



AGING AND DISABILITY RESOURCE CENTER  
OF SW WISCONSIN - IOWA COUNTY

# NEWS & VIEWS

Volume 260 Issue 10  
October 2009



## Director Comments

*Judy Lindholm*



### Reminder

### Reminder

We mentioned it in last month's newsletter but I wanted to remind everyone that the Alzheimer's Association South Central Wisconsin Chapter is hosting "**Savvy Caregiver Training Program**" at the DodgePoint County Club located midway between Mineral Point and Dodgeville on Cty Rd YD. This training will consist of six two hour sessions. These sessions will be held every Tuesday, 9:30 AM – 11:30 AM beginning on October 13 and ending November 17. There is a \$30 registration fee but scholarships are available upon request. All caregivers can benefit from this training so I would encourage you to sign up. To register call either Deanna Truedson at 608-843-3402 or Danielle Thai at 608-232-3403. If you need assistance in either finding or paying for someone to stay with the person you are caring for while you attend the training call our office at 935-0389 and ask for Marilee.

### Transportation Phone Number 935-0371

When calling our office to make arrangements to use either our bus or are volunteer driver services please call 935-0371. This will get you directly through to either Marilee or Laura and they will be happy to assist you..

## Depression is more than just feeling blue

Depression is a serious illness that involves the body, mood, and thought and can last weeks, months or even years. More than 17 million Americans are affected by depression in any given year. Twice as many women as men suffer from depression. People with depression cannot merely "pull themselves together and get better. However, with appropriate treatment most depression is alleviated.

Common Symptoms of Depression include:

- Loss of interest/pleasure in ordinary activities
- Changes in appetite and sleep
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble thinking, concentrating or making decisions
- Thoughts of death or suicide.

If you or someone you know is displaying any of these symptoms please contact your closest mental health provider. Or, contact your family physician. Depression is treatable and should not be ignored.

**NEWSLETTER DONATIONS** – We would not be able to continue to publish this newsletter without your generous donations. This month we would like to thank Ralph & Alona Proctor and Lil Branaugh.

**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 & Deb Ehr**  
**935-0389 (October, 2009)**

**Dear Friends:**

***MEDICARE PART D ANNUAL ENROLLMENT PERIOD***

The annual enrollment period for Medicare Part D and for Medicare Advantage Plans begins November 15 and ends December 31. Plans can begin marketing as of October 15. *We suggest that people in Part D and/or Medicare Advantage plans read their mail very carefully this month, to see what changes will be made in their plans for the next year and what these plans will cost them.* It is also wise to run a check on the Medicare site Planfinder to see if there may be a less expensive plan or one that offers better coverage for the prescriptions you take.

The ADRC and the Benefit Specialists will continue to offer information and assistance with Medicare Part D issues and the annual enrollment this year. Please contact our office in *October or November and provide us with a printout or list of your current prescriptions, including strength and dosage, along with a copy of your Medicare card.* We would like this information **before** we schedule appointments, so that we can have all the Medicare Planfinder information printed off and available for discussion. This will allow us to help more people and should mean shorter wait times for those who come to see us.

*Do not wait until December to start your search for a better plan* – enrollments made or changed in the latter part of December seem to be more vulnerable to errors and problems. For this reason you will need to get your information to us before December 18.

***SENIORCARE***

SeniorCare is a prescription drug assistance program for Wisconsin residents who are 65 years of age or older who meet the eligibility criteria. The program is designed to help seniors with their prescription drug costs. Those interested may apply at any time. To be eligible for SeniorCare:

- You must pay a \$30 annual enrollment fee *per*

*person.*

- Your assets, such as bank accounts, insurance policies, home property, etc., are not counted.
- Your annual income determines the level of coverage.

If you are an individual and your income is less than \$17,328 or a couple with an income less than \$23,312 annually, you would be in level one, You would not have a deductible and you would have a \$5 co-pay for each covered generic prescription drug and \$15 co-pay for each covered brand name prescription drug. Please call our office for more information or an appointment 935-0370.

***SHOULD I CHANGE MY INSURANCE?***

The Medigap Helpline receives many calls on the issue of changing health plans. Below is a list of possible scenarios you may be facing and the questions you need to ask yourself before making this important decision.

***Changing from one Supplement to another Supplement***

It is important to remember that you can change supplements at any time if you can pass the health underwriting questions on the application. There is no specific time of the year in which to apply for a Medicare supplement insurance policy. Insurers must make coverage available to you, regardless of your age, for six months beginning with the effective date of your Medicare Part B coverage. (If disabled, you get a 2nd open-enrollment period into a Medicare supplement policy when you turn age 65). This six month period is called the open-enrollment period. If you are beyond this six month enrollment period, you can still switch from one supplement to another at any time; however you will be subject to underwriting (health questions) and possibly denied. If you are in a supplement that you purchased years ago the policy may include some medication coverage. The supplements sold after 2006 do not include medications, so factor that into your decision. You can request from our office a publication titled, "Medicare Supplement Insurance Approved Policies" which is printed in March of each year. This booklet contains information on Medicare supplement insurance policies approved by the Office of the Commissioner of Insurance (OCI). It includes most of the policies currently being sold in Wisconsin.

***Changing from Employee Group Plan or Retiree Group Plan to Supplement***

If you are considering changing from an employee group plan (EGP) or retiree group plan (RGP) due to the premiums there are some factors to consider. Your current plan may include benefits not included in a traditional Medicare supplement such as vision, dental or medications. Many EGP and RGP plans will not allow you to return if you decide to drop the policy. If you are voluntarily leaving the EGP or RGP plan you will be subject to underwriting (health questions asked) and possibly denied by the supplement.

It is wise not to terminate any plan until you are accepted in writing by the new plan. If you are on many medications and your current EGP/RGP plan includes medications you may want to calculate the costs of the premiums and deductible and co pays to determine if your current policy is still the best plan versus a supplement and a Part D (drug) plan.

***Changing from HIRSP to Supplement***

HIRSP, Health Insurance Risk Sharing Plan, offers health insurance to Wisconsin residents who are unable to find adequate private health insurance coverage due to their medical conditions or who have lost their employer-sponsored group health insurance. If you are on HIRSP when your Medicare A and B start, you can still keep HIRSP. You will be required to change to the HIRSP Medicare supplement plan and enroll in Medicare Part D in order to keep HIRSP.

If your income is below \$33,000 you may qualify for reduced premiums. If you drop HIRSP once Medicare starts; you will never be able to get it back if you are age 65 or over. If you are under age 65, you will have to wait a year before you can reenroll into HIRSP. You will need to meet the enrollment criteria in effect at that time. The advantage of keeping HIRSP is largely based on your medication use. HIRSP helps to reduce your out of pocket expense for medications if you fall into the Part D donut hole. HIRSP has a \$125-\$1500 per year maximum out of pocket for medication. If you dropped HIRSP and only had a Part D plan, you could possibly enter the part D “doughnut hole” which could add up to \$4350 in out of pocket costs to you before the catastrophic coverage would become effective. Once you have

entered the catastrophic coverage level of Medicare Part D, you will pay only 5% and the Part D plan will pay 95% of the costs of your medications.

*For further information contact the Medigap Helpline at 800-242-1060.*

*STATE OF WISCONSIN BOARD ON AGING AND LONG TERM CARE*

***MEDICARE ADVANTAGE***

***A Quick Overview of Medicare Advantage Plans***

The goal of Medicare Advantage plans, also known as Medicare Part C or Medicare Plus Choice, is to lower Medicare costs for government and consumers through reliance on health maintenance managed care plans and private fee-for service plans. Basically, the consumer gets Medicare services through a private insurer rather than through original Medicare. Government subsidies make this a very good deal for insurers. Sometimes Medicare Advantage plans are also good deals for consumers, but there have also been many complaints about people being misled or pressured into taking plans that do not serve their interests.

Here's a look at the advantages and disadvantages of Medicare Advantage plans from Wisconsin's Office of the Commissioner of Insurance:

Advantages	Disadvantages
<ul style="list-style-type: none"> <li>● Most Medicare Advantage plans have low monthly premiums.</li> <li>● Some plans may provide more benefits than those that are covered under original Medicare.</li> <li>● You can generally enroll regardless of your health history (unless you have end-stage renal disease).</li> </ul>	<ul style="list-style-type: none"> <li>● Medicare Advantage plans are annual contracts. Plans may decide not to negotiate or renew their contracts.</li> <li>● Plans may change benefits, increase premiums, and increase co-payments at the end of each year.</li> <li>● You may have higher annual out-of-pocket expenses than under original Medicare with supplemental coverage.</li> <li>● Your current doctors or hospitals may not be network providers or may not agree to accept the plan's repayment terms.</li> </ul>

Many of the complaints we receive at CWAG come from consumers who did not realize that by signing up for a Medicare Advantage plan, they had signed themselves out of original Medicare. Their red, white, and blue Medicare card no longer works, and if they have a Medicare supplement (Medigap) policy, it no longer pays benefits. A consumer can have coverage under original Medicare with a supplement or under a Medicare Advantage plan, but supplement policies cannot be used with Medicare Advantage plans. (CWAG Fraud Alert 8/09)

The Office of the Commissioner of Insurance has a guide to Medicare Advantage plans in Wisconsin at [http://oci.wi.gov/pub\\_list/pi-099.htm](http://oci.wi.gov/pub_list/pi-099.htm). Information is also available at the Medigap Helpline at 1-800-242-1060.

### ***THE FOSTER GRANDPARENT PROGRAM (FGP)***

**FGP**, created by Congress in 1965 was recently reauthorized under the Edward M. Kennedy Serve America Act. The reauthorization will provide applicants with expanded guidelines for both age and income. The guidelines will be effective October 1, 2009

The **FGP** Program is part of the national volunteer service network of the Corporation for National and Community Service, and is sponsored locally by the SW Community Action Program, (CAP). The **FGP** assists in placing older adults who meet income and program guidelines as volunteers at approved host stations usually a school or not for profit daycare agency in the counties of Lafayette, Iowa, Richland, Green, Grand and southern Crawford. **FGPs**, volunteer under the direction of classroom teachers to provide supportive volunteer activities such as listening to a child read, assisting with worksheets, spelling, or math skills while being a role model. For their volunteer service **FGPs** receive a tax-free hourly payment along with assistance for transportation and meal costs, paid holidays and earned paid time off. This stipend does not affect SSI, housing or other income sensitive programs. Smiles, a feeling of making a valuable contribution to the community and the opportunity to socialize are additional benefits which **FGP** volunteers enjoy. Starting October 1, 2009 the age for FGP applicants will be reduced from the current age of 60 to 55

years and older. The expanded guidelines for an applicant will be \$21,660 per year with a 50% allowable medical expense which can increase income up to \$32,490 per year. An applicant living in the same residence as a spouse will have a higher income guideline of \$29,140 with a 50% medical expense allowance up to \$42,710 per year.

Please contact Cindy Deckert at SW Cap for more information or an application form at 1-800-704-855 ex. 209 or 935-92326.

### ***SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM***

**Who Is Eligible:** Unemployed people 55 and over with low incomes.

**Job Search Help:** Experience Works (EW) helps develop job search skills including: resume writing, cover letter composition, and interviewing skills, just to name a few. EW staff becomes the participant's partner in their job search. EW cooperates with local Job Centers and other agencies to guarantee participants take advantage of all services available.

**On The Job Training:** EW will help participants and employers by providing employers with reimbursement for on the job training costs. While participants receive on the job training, EW may pay part of all of the participant's wages during training.

**Training:** EW cooperates with local Job Centers, technical colleges and employers in order to develop training and education programs custom-designed to match participant's needs. *Participants are paid minimum wage while attending training* and EW may cover *all* training costs.

**Community Service/Training Assignments:** Participants will have the opportunity to participate in a public service/training assignment. They are paid minimum wage for their service. Assignments are for up to twenty (20) hours per week. At their assignment, participants provide valuable public service and have the opportunity to learn new skills that will make them more employable.

*For more information, call 608-375-2315*

## 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

Muffy Swingen, Editor

October, 2009

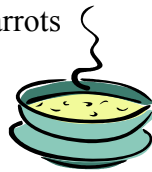
WNEP education is supported by the USDA Food Stamp Program, FoodShare Wisconsin, UW-Extension and local partners. FoodShare is a nutrition program that can provide for a healthy diet. To find out more about food stamps, call (608) 935-9311. An EEO Affirmative Action employer, the University of Wisconsin-Extension 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.



### Ways to Eat Smart



- Eat foods from each food group each day.
- Use measuring cups to learn what 1 cup and ½ cup of food look like.
- Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- Eat fruit for dessert.
- Pick low-fat or fat-free milk or yogurt. (Recommended for persons over 2 years of age).
- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.



**Homemade soup is so good, but it takes quite a bit of time to prepare. I wish I had some good quick soup ideas.**

Combine cans of soups with other canned, pre-cooked and/or leftover foods to make a healthy, quick, and satisfying meal. Heat together in a pan on a stove or in the microwave and serve!



**I have cans of tuna and chicken in the cupboard. I'd like to try more quick-to-fix main dish salads. Are they healthy?**

Yes, main dish salads can be very quick to prepare and a healthy family meal. Make a main dish salad by including a few of the following:

Canned meat, canned fish, canned beans, whole wheat pasta, fruit, vegetables, mayonnaise-type low-fat dressing, lemon juice and dill-weed. Mix and serve on lettuce or spinach greens.

### October Schedules



#### Julie's October Schedule

10/5/09 – Arena Meal Site 12:00 Noon  
10/26/09 – Barneveld Over 55 Group

#### Donna's October Schedule

10/7/09 – Avoca Village Green 10:15 AM  
10/7/09 – Avoca Meal Site 12:00 Noon  
10/9/09 – Mineral Point Fair St Apts 10:30 AM  
10/9/09 – Mineral Point Meal Site 12:00 Noon  
10/21/09 – Hollandale Senior Group 12:00 Noon

#### **I have a freezer above my refrigerator. How can I use it to save time with meal preparation?**

When you have time to cook, prepare extra for the freezer. Good foods to freeze are soups, stews, and leftover cooked meat.



#### **Convenience foods are always more expensive, true or false?**

False. Lots of busy people use convenience foods. Some convenience foods are low in cost and save work and preparation time such as canned or frozen vegetables, quick cooking oatmeal, jarred pasta sauces, pancake mixes and boxed cake mixes). Other convenience foods are expensive and save little time in the kitchen such as hamburger helper, rice a roni, frozen meals, frozen pancakes, and flavored instant oatmeal).

Ruth Schriefer, Family Living Agent

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

Muffy Swingen, Editor

October, 2009



## When It's Time to Move from the Family Home

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



Although both single and married people may move many times as adults, relocating in later life often involves “downsizing” to a smaller home. Older adults are frequently interested in having less space and fewer home maintenance responsibilities. For some, selling the family home can be a result of a disability, an illness, or the death of a loved one. For others, this transition is based on a desire to be near family or to experience a new retirement lifestyle in a different area of the country.

Regardless of the reason for the move, downsizing from a family home can be a physically exhausting and emotionally draining experience. In many cases, possessions have been accumulated over a number of years and not everything can (or should) be moved. What results is the need to sift, sort, donate, and dispose of a variety of personal items. Below are a few suggestions on how to get started and next month, we'll share some ideas on what to do with all you have, and tips for keeping things peaceful.

### Getting Started

- **Start with the rooms you use the least:** Guest bedrooms, basements, or living rooms. Start the sorting process in these rooms and avoid cluttering the areas of the home used regularly.
- **Start with large items:** In order to feel you are making progress, in each room start with the largest items and move towards the smallest. Think about what you will do with the furniture before you start on the knick-knacks.

- **Have a sorting system:** Sort items by using stickers, making piles, or making detailed lists of what will be kept, what will be given away and to where, and what is still undecided.
- **Write down family history:** Take the time to write down special memories or any family history that is connected to special items. This information will be cherished for generations to come and will contribute to the value of family heirlooms.
- **Work in scheduled blocks of time:** Plan to sort items for periods of no more than a couple hours at a time. The process of revisiting memories and making decisions about items you have lived with for many years can be emotionally difficult. You will feel less overwhelmed and make better decisions if you take regular breaks and allow yourself time to digest what is happening.
- **Start early and don't rush yourself:** Be sure to plan plenty of time for the sifting and sorting process. Take moments to laugh at old pictures, read old letters, and grieve for losses. If you can't decide what to do with an item, set it aside and return to it later. Work at a pace that is comfortable for you and your situation.



# S.U.N. SENIOR DINING

Greetings from SUN. Last month, I reviewed the general rules for the SUN senior nutrition program. This month I want to give a real life example of how we can work within the “rules” and be flexible sometimes. I will change names and some details to maintain confidentiality.

Glenda came to the congregate site for a meal about once a week; when asked to fill out the intake form, she said she would give the information to the manager to fill out. She was under 60 and seemed to be somewhat developmentally disabled. The manager told her we could serve her, but that there would be a charge of \$6.50, not a donation. Because she is under 60, we can obtain a waiver, as no money from the Older American’s Act can be used. She explained she was working with a social worker, and that person was taking care of the money. The manager assumed Glenda was part of a special program that pays the full cost of the meals directly to the SUN office from a monthly statement.

A couple of weeks went by, and no payment came to our office. I called the manager, who relayed the above story. I checked, and no social worker was working with this participant. Each of us, the office and the manager thought the other was collecting for the meals. On further discussion with Glenda by the site manager, she broke into tears, and admitted she couldn’t read or write and was very embarrassed. She couldn’t afford the cost of the meal. What could we do? We wanted her to continue to come for the nutrition and the social interaction. After pouring through the nutrition program policies, I realized that if a participant volunteers at the site, and helps with the meal, they can donate at the elderly participant level. There was our solution! At least we could offer Glenda this option. If she is not interested, we have made our best effort, but would have to discontinue the meals for her.

As a side note, this is a perfect example of someone who could be helped through the Aging and Disability Resources Center currently with social services, and starting next April, with meals that could be paid for if part of the care plan; someone who falls into the 18-59 age category with a disability. This is just one example of a “gray” area.

**DONATIONS: Village of Argyle, Judy Sardeson, Marilyn Siebel, Lori Hanson.**

**Don’t forget gift certificates; give to a friend who you want to come to the dining center with you!**

Do you know of someone who fits this description? Do you know of anyone who gets home delivery, but then you see them driving around once in awhile? Maybe they are the spouse of a homebound person—they would qualify. Please call our office at 935-0388 with any and all questions.

For those of you not too far from Darlington, there will be Senior Strength, Tai Chi classes on Thursdays at 11:30 from October 1 to November 19 at the dining site. Joan Pape, a certified fitness specialist for older adults, will be the instructor. She is also currently teaching a senior exercise class at Upland Hills Health in Dodgeville. Cost is \$2 per class, or \$15 for the series; all materials will be paid for. In just 45 minutes, once per week, you can learn some easy ways to enhance your strength, balance and flexibility. Sample some Tai Chi, add a smidgen of yoga, and a hearty dose of muscle work to experience greater strength, better mobility, and learn fall prevention techniques. You’ll feel good about yourself! This class is open to any ability level. Contact the SUN office or the Darlington dining site at 776-4969. And, stay for lunch afterwards!

SITE ACTIVITIES FOR OCTOBER		
ARENA	Oct. 1	Bingo
	Daily	Euchre 1:00 PM
AVOCA	Oct. 15	Birthday Party
DODGEVILLE	Every Thursday	Craft & Project Day 10:30
	Oct. 20	Birthday Party
HIGHLAND	Oct. 5	Cards
	Oct. 21	Birthday Party
LINDEN	Oct. 21	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 )
	Oct. 12	Farkle/Speaker
	Oct. 19	Euchre
	Oct. 21	Blood Pressure Check, Bingo
	Oct. 23	Foot Clinic, Blood Pressure Check
REWEY	Oct. 28	Birthday Party
	Oct. 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.*

<b>ARENA ARENA MANOR</b> Patty 753-2395	<b>AVOCA VILLAGE BLDG</b> Sue 532-6044	<b>BARNEVELD BUZZ INN</b> Cheryl 924-1141	<b>MINERAL PT SENIOR CENTER</b> Bette 987-2696
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Oct 5</b>	<b>Oct 6</b>	<b>Oct 7</b>	<b>Oct 8</b>	<b>Oct 9</b>
Ham & Scalloped Potatoes Mixed Vegetables Corn Muffin Apple Cinnamon Cookie	Sliced Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Wheat Roll Chocolate Brownie	Saucy Pork Chop Parsley Red Potatoes Baked Squash Rye Bread Applesauce Cake w/Icing	Bean & Ham Soup Egg Salad Sandwich on Croissant Coleslaw Gelatin w/Fruit	Tater Tot Casserole 7 Layer Salad Fresh Fruit Lemon Muffin
<b>Oct 12</b>	<b>Oct 13</b>	<b>Oct 14</b>	<b>Oct 15</b>	<b>Oct 16</b>
Bratwurst on Bun w/Sauerkraut, Relish German Potato Salad Sliced Peaches Chocolate Pudding w/Chocolate Pieces	Liver & Onions <b>OR</b> Cook's Choice Oven Potato Wedges Pickled Beets Wheat Roll Lemon Meringue Pie	Beef Pasty w/Onions & Potatoes Green Beans Wheat Roll Cantaloupe Pieces	Chicken & Rice Casserole Broccoli Spears Apricots Five Layer Bars  <b>Birthday - Avoca</b>	Baked Fish (unbreaded) w/Lemon Baked Potato Coleslaw Rye Bread Peanut Butter Cake w/Chocolate Icing
<b>Oct 19</b>	<b>Oct 20</b>	<b>Oct 21</b>	<b>Oct 22</b>	<b>Oct 23</b>
Creamed Tuna w/Peas over Noodles Tossed Salad w/Dressing Tropical Fruit Tapioca Pudding	Roast Pork w/Gravy Sweet Potatoes Scalloped Corn Wheat Roll Carrot Cake w/Cream Cheese Icing	Baked Chicken w/Cornflake Crumbs Mashed Red Potatoes Buttered Peas Wheat Bread Cherry Chocolate Cake	Beef, Potato, & Green Bean Casserole Tossed Green Salad w/Dressing Sliced Pears Lemon Muffin	Tomato Rice Soup w/Crackers BBQ Pulled Pork on Bun California Blend Vegetables Lattice Apple Pie
<b>Oct 26</b>	<b>Oct 27</b>	<b>Oct 28</b>	<b>Oct 29</b>	<b>Oct 30</b>
Turkey Chili w/Northern Beans Grilled Cheese Sandwich Ambrosia Salad Cook's Choice Dessert	Autumn Harvest Casserole Sliced Carrots Applesauce Pumpkin Bar w/Icing	Hashbrown Egg Bake Sausage Links Yogurt w/Fruit Cinnamon Roll  <b>Birthday-Mineral Pt.</b>	Lasagna Seasoned Spinach Tossed Salad w/Dressing French Bread Cheesecake in Graham Cracker Crust	BBQ Baked Chicken Au Gratin Potatoes Whole Kernel Corn Fresh Apple Chunks w/Caramel Sauce Rye Bread Halloween Cookie

**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.*

<b>DODGEVILLE</b> <b>HIDDEN VALLEY CHURCH</b> Jenny 935-0388
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Oct 1</b>	<b>Oct 2</b>
			Pepper Steak Mashed Potatoes Mixed Vegetables Wheat Rolls Oatmeal/Raisin Cookie	Salmon Loaf Cheesy Potatoes Baby Carrots Lemon/Tartar sauce Rye Rolls Cherry Cheesecake
<b>Oct 5</b>	<b>Oct 6</b>	<b>Oct 7</b>	<b>Oct 8</b>	<b>Oct 9</b>
Baked Chicken Sage Dressing Broccoli Wheat Bread Apple/Berry Gelatin Mold	BBQ Ribs Baked Potato Butter/Sour Cream Stewed Tomatoes Potato Rolls Peanut Butter Cookies	Oriental Swiss Steak Boiled Potatoes Creamed Green Beans Wheat Rolls Rice Pudding	Roast Turkey Mashed Potato/Gravy Diced Rutabagas Cranberry Sauce Fruit Bread Peach Pie	Fishwich on a Bun Tator Tots Coleslaw Tartar Sauce Carmel Brownies
<b>Oct 12</b>	<b>Oct 13</b>	<b>Oct 14</b>	<b>Oct 15</b>	<b>Oct 16</b>
Roast Beef Parsley Potatoes Diced beets in Orange Sauce Wheat Bread Pumpkin Roll	Spaghetti and Meatballs Yellow Beans Garlic Bread Mandarin Oranges	Pork Chow Mein over Noodles Snow Peas French Bread Apricots	Hashbrown Egg Bake Sausage Links Grape Clusters V8 Juice Cinnamon Rolls	Baked Cod Baked Potato Butter/Sour Cream Sliced Carrots Wheat roll Banana Pudding
<b>Oct 19</b>	<b>Oct 20</b>	<b>Oct 21</b>	<b>Oct 22</b>	<b>Oct 23</b>
Ham Slices Red Potatoes Creamed Corn Pumpkin Bread Brownies	Pasty Sliced Carrots Pickled Beets Wheat Bread Apricot/Date Bar	Grilled Chicken Sandwich on a Bun W/Lettuce/Mayo Potato Salad Fresh Fruit Chocolate Cake	Meatballs in Mushroom Gravy Mashed Potatoes Baked Squash Dinner Rolls Blueberry Pie	Beef Stew with Carrots/Potatoes Over Baking Powder Biscuit Lettuce Salad with Ranch dressing Pineapple/Cherries
<b>Oct 26</b>	<b>Oct 27</b>	<b>Oct 28</b>	<b>Oct 29</b>	<b>Oct 30</b>
Beef Cubes/Gravy over Noodles Creamed Cabbage Wheat Bread Scotcheroo Bars	Meatloaf Sweet Potatoes Monte Carlo Blend Vegetables Banana Muffins Pear Slices	Sloppy Joes On a Bun French Fries 3 Bean Salad Fruit Cup	Chicken ala King with Vegetables over Rice Peach Slices Buttermilk Biscuit Apple Crisp	Breaded Pork Chop Mashed Potato/Gravy Peas and Pearl onions Rye Roll Halloween Cookie

**MILK SERVED WITH EACH MEAL**

**MENUS ARE SUBJECT TO CHANGE**

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# Senior Dining

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**HIGHLAND  
MEADOWVIEW APARTMENTS  
Patsy  
929-4066**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Oct 5</b>	<b>Oct 6</b>	<b>Oct 7</b>	<b>Oct 8</b>	<b>Oct 9</b>
Meatloaf Mashed Potatoes Coleslaw Wheat Bread Coconut Cream Pie	Bratwurst on Bun Sauerkraut Cowboy Potatoes Caramel Apple Cake	Chicken Pot Pie over Biscuits Tossed Salad w/Dressing Pumpkin Bars	Roast Beef Mashed Potatoes w/Gravy Glazed Carrots Bread Serving Fruited Gelatin	Baked Cod Baked Potato w/Sour Cream Coleslaw Dinner Roll Banana Cream Pie
<b>Oct 12</b>	<b>Oct 13</b>	<b>Oct 14</b>	<b>Oct 15</b>	<b>Oct 16</b>
Hot Pork Sandwich Mashed Potatoes w/Gravy Peas Apple Pie	Lasagna Seven Layer Salad Fruit Cocktail Garlic Toast Brownie	Beef & Noodle Casserole Coleslaw Peaches w/Cottage Cheese Cherry Pie	Chicken w/Dressing Mashed Potatoes w/Gravy Squash Cranberry Relish Ice Cream	Tomato Basil Soup Tuna Salad w/Lettuce Macaroni Vegetable Salad Lemon Meringue Pie
<b>Oct 19</b>	<b>Oct 20</b>	<b>Oct 21</b>	<b>Oct 22</b>	<b>Oct 23</b>
Hamburger Stroganoff over Noodles Whole Kernel Corn Waldorf Salad Cook's Choice	Hot Beef Sandwich on Wheat Bread Mashed Potatoes w/Gravy Glazed Carrots Custard Pie	Chicken Noodle Soup Parmesan Chicken Breast Coleslaw Chocolate Cherry Cake	BBQ Ribs Mashed Potatoes w/Gravy Three Bean Salad Corn Muffin Apple Crisp	Baked Cod Baked Potato Coleslaw Bread Serving Raisin Pie
<b>Oct 26</b>	<b>Oct 27</b>	<b>Oct 28</b>	<b>Oct 29</b>	<b>Oct 30</b>
Polish Sausage Parsley Potatoes Boiled Cabbage Bread Serving Peach Cobbler	Hearty Chicken Casserole w/Mixed Vegetables & Noodles Pickled Beets Banana Cake	Hamburger Steak in Gravy Mashed Potatoes Stewed Tomatoes Wheat Bread Baked Apple	Beef Stew over Biscuits Coleslaw Fruited Gelatin	Chili w/Crackers Grilled Cheese Sandwich Tossed Salad w/Dressing Banana Cream Pie

**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**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Oct 5</b> Beef Stew over Baking Powder Biscuit Pears Cherry Bar w/Icing	<b>Oct 6</b> Bratwurst on Bun w/Sauerkraut, Mustard, Ketchup German Potato Salad Sliced Peaches Apple Cobbler w/Topping	<b>Oct 7</b> Sliced Roast Beef w/Gravy Candied Sweet Potatoes Baked Corn Tapioca Pudding	<b>Oct 8</b> Chicken & Dressing (casserole) Green Beans Sunshine Salad Fruity Jell-O Yogurt Pie Square	<b>Oct 9</b> Sliced Turkey w/Gravy Mashed Potatoes Broccoli Cauliflower Salad White Cake w/Icing
<b>Oct 12</b> Chili w/Beans Ambrosia Salad Corn Muffin Mississippi Mud Bar	<b>Oct 13</b> Sliced Ham Scalloped Potatoes Mixed Vegetables Cheesecake w/Fruit Topping	<b>Oct 14</b> Oven Fried Chicken w/Gravy Mashed Potatoes Peas & Carrots Fresh Dinner Roll Marble Cake w/Icing <b>Birthday-Linden, Rewey</b>	<b>Oct 15</b> Shepherd's Pie Creamy Coleslaw Whole Wheat Bread Lemon Bar	<b>Oct 16</b> BBQ Riblet on Bun Parsley Buttered Red Potatoes Fresh Banana Dutch Apple Pie
<b>Oct 19</b> Oven Chicken Breast w/Gravy Baked Potato w/Sour Cream Stewed Tomatoes Butterscotch Pudding	<b>Oct 20</b> Tuna Noodle Casserole Tossed Lettuce Salad w/Dressing Apricot Halves Carrot Cake w/Cream Cheese Frosting	<b>Oct 21</b> Swiss Steak w/Gravy Creamy Ranch Mashed Potatoes Broccoli Raisin Salad Baked Egg Custard	<b>Oct 22</b> Porcupine Meatballs w/Gravy O'Brien Potatoes Fresh Orange Oatmeal Fudge Bar	<b>Oct 23</b> Vegetable Beef Soup Sliced Turkey Sandwich Fruit & Yogurt Salad Peanut Butter Cookie
<b>Oct 26</b> Sliced Roast Beef w/Gravy Mashed Potatoes Green Bean Casserole Pumpkin Bar w/Icing	<b>Oct 27</b> Autumn Harvest Casserole Seasoned Broccoli Fresh Apple Bread Pudding w/Caramel Sauce	<b>Oct 28</b> Oven Baked Chicken Au gratin Potatoes Whole Kernel Corn Halloween Decorated Cookie	<b>Oct 29</b> Sliced Roast Pork w/Gravy Oven Browned Potatoes Honey Glazed Carrots Spice Cake w/Icing	<b>Oct 30</b> Lasagna Tossed Salad w/Dressing Tropical Fruit French Bread Cream Puff w/Filling

**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!**

## **October is Domestic Violence Awareness Month**

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

Domestic violence is not something most people want to talk about. Yet it is important to be aware of what domestic violence is and what can be done about it.

Domestic violence is also called domestic abuse. Domestic abuse is a pattern of behavior that is meant to gain power and control over another person. The abuser may be a spouse, family member, friend or caregiver.

Domestic violence can happen to anyone, at any age. Domestic abuse does not always mean physical abuse. Domestic abuse includes verbal and emotional abuse, intimidation and threats, neglect (not providing needed care), isolating someone and controlling their finances.

People with disabilities and people who are vulnerable, including elderly, can be victims of abuse. Sometimes people ask if mental illness or other diseases may cause a person to be abusive. If you have questions about this, you can speak to a medical provider.

If you are being abused, or know someone who you think is being abused you should know that the abuse is NEVER the fault of the victim and there are people who will believe you and help you.

For more information call the following:

\* Aging and Disability Resource Center at 608-935-0389

\* Department of Social Services Adult Protective Services at 608-935-9311

\* Family Advocates 1-800-924-2624

### **Quote for October:**

*“Having Down Syndrome is like being born normal. I am just like you and you are just like me. We are all born in different ways, that is the way I can describe it. I have a normal life.”*

*~ Chris Burke (Corky from “Life Goes On”)*



## **Learn About Down Syndrome**

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

The month of October is also the month that is designated to increase awareness and understanding of Down Syndrome. Did you know that one in every 733 people are born with Down Syndrome?

What is Down syndrome? Down Syndrome occurs when a person has three, rather than two, copies of the 21st chromosome. This extra genetic material alters the course of development and causes the characteristics associated with Down Syndrome.

There are more than 400,000 people living with Down Syndrome in the United States. Down Syndrome occurs in people of all races and economic levels. People with Down Syndrome attend school, work, participate in decisions that affect them, and contribute to society in many wonderful ways. All people with Down Syndrome experience cognitive delays, but the effect is usually mild to moderate. Each individual has many other strengths and talents.

The Madison Area Down Syndrome Society (MADSS) provides support to families and individuals with Down Syndrome and provides education to the community. For more information about Down Syndrome contact Shannon Wilson at the Aging and Disability Resource Center at 935-0389 or go to [www.madss.org](http://www.madss.org). The MADSS annual “Step UP for Down Syndrome Walk” will be held October 10<sup>th</sup> in Madison at Willow Island (Alliant Energy Center).

## Volunteer Recognition Day

Each year we set aside the first Friday in November to honor all of our volunteers.

Our Recognition Dinner will be  
*November 6, 2009.*

As in the past, we will not be providing driver escort rides on November 6, so that all of our drivers may attend.

## Caregivers' Day Out November 5, 2009

Calling all caregivers to join us in our caregivers' day out! This year our Caregivers' Day Out will be held in Darlington. The Care-A-Van will be providing transportation for this event. Rose will be stopping in Dodgeville and Mineral Point, so you will be able to talk with your fellow caregivers while enjoying a care-free ride to/from this event.

The ADRC offers respite care funds through our Caregiver Support Program for this event. Call our office at 935-0371 and ask for Marilee if you are interested in attending or requesting respite care funds.

More details to follow in our November News & Views letter!

## Low Vision Support Group

This month Deb Ehr, our Disability Benefit Specialist will be our guest speaker on October 21.

Next month we are going to the home of Carol and Gene Gilbertson, on November 18.

This group is open to anyone who has a vision problem or who knows someone with vision problems.



*For transportation questions, to set up driver escort rides or to ride on the care-a-van please call us at: 935-0371. Thank you!*



*The Caregiver's Corner – by Marilee*

## Ways to Improve Communication Between the Caregiver and the Family

What does it mean to communicate? It is an exchange of information that conveys our feelings and thought. We do this through our spoken words, written words, and through physical gestures or eye contact. Each of us has a communication style: the tone of our voice, our facial expression, how we sit or stand when trying to communicate and our personality, all play a part in our style of communicating. In a family setting we look for signs of love, acceptance or even signs of disapproval when trying to communicate with each other. When family members get together to discuss or make important decisions about a loved one, they may need to develop a new style of communicating with each other.

Each person needs to learn how:

- To become a good listener
- To speak respectfully, even when you disagree
- To express concerns, ideas, and feelings in a clear manner
- To find a balance between the needs of the one being cared for and the needs of the caregivers
- To develop realistic solutions to any given problem that arises
- To be willing to enlist the help of an impartial individual when needed
- To show genuine appreciation and gratitude toward each other
- To use I statements: *I feel \_\_\_\_\_ when, instead of you make me feel \_\_\_\_\_ when.*
- To remember you are all on the same team, working together not fighting apart
- To be first and foremost honest with your loved one and other family members



# CARE-A-VAN SCHEDULE FOR OCTOBER

935-0371 one day in advance for reservations

2009



D2 WEEK		
MONDAY	10/05	Cobb, Linden, Dodgeville, Ridgeway, Barneveld <b>TO: MADISON</b>
TUESDAY	10/05	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville <b>TO: DODGEVILLE</b>
WEDNESDAY	10/07	Dodgeville, Mineral Point, Linden, Rewey <b>TO: PLATTEVILLE</b>
THURSDAY	10/08	Edmund, Cobb, Linden, Rewey, Mineral Pt., Dodgeville <b>TO: DODGEVILLE/Peck's Market</b>
FRIDAY	10/09	<b>SENIOR TRIP DAY – Avoca Seniors to Gay's Mills Apple Orchard</b>
A1 WEEK		
MONDAY	10/12	<b>HOLIDAY NO BUS RUN</b>
TUESDAY	10/13	Ridgeway, Barneveld, Hollandale, Mineral Pt, Dodgeville <b>TO: DODGEVILLE</b>
WEDNESDAY	10/14	Dodgeville, Cobb, Highland, Arena, Avoca, Muscoda <b>TO: PLATTEVILLE</b>
THURSDAY	10/15	Dodgeville, Edmund, Cobb, Linden, Rewey, Mineral Pt., <b>TO: MINERAL POINT</b>
FRIDAY	10/16	<b>SENIOR TRIP DAY – Evening Play Dubuque Opera House</b>
B1 WEEK		
MONDAY	10/19	Dodgeville, Linden, Cobb, Highland, Avoca, Arena <b>TO: DUBUQUE</b>
TUESDAY	10/20	Ridgeway, Barneveld, Hollandale Mineral Pt, Dodgeville, <b>TO: DODGEVILLE</b>
WEDNESDAY	10/21	Dodgeville, Mineral Pt., Linden, Rewey, <b>TO: PLATTEVILLE</b>
THURSDAY	10/22	Dodgeville, Avoca, Arena <b>TO: Oakwood Fruit Farms – Richland Center</b>
FRIDAY	10/23	<b>SENIOR TRIP DAY – Barneveld Senior Group</b>
C1 WEEK		
MONDAY	10/26	Dodgeville, Cobb, Linden, Mineral Pt., Hollandale, <b>TO: SAUK CITY</b>
TUESDAY	10/27	Ridgeway, Barneveld, Hollandale Mineral Pt, Dodgeville, <b>TO: DODGEVILLE</b>
WEDNESDAY	10/28	Dodgeville, Cobb, Highland, Arena, Avoca, Muscoda, <b>TO: Folklore Village – Free Concert</b>
THURSDAY	10/29	Dodgeville, Edmund, Cobb, Linden, Rewey, Mineral Pt., <b>TO: MINERAL POINT</b>
FRIDAY	10/30	Dodgeville, Cobb, Highland, Arena, Avoca, Muscoda: <b>RICHLAND CENTER</b>



## 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*



## SUN MEALS SERVED IN THE MONTH OF AUGUST



	Arena	Avoca	Barneveld	Dodgeville	Highland	Linden	Mineral Pt	Rewey
Congregate Meal	207	25	24	128	303	158	122	68
Home Delivered	42	114	4	336	142	37	181	0
<b>TOTAL</b>	<b>249</b>	<b>139</b>	<b>28</b>	<b>464</b>	<b>445</b>	<b>195</b>	<b>303</b>	<b>68</b>

**FOOT CARE 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 September schedule is:

<b>Oct 9</b>	Arena Manor	9 – 11:30
	Summit Apts	1 – 2:30
<b>Oct 16</b>	Crestridge	8:30 – 11
	Mineral Pt	11:30 – 1:30

**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 Oct 6<sup>th</sup> and the Order Pick up is Oct. 24<sup>th</sup> (at Kindercastle) from 7 a.m. – 8 a.m. For information call Rosalie @ 935-5746

**AARP** – Join us on Tuesday, Oct 20<sup>th</sup> @11:00 a.m. at Stonefield, in Dodgeville, for a Pot Luck Lunch. Bring along your favorite dish and your appetite. We'd love to have you join us! Any questions, call Rosalie @ 935-5746

### ELDERLY BENEFIT SPECIALIST OCT COMMUNITY CALENDAR Oct 13, 2009

<b>Nancy</b>	<b>11 – 1 pm</b>	<b>Avoca Village Hall</b>
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If you would like one of the Benefit Specialists to visit or speak to your community, meal site or senior club – please contact us. Please call the Benefit Specialist Office at 935-0370 to make arrangements for a visit.

Thank You Alvina & Nancy

### October 2009 Immunization Clinics

(Both dates are at the Iowa Co. Health Dept.)

**October 8**    9 – 11 and 3:30 – 5:30

**October 27**    9 – 11 and 3:30 – 5:30

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

### FOOT STOMPING TUNES

If you want to hear some good old fashioned country music come to the Dodgeville Senior Dining Center located at the Hidden Valley Church, on October 23<sup>rd</sup>. Musicians from Folklore Village will be performing, 12:30 pm – 1:15 pm. Come for lunch (beef stew with carrots and potatoes over a baking powder biscuit) and stay to hear those dear sweet tunes that will remind you of a less complicated time. If you think you may want lunch please see the complete menu on page 9 of this newsletter. Call 935-0388 to make your meal reservation. If you don't feel like participating in the meal then just come and listen to the music.

### SENIOR DAY @ FOLKLORE VILLAGE – October 28, 2009

Our Care A Van will be going to the \*Free\* – Senior Day Concert on October 28, 2009. We will leave the Courthouse at 11:00 – have lunch at a restaurant (each person would pay for their own lunch) and then continue on to the concert. The Concert will feature Bruce Bollerud, Winston Whitford and Herb Swingen playing polkas, waltzes, schottisches and more favorites. Call 935-0371 to reserve place on the bus.

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

Non Profit Organization  
U.S. Postage Paid  
Permit #60  
Dodgeville, WI 53533

**Address Service Requested**



## **FALL FACTS**

- The leaf colors red, yellow & brown are in the leaves all year long & only become exposed when the green chlorophyll disappears in the fall.
- Fall days become shorter & many plants stop making food. That is when the green chlorophyll starts to disappear from the leaves.
- Most leaves fall from trees because the ends of the branch are sealed off near the leaf stem to protect the tree through the long winter months.
- The largest pumpkin ever grown weighed 1,469 pounds
- The world's largest pumpkin pie weighed 2,020 pounds and measured more than 12 feet! It took 5 hours to bake and produced over 3,000 slices.
- Pumpkins are 90% water – one cup of pumpkin has zero cholesterol – pumpkin is loaded with vitamins A & B and potassium – pumpkin is a good source of fiber
- When it comes to the pumpkin market, Libby takes the cake. Approximately 5,000 acres of Select Dickinson pumpkins are planted each year exclusively for LIBBY'S. LIBBY'S pumpkin is canned the same day it is harvested. Canned pumpkin, scooped into a plastic food storage container, will keep up to three months in the freezer.

**COLUMBUS DAY** - Monday October 12, 2009

**SWEETEST DAY** - Saturday October 17, 2009

**UNITED NATIONS DAY** - Saturday, October 24<sup>th</sup>

**HALLOWEEN** - Saturday October 31<sup>st</sup>.

*A fallen leaf is nothing more than a summer's wave good bye*

