \$24.69/hour). We here at the ADRC could not possibly say thank you enough times to adequately express how grateful we are for each and every one of our volunteers and all they do.



This year we had the pleasure of listening to former Wisconsin Governor, Marty Schreiber speak at the breakfast. Gov. Schreiber shared stories with us about his personal experience as a caregiver for his wife, Elaine. He was able to help us all think about our experiences as caregivers and the importance of taking care of ourselves while finding joy in the small things.

I am incredibly lucky to get to work alongside all of our wonderful volunteers and am excited to see what you all accomplish for your communities in 2019!

Brianna

Questions about volunteering?
Contact me!
brianna.wipperfurth@saukcountywi.gov
(608) 355-3289



Holly Schafer

Disability Benefit Specialists



Quinn Hause

The Facts About Social Security's Disability Program

By The Social Security Administration

Social Security disability insurance is coverage that workers earn

Social Security disability insurance is a social insurance program under which workers earn coverage for benefits, by working and paying Social Security taxes on their earnings. The program provides benefits to disabled workers and to their dependents. For those who can no longer work due to a disability, our disability program is there to replace some of their lost income.

The Social Security Act defines disability very strictly

Eligibility rules for Social Security's disability program differ from those of private plans or other government agencies. Social Security doesn't provide temporary or partial disability benefits, like workers' compensation or veterans' benefits do.

To receive disability benefits, a person must meet the definition of disability under the Social Security Act (Act). A person is disabled under the Act if they can't work due to a severe medical condition that has lasted, or is expected to last, at least one year or result in death. The person's medical condition(s) must prevent them from doing work that they did in the past, and it must prevent them from adjusting to other work.

Because the Act defines disability so strictly, Social Security disability beneficiaries are among the most severely impaired in the country. In fact, Social Security disability beneficiaries are more than three times as likely to die in a year as other people the same age. Among those who start receiving disability benefits at the age of 55, 1-in-6 men and 1-in-8 women die within five years of the onset of their disabilities.

Disability is unpredictable and can happen to anyone at any age

Disability is something many Americans, especially younger people, think can only affect the lives of other people. Tragically, thousands of young people are seriously injured or killed, often as the result of traumatic events. Many serious medical conditions, such as cancer or mental illness, can affect the young as well as the elderly. The sobering fact for 20-year-olds is that more than 1-in-4 of them becomes disabled before reaching retirement age. As a result, they may need to rely on the Social Security disability benefits for income support. Our disability benefits provide a critical source of financial support to people when they need it most.

Social Security disability payments are modest

At the beginning of 2019, Social Security paid an average monthly disability benefit of about \$1,234 to all disabled workers. That is barely enough to keep a beneficiary above the 2018 poverty level (\$12,140 annually). For many beneficiaries, their monthly disability payment represents most of their income. Even these modest payments can make a huge difference in the lives of people who can no longer work. They allow people to meet their basic needs and the needs of their families.

The number of people qualifying for Social Security disability benefits has increased

For almost 60 years, Social Security disability has helped increasing numbers of workers and their families replace lost income. Several factors have contributed to this increase, which the Social Security Trustees and our actuaries have projected for decades.

For example, baby boomers have reached their most disability-prone years and more women have joined the workforce in the past few decades, working consistently enough to qualify for benefits if they become disabled. Despite the increase, the 9 million or so people getting Social Security disability benefits represent just a small subset of Americans living with disabilities.

Social Security works aggressively to prevent, detect, and prosecute fraud

Social Security, along with the Office of the Inspector General, identifies and aggressively prosecutes those who commit fraud. Our zero tolerance approach has resulted in a fraud incidence rate that is a fraction of one percent. One of our most effective measures to guard against fraud is the Cooperative Disability Investigations program. Under the program, we investigate suspicious disability claims early, before making a decision to award benefits. In effect, we proactively stop fraud before it happens. In fiscal year 2018, with the help of state and local law enforcement, the program reported nearly \$188.5 million in projected savings to the disability programs. This resulted in a return on investment of \$17 for each \$1 spent.


Eradicating fraud is a team effort. We need people who suspect something to say something. If you suspect fraud, please visit the Office of the Inspector General and select Report Fraud, Waste, or Abuse or call 1-800-269-0271.

Social Security helps people work without losing benefits

Often, people would like to re-enter the workforce but are afraid they might lose disability benefits if they try to get a job. If you are age 18 through 64 and receive Social Security disability benefits, you can participate in Social Security's Ticket to Work program. The Ticket to Work program allows you to receive free employment support services and take advantage of work incentives that make it easier to work and still receive benefits such as health care. In some instances, you can receive cash benefits from Social Security, and you are protected if you have to stop working due to your disability. Learn about our Ticket to Work program or call 1-866-968-7842 or 1-866-833-2967 (TTY).

NEW!
***Evidence-Based
Tai Chi Prime Offered
at the Baraboo Senior
Center!***

The Baraboo Senior Center, in collaboration with Baraboo Parks & Recreation, is one of the select few organizations in the state to offer Tai Chi Prime (TCP). Developed by experienced Tai Chi instructor, Tricia Yu, this is a NEW evidence-based, six-week course. It is a slow, graceful, simplified tai chi program for older adults that enhances relaxation, mental focus and physical stamina. It also builds leg strength, endurance and postural stability. Daily home practice is an important component of TCP and crucial to the program's success. Participant manual and practice DVD provided. Classes held Tuesdays & Thursdays, 9:30-11:00 a.m. July 16-August 22. Location is the Baraboo Civic Center gymnasium at 124 Second St. Call 608-356-8464 for more information. Registration through Baraboo Parks & Recreation. Fee: City of Baraboo resident: \$15.00, Non-residents: \$25.00.



Join St. Clare GoldenCare for

DEMENTIA Live®

*"Because it's frightening to care for
someone you don't understand"*

Dementia Live® offers a unique inside-out understanding of dementia and aging. Participants will gain a heightened awareness of the challenges faced by those who live with dementia. Learn valuable tips and tools to improve communications and care.

JUNE 13TH, 2019 8:00 AM - 5:00 PM
ST. CLARE HOSPITAL
PLEASE CONTACT GOLDENCARE TO RESERVE
YOUR 45 MINUTE TIME SLOT : (608) 356-1407





Ten Minutes Can Make a Difference!

Would you spend 10 minutes a day exercising if you knew it could help you avoid becoming disabled? In a study published in April by the Northwestern University Feinberg School of Medicine, researchers found one hour per week - less than 10 minutes a day - of moderate-to-vigorous physical activity allowed older adults to maintain their ability to perform daily tasks like getting dressed or crossing a street before a traffic light changed. That's a small investment for a potentially large return!

Looking for a fun, interesting way to stay active at home? Take a tip from Meadow Ridge Senior Living Activity Director Kerl Luther and try watching "Passport For Wellness" videos. This program is available online via a subscription, but free videos are also available on YouTube at https://www.youtube.com/results?search_query=passport+to+wellness. Each show combines exercise with "travelling" to intriguing destinations like Hawaii, Italy and Germany. The videos include pictures of the destination and information about the people and culture, so while you exercise your body you're also exercising your mind!

Luther said, "Seniors can do the exercises standing or seated, so the videos work for people with a range of mobility. They're a fun, effective way to stay active and learn about beautiful places all over the world!"

Meadow Ridge Senior Living - Baraboo
Affiliated with SSM Health St. Clare Hospital



Sauk County Foot Clinic Schedule



Baraboo-West Square Building

Tuesdays - June 4 & 18

Wednesday - June 19

Tuesdays - July 2 & 16

Tuesdays - August 6 & 20

Wednesday - August 21

Lake Delton-Frank Fischer Center

Wednesdays - June 5, July 3, August 7

La Valle-Fire Department

Wednesday - July 24

Plain-Kraemer Library

Wednesdays - June 26 & August 28

Reedsburg-Maple Ridge

Tuesdays - June 11, July 9, August 13

Thursday - June 20 & August 15

Reedsburg-Senior Life Center

Wednesday - July 10

Reedsburg-Willow Heights

Wednesdays - June 12 & August 14

Sauk Prairie-St John's Church

Thursdays - June 6, June 13, July 11,

July 18, August 1, August 8

Spring Green-Christ Lutheran Church

Tuesday - July 23

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

**Please call the Health Department
at 355-4338**

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



Jennifer Kamrowski
Nutrition Coordinator

Safe Refrigerated Food Storage

By: Julie A Albrecht,
Extension Food Specialist

Proper food storage helps maintain food quality by retaining flavor, color, texture and nutrients, while reducing the change of contracting a foodborne illness.

Foods can be classified into three groups. The first group, perishable foods, includes meat, poultry, fish, milk, eggs and many raw fruits and vegetables. All cooked foods are considered perishable foods. To store these foods for any length of time, perishable foods need to be held at refrigerator or freezer temperatures. If refrigerated, perishable foods should be used within several days.

Semi-perishable foods, if properly stored and handled, may remain unspoiled for six months to about one year. Flour, grain products, dried fruits and dry mixes are considered semi-perishable.

Staple, or non-perishable, foods such as sugar, dried beans, spices and canned goods do not spoil unless they are handled carelessly. These foods will lose quality, however, if stored over a long time, even if stored under ideal conditions.

There is no exact method to determine how long a food will maintain quality and be safe to eat, because many conditions affect quality. The storage life of foods is affected by:

- The freshness of the food when it reached the grocery store
- The length of time and the temperature at which it was held before purchase
- The temperature of your food storage areas
- The humidity level in your food storage area
- The type of storage container or packaging the food is stored in
- The characteristics of the food item

How Food Spoils

Food spoilage and deterioration is no accident. It is a naturally occurring process. To understand how to maintain the quality of food and prevent spoilage, we need to know what can cause spoilage.

Microorganisms - Many types of microorganisms can cause food problems and foodborne illness.

Enzymes - Substances naturally present in food, are responsible for the ripening process in fruits and vegetables.

Air - Can produce undesirable changes in color and flavor when air reacts with food components.

Light - Light exposure could result in color and vitamin loss.

Physical - Bruises and cracks on raw produce leave areas where microorganisms can easily grow.

Temperature - affects storage time and food deteriorates faster at higher temperatures.

Time - all of the above items listed need time to develop. Purchase reasonable amounts of perishable foods to help avoid long term storage.

Cupboard/Pantry Storage

Cupboard or pantries should be kept clean, dry, dark and cool. To prevent food from spoiling, use a rotation system—FIRST IN, FIRST OUT. By using this method, older food items will be used before newly purchased items. First-In First-Out (or FIFO) method, applies to frozen, refrigerated, and dry storage items. Here are some steps to follow the FIFO method:

- Identify the expiration date on the food
- Store items with the earliest expiration date in front of items with later dates
- Once on the shelf, use the items stored in front first

Check canned items frequently for signs of spoilage. Do not use food from cracked, bulging or leaking cans, or those that spurt liquid when opened. Never taste these foods to determine their safety, but discard the cans immediately.




Join us for the Grand Re-Opening of the Reedsburg Senior Dining Center at its new home, the Boys & Girls Club!

300 Vine St,
Reedsburg, WI 53959
June 6th, 2019
11:00 am - 1:00 pm
Lunch Served at 11:30 am
Call Lisa to make a
reservation: (608) 963-3438
Refreshments, cake, door
prizes, & more!




JULY

2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Roast Beef Mashed Potatoes/ Gravy Capri Blend Veggies Fruit cup	4 Lemon Pepper Chicken Garden Rice Mixed Vegetables Banana Pudding	5 Baked Fish Buttered Noodles Spinach & Corn Frosted Cake	6 Cheeseburger on bun Tomato Slice/ Pea Salad Potato Chips Watermelon Slices	7 Cheese Ravioli Garlic Bread Baked Zucchini Jell-O w/ fruit
10 BBQ Chicken Bowtie Pasta Glazed Carrots Brownie	11 Roast Beef Sandwich Baked Potato Wedges Cole Slaw Peach Cobbler	12 Scalloped Pot w/Ham Seasoned Broccoli Buttered Corn Ice Cream	13 Chicken Drumsticks Calico Rice Spring Vegetables Cookies	14 Hamburger on a Bun French Fries / Beets Mixed Vegetables Cinnamon Apples
17 Sloppy Joe's Macaroni Salad Broccoli & Cauliflower Cookies	18 Breaded Chicken Patty Mashed Potatoes/Gravy Mixed Vegetables Apple Pie	19 Bratwurst/ Kraut Baked Beans Cole Slaw Fruit / Vanilla Wafers	20 Orange Glazed Ham Baked Squash Twice Baked Potato Ice Cream	21 Fried Fish Peas & Carrots Baked Potato Wedges Mint Truffle Brown
24 Chicken Teriyaki Rice Stir Fry Vegetables Sherbert	25 Roast Pork w/ Plum Sauce Au Gratin Potatoes Capri Blend Vegetables Pudding Parfait	26 Corn Beef Boiled Potatoes Carrots Poke Cake	27 Oven Fried Chicken Mashed Potatoes/ Gravy 3 Bean Salad Fresh Melon	28 Hamburger on a Bun Baked Beans Chilled Peached Cookies
Note: Meals are subject to change on occasion. Site meals include milk & coffee. Home Delivered meals include milk.	To cancel meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Lake Delton: 393-7214 Frozen/LaValle: 355-3289			



Monday	Tuesday	Wednesday	Thursday	Friday
1 Bratwurst & Kraut Sweet Potato Fries Seasoned Peas Fruit Salad	2 Glazed Meatloaf Scalloped Potatoes Baked Squash Pie	3 Honey BBQ Chicken Macaroni Salad Broccoli Brownie A 'la Mode	 11 Cheeseburger on bun Tomato Slice/ Pea Salad Potato Chips Watermelon Slices	5 Baked Glazed Ham Baked Potato Casserole Spring Vegetables Applesauce Jell-O Salad
8 Roast Beef Mashed Potatoes/ Gravy Capri Blend Veggies Fruit cup	9 Lemon Pepper Chicken Garden Rice Mixed Vegetables Banana Pudding	10 Baked Fish Buttered Noodles Spinach & Corn Frosted Cake	12 Cheese Ravioli Garlic Bread Baked Zucchini Jell-O w/ fruit	19 Hamburger on a Bun French Fries / Beets Mixed Vegetables Cinnamon Apples
15 BBQ Chicken Bowtie Pasta Glazed Carrots Brownie	16 Roast Beef Sandwich Baked Potato Wedges Cole Slaw Peach Cobbler	17 Scalloped Pot w/Ham Seasoned Broccoli Buttered Corn Ice Cream	18 Chicken Drumsticks Calico Rice Spring Vegetables Cookies	26 Fried Fish Peas & Carrots Baked Potato Wedges Mint Truffle Brown
22 Sloppy Joe's Macaroni Salad Broccoli & Cauliflower Cookies	23 Breaded Chicken Patty Mashed Potatoes/Gravy Mixed Vegetables Apple Pie	24 Bratwurst/ Kraut Baked Beans Cole Slaw Fruit / Vanilla Wafers	25 Orange Glazed Ham Baked Squash Twice Baked Potato Ice Cream	To cancel a meal call: Baraboo: 963-3436 Reedsburg: 963-3438 Sauk Prairie: 963-3437 Lake Delton: 993-7214 Frozen/ La Valle: 355-3289
29 Chicken Teriyaki Rice Stir Fry Vegetables Sherbert	30 Roast Pork w/ Plum Sauce Au Gratin Potatoes Capri Blend Vegetables Pudding Parfait	31 Corn Beef Boiled Potatoes Carrots Poke Cake	NOTE: Meals are subject to change on occasion. Site meals include milk & coffee. Home delivered meals include milk.	

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.

Reedsburg

Boys and Girls Club
300 Vine St, Reedsburg
Phone: 963-3438
Lunch served at 11:30 a.m.

Lake Delton

Frank Fischer Senior Center
20 Wisconsin Dells Pwky S, Lake Delton
Phone: 393-7214
Lunch served between
11:30 a.m - 12:30 p.m.
No Reservations Needed

Sauk/Prairie

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

Plain: My Meal, My Way

Schnitzelbank Restaurant
1170 Main St, Plain
Breakfast served Thursdays & Fridays
9:00 a.m. - 11:00 a.m.
No Reservations Needed

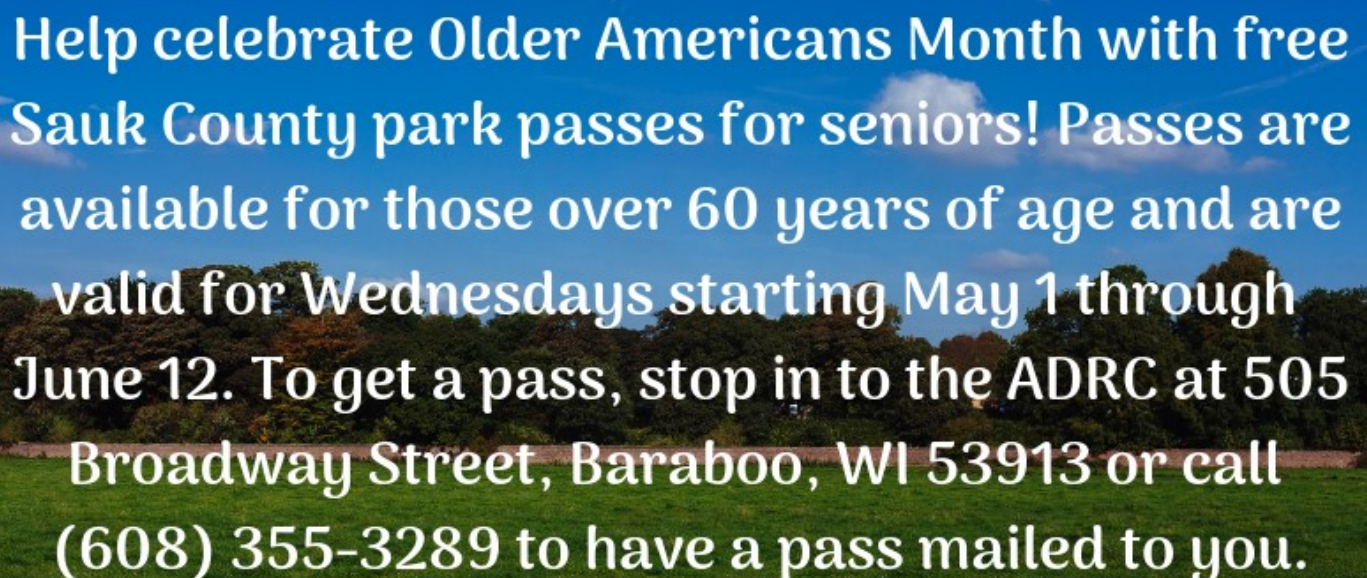
Home Delivered Meals

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 when possible.



Menus for August will be available at the dining centers & will be given to the home delivered meal clients upon their finalization.

If you do not regularly attend the dining center and would like a menu mailed to you, please call the ADRC at 355-3289 to request one.



Help celebrate Older Americans Month with free Sauk County park passes for seniors! Passes are available for those over 60 years of age and are valid for Wednesdays starting May 1 through June 12. To get a pass, stop in to the ADRC at 505 Broadway Street, Baraboo, WI 53913 or call (608) 355-3289 to have a pass mailed to you.

For AddLIFE Today! questions or comments, please contact Brianna Wipperfurth at 355-3289 or email at brianna.wipperfurth@saukcountywi.gov

If you know of someone who would enjoy receiving the AddLIFE Today! Newsmagazine - Let us know! Do you have a 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.

AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc Would you prefer to receive an electronic copy of future issues? Please e-mail the editor at

brianna.wipperfurth@saukcountywi.gov

We will email the latest issue of AddLIFE Today!. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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



Van Drivers and Dining Site Managers- ADRC

**View full job descriptions and apply online at:
www.co.sauk.wi.us or call 608-355-3269**

E.O.E.



DONATION DESIGNATION FORM

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

Please designate this donation:

In Memory of:_____

In Honor of:_____

I want my donation to go to the following program(s):

- AARP Tax Preparation Program
- AddLIFE Today! Publishing
- Caregiver Support Programs
- Dining Center Program
- Disability Benefit Specialist Program
- Elder Benefit Specialist Program
- Helping Hands at Home Program
- Home Delivered Meals Program
- Information & Assistance Program
- Powerful Tools for Caregivers
- Stepping On
- Shopping/Grocery/Fun-Day Bus Programs
- Tele-Assure Program
- Turning 65/Retirement Workshops
- Veterans Transportation Program
- Volunteer Driver Escort Program
- Volunteer Programs

**Kindly make your checks payable to:
'ADRC'**

**505 Broadway St, Room 102
Baraboo, WI 53913**

Find and circle all the words hidden in the grid. The remaining letters spell out an Abraham Lincoln quote.

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

Aging & Disability Resource Center
505 Broadway
Baraboo, Wisconsin 53913



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

CHANGE SERVICE REQUESTED

NATIONHOOD

PARADE

PARTY

PATRIOTIC

PHILADELPHIA

PICNIC

RED WHITE BLUE

STARS AND STRIPES

STREAMERS

THOMAS JEFFERSON

USA

WHITE HOUSE

FIREWORKS

FLAG

FLOATS

FREEDOM

GREAT BRITAIN

HAMBURGERS

HISTORY

HOLIDAY

HOT DOGS

INDEPENDENCE

JOHN ADAMS

LIBERTY

NATIONAL ANTHEM

BALD EAGLE

BALLOONS

BARBECUE

BASEBALL

BEN FRANKLIN

BETSY ROSS

CAKE

CARNIVAL

CELEBRATION

COLONIES

CONCERTS

DECORATIONS

DEMOCRACY