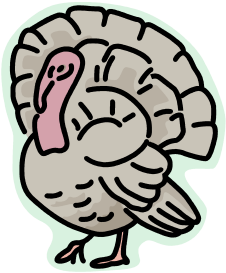
A Newsletter for Juneau County Seniors & Adults with Disabilities



AGELESS

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608-847-9371 or toll free 877-794-2372
Website: www.adrcswwi.org
November, 2010

NOTES FROM HEIDI NO. 342

Hello Everyone—
Happy Caregiver Month !! We are proud at the ADRC to honor our many caregivers who give their all to provide support to their loved ones. And it is not an easy task! But your efforts do not go unnoticed and we want you to know that our staff is here to help you sort through your options in providing support to your family members in the community or making that tougher decision to choose out of home placement for their safety and well being.

We have various books and other materials available, along with experienced staff, to help you make wise choices and do the best you can to provide good care, and take care of yourself in the meantime. Because when you are all in but the shoestrings, you just can't carry on the way you would like. And caregiver stress can take a huge toll on a person's physical and mental well being. We want you to be successful in your role and look at the whole picture in making things the best that they can be.

I'd like to thank everyone for their great support and participation at the Memory Walk on October 9. We had the most walkers ever with 120 participants and 11 teams. We raised just under $19,000 for programs and research to help find the cure to Alzheimer's. I encourage you to come to our monthly Alzheimer support group which meets the second Monday of the month at 1:30 p.m. at the ADRC. We have a number of brochures, books, and other resources at the office and will be happy to link you with the resources that you need.

Honor our Veterans on Nov 11 and have a Wonderful Thanksgiving! Wishing you all the best in November! See you next month--Heidi

NOVEMBER SCHEDULE

There is no Sharing Supper in November instead the Moose Club sponsors a Thanksgiving Dinner on Thanksgiving day… All are welcome and delivery too. For Delivery & further details call 847-7833.

The next Sharing Supper will be held in December on Dec. 16 from 5 to 6:30 p.m.

Tuesday, Nov.2-Election Day, Be sure to exercise your right to vote!

Wednesday, Nov.3- April Martell, UW-Extension Nutrition Program will give program at Adult Center, Mauston at 11:30 a.m.

Thursday, Nov. 4- April Martell will give program at Necedah Village Hall at 11:30 a.m.

Sign up for Fuel Assistance at Beagles Bar & Grill, Lyndon Station from 10 a.m.-2 p.m. Please bring following documents with you: 1. Proof of previous 3 months gross household income 2. Social Security Cards for everyone in the household. 3. Fuel and electric costs from Sept. 1, 2009 to Aug. 31, 2010.

Nov.8-19-Holiday Craft Fair at the Adult Center from 9 a.m. to 4 p.m. Interested crafters can get sign up sheets and tags from Pat McCurdy at the ADRC (or Adult Center) in the Courthouse Annex Basement, Mauston, Wisconsin.

Tuesday, Nov. 9- April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.

Wednesday, Nov. 10-April Martell will give program at Beagles Bar & Grill, Lyndon Station at 11 a.m.

Friday, Nov. 12- April Martell will give program at Bernie's Wagon Wheel II, Wonewoc at 11:30

Tuesday, Nov. 16-Committee on Aging and Disability Meeting at 1 p.m. in Room 1 of the Courthouse basement.

Wednesday, Nov. 17-Nutrition Project Council Meeting at 9:30 a.m. in Room 1 of the Courthouse basement.

Public Hearing for 2011 Department of Transportation 85.21 grant at 10:30 a.m. in Room 1 of the Courthouse basement.

Monday, Nov. 23- April Martell will give program at Camp Douglas Village Hall at 11:05 and then at New Lisbon Mealsite at noon.

Thursday Nov. 25 and Friday, November 26- Happy Thanksgiving! ADRC office and all meal sites closed because of Holiday. Sharing Supper is not held in November, instead the Moose Club puts on a Thanksgiving Dinner at the Moose Lodge during the noon hour; call 847-7833 for more details. The meal is free and there usually are carryouts and delivery available.

FUTURE BUS TRIPS

Nov. 2- Elroy-Wonewoc-Union Center- Pick up at 8:30 am Plover/Stevens Point area. Shop, eat lunch at Golden Corral, call the Center at 608-847-9371

Dec.7- Necedah, Pickup at 9 a.m. La Crosse Area, see Christmas lights, shop, eat dinner at Old Country Buffet. Call Center week of Nov.15-19.

For the month of December- all other sites, Friday shopping trips will be to the La Crosse Area to see Christmas lights, shop & eat at Old Country Buffet.

MILE BLUFF MEDICAL CENTER DATES

Grief Support Group-*For more information call 608-847-1285.* This group offers support services to families and individuals who are coping with the death of a loved one. Individual grief issues as well as educational topics are covered by Rev. Fairchild who leads the group. This group meets **every other Thursday, Nov. 4 to Dec. 16,** from 7-8 pm in Mile Bluff Medical Center.

Family & Friends Connection-*For more information call 847-1838.* A support group that is available for family and friends of nursing home residents. This group meets on **Wednesday, Nov 10** at 2 p.m. at Crestview Nursing Home. The Topic will be "Preparing for the Holidays and Fire Safety.

Autism Support Group-*For more information call 847-1285.* For family and friends of anyone with Autism. The next meeting will be **Tuesday, Nov. 16,** 7 p.m. at Mile Bluff Medical Center.

AA Groups-*For more information call 847-6878 or call the AA Hotline at 608-222-8989.* Meetings take place at Mile Bluff Center in the Castle Rock Room and are closed with no Smoking. **Sundays at 6 p.m. and Mondays at 7:30 p.m.**

AL-ANON Group-*For more information call 608-562-5611.* The meetings are on **Mondays, 7:30 p.m.** at Mile Bluff Medical Center.

Gambling Anonymous Group- *For more information call Arlene at 847-6893.* The meetings are **Wednesdays, 7 p.m.** at Mile Bluff Medical Center.

Narcotics Anonymous Group-*If interested in group meetings or NA resources call Dennis at 562-6223 or 547-2533.*

Parkinson's Support Group-*If interested in group meetings call Arlene at 847-6893.*

Smoking Cessation Classes-*Call 847-1845 for information and to register.* There is a $25 cost. The classes will be on **Nov. 3, 10, 17 & 24** at Mile Bluff Medical Center.

Free Entertainment-SHARI SARAZIN CONCERT- *Call 847-2377 to reserve your spot. Space is limited.* Shari Sarazin will entertain those in attendance with her beautiful voice and music on her celtic harp. The community is invited to attend this event. **Tuesday, Nov. 16 at 2 p.m.** in Terrace Heights Retirement Community.

Social Services- Outpatient Counseling-*For more information call 847-1838.* Group and individual counseling services are available.

Community Blood Drive- *For more information Call the Blood Center of Wisconsin at 888-310-7555.* **Monday, Nov. 15 & Tuesday, Nov. 16** from 9 a.m.-2 p.m. in Mile Bluff Medical Center.

Health Fairs-*Appointments are required for all services.* Free risk factor appraisals and blood sugar and blood pressure screenings. Total Cholesterol tests (no fasting) for $10 or lipid profile tests (12 hour fasting) for $20. 10 minute chair

massage for $10. (8-11 a.m. only) Refreshments and door prizes. **Thursday Nov. 18** from 7-11 a.m. at Necedah Family Medical Center.
Diabetes Days Events-*For more information call 847-1845.* **Monday, Nov. 22** at Mile Bluff Medical Center. Consists of 2 presentations & Health Fair. Come for all or part of the time. ¤1-2 p.m.: Presentation "Diabetes: preventing complications". ¤ 2-3 p.m.: Exhibits, screenings, refreshments, prizes. . ¤ 3-4 p.m.: Presentation "Advanced Carbohydrate Counting".

LUNG DISEASE Breathe Easier

Caring for someone with a chronic illness such as lung disease requires an understanding of how different chronic lung disease affects different people. Chronic Lung disease is not always noticeable to others unless the person is on oxygen therapy or uses a scooter or wheelchair.

People with lung disease may try to hide their symptoms or shrug them off by saying they're just tired or had a busy day. Many times it's hard for them to ask for help, and they may get angry at their caregiver or family members for even offering to help.

When a person with lung disease has difficulty breathing or is extremely fatigued, he or she feels a loss of control and may try to control other things around him (like his caregiver or family). He may also feel guilty if he smoked in the past.

What is COPD?

COPD, Short for **Chronic Obstructive Pulmonary Disease** is an umbrella term used to describe progressive lung diseases which include: emphysema, chronic bronchitis, refractory (irreversible) asthma, and severe bronchiectasis.

People with COPD begin to experience increased breathlessness and a cough that doesn't go away. Both of these signs are *not* normal signs of aging, so it is important to talk to your doctor about taking a **spirometry** test (breathing test) to measure the health of you lungs if you have any of these symptoms. For more information on getting a spirometry test, visit the *Getting Tested* section of the COPD Foundation site at **www.copdfoundation.org**.

Why do Pulmonary Rehab?

Physical therapy, pulmonary rehabilitation and simple home exercise programs can promote increased stamina, decreased shortness of breath, and well-being. Maintaining physical activity also improves memory and mental functioning.

While physical activity in people with COPD does not necessarily improve lung function, it can help people with lung disease to do more with the lung function they have. One of the best and safest ways to exercise is to attend the local pulmonary rehab program. For the person with COPD, safety is very important. A pulmonary rehab program trains the person in your care in the safest and most appropriate exercises for his condition and monitors such

things as oxygen saturation so that, if supplemental oxygen is necessary, the correct flows for each exercise program can be used. This initial evaluation and training are often covered by insurance. Once the exercise program is set up, most pulmonary rehab centers will allow continued use of exercise equipment for a small fee. Some centers will even design a program for the care provider. **For pulmonary rehab programs in your area call (866) 316-COPD (2673), the COPD Information Line.** You may also request to speak to a trained COPD Caregiver Associate for additional information resources

Lung Disease (cont)

Exercise

For our bodies to perform strenuous activity most easily, it is important to coordinate breathing and moving. Put simply, one should *exhale* when doing the most strenuous part of the activity. For example, to climb stairs, take a breath before lifting a foot, then exhale as the foot is lifted. Breathe again, and then exhale as the next stair is climbed. Take vacuuming as another example: Exhale as the vacuum is pushed, inhale as the vacuum is pulled back. Or, if getting out of bed, exhale as the body is raised up. If the person in your care becomes short of breath while performing any of these activities, have the person stop and then slowly breathe in and out. Remind the person in your care that talking while performing activities will make her short of breath.

Diaphragmatic and Pursed-Lip Breathing

Diaphragmatic breathing, also known as belly breathing, helps a person to relax and get more air out of the lungs. Have the person in your care practice this breathing technique by sitting in a comfortable chair or lying down. Have her put one hand on her abdomen and one hand on her chest. As she breathes in, have her notice how the abdominal muscles relax and then as she exhales, tell her to tighten the abdominal muscles to help push air out. The chest should not move. The exhalation (breathing out) should always take longer than the inhalation (breathing in). It is very important that the person in your care do these exercises while calm and relaxed so she will be able to get into the habit of breathing this way.

Pursed-Lip Breathing helps to keep the breathing tubes open during exhalation and to improve the ability to get more air out of the lungs. This type of breathing is used mainly with people with COPD. To practice, this technique, have the person in your care take a breath in through the nose and slowly let the breath out through pursed lips (as if she was whistling). Pursed-lip breathing and belly breathing are done together.

National Family Caregiver's Month

Become part of the *National Family Caregiver Association* community and receive information and support throughout the year.
www.thefamilycaregiver.org
1-800-896-3650

SURVIVORS AT THE WHEEL

Expert advice about vehicle modification and driving after stroke.

By Jon Caswell (from Strokeconnection magazine sept/oct 2010)

For most Americans, driving is a sacred right, so losing it feels like a serious penalty. Many survivors measure recovery by whether and when they can pilot a car again. In reality, their deficits are sometimes too great for that to be possible, but in other cases vehicles can be modified to accommodate those deficits. We talked to Elin Schold Davis, coordinator of the Older Driver Initiative at the American Occupational Therapy Association, about vehicle modification.

Schold Davis emphasized that before stroke families consider modifying a vehicle, they should first get an evaluation of the survivor's ability to drive safely. "Reflex speed, scanning and strength all need to be at a certain level before someone can drive," Schold Davis said. The evaluation should be conducted by credentialed driving evaluator, ideally an occupational therapy driving rehabilitation specialist, Schold Davis said. "This will have a cost associated with it, but it is well worth the money," she said. "The evaluation helps the family see all the issues and provides a menu of options to choose from."

Next, survivors and caregivers need to understand exactly what steps must be taken to resume driving so survivors can work toward accomplishing those things.

Vehicle Modification

Most states require any vehicle modification to be performed by a certified installer. Regardless of the law in your state, Schold Davis suggests using a certified installer because devices installed improperly put the driver and others at risk and could pose liability issues. The driving specialist should be able to help you find a qualified installer. You can also visit the National Mobility Equipment Dealers Association website to locate someone in your area. (**ameda.org**)

Most vehicles are modifiable, but some are less expensive to adapt. "Sometimes it is cheaper to buy a different vehicle," Schold Davis said. "Some accept wheelchair or scooter lifts better than others. Couples where the caregiver has health limitations may want to modify the passenger side to accommodate him or her. It may be expensive, but it can also help the family maintain their desired level of independence in a way handicap transit services may not."

Cost

Modifications can be expensive for a stroke family. Many insurance plans, including Medicare, do not cover vehicle modification, even when prescribed by a doctor. However, there is sometimes wiggle room with private insurance. "Vocational rehab agencies are a possibility if the survivor is returning to work," Schold Davis said. "Some veterans have this assistance and some health systems have money available on a sliding scale. In any case, getting this money will require some champion in the family to do some research."

All vehicle manufacturers have mobility divisions and they will know what vehicles best support particular modifications. Most also offer such incentives

such as $1000 off medically required modifications. Some manufacturers offer other incentives, such as extended OnStar, a satellite-based in-vehicle safety, navigation and communications system.

Training should be included as a part of the modifications package. This is not required in all states, but survivors need to know how to use this equipment. Then enlist help of the occupational therapist to help correct the problems so that driving is safe for the survivor, the family, other drivers and pedesutrians. Only then should you think about modifying your vehicle.

RESOURCES

Nhtsa.gov/cars/rules/adaptive/brochure/brochure.html For information on vehicle modification

Aota.org/olderdriver For help finding a driving specialist in your area.

Safedrivingforalifetime.com for safety tips on driving with a disability as well as other helpful information.

CHILLY WINTER PROBLEMS

People with COPD need to be extremely aware of avoiding viral, bacterial, parasitic and fungal lung infections will make COPD symptoms much worse; more short of breath, cough more, and have even less energy. Once infected, it is more likely that the infection will progress to pneumonia.

Be proactive with your vaccines and take the time to wash your hands.

Additionally, some health problems get worse in the cold. To be safe and comfortable---

✔Bundle up from head to toe in several layers
✔Use a face mask that warms the air you breathe
✔Preheat the car before getting into it and keep your home warm
✔Sleep with an electric blanket
✔Warm clothing in the dryer before dressing
✔Drink warm or hot drinks
✔Run a humidifier to raise humidity in your home.

Careful in the Kitchen

By Jennifer Bradley, (oct.5, 2010 caregiver)

The best place to be as a child was in Grandma's kitchen, especially when she's taking a fresh tray of cookies out of the oven. Sneaking a bite of cookie dough was a must for any youngster. Grandma may have thought nothing of it then, but today, the risks of eating raw eggs are well known. For seniors, these stakes are even higher. A caregiver may be today's gateway to good health for their loved one, starting at the basic knowledge of food safety.

My, how things have changed.

It's safe to say that the way the world "goes round" in 2010 is much more advanced than it was 10 years ago, at the turn of the century, A decade can make a big difference. In 2000 the internet was just taking shape. Today, it's a

necessity for almost all people's daily lives. So if a decade can change things, what about 4 or 5, even more? Some loved ones may be reaching into the 80's or 90's and in the 1950's or 60's, when they were reaching their families, doing most of their baking or cooking, life was a lot different.

The way food is produced, harvested, distributed, and prepared has evolved hand-in-hand with technology. Scientific advantages have shown that new and dangerous bacteria and viruses can be found in foods; these microorganisms were not even known years ago. Food modification, mass production and mass distribution have led people away from homegrown fresh vegetables and meat, leading almost all to rely on others, even those long distances away, to provide for their daily nutritional needs.

Science has identified illnesses that can come from food, as well as ways people in the later years of life are more susceptible to contracting foodborne health issues. A caregiver has the responsibilities to know and respect the way a loved one used to live, while teaching and helping them understand the way they live to be healthy today.

Special Risks For Seniors.

Foodborne illness, also known as food poisoning, can be serious, even fatal. According to the Centers for Disease Control and Prevention, every year 76 million persons fall ill, 325,000 are hospitalized, and 5,000 die from food related infections and illness in the United States. Many of these victims are very young, very old, or have weakened immune systems, unable to fight infection normally.

Seniors have always been grouped with the "women and children" crowd. This has been for good reason: they are able to catch germs easier and also hold onto them longer. Age causes changes in a body, slowing the food digestion process. The stomach and intestinal tract process foods slower, and a loved ones liver and kidneys are slower to the natural effects of aging, all chronic illnesses, and medications, and the unwelcome addition of food poisoning can become very serious very fast. Vigilance when handling, preparing and consuming foods is important for a loved one to have for caregivers, awareness and education are critical.

Are you Sick?

Teaching a loved one when to recognize they are experiencing a negative reaction to food will help identify the problem after the fact. First, caregivers must understand that there is a wide range of time that can pass between eating food with harmful bacteria and the onset of symptoms.

Usually, foodborne illness takes one to three days to develop. The common assumption is that it's caused by a person's last meal. This may be true, but not necessarily. There are many factors to consider, including the type of bacteria which was in the affected food. The range of time could be from 20 minutes to 6 weeks, at extreme circumstances. Even then, it's possibly a different illness. Some common symptoms of food poisoning are feeling sick to the stomach,

vomiting or diarrhea. Others could be flu-like, including a fever as well as head and body aches. Professionals suggest a caregiver check with their loved one's doctor if they suspect food is to blame for an illness.

It used to be all foods were grown at home. Today's younger generations are trying to return a semblance of that lifestyle, but for most, climate and convenience will never leave them completely independent for all food. Many elderly loved ones will remember the days gone by when they ate the same potato they dug the hole in the ground and planted months prior. There was no need to worry about exactly where food came from. Because of this a loved one may have a greater trust for food than the rest of society or greater distrust.

The U.S. Food and Drug Administration offers some guidelines for proper food prep at home. First, "clean." Wash hands and surfaces often and well. Bacteria can be found throughout a kitchen, including on utensils, cutting boards, sponges and countertops. Use warm water and soap for all washing of hands and cooking supplies. When cutting boards develop worn and hard to clean surface, they should be replaced. A loved one may consider paper towels just extra waste, but they are very good at preventing bacteria buildup.

Next "separate." Cross contamination is how bacteria are spread, especially when handling raw meat, poultry and seafood. Separate these foods from other foods in the shopping cart and also in the refrigerator. Use different cutting boards for them as well. Wash utensils and other dishes after coming in contact with raw meat, poultry, seafood, eggs, and unwashed fresh produce. A big "no-no" is putting cooked food on the same plate the raw was on previously. Bacterial residue on the plate could contaminate the cooked food.

After separating "cook" food to proper temperatures. The FDA explains that foods are cooked safely when heated for a long enough time and at a high enough temperature to kill the harmful bacteria. There are many guidelines for temperatures to watch for when cooking a variety of foods. Visit: www.fda.gov/Food/Resourcesforyou/Consumers/Seniors/ucm,182679.htm for more information.

Finally, the FDA advises seniors to "chill" and not in the way a teenager would mean! While stored at room temperature, bacteria in food may double every 20 minutes. Caregivers should teach a loved one to refrigerate foods quickly to keep bacteria at bay. Many people believe it's not good to put hot food in a refrigerator, but the FDA says it keeps a person safe to do so. With some special guidelines a caregiver can show a loved one how to eat safely at home and avoid problems down the road.

Eating Out.

The McDonald's trend hit the United States in the late 1950's and has grown into a full-blown way of life since then. No longer is eating out a "treat" for a special occasion, such as a birthday, anniversary, or first date. Sure, people may still dine at a fancier restaurant for those times, but grabbing a sandwich or a

salad is a regular habit. Today, nearly 50% of the money spent on food goes towards meals that other people prepare.

It can be easy to simply trust that the food served at a restaurant is suitable for consumption. Each person should learn to be their own advocate and a senior loved one is no exception. They may be experiencing an age related dulling of the senses; minimizing their ability to recognize an unsafe situation. As at home, don't eat raw or undercooked food. Make sure hot meals are hot and if the food is not cooked properly, encourage a loved one to speak up and send it back. It's better to be safe than worry about "hurting someone's feelings."

The trend in restaurants today is leaning toward large meat portions. Many seniors end up packing the leftovers to take home. The FDA advises that if the leftover food will not be refrigerated within 2 hours of leaving the restaurant, it's safer to leave it there. Some senior centers across the country won't even allow the food to be taken home because they know of the dangers when food is left sitting out too long.

Foods to Avoid.

The FDA offers a list of foods the seniors are advised to avoid:

- Raw fin fish and shellfish, including oysters, clams, mussels and scallops
- Hot dogs and luncheon meats, unless they are reheated till steaming hot
- Raw or unpasteurized milk or soft cheese (such as feta, brie, camembert, blue veined, and Mexican style cheese) unless they are labeled they are made with pasteurized milk.
- Refrigerated pates or meat spreads; (canned or shelf-stable pates and meat spreads may be eaten.)
- Refrigerated smoked seafood unless it is contained in a cooked dish, such as a casserole (canned or self stable smoked seafood may be eaten.)
- Raw or lightly cooked egg or egg products containing raw eggs such as salad dressings, cookie or cake batter, sauces and beverages such as eggnog (Foods made from commercially pasteurized eggs are safe to eat.)
- Raw meat or poultry;
- Raw sprouts (alfalfa, clover, and radish) and
- Unpasteurized or untreated fruit or vegetable juice.

As a Better Shopper

Reading labels is becoming more and more essential for all age groups. Many people have adverse affects from the ingredients MSG, especially those in the senior community. The other labels to look for are the open dates on raw foods such as meats, eggs, and dairy products. Most important are the "sell by", "best if used by", and "use by" dates. Caregivers can teach their loved one how to read these labels and also check refrigerators to ensure food has not gone bad and poses a problem for bacteria growth.

Raw meat, poultry, and seafood should be placed in a separate plastic bag, so the juices do not leek onto other groceries. Buy only pasteurized milk, cheese and

other dairy products. Teach a loved one to buy only eggs from the refrigerated section of the store and check canned goods for dents, cracks or bulging tops.

SPOTLIGHT ON SOCIAL SECURITY

Planning to move? Contact Social Security

By Ken Hess (social security public affairs specialist for Wisconsin)

Moving can be hectic. Some studies show that relocating is one of the greatest stresses we face in our lives. Whether you are moving nearby or across the country, don't forget Social Security if you are a beneficiary. Keep us in the loop with your updated information so we can make sure your benefits continue to arrive on time at your new address.

Even if you get your benefits by direct deposit or Direct Express, and you are only receiving Medicare benefits, reporting your change of address to us is still important. Without your current mailing address, Social Security is unable to send you notices and other important correspondence about changes that could affect your benefits. Agreeing to report certain events, including your change of address, is part of the Social Security benefit application process. Your benefits could stop if we are unable to contact you.

The fastest and easiest way to change your address with Social Security is to do it online at www.socialsecurity.gov/changeofaddress. By answering a series of questions, we can process your change of address electronically, and you can tell us when the change takes effect. You will receive a confirmation letter in the mail.

You also can call our toll-free number at 1-800-772-1213. Our automated service will walk you through the process of changing your address in our records. Representatives can help you weekdays from 7 a.m. to 7 p.m. local time.

To learn more about changing your address online, read our online fact sheet, *Moving? Save Time-Change Your Address Online at www.socialsecurity.gov/pubs/10028.html.*

My Health,
My Medicare

Centers For Medicare & Medicaid Services

Medicare Open Enrollment is November 15th- December 31st

It's time to review your plan

Every year, there are new prescription drug and health plan coverage choices available to people with Medicare. Open Enrollment is the time of year when current or newly-eligible Medicare beneficiaries, including people with original Medicare, can review their currant health or prescription drug plans, compare the plans to other options and choose the plans that best meet their currant needs.

There's never been a better time to check out Medicare coverage. With the new health care law, there are new benefits available to people with Medicare, including lower prescription costs, wellness checkups and preventive care. The new law also provides better ways to protect beneficiaries from fraud, making Medicare stronger for all of us and for future generations.

Take advantage of Open Enrollment—November 15th through December 31st – and be sure to compare current plans with new plan offerings, as well as learn about the new benefits that are available. People with Medicare may find a way to save money, get better coverage or both.

Medicare has several ways to ensure people get information to help in deciding what kind of coverage works best, including:

- Visit www.medicare.gov where you can get a personalized comparison of costs and coverage of the plans available in your area.
- Call 1-800-MEDICARE (1-800-633-4227) 24 hours a day/7 days a week to find out more about your coverage options. TTY users should call 1-877-486-2048.
- Review the 2011 *Medicare & You* handbook. It is mailed to beneficiaries in October
- Get one-on-one help from your State Health Insurance Assistance Program (SHIP). Local SHIP contact information can be found online at:
  *www.medicare.gov/contacts/staticpages/ships/aspx
  *Look on the back of your *Medicare & You* handbook or;
  *Call Medicare at 1-800-MEDICARE (1-800-633-4227; TTY1-877-486-2048)

Medicare has a program to help pay for prescription drugs for those with a limited income. To find out if you qualify, visit www.socialsecurity.gov or call 1-800-772-1213 and ask about "Extra Help" program. More information is available at www.healthcare.gov, a new online portal made available from the U.S. Department of Health and Human Services.

This message is brought to you by the U.S. Department of Health & Human Services.

FOOD SCRAPS

American Diabetes Month

November is American Diabetes Month. The American Diabetes Association says that this is "a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control ." Nearly 24 million children and adults in the U.S.live with diabetes and million more are at risk. The total annual cost could exceed an estimated $218 billion (with a B!) dollars. The cost of caring for someone with diabetes is $1 out of every $5 in total healthcare costs. Already at

an epidemic level, type 2 diabetes can often be effectively managed or even prevented, with prevented with proper diet and exercise.
It is extremely important to work with your physician as well as a registered dietitian to determine a health and diet plan to manage diabetes. Those with impaired glucose control are at risk for blindness, kidney failure, heart disease, poor blood circulation, leading to amputation of the toes, feet, and legs, poor wound healing, sexual dysfunction, slowed digestion and stroke. In fact 2 out of 3 people with diabetes die from heart disease or stroke. You can minimize your risk with basic lifestyle changes. Invest in your future and help fight diabetes. Visit **www.diabetes.org** or call 1-888-diabetes for the American Diabetes Association.

STOP DIABETES
StopDiabetes.com

Did You Know?

5.7 million people in the U.S.have diabetes and don't know it. Along with fasting blood glucose you should also get your HbA1C checked twice a year. One out of every ten healthcare dollars is spent on direct care for diabetes.

Hemoglobin A1C (HbA1C) is now often being used to diagnose diabetes. HbA1C measures your average blood glucose levels over the previous 3 months. If you are at risk, get this done twice a year.

"The only way to keep your health is to eat what you don't want; drink what you don't like and do what you'd rather not." Mark Twain.

NOVEMBER BIRTHDAYS

Nov. 1-Adrienne Schweikl
Nov. 1- Jeff Schultz
Nov. 2-Betty M. Schmitz
Nov. 3-Harold Krueger
Nov. 5-Dick Conway
Nov. 9- Carol Arens
Nov. 16-Harry Buttner
Nov. 23-Nora Wolmer & Jerry Steiner
Nov. 23-Patricia White
Nov. 24-Diane Madero
Nov. 26- Janet Potter
Nov. 28- Ralph Nickelson
Nov. 29-Norma Phillips

Are You Ready For the Medicare Annual Open Enrollment Period?

By Norma Phillips/Cathy Spatola

The annual Open Enrollment Period is quickly approaching for people who are receiving Medicare Benefits. The Open Enrollment Period begins ***November 15, 2010*** and runs through ***December 31, 2010***. Every year, in the fall, Medicare beneficiaries have the opportunity to ***enroll in, dis-enroll from or make changes to*** Medicare Part D Prescription Drug/Medicare Advantage Health plans. It is

important to note that, with few exceptions, the Open Enrollment Period is the only time during the year that you can change your Medicare Advantage Plan and Medicare Part D coverage.

It is important to note that plan premiums, cost and coverage can change each year, so ***all*** people with Medicare should check to make sure their plan(s) still meet their needs and budgets. Beginning October 2010, mailings will be going out to Medicare beneficiaries regarding Medicare, Social Security, and health and drug plan information about changes in 2011. During this time, ***please open and read*** all the information that you are receiving, so that you stay informed about your choices and can make appropriate decisions for your 2011 hospital, medical, Social Security and health and drug plan coverage.

Plans (Medicare Part D/Medicare Advantage Health Plans) can also choose not to continue coverage beginning January 1, 2011 and will send out a letter, beginning October 1, 2010, explaining that your plan will be ending on December 31, 2010. In Wisconsin the 48 Part D Prescription Drug Plans will decrease to 29-32 in 2011.

In 2011, based on the 2008 MIPPA Legislation, ***Medicare Advantage Plans*** operating in most Wisconsin counties will be required to have a network of physician and hospitals to support their plan choices. This means most private fee for service (PFFS) Medicare Advantage Plans operating in the state will either have to close or offer enrollees a network based PFFS plan.

Letters may include-

1. ***Medicare Beneficiary is advised their Part D Prescription coverage will end December 31, 2010.***

OPTIONS

1. Enroll in new Medicare Part D Plan (enrolling in new plan automatically dis-enrolls you from 2010 Part D prescription drug plan).
2. Enroll in Medicare Advantage Health Plan with Prescription Drug coverage.
3. Enroll in Wisconsin Senior Care
4. Enroll in other prescription drug coverage eligible for and deemed appropriate by individual.
5. Some enrollees will be automatically enrolled in a different plan with coverage to begin January 1, 2011. This information will be included in the letter. If you feel premium, coverage and costs appropriate, enrollment will be automatic unless you elect a different plan.

2. ***Medicare Beneficiary is advised their Medicare Advantage Health Plan coverage will end December 31, 2010.***

OPTIONS

1. Enroll in another Medicare Advantage Health Plan.
2. Return to original Medicare, pay the out of pocket expenses (deductibles, copayments, and co-insurance amounts).

3. Return to original Medicare, purchase a Medicare supplement to pay the out of the pocket expenses. Right now you are in a guaranteed issue period. This means that the Medicare supplement company cannot refuse to sell a policy to you.

For help making informed decisions regarding your Medicare, Medicare Advantage Health Plan, Medicare Supplement (Medigap) or Medicare Part D coverage contact the Aging and Disability Resource Center (608-847-9371) Mauston, Wisconsin to make an appointment with Norma Phillips or Cathy Spatola.

Please bring the following items to your scheduled appointment: A pharmacy print out of medicines for the past 3 months **or** the medicines **or** a list of medicines (spelling counts!) with strength and dosage; **and** any correspondence from your current plan. For extra help with paying for prescription drug screening bring your 2009 Income Tax return/income, asset totals. Other helpful resources include the Medicare Hotline at **1-800-633-4227**; the Wisconsin State Health Insurance Program (SHIP) Medigap Helpline at **1-800-242-1060;** The Wisconsin Prescription Drug Helpline at **1-866-456-8211** which is designed for those 60 and older; The Disability Drug Benefit Helpline at **1-800-926-4862** for those under 60 and on disability; and Wisconsin SeniorCare at **1-800-657-2038.**

Norma and Cathy will be available for questions at the Senior Meal sites in November:

Wednesday, Nov. 3-Camp Douglas Village Hall- 10:30 a.m.
Thursday, Nov. 4- Elroy- Grace Lutheran Church-10:30 a.m.
Monday, Nov. 8- New Lisbon Meal Site (in back of Fire Dept.)-11:00 a.m.
Monday, Nov. 8- Lyndon Station- Beagle's Bar & Grill- 10:30 a.m.
Tuesday, Nov. 9-Wonewoc- Bernie's Wagon Wheel II- 11:00 a.m.
Wednesday, Nov. 10- Necedah Village Hall- 10:30 a.m.
Monday, Nov. 15- Mauston Adult Center- 10:30 a.m.

Caring isn't the hard part of Caregiving

When someone you love needs care, it's natural to want to be the one to provide it. But when caregiving becomes difficult, it's O.K. to ask for help. If you or someone you know could use some help, contact the Family Caregiver Support Program. We provide caregivers with the information and services they need to better care for their loved one—and themselves.

To find information and assistance in Juneau County, contact the Aging & Disability Resource Center of Southwest Wisconsin—Juneau County Office : **220 La Crosse Street, Mauston Wisconsin 53948 (608)847-9371** or visit online at:
www.jueaucounty.com or www.adrcswwi.org

To find help in any county or tribe in Wisconsin, contact Wisconsin's Family Caregiver Support Program at: **(866) 843-9810** or go to **wisconsincaregiver.org**

Pumpkin Cheesecake Pie (toh oct/nov 2010)

2c finely crushed pecan shortbread cookies
1 tbsp flour
3 tbsp butter melted
Filling-
2(1-8 oz & 1-3 oz) cream cheese softened
1 c sugar
15 oz can solid pk pumpkin
3 tbsp flour
1 tbsp milk
1 tsp ground cinnamon
¼ tsp ground ginger
¼ tsp ground nutmeg
¼ tsp cloves
3 eggs lightly beaten

In a small bowl, combine the cookie crumbs, flour and butter; press into ungreased 9" deep dish pie plate. Bake 350 for 9-11 minutes or til lightly browned. Cool on a wire rack. For Filling- in a large bowl, beat cream cheese and sugar til smooth. Beat in the pumpkin, flour, milk and spices. Add eggs, beat on low speed just til combined. Pour into crust. Bake 350 for 40-50 minutes or til center is almost set. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack for 1 hour. Refrigerate for at least 4 hours before serving. 8 serving

MENU FOR
Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station

847-9371 547-3125 427-3287 562-6592 666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
November 1	**November 2**	**November 3**	**November 4**
Baked Ham Boiled Potatoes Carrot Coins Rye Bread/Butter Fruit	**Budget Cut Day Mealsites Closed**	Baked Chicken Mashed Potatoes/Gravy Squash Wheat Bread/Butter Fruit Crisp	Beef Stew Seasoned Corn Biscuit/Butter Fruit Pudding
November 8	**November 9**	**November 10**	**November 11**
Beef Tips Egg Noodles Broccoli Cuts Wheat Bread/Butter Fruit	Turkey ala King B.P. Biscuit/Butter Seasoned Corn Brownie	Soup Djour Shredded Beef/Bun American Cheese Slice Broccoli Salad Fruit Frosted Cake	**Holiday Veteran's Day ADRC & All Meal Sites Closed No Meals Served**
November 15	**November 16**	**November 17**	**November 18**
Chicken Wild Rice Casserole Carrots Cornbread Fruit	Roast Beef Mashed Potatoes/Gravy Seasoned Corn Potato Bread/Butter Cookie	Swedish Meatballs Seasoned Noodles Peas & Carrots Wheat Roll/Butter Lemon Bar	Pork Loin Scalloped Potatoes Green Beans Layered Salad 12 Grain Bread/Butter Frosted Cake
November 22	**November 23**	**November 24**	**November 25**
Shepherd's Pie Beets Wheat Roll/Butter Fruit Cookie	Turkey Noodle Casserole Creamed Peas Wheat Roll/Butter Fruit Crisp	**Thanksgiving Celebration** Roast Turkey Mashed Potato/Gravy Savory Dressing Green Bean Casserole Wheat Roll/Butter Pumpkin Pie/Topping	**Holiday Thanksgiving Day ADRC Office & All Mealsites are Closed**
November 29	**November 30**		
BBQ Pork/Bun Tator Tots Baked Beans Fruit Cookie	Meatloaf Baked Potato/Sour Cream Carrot Coins Wheat Roll/Butter Pudding		

CONGREGRATE MEAL (IN CENTER)-$3.50 MEALS ON WHEELS (HOMEBOUND)-$3.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE

WONEWOC MENU
464-7217

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2	**November 3**	**November 4**	**November 5**
Baked Ham Boiled Potatoes Carrot Coins Rye Bread/Butter Fruit	Baked Chicken Mashed Potatoes/Gravy Squash Wheat Bread/Butter Fruit Crisp	Beef Stew Seasoned Corn Biscuit/Butter Fruit Pudding	**Budget Cut Day** **Mealsite Closed**
November 9	**November 10**	**November 11**	**November 12**
Turkey ala King Biscuit/Butter Seasoned Corn Brownie	Soup Djour Shredded Beef/Bun American Cheese Slice Broccoli salad Fruit Frosted Cake	**Holiday** **Veteran's Day** **ADRC Office & All** **Meal Sites closed**	Fish/Tartar Sauce Potatoes/Gravy Broccoli Cuts Wheat Bread/Butter Fruit
November 16	**November 17**	**November 18**	**November 19**
Roast Beef Mashed Potatoes/Gravy Seasoned Corn Potato Bread Cookie	Swedish Meatballs Seasoned Noodles Peas & Carrots Wheat Roll/Butter Lemon Bar	Pork Loin Scalloped Potatoes Green Beans Layered Salad 12-grain Bread/Butter	Fish/Tartar Sauce Potatoes/Gravy Carrots Cornbread/Butter Fruit
November 23	**November 24**	**November 25**	**November 26**
Turkey Noodle Casserole Creamed Peas Wheat Roll/Butter Fruit Crisp	**Thanksgiving Celebration** Roast Turkey Mashed Potato/Gravy Savory Dressing Green Bean Casserole Wheat Roll/Butter Pumpkin Pie/Topping	**HOLIDAY** **Thanksgiving Day** **ADRC Office & All** **Meal Sites Closed**	**Holiday** **Closed because of** **Thanksgiving**
November 30	**December 1**	**December 2**	**December 3**
Meatloaf Baked Potato/Sour Cream Carrot Coins Wheat Roll/Butter Pudding			**BUDGET CUT DAY** **Meal Site Closed**

CONGREGATE MEALS (IN CENTER)-$3.50 MEALS ON WHEELS (HOMEBOUND)-$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE

ELROY MENU
462-5175

MONDAY	TUESDAY	THURSDAY	FRIDAY
November 1	**November 2**	**November 4**	**November 5**
Chili Soup/Beans Crackers Cheese Slices Fruit Salad Dinner Roll/Butter Brownie	Baked Chicken Mashed Potatoes/Gravy Sliced Carrots Cranberries Dinner Roll/Butter Mixed Fruit	Baked Ham Sweet Potatoes Spinach Dinner Roll/Butter Pineapple Tidbits Cookie or Bar	Budget Cut Day No Meals Served
November 8	**November 9**	**November 11**	**November 12**
BBQ/Bun Hash Brown Potatoes Green Bean Casserole Tropical Fruit	Ham/Boiled Dinner/Veg. Cottage Cheese Peaches Dinner Roll/Butter Cake	**Holiday** **Veteran's Day** **ADRC Office & All Mealsites Closed**	Fish Nuggets Tartar Sauce Potatoes Scalloped Corn Dinner Roll/Butter Mixed Fruit
November 15	**November 16**	**November 18**	**November 19**
Meatloaf Potatoes/Gravy Carrots Pickled Beets Dinner Roll/Butter Pudding/Topping	Baked Chicken Mashed Potatoes/Gravy Broccoli Apple Rings Dinner Roll/Butter Jello/Fruit	Liver & Onions Scalloped Potatoes Peas Pickles Dinner Roll/Butter Mixed Fruit	Sirloin Tips/Mushrooms Noodles Stewed Tomatoes Dinner Roll/Butter Baked Custard
November 22	**November 23**	**November 25**	**November 26**
Hamburger Steak/onions Potatoes/Gravy Beets Dinner Roll/Butter Cake	Roast Turkey Potatoes/Gravy/Stuffing Green Beans Cranberries Dinner Roll/Butter Pumpkin Pie/Topping	**Holiday** **Happy Thanksgiving!** **ADRC Office & all Mealsites Closed for 2 days**	**Closed Because of Thanksgiving**
November 29	**November 30**	**December 1**	**December 2**
Chicken Breast Rice/Gravy Carrots Cranberries Dinner Roll/Butter Mixed Fruit	Roast Beef Potatoes/Gravy Corn Apple Rings Dinner Roll/Butter Cake		

CONGREGATE MEALS (IN CENTER)-$3.50 MEALS ON WHEELS (HOMEBOUND)-$3.75
MENU SUBJECT TO CHANGE WITHOUT NOTICE