



AddLIFE Today Newsletter!

Winter 2024
Volume 16 Issue 4

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.



IT'S TAX TIME

The Tax-Aide Counselors will once again be providing assistance to taxpayers for filing their tax returns. You can make appointments for either Dodgeville or Spring Green. Please call (608) 930-9835 after January 10th to make an appointment.

Tax-Aide Tax Preparation

The volunteers can prepare many returns but cannot do returns for working farms, self-employment with over \$20,000 in expenses or depreciation, married filing separately, rental income with expenses and other more complicated returns.

After you make your appointment, you will need to pick up a packet of forms prior to the day of your appointment. The packet will contain a list of everything you will need to bring.

As in the past, you will need a Picture ID for taxpayer and spouse and Social Security Cards for you, spouse and all dependents. Medicare card is not accepted.



TAX ASSISTANCE PROGRAMS (VITA/TCE)

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

VITA/TCE: (800)906-9887

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

AARP Site Locator: (888)227-7669, https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

If you need additional information call:

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

Information gathered from the State of Wisconsin, Department of Revenue

***Please note: The ADRC is not involved in scheduling or preparing taxes. We are only sharing the information we are given to keep you informed.**



ADRC Services Quick Guide



Information & Assistance

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



Find Nourishment & Socialization

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



We'll Get You There

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



Benefits for YOU!

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



A Healthy Life

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



For Family Caregivers

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



Build Yourself & Your Community

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

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OLDER ADULTS

Learn to How to Better Use Your Smart Phone with this **FREE** Class

Smart Connect

in this **Smart** phone tech help program older adults and students will come together in a fun, stress-free learning environment. Students will mentor older adults on using their smart phones to **Connect!**

FREE Six-Week Class
Mondays or Tuesdays
10:00 – 11:00 a.m.

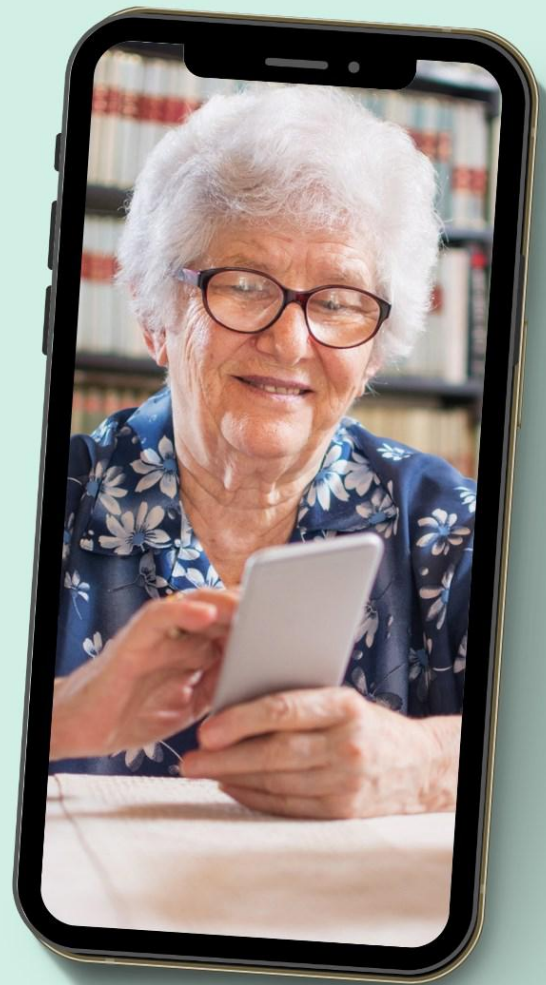
at Sauk Prairie High School
Mondays, January 6 – February 25
Tuesdays, January 7 – February 11

Monday class will not meet on January 20 and February 17

TRANSPORTATION AVAILABLE THROUGH ADRC OF SAUK COUNTY

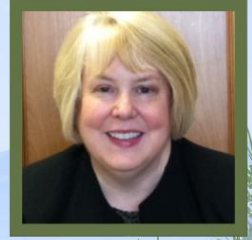
Register at cc.saukprairieschools.org/smart-connect
or call the Community Center at 608-643-8386

Class recommended for iPhone users.



From the Director's Desk at the ADRC

-Susan Blodgett



Watch out for Gift Card Scams

By Deirdre van Dyk, AARP



You may think of gift cards as easy way to take care of your holiday shopping list but beware, scammers like the convenience of them, too. The money you put on gift cards is like cash — once it's spent, you almost certainly can't get it back. Scammers have developed two distinct ways to exploit that fact: gift card payment scams and outright gift card theft.

According to the Federal Trade Commission (FTC), at least \$217 million was stolen through gift cards in 2023. Apple gift cards were the most requested card, followed by Target, eBay, Walmart and Amazon gift cards.

Why do scammers want gift cards? Because it's harder to trace that money, and once it's gone, it's gone," says Melanie McGovern, director of public relations at the International Association of Better Business Bureaus. It's easy for scammers to instruct their victims to purchase them. Unlike cryptocurrency — another way scammers ask to have money sent — “most people know how to use gift cards,” says Jennifer Pitt, a senior fraud and security analyst at Javelin Strategy & Research, which advises clients in the financial services industry.



How gift card scams work

There are two types of gift card scams. In one, scammers want you to use gift cards to pay them. Scammers insist you buy gift cards and read them the serial and personal identification number (PIN) on the back to quickly pay off a debt, buy something or loan money. More than a third of US adults have been approached by scammers seeking payment by gift card, according to an AARP survey.

The second type of scam involves stealing the value of gift cards you give to loved ones. AARP's 2024 study "Holiday Fraud: Scammers Continue to Steal Holiday Cheer" found that 70 percent of shoppers plan to buy gift cards for family or friends. But your generosity may end up benefitting a criminal. Crooks can either steal the value from cards sitting in unattended store racks or use malicious software to find and drain the value you've loaded on a card. AARP found that more than 1-in-4 consumers have given or received a gift card with zero value. Knowing the red flags of a gift card scam may save you from handing over your hard-earned cash to a scammer.

They claim to be collecting a debt. Scammers may claim to be from the IRS and tell them you owe money. Or they may pretend to be from Social Security and tell you there's a problem with your account. Be aware: “No legitimate government agency will ever accept payment in the form of gift card,” says Pitt. They claim to be tech support. You may get a pop-up ad or an email from scammers who pretend to be from a tech company warning that your computer has been infected by a virus or a security service on your computer is about to expire. They'll ask you to pay for their assistance in gift cards.

They imitate your boss or a friend. They ask you to do them a favor and buy gift cards for clients or to get them out of a jam. “Because of the amount of deep fakes that are going on with voice and video ... you shouldn't trust (that call),” says Pitt. Phone your boss or your friend back at the phone number you have for them. The same goes for any calls you get from a grandchild who appears to be in distress and says they need money immediately.

They ask for an emergency loan. A romantic partner you've gotten close to online, but never met in person, may suddenly seek a loan for a crisis.

They are selling something. Someone claims to be selling puppies, may ask for payment in gift cards. Criminals also lurk on resale and auction websites, ostensibly offering goods at an attractive discount. They may also create fake shopping websites imitating a known retailer. Once they get you interested in buying, they'll ask you to pay with a gift card. As soon as they get the card number and PIN, they vanish, and so does the money on the card.

They demand fees. A phony representative from a sweepstakes tells you you've won big, but need to pay taxes and fees. Only scammers ask you to pay fees, back taxes or bills for services with gift cards.

They offer phony giveaways. You get an email or text, supposedly from a familiar store or organization (including, on occasion, AARP), saying you've won a gift card. To claim it, you just need to provide contact information, click through to a website or answer a few survey questions, often about your finances or health.

They steal the card's value. Criminals have developed ways to drain the cash from gift cards you buy. Not surprisingly, these scams spike around the holidays. Thieves go to stores and surreptitiously scratch off the film strip on the back to get the PIN, which they cover back up with easy-to-obtain replacement stickers. Or they steal the balance of your gift card remotely. Using malicious software, they can automate the hunt for cards and their balances. Once found, the thieves snatch the value, leaving you with an empty card.

How to protect yourself from this scam

Mind where you buy. When buying cards, you plan to use yourself or give as presents, purchase them directly from the business that issued them. If you buy online, "Don't purchase it from a company that says 'we specialize in digital gift cards.' ... Right now, it's too hard to tell which ones aren't legitimate," says Pitt.

Doublecheck the value. It's always a good idea to check that the funds are there before leaving the store, says McGovern. And if you are buying several gift cards during the holiday season, "Make sure each and every one is scanned at the register," says McGovern. And if you receive one, "Don't let it sit. Treat it like cash."

Keep the receipt. "Hang on to that receipt any kind of documentation in case something does go wrong," says McGovern.

Avoid the racks. Cards on store racks can be tampered with and spotting which one's have been opened and had their value stolen isn't always easy. "Criminals are getting really good at making sure you can't tell if the package has been tampered with," says Pitt. It's safest to buy from places that keep gift cards behind the counter, says McGovern.

Don't pay via gift cards. Pitt suggests offering a different payment method if someone asks for payment via gift card, "Something like credit card ... that can easily be tracked or refunded. If they say, no, it's a scam."

Protect your personal information. Be careful not to share bank account numbers or social security with anyone in exchange for a gift card.

How to report problems

Immediately **contact the retailer** that issued a gift card you used to pay a suspected scammer. If money remains on the card, you might be able to get it back. You often will find contact information on the card.

Report the theft to local law enforcement, as well as the FBI's Internet Crime Complaint Center, and your state's attorney general. The more information authorities have, the better they can identify patterns, link cases and ultimately catch the criminals.

Call the free AARP Fraud Watch Network Helpline (877-908-3360) to speak with trained specialists who can provide support and guidance on what to do next and how to avoid scams in the future. The AARP Fraud Watch Network also offers online group support sessions for those who have been a victim of a scam.

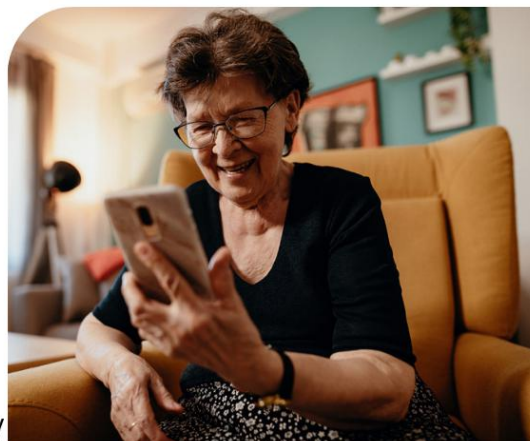


Connecting You to Community Services

PROTECT YOUR WALLET: A Guide to Avoiding Financial Scams

While financial scams and fraud happen throughout the year, the holidays are a predictable time to see an increase. More online shopping and phone or email donation appeals means more opportunities for fraud. It is also an emotional time of year for many people, especially those who may feel lonely or isolated, which scammers can exploit.

The Eldercare Locator can help older adults, caregivers and families to stay safe and worry free by protecting themselves and loved ones from financial fraud and scams during the holiday season.



Common Scams Targeting Older Adults

Scams targeting people age 60 and older resulted in over \$3.4 billion in losses in 2023 alone, according to the FBI. Here are some of the most common types of scams and fraud, according to the Consumer Financial Protection Bureau (CFPB). Read the complete CFPB list here.

- **Charity:** Scammer pretends to represent a real or made-up organization and asks for donations.
- **Non-Delivery:** A person buys something online but never receives the item.
- **Grandparent:** Scammer pretends to be a grandchild or relative in trouble and asks for money or gift cards.
- **Tech Support:** Scammer pretends to be a computer expert offering technical support to trick people into giving access to their computers and personal information.
- **Romance:** Scammer pretends to be romantically interested in someone, develops trust and then asks for money or a loan.
- **Blackmail:** Scammer threatens to release personal information unless the victim sends money using wire transfer or gift cards.
- **Investment:** Scammer pretends to be a financial professional with urgent investment opportunities that are fake, including offers to teach you how to invest in cryptocurrency.

Contact the Eldercare Locator

 **Voice, video phone or text:**
1-800-677-1116

 **Email:**
eldercarelocator@USAging.org

 **Chat:**
eldercare.acl.gov

10 Tips to Avoid Scams

Here are some of the things you can do to prevent getting scammed or becoming a victim of financial fraud. Learn more from the **FBI** and **CFPB**.

1. Be wary of someone offering you a “great deal” that seems too good to be true or pressuring you to act quickly.
2. Do not be afraid to say “no” or hang up if you feel uncomfortable or suspicious about a phone call solicitation or to ignore suspicious emails or text solicitations.
3. Never send money using a gift card or wire transfer directly to a seller or unknown person.
4. Do not click on suspicious links or attachments in text messages, emails, websites or social media.
5. Be suspicious of a company asking you by phone or email to update your password or account information. Look up the company’s phone number on your own and call the company to find out if the request is real.
6. Keep personal information in a safe and secure location that unauthorized individuals cannot access.
7. Do not share numbers or passwords for accounts, credit cards or Social Security.
8. Monitor your financial accounts by setting up alerts for unusual activity and reviewing statements more frequently during the holidays.
9. Build a strong support network and keep in touch with others to prevent social isolation. This can decrease the chances that you will experience financial exploitation and the likelihood that it goes unnoticed.
10. Stay informed about current scams and keep older family members up to date on official warnings about current scams or fraud.

Additional Resources

Click here to visit webpage with more resources.
<https://www.usaging.org/h4h2024resources>

Suspected Scams— What You Can Do

Reporting financial scams or fraud can feel intimidating. Here are resources you can turn to for help.

- **Eldercare Locator:** Trained staff can connect you with local fraud reporting organizations in your community.
- **Emergency 911:** If you or someone you know is in immediate danger due to suspected financial fraud or abuse, then contact the police right away.
- **National Elder Fraud Hotline:** People age 60 and older who are victims of financial fraud can contact 1-833-FRAUD-11 (1-833-372-8311). A case manager will assist with the reporting process at the federal, state and local levels.
- **Better Business Bureau Scam Tracker:** A free tool to report or look up suspected scams which helps others avoid similar cons.
- **National Adult Protective Services Association (NAPSA):** Contact your state’s NAPSA office about suspected cases of elder abuse, including financial exploitation.
- **Pass It On:** A Federal Trade Commission (FTC) program with tools to share experiences of fraud and help prevent others from being victims.
- **Identity Theft:** An FTC platform allowing victims to report identity theft, develop a personal plan to recover.
- **Long-Term Care Ombudsman:** People who live in licensed nursing homes or assisted living facilities and suspect they are victims of elder or financial abuse can contact a state or local Long-Term Care Ombudsman to act as advocate and provide information about licensing, monitoring and regulatory agencies to help residents stay safe.



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PREVENTING FALLS WHEN THE WEATHER GETS SLIPPERY

By the GWAAR Legal Services Team

As the leaves fall and the first snowflakes make their annual debut in mid-to-late autumn across Wisconsin, it is essential that everyone prepare for the icy conditions that lie ahead, but especially those who are at high-risk for breaking and fracturing bones if they suffer a slip-and-fall. The Centers for Disease Control and Prevention reports that unintentional falls are the leading cause of injury-related deaths for Wisconsinites aged 65 and older. By creating a personalized plan and implementing preventative measures, older adults can navigate the winter wonderland with confidence and better ensure that they maintain their independence throughout the season and beyond.

Age Strong!

Marina Wittmann
Aging Program Supervisor

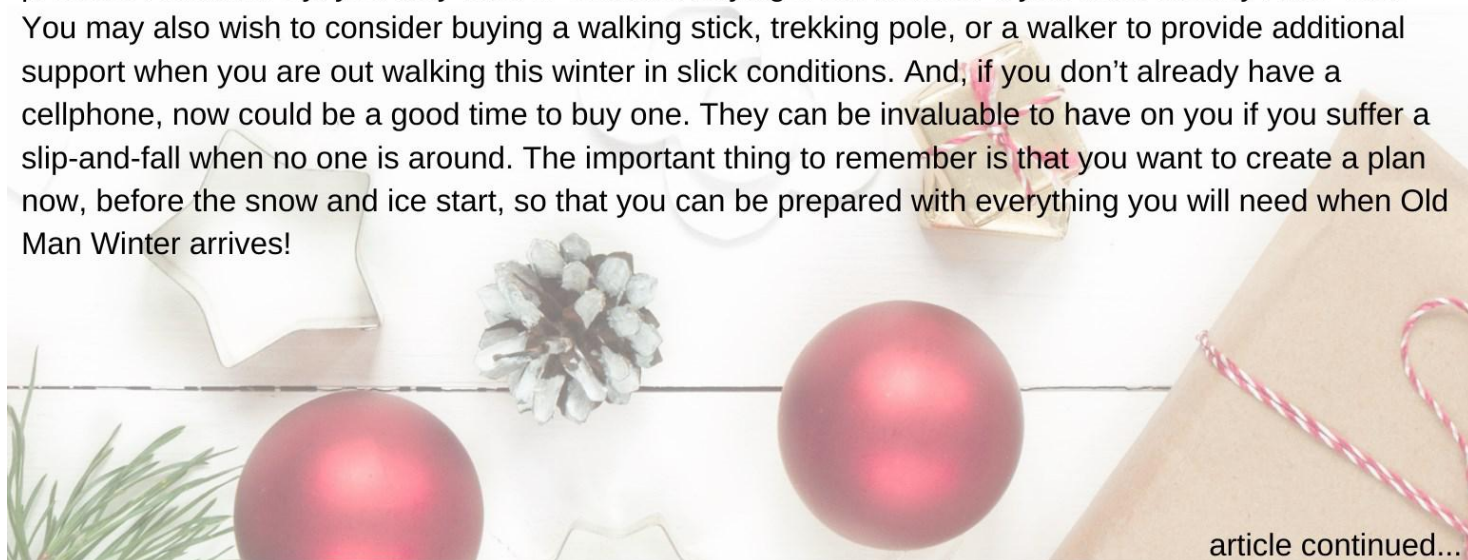


Wisconsin's Winter Landscape

The first snowfall date in Wisconsin can vary significantly depending on where you are located in the state. Northern cities like Superior may see their first snowfall in mid-to-late October, while southern areas like Beloit might not experience winter's arrival until mid-to-late November. Regardless of your location, preparing for snowy and icy conditions is vital to preventing slips and falls.

Creating a Fall Prevention Plan

Start by evaluating your environment and identifying potential hazards, both indoors and outdoors. Make a list of any necessary home modifications or assistive devices that could enhance your safety, such as installing handrails, non-slip mats, or an electric garage door. Consider enlisting the help of a family member, friend, or caregiver to assist with these preparations. If you are at high risk for a bone break or fracture if you fall, or a heart attack if you shovel, consider hiring an outside service now to come and shovel for you this winter. If you start looking now, before the first snowfall, you will likely be able to collect more bids and take your time in deciding, rather than feeling rushed through the selection process. Alternatively, you may wish to consider buying a snowblower if you don't already have one. You may also wish to consider buying a walking stick, trekking pole, or a walker to provide additional support when you are out walking this winter in slick conditions. And, if you don't already have a cellphone, now could be a good time to buy one. They can be invaluable to have on you if you suffer a slip-and-fall when no one is around. The important thing to remember is that you want to create a plan now, before the snow and ice start, so that you can be prepared with everything you will need when Old Man Winter arrives!



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Key Tips for Preventing Falls

- 1) **Build Up Your Balance:** Participate in balance and strength-building exercise classes to improve stability on slippery surfaces. Local senior centers or recreational facilities may offer specialized classes tailored to older adults' needs.
- 2) **Stock Up on Melt:** Keep a supply of ice melt, sand, or kitty litter on hand to create traction on icy walkways around your home.
- 3) **Wear Proper Footwear:** Invest in winter-appropriate footwear, such as boots with non-slip soles and excellent traction. Yaktrax or similar devices can also provide additional grip on slick surfaces.
- 4) **Have a Communication Network:** Set up a system with a friend, family member, or caregiver to check in regularly and ensure your safety during harsh winter weather.

Conclusion

By preparing ahead of time, adapting your environment, and prioritizing safety, you can navigate the snowy season with confidence and enjoy all the beauty that winter has to offer!

If you or a loved one are interested in our fall prevention class, Stepping On, please call Marina to get your name on the waitlist for the next class! (608)355-3289



Thank You

Many thanks to those who helped us hold another successful Caregiver Boot Camp on Saturday, November 2, 2024! Thanks to the Ruth Culver Community Library for the meeting space, Riviera Bowl for an amazing lunch, and Karen Wheelock for giving us ways to reconnect with our loved ones living with dementia. Lastly, thanks to the caregivers who joined us for a day of learning!

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

St. Vincent DePaul Resource Center

1906 North St, Prairie du Sac
December 4th, 2024
8:30am-10:30am

Frank Fischer Senior Center

20 Wisconsin Dells Parkway, Wisc Dells
January 27th, 2025
11:30am-12:30pm

Ho Chunk Nation Tribal Aging Unit

E8863 Winneshiek Dr, Wis Dells
January 14th, 2025
11:30am-12:30pm



**Our Information & Assistant Specialists
are available Monday thru Friday from
9am-4:00pm at the West Square Building
in Baraboo
505 Broadway Suite 234
Or simply give us a call and ask to speak
with them from 8am-4:30pm.**

Sweater Weather Home Maintenance

By the GWAAR Legal Services Team

As the weather cools, maintenance around your home should become a priority. Days are getting shorter and the weather is getting cooler, meaning your home needs to be winterized before the winter weather rolls in. A little prep now will help ensure that you are ready for the unforgiving colder temperatures of a Wisconsin winter.

Here is a list of home maintenance chores that are important to consider as sweater weather begins. Always remember that you don't have to do all these chores yourself. Ask your loved ones, a neighbor, or professionals to help you finish this list.

- **Storing your outdoor furniture.** Storing your outdoor furniture may help extend their use. The wet cold weather of fall and winter can cause damage to your outdoor furniture, rendering them useless by the time you want to pull them out in the spring. Taking the time to bring your furniture indoors or even just the furniture padding, can help to ensure you get to enjoy them again next year. Take this time to also bring in any gardening tools, yard games, and water hoses.
- **Winterize lawn mowers and lawn equipment.** Taking the time to properly winterize your lawn equipment will help to guarantee they start right up next year. Remember to check your equipment's user guide to ensure you are winterizing the equipment per the manufacturer's recommendations.
- **Check roof and gutters.** As the autumn leaves begin to fall, you want to maintain your gutters by clearing them of debris. This is also a great time to get your roof inspected to make certain it can handle the heavy snows that Wisconsin winters can bring. Checking them now may help prevent a winter disaster and expensive repairs. This may be a chore to ask for help with, as climbing ladders to clean gutters can be dangerous.
- **Furnace inspection.** Colder weather is on its way and you don't want winter weather to sneak up on you. Getting regular inspections of your furnace will ensure that you have a warm house come winter. It is better to know that your furnace works properly now than it is to fix a broken one in the middle of a winter storm. You will also want to check your furnace filters and change them if necessary.
- **Check your toilets.** Now is the time to check your toilets for leaks. This helps conserve water and saves you money. When utility costs are up in winter due to furnaces running constantly, saving money on a leaky toilet is an easy money-saving fix.
- **Check smoke alarms and carbon monoxide detectors.** With the colder weather, you will undoubtedly spend more time indoors. Check your smoke alarms and carbon monoxide detectors to ensure they are working properly and change the batteries as needed. You want to ensure your safety and protect your home. Again, please ask for help doing this as most fire alarms are up high and may require climbing.
- **Caulking and weatherproofing.** The caulking and weatherproofing around your windows and doors will crack and split with use. These cracks and splits will allow warm air to escape and cold air to enter your home. These leaks will increase your heating costs. A simple visual inspection will let you know if you need to replace caulk or weatherproof your windows and doors. There is information below for assistance for those who qualify in Wisconsin.

Doing a little maintenance now will safeguard your home through winter and ensure you're ready for spring next year. These little tasks also help you save money and hassle by preventing unwanted wear and tear on your home and yard equipment. Don't forget to ask for help on tasks that require heavy lifting or climbing.



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Utility and Weatherization Resources

- Wisconsin Weatherization Assistance Program (WAP) - WAP is a federally and state funded program providing low-income families assistance with weatherization of their homes to help make their energy more efficient and affordable. WAP Fact Sheet
- HE+ Program Services- Provides year-round help to eligible Wisconsin households with HE+ HVAC Program Services for help with primary heating systems and HE+ Water Conservation Program Services for help with water heaters, leaky fixtures, toilets, and piping.
- Wisconsin Home Energy Assistance Program (WHEAP) - Provides heating and electric bill assistance to low-income Wisconsin households. Application
- Focus on Energy Insulation and Air Sealing Rebates

Additional Resources and Information

- Keep Wisconsin Warm/Cool Fund—1-800-891-WARM (9276); <https://kwwf.org>
- Utility Disconnection Prohibition for Non-Payment—Wisconsin law prohibits residential utility disconnections for non-payment from November 1st – April 15th each year. Contact your local ADRC for assistance if you have issues with disconnections during this time period. r



Thank You

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

- Douglas Freidag for our EBS Program
- Family & Friends In Memory of Jeanette Breunig for Helping Hands at Home Program
- Marilyn Kallimanes In Memory of Joann Masters for Dining Centers
- Patricia Ruege In Memory of Joann Masters for Nutrition Needs
- Kathleen Enerson for AddLIFE Today! Publishing
- KJ Whinfrey for Information & Assistance Program
- Karen Diehl for Transportation Program
- Anonymous In Memory of Bill Wermuth for Transportation Program
- Barbara McDowell In Memory of Verdi Peper for Caregiver Support
- Gail Lamberty In Memory of Al & Armella Kowalski for AddLIFE Today! Publishing
- Jill Peltonstreekstra for AddLIFE Today! Publishing
- Dorothy Whiting In Memory of Rita M Lasse
- St John Lutheran Church Women of ELCA for Transportation Program
- Brian J Sprecher for Transportation Program

Your donations are greatly appreciated!



Coloring page provided by:





SOCIAL SECURITY CAN HELP YOU START OR RETURN TO WORK

Article by Social Security Administration

If you receive Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) benefits and want to start or return to work, we can help.

Ticket to Work (Ticket) is a program that supports career development for SSDI beneficiaries and SSI recipients who want to work and achieve financial independence. The Ticket program is free and voluntary. Learn more about the Ticket program at www.ssa.gov/work or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET. Our blog article Celebrate the ADA and Ticket to Work During Disability Pride Month at blog.ssa.gov/celebrate-the-ada-and-ticket-to-work-during-disability-pride-month, also provides additional information on the Ticket program.

The Plan for Achieving Self-Support (PASS) program also helps people with disabilities start or return to work. A PASS allows you to set aside resources and income other than your SSI for a specified period. With a PASS you can pursue a work goal that will reduce or eliminate your need for SSI or SSDI benefits. We can refer you to a vocational rehabilitation counselor who can help you figure out your work goal. You can also set up a plan to cover the costs of vocational services (including testing and business planning).



The PASS must be in writing, and we must approve the plan. You can access the application at www.ssa.gov/forms/ssa-545.html. Or contact your local **PASS Cadre** or **local Social Security office** for the Form SSA-545-BK. You can get help writing your plan from Ticket service providers, vocational counselors, relatives, and representatives.

For more information about the PASS program, read Working While Disabled—A Guide to Plan to Achieve Self-Support at www.ssa.gov/pubs/EN-05-11017.pdf or the Red Book —A Guide to Work Incentives at www.ssa.gov/redbook.

A job isn't just a source of income — it can be a vehicle to independence or a step to fulfilling your dreams. Let our Ticket to Work or PASS programs help you achieve your goals.

ACCESSING YOUR PERSONAL MY SOCIAL SECURITY ACCOUNT

Article by Social Security Administration

For over 10 years, my Social Security has helped many people access our programs and services online. Soon, we will change the way you sign in to all our online services — including my Social Security. You will no longer be able to sign in to your personal my Social Security account using your username and password. Instead, you'll need to use one of our credential service providers, Login.gov or ID.me. If you already have a Login.gov or ID.me account, and can sign in to our online services, please continue using that account.

If you only have a Social Security username, our screens will guide you through the process to transition your account to Login.gov. Login.gov provides enhanced online security, helps protect you from identity theft, and allows you to create an account that can be used across other agencies. It will only take a few minutes to create a new Login.gov account.

How to transition your Social Security username account to Login.gov

To transition your account, please go to www.ssa.gov/myaccount and select 'Sign In'. On the next page, select 'Sign in with Social Security Username'. After you successfully sign in with your Social Security username and password, you will receive a prompt to create an account with Login.gov. You will then be taken to the Login.gov website.

Once you successfully link your Social Security username with your new Login.gov account, you will see a confirmation screen. You can start using your new Login.gov account to access our online services immediately. You will no longer be able to sign in with your personal my Social Security username. Login.gov has 24/7 customer support through phone and chat at www.login.gov/help to help you set up an account, if needed.



If you're not receiving benefits, you can use your personal **my Social Security** account to:

- Request a replacement Social Security card.
- Get estimates for future benefits.
- Get your Social Security Statement instantly.
- Get proof that you do not receive benefits.
- Check your application status.

If you're receiving benefits, you can use your personal my Social Security account to:

- Request a replacement Social Security card.
- Get an instant benefit verification letter.
- Start or change your direct deposit. (Social Security beneficiaries only)
- Change your address. (Social Security beneficiaries only)
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Opt out of mailed notices for those available online.

For more information, please read our publication my Social Security: How to Create an Online Account at www.ssa.gov/pubs/EN-05-10540.pdf. Please share this information with your loved ones.

For Your Benefit... Your Elder Benefit Specialists



Pam Fuchs
Serving the Eastern Part of
Sauk County



Mindy Shrader
Serving the Western Part of
Sauk County

Elder Benefit Specialist Remote Site Visits

See Mindy or Pam in your community!

Sauk Prairie Community Center

1:30-3:30pm

December 21st

NEW DATE & TIME

Starting January 2025

10:00am-12:00pm

Wednesday, January 15th

Wednesday, February 19th

Spring Green Library

1:00-3:00pm

December 11th

January NO VISIT

February 12th

Plain Library

1:00-3:00pm

December 18th

January NO VISIT

February 5th

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.

January 22, 2025

at 4:30pm

Reedsburg Library

Community Room

Pre-registration is required: 608-355-3289

Medicare Coverage of Vaccines

By the GWAAR Legal Services Team

Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B.

Vaccine	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Part B pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Part B pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.
Hepatitis B	Part B	Part B covers the series of three shots for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection. (A prescription drug plan may cover the vaccine for someone who does not satisfy Part B coverage criteria. Contact your drug plan for more information.)
COVID-19	Part B	Part B covers FDA-approved COVID-19 vaccines and the administration of the vaccines at no cost to beneficiaries if the provider accepts assignment.
Shingles	All Medicare prescription drug plans must cover	Two doses of Shingrix, separated by 2 to 6 months are recommended for healthy adults 50 years and older. Check with your plan to find out specific rules for administration and payment.
RSV	All Medicare prescription drug plans must cover	One dose of Abrysvo, Arexvy, or mResvia is recommended for adults 60 years and older. Check with your plan to find out specific rules for administration and payment.
Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough)	All Medicare prescription drug plans must cover	One dose of Tdap followed by booster every 10 years for all adults. Check with your plan to find out specific rules for administration and payment.

article continued...

Medicare covers all recommended vaccines with no cost-sharing for beneficiaries. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B if your provider accepts assignment. Medicare Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines and where you must receive the vaccine.



Free COVID-19 tests available, including more accessible option

Beginning in late September, every U.S. household can order free at-home COVID-19 tests through a partnership between the U.S. Department of Health and Human Services Administration for Strategic Preparedness and Response (ASPR) and the United States Postal Service (USPS). These tests will detect the currently circulating COVID-19 variants and are intended for use through the end of 2024. Each order will include four tests. One of the available options is the Orasure IntelliSwab test, which is more accessible for people who are blind or have low vision, as well as people who have low manual dexterity.

Additional information, including ordering instructions is available here:

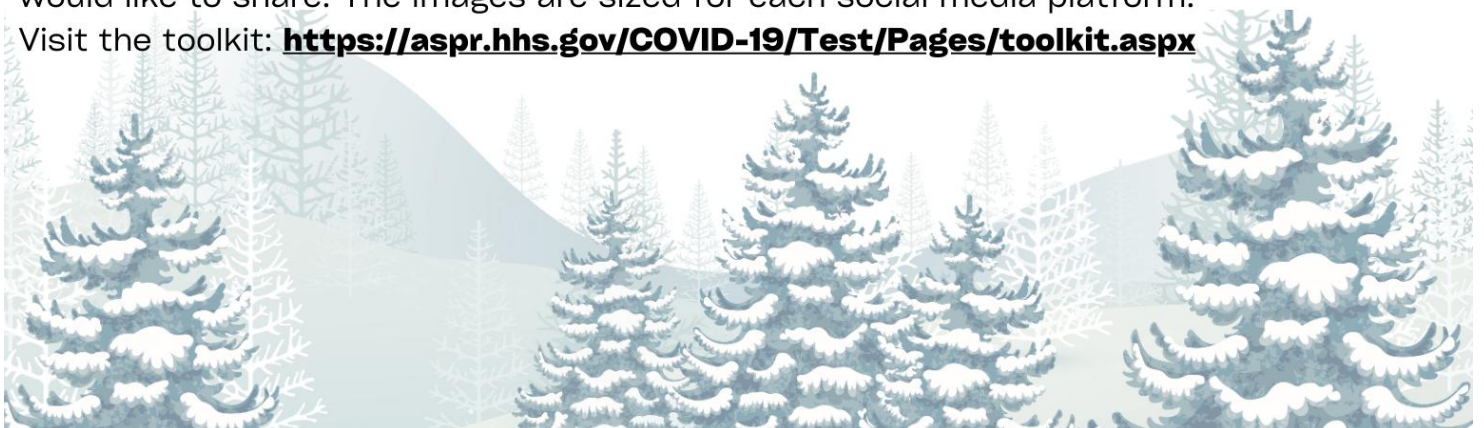
[ACL.gov/AccessibleTests](https://acl.gov/accessibletests).

The order form and additional explanation about the features that make the IntelliSwab test more accessible are here: **<https://special.usps.com/testkits/accessible>**

COVID-19 At Home Testing Digital Toolkit available

This toolkit contains messages you can share in your newsletter or on your social media channels to encourage people to order free tests. Copy these words directly or customize them to reach your audience. Then, choose and download the image(s) you would like to share. The images are sized for each social media platform.

Visit the toolkit: **<https://aspr.hhs.gov/COVID-19/Test/Pages/toolkit.aspx>**



Adults & Vaccines



PUBLIC HEALTH
SAUK COUNTY

Together we thrive

Most adults are not aware of the many vaccines suggested for them.

Vaccines help:

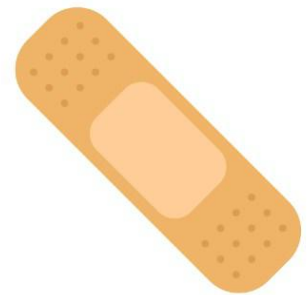
- ➔ Reduce risks related to other health conditions.
- ➔ Ensure you stay healthy during travel.
- ➔ Prevent serious illness.



Only about 1 in 5 adults are up to date on their vaccines, leaving many adults at risk.

You can see what vaccines you may need by:

- Talking to your healthcare provider or pharmacist
- Contacting your local Public Health Department
- Checking the Wisconsin Immunization Registry:
www.dhs.wisconsin.gov/immunization/wir.htm
- Learn more about adult vaccines at
<https://www.dhs.wisconsin.gov/immunization/adult.htm>



OTHER WAYS TO PROTECT YOURSELF



Stay home when you are sick.



Avoid close contact with sick people.



Cover your nose and mouth when you cough or sneeze.



Wash your hands.

1. Immunizations: Wisconsin Immunization Registry. Wisconsin Department of Health Services. January 3, 2023. Accessed October 31, 2024. <https://www.dhs.wisconsin.gov/immunization/wir.htm>.

2. Importance of staying up to date with vaccines. immunize.org. January 15, 2024. Accessed October 31, 2024. <https://www.immunize.org/wp-content/uploads/catg.d/p4033.pdf>.

HUD Expanding Access to Housing Benefits for Veterans

By the GWAAR Legal Services Team

The U.S. Department of Housing and Urban Development (HUD) recently announced a new set of policy changes aimed at helping more veterans receive assistance under the HUD-Department of Veteran Affairs (VA) Supportive Housing (HUD-VASH) Program and improving their access to supportive housing developments.

HUD is expanding access to HUD-VASH for veterans by:

- Adopting an alternative definition of annual income for applicants and participants of the HUD-VASH program that excludes veterans' service-connected disability benefits when determining eligibility. Veterans experiencing homelessness often receive VA benefits as the result of an illness or injury that was acquired or worsened during military service. Before this change, these benefits were considered income when determining eligibility for certain supportive housing developments, causing some veterans to have income in excess of the threshold for these programs. HUD's policy changes will help more homeless veterans with service-connected disability benefits be able to gain access to these housing developments. This alternative annual income definition could also be adopted by other housing subsidy programs to determine income eligibility.
- Requiring public housing agencies (PHAs) that administer HUD-VASH to set the initial income eligibility for veterans at 80%, rather than 50%, of Area Median Income. The use of this higher initial income eligibility threshold had previously been optional, but HUD is now making it mandatory.
- The revised HUD-VASH operating requirement also include additional policy changes aimed at improving administration of the HUD-VASH program. These will give PHAs the authority to:
 - Set a separate minimum rent policy (including a zero minimum rent) for HUD-VASH participants.
 - Make non-competitive awards of project-based HUD-VASH contracts to housing projects or units on VA facilities that serve HUD-VASH families; and
 - Approve Exception Payment Standards as Reasonable Accommodations up to 140% of the Fair Market Rent.

In addition to these policy changes, HUD awarded \$20 million for additional administrative fee funding to 245 public housing agencies in 43 states currently administering HUD-VASH. With this funding, PHAs are encouraged to expand their housing search assistance to support veterans, help veterans with security deposits, expand landlord recruitment for the program, offer incentives and retention payments, and provide landlord-tenant mediation activities. Of this additional funding award, housing authorities in Wisconsin received \$191,553.

article continued...

Since the program's inception, HUD-VASH has assisted over 200,000 veterans to find permanent affordable housing and exit homelessness. In fact, the HUD-VASH program has reduced the number of homeless veterans in the U.S. by more than 50% since 2010. If you are a veteran looking for housing assistance, please contact a VA medical center near you and mention your interest in HUD-VASH or contact the National Call Center for Homeless Veterans by dialing 1-877-424-3838. The call center is staffed 24 hours a day, 7 days a week.

Other useful Quick Links for information on housing for homeless veterans can be found here:

- HUD Homelessness Assistance Exchange:
<https://www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/>
- Local Homeless Assistance by State:
<https://www.hud.gov/topics/homelessness/localassist>
- U.S. Interagency Council on Homelessness: <https://www.usich.gov/>
- Veterans' National Resource Directory: <https://nrd.gov/>
- HUD Resource Locator: <https://resources.hud.gov/>
- Department of Health and Human Service's Homeless Resource Center:
<https://www.hhs.gov/programs/socialservices/homelessness/index.html>



ADRC WILL BE CLOSED

December 24th, 25th, & 31st

January 1st & 20th

Happy Holidays

THE VOLUNTEER BUZZ



Keri Luther
Volunteer Coordinator

THE HOLIDAYS ARE UPON US! AND WHAT A GREAT TIME TO GIVE THE GIFT OF VOLUNTEERING AND HELPING YOUR NEIGHBORS ACROSS SAUK COUNTY. WE HERE AT THE ADRC ARE ALWAYS LOOKING FOR VOLUNTEERS.

Volunteer Opportunities

- Volunteer Escort Drivers: Provide transportation to Sauk County residents that are age 60 or older and/or disabled to medical appointments. You choose what days and times you want to be available.
- Meals on Wheels Drivers: Deliver meals from local dining centers in **Baraboo, Reedsburg, Lake Delton, and Sauk City**. Volunteers can deliver once a week, twice a month or even as a fill-in.
- Dining Center Helper: **Reedsburg** needs help with packaging meals for our Home Delivered Meals Program.
- Staff Support: Fill-in with assisting with a variety of office duties to aid the ADRC in providing information and phone coverage.

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

Are you interested in becoming a volunteer?

Give me a call and we can discuss how YOU can help those around you this holiday season and all year long.

Thank You & Happy Holidays!

Keri Luther

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

Or apply online: www.co.sauk.wi.us/adrc/volunteer-opportunities

Volunteers make an immeasurable difference in people's lives and often serve with the intention of helping others. Did you know that volunteering can benefit your health, as well?

Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health, and volunteers report better physical health than those who do not volunteer. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in services to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases risk of many physical and mental health problems, such as heart disease, stroke, depression, anxiety, and general illness.

Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Dedicating time as a volunteer helps expand social network and practice social skills with others.

***"Help one another. There's no time like the present, and no present like the time."
- James Durst***

Dementia Care Specialist

Serving Individuals, Families & the Community

ILSP Program

Independent Living Support Pilot Program



We just completed our annual Caregiver Boot Camp November 2nd at the Ruth Culver Library in Prairie du Sac. This is a day long training offered to Sauk County caregivers that are assisting an individual with a dementia diagnosis. They could be family, friends or paid caregivers. Each year we hold the event in a different part of the county. This is my third year having the honor of being one of the presenters. It is always interesting to see the variety of caregivers who attend. Here are some thoughts from the experience.

1. Every individual, caregiver and experience is unique. As with anything in life, we get in trouble when we assume too much. One person with Alzheimer's may have issues with wandering, one may not. One individual with Vascular Dementia may experience hallucinations, one may not. This is evident interacting with the caregivers in attendance at the Boot Camp. The caregivers themselves each have different strengths and weaknesses. They are different ages and come from widely different backgrounds. The people they are caring for also present different challenges, even if the diagnosis is the same. Each has different history, support systems and economic situations. Therefore, our planning and approaches to care must adapt to those differences.
2. That being said, we can take instruction from typical progression and symptoms of various dementias. If we know that those with Lewy Body Dementia will often have trouble with movement, we can begin to prepare emotionally and practically and learn from responses that have worked for others. We don't always have to reinvent the wheel. In almost any dementia, driving is going to eventually become an issue. We can have conversations early, make some preparations using others' experiences as advisory that may make that transition easier if it comes.
3. We need make sure caregivers in Sauk County are aware of and feel comfortable using the supports available to them. The ADRC is one source of such support and can be a guide or conduit to others. While these supports are amazing, we as a county, state and country need to continue to broaden how we support caregivers emotionally, practically and economically. The caregivers present at the Boot Camp were extremely appreciative of supports available to them, but in any room of caregivers you can feel the stress that occurs when those cannot adequately meet all the needs.

article continued...

The ADRC's Helping Hands at Home caregiver listing is wonderful and has helped many, but it only has so many listed workers and they all require pay. If the pool is used up or you can't afford to pay someone, stress as a caregiver increases greatly. If you are 85, live in rural Sauk County and struggle with technology it will be hard to access any sort of support group. As individuals, private and government entities, we need to identify and thoughtfully try to fill these gaps.

4. Lastly, those who attended the Boot Camp are a wonderful source of knowledge and support themselves. The positive support and advice I see caregivers give and receive at the Boot Camp, during online or in-person support groups, at Memory Cafes and informally is inspiring. If you are facing the challenge of caring for someone with dementia, please take advantage of this. Don't isolate yourself or feel you have to do this alone. Contact the ADRC and I, as the Dementia Care Specialist, or any of the other wonderful staff here will be happy to point you in the right direction.



*Kurt
Goeckermann*



*Brenda
Carey-Schick*



ADRC Transportation
608-355-3289
Look who's getting you there!

Troy
Transportation Supervisor

Chantel
Transportation Assistant

Mary **Tom** **Brian** **Mark** **Linda** **David** **Jess** **Michael**

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- **As of January 1st, 2025, price will increase to \$25.00.**
- **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

December

- 6-New Glarus Christkindl Market
- 12-Johnson Creek Outlet Mall
- 19-La Crosse Holiday Lights
- 26-HOLIDAY

January

- 9-Car Valley Cheese (LaValle)
- 14-Portage Movie Theater, \$5 (Tuesday)
- 23-National Mustard Museum-Middleton (Free)
- 30-Teel Plastics-Baraboo

February

- 6-Veterans Museum-Madison (Free)
- 13-Kelch Aviation Museum-Brodhead, \$5
- 18-Portage Movie Theater, \$5 (Tuesday)
- 27-Madison Museum of Contemporary Art (Free)

March

- 6-Wisconsin Executive Residence-Free
- (Note: Advance registration is required, please call ahead)
- 13-Food & Farm Exploration Center-Plover WI
(Adult,\$12/SR,\$11)

Trips are subject to change or cancellation with little notice.

SHOPPING BUS

December

- 4-Madison East
- 11-Baraboo Walmart & Surrounding Area
- 18-Madison West
- 25-HOLIDAY

January

- 8-Madison East
- 15-Baraboo Walmart & Surrounding Area
- 22-Portage
- 29-Madison West

February

- 5-Lake Delton Walmart & Surrounding Area
- 12-Madison East
- 19-Baraboo Walmart & Surrounding Area
- 26-Madison West



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.



Meg Allen,
Nutrition Supervisor



Torril
Sauk City



Pat
Lake Delton



Shelly
Lake Delton



Barb
Reedsburg
Country Club



Willard
Reedsburg



Jill
Baraboo



Rick
Frozen Route
Driver

Nutrition NEWS!

Enjoy a Safe and Healthy Holiday Meal!

HERE ARE SOME TIPS TO HELP YOU STAGE A SAFE AND DELICIOUS HOLIDAY DINNER FROM YOUR KITCHEN!



STEP 1: CLEAN

Frequent cleaning and sanitizing **keep bacteria and viruses from spreading** throughout the kitchen and contaminating food.

Use a dilute bleach solution (1 T. unscented liquid bleach + 1 gallon of water) to sanitize after you have cleaned. Spray the solution onto surfaces and cutting boards, let stand a few minutes, then rinse and dry with clean paper towels.

Rinse fruits and vegetables under running tap water just before eating or cooking. Scrub firm-skinned produce, such as apples and potatoes, with a clean produce brush. Blot dry with clean cloth or paper towel.

Wash hands with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

STEP 2: SEPERATE

Bacteria and viruses spread when raw meat, poultry, seafood, and eggs or their juices come into contact with other foods.

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.



STEP 3: COOK

Relying on color or poking with a fork to check for doneness is guesswork and puts you and your family at risk. Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer	
Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a three-minute "rest time" after removal from the heat source
Ground meats	160°F
Poultry (whole, parts or grounds)	165°F
Eggs and egg dishes	160°F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Finfish	145°F
GUIDELINE FOR SEAFOOD	
Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firms

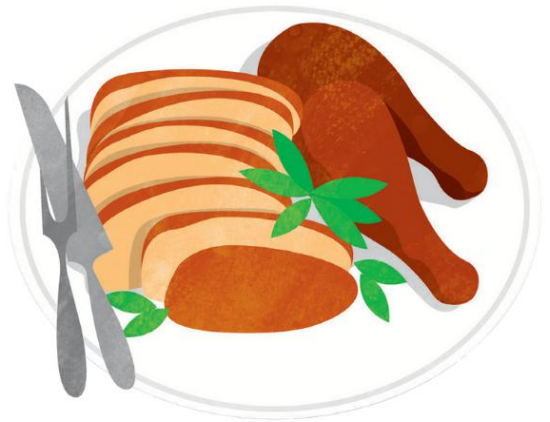
STEP 4: CHILL

Bacteria multiply fastest between 40°F -140°F (4°C - 60 °C); this is known as the "Danger Zone." Chill leftovers and takeout foods within 2 hours. Keep fridge at 40 °F or below.



TURKEY HANDLING

- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1lb or more of turkey for each person you plan to serve.
- Fridge thawing frozen turkey- leave in original packaging place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat.
- Cold water thawing- leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.



- Cook the turkey to an internal temperature of 165°F, as measured by a food thermometer in the thickest part of both the bird's thigh and breast
- A stuffed turkey will take longer to cook than an unstuffed turkey. The stuffing inside must cook to 165°F as well.
- Let the turkey stand for 20 minutes after removing from the oven before carving

LOVE LEFTOVERS

SO DO WE!

Get them into the fridge within 2 hours. Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to 165°F, they should be hot and steaming. Bring gravy to a boil to reheat.

CONVENTIONAL OVEN ROAST TRKEY

12-14 lb Unstuffed Turkey

Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165 °F!

Size/temp/time chart available at www.fightbac.org

RESOURCES

U.S. Food and Drug Administration Hotline
1-888-SAFEFOOD
www.fda.gov/Food

U.S. Department of Agriculture Meat and Poultry Hotline
1-888-MPHOTLINE
ask.usda.gov



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 Pat or Shelly 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 Willard 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
*Days of service will change based on golf season. Call us for schedule.

MORE

THAN

A

MEAL

RESTORING YOUR INDEPENDENCE
 is Maplewood Sauk Prairie's Goal.
 Return home once your strength is restored!

Recipe
for 2

from the kitchen of:

Maplewood Sauk Prairie
 245 Sycamore Street, Sauk City, WI 53583
(608) 643-3383

Baked Salmon

Preheat your oven to 375°F (190°C).

Prepare the Marinade: In a small bowl, whisk together olive oil, lemon juice, garlic, oregano, thyme, paprika, salt, and pepper.

Place the salmon fillets in a shallow dish.

Pour the marinade over the salmon, ensuring it's well coated. Let it marinate for at least 15-30 minutes at room temperature.

Grease a baking dish. Place the marinated salmon fillets skin-side down in the dish.

Bake the Salmon for about 12-15 minutes, or until the salmon flakes easily with a fork.

Enjoy!

If you are looking for a rewarding way to spend your time, consider checking out part or full-time openings at Maplewood. Our residents will love you!

<https://www.maplewoodsaukprairie.com/current-openings>

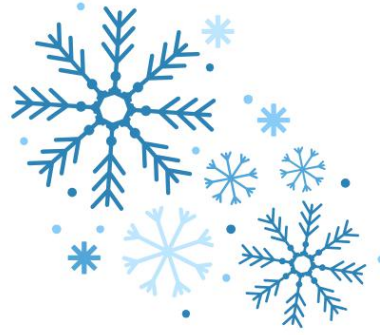


WHAT IS HAPPENING IN THE BARABOO AREA SENIOR CITIZEN ORGANIZATION

- January 16, 2025:** "BACK IN THE BUILDING: THE ULTIMATE ELVIS TRIBUTE"
 Fireside Theater/ \$140 per person/ Includes lunch, show & bus
- February 1, 2025:** 4 Handed Double Deck Euchre Tourney
- April 24-May 5, 2025:** Grand Canyon, Las Vegas, Hoover Dam
 \$1,809 Per Person Double Room
- May 4, 2025:** Brewers vs. Cubs TBA
- June 17-19, 2025:** Chicago (3 days-2 nights)
 \$510 Per Person Double Room
- July 10, 2025:** Visit to Lambeau Field
 Includes bus, tour & lunch
 \$100 Per Person
- September 7-13, 2025:** Mount Rushmore & The Black Hills
 \$1,029 Per Person Double Room
- October 16, 2025:** "OKLAHOMA"
 Fireside Theater/ \$140 Per Person/ Includes lunch, show & bus
- November 29-
 December 7, 2025:** Charleston, SC
 \$1,219 Per Person Double Room



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



Winter Weather Safety

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

Tips for Motorists:

- Clean your windows before driving. State law requires that windows are kept reasonably clean at all times. This includes the removal of ice, snow or other debris that may interfere with the ability to look out the vehicle.
- Reduced speeds. Law requires that regardless of the posted speed limit, drivers have a duty to drive their vehicle in a manner that allows them to maintain control in a wide variety of situations to include weather. Drivers should also leave enough distance between other vehicles to safely stop when sudden breaking is necessary.
- Safety plan. Have a safety plan in place in case you are stranded and have an emergency kit in your vehicle. Remember your cell phone and always let someone know where you are going if you must drive in bad weather. Consider having blankets, extra warm clothing, flashlight, sand/salt and a shovel available as well. Highway Emergency Kits can be a great Christmas gift for family or friends!
- Equipment. Make sure your vehicle has tires with enough tread, good windshield wipers, full tank of windshield washer fluid and a strong battery.

Tips for Residents:

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

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.



BE PREPARED



full tank of gas



ice scraper / snow brush



sand/shovel



jumper cables



ashlight



first aid kit

don't forget your medications



cellphone charger



boots, gloves
blankets, warm clothes



water/snacks

Because you never know when you will encounter winter weather or emergency road closures

FOR WINTER DRIVING

- **Safety First** – Avoid driving when roads are treacherous!
- **Clear it Before You Go**
 - Remove ice and snow from windows, lights and mirrors
- **Go Slow in Ice and Snow**
 - Relax and take it easy
- **Stay Focused**
 - Distractions can wait
- **You Cruise, You Lose**
 - Avoid cruise control in winter conditions
- **Keep Your Distance**
 - Stay 200 feet behind snowplows
 - Stop safely



Call 511 or visit 511wi.gov for real-time traveler information, including winter road conditions



DRIVE SAFELY

How to REGISTER for CodeRED

This is replacing Nixle and is a way to get notifications for severe weather and other emergency events.

1



Go to

<https://accountportal.onsolve.net/SaukCountyAlerts>
and then Click on **Register**

2



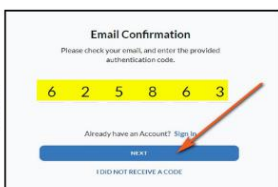
Enter your **First Name**, **Last Name**, desired **Username** and **Password** then **check the box** agreeing to the **Privacy Policy**, confirm you are **not a robot** and then click **Next**

3



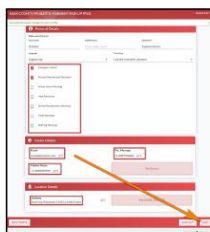
Select **Email** in the dropdown menu, **enter your email** and then click **Send Code**

4



Check your email and retrieve the code, then **Enter the Code** and click **Next**

5



Check the boxes to **Select the Types of Alerts** you wish to receive. In the **Device Details** section add your **phone number(s)** as a device, then in the **Location Details** section **Add Address** and then **Click Save** bottomright to complete the registration process.

Additional Questions Contact:

Sauk County Emergency Management
608-355-3200
Or Email: SaukEMA@saukcountywi.gov

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

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

In an attempt to reduce the increasing costs of returned issues, please contact us if you are going to be on vacation, are moving, or if you would like to be removed from this mailing list. AddLIFE Today! is also available on the county website at www.co.sauk.wi.us/adrc

Would you prefer to receive an electronic copy of future issues? Please email the editor at yvette.ledezma@saukcountywi.gov and we will email you the latest issue of AddLIFE Today!. Thank you for helping us reduce postage costs as well as the amount of paper generated!

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Donation Designation Form

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

Please designate this donation:

In Memory of _____

In Honor of _____

I want my donation to go towards:

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

Kindly make checks payable to:

'ADRC'

505 Broadway St, Room 234

Baraboo, WI 53913

We also accept credit cards! Call the ADRC to inquire (608)355-3289 or donate directly here:

www.co.sauk.wi.us/adrc/donations



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

CHANGE SERVICE REQUESTED

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

WINTER WORD SEARCH

- BLIZZARD
- BOOTS
- COAT
- COCOA
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FROSTY
- GATHERINGS
- ICICLES
- JANUARY
- MITTENS
- PLOW
- PRESENTS
- REINDEERS
- SANTA
- SCARF
- SHOVEL
- SKIING
- SLEEDING
- SNOW
- WINTER