

Upper Horizon



February 2019 - Volume XLIV - Number 2

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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

Lafayette County Home and Community Education (HCE) CELEBRATING 75 YEARS 1944 - 2019

We here in Lafayette County are planning an exciting year with our HCE clubs, or what used to be called Extension Homemakers, will be celebrating our 75th birthday.

In the year of 1944, the World War II was still going on, and many things were rationed, or just completely unable to find anywhere. The women needed new ideas, to help them with their daily chores. So they asked the Lafayette County Board to help them, in the difficult task of feeding their families nutritionally good meals.

The County was given money to give demonstrations on different ideas. Local people were trained by state Extension leaders on the various methods of labor, cooking nutritious food, gardening, and food preservation. They hired a war food consultant, Carolyn Hurley Stephenson to be their leader. That first year, there were 8 active Homemaker clubs organized. Two of those clubs are still acting. Share and care club and Red Rock Club.

This was also the year of the terrible Tornado that crossed Lafayette County, from Belmont all the way to Gratiot. Many of these families helped in every way that they could, with the tragedy.

Victory gardens were an important thing, as the families could grow good healthy vegetables. Other lessons were canning the produce that they grew, canning apples using sulphur, instead of sugar. Other labor saving ideas were how to prepare good healthy meals, sewing, washing clothes and ironing. The families were invited to a Fun day with recreation, and live music for dancing, craft exhibits and a delicious pot luck meal. The whole family came and had fun together, with many others.

The World War II ended in 1945, so the women

again asked for help getting a full time trained leader to continue the programs. Mrs. Stephenson asked



The Lafayette County Homemaker's Chorus, in the late 1940's. There are almost 50 ladies singing.

for help to prepare a petition. Those who attended were Mrs. Vivian (Verna) Barnes, Mrs. Robert (Edrye) Franz, Mrs. Arbor

(Mary) Reese from the Homemakers groups: Mrs Earl (Stella) Wilson, Mrs. John (Iola) Harker, and Mrs. Russell (Isabel) Hinkins from the Farm Bureau Women: and Mrs. Joseph (Edna) Ruppert, Mrs. George (Marybelle) Hillery and Mrs. Merle (Tina) Chambers from the 4-H leaders. (Women were usually called by their husband's name.) They prepared a petition and circulated it throughout the county and 700 were returned. Mrs. Bessie McCauley presented the petitions to the county board, with an almost unanimous decision, and funds were approved to hire their first county home agent. Eva Belle Roth was hired and in just a few months there were 19 homemaker's clubs throughout the county. Dues were to be 10 cents a year.

So that the women would not have to travel very far, the county was divided into five parts. Belmont, Shullsburg, Darlington, Lamont and South Wayne, each were a center. Monthly training meetings were held in each of the centers. One or more of the members would go to day long, monthly training meetings, bring the lesson back to their other club members.

Many times they would meet in the afternoon. The members were younger, and many had young children, who would come to the meeting with their Mothers, because the Fathers were busy doing the farming. Sometimes we had more children than members. By 1958 we had 38 Homemaker's clubs and 692 members. And you will be hearing more about our history in the next months.

What's Happening in LAFAYETTE COUNTY

Get Out and Play!

- **February 4**
Foot Care Clinics
 at Highview Apartments, Darlington, 9:00 a.m. and Silver Lane Apartments, Shullsburg, 1:00 p.m. Call (608) 437-6959.
- **February 7**
Elderly Benefit Specialist
 Benton Meal site at 11:30 a.m.
 Call for appointment (608) 776-4871.
- **February 9**
Ems Annual Fundraiser
 at Wheel In, Shullsburg, WI.
 Call (608) 574-7425
- **February 9**
VFW Steak Feed
 from 4:30-7:00 p.m.
 at VFW Hall, Benton, WI
- **February 10**
Annual Yellowstone Lake Fish-a-ree
 at Yellowstone Lake State Park, Argyle WI
- **February 11**
AARP Tax Aides
 at First National Bank in Argyle.
 Appointments available between 9:00 a.m.-3:15 p.m. Call (608) 776-4960.
- **February 14**
Dedication of Love Lights
 at 2:00 with music by Jim Jacobson at Lafayette Manor. Call (608) 776-4210.
- **February 14**
Elderly Benefit Specialist
 Belmont Meal Site at 11:30 a.m.
 Call (608) 776-4871.
- **February 16**
Soup & Sandwich Supper
 at St. Patrick's Church Hall, 237 E. Main, Benton, WI from 4:30-7:00 p.m.
 Adults \$7, 5-12 \$3.50 and under 5 Free
- **February 18**
AARP Tax Aides
 at Town Bank in Darlington.
 Appointments available between 9:00 a.m.-3:15 p.m. Call (608) 776-4960.
- **February 19**
Foot Care Clinics
 at Lafayette Apartments, Argyle, 9:00 a.m. and Riverview Apartments, Blanchardville, 1:00 p.m. Call (608) 437-6959.
- **February 21**
Elderly Benefit Specialist
 Blanchardville Meal Site at 11:30 a.m. and Argyle Senior Apartments at 1:30 p.m. Call (608) 776-4871.
- **February 25**
AARP Tax Aides
 at Town Bank in Darlington.
 Appointments available between 9:00 a.m.-3:15 p.m. Call (608) 776-4960.
- **February 28**
Elderly Benefit Specialist
 Shullsburg Meal Site at 11:30 a.m.
 Call (608) 776-4871.



Provides

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

15701 County Road K,
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(608) 776-4960
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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

So, I'm A Caregiver. Now What?

care-giv-er - Someone who helps a person with something they used to do by themselves

If you have recently discovered that you are, indeed, a caregiver, you have taken an important first step! Identifying yourself as a caregiver is important because it connects you with resources, helps you deal with stress and gives you tools to provide the best care possible for your loved one.

The first benefit to realizing your role as a caregiver is that you will be connected with community resources. Finding out about local resources not only can make your work easier and more effective, but it can greatly benefit the person you're caring for. Home care agencies, home delivered meals, volunteer organizations, transportation services, support groups and senior congregate dining are some services that can lighten the load for any caregiver.

Second, caregiving can be difficult and stressful! When you add caregiving duties to your own busy schedule and health issues, it can sometimes push you to the limit. When you are able to identify that one of your stressors is your role as a caregiver, it is easier to sort things out and look for ways to reduce that stress. Maintaining friendships, attending

support groups, taking time for you and caring for your own health are good ways to fend off stress.

And lastly, once you see yourself as a caregiver you will begin to see just how important your role is in the life of your loved one. It may prompt you to look for even more areas that the care receiver needs help and get more people to be involved! Delegating duties to other family members and/or friends is something that not only takes the strain off of one person but is good for everyone involved.

No matter how much or how little you are involved in a person's life, if you are doing something that the person is no longer able to do on their own, you are a caregiver. Do not downplay the tasks that you do! The assistance you are giving may be the one thing keeping the person living in their own home. You are a caregiver – enjoy your journey!

For information on local resources, support groups, caregiving tips and other related items please contact your local Aging & Disability Resource Center in Lafayette County by calling (608) 776-4960 or 800-514-0066.

by Jane Mahoney, Greater Wisconsin Agency on Aging Resources

SOCIAL SECURITY COLUMN

Social Security And Black History Month

By: Brian Rudolph and Rhonda Whitenack, Social Security Public Affairs Specialists, Minnesota and Northern Wisconsin

In February, our nation honors African Americans by celebrating Black History Month. Recognizing our shared history is one way we can affirm our belief in freedom and democracy for all. For more than 80 years, Social Security has helped secure today and tomorrow with financial benefits, information, and tools for people of countless backgrounds and ethnicities that make up our richly diverse country.

One of our popular tools is the online Retirement Estimator. With it, you can plug in some basic information to get an instant, personalized estimate of your future benefits. Different life events or choices can alter the course of your future, so try out different scenarios such as higher and lower future earnings amounts and various retirement dates to get a good prediction of how it can change your future benefit amounts. You can access it at www.socialsecurity.gov/benefits/retirement/estimator.html.

If you find that helpful, we have a number of calculators to help you prepare for retirement at



www.socialsecurity.gov/planners/calculators.

We also pay disability benefits to people with medical conditions that could prevent them from working for 12 or more months or result in death. If the disabled person has dependent family members, they may also be eligible to receive payments.

We pay disability through two programs: the Social Security Disability Insurance program, for people who have worked and paid Social Security taxes long enough to be eligible, and the Supplemental Security Income program, which is a means-tested program for people who are 65 or older, as well as people of any age, including children, who are

blind or have disabilities.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. Social Security helps by providing income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent dies. And Social Security pays more benefits to children than any other federal program.

You can learn more about retirement, survivors, and disability benefits, at www.socialsecurity.gov/benefits. Social Security is with you through life's journey, helping secure today and tomorrow for you and your family. Visit us today at www.socialsecurity.gov/people/africanamericans.



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Aging & Disability Resource Center - Lafayette County

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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, February 26, 2019 Shopping News.





Got Time? LET'S TRAVEL

To Ride the Bus...

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



In February the last two years we really had good luck finding big savings at the outlet mall in Wisconsin Dells, so back by popular demand, we will take a nice trip up to the Dells and for those who don't do shopping trips, down the road happens to be the Ho Chunk Casino! That trip will be Thursday, February 14. A nice Valentine's Day outing.

As I'm looking into some new and exciting trips in the upcoming months, I'm open for suggestions, so let me know your thoughts, also friends are welcome so let's get on the road again!

Bobby

CLIP & Save

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

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
- Tuesday, April 30 Platteville

THE 21st ANNUAL "LOVE LIGHTS"

*The Lafayette Manor Auxiliary
Is selling Hearts
Now Until*

Monday, February 11, 2019

*In Memory of
Or*

*In Honor of
loved ones.*

*Purchase hearts for
\$3.00 each*

Fill out a form and Send with money to;

*Lafayette Manor
719 East Catherine
Darlington, WI 53530
608-776-4210 ext. 125*

Or

*Lori Allendorf
1390 Fayette Rd.
Darlington WI, 53530
608-482-1520*

Hearts

Will be displayed on the tree in the sunroom

At the

Lafayette Manor

Dedication will be Thursday February 14th, 2:00

With music by Jim Jacobson

"LET YOUR  SHINE FOR THE ONE'S YOU LOVE"



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

FEBRUARY 2019

Things to do...

Belmont

February 27
Bingo, after lunch
Pasty day. Check with site

Benton

February 7
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

February 13
Birthday Party,
Cards and Bingo
February 27
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



This month I am dispensing with my usual column, and am including a Letter to the Editor from the SUN Board of Directors Vice Chairman, Justin O'Brien. Justin is from Mineral Point and is new to the Board this year. This letter appeared in the Dodgeville Chronicle, Mineral Point Democrat and Republican Journal of Darlington, in December.

It has gotten a lot of positive feedback, with some donations directly inspired by the letter. Justin has also been instrumental in developing our new logo, and helping with the Annual Appeal Letter, which went out December 1. Before his retirement, he worked in the advertising business in Chicago. Thank you Justin for this excellent letter!

Here it is:

Consider Meals on Wheels when Donating this Holiday Season

Dear Editor,

I urge you to consider Seniors United for Nutrition (Meals on Wheels) when you are deciding where to donate at this year-end time of giving.

It is the goal of Seniors United for Nutrition that no senior ever goes hungry or is isolated in our community.

Yet, rising food costs, and it's increase in participation in the SUN program have driven up expenses for the program. Costs are now barely covered by the funding received from state and federal sources, plus grants, county levies, and from the diners themselves. Volunteerism and the generous

donations of corporate sponsors and caring individuals like you keep SUN going.

In 2017, staff and volunteers served 46,410 meals at 12 sites in Iowa and Lafayette counties for which the volunteers contributed 5,958 hours of their own time. The volunteers' time was spent either planning, preparing, serving, or delivering meals to the homebound using their own vehicles.

SUN is currently on track to serve 50,000 meals this year. In fact, the numbers are growing every year, which shows both the success of the program and the critical need for the service.

SUN plans every meal to be nutritionally balanced, contributing to a healthy diet for seniors. The meal sites provide socialization for seniors who get to visit with friends



and other community members. And those unable to get to dining sites have their meals home-delivered by drivers from the community who are able to make a quick check of their well-being.

All of these factors help keep seniors living independently and in their own homes. And the nutritious meals and socialization promote good health and potentially help prevent hospital visits and the need for nursing care.

Anyone over the age of 60-of any means-may be in need of a nourishing meal, whether homebound due to frailty, rehabilitation from surgery, or inability to drive. Suggested donations are \$5.00 for meals at the site, or \$5.50 for meals at home. And-no senior is ever denied service due to inability to pay.

SUN is a terrific program that saves families money in the long run by helping keep seniors healthy and in their own homes, and by extension, it helps keep communities healthy.

Remember too, that this generation of seniors once took care of us. Seeing that they are fed is a worthy and achievable goal, if not an obligation. I hope you agree, and thank you for caring ...

Donations may be made to Seniors United for Nutrition, 303 W. Chapel St., Dodgeville, WI 53533.

Justin O'Brien, (Mineral Point),
Vice Chairman, SUN Board

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 DECEMBER 2018

Site	Congregate	Delivered	Total
Belmont	122	113	235
Benton	143	147	290
Blanchardville	139	323	462
Darlington, Argyle and South Wayne	75	459	534
Shullsburg	67	237	304
Totals	546	1,279	

Total Meals Served 1,825

Blanchardville delivered 89 meals for Hollandale.

Senior Dining

FEBRUARY 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
February 4	February 5	February 6	February 7	February 8
Sloppy Joe on a Bun Roasted Potato Wedges Broccoli Cauliflower Salad Fruit Cocktail	Liver & Onions or Cook's Choice Cowboy Potatoes Waldorf Salad Choice of Bread Pumpkin Bar w/Ling	Chicken & Stuffing Casserole Sweet Potatoes Fresh Cranberry Salad (¾ cup) Dutch Apple Pie	Roast Beef w/Gravy Mashed Potatoes Green Beans & Dinner Roll Seasonal Fresh Fruit Choice of Cake Benton Birthday	Ham & Bean Soup Grilled Cheese Sandwich Sliced Carrots Pineapple Chunks
February 11	February 12	February 13	February 14	February 15
BBQ Rib Patty on a Bun or Pulled Pork Calico Baked Beans Seasoned Cauliflower Warm Sliced Apples w/Cinnamon, Sugar Oatmeal Cookie	Cheese Lasagna Roll-ups w/Tomato Sauce Mixed Vegetables 7 Layer Salad (¾ cup) Chocolate Cheesecake w/Fruit Topping	Swiss Steak Mashed Potatoes w/Gravy Stewed Tomatoes Dinner Roll Cherry Gelatin w/Fruit (½ cup fruit) Shullsburg Birthday	Chicken Breast in Mushroom Sauce Wild Rice Blend Sliced Beets Mixed Salad Peaches Valentine Cookie	Valentine's Day
February 18	February 19	February 20	February 21	February 22
Potato Soup Turkey BLT Wrap w/ Wheat Tortilla Ranch Dressing Tropical Fruit Choice of Cookie	Beef Goulash w/Tomatoes French Cut Green Beans Seasonal Fresh Fruit Éclair Dessert	Roast Pork Sweet Potatoes Winter Blend Vegetables Choice of Bread Applesauce	Meatloaf Scalloped Potatoes Squash Rye Roll Pears Oat Cranberry Bar	California Blend Soup Egg Salad Sandwich on Whole Wheat Three Bean Salad Pineapple Upside Down Cake
February 25	February 26	February 27	February 28	March 1
Chili w/Beans Fresh Spinach Salad w/Mandarin Oranges Corn Muffin Apple Crisp	Pork Chop w/Sauerkraut Parsley Potatoes Cheesy Broccoli Dinner Roll Pumpkin Pie w/Topping	Pasty Coleslaw Lime Gelatin w/Pears	Baked Chicken Mashed Potatoes w/Gravy Sliced Carrots Choice of Fruit Wheat Dinner Roll Black Forest Cake	Tuna Noodle Bake w/Crunchy Topping Peas Pickled Beets Peaches Chocolate Chip Cookie or 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
February 4	February 5	February 6	February 7	February 8
Baked Chicken Mashed Potatoes w/Gravy Corn Applesauce Oatmeal Raisin Bar	Goulash Green Beans Cinnamon Chipped Apples (¾ cup) Wheat Bread Cookie	Roast Beef Mashed Potatoes Boiled Cabbage Rye Bread Lime Pears	Pizza Green Lettuce Salad Banana Half Cherry Crisp	Hot Pork on a Bun Baked Beans Coleslaw Fruit Banana Bar
February 11	February 12	February 13	February 14	February 15
Beef Stew (1½ cups) Biscuit Peaches Chocolate Brownie	Pork Steak Rice Broccoli Pickled Beets Orange Wedges Bread Pudding	Meatloaf Baked Potato Green Bean Casserole Seasonal Fruit Dinner Roll Gelatin Cake	Pasty Cabbage Salad Carrots Éclair Dessert Happy Valentine's Day	Salmon Loaf Creamed Peas Mashed Potatoes Three Bean Salad Wheat Bread Ice Cream
February 18	February 19	February 20	February 21	February 22
Pork Roast Mashed Potatoes w/Gravy Squash Corn Bread Baked Apple	Chili w/Crackers Sliced Cheese Green Salad Fruit Juice Cherry Pie	Chicken Pot Pie (1¼ cups) over a Biscuit Broccoli Banana Half Chocolate Revel Bar	Roast Beef Au Gratin Potato Stewed Tomatoes Wheat Bread Fruited Gelatin w/fruit (½ cup)	BBQ on a Bun Sweet Potato Wedges Baked Beans Pears Sunshine Cake
February 25	February 26	February 27	February 28	March 1
Beef Tips & Gravy over Noodles Corn Green Salad Pineapple Chunks Chocolate Cake	Salisbury Steak Mashed Potatoes Cauliflower Fruit Wheat Bread Carrot Cake	Porcupine Meatballs Baked Potato Wax Beans Mixed Berries (½ cup) Angel Food Cake	Beef Vegetable Soup w/Beans Crackers Sliced Cheese Side Salad Fruit Pie	

What To Do After A Dementia Diagnosis...

By: Pam Kul-Berg, Dementia Care Specialist for the ADRC of SW WI (Grant, Green, Iowa, & Lafayette Counties)

Receiving a diagnosis of dementia is devastating and overwhelming. It is essential to be proactive in planning and preparing for the future. There are steps you can take to help understand what is going on, prepare for changes, and enjoy life.

- **Ask your medical provider or memory clinic doctor questions.** Learn more about the specific type of dementia you may have, medications available, non-pharmaceutical options, and existing supports. While it is not absolutely essential, knowing the type of dementia someone has may offer a little more insight into the possible progression and challenging behaviors and special needs that they may encounter.
- **Learn all you can about the disease** that causes your type of dementia, as well as what to expect now and in your future. You can contact your local ADRC for resources about the diseases that cause dementia symptoms or look at websites for the Alzheimer's Association and similar organizations. There are several upcoming local presentations and conferences (advertised in your county ADRC newsletter, website or Facebook page).
- **Talk to others about how you are feeling** (pastor, counselor, family, friends, social worker, support groups). **You cannot do this alone.** Often emotions are heightened not only by the feelings of fear and stigma that might result from

hearing the diagnosis, but the brain disease itself can lead to increased or unusual emotional responses.

- If you don't have a **Power of Attorney for Healthcare and Finance or other documents** stating your future wishes, it's good to work with your family or an attorney to create these. Organize all of your legal documents and make sure the appropriate people are aware of your wishes. This may become harder later on when the disease leads to difficulty in thinking clearly and planning. In the future you still will have preferences that are harder to communicate. Individuals with dementia are still themselves "inside" --with individual desires and preferences that continue even as they change.
- **Learn about options and resources available in the community** by contacting your local ADRC. There are programs and other resources to support caregivers on their journey. Caregivers are as affected by this disease and need support.
- Work with your family or support system to **create a plan of care** for you and your caregiver's future care needs. You cannot do this alone.
- Exercise regularly, eat healthy, and engage in social and mental stimulation as well as reduce stress as much as possible. These **life style factors are especially important** as they keep the brain active and engaged, which helps buffer against the disease. This is

true for any aging person. There is a rapidly growing amount of information recently about lifestyle factors that affect brain health (including the upcoming ADRC program called "Boost Your Brain & Memory").

- **Adequate sleep** is another important lifestyle factor for a healthy brain. Scientists have found that the brain is more active when you sleep than when you're awake! Sleep helps regulate body functions as well as moderate emotions and convert short term memories to long term ones. Getting enough sleep helps us mediate stress, health issues and other life challenges more easily. There is a lot of recent information on developing better "sleep hygiene" or you can talk with your healthcare professionals.
- **Join a Caregiver support group and/or attend a memory café.** A Memory Café is a social gathering in a place where people with dementia and their caregivers can feel comfortable socializing and doing activities with others with similar conditions. The ADRC and the Alzheimer's & Dementia Alliance have lists of local ones in the area.
- **Learn how you can continue to live safely in your home.** Some insurance companies as well as health organizations offer Home Safety evaluations. When it becomes necessary, there are lots

of devices available that can track someone or alert family members when someone leaves their house unsafely.

- **Talk about safety issues** such as driving. When would it no longer be safe for you to drive? You can consult with your doctor or Dept of Motor Vehicles. There are videos and information online that address this issue.
- **Remove guns from the home.** Consider locking them up or giving them to younger generation or other family members. They can be donated to a worthy organization or stored in a different house.
- And most importantly, figure out or **remember what is important to you in terms of activities and relationships** you enjoy. Then find ways to keep doing and adapting them. (Maybe doing a simplified version of a game or playing with people that accept changes you display?) Staying social and active helps not only buffer depression and hopelessness that a disease can bring, but also maintains a **quality of life that is so important** to our mental health.

For more information, additional assistance or support, contact the Aging & Disability Resource Center of Southwest Wisconsin to get connected to the Dementia Care Specialist by calling **800-514-0066**.

February Is American Heart Month

During this month we encourage everyone to live a heart healthy lifestyle by eating a heart healthy diet and exercising.

A heart healthy diet should avoid processed meats, fatty meats, saturated fats and sodium (salt). Increase your intake of lean meats, fruits and vegetables. When in the grocery store read the labels of the food you purchase so that you make educated choices. Your doctor can provide you with more information or you can ask for a referral to a dietician.

Always check with your doctor before starting an exercise program. To improve cardiovascular

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

health, you should perform 20 to 30 minutes of aerobic exercise at least 3 times per week. Aerobic exercise is exercise that uses large muscle groups and makes you slightly short of breath. Some examples include walking, stationary biking and swimming. If you are unable to tolerate 20 to 30 minutes due to arthritis or other medical problems, less time is still beneficial. Just getting up and moving more will improve your cardiac health.

Despite our best attempts to live a heart healthy life style unfortunately cardiac events still occur. If that happens to you Memorial Hospital of Lafayette County Respiratory Therapy Department provides Phase 2 and 3 Cardiac Rehab programs to help individuals who have heart disease. Our Cardiac Rehabilitation works to improve heart function after a cardiac event such as a Myocardial Infarction (heart attack), Coronary Artery Bypass Graft, Angioplasty, stable angina and various other heart related problems. The program is staffed by Respiratory Therapists, Registered Nurses, Dieticians, Pharmacists and Physical Therapists.

The program focuses on strengthening the heart and body to assist in the return to previous level

of function and also education for prevention of further heart disease. Education includes topics such as diet, cholesterol, stress management, CPR, proper exercises, pharmacy, anatomy and physiology of the heart, risk factors for heart disease, diabetes, and emotional response to heart disease.

Cardiac Phase 2 is for people who have recently been hospitalized for a cardiac event. The Cardiac Program consists of medically monitored exercise and education to assist the individuals return to normal activities and to decrease the risk factors of future heart problems by living a heart healthy life. Our program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. No matter where the individual doctors, they can come here for cardiac rehab.

After completing Phase 2, individuals need to continue to stay physically active. This can be done by exercising at home or at a fitness center. Some people feel more comfortable doing this with more supervision which is offered through our Phase 3 program. This program is not covered by insurance but for \$20 a month, you can use our facility Monday through Friday.

Nancy's News



Nancy Amenda

Well, the holidays are over and we all survived! We can now look forward to a mail box full of gardening catalogs and big plans for the flower garden. Since last year was a constant struggle with the bugs eating my roses and nothing in chemicals seems

to deter them from their smorgasbord I made a decision to cut back on providing them with their favorite meal. There are several chemicals on the market but they don't seem to bother the beetles because they are tough as nails and for everyone one you spray you have ten times more that come back to the garden to feast. I purchased a book on homemade cures for the garden and I haven't tried them yet because it is much easier to grab an already to spray then make your own. Some of the ingredients used in the homemade recipe such as beer; whiskey, tobacco juice, mouth wash, tea and hot chili pepper "just to mention a few" has me convinced that I could be providing them with a wild backyard party!

Will the groundhog see his shadow this year? Saturday, February 2 is the day for the groundhog to make his forecast whether there would be an early spring or a lingering winter. It is always interesting to see how accurate the groundhog is predicting the weather for us. The way our weather has been going it would be very hard to say what kind of weather we are in for! As I have said before, "This is Wisconsin folks and anything can happen!"

February always makes me think of Valentine's Day and I think of our country school and our Valentine parties. I remember cutting out hearts from red paper and then we would decorate them to hang around the school room with our name on them. Decorating the Valentine card box was also lots of fun to put together. Then we would make or buy the penny store bought Valentines to give to everyone in school and those we did at home. We then put the Valentines in individual envelopes with their name on it and then brought to school and put in the valentine box. Some of them were hard to do especially for the person who teased you about your red hair and freckles all the time. This was the time to get even by giving them a not so nice Valentine. You saved the really nice ones for your friends and that was a big deal because you didn't want to hurt anyone's feelings so you didn't know which Valentine to give to which friend! Sometimes we wrote a few silly words or message on our cards. There was always some boy that fellow class mates teased you about - he also got a plain card! When the big day arrived and the Valentine box was opened and everyone got their cards and it was so much fun to open the Valentines and see who gave you what. After school was done for the day I put my valentines in my lunch pail to carry home and after chores I would look at them again. We also took home the big valentine that we decorated at school to our Mom!

I received the best surprise at Christmas! The Weiskircher's gave me a new two wheeled hand truck all decked out with colorful Xmas bows. I will

be flying across the yard this year! I had a small one for many years but last summer it started to fall apart every time you pushed or pulled things around the yard the screw holding it together would fall out and no matter how many times we put it together it fell apart. So we sent it to the junkyard with our appreciation for helping me transport many bags of mulch; topsoil, and heavy tubs of flowers. It might have been a small hand truck but it served the purpose for many years. They always say, "No job is hard if you have the right equipment!"

Happy Valentine's Day to All!

Nancy



BOOST YOUR BRAIN & MEMORY
MONDAYS,
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1:30-3:00 PM

Belmont United Methodist Church
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Learn New Tools To:

Live a Healthier Life

Remember Things Better

Be More Organized

Pay Closer Attention

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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UW Health, Madison WI

Dr. Jaya L. Krishna
UW Health, Madison WI

CARDIAC PACER CLINIC

Dr. E Wayne Grogan
UW Health, Madison WI

GENERAL SURGERY

Dr. Robert Schmus
Memorial Hospital of Lafayette
County, Darlington WI

GYN/OB

Dr. Maria Sandgren
Upland Hills Health,
Dodgeville WI

NEPHROLOGY

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Dubuque Internal Medicine,
Dubuque IA

ORTHOPAEDICS

Dr. Dan Stormont
Memorial Hospital of Lafayette
County, Darlington WI

Staci Day, PA

Memorial Hospital of Lafayette
County, Darlington WI

PAIN MANAGEMENT

Mark Odden, CRNA
Regional Medical, Manchester IA

Scott Chastek, CRNA

Regional Medical, Manchester IA

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Associated Podiatrists,
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Memorial Hospital of Lafayette
County, Darlington, WI

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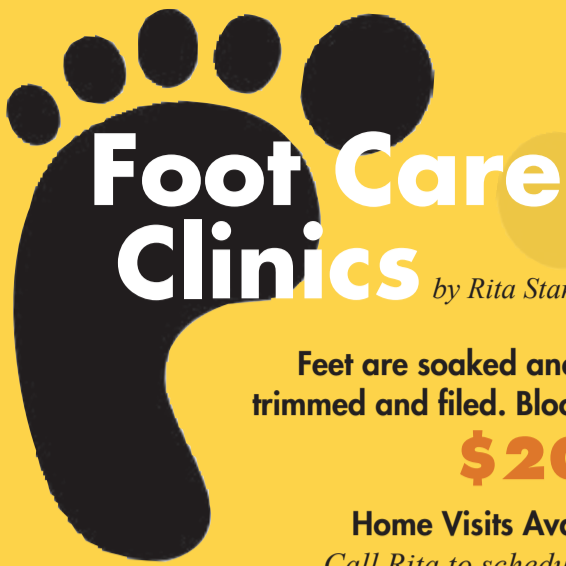
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To make an appointment, call (608) 776-5748.
For calendar dates, please visit www.mymhlc.org.

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by Rita Stanton, RN

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HIGHVIEW APARTMENTS
DARLINGTON

February 4 at 9:00 a.m.

SILVER LANE APARTMENTS
SHULLSBURG

February 4 at 1:00 p.m.

LAFAYETTE APARTMENTS
ARGYLE

February 19 at 9:00 a.m.

RIVERVIEW APARTMENTS
BLANCHARDVILLE

February 19 at 1:00 p.m.

Lafayette Manor

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

Special Events

- 1 Music by Lou Oswald 2:00
- 14 Valentine's Day Music by Jim Jacobson and "Love Lights" Dedication 2:00
- 20 IUCC Bingo 2:00
- 22 Greg Anderson Music 2:00

Daily Events

- Sundays**
Catholic Communion 9:00
Card Games and Visits 1:30
- 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

February Events

Birthdays

7
Donna Heiser
25
Paul Alm

A Bit of Humor

An older woman runs into her friend at the mall. You're not going to believe this," she said. "I found an old lamp the other day. I rubbed it and a genie popped out. He explained that genies don't give three wishes anymore, but he did offer me a choice between one of two wishes. He could give me a better memory or turn my husband into the greatest lover ever." "Tough choice," said her friend. "Which one did you choose?" That's the problem, "I don't remember!"



Medicare Part D

EDUCATE YOURSELF AND SAVE MONEY!

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Cleaning program that provides assistance in vacuuming, dusting, laundry, grocery, shopping, etc.
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For more information, call Sam Fuller, Veteran Service Officer at **(608) 776-4886**

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