

Upper Horizon

ADRC
Aging & Disability Resource Center

April 2020 - Volume XLV - Number 4

1-877-794-2372 or 608-776-4960 15701 County Road K, Suite 2, Darlington, WI 53530 www.lchsd.org or www.adrcswi.org

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Caring for a loved one with Dementia

MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

Dementia is one of the fastest growing illnesses in the United States. Estimates of the number of individuals living with dementia vary widely, from one resource to another. All of them agree that there are millions of people affected directly, and millions more family members and close friends who are affected indirectly. Dealing with any loss can be very difficult, and dealing with the progressive losses from dementia can provide challenges on a daily basis. What are some ways to meet those challenges?

Remember that dementia affects each person differently. There are many types and causes of dementia, each with its own characteristics. In addition, each person dealing with this condition is an individual and this will influence the course of the condition. While it is very helpful to know the basics of what to expect, each person's journey through this process will be different than anyone else's.

Accept help. I cannot emphasize this enough. Accept help. People will offer to assist you, and they do want to make your life and that of your loved one easier. Let them bring over a hot dish, take the dog to the groomer, sit with the person while you go to the grocery store, or whatever. It does not mean that you are weak because you don't handle it all yourself. It means that you have your priorities straight--your loved one is more important to you than your pride. Accept help. Please.

Focus on the abilities which are still present. Some skills will be more affected than others. Maybe your mom can still make that mouthwatering meatloaf, even if she can't follow the recipe on the back of a cake mix box. Maybe your husband can still repair the faucet, even if you have to help him remember the names of the tools. Focusing on the abilities rather than the problems helps the person retain those abilities, and his or her dignity, much longer.

Keep things consistent. New learning is difficult with dementia. If there is not a good reason to move the furniture or rearrange the kitchen drawers, leave them the same. A consistent but not rigid daily routine will decrease stress and promote healthy patterns of eating and sleeping, which are potential problems for those with dementia.

Use reminders and 'cheats' as needed. It is often helpful to label storage areas with either words or pictures, if the person has a hard time finding things. Kitchen timers, phones, and other devices can be used to set alarms to remind people to take medication, leave for appointments, or even turn on favorite TV shows.

Keep your social and spiritual connections. The form those connections take might change, but keeping them is crucial. Instead of being on committees, maybe you just make it to church services. In-

stead of bowling league, maybe you phone your friends or keep in touch online. As long as you have those connections, it helps to prevent the sense of isolation which can be so disheartening.

Include fun and joy in each day. Music, comedies, games, favorite snacks, walks outside—even a few minutes a day of fun can make a huge difference in quality of life for the individual with dementia and for the caregiver.

Be ready for sadness, too. Sadness and grief are going to happen. Pretending otherwise only makes them worse, as does dwelling on them. Accepting the fact that there will be tough days, but that there will be joy again another time, makes the roller coaster ride more manageable.

Know that it is not your fault. There are many risk factors for dementia. You did not cause your loved one's illness. The burden of dementia is heavy enough without adding undeserved guilt.

Remember to not take it personally. An individual with dementia often becomes frustrated with his or her own difficulties, prompting outbursts of anger. This is a symptom of the illness, just as coughs, fevers, or nausea are symptoms of other illnesses. It isn't pleasant to deal with those other symptoms, but you wouldn't take them personally, would you? Your loved one's outbursts aren't because of

you, they are because of the illness. Remembering that is easier said than done, especially in the moment, but keeping it in mind can help you to handle the stress.

Take care of yourself. It can feel selfish to think of yourself when your loved one needs you, but remember—if you get sick, you can't do what the person needs. Besides, just as you wish for the best for your family member, he or she wants you to be well, too.

Be open with your doctor. There might be medications to help minimize the effects of the dementia or its related problems such as insomnia, depression, or anxiety. Those medications need to be managed very carefully, so good communication can make a night and day difference. It is also possible that therapy can help with mobility, swallowing, communication, or self-care skills--your doctor can advise you if such services might help.

Dementia care can be a long road — you don't have to travel it alone!

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.

Provides

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

**15701 County Road K,
Suite 2,
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(608) 776-4960
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Bus Driver



Today's
CARE GIVER

Find
Support

When Caregiving Ends

Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

Taking care of a loved one takes a lot of time and energy. Your own needs move lower on the priority list as you spend more time caring for your loved one. You start saying no to the weekly coffee clutch, decrease the number of days you participate in volunteer or paid work, leave your favorite hobbies on the shelf and slow down your travel plans. As your loved one needs more and more assistance it is tempting to just drop out of everything so you can be there for the person as much as possible.

While your intentions might be good, giving up things you enjoy also has negative consequences. The stress of intense caregiving can put your physical and mental health at risk now and leave you vulnerable when your role as caregiver is over. When deciding what activities to give up to be a caregiver, don't just think about your life situation now but also ask yourself the question, What will I do when I am no longer needed as a caregiver?

I have been spending a lot of time thinking about what a caregivers life is like when caregiving ends. The death of my father left my mom with an entirely new life ahead of her. She went from having her days filled with caring for my dad to a world in which she lives alone. For several years she put her activities on hold and put Dads needs first. During that time, I encouraged Mom to keep doing some of those things she really loved, even if it was infrequently. At the time, my hope was to keep her healthier and happier by designating time out of the week for herself. But now I see that keeping active in those activities was important in another way, too. Finding a new routine for her life now is a little easier because she remained involved with those activities. Had she given up everything, her whole identity would be lost now.

No matter what, life after caregiving will be a transition and will be a difficult adjustment. Here are some points to consider to help you when your job as caregiver has ended.

- Begin thinking about your future when you are still a caregiver. Having some long-term dreams and goals will make this transitional time easier.
- Time helps — while you will never forget your loved one, as time passes it will become easier to find your way in life without that person.
- Accept and express your feelings of loss, loneliness and whatever else you may be feeling — keep attending your caregiver support group, join a grief support group or find a trusted friend to share with. Seek help from a counselor if your grief leaves you overwhelmed by feelings of depression or hopelessness.
- Reconnect with things and people you used to be involved with.
- Look for new challenges — a new job, volunteer work or planning a trip somewhere you've always wanted to go will help you focus on positive things.
- Keep busy, but allow for quiet times to grieve. Reflect on what you've been through, be proud of the good work you did for your loved one and let go of any guilt you may feel.
- Change is the name of the game — reshaping your life and creating a "new normal" is what you need to do, but it is not done overnight. Give yourself time to find your way.

Even if you don't want to think about the death of your loved one, start creating a plan for what your life will be like after caregiving has ended. It isn't selfish to look at the future in which your caregiving role is over; it is simply practical and healthy. If you are able, involve your loved one in this discussion as they most likely want you to be happy, too. Life after caregiving happens, and it may even include a new, fulfilling adventure.

If you have questions about caring for a loved one or would like help in your caregiving journey please call the Aging & Disability Resource Center at (608) 776-4960.

Jane Mahoney, Older Americans Act Consultant,
Greater Wisconsin Agency on Aging Resources

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

SIP & SWIPE CAFÉ®



Offered at:

Lafayette County ADRC
Office in Darlington, WI

Did you get a tablet as a gift?
Don't know how to work or use it?
No problem, we will show you!

FREE and open to all adults age 55 +

In just 4 one-hour, self-paced sessions you will learn
how to increase your knowledge, entertainment,
social connections, and more!

Owning a tablet is not required,
tablets are available for use during the session.

April 20, 22, 27 and 29!

Available times include: 9-10am, 10-11am,
11am-12pm, 12-1pm, 1-2pm, 2-3pm, or 3-4pm.

Don't delay, get started today!

To sign up for a time slot, call your local



Upper Horizon

a monthly publication of the
**Aging & Disability Resource
Center - Lafayette County**

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Suite 2, Darlington, WI 53530
(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.

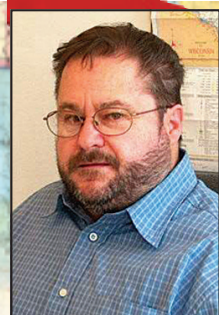
NOTICE: The Aging and Disability Resource Center (ADRC) of Southwest Wisconsin - Lafayette County does not discriminate on the basis of disability in admission to, access to, or operation of its programs, services or activities. This notice is provided as required by Title II of the Americans with Disabilities 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, April 28, 2020
Shopping News.

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



**Got Time?
LET'S TRAVEL**

To Ride the Bus...

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

April showers bring May flowers, they like to say. Lets hope this is the case, I sure like the warm weather we are seeing so far. April is a great month to take a scenic ride on the bus. Our big trip to the Bell Tower Theatre is on Saturday, April 25th at 2:00 p.m. The play is about someone whose biggest highlight in life for the past 30 years has been a weekly bridge night out. But what happens when someone in the group dies? Well you borrow the ashes from the funeral home of course for one last game! This wildly funny comedy shows all the fun you can have when you are truly living. Looking ahead, in May we will be heading to the Milwaukee Brewer game on the 21st and we will be heading to Johnson Creek outlet mall on June 18th. We love our regulars and hope you can become one of our regulars too. We are always looking for some new riders, so grab a friend and sign up to ride today. We want to keep this service going. Remember if you sign up for an event that requires a ticket, please send you money in ahead of time. Thank you to all the riders and those that support this amazing service. See you on the bus!

Bobby

CLIP & Save

APRIL

Wednesday, April 1..... Monroe
 Tuesday, April 7.....Dubuque
 Thursday, April 9.....Madison West
 Tuesday, April 14.....Dubuque
 Wednesday, April 15..... Monroe
 Tuesday, April 21.....Dubuque
 Saturday, April 25.....Bell Tower Theater
 (\$30.00 ticket and ride)
 Tuesday, April 28.....Platteville
 Wednesday, April 29.....Monroe

MAY

Tuesday, May 5.....Dubuque
 Wednesday, May 6.....Lafayette County Senior Social
 Thursday, May 7.....Madison East
 Tuesday, May 12.....Dubuque
 Wednesday, May 13.....Monroe
 Tuesday, May 19.....Dubuque
 Thursday, May 21.....Milwaukee Brewer Game
 (\$50.00 ticket and ride)
 Tuesday, May 26.....Platteville
 Wednesday, May 27.....Monroe

JUNE

Tuesday, June 2.....Dubuque
 Thursday, June 4.....Madison West
 Tuesday, June 9.....Dubuque
 Wednesday, June 10.....Monroe
 Tuesday, June 16.....Dubuque
 Thursday, June 18.....Johnson Creek Mall
 (\$15.00 ride only)
 Tuesday, June 23.....Dubuque
 Wednesday, June 24.....Monroe
 Tuesday, June 30.....Platteville



Strength Strong Women

LIFTING WOMEN TO BETTER HEALTH



Benefits of Strength Training:

- ◆ **Reduced risk for chronic diseases:**
 - ◆ Diabetes
 - ◆ High Blood Pressure
 - ◆ Heart Disease
 - ◆ Osteoporosis
 - ◆ Arthritis
 - ◆ Some Cancers
- ◆ **Increased:**
 - ◆ Strength
 - ◆ Muscle mass
 - ◆ Bone density
 - ◆ Ability to do Activities of Daily Living

What: 8-Week Strength Training Class
When: Tuesdays & Thursdays 10:00-11:15AM, Starting May 12, 2020
Where: 1500 High View Drive Apts/Community Room, Darlington, WI 53530

Class Registration is a first come, first serve basis and will begin February, 2020. Contact the ADRC office to register.

Aging & Disability Resource Center * Kay Schulte
 15701 County Road K, Suite 2, Darlington, WI 53530
 (608) 776-4871



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.

**Town Bank in Darlington
Monday, April 6**

*** 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

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

APRIL 2020

Things to do...

Belmont

Check with site manager on dates for Bingo.

Benton

April 2
Birthday Party with Bingo

Blanchardville

Cards on **Thursdays** before and after lunch at Viking Cafe

Shullsburg

April 8
Birthday Party, Cards and Bingo
April 22
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. Wii
1:00 p.m. Knitters
Every Thursday
More Bridge
Every Friday
12:30 p.m.
Hasenpfeffer Cards



Happy Spring – I hope. We really have nothing to complain about, especially compared to last year’s winter. It has been a mild one. What a difference though: last year we closed four consecutive days in January and three in February, with a total of 9 days at some sites. This year we have had only one day at one site. Knock on wood, it has been a non-story this year. And that is just fine!

April is National Volunteer Month. I want to acknowledge our almost 100 volunteers, who deliver meals to the homebound, help in the kitchen with preparation, serving and clean-up, and those who help with special party days and events. I have said this so many times, but we could not function without these volunteers. What other business do you know that depends on volunteers to complete its mission? Hats off also to the managers at the sites who organize, direct and train these volunteers; this is a talent. They want to be busy, and it can be a challenge to match preferences with needs. But for the most part, the volunteers just ask to be put to work wherever needed; that is music to our ears! And we know how important these wonderful people are to the seniors they serve. The participant looks forward to seeing the driver and having a short

social time; it may be the only person they see that day. If they have fallen, the driver may be the first to come upon them, and notify family and medical personnel. We hear stories of drivers bringing in the mail, taking clothes off the line, shoveling sidewalks and steps; just anything needed at the time. I’ll never forget during the flood in Avoca in 2008, a social worker called me to find some of the seniors. I called our manager/cook; she knew where they all were, and had even helped some of them by notifying family (we have emergency contacts on everyone we serve), and helped some herself get to the shelter. I was so proud of her, and also realized how important we are to these vulnerable seniors. It really is “More than a Meal”. Thank you – Volunteers!

Since Spring is around the corner, let’s talk about fresh fruit, more specifically grapes. Red, green or black, the goodness of grapes is found in every color. Fresh grapes are a healthy, portable and tasty snack, ideal to eat anytime, anywhere. They are “bunches of health”. The whole grape, which contains over 1600 natural plant compounds, including antioxidants and other polyphenols, offers a range of intriguing health benefits when

included in our daily diet. The most significant of the phyto (meaning plant) nutrients is a family called polyphenols. All grapes – red, green and black – contain polyphenols in every part of the grape: skin, flesh and seeds. Simply put, grape polyphenols appear to protect the health and function of our cells. How they accomplish this is both complex and fascinating. They promote antioxidant activity and influence cell to cell communications. Numerous studies suggest that polyphenols contribute to heart health and healthy aging. So it is not just red grapes, or red wine, that are beneficial.

Grapes may also promote a healthy colon. In a preliminary study of individuals with colon cancer, researchers found that consuming about 2 ½ cups of grapes every day for two weeks showed a significant reduction in the expression of certain genes promoting tumor growth in the colon. Additional human studies will be important to fully understand the role of grapes in this vital area of health. Wow! A natural, delicious food that could reduce tumor growth! Grapes are available year round now, and much of the time, reasonable in cost. I love it when something that is so delicious is also good for me! Enjoy!

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 February 2020

Site	Congregate	Delivered	Total
Belmont	125	156	281
Benton	167	188	355
Blanchardville	103	164	267
Darlington, Argyle and South Wayne	118	367	485
Shullsburg	129	301	430
Totals	642	1,176	

Total Meals Served 1,818

Blanchardville delivered 116 meals, includes 97 for Hollandale.

Senior Dining

APRIL MENU

Fellowship, Food & Fun

Meals are served Monday-Friday at 11:30 a.m. 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: \$5.00 for congregated meals and \$5.50 for home-delivered meals. For people 60 years of age or older.

Belmont Benton Blanchardville Shullsburg

In Belmont, call Kendall Krumrie at the Community Building, (608) 762-5114.
In Benton, call Farrah at the VFW Building (608) 759-6671.

In Blanchardville, call Viking Cafe, (608) 523-4327 - Lunch at 11:30 a.m.
In Shullsburg, call Paula at the Community Center, (608) 965-4424, ext. 226.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 30	March 31	April 1	April 2	April 3
Ring Bologna w/Sauerkraut Red Potatoes Sliced Carrots Corn Muffin Apple Crisp w/Topping	Chicken Pot Pie w/Mixed Vegetables & Biscuit Topping Fresh Spinach Salad Peaches Choice of Cookie	Taco Salad w/Beef, Cheese, Sour Cream, Black Olives & Tortilla Chips Black Bean Salad Tropical Fruit	Pepper Steak w/Grilled Onions & Peppers Baked Potato Peas Cinnamon Roll Cooks Choice Dessert	Broccoli & Cheddar Soup (NEW) Tuna Salad Sandwich on Whole Wheat Bread Mixed Green Salad Fruit Pie Cooks Choice
April 6	April 7	April 8	April 9	April 10
Pork Rib Patty or Pulled Pork on a Bun Roasted Red Potatoes Baked Beans Applesauce Ranger Cookie	Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Rye Bread Pineapple Chunks	Baked Chicken Au Gratin Potatoes Seasoned Squash Dinner Roll Gelatin w/Fruit	Hearty Hamburger Soup w/Barley (NEW) Green Salad Pears Chocolate Cream Pie	Breaded Fish Wedge Baked Potato & Choice of Bread Winter Vegetables Cottage Cheese w/Fruit Lemon Cake w/Icing Good Friday
April 13	April 14	April 15	April 16	April 17
Aloha Burger w/Grilled Pineapple & Swiss Cheese on a Bun Tator Tots Three Bean Salad Peach Crisp w/Topping	Chicken Chow Mein over Brown Rice (NEW) Broccoli Florets Mandarin Oranges Chow Mein Noodles Sugar Cookie	Roast Pork w/Gravy Mashed Potatoes Sweet & Sour Red Cabbage Wheat Dinner Roll Warm Sliced Apples w/Cinnamon Sugar	Porcupine Meatballs in Mushroom Sauce Sweet Potatoes & Mixed Green Salad Seasoned Cauliflower Pumpkin Bar w/Cream Cheese Icing	Baked or Fried Tilapia Corn Casserole Sliced Beets Coleslaw Rye Roll Lemon Pie
April 20	April 21	April 22	April 23	April 24
Salisbury Steak Buttered Noodles Stewed Tomatoes Mixed Green Salad Fresh Seasonal Fruit Choice of Cookie	Chicken Noodle Soup Grilled Chicken Breast Calico Beans Peaches Cherry Bliss Brownie (NEW)	Pasty Coleslaw Red Gelatin w/Mixed Fruit (½ cup fruit per serving)	Meatloaf Baked Potato & Dinner Roll Green Bean Casserole Applesauce Cranberry Oat Bar	Denver Omelet Quiche Hashbrowns V-8 or Tomato Juice Fresh Banana Fruit Turnover
April 27	April 28	April 29	April 30	May 1
Sloppy Joe on a Bun Potato Wedges Baked Beans Seasonal Fresh Fruit	Beef Stew w/Potatoes & Carrots Biscuit Fresh Spinach Salad w/Warm Bacon Dressing Fruit Cocktail Oatmeal Raisin Cookie	Cream of Potato Soup Ham Salad Sandwich on Rye Bread Sliced Tomatoes Cantaloupe Strudel Bites	Baked Chicken Mashed Potatoes w/Gravy Sliced Carrots Wheat Roll Ambrosia Dessert	Potato Crusted Cod Warm Apple & Potato Salad (NEW) Peas Mixed Fruit Scotcheroo

Argyle Darlington South Wayne

For Argyle call Kathy at (608) 776-4969
Home Delivery Only!

For Darlington call Kathy at Municipal Building, (608) 776-4969
Home Delivered Only.

For South Wayne call Kathy at (608) 776-4969
Home Delivered Only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Remember... If You Have Excess Fresh Produce From Your Garden We may be able to use them at our Dining Sites! Please call (608) 930-9845</i>		April 1	April 2	April 3
		Meatballs Scalloped Potatoes Wax Beans Mixed Berries Wheat Bread Angel Food Cake	Chicken Vegetable Soup Sliced Cheese Side Salad Seasonal Fruit Cream Pie	Tuna Noodle Casserole Peas Coleslaw Peaches Oatmeal Cranberry Bar
April 6	April 7	April 8	April 9	April 10
Boiled Dinner Sliced Cheese Apricots Rye Bread Bundt Cake	Scalloped Potatoes & Ham Green Beans Wheat Bread Pineapple Rings	Roast Turkey Noodles w/Gravy Baby Carrots & Dinner Roll Broccoli Cauliflower Salad Cranberry Sauce Pumpkin Bar	Spaghetti & Meat Sauce Lettuce Salad Banana Half Garlic Toast Peaches	Broccoli Soup w/Crackers Tuna Salad Sandwich Sliced Cheese Relish Tray Three Bean Salad Pudding Pie
April 13	April 14	April 15	April 16	April 17
Chicken Kiev Mashed Potatoes w/Gravy Carrots Applesauce Oatmeal Raisin Bar	Goulash Mixed Vegetables Cinnamon Chip Apples (¾ cup) Cookie	Roast Beef Mashed Potatoes Boiled Cabbage Rye Bread Lime Peas	Pizza Dark Green Lettuce Salad Banana Half Cherry Crisp	Pulled Pork on Bun Baked Beans Coleslaw Fruit Banana Bar
April 20	April 21	April 22	April 23	April 24
Beef Stew Biscuit Peaches Chocolate Brownie	Pork Steak Scalloped Potatoes Carrots Oranges Chocolate Lasagna	Meatloaf Mashed Potatoes w/Gravy Green Bean Casserole Seasonal Fruit Gelatin Cake	Pasty Carrots Wheat Bread Éclair Dessert	Baked Cod Baked Potato Creamed Peas Three Bean Salad Ice Cream
April 27	April 28	April 29	April 30	May 1
Pork Roast Mashed Potatoes w/Gravy Squash Wheat Bread Apple Crisp	Chili w/Crackers Sliced Cheese Green Salad Cornbread Fruit Pie	Chicken Pot Pie over Biscuit Broccoli Banana Half Chocolate Revel Bar	Roast Beef Au Gratin Potatoes Creamed Corn Wheat Bread Fruited Gelatin (½ cup fruit/serving)	

Tax Season Scams

By the GWAAR Legal Services Team

The IRS has put out several consumer alerts about how to spot common scams and strategies for avoiding them. Here are some of the most popular scams out there, along with advice for how to protect yourself.

The IRS Impersonation Phone Call

Every year, scammers claiming to be IRS employees call taxpayers and demand an immediate tax payment. On caller ID, the call will appear to come from the IRS. Scammers may also attempt to contact individuals by email or social media. They threaten and intimidate individuals into sending money immediately, often by wire transfer or gift card.

However, the IRS will never contact anyone by phone, email, or social media to demand an immediate payment, and the agency will never demand payment by wire transfer or gift card. Although debt collectors are known to be aggressive, IRS employees may not intimidate individuals or threaten to involve law enforcement or immigration agencies. If the IRS needs to contact you, you will receive a letter in the mail. That means that if someone claiming to work for the IRS calls you, you should write down the number you received the call from and the name of the caller and then hang up. You can then call the IRS directly at 1-800-829-1040. You can also view your account online at irs.gov/balancedue. You can call the Federal Trade Commission (FTC) at 1-877-FTC-HELP or visit ftc.gov/complaint.

The Refund Scam

This scam occurs after criminals have stolen sensitive personal information, like a Social Security Number (SSN) and bank account number. With this information, they can file a fraudulent tax return on someone's behalf. Once the refund hits that person's bank account, a scammer impersonating an IRS employee or a collection agent will contact the person to demand that the money be returned.

To protect yourself, be on the lookout for an

unexpected tax bill, refund, or messages from the IRS or your tax preparer about your SSN being used to file multiple tax returns. If you get a refund based on a tax return you did not file, don't spend the money – the IRS will want the money back. You can contact the IRS Identity Protection Specialized Unit at 1-800-908-4490.

Social Security Number Scams

In this scam, people receive calls or phone messages that say their SSNs have been suspended because of "suspicious activity" or past-due taxes. The call may seem legitimate because the caller has some of their personal information, like the last four digits of their SSNs.

However, this is a scam. If someone calls and threatens to suspend your SSN, hang up immediately. If they call back, do not answer. Write down the number and then report the call and phone number to TIGTA by calling 1-800-366-4484 or at tigta.gov.

Ghost Preparers

The IRS refers to unethical tax preparers as "ghost preparers." These tax preparers refuse to sign an individual's tax return. This is a huge red flag. The IRS requires anyone paid for preparing a tax return or assisting in preparing one to have a Preparer Tax Identification Number (PITN). Don't use a tax preparer who bases your fee on a percentage of your refund. Report any preparer who encourages you to lie about your income or deductions to increase the amount of your refund. To report a tax return preparer for improper tax preparation practices, complete and send Form 14157, Complaint: Tax Return Preparer with all supporting documentation to the IRS. Form 14157 is available here: <https://www.irs.gov/pub/irs-pdf/f14157.pdf>.

The IRS has a dedicated tax scams website where the agency publishes alerts and warnings about common scams. Visit <https://www.irs.gov/newsroom/tax-scams-consumer-alerts>.

Indoor Herbs

It seems cold and dreary outside these days with less sunlight and cooler temperatures. A good way to keep your green thumb working is to grow herbs indoors. Herbs that are typically grown indoors include thyme, sage, and oregano. There are many additional choices for indoor grown herbs to have all winter long.

Indoor grown herbs need to be placed in the sunniest windowsill in your home. They need at least 10 hours of light each day to get their maximum growth. Supplemental light may be necessary to get the full amount of light they need each day, this can be controlled with a timer to make sure that it is turned on and off equally each day. This supplemental light should only be 8-10 inches from the plants themselves to get the maximum light intensity for the plants. Along with the amount of light the plants receive, you should make sure that your herbs are not placed near a drafty location in your home.

Herbs like to be in well-drained soil. You can use potting soil or a soilless mixture, which is actually a growing media that doesn't contain any soil. Because herbs like well-drained soil, you need to make sure that you do not overwater your plants or allow them to sit in water. There should be drainage holes in the bottom of the pot or tray that they are planted in. Place the pot in a saucer or some type of dish to catch the extra water, but never leave the plants sitting in a saucer of water. Allow the plants to dry out some between each watering but do not let them get too dry.

The harvest is quite easy, just snip off stems before they bloom to get the best flavor. The plant will continue to regenerate new growth throughout the entire winter. Remember, fresh herbs are different than dried herbs when used in cooking. Generally, you should use three times the amount of fresh herbs than you would with dried herbs to get a similar taste.

Herbs are very easy to preserve for use later in the year, either dry them or freeze them. The easiest way to dry herbs is to tie them up in bunches, place a paper bag over the herbs, with holes for airflow cut in them, and hang them upside down to dry. You can also dry them on a tray, or with heat such as with a dehydrator or an oven. You can also freeze herbs by placing coarsely chopped herbs into an ice cube tray with water and freezing them. After they are frozen, you can take the ice cubes out and store them in a plastic bag to use as needed.

Adapted from - Nicole Stoner, Horticulture and Entomology Extension Educator at the University of Nebraska-Lincoln Extension in Gage County



We are neighbors caring for neighbors.

Our patients are not nameless or faceless. Because we know them and their families, and truly care about them as a friend and neighbor, we are able to treat them more holistically.

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Primary care physicians and nurse practitioners at Memorial Hospital of Lafayette County are here to help people of all ages manage acute and chronic illness. With a full spectrum of medical services, our goal is to keep you and your family well. From preventive care and routine checkups to diagnosing and delivering the most advanced treatment options available, our primary care providers are here to help you make the healthcare decisions that are right for you and your family...

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Nancy's News



Nancy Amenda

April is on the way and that means spring will soon be upon us! Hallelujah! I think we all are ready for a chance to get out in the fresh air after a long winter. Although it is too early to be doing anything in our yards we could just stand there and think on what we can plant and where. On a warm spring day I like to take a tour of the flower beds and see how many of the perennials survived the winter. As fast as the gardening catalogs come in the mail I immediately put them in the recycle bin because I finally came to the conclusion that I have enough things planted to keep me busy!

April is known for being the month of renewal and a time for trees to start to bud and all kinds of babies are being born. On the farm spring was always a great time for kids to find newborn calves; kittens, puppies, lambs, pigs and baby chicks around the farm. It was the one time a year that we did not have to be told to go to the barn because there was always something to see and play with. Sometimes April can be cold and that was when Mom's kitchen turned into a nursery.

Dad would bring in a very cold new born baby animal and Mom would have a box ready with rags for comfort and the box would be put next to the kitchen range for the babies to get warm. It wouldn't take long and you would hear some noisy coming from the box and sure enough the baby lambs or pigs were all warmed up and ready to go back to the barn. We always worried that their Mom's would not take them back and they would be orphans. Us kids had some harrowing experiences with some of the orphans we cared for especially when they got older. We enjoyed bottle feeding them until they could eat on their own. Mom ordered her chicks by mail and they were delivered by the mailman and that was a exciting day for us kids. We had orders not to go into the brooder house without Mom because the baby chicks get excited and they all pile up in a corner and they could suffocate. There was a heat lamp to keep them warm. Mom always took care of baby chicks until they were grown and then I became the chief chicken watcher! They are cute as babies but when they grow up they can be cranky and I guess that is how they earned the nickname "old biddies". We lived next to a timber lot and the foxes would try to get at the

chickens. You heard the saying, "There's a fox in the hen house!" We would put all the chickens at night in the chicken coop and with help from our very good farm dogs they kept the chickens safe from the foxes. I can remember a few times waking up in the middle of the night hearing dogs barking and chickens squawking and my Dad outside swearing a blue streak and blasting away with his gun. We were never told if he actually shot anything, but it sure gave us kids something to brag about for awhile. It was as exciting as listening to the Lone Ranger and Tonto on the radio!

Our family welcomed a new addition on February 6th. Her name is Sloan Eleanor Wiegel and her parents are Joey and Sara Wiegel of Belleville, WI. I now have three great grandsons; Rucker and Macton Weiskircher and Will Kupferschmid and two great granddaughters; Addie Kupferschmid and Sloan Wiegel. I am a very blessed great grandma!!

On behalf of our family we wish you a Happy Easter on April 12th. Don't forget to plant your potatoes in the garden on Good Friday! Rumor has it they will taste better!

Nancy

HELP WANTED:

WORK FLEXIBLE HOURS AND MAKE YOUR OWN SCHEDULE!

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.

Date:
Wednesday, May 6, 2020
10:00 AM—12:00 PM

Where:
Lafayette County
Multi-Purpose Building
11974 Ames Road
Darlington, WI



LAFAYETTE COUNTY'S 9th Annual SENIOR SOCIAL

AREA VENDORS—FREE ADMISSION—FREE DOOR PRIZES—
FREE HEALTH SCREENINGS—FREE TRANSPORTATION

Wednesday, May 6th—10:00AM—12:00PM

Fashion Show from 11:30AM to 12:00PM

LUNCH TO FOLLOW AT NOON, PROVIDED BY THE S.U.N. PROGRAM

Meal and transportation reservations required,.

Please call ADRC at 608-776-4960 by Friday, April 26th



Multi-Purpose Building

S.U.N. Program

MARK YOUR CALENDARS & GET READY TO HAVE SOME FUN!



Thursday, April 9

8:30-11:30 a.m.

Vendor Spots Available

Door Prizes

Quality Inn and Suites/
Belmont Center

POSTPONED

Grant County ADRC, (608) 723-6113 or 1-800-514-0066. (\$3 for ride, space limited)
Iowa County ADRC, (608) 930-9835 for more information.



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Foot Care Clinics

by Rita Stanton, RN

Feet are soaked and massaged;
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Blood pressure is also taken.

\$20.00

Home Visits Available for \$30.00

Call Rita to schedule at (608) 437-6959.

HIGHVIEW APARTMENTS DARLINGTON April 6 - 9:00 a.m.

SILVER LANE APARTMENTS SHULLSBURG April 6 - 1:00 p.m.

LAFAYETTE APARTMENTS ARGYLE April 21 - 9:00 a.m.

RIVERVIEW APARTMENTS BLANCHARDVILLE April 21 - 1:00 p.m.

Kay's April Schedule Elderly Benefit Specialist

Thursday APRIL 2 Belmont, 11:30 a.m.-1:00 p.m.

Wednesday APRIL 8 Shullsburg, 11:30 a.m.-1:00 p.m.

Thursday APRIL 9 Benton, 11:30 a.m.-1:00 p.m.

Thursday APRIL 30 Darlington, 11:30 a.m.-1:00 p.m.

Wednesday APRIL 22

Welcome to Medicare Presentation

3:30-5:30 p.m.

at ADRC/15701 Cty. K,

Main Floor Conference Room

To register, call ADRC, (608) 776-4960

or Kay Schulte, EBS (608) 776-4871



Lafayette Manor

April Events

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

Special Events

- 1 American Legion Bingo 2:00
- 3 Music by Rosalie & Ron 2:00
- 6 Music by Greg Anderson 2:00
- 7 Music by Lou Oswald 2:00
- 8 Shullsburg VFW Bingo 2:00
- 12 Gratiot Catholic Evangelical Program 2:00
- 25 Happy Hour 4-H Bingo 11:15
- 29 Centenary United Methodist Bingo 2:00

Daily Events

Mondays

Talk Groups or Exercise
10:30

Bingo 2:00

Tuesdays

Tuesdays

Protestant Church 10:30

Craft Time, Trivia Groups

and Current News 2:00

Games, History

or Music 6:00

Wednesdays

Wednesdays

Coffee Klutch 9:45

Round About 10:30

Bingo 2:00

Short Stories

by Mark Evenstad 3:30

Thursdays

Book Club 10:15

Bible Study 2:00

Trivia 3:30

Games, History

or Music 6:00

Fridays

Mass 10:30

Special Music 2:00

Saturdays

Special Music

or Games 2:00

Happy Hour & Popcorn

2 Times Monthly 2:00

Birthdays

3

MARY
ELLEN
MORAN

7

ROSE
MARIE
SUTHERLAND

7

GLADYS
TAYLOR

104TH

9

ROBERT
MONTGOMERY



A Bit of Humor

A little boy asked his Grandpa how old he was, he teasingly replied, Im not sure. Look in your underwear, Grandpa, he advised, mine says 4 to 6.

Medicare Part D

EDUCATE YOURSELF AND SAVE MONEY!

Home Chore Program

Cleaning program that provides assistance in vacuuming, dusting, laundry, grocery, shopping, etc. For more information, call **(608) 776-4960**

Veteran Service

Veteran Service Office Provides transportation for medical appointments. There is a requested dollar donation 48 hours notice of appointments.

For more information, call Sam Fuller, Veteran Service Officer at **(608) 776-4886**



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