

# Upper Horizon



April 2019 - Volume XLIV - Number 4

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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.adrcswwi.org

## Joint protection for arthritic hands

MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

Hello, from the Occupational Therapy department of Memorial Hospital of Lafayette County! Occupational therapy is a profession designed to help people become as independent as possible in all of the things which occupy us in our typical days. Many times these are the things we take for granted until they become difficult to do. We don't think about how often we open a jar or bottle until it hurts our hands to do it! Fortunately, there are lots of little tricks to make tasks easier, and most of them are either free or very inexpensive.



**Opening Jars** - You can make a jar easier to open by using a damp cloth under the jar, or held in your hand like a hot pad. One cloth in the hand around the jar and another on the lid might be all you need. If that doesn't work, a simple non-skid piece of rubber might be just the ticket. This can be a rubber pad designed for the purpose or even just a piece of shelf liner cut to size. Some people wrap rubber bands around their jar lids with good success. Kitchen supply shops often have several types of jar lid openers, so even if the home made adaptations don't work for you there are lots of other options.

**Lifting pitchers or bowls** - Try to use your open hand around the bowl or pitcher, even if it has a handle. If the pitcher handle is big enough, slide your whole hand into it so that the handle rests around your palm and steadies your hand around the pitcher. This is much less stress on your fingers than lifting by the handle, and makes the pitcher easier to pour from because it is more stable.

**Two hands are better than one** - Whether it's a bowl, a pitcher, a box, a roaster pan, or anything else, if you can hold and carry with

both hands you will spread out the weight and make the job easier. If you are lifting something hot, mitts are usually better than hot pads because they won't slip out of the way and let you burn a finger.

**Bigger is better** - When it comes to which muscles you use to lift, push, and pull, that is. Try to carry your purse on a strap over your forearm or shoulder instead of clutched in your hand. The same thing goes for grocery bags—they are easier to loop over your forearm than to carry in your hand. Slide things along the countertop using your open hand. Use your open hand to slide drawers shut or push your chair in after leaving the table. If your balance is good, you can use your hip to slide them as well.

**Padded handles** - Using utensils with fatter handles is easier on your finger joints. If your favorite wooden spoon or knives and forks don't have fat handles, you can pad them yourself. One easy way is to use the tape designed for the steering wheels of cars—wrapping a little around the handle will make it padded and non-skid. Other ways of adding padding would be to put a rubber band or foam curler around the tool, or use a pen grip from the office and school supply section of the store. One of the most versatile types of padding is to use self-adhesive bandaging material. This clings to itself and

has a non-skid effect, but does not have glue so it does not leave residue on your handle. It is also easy to change if it gets too dirty to wash off. The bandaging material is available at any pharmacy. If you want, you can save a few dollars and get a variety of colors by shopping at a farm supply or hardware store—the same material is used to wrap wounds on animals, so it is carried at these stores as well. Just be sure to check the label for latex, if you are sensitive to it.

**Cheat, it's OK!** - Get creative finding the easy way to do things. Use scissors to open bags—the 'easy tear' bags might be easy for teenagers but not for you, so just snip them open instead. A bottle opener will often fit under the pull tab of a can, and gives you good leverage to pop it open. Use a cart or office chair with wheels to roll your laundry basket from one room to the other. Divide economy sized packages of supplies into smaller containers which are easier to lift—this works equally well with foods and non-food items such as laundry detergent. Use lightweight pans and dishes when you can, and keep them in easy reach. If you need to use heavy pans and dishes, try to slide them along the countertop. A knife held so that it is across your palm and comes out of the little finger side of your hand will put less strain on your knuckles than one angled out of the thumb side of the hand. Holding a spoon the same way to stir is also much easier on your hand.

There are many more ways to ease strain on your hands, these are just some starters. Don't be afraid to try something new, and as always, we're here at the Memorial Hospital of Lafayette County rehabilitation department if you need us!

## What's Happening

*Get Out and Play!*

### in LAFAYETTE COUNTY

**APRIL 1 - 31**

**Lafayette County Races**

Lafayette County Speedway, Darlington, WI. Friday Evenings. Visit [lafayettecountyspeedwaywi.com](http://lafayettecountyspeedwaywi.com).

**APRIL 3**

**Spaghetti Supper**

St. Patrick's Church Hall, 237 E. Main, Benton, WI from 4:30-7:00 p.m. Adults \$7, 5-12 \$3.50, Under 5 Free.

**APRIL 7**

**FFA Consignment Auction**

Argyle Public School, (608) 543-3318

**APRIL 7**

**Pancake Breakfast**

Argyle/Adams Fire Department, (608) 543-3525.

**APRIL 9**

**Elderly Benefit Specialist**

Benton Meal site at 11:30 a.m.-1:00 p.m. Call for appointment (608) 776-4871.

**APRIL 13**

**Breakfast with the Easter Bunny**

Belmont Elementary School Gym from 9:00 a.m.-11:00 a.m. Crafts, games, prizes and serving donuts and juices. Call (608) 762-5580 or visit [belmontwi.com](http://belmontwi.com).

**APRIL 13**

**VFW Steak Feed**

VFW Hall, Benton, WI from 4:30-7:00 p.m.

**APRIL 17**

**Elderly Benefit Specialist**

Shullsburg Meal Site at 11:30 a.m.-1:00 p.m. Call (608) 776-4871.

**APRIL 18**

**Elderly Benefit Specialist**

Belmont Meal Site at 11:30 a.m.-1:00 p.m. Call (608) 776-4871.

**APRIL 24**

**Welcome to Medicare Presentation**

3:30-5:30 p.m. at ADRC, 15701 Cty. K, Main Floor Conference Room. Register by calling ADRC, (608) 776-4960 or Kay Schulte, EBS (608) 776-4871.

**APRIL 25**

**Elderly Benefit Specialist**

Darlington 11:30 a.m.-1:00 p.m.

**APRIL 26 - 27**

**City Wide Garage Sales**

Darlington, WI from 8:00 a.m.-4:00 p.m. Maps Available

Provides

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

**15701 County Road K,  
P.O. Box 71,  
Darlington, WI 53530  
(608) 776-4960  
www.adrcswwi.org**

**Contact Information**

**Bob Schroeder**

ADRC Manager

**Sarah Bourland**

APS Coordinator

**Pamela Kul-berg**

Dementia Care Specialist

**Ashley Gossens & Dana Harcus**

Information and Assistance Specialist

**Ann Reuter**

Disability Benefits Specialist

**Kay Schulte**

Elder Benefit Specialist

**Bobby Long**

Bus Driver



Today's  
**CARE GIVER**

Find  
Support

# Changing Relationships in Caregiving

There are many challenges and changes that occur as you start caring for a loved one. One of the most impactful is a change in your relationship with the person you are caring for and with other family members.

If you are caring for an aging parent, you find yourself in a role-reversal situation, taking care of the person who used to take care of you. It may feel awkward to be the one taking charge and making decisions for the person you call mom or dad. And conversely, your parent may be resistant to your help; either embarrassed or frustrated by their lack of independence or unwilling to let their "child" take care of them.

If you are caring for your spouse, the relationship that was once an equal partnership now turns into a caregiver/care-receiver relationship. You have spent years sharing the day to day tasks, but now you are the one left to make decisions and run the household. And your spouse may no longer be able to express feelings of love to you, leaving a huge gap in what was once an intimate relationship.

There may also be changes in relationships with other family members. Each person has a different idea of what's best for the person needing care which can lead to disagreements. And there may be a lack of awareness about how difficult it is for the main caregiver, resulting in hurt feelings and unrealistic expectations.

Whatever your situation is, as a caregiver you will be coping with changing relationships which will undoubtedly be emotionally difficult. Here are some things that can help you adjust to these changes.

• **Adjust your perceptions and expectations of the**

**person receiving care.** Try to understand what his current needs and capabilities are and accept him as he is now. Letting go of the way things used to be can be painful, but it is necessary to adjust to what is real now. If he is treating you differently, remember that he's not doing it on purpose, it is a result of his disease/condition.

• **Encourage the person receiving care to be as independent as possible.** Don't automatically do things for her. Find out what she can do and help her do as much she can on her own. Not only will this lighten your load, but it also increases her self-confidence and self-worth.

• **Hold a family meeting to help define roles in the caregiving situation.** Setting aside time for everyone to communicate their thoughts and ideas creates a feeling of teamwork. Involving all family members in a plan of action helps disperse the tasks needed to be done and creates an understanding of each person's role.

• **Talk about how you are feeling.** Sharing your emotions with someone you trust can be very healing. Bottling up your feelings and trying to look stoic will not help. A support group is a safe place to share your emotions with others who are experiencing similar feelings, and you may also learn coping techniques as well.

The most important thing to remember is that these relationship changes are normal, as are the feelings of fear, guilt and anger. Once you've accepted these changes you will be ready to move on and make sense of your new relationships and find peace and satisfaction in your caregiving role.

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



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

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P.O. Box 71, Darlington, WI 53530  
(608) 776-4960

Regional Website: [www.adrcswwi.org](http://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](http://www.yourshoppingnews.com) or [www.lafayettecounty.org](http://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 30, 2019 **Shopping News.**

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

## Are you a caregiver?

## Or do you take care of a loved



*You are not alone! Powerful Tools for Caregivers helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.*

**Sign up for Powerful Tools for Caregivers - a 6-week workshop!**

Registration is required and space is limited!

Sign up today by calling:

**(608) 328-9499**

Classes are Wednesday's, May 1st — June 12th

First Class: May 1st

5:00pm — 6:30pm

at the Johnson Public Library: Darlington, WI

Suggested Donation — \$10







# Got Time? LET'S TRAVEL

*To Ride the Bus...*

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

Here it comes our first THRIFTY SHOPPERS on Thursday, April 25 this one won't be drug out all day — we won't go to as many towns. We will hit the high points, have a good lunch and start heading home. On Wednesday, May 22 we will attend a 12:05 Brewer game — that's always a plus — go Brewers! Just for a heads up, don't forget we have gift certificates so you can give your friends and family a reason to get out of the house and go for a ride. You will notice I'm trying something new this summer...I have a few plays and musicals on the schedule. My thinking is everybody can go to them with no steps and the best part of it all, it's way cooler in the show houses. Our first play will be at Mt. Carroll on Sunday, June 23 and I will get you home early, so anybody can go.

*Bobby*

## CLIP & Save



### APRIL

Tuesday, April 2	Dubuque
Wednesday, April 3	Monroe
Tuesday, April 9	Dubuque
Thursday, April 11	Madison East
Tuesday, April 16	Dubuque
Wednesday, April 17	Monroe
Friday, April 19	Office closed
Tuesday, April 23	Dubuque
Thursday, April 25	Thrifty Shoppers
Tuesday, April 30	Platteville

### MAY

Wednesday, May 1	Monroe
Tuesday, May 7	Dubuque
Thursday, May 9	Madison West
Tuesday, May 14	Dubuque
Wednesday, May 15	Monroe
Tuesday, May 21	Dubuque
Wednesday, May 22	Brewers game \$45.00 ticket and ride
Tuesday, May 28	Platteville
Wednesday, May 29	Monroe

### JUNE

Tuesday, June 4	Dubuque
Thursday, June 6	Madison East
Tuesday, June 11	Dubuque
Wednesday, June 12	Monroe
Tuesday, June 18	Dubuque
Sunday, June 23	Mt. Carroll Playhouse
Tuesday, June 25	Platteville
Wednesday, June 26	Monroe

# Coping and Working with Behavior Changes



Pam Kul-Berg

One of the most challenging aspects of dementia for family members and caregivers of someone with dementia is when personality and behavior changes occur. Be aware that with all types of dementia, the condition will look different from person to person and not everyone will experience the same symptoms. It can be challenging when a family member is experiencing personality and behavior changes, but there are strategies to help cope and work with these changes.

Some changes individuals with dementia may exhibit can include aggression, paranoia, wandering, repetition, and withdrawing or showing a lack of interest in things they once enjoyed.

Many times we perceive these changes as "behaviors". Instead, it is helpful to view them as a way of communicating. Individuals with dementia can struggle with expressing their needs, wants, and thoughts through verbal communication. When your loved one is exhibiting unusual behaviors, there is a reason for these actions and they are trying to express their needs or wants.

Some reasons for the behavior may include that the individual is:

- in pain or experiencing discomfort
- hungry or thirsty
- needing to use the restroom
- feeling tired
- lonely or bored
- feeling a loss of control or overwhelmed
- experiencing side effects or the mismanagement of medications — this requires further consultation with a physician

Try figuring out if the individual has an unmet need (listed above) and address that need.

Here are other suggestions on how to cope and work with the personality and behavior changes:

- keep things simple (one step directions)
- create a calm environment (reduce noise and action)
- do not argue or correct
- stay calm (non-verbal communication is essential)
- reassure the person
- validate the feelings behind their actions
- develop routines
- use music, exercise, or other activities the person enjoys to redirect the situation
- try to keep your own sense of humor

For more information or additional assistance, contact the Aging & Disability Resource Center to get connected to the Dementia Care Specialist, Pam Kul-Berg by calling 800-514-0066.

## Foot Care Clinics

*by Rita Stanton, RN*

**Feet are soaked and massaged; nails are trimmed and filed. 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 1 at 9:00 a.m.

**SILVER LANE APARTMENTS  
SHULLSBURG**

April 1 at 1:00 p.m.

**LAFAYETTE APARTMENTS  
ARGYLE**

April 16 at 9:00 a.m.

**RIVERVIEW APARTMENTS  
BLANCHARDVILLE**

April 16 at 1:00 p.m.



# APRIL 2019

Things to do...

- Belmont**  
April 24  
Bingo, after lunch  
Pasty day. Check with site
- Benton**  
April 4  
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**  
April 10  
Birthday Party,  
Cards and Bingo  
April 24  
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. WI  
1:00 p.m. Knitters  
**Every Thursday**  
More Bridge  
**Every Friday**  
12:30 p.m.  
Hasenpfeffer Cards



The weather continues to be the biggest story for SUN so far this winter. This has been the worst winter for site closings that I have experienced. We were closed at most sites for six days in January, including four days in a row the last week. So far, we have also been closed three days in February. Our policy is to close when the schools close. An exception is Blanchardville, where the Viking Café, SUN's provider there and for Hollandale, was open and delivered meals all but one day; 50 below wind chill was just too much!! And anticipating the extreme weather, Diana Kundert, owner and manager of the Viking, sent two meals the day before. Thank you Diana, staff and drivers!! Also, Naomi from Betsy's Kitchen in Highland just couldn't stand the thought of a fourth day of the seniors there not getting meals; with my OK (as it went against the policy) and the driver's OK that it would be safe, meals went out that day. The driver reported many happy and I want to commend all of SUN's managers for checking on their participants during this time; for them, it becomes much more than just a job. The cooks at the four cooking sites had to adjust menus, so food that was thawed would not go to waste. Hey, surprises can be fun once in awhile! And I especially want to recognize the home delivery drivers who just showed up, and without complaint, trudged through ice, snow and wind to get those meals delivered. It is especially appropriate to acknowledge them this month, which is National Volunteer Month. I hope to have more stories to tell next month, as I hear them.

As I mentioned last month, we are continuing on the theme of Eat Well, Age Well. This month the focus is healthy fats. What kind of oils are good for your health? Today, there is a negative connotation with consuming fats in the diet. However, there are some healthier fats that are good for us to eat in moderation. There are essential nutrients in fats, like Omega-3 which is found in fish, walnuts, all vegetable oils, eggs and flaxseed. Omega-3 may lower cholesterol levels and support heart health. Monosaturated fats also help lower cholesterol levels and can even decrease your risk for heart disease. Healthy oils consist of any kind of vegetable oil, safflower oil, canola oil, olive oil, corn oil, soybean oil, peanut oil, cottonseed oil and sunflower oil.

The jury is still out on tropical oils such as palm oil

and coconut oil, currently very popular. However, it has nearly 12 grams of saturated fat per tablespoon as it is 92% saturated fat. That is why it is solid at room temperature. Saturated fat is not all bad, but should not be more than 10% of the total fat; 30% of calories from fat is recommended in the overall diet. What are some weekly challenges or recommendations? Have a handful of walnuts twice this week. Try adding avocados to a meal (my favorite). Try to include fish in your diet twice per week, especially the fatty fish like salmon, tuna, mackerel or sardines. Use olive oil to replace butter once in awhile. Butter is a saturated fat, but is naturally occurring, and is much better than a margarine that contains trans-fats. Omega-3's and Omega-6's are good for the brain, but must be in balance. The American diet tends to have too much of the 6's and not enough of the 3's. It is really interesting, if you love science and biochemistry, to study fats, which cannot be explained in a sound bite. If you want to get more "in the weeds", let me know or speak with your local dietitian or nutritionist. What is known is that these foods will help decrease the rate of cognitive decline and increase brain function. And – they make food taste good as fat carries flavor. Think of the aroma of aromatics, such as onion and garlic, as they are sautéed in hot oil. Mmm... the beginning of many a great dish! With the winter we've had, just stay inside and cook! Until next month,

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 2019

Site	Congregate	Delivered	Total
Belmont	98	94	192
Benton	110	165	275
Blanchardville	129	258	387
Darlington, Argyle and South Wayne	77	436	513
Shullsburg	84	244	328
Totals	498	1,197	

**Total Meals Served 1,695**

Blanchardville delivered 98 meals 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 Krumie 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
<b>April 1</b> Ring Bologna w/Sauerkraut Red Potatoes Sliced Carrots Corn Muffin Apple Crisp w/Topping	<b>April 2</b> Chicken or Turkey & Wild Rice Skillet Bake Stewed Tomatoes Fresh Cranberry Salad (¾ cup) Pumpkin Pie Cheesecake (NEW)	<b>April 3</b> Taco Salad w/Beef, Cheese, Sour Cream, Black Olives & Tortilla Chips Black Bean Salsa Tropical Fruit	<b>April 4</b> Swiss Steak w/Gravy Mashed Potatoes Spring Vegetable Blend Ambrosia Salad Dinner Roll Cook's Choice Cake	<b>April 5</b> Baked or Fried Tilapia Cheesy Corn Casserole w/Kale & Red Pepper (NEW) Sliced Beets Coleslaw Rye Roll Lemon Pie
<b>April 8</b> Pork Rib Patty or Pulled Pork on a Bun Roasted Red Potatoes Baked Beans Applesauce Oatmeal Raisin Cookie	<b>April 9</b> Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Wheat Bread Pineapple Chunks	<b>April 10</b> Baked Chicken Scalloped Potatoes Seasoned Squash Dinner Roll Gelatin w/Fruit	<b>April 11</b> Ham & Yellow Split Pea Soup Egg Salad Sandwich on Rye Bread Dark Green Salad Pears	<b>April 12</b> Cheese Lasagna Roll-ups w/Tomato Sauce Mixed Vegetables Seven Layer Salad (1 cup) Black Forest Cake w/Cherries
<b>April 15</b> Aloha Burger w/Grilled Pineapple & Swiss Cheese on a Bun Tater Tots Four Bean Salad w/Garbanzo Beans Peach Crisp w/Topping	<b>April 16</b> Chicken Stir Fry w/Oriental Vegetables & Rice Vegetable Egg Roll Mandarin Oranges Sugar Cookie	<b>April 17</b> Roast Pork w/Gravy Mashed Potatoes Creamed Corn Wheat Dinner Roll Waldorf Salad (Dessert)	<b>April 18</b> Porcupine Meatballs in Mushroom Sauce Sweet Potatoes Seasoned Cauliflower Mixed Green Salad Cook's Choice Fruit Pie	<b>April 19</b> Salmon Patty w/Cream Sauce Hashbrowns Broccoli Florets Biscuit Fruit Cocktail <b>Good Friday</b>
<b>April 22</b> Salisbury Steak Buttered Noodles Stewed Tomatoes Mixed Green Salad Fresh Seasonal Fruit Choice of Cookie	<b>April 23</b> Portuguese Bean & Kale Soup Chicken Salad Sandwich on a Croissant Sliced Tomatoes Cantaloupe Peanut Butter Cookie	<b>April 24</b> Pasty Carrots Coleslaw Cherry Gelatin w/Bananas	<b>April 25</b> Meatloaf Baked Potato Green Bean Casserole Dinner Roll Angel Food Cake w/Berries (½ cup)	<b>April 26</b> Potato Crusted Cod American Fries Peas Mixed Fruit Choice of Bread Lemon Bar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>April 1</b> Beef Tips & Gravy over Noodles Whole Kernel Corn Pickled Beets Pineapple Chunks Chocolate Cake	<b>April 2</b> Salisbury Steak Mashed Potatoes Cauliflower Choice of Fruit Wheat Bread Carrot Cake	<b>April 3</b> Porcupine Meatballs Baked Potato Wax Beans Wheat Bread Mixed Berries Angel Food Cake	<b>April 4</b> Beef & Bean Vegetable Soup w/Crackers Sliced Cheese Side Salad Choice of Fruit Fruit Pie	<b>April 5</b> Tuna Noodle Casserole Peas Coleslaw Peaches Oatmeal Cranberry Bar
<b>April 8</b> Boiled Dinner w/Potatoes & Carrots (1½ cups) Sliced Cheese Mandarin Oranges Rye Bread Bundt Cake	<b>April 9</b> Sliced Ham Scalloped Potatoes Baked Beans Wheat Bread Pineapple Rings	<b>April 10</b> Roast Turkey w/Noodles & Gravy Baby Carrots Cranberry Sauce Fruit Dinner Roll Pumpkin Bar	<b>April 11</b> Spaghetti & Meat Sauce Lettuce Salad Garlic Toast Peaches Cherry Bar	<b>April 12</b> Broccoli Soup w/Crackers Tuna Salad Sandwich Sliced Cheese Relish Tray Choice of Fruit Pudding Pie
<b>April 15</b> Baked Chicken Mashed Potatoes w/Gravy Carrots Applesauce Oatmeal Raisin Bar	<b>April 16</b> Goulash Green Beans Cinnamon Chipped Apples Cookie	<b>April 17</b> Roast Beef Mashed Potatoes Cooked Cabbage Rye Bread Lime Pears	<b>April 18</b> Pizza Lettuce Salad Banana Half Cherry Crisp	<b>April 19</b> Fish Square on a Bun w/Sliced Cheese Baked Beans Coleslaw Fruit Banana Bar
<b>April 22</b> Beef Stew w/Potatoes & Carrots (1½ cups) Biscuit Peaches Chocolate Brownie	<b>April 23</b> Pork Steak w/Rice Broccoli Fresh Orange Wedges Vegetable Salad Bread Pudding	<b>April 24</b> Meatloaf Baked Potato Green Bean Casserole Seasonal Fruit & Dinner Roll Gelatin Cake	<b>April 25</b> Pasty Cabbage Salad Carrots Éclair Dessert	<b>April 26</b> Salmon Loaf Mashed Potatoes Creamed Peas Three Bean Salad & Bread Ice Cream
<b>April 29</b> Pork Roast Mashed Potatoes w/Gravy Green Beans Cornbread Baked Apple	<b>April 30</b> Chili w/Crackers Sliced Cheese Green Salad Fruit Juice Cherry Pie			



# Impact of Earned Income while Collecting Social Security Retirement Benefits Before Full Retirement Age

BY THE GWAAR LEGAL SERVICES TEAM (FOR REPRINT)Lafayette Memorial Hospital

Many people work after they claim early Social Security retirement benefits (SSRB). Yet, if you earn additional income and have not reached your full retirement age (FRA), it may reduce the amount of your benefit amount until you reach your FRA.

Your FRA varies based on the year you were born. For example, if you were born in 1950, your FRA was age 66; whereas, if you were born in 1967, your FRA will be at age 67. The Social Security Administration (SSA) created a website that tells you your FRA based on your date of birth. This website is <https://www.ssa.gov/planners/retire/ageincrease.html>.

How your earnings impact the amount of your SSRB varies based on when you earn those benefits in relationship to your FRA. The law provides the following three different ways that earning income can impact the amount of your SSRB:

## 1. Income earned during any year before the calendar year you reach your FRA:

If you are collecting SSRB and earn more than the annual earnings limit, the SSA will reduce your SSRB by \$1 for every \$2 you earn over the limit. In 2019, the annual earning limit is \$17,640 or \$1,470 per month (which is increased for inflation each year). So, in 2019 you can earn up to \$17,640 and not reduce your SSRB even if you aren't yet at your FRA.

For the year you start collecting SSRB, the reduction only applies to income earned after you start collecting SSRB and the SSA only applies a monthly earnings limit test rather than a yearly one. So, if you only start collecting SSRB in November of 2019, any money you earned before November does not count and you can earn up to \$1,470 each month in November and December and the SSA will not reduce your SSRB.

## 2. Income earned during the calendar year you reach your full retirement benefit age:

The year you reach your FRA there are different rules. First, a different earning limit applies. In 2019, this limit is \$46,920. The earning limits are increased for inflation each year. Second, the SSA will only deduct \$1 for every \$3 you earn over the annual earnings limit. Finally, this deduction only applies for money earned up to the month before you reach your FRA. So, if you reach your FRA in April, only income earned through March will count toward the \$46,920 threshold that impacts your SSRB.

## 3. Income Earned After You Reach FRA:

Once you reach your FRA, you are no longer subject to the annual earnings limit; you can earn as much as you like without reducing your SSRB!

## What Counts as Income?

For the Social Security early retirement income limit, the SSA considers any of the following as earned income:

- wages, paid time off, commissions, bonuses and royalties;
- if you receive a place to live or a discount on rent in exchange for work; and
- if you're self-employed, the SSA counts only your net earnings from self-employment.

In contrast, the SSA does not consider any of the following as earned income:

- money derived from investments such as pensions, annuities or retirement accounts;
- federal income tax returns;
- unemployment benefits; and
- other government benefits.

The example below, taken from a Social Security pamphlet on this topic, highlights how this would impact you:

Let's say that you file for Social Security benefits at age 62 in January 2019 and your payment will be \$600 per month (\$7,200 for the year). During 2019, you plan to work and earn \$22,600 (\$4,960 above the \$17,640 limit). The SSA would withhold \$2,480 of your Social Security benefits (\$1 for every \$2 you earn over the limit). To do this, the SSA would withhold all benefit payments from January 2019 through May 2019. As of May, only \$80 remains to be taken out of your SSRB check to pay the entire \$2,480. However, the rule is that any month that you still have an unpaid balance the SSA will take your entire SSRB check and then pay the extra amount the SSA took in the following year. Beginning in June 2019, you would receive your \$600 benefit and the SSA would pay this amount each month for the remainder of the year. In 2020, the SSA would pay you the additional \$520 the SSA withheld in May of 2019.

## 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.



In Home Personal Care Assistance  
608.482.1514 • [sentinel@yousq.net](mailto:sentinel@yousq.net)  
25422 Aetna Road • Benton, Wisconsin

Area People Caring for Area People

**Willow Valley**  
ASSISTED LIVING LLC  
(608) 732-4013 or (608) 491-1030  
[willowvalleyliving@yahoo.com](mailto:willowvalleyliving@yahoo.com)  
Now Taking Reservations  
520 W. Estey Street on Miner Court  
Shullsburg, WI

## MEMORIAL HOSPITAL AUXILIARY PRESENTS BAND AID XI

### Bands...

5:30-8 PM - DARLINGTON COUNTRY CLUB  
FEVER RIVER BAND

5:30-8 PM - DARLINGTON FAMILY RESTAURANT  
RICHARD WIEGEL

7-11:00 PM - ANNIE'S BAR & GRILL  
7-8:30 PM

BRIANA HARDYMAN

9-11:00 PM

SPECIAL SOUNDS BY STEVE (AND COMPANY)

7:30-10 PM - THE CORNER BAR  
SOUTH 40 BAND

7:30-10 PM - THE SPOT  
2ND GENERATION BAND

7:30-10:00 PM - SALATHE'S SALOON  
OTHER BROTHERS

7:30-10 PM - TRAILSIDE BAR  
MEAT PLOW

7:30-10 PM - CITY SERVICE BREWING  
SHEKINAH KING

9:00 PM - LEGENDS

SUNSHINE AND TRANSITION

**Tunes n' Taverns**  
**PUB CRAWL**  
**FRI., MARCH 29**  
**2019**  
WRISTBANDS  
\$25 for ALL locations or \$5 per location  
**GRAND PRIZE DRAWING**  
10:30 PM AT LEGENDS  
- BASKET DRAWING AT EACH LOCATION -  
To sponsor a band or make a donation,  
please contact Pam Hinderman at  
First National Bank 776-4071.

*Specialty Clinic*

<b>AUDIOLOGY</b> DR. KOLETTE MCGARY RURAL WI HEALTH COOPERATIVE -SAUK CITY	<b>OB/GYN</b> DR. MARIA SANDGREN UPLAND HILLS -DODGEVILLE	<b>PODIATRY</b> DR. WILLIAM CHUBB ASSOCIATED PODIATRISTS -MADISON
<b>CARDIOLOGY</b> DR. PAUL HINDERAKER UNITYPOINT HEALTH-MERITER -MADISON	<b>ORTHOPAEDICS</b> DR. DAN STORMONT MEMORIAL HOSPITAL OF LAFAYETTE CO. -DARLINGTON	<b>SURGERY</b> DR. ROBERT SCHMUS MEMORIAL HOSPITAL OF LAFAYETTE CO. -DARLINGTON
<b>CARDIOLOGY</b> DR. JAYA L. KRISHNA UNITYPOINT HEALTH-MERITER -MADISON	<b>ORTHOPAEDICS</b> STACI DAY, PA MEMORIAL HOSPITAL OF LAFAYETTE CO. -DARLINGTON	<b>UROLOGY</b> DR. IAN STORMONT MEMORIAL HOSPITAL OF LAFAYETTE CO. -DARLINGTON
<b>CARDIAC PACER CLINIC</b> DR. E. WAYNE GROGAN UNITYPOINT HEALTH-MERITER -MADISON	<b>PAIN MANAGEMENT</b> MARK ODDEN, CRNA REGIONAL MEDICAL -MANCHESTER, IA	<b>VASCULAR SURGERY</b> DR. SANDRA CARR UNITYPOINT HEALTH-MERITER -MADISON
<b>NEPHROLOGY</b> DR. JOHN WHALEN DUBUQUE INTERNAL MEDICINE -DUBUQUE, IA	<b>PAIN MANAGEMENT</b> SCOTT CHASTEK, CRNA REGIONAL MEDICAL -MANCHESTER, IA	

For more information or to set up an appointment call  
**608.776.5748**

**MEMORIAL HOSPITAL OF LAFAYETTE COUNTY**  
800 Clay St., Darlington • (608) 776-5748 • [www.mymhlc.org](http://www.mymhlc.org)  
Serving Our Community Since 1952



# Nancy's News



Nancy Amenda

Well, have you had enough winter yet? Today the sun is shining but it is 5 below and listening to the morning news we should count our blessings because we are so much better off than the people in our southern states that are having tornadoes. Spring will get here when Mother Nature is good and ready! It wouldn't be long and the robins will be back and we will see the new born calves in the pastures as they play and it is fun to see their mother's as they keep a watchful eye on them. My favorite is watching the newborn ponies as they run around the pasture showing off.

I recently had to replace my washer and dryer that I have had for 20 plus years. I have always had a Maytag and each store we went into dealers would say, "The Maytag you have known is no longer available because the company that manufactured the Maytag sold to Whirlpool." Maytag has been around for many years and I can remember Mom having a Maytag wringer machine. Looking at some of the washers and dryers with all the "bells & whistles" on them my thought was you almost had to be a rocket scientist to use them. I thought of my Mom who had a Maytag wringer machine and how busy she was on laundry day which was

always on Monday. First a big tub of water was put on the wood burning kitchen range until it was hot. Dad would put the water on the stove to heat when he went to milk the cows and when he came in for breakfast he would fill the washing machine with the hot water. Mom would fill a metal wash tub with cold water which sat on an old kitchen chair with the back cut off. Mom would sort her laundry with white kitchen towels being the first load; the rest of the whites to follow in the next loads, several loads later the end load was the barn clothes. If there was a baby or toddler in the home my Mom would have two laundry days in the week so she could wash diapers; baby clothes, blankets and bedding. After the washing was done there was a hose on the washer so Mom could drain out the dirty wash water. Mom's dryer in the winter months was a folding clothes rack for the small things like socks and underwear that she put next to the kitchen range so they would dry fast. Heaven forbid if someone came into the kitchen and seen our underwear drying! Mom also had nails above each window and door to run a clothes line across for drying clothes in the winter months. You had to be careful when you came in the house or you could hang yourself on a pair of bibed overalls or wool long johns. Even in the winter Mom would also hang clothes outside on the clothes line and when us kids got home from



school our job was to take them off the line and bring them into the house. You have heard the phrase, "stiff as a board" well these clothes were frozen to the clothes line and you had to pull and tug to get them off the line. They were frozen so stiff that it was like carrying a board into the house. By this time the clothes that Mom had hung to dry earlier were dry and she just hung the frozen clothes on her indoor clothes line and with two big wood burning stoves throwing out the heat it did not take them long to dry. I don't know how Mom managed wash day with small children; or new baby and with meals to prepare for a family of eight. If I go back further my Grandma Ubersox washed clothes on a wash board and tub for her family of thirteen kids; herself and Grandpa Fred. I know that eventually she had a wringer wash machine. She must have thought she died and went to heaven! And we think we are busy!

Enjoy Spring - it's coming!

Nancy

## 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

## INDEPENDENT LIVING JUST GOT A LITTLE EASIER WITH S&S STEP-IN TUBS

- One Day Installation
- Transforms Your Tub Into a Step-In Shower
- Comes In Beige & White
- Our Most Affordable Product!



Shower Installation



Tub/Shower Installation

- Convert Your Existing Tub Into a Step-In Shower or Bath
- Removable Unit Locks & Unlocks Quickly
- Our Most Versatile Product - Easily Switch Back & Forth!

ONE DAY INSTALL!

STARTING AS LOW AS \$1,299

FINANCING AVAILABLE

## S&S STEP-IN TUBS

CALL TODAY FOR A FREE ESTIMATE

608-726-0769

## 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](mailto:adrc@lafayettecounty.org).



## FOR CAREGIVERS SUPPORT GROUP

THE FOURTH TUESDAY OF EACH MONTH  
10:00-11:30 AM

JOHNSON PUBLIC LIBRARY  
131 E. Catherine St, Darlington, WI

For family, friends, and other caregivers who are caring for a person with a chronic illness or disability.

If you have questions or would like more information contact the ADRC at 608-776-4960 or [adrc@lchsd.org](mailto:adrc@lchsd.org).



Learn creative problem-solving techniques.

Share Tips

Ask Questions

Find out about resources.

Discover you are NOT alone!



Vendor Spots Available **Wednesday, April 10** Door Prizes **8:30-11:30 a.m.**

Quality Inn and Suites/  
Belmont Convention Center



Free Rolls, Bagels, Donuts, Fruit, Juice, Coffee & Bingo!



11 Means Dr., Platteville, WI 53818  
Call 1-800-236-2537 or (608) 348-2374

adno=63414





# POWERFUL TOOLS FOR CAREGIVERS

**TUESDAYS**

**APRIL 2<sup>ND</sup> – MAY 7<sup>TH</sup>**

**1:30 – 3:00PM**

**Platteville Senior Center**

**155 E Lewis Street- Room #11**

**Platteville, WI 53818**

A **six-week** program that helps caregivers better care for their loved one – and themselves! This program will help you cope with the challenges that come with your role as caregiver.

For more class information and to register please contact:

Pam Kul-Berg at 608-426-4295 or

Ruth Rotramel at 608-723-6113



**GET TOOLS TO HELP WITH:**

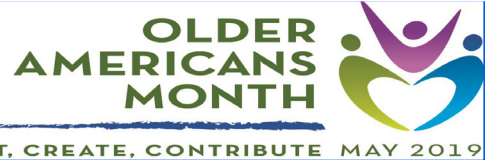
Reducing stress, guilt, anger, and depression

Managing time, setting goals

Communicating effectively with family and medical professionals

**Join us to help you become a more effective caregiver!**

#OAM19



**Date:**  
Wednesday, May 8, 2019  
10:00 AM—12:00 PM

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



CONNECT, CREATE, CONTRIBUTE

## LAFAYETTE COUNTY'S 8<sup>th</sup> Annual SENIOR SOCIAL

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

**Wednesday, May 8th—10:00 AM—12:00 PM**

Fashion Show by Marilyn's from 11:30 AM to 12:00 PM

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



S.U.N. Program

Multi-Purpose Building

MARK YOUR CALENDARS & GET READY TO HAVE SOME FUN

# Lafayette Manor

## April Events

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

### Special Events

- 2 Music by Lou Oswald 2:00
- 3 Bingo with American Legion 2:00
- 5 Bingo with Darlington Honor Society 2:00
- 10 Bingo with Argyle St. Isadora 2:00
- 12 Music by Jim Jacobson 2:00
- 18 First Bus Ride of the Season 2:00
- 19 Music by Richard Wiegel 2:00
- 24 Bingo with Shullsburg Centenary United Methodsit 2:00
- 26 Music by Frankie Brandt 2:00

### Daily Events

- Sundays**
- Catholic Communion 9:00
- Card Games and Visits 2:00
- Mondays**
- Talk Groups or Exercise 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
- Trivia 3:30
- Fridays**
- Mass 10:30
- Special Music 2:00
- Saturdays**
- Special Music, Entertainment or Movie 2:00

### Birthdays

- 7**  
ROSE MARIE SUTHERLAND
- 7**  
GLADYS TAYLOR 103RD
- 8**  
DORIS CARY
- 23**  
RICHARD SCHUSTER

*A Bit of Humor*

Ole says that Americans are funny:  
"First dey put sugar in a glass to make it sweet; den, a twist of lemon to make it sour, gin to make it varm dem up and ice to cool it off. Den dey say, "Here's to you," and drink it demselves."

Happy Easter  
Sunday, April 21, 2019

**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