

Upper Horizon

A DRC
Aging & Disability Resource Center

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1-877-794-2372 or 608-776-4960

15701 County Road K, P.O. Box 71, Darlington, WI 53530

www.lchsd.org or www.adrcswi.org

7 Winter Safety Tips for Seniors



During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors.

Finding elderly care to assist your senior on a regular basis can help keep them safe during any season. Check out the tips below that are specific to winter for preventing common cold-weather dangers that the elderly population faces.

1 Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2 Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia — a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So, don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees — if it does get medical assistance immediately.

3 Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible or send their loved one to adult day care; a short, daily phone call can also make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4 Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.

5 Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

6 Eat a Varied Diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits — especially Vitamin D deficiency — can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7 Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Provides

information and assistance on services and resources available to keep individuals living well and independently.

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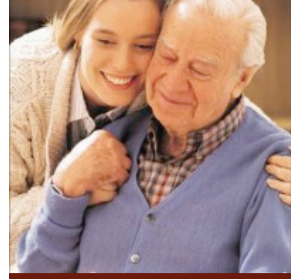
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Today's
CARE GIVER

Find
Support

Tips For Diffusing Family Conflict

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication is essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.



- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone.
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.

- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you communicate better.
- LISTEN! Be an active listener by focusing on what is being said, including body

language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.

- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write things down.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

If you need help in your caregiving role, contact the Aging and Disability Resource Center at (608) 776-4960.

Jane Mahoney, Greater Wisconsin Agency on Aging



Upper Horizon
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Aging & Disability Resource Center - Lafayette County

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(608) 776-4960

Regional Website: www.adrcswwi.org

Did not receive a copy of the Lafayette County Upper Horizon in the Shopping News?

Give us a call, copies are available while supplies last.

Upper Horizon can be viewed online at www.yourshoppingnews.com or www.lafayettecounty.org, then click on departments and finally, click on ADRC.

NOTICE: The Aging and Disability Resource Center (ADRC) of Southwest Wisconsin - Lafayette County does not discriminate on the basis of disability in admission to, access to, or operation of its programs, services or activities. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990.

Questions, concerns, complaints or requests for additional information regarding the ADRC may be forwarded to: Aging & Disability Resource Center - Lafayette County, 627 Main Street, Darlington, WI 53530.

The Lafayette County Upper Horizon is a monthly publication for the ADRC - Lafayette County whose purpose is to provide awareness and information on benefits and services.

Watch for the next issue of Lafayette County Upper Horizon within the Tuesday, January 29, 2018 Shopping News.

Grant, Iowa, Lafayette
Shopping News
For Results You Can Trust

Your Local SERVICES Directory

If you would like to advertise in this Service Directory...
Call Lisa Banfield today at 1-800-236-2537
and see what the Shopping News can do for you.

Financial Institutions

First National Bank

"Working For Lafayette County In Lafayette County"
245 Main St., Darlington, WI, (608) 776-4071
5800 Philips St., Gratiot, WI, (608) 922-6422



Elder Abuse

Wisconsin State Law on elder abuse includes physical abuse, material (financial) abuse and neglect or self-neglect of a person who is age 60 or older. To report Elder Abuse or for more information call (608) 776-4902.



Got Time? LET'S TRAVEL

To Ride the Bus...

Call ADRC at (608) 776-4960 to Reserve Your Seat Today!



Happy New Year! Hope you bring the New Year in with a bang, for myself, December was a pretty good month because Joe and Diane gave us and the world a beautiful baby boy born on December 2nd at 9:30 p.m., Chase Allen Long. January 2019 brings new hopes and dreams for all of us! On January 17th we thought a little wine tasting trip would be a great idea so I put a little trip around Southern WI together, I think that will take care of your palette. Now in February, the last two years we really had good luck finding big savings at the big mall in the WI. Dells so we will take a nice trip up to the Dells and those who don't do shopping trips, right down the road happens to be the Ho Chunk so it'll be a nice little trip up and back. That trip will be February 14th and we all know what that day is. As far as March trips, I don't know so if anybody would like to help me out with some suggestions, get back to me. Remember for any special occasion our bus certificates work great.

Bobby

CLIP & Save

JANUARY

- Tuesday, January 1 *Happy New Year!*
- Thursday, January 3 **Madison West**
- Tuesday, January 8 **Dubuque**
- Wednesday, January 9 **Monroe**
- Tuesday, January 15 **Dubuque**
- Thursday, January 17 **Charter Trip Unknown**
- Tuesday, January 22 **Dubuque**
- Wednesday, January 23 **Monroe**
- Tuesday, January 29 **Platteville**

FEBRUARY

- Friday, February 1 **Madison East**
- Tuesday, February 5 **Dubuque**
- Wednesday, February 6 **Monroe**
- Tuesday, February 12 **Dubuque**
- Thursday, February 14 **WI Dells Gaming & Shopping**
- Tuesday, February 19 **Dubuque**
- Wednesday, February 20 **Monroe**
- Tuesday, February 26 **Platteville**

MARCH

- Friday, March 1 **Madison West**
- Tuesday, March 5 **Dubuque**
- Wednesday, March 6 **Monroe**
- Tuesday, March 12 **Dubuque**
- Tuesday, March 19 **Dubuque**
- Wednesday, March 20 **Monroe**
- Tuesday, March 26 **Platteville**

Plantar Fasciitis

MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

The plantar fascia is the thick tissue on the bottom of the foot that connects the heel bone to the toes and creates the arch of the foot. When this tissue becomes swollen or inflamed, it is called plantar fasciitis. Plantar fasciitis occurs when the thick band of tissue on the bottom of the foot is overstretched or overused. Under normal circumstances, your plantar fascia acts like a shock-absorbing bowstring, supporting the arch in your foot. If tension on that bowstring becomes too great, it can create small tears in the fascia. Repetitive stretching and tearing can cause the fascia to become irritated or inflamed. This can be painful and make walking more difficult. Plantar fasciitis is most common between the ages of 40 and 60.

You are more likely to get plantar fasciitis if you have foot arch problems (both flat feet and high arches), are obese or gain weight suddenly, have a tight Achilles tendon (the tendon connecting the calf muscles to the heel), wear shoes with poor arch support or soft soles, or change your activities. The most common symptoms are pain and stiffness in the bottom of the heel that may be dull or sharp. The bottom of the foot may also ache or burn. The pain is often worse in the morning when you take your first steps, after standing or sitting for awhile, when climbing stairs, and after intense activity. The pain may develop slowly over time, or come on suddenly after intense activity. If you change the way you walk to minimize plantar fasciitis pain, you might also develop foot, knee, hip or back problems.

Making sure your ankle, Achilles tendon, and calf muscles are flexible can help prevent plantar fasciitis. Stretch your plantar fascia in the morning before you get out of bed. Performing activities in moderation can also help. Your health care provider will often recommend these steps first: medication and/or ice to reduce pain and inflammation, heel and foot stretching exercises, and wearing shoes with good support. Ice the painful area at least twice a day for 10 - 15 minutes (more often in the first couple of days). If these treatments do not work, your health care provider may recommend wearing a boot cast that looks like a ski boot that can be removed for bathing; custom-made shoe inserts (orthotics) or steroid shots or injections into the heel. Sometimes, foot surgery is needed.

Memorial Hospital of Lafayette County Rehab department provides Physical Therapy, Occupational Therapy and Speech and Language treatment to clients of all ages. No matter where you choose to doctor you can get your Rehab Services close to home. If you have any questions about this article or any other rehab question please contact us at (608) 776-5744.



The AARP tax aides will once again be setting up appointments through our office for individuals needing help with their income taxes. They will be assisting those who are low or moderate income, the disabled, and elderly. The AARP tax aides cannot do working farm returns, businesses with over \$5,000 in expenses, apartment rentals, and other more complicated returns. Appointments available between 9:00 a.m.-3:15 p.m.

First National Bank in Argyle

Monday, February 11 and Monday, March 11

Town Bank in Darlington

Mondays, February 18 and 25
Mondays, March 4, 18 and 25
Monday, April 1

*** Important Update***

Like last year all individuals receiving tax assistance will need to have their Social Security card in hand. If you have lost or need a new card, you can apply online at www.ssa.gov/myaccount or the ADRC can help you apply for a replacement card.

PLEASE CALL (608) 776-4960

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT

JANUARY 2019

Things to do...

- Belmont**
January 23
Bingo, after lunch
Pasty day. Check with site
- Benton**
January 3
Birthday Party with Bingo
- Blanchardville**
Cards on **Thursdays**
before and after lunch
at Viking Cafe.
Tuesdays at 9:30 a.m.
Stretching Class at
Lutheran Church –
taught by chiropractor
- Shullsburg**
January 9
Birthday Party,
Cards and Bingo
January 23
Pasty Day and Cards
- South Wayne**
Home Delivery Only, Call
Kathy at (608) 776-4969
- Darlington**
Every Monday
12:30 Bridge and Euchre
Every Tuesday
Exercise Class, 9:00 a.m.
1st and 3rd Tuesdays
12:30 p.m. Bingo
Every Wednesday
9:30 a.m. Will
1:00 p.m. Knitters
Every Thursday
More Bridge (NEW)
Every Friday
12:30 p.m.
Hasenpfeffer Cards



S.U.N. Senior Dining and Meals on Wheels

Happy New Year! Wow – we are just one year away from 2020!
I want to remind you all that if you are usually a congregate participant coming to the site, and the roads are scary to drive, just call the site and we will deliver to you on that day. We always want you to come to the site if possible for fellowship and social time, but if you can't, we at least want you to get the hot, nutritious meal. Also, just to remind you one more time of the inclement weather policy: if the schools close, so do we automatically. So be sure to listen to the radio or TV on those wintry days. Sometimes, the schools eventually close after a delay; that is the most confusing for us!! Just be sure to call. Also, during the week between Christmas and New Year's, or spring break, when schools are not in session, no announcements will be made, so be sure to call then as well.



The suggested donation for 2019 will be increasing by 50¢ for both the congregate and home delivered meals. Congregate suggested donation will be \$5.00 and home delivery suggested donation will be \$5.50. Most of our providers have increased their costs to us, as there

is an additional requirement of one more fruit and/or vegetable, and labor and food costs are increasing. It is always a hard decision to raise the suggested donation, and we take it very seriously as many of you are on limited budgets. Both the Board of Directors and the PAC (Policy Advisory Committee) approved the raise in November. This will take effect on January 1, 2019. As many of the PAC members commented, where can you get a full meal, nutritionally balanced, with beverage and dessert included, for this amount? I encourage you to take advantage of this reasonable suggested donation, and join us at your nearest site. And remember: this is a suggested donation; no senior will be denied a meal due to inability to pay. And if you cannot always give the full donation, and are feeling guilty, remember this also: for many years, you have contributed to your community, including paying taxes. The program is here for you!!

It's easy to hibernate when the weather gets colder, but more important than ever to get up, get dressed (don't have to be fancy), visit with friends and make new ones, and take care of yourself with healthy food; cold air and exercise are healthy too! One of the main reasons we get sick more often in winter, is because we are inside with no fresh air. I don't often give out recipes, but here is a good one that ties into our ongoing theme of "Eat Well, Age Well". This program encourages preparing and eating nutrient dense foods. I know many of you don't cook much anymore, but whipping up a batch of these protein balls is easy and quick.



PROTEIN BALLS (Makes 16 Balls)
INGREDIENTS:
½ cup creamy peanut butter
¾ cup non-fat milk powder
½ cup flaxseed (can be ground)
½ cup honey
½ cup crushed cereal of your choice, instant oats or coconut
Add the following per your preferences:
⅓ cup raisins
⅓ cup Craisins
⅓ cup sunflower seeds
⅓ cup chocolate chips
DIRECTIONS:
• Combine peanut butter, milk powder, flaxseed and honey in a bowl and mix well. Stir in the sunflower seeds and dried fruit as desired.
• Roll mixture in small balls and then roll balls in crushed cereal, if desired. Place on waxed paper.
• Chill in refrigerator for at least 1 hour before serving. These will keep for several days.
Recipe adapted from thriftyfun.com.
Fast, easy, nutritious and delicious. Enjoy with your morning coffee, or for a snack. No guilt!
Cecile McManus
Director

GIFT CERTIFICATES ARE ALWAYS AVAILABLE!

A great gift for any holiday!

Call your site or the SUN Main Office at (608) 930-9845 or visit us at 303 W. Chapel Street in Dodgeville.

SUN Meals Served in NOVEMBER 2018

Site	Congregate	Delivered	Total
Belmont	163	113	276
Benton	133	182	315
Blanchardville	150	334	484
Darlington, Argyle and South Wayne	128	525	653
Shullsburg	96	258	354
Totals	670	1,412	

Total Meals Served 2,082
Blanchardville delivered 97 meals for Hollandale.

Senior Dining

Suggested Donation For Meal: \$4.50

JANUARY MENU

Suggested Donation For Meal: \$4.50

Fellowship, Food & Fun

Meals are served Monday-Friday at Noon with milk served at each meal. Menus are subject to change. Call for your meal reservation by 12:30 p.m., at least one day in advance.
Suggested Donation For Meal: \$4.50 for congregate meals and \$5.00 for home-delivered meals. For people 60 years of age or older.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 31	JANUARY 1	JANUARY 2	JANUARY 3	JANUARY 4
New Year's Eve Party: Chicken Wings, Mini Meatballs, Cheese & Crackers, Fresh Fruit & Veggies, Spiced Apple Cider Holiday Cookies and Bars	HAPPY NEW YEAR! NO MEALS SERVED	Tomato Basil Soup Cheeseburger on a Bun Baked Beans Fresh Seasonal Fruit Cook's Choice Dessert	Roast Pork Sweet Potatoes Sliced Beets Applesauce Bread Pudding w/Caramel Sauce Benton Birthday	Baked or Fried Tilapia Baked Potato Broccoli Cauliflower Salad Rye Bread Tropical Fruit
JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10	JANUARY 11
Meatloaf Scalloped Potatoes California Blend Vegetables Corn Muffin Peaches	Ham, Broccoli & Potato Chowder (Entrée) Mixed Green Salad & Rye Roll Cottage Cheese w/Pineapple Chunks Strudel Bites	Baked Chicken Mashed Potatoes w/Gravy Sliced Carrots Dinner Roll Gelatin w/Fruit Shullsburg Birthday	Beef Chili w/Beans Fresh Spinach Salad w/Mandarin Oranges Cinnamon Roll Applesauce Chocolate Cream Pie	Swiss Steak in Gravy Parsley Red Potatoes Green Beans Wheat Roll Mixed Fruit Cook's Choice Dessert
JANUARY 14	JANUARY 15	JANUARY 16	JANUARY 17	JANUARY 18
Tuscan Vegetable Soup w/Beans Savory Turkey Patty on a Bun w/Cranberry Mayo Lettuce, Sliced Tomato Roasted Potato Wedges Fresh Seasonal Fruit	Roast Beef w/Gravy Mashed Potatoes Scalloped Corn Choice of Bread Apricots	Chicken Ala King w/Mixed Vegetables (1¼ cups) Brown Rice Mixed Green Salad Pumpkin Pie w/Topping	Salisbury Steak in Mushroom Sauce Parsley Red Potatoes Roasted Brussels Sprouts Pears Choice of Cookie	Breaded Fish Wedge w/Sliced Cheese Baked Potato Ramen Cabbage Salad Choice of Bread Choice of Fruit
JANUARY 21	JANUARY 22	JANUARY 23	JANUARY 24	JANUARY 25
Chicken & Noodle Casserole Mixed Vegetables Squash Mandarin Oranges Oatmeal Raisin Cookie	Portuguese Bean & Kale Soup Egg Salad Sandwich on Wheat Bread Pickled Beets Fresh Orange Wedges	Pasty Coleslaw Gelatin w/Fruit (½ cup fruit)	Lasagna Winter Blend Vegetables Tossed Green Salad w/Romaine Garlic Bread Cherry Crisp	Salmon Loaf Parsley Potatoes Creamed Peas Rye Roll Pineapple Chunks
JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31	FEBRUARY 1
Kielbasa w/Cooked Cabbage, Potatoes & Carrots Corn Muffin Apple Crisp	Baked Chicken Mashed Potatoes w/Gravy Three Bean Salad Dinner Roll Vanilla Pudding w/Sliced Bananas	Meatballs in Gravy Baked Potato Creamed Corn Wheat Bread Ambrosia Dessert	Roast Pork Rice Pilaf Squash Mixed Green Salad Angel Food Cake w/Fruit Topping	Potato Crusted Cod Hashbrowns Stewed Tomatoes Rye Roll Peaches Almond Joy Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 31	JANUARY 1	JANUARY 2	JANUARY 3	JANUARY 4
	HAPPY NEW YEAR NO MEALS SERVED	Roast Beef Mashed Potatoes Boiled Cabbage Rye Bread Lime Pears	Pizza Lettuce Salad Banana Half Cherry Crisp	Hot Pork on a Bun Baked Beans Coleslaw Fruit Banana Bar
JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10	JANUARY 11
Beef Stew w/Potatoes & Carrots (1½ cups) Biscuit Peaches Chocolate Brownie	Pork Steak Seasoned Rice Sliced Beets Orange Wedges Broccoli Salad Bread Pudding	Meatloaf Baked Potato Green Bean Casserole Dinner Roll Seasonal Fruit Gelatin Cake	Pasty Carrots Cabbage Salad Éclair Dessert	Salmon Loaf Mashed Potatoes Creamed Peas Three Bean Salad Wheat Bread Ice Cream
JANUARY 14	JANUARY 15	JANUARY 16	JANUARY 17	JANUARY 18
Pork Roast Mashed Potatoes w/Gravy Baked Beans Corn Bread Baked Apple	Chili Crackers Sliced Cheese Green Salad Fruit Juice Pie	Chicken Pot Pie over a Biscuit Broccoli Banana Half Chocolate Revel Bar	Roast Beef Au Gratin Potatoes Stewed Tomatoes Wheat Bread Fruited Gelatin (½ cup fruit)	BBQ on a Bun Baked Beans Sweet Potato Wedges Pears Sunshine Cake
JANUARY 21	JANUARY 22	JANUARY 23	JANUARY 24	JANUARY 25
Beef Tips w/Gravy over Noodles Green Salad Whole Kernel Corn Pineapple Tidbits Chocolate Cake	Salisbury Steak Mashed Potatoes Cauliflower & Wheat Bread Fruit Carrot Cake	Porcupine Meatballs Baked Potato Wax Beans Mixed Berries Angel Food Cake	Beef & Bean Vegetable Soup Crackers Sliced Cheese Green Salad Fruit Pie	Tuna Casserole Peas Coleslaw Apple Slices Oatmeal Cranberry Bar
JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31	FEBRUARY 1
Boiled Dinner (1½ cups) Sliced Cheese Apricots Rye Bread Bundt Cake	Sliced Ham Scalloped Potatoes Green Beans Wheat Bread Pineapple Rings	Roast Turkey Noodles & Gravy Baby Carrots Applesauce & Dinner Roll Pumpkin Bar	Spaghetti & Meat Sauce Lettuce Salad Peaches Garlic Toast Cherry Bar	

Lafayette County Transportation Services

Lafayette County Provides Three Transportation Options for Residents of Lafayette County: Lafayette County Bus Transportation • Driver Escort Program • Wheel Chair Lift Van

All meet the Title VI Civil Rights Compliance

Transportation services are funded through grants, county levy, and co-pay's to the transportation program. Each year the program applies for a \$85.21 grant through Wisconsin Department of Transportation. The grant is funded in part by the Federal Transit Administration (FTA) as authorized under 49 U.S.C. 5310 Options of Seniors and Individuals with Disabilities Program (CFDA 20.521) and also is comprised of state and local match funding and is dedicated to the transportation of the elderly and disabled residents of rural counties in Wisconsin.

Lafayette County Bus Transportation is Available to Anyone and Everyone to Scheduled Destinations

- Bus will pick up at your home for regular shopping trips.
- Bus will pick up at designated places for special bus trips.
- \$5.00 one-way, \$8.00 round-trip Non-Elderly or Disabled \$15.00
- Monthly transportation to Dubuque, Monroe, Platteville, and Madison.
- Reservations are required two days prior. Call (608) 776-4902 for reservations.
- Bus does not run without minimal passenger requirements.

Route Days	Destination
Tuesday: 1st, 2nd, & 3rd	Dubuque, Iowa
Wednesday: Every Other	Monroe
Tuesday: 4th	Platteville
Varies: Once per Month	Madison West and East

What Happens When You Ride the Bus?

- Leave the driving to us and visit with other passengers, read, knit, ect
- Passengers can visit two or three places in the destination city; as time allows
- All passengers destinations will be coordinated to make the best use of time
- There is no additional charge for stops in the destination city
- Driver will assist passengers on and off the vehicle and help secure any packages

Where Can You Go in the Destination City? ANYWHERE!!

Medical appointments, library, shopping, courthouse, visiting with friends and family, post office, lunch, banking, pharmacy and more!

Where Else Does the Lafayette County Transportation Program Go?

The Transportation Program provides monthly group outings. The following are examples of the group outings: Brewer Game, Museums, Timberlake Playhouse, Apple Orchards, Holiday Shopping Trips/Christmas Lights, etc. If you have an idea for a group trip please contact the Transportation Coordinator to make suggestions.

Pick Up Sites for Group Outings:

- Argyle:** Post Office: 329 East Milwaukee Street, Argyle, WI
- Belmont:** Community Building: 222 S. Mound Avenue, Belmont, WI
- Benton:** VFW: 82 E. Main Street, Benton, WI
- Blanchardville:** Blanchardville Laundry: Main Street, Blanchardville, WI
- Darlington:** Casey's General Store: 145 Main Street, Darlington, WI
- Gratiot:** Old Post Office, Main Street, Gratiot, WI
- Shullsburg:** McCoy Public Library: 190 N. Judgement Street, Shullsburg, WI
- South Wayne:** Hillside Apartments (Sn Housing): 101 W. Grove Street, South Wayne, WI
- Wiota:** Fireman's Park: 9830 Park Street, Wiota, WI
- Woodford:** Woodford State Bank: 2310 County Road M, Woodford, WI

Driver Escort Program

Driver Escort program provides transportation primarily for elderly and disabled individuals to medical appointments.

Overview:

Service is available to elderly (60+) or disabled residents in Lafayette County

Anyone can ride along on an already scheduled medical trip provided there is a seat available

Transportation is primarily available for medical appointments: doctor, therapist, chiropractor, dentist, optometrist, physical therapy, etc.

Program is available Monday through Friday except Holidays

Scheduling is through the Transportation Coordinator at (608) 776-4902

Reservations are required three working days prior to the trip

When possible multiple passengers will be coordinated to transport at the same time in the same vehicle. There will be wait times for passengers based on the appointment times of all passengers in the vehicle.

Fees:

- The fee is \$.30 per mile
- In-town transports flat fee \$3.00

Wheel Chair Lift Van:

Lafayette County has a wheel chair lift van that is available to transport Lafayette County residents to and from medical appointments. The vehicle is available with prior reservations through the Transportation Coordinator at (608) 776-4902.

The fee is \$1.00 per mile with a \$15.00 minimum.

Medical Assistance/BadgerCare:

Persons on Medical Assistance/BadgerCare need to contact MTM, Inc at (866) 907-1493 for transportation to their medical appointments.

ContinuUs:

The Driver Escort Program contracts with ContinuUs—Contact your Care Manager to discuss transportation options through Lafayette County. ContinuUs: (608) 776-2700.

Veterans Service:

The Lafayette County Veterans office provides transportation to Veterans based on various factors. Contact the Veterans office at (608) 776-4886 to see if you are eligible for transportation through their office.

Title VI Civil Rights Compliance

Title VI of the Civil Rights Act of 1964 is a federal statute and provides that no person in the United States, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program of activity receiving federal financial assistance.

Lafayette County operates its program and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with Lafayette County.

For more information on Lafayette County's Civil Rights program, and the procedures to file a complaint, contact (608) 776-4800; email msutter@lchsd.org or visit our administrative office at 15701 County K Rd., Darlington, WI 53530.

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About us

We are a group of long term care providers with over 50 years combined experience of hands on patient care. We have come together to meet the needs of the residents of Southern Lafayette County and immediate surrounding areas. As experienced care providers, we can assist you with home care services. We will help you maintain your independence allowing you to stay in the comfort of your own home. We are area people caring for area people.



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Area People Caring for Area People

Nancy's News



Nancy Amenda

Today being December 3rd we still have a whole month until the New Year. We still have Christmas to celebrate and by now everybody is frantic getting ready and if you do not believe that just go shopping anywhere and it is busy. I am not much for big crowds and standing in line waiting but neither do I want to miss out on all that great fun! I tell myself Christmas only comes once a year so get in there and join the crowd!

I can remember as a kid about this time of year the new calendars for the New Year were being sent or given away by merchants. I can also remember my Dad coming home from shopping with all kinds of appreciation gifts that were given over the holiday season by merchants with their printed business name or logo for advertising. Some of the things I remember were calendars; wooden rulers, thermometers, household wares, coin pocket purses, small sewing kits, etc. I can remember hearing Mom telling Dad when he went to town to stop at a certain merchant

because they had the prettiest pictures on their calendars. I have a 1917 calendar that I purchased at an antique store and it is an 18 by 24 framed picture of a Victorian lady and her two small children and on the bottom of the calendar is the twelve months for that year. On the picture it stated, "Compliments of E.V. Pricel Co. - Merchant Taylors - Chicago". I have seen some very unique calendars in that time frame and they are pricey. I am sure these calendars were given by pricey merchants such as in Chicago or other big cities. But in our small rural community a calendar from our local merchants was just as much appreciated.

My Mom needed one more thing to start her new year out and that was a new Farmer's Almanac. That little book had a lot of information on weather especially the ember days. She kept tract of the ember days because that information gave her an idea on when to start planting her garden and if the next month was to be hot; cold, snowy and rainy. I have heard Mom use some weather predicting terms such as - the weather is going to change because she seen a ring around the sun or was it a ring around the moon or the weather will change because the moon is on

its back. Are we going to have a cold snowy winter based on the wooly worm being dark and has a thick coat and the squirrels are busier than normal gathering nuts for the long winter? And don't forget Jimmie the Groundhog and his weather predictions! Not only did all these predictions work I also think my Mom enjoyed doing it - especially if she was right and if she was wrong no one mentioned it! In our modern today world all we have to do is turn on our TV; cell phone and I pad and we will hear, "The radar map says!" We can talk about the weather and we can curse the weather and we can feel very happy with a perfect sunny day but folks we live in Wisconsin where we can have a thunder storm with lots of sharp lightning and rain on December 1st!

The Weiskircher boys are looking forward to having time off from school for Christmas. I can remember that feeling! Rucker and Macton are busy with basketball and wrestling. I asked them what they were going to do with all that free time and they said, "Nothing, just play with our toys!" It sounds like a good plan to me!!

Wishing all of you and your families good health and happiness in 2019.

Nancy

Winter Weather Safety for Individuals with Dementia

Winter weather is upon us and it is important to be aware of some safety concerns and the measures to take to help keep someone with dementia safe. Some areas of concern include hypothermia, wandering, hazards in the home, and falls.

Hypothermia is a concern for people with dementia because they may have challenges in detecting temperature and being aware of the weather conditions. These challenges can lead to safety concerns such as an individual setting their thermostat too low or not dressing warm enough for the weather. Some individuals with dementia may also wander outside of the house. Hypothermia and other safety concerns arise when people

are wandering in the cold winter weather. To help keep the individual with dementia safe, encourage them to dress properly for the weather including layers, a hat, scarf, and gloves to keep exposed skin protected. It may also be helpful to program the thermostat in the house so that there is adequate warmth. Other safety tips include having someone check on the individual with dementia during the day and calling the individual regularly to monitor for any changes. In addition, there are several safety-centered programs and devices available, including GPS monitoring technology, if an individual may wander outside of the home.

There are also safety concerns for

individuals with dementia inside the home including hazards with leaving stoves on, the use of electric blankets and space heaters, and carbon monoxide poisoning. To help keep an individual safe inside their home it may be necessary to unplug the stove if they no longer use it and to remove electric blankets and space heaters. Make sure fire and carbon monoxide detectors are functioning properly.

Lastly, falls are a safety concern, especially during the winter months. Vision changes, perception problems, changes in gait, and the possible deterioration of judgment skills can lead to an increased risk of falls because an individual with dementia may not detect the dangers of ice,

snow, or other winter weather hazards. Make sure the sidewalks and driveways around the individual's house are shoveled and salted. In addition, be sure that there is adequate lighting outside so individuals can see more clearly. Other measures to take to try to prevent falls during the winter include the use of proper non-skid footwear and pointed tips that can be added onto the bottom of canes.

If you need more information about winter weather safety for individuals with dementia or other assistance related to dementia, contact your local Aging & Disability Resource Center in Lafayette County by calling **608-776-4960** or **800-514-0066**. Know you are not alone!

Welcome **MINDY THOMAS**
PHYSICIAN ASSISTANT - C

Please join us in welcoming Mindy to our primary care provider team!
Mindy comes to us with years of experience in primary care with the ability to see patients of all ages.

During her career she has found an amazing passion for assisting her patients with diabetes, weight management and preventative medicine.

Mindy enjoys watching her children's sports events and participating in outdoor activities.

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CARDIOLOGY Dr. Paul Hinderaker <i>UnityPoint Health-Meriter, Madison WI</i> Dr. Jaya L Krishna <i>UnityPoint Health-Meriter, Madison WI</i>	NEPHROLOGY Dr. John Whalen <i>Dubuque Internal Medicine, Dubuque IA</i>	PODIATRY Dr. William Chubb <i>Associated Podiatrists, Madison WI</i>
CARDIAC PACER CLINIC Dr. E Wayne Grogan <i>UnityPoint Health-Meriter, Madison WI</i>	ORTHOPAEDICS Dr. Dan Stormont <i>Memorial Hospital of Lafayette County, Darlington WI</i>	UROLOGY Dr. Ian Stormont <i>Memorial Hospital of Lafayette County, Darlington, WI</i>
GENERAL SURGERY Dr. Robert Schmus <i>Memorial Hospital of Lafayette County, Darlington WI</i>	VASCULAR SURGERY Staci Day, PA <i>Memorial Hospital of Lafayette County, Darlington WI</i>	UROLOGY Dr. Sandra Carr <i>UnityPoint Health-Meriter, Madison WI</i>

**To make an appointment, call (608) 776-5748 .
For calendar dates, please visit www.mymhlc.org.**

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HELP WANTED:

**WORK FLEXIBLE HOURS
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The Aging & Disability Resource Center is currently seeking volunteer drivers to assist elderly people and people with disabilities get to medical appointments.

While this is a voluntary position, you are reimbursed for your mileage. We drive people Monday through Friday. You set your own hours and days. We will reimburse you for your mileage.

Candidates should have a valid driver's license and feel comfortable driving. The ideal candidate will have a properly working vehicle and the ability to provide car insurance.

This is an extremely rewarding program. If you wish to apply or have questions about the position, please contact us at (608) 776-4902 or email us at adrc@lafayettecounty.org.



Lafayette Manor

719 E. Catherine Street, P.O. Box 167 | Darlington, WI | (608) 776-4210

Special Events

- 2 Holy Rosary Bingo 2:00
- 4 Happy Hour 2:00
- 11 Music by Lou Oswald 2:00
- 15 Pet Therapy "Sully" 2:00
- 16 Darlington Methodist Bingo 2:00
- 19 Piano Music in the Dining Room by Terry Dillon
- 22 Music by Janet Leib 10:00
- 23 Shullsburg VFW Bingo 2:00
- 25 Music By Frankie Brandt & Happy Hour 2:00
- 30 Shullsburg Centenary United Methodist Bingo 2:00

Daily Events

- Sundays**
Catholic Communion 9:00
Card Games and Visits 1:30
- Mondays**
Talk Groups or Trivia Group 10:30
Bingo 2:00
- Tuesdays**
Protestant Church 10:30
Craft Time, Trivia Groups and News 2:00
- Wednesdays**
Kitty's Book Club 10:15
Bingo 2:00
Short Stories by Mark Evenstad 3:30
- Thursdays**
Rosary 9:00
Talk Groups 10:30
Bible Study 2:00
- Fridays**
Mass 10:30
Special Music 2:00
- Saturdays**
Special Music, Entertainment or Movie 2:00

January Events

Birthdays

- I Galin Eisele
- 10 Alberta Milestone
- 11 Leonard Peterson
- 24 Mildred Thompson

A Bit of Humor

Arthur rubbed the old lamp he'd purchased at a flea market, and sure enough, a genie appeared. "Thanks for setting me free", said the grateful spirit. "Aren't you going to grant me a wish?" asked Arthur. "Are you kidding?" answered the genie. "If I could grant wishes, would I have been in that lousy lamp all this time?"

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NEW YEAR!**

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