

November



AGING AND DISABILITY RESOURCE CENTER
OF SW WISCONSIN - IOWA COUNTY

NEWS & VIEWS

Volume 261 Issue 11
November 2009



Director Comments:

Judy Lindholm

Volunteers – the backbone of our organization

November is the month that families gather to give thanks for their many blessings. It is also the month that the Aging and Disability Resource Center, ADRC, in Iowa County gives thanks to the many people who volunteer their precious time to various projects and programs that are provided through our office. We have volunteers who sit on our ADRC Board. We have volunteers who arrange for folks to ride our bus. We have volunteers who help assemble our newsletter and last but not least, we have our wonderful volunteer drivers. I just want to take this opportunity to say thanks to all of you. If it weren't for our wonderful volunteers, our office would not be able to operate.

H1N1 Information from the Iowa County Health Department

The Flu, with symptoms of fever, sore throat, cough, body aches, runny and stuffy nose, headaches, chills and fatigue is being seen in Iowa County. Some of these have been diagnosed as H1N1 which is the virus being seen statewide right now. The Health Department, Medical clinics and providers, Upland Hills Health, schools, and long term care facilities are working together to help get information and eventually vaccine out to our community regarding the H1N1 flu. Since the vaccine is coming to us in small allocations, people will need to be patient with the distribution of it. Everyone who wants to get

the vaccine, should be able to receive it in the near future, but not all at the same time. It is especially important to remember that prevention is important. Stay home when sick until 24 hours after all symptoms, and especially until your fever is gone. This means students must stay home from school and extra curricular activities until they are healthy. Children will be sent back home from school if they are still sick. Other preventative measures include covering your cough and washing hands often.

The federal government and state have set up priority groups for receiving the H1N1 vaccine. These groups are: health care providers, pregnant women, parents and caregivers of children under 6 months of age and people ages 2-14 year of age, people ages 25-64 with health care concerns and finally the public. The Iowa County Health Department will start school-based clinics as it starts to receive an increased allocation of the H1N1 vaccine. Since the H1N1 virus has been affecting the school age population, it was decided to focus on this population. The health department is working with the schools to get clinics scheduled, consent forms set up and workers scheduled to help. It is important for parents to read all the information and sign the consent forms if they want their child vaccinated at school. Health care providers will be receiving the H1N1 vaccine soon and be able to provide the vaccine to their patients.

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 (November, 2009)

Dear Friends:

Before the holiday spirit whisks you away, we want to give you a check list of things to do so you can have peace of mind and can enjoy the season.

- Have you applied for energy assistance yet? If not, call 935-9311; even if you didn't qualify last year, there are new income guidelines and you may qualify now.
- Have you applied for Food Share? If not, call 935-9311; this will help stretch your food dollars.
- Have you heard of the Share Program where you can save food dollars by purchasing through a food buying club? If not, call 800-548-2124 to find out more.
- Is your home warm and toasty? If not, you may qualify for weatherization and that number is 935-2326.
- What about your prescription coverage? **NOW** is the time to take care of that for 2010. If you are covered by SeniorCare or you have employer coverage, you may not have to worry (although it never hurts to check). If you are in a Medicare Part D plan, then you do need to read your mail and check your coverage for the next year. We will be seeing people who need assistance by appointment only, so please call ahead. When you call to make that appointment, we'll send you a form with a list of things that you will need to get to us before your appointment, so that we can serve you more efficiently. We want to have all clients served before December 18 to cut down on your stress, our stress and errors.

Medicare Marketing Rules and How They Get Broken

The Center for Medicare and Medicaid Services (CMS) has rules for the marketing of Medicare insurance products and can sanction companies that violate them. The rules state explicitly that plans are responsible for the actions of agents/brokers selling their products. The Office of the Commissioner of Insurance can also punish licensed

insurance agents for violations of their regulations. Here are some of the rules:

Most unsolicited door-to-door sales and "cold-calling" is against the rules. Sales leads may legitimately be generated by advertising, plan websites, public sales events, and mailings; however, calling to confirm receipt of such mailings is prohibited.

Referrals of beneficiaries resulting in an unsolicited cold call are prohibited. In other words, if an agent says "Your friend/relative gave me your name," the agent is breaking the rules by making contact even if the agent is telling the truth. If an agent's client says, "You know, you really should talk to my brother-in-law," all the agent can do is give the client a business card and ask that it be passed along to the brother-in-law.

Agents cannot get permission from one resident of a building or housing development to call on other residents.

Agents must identify with the beneficiary, in advance, the lines of business to be discussed at a sales appointment. The scope of appointment must be documented by the plan with a written form signed by the beneficiary or a recorded phone conversation. Prescription Drug Plans (PDPs), Medicare Advantage plans, and Medigap policies are all separate lines of business.

Sales and marketing can take place only in the common areas of health care facilities. Marketing in a nursing home cafeteria or a hospital community or recreation room is allowed. Marketing in waiting rooms or exam rooms is not. Agents must make an appointment to do sales activities with residents of long-term care facilities.

CMS makes a distinction between educational and sales events. Educational events inform beneficiaries about Medicare Advantage and Prescription Drug Plans in general, without steering people toward a particular plan. Agents may not engage in marketing at educational events. Sales events, in which specific products are marketed, must be reported in advance to CMS by the plan and use approved materials.

In addition to violations of CMS-specific rules, the Coalition of Wisconsin Aging Groups (CWAG) has

heard reports of old-fashioned fraud and bullying: beneficiaries being tricked into enrolling in a plan by an agent who told them to "sign here for more information" or told that they "have to" sign up for an Advantage plan. Some agents have demanded that clients give them a reason for not signing up, as if the agent is somehow entitled to one. Such behavior should be reported to the Office of the Commissioner of Insurance at (608) 266-3585 (Madison) or (800) 236-8517. *Board on Aging & Long Term Care press release, Medigap Helpline, August 2009.*

Medicare Coverage of H1N1 Flu Virus Vaccine

Medicare covers the seasonal influenza vaccination for Medicare beneficiaries. Typically these vaccinations occur in the fall or the winter. Medicare will also cover additional flu vaccines if additional doses are needed or if there is an additional type of flu for which a vaccination is available. This year, beneficiaries choosing to be vaccinated against the flu will probably receive at least two vaccinations because the vaccination for the H1N1 virus (the so called "swine flu") is separate from the seasonal vaccination. Medicare will cover both vaccinations in the same manner as flu vaccinations are normally covered.

The Part B coinsurance and deductible do not apply to flu vaccine and its administration. Beneficiaries should consult their physicians to determine what vaccinations are needed in anticipation of the upcoming flu season. *(The Specialist, CWAG, September 2009)*

Fall Mailings from Social Security and Medicare

Some of you may be getting notices from Social Security or Medicare or both about your enrollment in Medicare Part D or your receipt of extra help with your Medicare Part D prescription drug costs through the low-income subsidy program. These mailings begin in the fall in anticipation of the new Medicare Part D plan year which begins January 1, 2010. Enrollment for the new year begins November 15, 2009 and ends December 31, 2009.

In September 2009, Medicare and Social Security mailed notices on gray paper to people who will no

longer automatically qualify for extra help with Medicare Part D prescription drugs through the low-income subsidy program. This notice explained why the assistance was no longer automatic. An application for the low-income subsidy was included with this notice and Medicare beneficiaries who received this gray notice should complete the enclosed application and return it to Social Security to determine if they are still eligible for extra help with their Medicare Part D prescription drugs. Beneficiaries who received this notice and who do not reapply for extra help will not receive assistance with their prescription drug costs in January of 2010.

In October 2009, Medicare mailed notices on orange paper to Medicare beneficiaries who will continue to receive extra help through the low-income subsidy but who will have a change in their level of co-payment for Medicare Part D prescription drugs.

In November 2009, Medicare will mail notices on blue paper to Medicare beneficiaries who receive extra help through the low-income subsidy and who were assigned to their current low-cost plan by Medicare. This notice will notify them that they will be reassigned to a different low-cost plan for 2010. Beneficiaries who receive these notices can do nothing and receive coverage through the low-cost plan Medicare picked for them for 2010 or they can do their own plan search on Medicare.gov and select their own low-cost plan for 2010.

In November 2009, Medicare will mail notices on tan paper to Medicare beneficiaries who receive extra help through the low-income subsidy and who selected their own plan in 2009. This notice will notify them that if they keep their current low-cost plan for 2010, they will have to pay a portion of the premium in 2010. Beneficiaries who receive the tan notices can do nothing and stay in that plan for 2010 but they will be responsible for paying a portion of the premium. Beneficiaries can also do their own plan search on Medicare.gov and select a low-cost plan to fit their needs for 2010 that will not require them to pay a portion of the premium.

If you receive a notice and have questions, you can call 1-800-Medicare, your local Social Security office, or your Elderly Benefit Specialist. *(The Specialist, CWAG, September 2009)*

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 - Muffy Swingen

November, 2009

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.



Cooking for One or Two

Adapted from Nutrition for the Young at Heart



Facts:

- Planning meals in advance helps save time and money and reduces waste.
- Most people eat with their eyes. Food that looks good helps the appetite.
- Favorite recipes can still be enjoyed. Reducing the amount a recipe makes is often as easy as dividing by 2. For some recipes, freezing individual servings to enjoy at another time is a sensible option.
- Variety in taste, smell, and color are important because they make meals appealing.
- Keep leftovers covered in the refrigerator. If you plan to freeze an item, be sure to date it.



Using leftovers:

- Always date and store leftovers properly. A general guide is to keep refrigerated leftovers for no longer than 3-5 days; frozen leftovers should be kept no longer than three months. Remember, when in doubt, throw it out.
- Vegetables: add leftover cooked vegetables to omelets, casseroles and soups.
- Fruits: add canned or fresh fruit to salads or use as a topping for roasted chicken or turkey.
- Bread: make crumbs from bread and use as a casserole topping. Add cooked pasta to casseroles or soups.

Cooking:

- If using a recipe, decide if you can reduce the amount it makes or freeze several portions for use at another meal.
- Prepare foods in smaller pans or baking dishes.
- Read cookbooks for recipes designed to serve a few people.
- Cooking time may need to be shortened for recipes that have been reduced. Check for doneness before serving.

November Schedules

Julie's November Schedule

11/17/09 – Homesite Village 12:00 Noon
11/19/09 – DodgeVilla 12:00 Noon
11/24/09 – Ridgeview Apts 2:00 PM

Donna's November Schedule

11/6/09 – Highland Meal Site 12:00 Noon
11/10/09 – Blanchardville Meal Site 11:45 AM
11/11/09 – Rewey Meal Site 12:00 Noon



SENIOR COMMUNIQUE

Educational Information on Aging from University of Wisconsin-Extension Iowa County

Ruth Schriefer, Family Living Agent

Iowa County Extension Office

222 North Iowa Street

Dodgeville WI 53533

Phone (608) 935-0391

Muffy Swingen, Editor

November, 2009



Moving from the Family Home?

By Christine Price, Ph.D., Ohio State University Extension Gerontology Specialist



Leaving a family home can be a bittersweet event that involves revisiting many memories. During the process of downsizing we may be surprised at how attached we have become to our possessions and how difficult it might seem to part with them. It is important to remember, however, that it is the relationships in our lives that give us the most pleasure. A life filled with possessions is no competition to a life filled with family, friends, and meaningful connections.

What to Do With All The Stuff

- **Have the kids remove their “stuff”:** Tell your adult children it is time to collect their childhood belongings and store their own mementos. Give them a deadline that works with your schedule and warn them that anything leftover will be donated to charity. You may be surprised at how much they decide they really don't want anymore!
- **Keep the items that you treasure the most:** Make a list of items you refuse to part with and keep that list in sight as you sort through other possessions. You may need to amend this list as you come across new things but it will remind you that everything is not of equal value.
- **Consider bequeathing items now:** Identify those items you want certain family members to have. You may get more pleasure out of seeing your granddaughter enjoy your china at the next family event than knowing she will have it after you are gone.
- **Get rid of things you no longer need:** Be realistic about what items you use regularly and what items you are just used to having around. The electric carving knife you use

at Thanksgiving may not be as necessary as the toaster oven you use every morning.

- **Consider having a garage sale or home auction:** Having enough items that are likely to net a profit (furniture, antiques, and electronics) may make the effort of having a garage sale worthwhile. Or if your possessions are potentially of substantial value, consider holding a home auction.
- **Donate to charity:** For those items you cannot give away as gifts or sell for profit, make a tax deductible donation to charity. Often traditional charity organizations will pick-up donated items.

Dividing Things Peacefully

- **Agree on a system:** In order to avoid disagreements among adult children and other family members, create a clear system for identifying who gets what. One idea is to assign each family member a colored sticker and identify items accordingly. An alternative is to have family members take turns choosing items they would like to have. In both cases it is good to clearly outline what items are available for the taking.
- **Be sure everyone gets something special:** Even though disagreements may still occur, agreeable solutions may be achieved more readily if everyone feels they received something meaningful to them.
- **Encourage negotiation:** If disagreements happen despite your efforts, encourage family members to negotiate amongst themselves. Someone may be willing to trade an item with financial worth for something with more sentimental value. If these exchanges occur, be sure not to take offense.

S.U.N. SENIOR DINING

Greetings from SUN. Are you all aware of the LIFT Program? Karen Hardy of SWCAP and the LIFT Program will be coming to several dining sites in November to explain what this is all about: it has to do with helping with transportation. All talks will begin around 12:30 and last about 15 minutes. Be sure to reserve lunch the day before. Here is her schedule for Iowa County: (she will visit Avoca and Highland in December)

November 2 – Dodgeville November 6 -- Arena
 November 13 – Rewey November 16 – Mineral Point
 November 20 – Linden

Our Senior Strength & Tai Chi class at Darlington is going great. We have 24 people signed up! This series goes through November 19. There won't be another class until after the holidays. If you are interested in another series at that time, contact the Darlington site at 776-4969 or the SUN office at 935-0388. Also if there is another site that is interested in a class, contact the SUN office. The instructor, Joan Pape is certified to teach seniors, and will let you go at your own pace. Several are staying for lunch afterward in Darlington, which makes the conversation more lively and new friends are made. We appreciate the people from Shullsburg who are coming too. We will keep you posted when the next series of classes begins; it will depend on the number interested and Joan's schedule.

Is there something you would like to see on the menu? Just let me know. At our cooking sites, we can be more flexible as I write those menus. Where we have caterers, I can always suggest something; they are usually open to comments and requests, within their limitations of labor and space. As you can see, we usually stick to a traditional type of menu, with the occasional "outside the box" item, but as time goes on, we will need to be more open to a variety of choices. Food is very personal, and we all have preferences; we try our best to accommodate most preferences over the course of a month, including seasonal changes and nutritional requirements. One new item, taco salad, has become quite popular; but we do offer a choice as some don't like it; same with liver & onions. And it sure varies from community to community, even those only a few miles apart. It makes life interesting!

Don't forget—gift certificates are always available. The holidays are coming soon—when your children or relatives ask what you want, just mention the SUN meals and have them call our office at 935-0388. Would you like to make a donation before the end of the year for tax purposes? SUN is a non-profit organization; donations are a tremendous help.

Just a reminder: we will be closed on Thanksgiving Day and the day after. As always, if you need extra meals to get you through the holiday, notify the dining site manager. Also, we will again be offering emergency meals in November for all who would like them, for inclement weather when the site is closed. The usual donation is requested. These are all non-perishable foods.

Have a wonderful Thanksgiving; even in this time of economic stress, we all have things to be thankful for. They are usually the simple things that don't cost much: family, music, good comfort food, a loyal pet, or just a warm and comfortable place to read a book. As I heard recently at a women's health day at Upland Hills Health in Dodgeville, gratefulness actually has a positive physical effect on the body. Resentfulness, as well as a highly stressful life, causes us to produce more cortisol, a stress hormone that makes us want to eat more, even when we aren't hungry. Does this describe some of our lives? I am going to try to choose gratefulness more often. Until next month, **Cecile DONATIONS: Seniors of Belmont, \$400 (from a fundraiser), Village of Argyle, Food Pantry of Highland (potatoes for all cooking sites), John Palan, picked up the potatoes and delivered them, Marilyn Seibel (office volunteer), Lori Hanson (volunteer for food orders), all home delivery drivers who donate their time.**

SITE ACTIVITIES FOR OCTOBER

ARENA	Nov. 5	Bingo
	Daily	Euchre 1:00 PM
AVOCA	Nov. 19	Birthday Party
DODGEVILLE	Every Thursday	Craft & Project Day 10:30
	Nov. 17	Birthday Party
HIGHLAND	Nov. 2	Cards
	Nov. 18	Birthday Party
LINDEN	Nov. 18	B'Day Party with bingo
MINERAL PT	Every Wed	Coffee get together/Skipbo 10:30 AM
	Wed. Check date	Sharing Life's Experiences (after lunch)
	Nov. 9	Farkle/Speaker
	Nov. 16	Euchre
	Nov. 18	Blood Pressure Check, Bingo
	Nov. 25	Birthday Party
	Nov. 27	Foot Clinic, Blood Pressure Check
REWEY	Nov. 18	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	BARNEVELD BUZZ INN Cheryl 924-1141	MINERAL PT SENIOR CENTER Bette 987-2696
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Pepper Steak w/Peppers & Onions Buttered Rice Mixed Vegetables Pistachio Dessert w/Pineapple & Yogurt	Saucy Pork Chop Cowboy Potatoes Fruit Cocktail Corn Muffin Brownie	Ham & Scalloped Potatoes Seasoned Spinach Rye Bread Banana Pudding w/Sliced Bananas	Spaghetti & Meat Sauce Broccoli & Cauliflower Pineapple Tidbits Cranberry Mousse	Salisbury Steak w/Gravy Baked Potato w/Sour Cream Creamed Corn Wheat Roll Apricot Crisp
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Minestrone Soup Egg Salad Sandwich on Wheat Bread Cottage Cheese w/Fruit Pumpkin Bread	Roast Beef w/Gravy Mashed Potatoes Stewed Tomatoes Wheat Roll Rice Krispie & Peanut Butter Bar	VETERAN'S DAY Hamburger on Bun w/Onion, Pickles Baked Pork N Beans 7 Layer Salad Fresh Fruit	Baked Chicken Au gratin Potatoes Sliced Carrots 3 Bean Salad Lemon Poppyseed Muffin	Baked Fish (unbreaded) w/Lemon Parsley Red Potatoes Coleslaw Wheat Roll Caramel Apple Walnut Pie
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Italian Casserole w/Sausage, Pasta & Vegetables Tropical Fruit Assorted Cookies	Taco Salad w/Cheese, Olives, Sour Cream, Salsa, Tortilla Chips OR Cook's Choice w/Lettuce Salad Blushing Pears Chocolate Cake	Salmon Loaf Baked Potato Creamed Peas Rye Bread Lemon Gelatin w/Fruit	HOLIDAY MEAL Sliced Turkey w/Gravy Mashed Potatoes Baked Squash Stuffing Pumpkin Pie w/Topping Birthday - Avoca	Meatloaf Tater Tots Pickled Beets Wheat Roll Carrot Cake w/Cream Cheese Icing
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Beef Stroganoff w/Noodles Green Beans Fruit Cocktail Chocolate Pudding	BBQ Chicken Breast Sweet Potatoes Broccoli Spears Cheesy Biscuit Cook's Choice Dessert	Cabbage Rolls Sliced Carrots Ambrosia Salad Wheat Roll Holiday Cookie Birthday – Mineral Pt.	THANKSGIVING NO MEALS	SUN CLOSED NO MEALS

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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Saucy Pork Chop Cowboy Potatoes Pistachio Salad Blonde Brownie	Pepper Steak w/Rice Mixed Vegetables Pears Cherry Crisp w/Topping	Ham Loaf Duchess Potatoes Seasoned Spinach Vanilla Pudding w/Wafer Cookies	Turkey Tetrizzini Winter Blend Vegetables Peaches Raspberry Mousse	Salisbury Steak w/Gravy Baked Potato w/Sour Cream Creamed Corn Butterfinger Dessert
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Sliced Roast Beef w/Gravy Mashed Potatoes Stewed Tomatoes Chocolate Chip Cookie	Bean Soup w/Ham Chicken Salad Sandwich 7 Layer Salad Rice Krispie Treat	VETERAN'S DAY NO MEALS	Calico Bean Casserole Creamy Coleslaw Dinner Roll Lemon Pie	Chicken Filet w/Mushroom Sauce Au gratin Potatoes Seasoned Mixed Vegetables Cherry Chip Cake w/Icing
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Beef Pasty w/Gravy or Chili Sauce Aunt Carol's Salad Chocolate Cake w/Icing	Chicken Divine Casserole Fresh Carrots Cheesy Baking Powder Biscuit Oatmeal Raisin Cookie	Meatloaf Hashbrown Potatoes Harvard Beets Bread Serving Angel Food Cake w/Fruit Glaze Birthday – Linden, Rewey	Salmon Loaf Baked Potato w/Sour Cream Creamed Peas Bread Serving Peach Cobbler w/Topping	<u>HOLIDAY MEAL</u> Sliced Roast Turkey w/Gravy Mashed Potatoes Baked Winter Squash Sage Dressing Pumpkin Pie w/Topping
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Beef Stroganoff over Egg Noodles Seasoned Green Beans Blushing Pears Cranberry Nut Muffin	Hamburger Goulash Copper Penny Salad Chunky Applesauce Scotcheroo Bar	Baked Ham w/Cabbage Seasoned Sweet Potatoes Rice Pudding w/Raisins & Topping	THANKSGIVING HOLIDAY NO MEALS	Hamburger on Bun w/Onions, Mushrooms, Catsup Potato Salad Tropical Fruit Oatmeal Fudge Bar

MILK SERVED WITH EACH MEAL

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Senior Dining

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HIGHLAND
MEADOWVIEW APARTMENTS
Patsy
929-4066

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Pasty w/Potatoes & Onions Cottage Cheese w/Peaches Cherry Torte	Baked Ham & Scalloped Potatoes Baked Beans Rye Bread Pineapple Chunks	Tomato Bacon & Rice Soup Chicken Breast on Bun w/Lettuce, Mayo 3 Bean Salad Apple Pie	Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Wheat Bread Poppyseed Cake	Baked Fish Baked Potato Coleslaw Dinner Roll Glorified Rice
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Spaghetti w/Meat Sauce Broccoli 7 Layer Salad Garlic Toast Cream Puff	Beef Stew over Biscuit Tropical Fruit Custard Pie	Turkey & Dressing Mashed Potatoes w/Gravy Squash Cranberries Raisin Pie	Hot Pork Sandwich w/Gravy Mashed Potatoes Green Beans Gelatin w/Fruit	Salmon Patty Baked Potato Coleslaw Wheat Bread Lemon Pie
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Meatloaf Sweet Potatoes Pickled Beets Cornbread Peach Cobbler	Country Steak w/White Gravy Mashed Potatoes Seasoned Spinach Wheat Bread Banana Cream Pie	Chicken Pot Pie w/Vegetables over Biscuit Tossed Green Salad Rice Krispie Peanut Butter Bar	Hot Beef Sandwich w/Gravy Mashed Potatoes Carrots Coconut Crème Pie	Liver & Onions OR Cook's Choice Hashbrowns Creamed Peas Dinner Roll Caramel Apple Cake
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Lasagna Mixed Vegetables 7 Layer Salad Garlic Toast Brownie	Bean & Ham Soup Pulled Pork Sandwich On Bun Green Beans Baked Apple w/Cinnamon	Taco Salad w/Cheese, Olives, Sour Cream, Salsa, Tortilla Chips Fruit Cocktail Chocolate Cake w/Icing	THANKSGIVING HOLIDAY NO MEALS	SUN CLOSED FOR LUNCH BREAKFAST AVAILABLE

MILK SERVED WITH EACH MEAL

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Senior Dining

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**DODGEVILLE
HIDDEN VALLEY CHURCH
Jenny
935-0388**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Roast Beef w/Gravy Mashed Potatoes Corn Dinner Roll O Henry Bar	Roast Pork Sweet Potatoes Asparagus Cranberry Bread Pumpkin Bar	Bratwurst on a Bun w/Sauerkraut German Potato Salad Mixed Vegetables Almond/Cherry Cheesecake Bar	Liver & Onions OR Swedish Meatballs Baked Potato Green Bean Casserole Wheat Roll Cookies	Clam Chowder OR Chili Egg Salad on a Croissant Lettuce Salad Orange Gelatin w/Bananas
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Scalloped Potatoes w/Ham Diced Beets Pineapple Rings Potato Roll Dutch Apple Pie	French Onion Beef Tips over Noodles Baby Carrots Wheat Bread Strawberries w/Whip Topping	<u>VETERAN'S DAY</u> Salisbury Steak Boiled Potatoes Cauliflower w/Cheese Sauce Wheat Roll Chocolate Pudding	Pork Chop in Mushroom Gravy Mashed Potatoes Buttered Brussel Sprouts Rye Roll Jelly Roll	Hamburger on a Bun w/Onions, Tomato Cheesy Hashbrowns Baked Beans Taffy Apple Dessert
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Oven Fried Chicken Parsley Potatoes Creamed Corn Wheat Bread Raisin Pie	Lasagna Tossed Salad Apricots French Bread Cherry Pretzel Dessert Birthday - Dodgeville	Open Face Turkey Sandwich w/Gravy Mashed Potatoes Lima Beans Macadamia Nut Cookie	Pork Cutlet in Gravy Mashed Potatoes Creamed Peas Fruit Bread Whipped Gelatin	Baked Cod Baked Potato w/Butter, Sour Cream Yellow Beans Wheat Roll Gingerbread w/Whip Topping
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Corned Beef & Cabbage Dilled Carrots Banana Muffin Bread Pudding	Cornish Pasty Creamy Coleslaw Relishes w/Dip Wheat Bread Peach Crisp	Chicken Stew over Biscuits Acorn Squash Marshmallow Fruit Salad Spice Cake	THANKSGIVING HOLIDAY NO MEALS	SUN CLOSED NO MEALS

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!

NOVEMBER IS "NATIONAL DIABETES" MONTH

By Shannon Wilson & Jean Zawacki,
Information & Assistance Specialists

Diabetes is very widespread, and chances are you or someone you know is affected by diabetes. November is National Diabetes Month, and we would like to share some information regarding diabetes: how prevalent the disease is, its toll on health, its monetary costs, and some of the signs and symptoms of diabetes.

Prevalence

- Nearly 24 million people have type 1 or type 2 diabetes.
- Another 57 million people have pre-diabetes and are at risk for developing type 2 diabetes.
- One out of every 3 children will face a future with diabetes if current trends continue.

The Toll on Health

- The death rate from diabetes continues to climb. Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to cancer, heart disease, and stroke have declined.
- About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction, and other nerve problems.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of new cases of blindness among adults.
- Diabetes is the leading cause of kidney failure.



Cost of Diabetes

- The total national cost of diagnosed diabetes in the United States is \$174 billion.
- Direct medical costs reach \$116 billion, and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount to \$58 billion (disability, work loss, premature mortality).
- The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs.

Symptoms

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue/irritability

Type 2 Diabetes*

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

**Often people with type 2 diabetes have no symptoms*

If you have one or more of these diabetes symptoms, see your doctor right away.

Quote for November:

*"Most folks are about as happy as they make up their minds to be."
~ Abraham Lincoln (1809-1865)*

Caregivers' Day Out November 5

Being a caregiver is one of the most rewarding yet challenging jobs you may ever be asked to do. It is easy to forget how important it is to take care of yourself. Therefore, to honor you as a caregiver, we are asking all family caregivers to come join us in a 'Caregivers' Day Out.' You are invited to join us in a day filled with laughter, entertainment, and a great meal. Come join us at the Super 8 Hotel in the Bridges Banquet Center, located at 201 Christensen Drive Darlington, WI. Thursday, November 5, 9:30 am – 3:30 pm. Call the office at 935-0371 and ask for Marilee to *pre-register by Monday, October 26.*

Volunteer Recognition Day

On November 6, we are honoring our volunteers with a luncheon. We want to thank each of you for the many hours of service you provide to the ADRC. It is your dedication and willingness to volunteer for our programs, which make them as successful as they are. **THANK YOU!**

Veteran's Day – November 11th

November 11, is observed every year in the United States to honor all our living veterans, who served in time of peace as well as in war.

This annually holiday was originally called Armistice Day, as it commemorated the end of World War I, on November 11, 1918. *Did you know?* The fighting stopped at the end of World War I at 11 am, the 11th hour of the 11th day of the 11th month.

In 1919, on the first anniversary of World War I, President Woodrow Wilson, sent out a proclamation expressing pride in the heroism of all those who died during the war.

In 1938, Congress declared November 11, a federal holiday. In 1954, Armistice Day was renamed Veterans Day to honor all of our veterans. In 1968, Congress changed the date to observe Veterans Day to the fourth Monday in October, to give Americans a three-day weekend.

However, in 1978, because of the significance of November 11 to so many people, the traditional date was restored.

We want to say thank you to all of our veterans for keeping our country safe.

Low Vision Support Group

Our group will be meeting at Carol and Gene Gilbertson home on November 18 at 12 noon. Bring your favorite 'finger food' to share, as we learn more about the *mono-mouse reader*. Please call Marilee at 935-0371 for the details.



The Caregiver's Corner – by Marilee

Holidays

With Thanksgiving and Christmas less than one month apart, you may think you are too busy as a caregiver to enjoy them. Even though your days are filled with responsibilities' and decisions' concerning your loved ones cares, you still need to take time to enjoy the holidays with your family and friends. Therefore, you may need to begin to think outside the box when it comes to your holiday plans.

- Instead of preparing a large family meal at home, you might enjoy going to a restaurant.
- Let others know the best gift they can give the two of you is setting aside time to spend with your loved one or if your loved one is still able to enjoy outings, suggest they take him/her on one.
- Host a small pre and post holiday get together with family to decorate and undecorated your home. This will enable your loved one and you to enjoy the Christmas celebrations with your family by starting a new family tradition.
- However, most of all take care of you. Learn to laugh. Remember you are not alone, reach out, keep reaching out until you get the help, and support you and your loved one both need.

News from Deb Ehr Your Disability Specialist

This month I would like to answer some questions some of you have asked and give you some information you may not know. As always, please call me if you have any questions. My services are available to Iowa County resident's ages 18 through 59 years with physical disabilities, developmental disabilities, mental illness and substance abuse disorders.

1. Can I work if I am receiving disability payments?

The Congress recently passed, and President Obama signed into law the *WIPA and PABSS Reauthorization Act of 2009*. The bill extends funding for the *Work Incentives Planning and Assistance (WIPA)* and the *Protection and Advocacy for Beneficiaries of Social Security (PABSS)* programs through fiscal year 2010.

Right now, there are 103 WIPA programs across the nation working with Social Security disability beneficiaries on job placement, benefits planning, and career development. With this support, beneficiaries are better equipped to make informed choices about work.

The PABSS program provides advocacy services to help beneficiaries navigate through the web of Employment Networks, Social Security rules, legal issues, and employment issues.

2. Can I get help paying for Medicare prescription drugs?

For people who have limited income and resources, Social Security offers *Extra Help* with their Medicare prescription drug plan costs.

Beginning January 1, 2010, the *Medicare Improvements for Patients and Providers Act* will make it easier for some people to qualify for *Extra Help* with their Medicare prescription drug plan costs. Under the new law:

- Social Security will no longer count as a resource any life insurance policy; and
- Any help received regularly from someone else to pay for household expenses — food, mortgage, rent, heating fuel or gas, electricity,

water, and property taxes will no longer count as income.

3. What is Supplemental Security Income (SSI)?

Supplemental Security Income (SSI) is a needs-based Federal income supplement program run by Social Security. General tax revenues, not Social Security taxes, fund SSI. It is designed to help aged, blind and disabled people who have little or no income. SSI provides income to help meet a person's basic needs for food, clothing and shelter.

4. How long can I receive disability payments?

Generally, your disability benefits will continue as long as your medical condition has not improved and you cannot work. Benefits will not necessarily continue indefinitely. Because of advances in medical science and rehabilitation techniques, many people with disabilities recover from serious accidents and illnesses.

Your case will be reviewed at regular intervals to make sure you are still disabled. You are responsible for telling Social Security if your medical condition improves, if there is any change in your ability to work or if you return to work.

5. What if I move while I am receiving benefits?

When you plan to move, tell Social Security your new address and phone number as soon as you know them. Also, please let them know the names of any family members who are getting benefits and are moving with you. Even if you receive your benefits by direct deposit, they must have your correct address so they can send letters and other important information to you. Your benefits will be stopped if they are unable to contact you.

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.





CARE-A-VAN SCHEDULE FOR NOVEMBER

Call 935-0371 one day in advance for reservations



D1 WEEK		
MONDAY	11/02	Cobb, Linden, Mineral Point, Dodgeville, Barneveld/Ridgeway TO: DUBUQUE
TUESDAY	11/03	Ridgeway, Barneveld, Hollandale, Mineral Point, Dodgeville TO: DODGEVILLE
WEDNESDAY	11/04	Dodgeville, Mineral Pt., Linden, Rewey, TO: PLATTEVILLE
THURSDAY	11/05	Edmund, Cobb, Linden, Rewey, Mineral Pt., Dodgeville TO: DARLINGTON (Caregiver Day)
FRIDAY	11/06	NO BUS – VOLUNTEER LUNCHEON - BLOOMFIELD
A2 WEEK		
MONDAY	11/09	Dodgeville, Edmund, Cobb, Highland, Avoca, Arena TO: MADISON
TUESDAY	11/10	Ridgeway, Barneveld, Hollandale, Mineral Point, Dodgeville TO: DODGEVILLE
WEDNESDAY	11/11	Dodgeville, Edmund, Cobb, Highland, Avoca, Arena, TO: RICHLAND CENTER
THURSDAY	11/12	Dodgeville, Edmund, Cobb, Linden, Rewey, Mineral Pt., TO: MINERAL POINT
FRIDAY	11/13	SENIOR TRIP – DUBUQUE – CASINO DAY
B2 WEEK		
MONDAY	11/16	Dodgeville, Linden, Cobb, Highland, Avoca, Arena TO: MONROE
TUESDAY	11/17	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville TO: DODGEVILLE
WEDNESDAY	11/18	Dodgeville, Mineral Point, Linden, Rewey TO: PLATTEVILLE
THURSDAY	11/19	Dodgeville, Edmund, Cobb, Linden, Rewey Mineral Pt. TO : MINERAL POINT
FRIDAY	11/20	SENIOR TRIP – THRIFT SHOPPING – BENTON/SCHULSBURG
C2 WEEK		
MONDAY	11/23	Dodgeville, Cobb, Linden, Mineral Point, Arena TO: MADISON
TUESDAY	11/24	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville TO: DODGEVILLE
WEDNESDAY	11/25	Dodgeville, Cobb, Highland, Arena, Avoca, Muscoda TO: RICHLAND CENTER
THURSDAY	11/26	HOLIDAY NO BUS RUN – HAPPY THANKSGIVING
FRIDAY	11/27	HOLIDAY NO BUS RUN
D2 WEEK		
MONDAY	11/30	Cobb, Linden, Dodgeville, Mineral Point, Ridgeway, Barneveld TO: PRAIRIE DU CHIEN
TUESDAY	11/31	Ridgeway, Barneveld, Hollandale, Mineral Point, Dodgeville TO: DODGEVILLE
WEDNESDAY	12/1	Dodgeville, Mineral Pt, Linden, Rewey TO: PLATTEVILLE
THURSDAY	12/02	Edmund, Cobb, Linden, Rewey, Mineral Pt., Dodgeville TO: DODGEVILLE
FRIDAY	12/03	SENIOR TRIP DAY – DUBUQUE – CASINO/LUNCH/CHRISTMAS LIGHTS

What's Happening this Month?

November - 2009

AARP – Join us on Tuesday, Nov.17th @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! Any questions, call Rosalie @ 935-5746

S.H.A.R.E. – is a nonprofit food buying club that offers good, nutritious products at a reduced cost through a volunteer-run, community-based distribution system. The order Deadline is Nov 10th and Order pickup is Nov 21st (at Kinder Castle) from 7:00 – 8:00 a.m. For more information, call Rosalie Zwiefel @ 935-5746. Order forms are available at the Dodgeville Post Office. You can shop online @ www.sharewi.org.

ADRC MONTHLY BOARD MEETING

The November Monthly Meeting will be on Friday, November 6, 2009 @ 10:00 a.m. @ Bloomfield in Dodgeville
The Public is Welcome.

November 2009 Immunization Clinics

(Both Dates at the Iowa Co. Health Dept.)

Nov 12 9:00 – 11 & 3:30 – 5:30 p.m.

Nov 24 9:00 – 11 & 3:30 – 5:30 p.m.

Please call 935-2810 for an appointment and Bring immunization record. Children must be Accompanied by a parent or legal guardian, or have a note from parent and be accompanied by a person over eighteen years of age.

Caregivers' Day Out

Join other Caregivers for a day of laughter, entertainment, a great meal and time with others who do what you do – take care of the needs of another. November 5, 9:30a.m. – 3:30p.m. at the Super 8 Hotel in the Bridges Banquet Center, located at 201 Christensen Drive, Darlington, WI Call Marilee for information – 935-0371. We have a bus leaving from the Courthouse.

BENEFIT SPECIALISTS SCHEDULE FOR THE MONTH OF NOVEMBER

Alvina

11/9 Barneveld 11:30 – 2

11/11 Rewey 11:30 – 1:30

11/17 AARP 11:00 – 1:30

11/18 Hollandale 11:30 – 2:30

11/19 M.P. Senior 11:30 – 1:00

Please call for appointments – our Elderly Benefit Specialists are always working with folks and might not be able to see you if you just stop in. Thank you!

Hands-on Medicare Part D Workshop Dodgeville Public Library Tuesday, November 10, 2009 9:00 a.m.

This is a hands-on workshop intended for those folks who are interested in learning to use the Planfinder on the Medicare website to help select a prescription drug plan for 2010 for themselves or for others. We also welcome anyone who would like to learn and then volunteer to help others use this helpful tool. Please contact Nancy Howard, Iowa County Benefit Specialist Office, at the Iowa County, ADRC, 608-935-0370, for more information and to sign up for this workshop. Seating is limited.

FOOT CLINIC



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 a \$20.00 charge for this service. She will also take your blood pressure at no additional charge. The November schedule is:

Nov 13 Arena Manor 9 – 11:30

Summit Apts 1 – 2:30

Nov 20 Crestridge 8:30 – 11

Mineral Point 11:30 – 1:30

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

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Dodgeville WI 53533

ADDRESS SERVICE REQUESTED



Make your reservations for Bell Tower Theater 2010 Season

We have the Play Schedule for 2010 for Bell Tower Theater in Dubuque, IA.

CALL 935-0325 FOR RESERVATIONS

'Til Beth Do Us Part' on Friday, February 12, 2010 @ 8:00 p.m.

In this side-splitting comic romp, a women's personal assistant tries to take over her entire life. Her husband and friends step in to try and save her, with hilarious results.

'Mid-Life! The Crisis Musical on Friday, April 16, 2010 @ 8:00 p.m.

This wacky musical takes a comic look at the "age old" conditions and situations faced in midlife. From reading glasses and mammograms to weekend warriors and proctology exams – nothing is sacred.

'I Take This Man' on Friday, June 4, 2010 @ 8:00 p.m.

When Gideon Hollis spots an unconscious man lying in the street at the end of the Boston Marathon, she reasons that since nice guys finish last, this must be Mr. Right, and she has a helpful policeman carry him to her apartment. Complications escalate at a furious pace in this outrageously funny comedy.

'Church Basement Ladies' on Friday, August 6, 2010 @ 8:00 p.m.

This hilarious musical comedy is a celebration of church basement kitchens everywhere and the wonderful, unsung women who keep the good food coming. This charming show will bring back memories of people you know from churches everywhere.

'Peace, Love & Mother-in-Law on Friday, October 8, 2010 @ 8:00 p.m.

When a newlywed couple invites the family over for their first Thanksgiving, it should be a joyous occasion. And it will be, if the newly married wife can get her husband and her mom to promise not to kill each other!

This year, we will be doing things a little differently. In order to reserve a space on the bus, the ticket must be prepaid. The cost this year is \$9.00 per ticket (still a really good deal) and we have great seats. The bus ride is \$5.00. In order to attend these plays the tickets must be purchased in advance. If you have to cancel, only if we can find a replacement, will you receive a refund, otherwise we cannot issue a refund. It is first come first serve and we only have 15 spaces available for each play. So, call right now & reserve a ticket (\$9.00), you can pay for bus the night of the play.