

January



AGING AND DISABILITY RESOURCE CENTER OF
SW WISCONSIN - IOWA COUNTY

NEWS & VIEWS

Volume 263 Issue 1
January 2010



Director Comments:

Judy Lindholm

New Year -- New Opportunities to Save on Medicare

January 1, 2010 starts a new year for Medicare plans. Although the Part B premiums will not increase for most people, they may face different premiums and copayments for their other sources of Medicare coverage, such as Advantage Plans or Part D prescription drug plans. Those with Traditional Medicare will face an initial \$155 deductible for medical services covered by Part B and a hospitalization deductible of \$1100 per benefit period.

New changes in the eligibility qualifications for certain programs that help cover Medicare costs could be even more important. Some changes affect drug insurance expenses, while others provide funds to pay Medicare Part B premiums and costs.

Drug Cost Help

No matter what amount of life insurance you have, or whether someone helps pay for your housing, utilities, food or property taxes, you might deserve help to cover your prescription drug plan premiums and copays. A single person earning less than \$1218.38 a month with under \$8100 in savings, or a couple with monthly income less than \$1639.13 and assets below \$12,910 may qualify to pay no premium for their drug plan. Add lower drug copayments and no coverage gap to this savings of over \$400 on premiums, and this benefit could save thousands of dollars, depending on your drug use.

Concerned that you still may have too many assets? Wisconsin's SeniorCare may be the answer you need to pay only \$5 for generics or \$15 for brand name prescriptions. And there is no monthly premium, just an annual enrollment fee of \$30. Although only

individuals with monthly incomes below \$1444 (or \$1942 for a couple) qualify for the low rates with no deductible, those with higher incomes might still benefit from SeniorCare for other reasons, such as protection from paying the full price of drugs in the Part D "doughnut hole."

Medicare Savings Plans

January 1st also marks a hefty increase in the resources you can have and still qualify to have your Medicare Part B premium paid for you. Couples with income less than \$1639.13 per month and with savings less than \$9910 can apply at your local county economic support office or online at www.access.wisconsin.gov to save over \$1150 each on Medicare premiums -- and automatically qualify for help with drug coverage premiums as well!

Individuals with incomes below \$1218.30 per month and assets below \$6600 can qualify as well -- saving more than 7.8% of their income!

Even greater help is available for individuals making less than \$902.50 per month or couples with incomes lower than \$1214.17. Not only will their Part B premiums be paid for them, but also the hospital and medical deductibles and all but a very small copayment for health services. A house, car, and personal property do not count as assets, and in some cases an additional \$1500 in savings can be set aside for burial expenses.

So if you or someone you know is on Medicare and having trouble making ends meet, please call our office at 935-0389 to see if you qualify for any money savings with these programs.

NEWS AND VIEWS is published monthly by the Aging and Disability Resource Center SW Wisconsin Iowa County to provide monthly schedules and information on benefits to the elderly, physically disabled and developmentally disabled citizens of Iowa County and to their families and advocates. Editor; Judy Lindholm, Assistant Editor; Laura Crowley, Production Assistant; Marilee Eisele, Volunteer Assembly Line Personnel; Margaret Peat and Ann Whalen. Write or call us and tell us what you think. Any ideas or suggestions you might have are always welcome. Address your letters to ADRC, 222 N. Iowa St., Dodgeville, WI 53533. Phone number: 935-0389. Benefit Specialist, Phone number; 935-0370. If you are receiving multiple copies of News and Views and are no longer in need of this publication or the address is incorrect, please notify us.

BENEFIT SPECIALIST COMMENTS

Alvina Sturz, Nancy Howard
935-0370 (January 2010)

Happy New Year!

Can you believe that it is almost 2010 already? We have been so busy for the past two months on Medicare Part D, we will welcome January just so we can work on something different. Of course that something different will be getting ready for Homestead Tax Credit time once again.

Here are some of the ground rules for 2010: We will begin taking appointments on February 1, for Homestead Tax Credit and we'll only be seeing those people with appointments. It is not fair for the people who do make an appointment to have to wait for people that just drop by the office.

People may qualify for homestead if they are 18 or over but we only work with people age 60 and over. You have to be a legal resident of Wisconsin from January 1, 2009 until December 31, 2000. This is what we will need in order to complete your homestead credit...

- Your Social Security statement which tells you what you earned in 2009
- A copy of your 2009 property tax bill or a *rent certificate completed by your landlord.*
- Wages, interest, dividends, pension or annuities statements or 1099's for all income received in 2009

AARP will again be doing the more complicated taxes; they ask folks with just regular Homestead Credit taxes go through our office or through the **VITA** program. The schedules for **AARP** and **VITA** will be in the February News& Views.

Oh, SNAP!

(The Specialist, CWAG, 11/09)

You may have heard the term SNAP or seen signs advertising its availability and wondered what it is referring to. SNAP stands for the Supplemental Nutrition Assistance Program. SNAP is not a new program but simply another name for the Wisconsin FoodShare program which has been delivering great nutritional benefits to Wisconsin residents like you for many years. And, due to some recent legislative

changes, there has never been a better time to apply for FoodShare benefits than now!

The FoodShare program provides direct monetary assistance to recipients in purchasing food each month. Recipients receive a debit card which is used like any other debit card at the grocery store. The process is simple, discreet and can really enhance your monthly food budget.

FoodShare eligibility limits and benefit amounts have substantially increased recently due to both the Farm Bill and the Stimulus Bill. If you are age 60 or older and have monthly income of \$1,805 or less (individual) or \$2,428 (couple) then you are eligible for FoodShare and are automatically eligible for at least a \$16 per month benefit. However, that is only the minimum amount you are entitled to and your monthly benefit could be much, much higher. For 2010 a single person can receive a benefit of up to \$200 per month and a married couple of up to \$367 per month.

If you haven't yet investigated your eligibility for FoodShare or were found eligible but weren't interested because of the size of your benefit, its time to take another look. You can do so by contacting your local benefit specialist at your local Aging & Disability Resource Center (935-0389) or County Social Services Agency.

Medicare Hospice Benefits (The Specialist, CWAG, 10/09)

The Medicare hospice benefit is available under Medicare Part A to a beneficiary with limited life expectancy of six months or less. A Medicare beneficiary who chooses hospice care receives non-curative medical and support services for his or her terminal illness, including some home care services, inpatient services and respite care services as required under a plan of care.

Medicare hospice coverage is available to a Medicare beneficiary who is in Medicare Part A, is certified by a physician as terminally ill, makes a hospice election, and receives care from a Medicare approved hospice program.

Hospice services must be reasonable and necessary for the palliation or management of a terminal illness

as well as related conditions. The election of hospice care must be established prior to the establishment of hospice services.

Covered hospice services include nursing care, social services, physician's services, counseling to the beneficiary and his or her family, short-term inpatient care conforming to the hospice plan of care, respite care for care givers on an occasional basis, drugs for pain management and symptom control, and some home services.

When a beneficiary elects hospice care, he or she is only electing palliative care for his or her terminal illness. Medicare remains in place for all other, non terminal illness related health conditions. A beneficiary may also forgo the Medicare hospice benefit and return to traditional Medicare for treatment at any time.

Additional information on Medicare's hospice benefit can be found at Medicare.gov or by calling 1-800-Medicare and requesting additional information.

FALL COLORS

This information comes from The Specialist, which is prepared by the Coalition of Wisconsin Aging Groups in Madison, and your elderly benefit specialists for Iowa County.

DID YOU GET A COLORED LETTER FROM CMS IN THE FALL?

(It's winter now, but you still should check your mail and pay attention during the year to these CMS letters.)

If you are in a Medicare Part D plan and receive extra help paying for your medications you may have recently received a colored letter from the Centers for Medicare and Medicaid Services (CMS).

The color of the letter corresponds to the purpose of the letter:

The **blue** letter is mailed to people who will continue to qualify for extra help in 2010 but who will be re-assigned to a new Medicare Part D prescription drug plan starting January 1, 2010. If you receive this letter you are being re-assigned to a new Part D plan either because your current plan will no longer be premium free in 2010 or because your current Part D

plan will no longer be available in 2010. If you receive the blue letter you do not need to do anything. You will be automatically enrolled into a new Part D plan. However, you are not bound to accept this automatic enrollment and, if you wish, you can enroll yourself in a fully subsidized Part D plan. All Medicare beneficiaries should review the plans available in 2010 and make sure they select a plan that covers their prescriptions.

The **tan** letter is mailed to people who will continue to qualify for extra help in 2010 but who will not be re-assigned to a new Medicare Part D prescription drug plan starting January 1, 2010. If you receive this letter you will not be automatically enrolled into a new Part D plan. To enroll in a new Part D plan for 2010 you must enroll yourself into a new Part D plan. If you elect to remain in your current Part D plan, you will be responsible for paying a premium each month.

If you did receive a tan letter and did not understand that you should change to a new plan if you do not want to pay a premium, it's not too late. You can contact Medicare and switch plans as long as you are receiving the low income subsidy.

If you have any questions or concerns about these notices or any others you have received from CMS or Social Security, do not hesitate to contact 1-800-Medicare or your local elderly benefit specialist at the Iowa County ADRC, phone 608-935-0370, for assistance.

ENROLLMENT PERIODS

Although the annual enrollment period for Part D and Part C (Medicare Advantage) plans ends on December 31, 2009, you may be eligible for another special enrollment period, depending on your situation. Some of these situations may include moving from the area, going into or out of a nursing home, becoming eligible for the low income subsidy, or enrolling in SeniorCare, to mention a few. In addition, if your Part D plan was not renewed for 2010, you have a special enrollment period that ends January 31. **CALL MEDICARE IF YOU HAVE ANY QUESTIONS.** You can also call our office for assistance. When in doubt, check it out.

NUTRITION POTLUCK

Donna Peterson, WNEP Nutrition Education Coordinator
Julie Stephenson, WNEP Nutrition Educator

Iowa County Extension Office
222 North Iowa Street
Dodgeville WI 53533
Phone (608) 935-0391

Editor – Karri McCarthy

January 2010

WNEP education is supported by the USDA Food Stamp Program, FoodShare Wisconsin, UW-Extension and local partners. FoodShare is a nutrition program that can provide for a healthy diet. To find out more about food stamps, call (608) 935-9311. An EEO Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming including Title IX and ADA requirements. If you believe you have been discriminated against because of race, color, national origin, age, sex, handicap, political beliefs, or religion, write immediately to the Secretary of Agriculture, Washington DC 20250.

Food Buyer Club – SHARE SHARE – Self Help and Resource Exchange

Adapted from 2009 Iowa County Connection Book

Am I Eligible? **THERE IS** one buying club in Iowa County, SHARE, and it is available in two locations.

- It is open to all, regardless of income or assets.
- SHARE asks members to give back to their community in the form of some type of volunteer work each month. Any volunteer/unpaid help you give to an organization or person outside your household counts.

What Does SHARE Offer?

They offer...

- A Big Value Package—This package is available for \$25 and contains \$40 to \$50 worth of pre-selected items. The food items offered vary each month, but typically include 4-8 lbs. of meat, poultry and/or fish, a variety of fresh produce, dry goods and bread.
- A Mini Package—This package is available for \$15 and contains \$25 to \$30 worth of pre-selected products. (4-5 frozen meats, 5 different fresh fruits or vegetables)
- SHARE Select—You choose which specific items to buy and in what quantity. This new option, which gives the customer complete control, has become their most popular.
- Minimum Order - \$15.00



How Can I Participate

1. Paying with a credit or debit card, Order online at www.sharewi.org
2. Paying with cash, check, money order or Quest/Link (FoodShare Wisconsin) card, Order through your local SHARE volunteer site listed below.

Customers pick up their food orders several weeks later at the local site on a designated day each month. There is no limit on the amount of food or the number of packages you can purchase.

- **DODGEVILLE SHARE** contact: 608 935-5746. Pick-up is usually the fourth Saturday of each month at Kinder Castle, 105 N Union St, Dodgeville WI 53533 from 7:30 a.m. to 8:30 a.m.
- **SPRING GREEN** contacts: 608-588-2401, call evenings or weekends. Pick-up is usually the fourth Saturday of each month at St. John's Catholic Church, 129 W Daly St, Spring Green, from 8 a.m. to 9:30 a.m.

January 2010 Schedules

Julie's January Schedule

01/11/10 - Arena Meal Site 12:00 Noon
01/12/10 - Homesite Village Apts 10:00 am
01/18/10 - Fair Street Apt. 10:00 am
01/20/10 - DodgeVilla 10:00 am
01/20/10 - Linden Meal Site 12:00 Noon
01/22/10 - RidgeVue Apts 10:00 am
01/25/10 - Dodgeville Meal Site 12:00 Noon

Donna's January Schedule

01/12/10 - Rewey Meal Site 12:00 Noon
01/14/10 - Blanchardville Meal Site 11:30 am
01/15/10 - Highland Meal Site 12:00 Noon



Aging Increases Risk for Problems with Medicine

By Dr. Bella Mehta, Ohio State University



As we grow older, we become more sensitive to medications and may experience side effects. Reasons for this include:

■ **Increased risk of lifelong illness.** Older adults are more likely than any other age group to have one or more illnesses, including heart disease, high blood pressure, diabetes, and arthritis. With some illnesses, the body may not be able to move medications out of the body as fast as it should.

■ **More than one drug.** Because 30 percent of medications are for people over 60 years of age, it is not unusual for an older person to be taking five or more medications sometimes several times per day. The more medications a person takes increases the risk for problems with other medications, food, or alcohol. Risk of side effects increases with each new drug.

■ **Complex dosage schedules.** When more than one drug is taken at different times each day, dosage schedules can often be complicated. This complication increases the risk of making a mistake, such as, taking a dose twice or forgetting to take a drug when prescribed.

■ **Types of medications.** Older adults are more likely to be taking medications that have greater potential for causing side effects. These medications include heart medicines, water pills, blood pressure pills, blood thinners, and medicines for depression.

■ **Age-related changes.** With age, there are certain changes in the body that can affect the way medications interact with the body. Normal aging can alter the way medications are absorbed, broken down, moved around, and removed from the body.

If you have questions about your medications, be sure to talk to your doctor, nurse or pharmacist. Be specific with your concerns and be sure they understand which prescriptions you are taking and what the dose is. And even though it can be a challenge, read the information that comes with each prescription so you know what the side effects are and you can watch for any changes. If the prescription information is confusing to you or hard to understand, once again, talk to your doctor, nurse or pharmacist and they can help you make sense of your medications.





The Caregiver Support Program

The dictionary defines a caregiver as a person who; behaves prudently with regards for someone else's safety, provides for the needs of someone and helps them effectively.

Are you a caregiver? Are you providing unpaid assistance to a spouse, relative, or friend who is ill, disabled, or needs help with basic activities of daily living? Do you help with rides to the doctor, shopping, meals, bill paying, bathing, grooming, dressing, walking or transferring to a wheelchair, housekeeping, managing medications, or arranging services to be provided by others? If you provide services like these, whether or not you live with the person you are helping, you are a caregiver.

The Aging and Disability Resource Center of Iowa County have a Caregiver Support Program, which provides information, support and assistance to family caregivers. *Who qualifies to receive services?* If you are an adult family member or another individual who is a caregiver to an older individual you qualify to receive services. If you are a grandparent or step-grandparent of a child or a relative of a child by blood or marriage and are 60 years of age or older and are the primary caregiver of that child, you qualify to receive services.

Just call our office at 608-935-0389 and ask to speak to someone about the caregiver support program. You will be asked some questions over the phone. Your needs and desire for our involvement will dictate the next steps. Each situation is different. We work with each individual according to their needs. This is **NOT** a one size fits all kind of program.

What is the purpose of this program? The purpose is to provide information, support and assistance to family caregivers.

The Caregivers Corner by Marilee

Should Caregivers ask for outside help?

Do you have concerns about asking for outside help? Are you afraid your loved one will not be happy or may even refuse help from others?

Do your concerns about getting outside help come from past experiences? Did you or your loved one have a negative experience or heard of a negative experience from someone else? Does your loved one have a hard time accepting new people? Are new situations difficult for your loved one now?

All of these may be reasons that stop you from seeking outside help. But help from others, will provide you with the breaks you need as well as giving your loved one an opportunity to socialize with others. By you asking a family member or friend if they would be willing to spend the day or even a few hours, with you and your loved one, you are welcoming them into your caregiving circle. As others begin to better understand what you and your loved one are going through, they are more likely to be willing to help out. This will also give you a back up system in case of an emergency.

Many people feel uncomfortable about stepping into a situation unprepared, but the more they are around you and your loved one; the more comfortable they will feel helping you with caregiving.

It is ok to look for and accept outside help. Start with your family members, then turn to your friends, and even consider making new friends. You will soon have a network of people, who are available to help. As you reach out, you will not only alleviate some of your stress, you will also be giving your loved one an opportunity to start to enjoy a community of friends again.

Have a safe and Happy New Year!



LEARNING MORE ABOUT “SEASONAL AFFECTIVE DISORDER”

*By Shannon Wilson & Jean Zawacki,
Information & Assistance Specialists*

Could it be a lack of sunlight that's causing your winter blues? Could the “happiest season of all” be causing your sadness? Have you ever wondered why, in the middle of all the family get-togethers and holiday parties you feel sad, anxious, or depressed? With the shortest days of the year falling in December, this is the peak time for Seasonal Affective Disorder (SAD).

What is “Seasonal Affective Disorder?”

Have you ever noticed how a gray, rainy day makes you feel gloomy and tired, but a sunny day can leave you feeling cheerful and energized? Well, there's a scientific reason for this. Insufficient exposure to sunlight has been associated with low levels of melatonin and serotonin, carbohydrate craving, weight gain, and sleep disturbance.

Some of you may have also noticed that you find a seasonal fluctuation in your moods, feeling depressed only in the winter months. Take a look at your calendar and you'll soon see why. Each year on June 21st we experience the summer solstice, the longest day of the year. With our longest hours of sunlight in the middle of summer it's no wonder we're happier this time of year. After this date, however, the days progressively get shorter until the winter solstice on December 21, the shortest day. Is it any accident then that so many of us run for the hills when the holidays roll around? With our serotonin in such short supply, the added stresses of living up to our images of the picture-perfect holiday are just too much. The medical term for the season-long malaise that we fall into is seasonal affective disorder, or SAD.

**May this holiday season bring you happiness
and peace to last the
whole year through...**

Signs & Symptoms of SAD

The symptoms of SAD occur cyclically with a return of symptoms each year during the winter months.

These symptoms tend to be the atypical symptoms of depression, including:

- increased sleep
- increased appetite and carbohydrate cravings
- weight gain
- irritability
- a heavy, leaden feeling in your arms or legs.

What can I do?

If you are concerned about yourself or someone you love, it is best to speak with your physician. They may have treatments available to help folks through the long, dark days of winter, and into the bright, cheery days of spring and summer. It may also help to talk about your feelings to a trusted friend or family member. Just by sharing your thoughts with someone else may help to lift your spirits.

It's the holidays – I should be happy!

The holiday season may also be especially difficult for those who have lost a loved one. Whether the loss is recent, or if your loved one passed away many years ago, it is normal to feel your loss more profoundly during the holiday season. Holidays, which are traditional times to gather together with family and friends, can be a painful reminder of someone who is no longer with you. If you or someone you love is experiencing grief this holiday season, there is help available. Below are several ways to help yourself, or your loved one, cope:

- Be kind to yourself
 - Be a good listener
 - Find/Offer support
 - Stop comparisons (ie: before/after)
 - Relax and try to enjoy the season
 - Talk about what's on your mind
- And, above all,
- Ask for & *ACCEPT* help

During this holiday season it's important to remember that you are not alone. There is someone just around the corner willing to lend a hand, you just need to be willing to accept it.



**CARE-A-VAN SCHEDULE FOR JANUARY
935-0371 ONE DAY IN ADVANCE FOR RESERVATION
2010**



A2 WEEK		
MONDAY	1/04	Cobb, Linden, Dodgeville, Mineral Pt., Hollandale TO: DUBUQUE
TUESDAY	1/05	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville TO: DODGEVILLE
WEDNESDAY	1/06	Dodgeville, Edmund, Cobb, Highland, Arena, Avoca, Muscoda TO: RICHLAND CENTER
THURSDAY	1/07	Dodgeville, Edmund, Cobb, Linden, Rewey, Mineral Pt. TO: MINERAL POINT
FRIDAY	1/08	SENIOR TRIP DAY
B2 WEEK		
MONDAY	1/11	Dodgeville, Linden, Cobb, Highland, Avoca, Arena TO: MADISON
TUESDAY	1/12	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville TO: DODGEVILLE
WEDNESDAY	1/13	Dodgeville, Mineral Point, Linden, Rewey TO: PLATTEVILLE
THURSDAY	1/14	Dodgeville, Edmund, Cobb, Linden, Rewey Mineral Pt. TO: DODGEVILLE
FRIDAY	1/15	SENIOR TRIP DAY – PRAIRIE DU CHIEN
C2 WEEK		
MONDAY	1/18	Dodgeville, Cobb, Linden, Mineral Point, TO: MONROE
TUESDAY	1/19	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville TO: DODGEVILLE
WEDNESDAY	1/20	Dodgeville, Cobb, Highland, Arena, Avoca, Muscoda TO: RICHLAND CENTER
THURSDAY	1/21	Dodgeville, Edmund, Cobb, Linden, Rewey Mineral Pt TO MINERAL POINT
FRIDAY	1/22	SENIOR TRIP DAY - BARABOO
D2 WEEK		
MONDAY	1/25	Dodgeville, Cobb, Linden Min Pt TO: THRIFT SHOPPING/FENNIMORE/LANCASTER
TUESDAY	1/26	Dodgeville, Mineral Pt., Hollandale, Ridgeway/Barneveld TO: DODGEVILLE
WEDNESDAY	1/27	Dodgeville, Mineral Pt, Linden, Rewey TO: PLATTEVILLE
THURSDAY	1/28	Edmund, Cobb, Linden, Rewey, Mineral Pt., Dodgeville TO: MINERAL POINT
FRIDAY	1/29	SENIOR TRIP DAY



TAKE THE BUS SHOPPING

Every Tuesday and Thursday are In-County shopping Days. This will give you an opportunity to go to the bank, drug store, grocery store, or other stops that you request.

Please call 935-0371 one day in advance for your reservation

S.U.N. SENIOR DINING

Happy New Year from the SUN Program! I hope it is a good one for everyone. One of the things we have to do at the beginning of each year is have all of you fill out a new intake form, if coming to the dining centers, or be assessed again if home delivery. There are several reasons for this. We want to make sure we have up to date information, including phone numbers and emergency contacts. These are so important, especially for the home delivery participants. Also, the income levels change each year to be eligible for additional services, such as Food Share with the Quest Card (new name for Food Stamps). Also, maybe your nutritional status has changed; we want to know how to best serve you. If you used to come to the dining center, but no longer drive, you could be eligible for home delivery, or vice versa. So—when we ask for you to again fill out that form, or make an appointment with the manager or me to do another assessment, please be patient, as we have your best interests at heart. You may have even done one recently, at the end of the year, but because of the above requirements, you will still need to fill out a new form. Thanks in advance for your cooperation; as always, we welcome everyone to our dining centers.

As a reminder, the **Quest Card can be used for the SUN meals**; everything can be done over the phone to establish eligibility (with Iowa County Social Services). If you are eligible and receive funds on the card, just call us, and we will send you a voucher. On that voucher, you indicate how much you want us to use for the meals, put down your card number, sign it, and send back to SUN. From there, everything is done electronically by us. We will send you a new voucher each month.

I had the experience recently of a couple who had funds on the card, and didn't know they could use for SUN meals. They did use the funds for a month, and really enjoyed and needed the meals, but lost some of the funds that had accumulated as they expired. We don't want that to happen to anyone else! Even a small amount, such as the \$16 minimum if eligible, could pay for four meals at the current suggested donation. Are you tired of your own cooking, or do you need a break? Let SUN help you out.

As I am writing this, we have experienced our first big storm; stay safe out there. We will be getting more emergency meals to anyone who would like them; the dining center managers will be contacting you. They have all non-perishable foods for those days we can't get to you. We are asking the usual donation of \$4.00 for those meals. Also, keep extra food in your home that does not require refrigeration or doesn't need to be cooked, if there is no electricity. And, drink plenty of fluids—we sometimes forget this when the weather is cold.

Our Tai Chi instructor, **Joan Pape**, has a new class that she can teach, called "**Breakfast for the Brain**". We have not scheduled any classes yet. The first class is mandatory, but after that, each is a stand-alone class. If you are interested, call me at 935-0321. There is a slight fee for each class, and a nominal amount for supplies. Depending on how far she would have to go, and the roads, we could do that soon. We all need to keep our brains active. Are you intrigued? Joan just finished teaching Tai Chi for 8 weeks at Darlington, with great success. She is a very busy person, teaching also in Dodgeville, Black Earth & Mt. Horeb. We hope to have two series of classes in Darlington in 2010, depending on whether we are awarded a grant. Is there something else you are interested in? Let me know.

Cecile

DONATIONS: Lori Hanson (packing groceries for office); PFM Group (coffee donated to Iowa County to SUN), Dodgeville Senior Citizens (\$60); Village of Argyle; Mary Ann Conklin, Bev Ryan.

SITE ACTIVITIES FOR January 2010		
ARENA	January 7	Bingo
	Daily	Euchre 1:00 PM
AVOCA	Jan. 21	Birthday Party
DODGEVILLE	Check Date	Craft & Project Day 10:30
	January 19	Birthday Party
HIGHLAND		
LINDEN	Jan. 20	Birthday Party with Bingo
	Every Wed	Coffee get together/Skipbo 10:30 AM
MINERAL PT	Wed. Check date	Sharing Life's Experiences (after lunch)
	Jan. 12	Farkle/Speaker
	Jan. 18	Euchre
	Jan. 20	Blood Pressure Check, Bingo
	Jan. 22	Foot Clinic, Blood Pressure Check
	Jan. 27	Birthday Party
REWEY	Jan. 21	Birthday Party

Senior Dining

Meals are served Monday thru Friday at 12:00 NOON. Please call one day in advance by 12:30 p.m. for reservations...

ARENA ARENA MANOR Patty 753-2395		AVOCA VILLAGE BLDG Sue 532-6044		MINERAL PT SENIOR CENTER Bette 987-2696
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Saucy Pork Chop Scalloped Potatoes Mixed Vegetables Corn Muffin Hot Apple Slices w/Cinnamon	Baked Chicken w/Gravy Mashed Potatoes Green Beans Wheat Roll Pumpkin Bar w/Cream Cheese Icing	Salmon Burger in Cream Sauce Baked Potato Peas Rye Bread Lemon Cake w/Icing	Lasagna Tossed Salad Apricots Crusty French Roll Ranger Cookie	Liver & Onions or Cook's Choice Buttered Noodles Baked Corn Casserole Wheat Roll Peach Pie
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Bratwurst on Bun w/Relish German Potato Salad Sweet & Sour Red Cabbage Chocolate Cookie w/ M&M's	Salisbury Steak w/Gravy Mashed Red Potatoes Seasoned Beets Carrot & Pineapple Muffin	Seasoned Chicken Breast Herb Rice Pilaf California Blend Vegetables Wheat Roll Tropical Fruit	Beef Goulash Coleslaw Peaches Bread Pudding w/Caramel Sauce	Roast Turkey w/Gravy Mashed Potatoes Sliced Carrots Wheat Roll Butter Pecan Cake w/Icing
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
Baked Ham Sweet Potatoes Scalloped Spinach Corn Muffin Cherry Turnover	Calico Bean Casserole 7 Layer Salad Wheat Roll Gelatin w/Fruit	Baked Chicken Baked Potato w/Sour Cream Fresh Cranberry Salad Wheat Bread Chocolate Cake w/Icing	Beef Pasty Ramen Cabbage Salad Apple Crisp w/Topping Birthday-Avoca	Breaded Fish Patty Macaroni & Cheese Tossed Salad w/Dressing Fresh Orange Wedges Oatmeal Fudge Bar
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Tomato Basil Soup Egg Salad Sandwich on Wheat Bread Mandarin Oranges Rice Krispie Peanut Butter Treat	Shell Pasta w/Meat Sauce Tossed Salad w/Dressing Applesauce French Bread Cook's Choice Dessert	Turkey ala King over Baking Powder Biscuit Broccoli Raisin Salad Pumpkin Pie w/Topping Birthday-Mineral Pt.	Sliced Roast Pork w/Gravy Baked Potato WK Corn Wheat Roll Angel Food Cake w/Strawberries	Cabbage Rolls w/Rice Sliced Carrots Taffy Apple Salad Banana Pudding Square

MILK SERVED WITH EACH MEAL

MENUS ARE SUBJECT TO CHANGE

For questions regarding the SUN Program contact the main office at 935-0388 ~ Comments and suggestions welcome!

Senior Dining

Meals are served Monday thru Friday at 12:00 NOON. Please call one day in advance **by 12:30 p.m.** for reservations.

	LINDEN MUNICIPAL BLDG Eunice 623-2800 or 943-8308		REWEY FIRE STATION Naomia 943-6161 or 943-6177	
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 28	Dec 29	Dec 30	Dec 31	Jan 1
				Happy New Year! Meal Site Closed
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Baked Chicken w/BBQ Sauce Oven Browned Potatoes Seasoned Green Beans Tapioca Pudding w/Topping	Saucy Pork Chop w/Gravy Scalloped Potatoes Seasoned Mixed Vegetables Cinnamon Baked Apple	Salmon Loaf Baked Potato Creamed Peas Pumpkin Bar w/Cream Cheese Frosting	Shepherd's Pie Tossed Salad w/Dressing Rosy Pears Assorted Cookie	Swiss Steak w/Gravy Buttered Noodles Baked Corn Casserole Peaches Marble Cake w/Icing
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Chicken Noodle Casserole Baked Winter Squash Fresh Apple Lemon Bars	Sloppy Joe on a Bun Hash Brown Potatoes Pea Salad Rice Pudding	Salisbury Steak w/Gravy Red Bliss Potatoes Seasoned (Hot) Beets Ranger Cookie	Hamburger Goulash Sweet & Sour Cole Slaw French Bread Tropical Fruit Peanut Butter Bar	Sliced Turkey Breast w/Gravy Mashed Potatoes Honey Glazed Carrots Butterfingers Dessert
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
Baked Ham Sweet Potatoes Cooked Spinach Butterscotch Pudding	Calico Bean Casserole Broccoli & Cauliflower Cherry Pie Dinner Roll	Baked Chicken O'Brien Potatoes Green Beans German Chocolate Cake w/Carmel Frosting Birthday-Linden	Beef Pasty w/Gravy Oriental Cabbage Salad Apple Crisp w/Topping Birthday - Rewey	Fish Square w/Tartar Sauce Macaroni & Cheese Tossed Lettuce Salad w/Dressing Fresh Orange Oatmeal Raisin Cookie
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Spaghetti Casserole w/Meat Sauce French Bread Mixed Vegetables Chunky Applesauce Cherry Bar w/Icing	Chunky Tomato Soup Tuna Salad Sandwich on White/Wheat Bread Mandarin Oranges Rice Krispie Treat	Turkey a-la King over Baking Powder Biscuit Broccoli Raisin Salad Chocolate Brownie w/Icing	Sliced Roast Pork w/Gravy Baked Potato w/Sour Cream Whole Kernel Corn Angel Food Cake w/Fruit Glaze	Meat Balls w/Gravy Mashed Potatoes Copper Penny Salad Filled Cream Puff

MILK SERVED WITH EACH MEAL

MENUS ARE SUBJECT TO CHANGE

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DODGEVILLE
HIDDEN VALLEY CHURCH
Lori
935-0388

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Baked Chicken Parsley Potatoes Diced Beets Wheat Roll Pumpkin Roll	Lasagna Lettuce Salad w/Dressing Garlic Sticks Peaches	Open Face Turkey Sandwich Mashed Potatoes Corn Assorted Cookies	Egg Skillet Casserole Sausage Patty Grape Juice Cinnamon Roll Fresh Fruit Cup	Beef Steak in Mushroom Sauce Mashed Potatoes Rutabagas Dinner Roll Banana Pudding
Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Roast Beef w/Gravy Mashed Potatoes Wax Beans Apple Rings Cranberry Bread Oh Henry Bars	Cornish Pasty Sliced Carrots Pickled Beets Wheat Roll Cherry Cheesecake	Brats w/Sauerkraut German Potato Salad Mixed Vegetables Bakery Buns Dutch Apple Pie	Swedish Meatballs Baked Potato w/Butter, Sour Cream Acorn Squash Dill Bread Chocolate Cake	Vegetable Beef Soup w/Crackers Chicken Salad on a Croissant 3 Bean Salad Cherries
Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
Pork Cubes over Rice Peas w/Pearl Onions Potato Roll Mandarin Oranges	Ham w/Brown Sugar Glaze Boiled Potatoes California Blend Vegetables Banana Muffin Pear Slices	Goulash Green Beans Mixed Fruit French Bread Pineapple Upside Down Cake	Chicken Stew Over Biscuit Asparagus Fruited Gelatin	Baked Cod w/Lemon, Tartar Sauce French Fries Baby Carrots Rye Rolls Lemon Pie
Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Chicken Nuggets Au Gratin Potatoes Peas & Carrots Wheat Bread Jelly Roll	Pork Cutlet in Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Peanut Butter Bar	Oriental Swiss Steak Boiled Potatoes Creamed Green Beans Wheat Bread Apple Bar	Pork Roast Stuffing (Dressing) Monte Carlo Vegetables Cucumber Salad Wheat Bread Peach Crisp/WhipTopping	Beef Patty on a Bun Lettuce/Onion Tator Tots Creamy Coleslaw Pineapple and Apricots

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**HIGHLAND
MEADOW VIEW APARTMENTS
Patsy
929-4066**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 4 Chicken Pot Pie w/Mixed Vegetables Baking Powder Biscuit Apricots Banana Bread	Jan 5 Meatloaf Mashed Potatoes w/Butter Stewed Tomatoes Coleslaw Vanilla Pudding w/Sliced Bananas	Jan 6 Hot Pork Sandwich Mashed Potatoes w/Gravy Green Beans Applesauce Cake	Jan 7 Beef Tips over Noodles Seven Layer Salad Peaches w/Cottage Cheese Coconut Cream Pie	Jan 8 Baked Cod Baked Potato w/Butter Coleslaw Dinner Roll Dessert Bar
Jan 11 Lasagna Tossed Salad w/Dressing Garlic Bread Peach Cobbler	Jan 12 Roast Beef Mashed Potatoes w/Gravy Glazed Carrots Bread Serving Fruited Gelatin Dessert	Jan 13 Chicken & Dressing Mashed Potatoes Squash Cranberry Relish Pumpkin Pie	Jan 14 Pasty Tossed Salad w/Dressing Pears Brownie	Jan 15 Chicken Noodle & Vegetable Soup Egg Salad Sandwich Mandarin Oranges Apple Pie
Jan 18 Country Beef Steak Scalloped Potatoes Corn Bread Serving Pineapple Upside Down Cake	Jan 19 Hot Pork Sandwich w/Gravy Mashed Potatoes Creamed Peas Rhubarb Pie	Jan 20 Enchilada Casserole Refried Beans Spanish Rice Tossed Salad w/Dressing Applesauce	Jan 21 Hamburger Steak in Gravy Mashed Potatoes Pickled Beets Rye Bread Raisin Pie	Jan 22 Cod on a Bun Baked Potato w/Butter, Sour Cream Coleslaw Banana Cream Pie
Jan 25 Hamburger on Bun Lettuce, Tomato, Onion Baked Beans Ambrosia Salad Custard Pie	Jan 26 Goulash Seven Layer Salad Fruit Cocktail Garlic Toast Brownie	Jan 27 Parmesan Chicken Breast Macaroni & Cheese Green Beans Chocolate Pudding	Jan 28 Hot Beef Sandwich Mashed Potatoes w/Gravy Glazed Carrots Cherry Torte	Jan 29 Chili w/Crackers Grilled Cheese Sandwich Tossed Salad w/Dressing Chocolate Cake

MILK SERVED WITH EACH MEAL

MENUS ARE SUBJECT TO CHANGE

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JANUARY 2009 CALENDER OF EVENTS

**HAPPY NEW YEAR – LET’S MAKE
THIS OUR BEST YEAR YET!**

ADRC MONTHLY BOARD MEETING

The January Monthly Board Meeting will be on January 18th @ 1:00 p.m. in the county Board Room @ the Courthouse in Dodgeville. The Public is Welcome. The Agenda’s and Meeting Minutes are on the County Website which is www.iowacounty.org.

FOOT CLINICS

Rita Stanton, RN, provides foot care at four clinics held monthly in Iowa Co. These clinics include a foot soak, trim, file nails and a foot massage. There is \$20.00 charge for this service. She will also take your blood pressure at no additional charge.

The January Schedule is:

Summit Apts. Barneveld

1/11/2010 11 a.m. – 1 p.m.
924-4342

Arena Manor

1/14/2010 8:30 a.m. – 11:30 a.m.
753-2395

Crestridge

1/15/2010 8:30 a.m. – 12:00
935-0211

Mineral Point Senior Center

1/28/2010 10 a.m. – 12:00
987-2696

AARP

Join us on Tuesday, January 19, 2010 @ 11:00 a.m. at Stonefield, in Dodgeville, for a Pot Luck Lunch. Bring along your favorite dish and your appetite. We would love to have you join us. Call Rosalie @ 935-5746 with any questions.

DRIVER ESCORT – would you like to become a Driver Escort? It can be fun and definitely rewarding. Call Marilee at 935-0371 and find out the details.

The Elderly Benefit Specialist Schedule for January

- If you would like one of the Elderly Benefit specialists to visit or speak to your community, meal site or senior club – please contact us. We can be reached at 935-0370 to make arrangements for a visit.

Thank you – Alvina & Nancy



Do you have a vehicle that you would like to sell or donate? There are folks that need vehicles to get to work. SWCAP helps set this up. Give Jeff a call at SWCAP @ 935-2326 ext. 220

HAVE ANY IDEAS FOR A NAME FOR OUR NEW MINI-VAN? We need to name our newest addition. Call us with your ideas – 935-0371 or tell Rose next time you ride with us.

JANUARY 2010 IMMUNIZATION CLINIC - @ The Iowa Co. Health Dept.
Please call 935-2810 for an appointment.

SHARE – is a nonprofit food buying club that offers good, nutritious products at a reduced cost. Call Rosalie Zwiefel @ 935-5746 for information. See page 4 of the News & Views for additional information.

COUNTY TAXI SERVICE – There is a County Taxi that operates in the City of Dodgeville. It will go out as far as Farm & Fleet, the hotels, and also to Bloomfield. Try it out – 553-0590 – it operates on Wednesdays and Fridays.

News from Deb Ehr Your Disability Specialist

One of the aspects of my job as a Disability Benefit Specialist is working with 18-59 year olds by assisting them with applications for benefits. The process of application, re-consideration and appeal can be time consuming and often overwhelming as it involves collection and organization of large amounts of personal, medical, financial and employment data.

As more and more people become accustomed to doing their business online, social security has responded to this trend by making frequently performed tasks available online. Among other things, the applications for Supplemental Security Income and Social Security Disability benefits can now be handled in this manner. I can assist in the process.

Consumers are the most important component of this process and can help me in several ways.

Here are some tasks that consumers can do prior to application appointments to make the process go more smoothly:

- ◆ Visit clinics and doctors to sign releases to the ADRC or Disability Benefit Specialist so that critical information is in hand at the appointment. Consumers may also collect pertinent information and bring it to their appointment.
- ◆ Reflect on one's personal daily activities and how a disability and/or financial hardship affects living on a day-to-day basis. Be sure to think specifically and write down examples if you are able.
- ◆ Go over personal financial and tax documents, including wage earning statements and bring documentation of earned and unearned income and assets to appointment.
- ◆ Take time to think about personal work

history and look up telephone numbers and addresses of past and current employers. Work history is a large component of the application and a written work history and resume are valuable information.

- ◆ Go to the SSA website at www.ssa.gov and familiarize yourself with options and requirements. This may assist you in understanding the process.
- ◆ If there is confusion about dates, locations, and contact information, ask a friend or family member to assist in helping recall and/or collect it.

The above are suggestions and meant to help save time for the consumer in the process of applying for benefits. These tasks will need to be completed at some point and doing them ahead of time is a positive way to be a proactive participant in the application for social security benefits.

I hope these monthly articles are helpful. If there are topics you would like to see featured here, please do not hesitate to let me know.

As always I look forward to working with you and your loved ones. If you know of anyone who may benefit from my services, please contact me at 608-935-0389.

There is no charge for Disability Benefit Specialist services.



Iowa County Commission on Aging
222 N. Iowa St. Ste. 110
Dodgeville, WI 53533-1557

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NEW YEAR'S RESOLUTIONS

**DO YOU MAKE NEW YEAR'S RESOLUTIONS EVERY YEAR?
ARE YOU ABLE TO KEEP THEM?
FOR HOW LONG?**

The Top 10 New Year's Resolutions: #1 *Spend more time with family & friends*, #2 *Fit in Fitness*, #3 *Tame the Bulge*, #4 *Quit Smoking*, #5 *Enjoy Life More*, #6 *Quit Drinking*, #7 *Get out of Debt*, #8 *Learn something new*, #9, *Help Others*, #10 *Get Organized*

How to Keep your New Year's Resolution

#1 Aim low. It goes without saying that most New Year's resolutions are easier announced (or written) than done, but if you set the bar too high, you're doomed from the start. Instead of a sweeping declaration like, "I will lost 30 pounds by April and finally fit into that dress", target a goal that's more attainable, like losing 10 to 15 lbs.

#2 Don't overload yourself. It's difficult enough to follow through on one ambitious New Year's resolution; why on earth would you saddle yourself with three or four? **#3** Tell everyone you know. One school of thought says that New Year's resolutions are best kept to oneself, but look at it this way: the more people to whom you announce your resolution (say, to get out of your dead end job by spring) the more people there'll be to prod you along if you fall behind. **#4** Reward yourself – following through on a New Year's resolution is rarely easy, so a little Pavlovian conditioning goes a long way. **#5** Wait until spring. Sometimes the best way to accomplish a New Year's resolution is to make it at a time of year of your choosing, rather than the one dictated by the calendar. May 1 is a good alternate date, since the change of season will neatly coincide with the change you're hoping to accomplish in yourself.