

Upper Horizon



June 2019 - Volume XLIV - Number 6

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

15701 County Road K, Suite 2, Darlington, WI 53530

www.lchsd.org or www.adrcswwi.org

Take a look **inside**

Caring for People Who Have Hurt Us.....	2
Bobby's Trips	3
June Menus	4 & 5
Medicare Coverage of Vaccines.....	6
Nancy's News	7
Lafayette Manor Schedule.....	8



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

As Americans, we believe in justice for all. Yet we fail to live up to this promise when we allow older members of our society to be abused or neglected. Older people are vital, contributing members of American society and their maltreatment diminishes all of us. Just as we have confronted and addressed the social issues of child abuse and domestic violence, so too can we find solutions to address issues like elder abuse, which also threatens the well-being of our community.

Saturday, June 15, 2019 is World Elder Abuse Awareness Day. Throughout the beginning weeks of June, the Lafayette County Adult Protective Services Unit, will be displaying pinwheels in front of the Human Services Building in Darlington to bring awareness towards elder abuse. With this effort, we strive to enhance the dignity, respect, and safety of our community members, age 60 and above.

Our policies and practices make it hard for older people to stay involved with and connected to our communities as they age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. We can design stronger societal supports to keep our older people connected and protect them from abuse, whether financial, emotional, physical or sexual. When we address a root cause, like social isolation, we also make it less likely that people will neglect themselves (self-neglect). Older adults who are socially connected and protected from harm are less likely to be hospitalized, less likely to go into nursing homes and less likely to die. We can and must create healthier and safer living environments for older adults, including their homes, nursing homes, and assisted living facilities.

There are many ways to get involved in strengthening our communities and preventing elder abuse:

- **It is up to everyone to prevent and address elder abuse. Talk about it – to your leaders, and to your neighbors.**
 - Advocate for elder abuse prevention and intervention programs.
 - Raise public awareness by conducting presentations and distributing materials about elder abuse at senior centers, places of worship, physician offices, etc.
 - Educate yourself and enable others to better recognize the warning signs
- **Lend strength to existing social support structures**
 - Be a friendly visitor to an older person living in the community
 - Provide support for someone who is a caregiver
 - Don't tolerate ageism — this begins with not making fun of older adults
- **Contribute to building new social support structures:**
 - Report concerns to your local Adult Protective Services program or law enforcement
 - Get involved with the Long-Term Care Ombudsman program in your state, working to resolve problems related to the health, safety, welfare and rights of persons who live in long-term care facilities (e.g., nursing homes, assisted living).

Get more information about how to make a difference by visiting the National Center on Elder Abuse <https://ncea.acl.gov>, by calling the Eldercare Locator at 1-800-677-1116 or contacting the Lafayette County Human Services Adult Protective Services Unit at (608) 776-4800.

What's Happening

Get Out and Play!
in LAFAYETTE COUNTY

- **June 1-31 | Farmers Market**
Every Saturday at Darlington Festival Grounds from 8:00 a.m.-noon.
- **June 1-31**
Music in the Park every other Wednesday in Ryan Park, Blanchardville.
- **June 1**
Cruisin' Shullsburg Car Show
Featuring over 150 vehicles on Water Street.
- **June 1 & 15**
Outdoor Market in Argyle WI from 9:00 a.m.-1:00 p.m. Call (608) 543-3113.
- **June 4**
Elderly Benefit Specialist
Benton, 11:30 a.m.-1:00 p.m.
- **June 6 - 9**
Canoe Fest in Darlington with a variety of activities for all ages. Parade on Sunday at 1:30 p.m. Visit darlingtoncanoeifest.com.
- **June 7 - 8**
Community Garage Sales in Argyle. Call (608) 543-3525
- **June 8**
Lafayette County Dairy Breakfast
6:30-10:30 a.m. at Cottonwood Dairy, 9600 Cty. Rd. D, South Wayne
- **June 8**
Farmer's Market
in Ryan Park, Blanchardville.
- **June 8 Steak Feed** at VFW Hall, Benton from 4:30-7:00 p.m.
- **June 11**
Elderly Benefit Specialist
Blanchardville, 11:00 a.m.-12:30 p.m.; Argyle, 1:00-2:00 p.m.
- **June 12**
Elderly Benefit Specialist
Belmont, 11:30 a.m.-1:00 p.m.
- **June 14-15**
Power Pull Weekend
in Splinter Park, Cuba City at 7:00 p.m.
- **June 15**
Firemen's Dance
at Fire Station, Mason Street, Blanchardville from 6:00-10:00 p.m.
- **June 15 | La Follette Days**
in Argyle. Visit www.historicargyle.org.
- **June 16**
Father's Day Chicken BBQ
in McKellar Park, Blanchardville from 11:00 a.m.-2:00 p.m.
- **June 19**
Community Market in Cuba City from 3:30-6:00 p.m., produce, crafts and events.
- **June 22**
Farmer's Market
in Ryan Park, Blanchardville.
- **June 26**
Welcome to Medicare Presentation 3:30-5:30 p.m. at the ADRC, 15701 Cty. K, Main Floor Conf. Room. Register at ADRC, (608) 776-4960.
- **June 27**
Elderly Benefit Specialist
Shullsburg, 11:30 a.m.-1:00 p.m.
- **June 29**
Fish Fry Celebration in Argyle with duck races and street dance.
- **June 29**
Lions Club Fun Run in Argyle. Call (608) 574-6598



Provides

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

**15701 County Road K,
Suite 2,
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

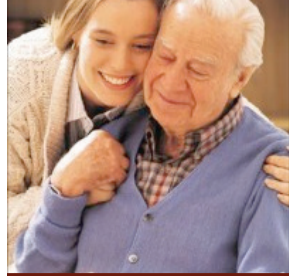
Disability Benefits Specialist

Kay Schulte

Elder Benefit Specialist

Bobby Long

Bus Driver



Today's
CARE GIVER

Find
Support

Caring for People Who Have Hurt Us

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

For many caregivers, providing care for a loved one is something they want to do. Others feel obligated to take on the role because they value family/friendship ties profoundly and see the duty as theirs. Some caregivers struggle with difficult care recipient behaviors in the present, although the relationship history had been a good one. Yet other caregivers are "drafted" into the role and feel they have no choice but to care for an individual who has abused them.

Because our society offloads so much caregiving responsibility onto unpaid family members, difficult reversals happen more often than you might suspect. When an abused child ends up caring for their elderly parent, there is much greater caregiver burden and stress. There is also a danger that the reversal could result in abuse of the elder by the (now adult) child.

On the face of things, it seemed obvious to me that individuals caring for an abuser would be more stressed than those caring for someone who had provided them with loving care (or at least good-enough care) as a child.

However, when I did some further research, I learned there is also an important distinction in terms of which approach may provide the most relief and support to individual caregivers.

In general, caregiver support comes in one of two forms: emotion-focused coping strategies and solution-focused coping strategies. Emotion-focused coping helps you to become less emotionally reactive to caregiving stressors or it helps change the way you experience them. One example is living in the present so you can separate past behaviors from disease-related symptoms (your mom who tended to criticize in the past is not purposely trying to harass you when she repeats things due to her memory loss). Another is finding a new way to frame your caregiving. Perhaps you will focus on your value to care for your elders



rather than question the particular relationship. You may find compassion for someone who is now very frail, despite being difficult at a more robust point in their lives. However, these approaches are less effective when care is primarily driven by obligation and a feeling there is no choice.

A 2013 study published in *The Gerontologist* . . . offers two important findings. First, as anticipated, caregivers who cared for their abusive/neglectful parents had more frequent depressive symptoms than caregivers with no his-

tory of abuse/neglect. Second, emotion-focused coping strategies are associated with more frequent depressive symptoms for both abused and non-abused caregivers, but the effects are somewhat stronger for abused caregivers."

Solution-focused strategies are an alternative. They eliminate sources of stress or work with the stressors themselves. They allow for actions which can address the feeling of being trapped. These solutions may involve providing a significant break from caregiving, like respite care so the caregiver can take a weekend away from everything; or someone to stand in and provide personal cares so they don't need to participate in intimate tasks like giving showers. The National Family Caregiver Support Program (NFCSP) allows for these coping strategies in the form of grants for respite and supplemental services (like home modifications and assistive devices, which can increase the care recipient's independence). Solution-focused strategies are a hallmark of the program.

When you connect with the Caregiver Program, you may make an appointment for an assessment. The discussion that ensues helps the Caregiver Coordinator hone in on what would truly make a difference to you as an individual caregiver.

Jane De Broux,
Dane County Caregiver Program Coordinator



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

15701 County Road K,
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, June 25, 2019
Shopping News.



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!

- 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! Shower Installation **STARTING AS LOW AS \$1,299** Tub/Shower Installation

FINANCING AVAILABLE **S&S STEP-IN TUBS** **CALL TODAY FOR A FREE ESTIMATE 608-726-0769**



Got Time? LET'S TRAVEL

To Ride the Bus...

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

I have a few plays and musicals coming up where everyone can go to them, no steps. The best part of it all it's always cool in the show houses. Our first play will be at Mt. Carroll on June 23rd on a Sunday and I will get you home early so anybody can go. This play was called the funniest farce ever written, Noises Off presents a manic menagerie of itinerant (by the way these words are not in my vocabulary) actors rehearsing a flop. On to July, the great thing about this month is the Lafayette County Fair starts on July 10. On July 18 were are going to par take in a Baraboo circus you're never too old to eat ice cream cones and go to the circus. We sure would like to see more of you make it out to these community events, shopping trips or if you're in need of a medical transport, we are here for you, hope to hear from you soon.

Bobby

CLIP & Save

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

JULY

Tuesday, July 2	Dubuque
Thursday, July 4	OFFICE IS CLOSED - <i>God Bless the Veterans</i>
Friday, July 5	Madison West
Tuesday, July 9	Dubuque
Wednesday, July 10	Monroe
Thursday, July 11	Manor at the Fair
Thursday & Friday	Bobby Gone to Fair
Tuesday, July 16	Dubuque
Thursday, July 18	Baraboo Circus World
Tuesday, July 23	Dubuque
Wednesday, July 24	Monroe
Tuesday, July 30	Platteville

AUGUST

Thursday, August 1	Manor Ride
Wednesday, August 7	Monroe
Sunday-Thursday, August 4-8	Bobby Gone to State Fair
Sunday, August 11	Bell Tower Theater in Dubuque \$25.00 Ticket and Ride
Tuesday, August 13	Dubuque
Thursday, August 15	Manor Ride
Tuesday, August 20	Dubuque
Wednesday, August 21	Monroe
Tuesday, August 27	Platteville

Vestibular/Balance Rehabilitation

MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

Have you noticed that you are not as steady on your feet or find yourself reaching for something to steady yourself when you walk? Have you been limiting where you go or what you do because you are worried you may fall? Do you feel the room spinning when you turn your head, roll over in bed, or bend over to tie your shoes? If you answered yes to any of these questions, you may benefit from vestibular/balance rehabilitation at MHLC.

To feel balanced our body relies on 3 primary components:

- 1. Our vision.** We rely heavily on our vision to help maintain our balance. This is why it is often easier for us to feel steadier on our feet in the light and why many falls in the elderly happen in the middle of the night when waking up to go to the bathroom. The lighting is poor and it is difficult to see.
- 2. Proprioception.** This is a fancy word for what we feel on the bottoms of our feet and up through our joints. It is easier for us to balance on a firm, stable surface than it is to balance on uneven surfaces or grass. The input we are getting through our feet and joints as we take steps affects our balance. This is also why many times things such as neuropathy that will affect sensation can impact balance.
- 3. The vestibular system.** The vestibular system is part of the inner ear and brain that helps to control balance and eye movements. If this system is damaged by disease, aging, and/or trauma, you can develop a vestibular problem.

By far the most common vestibular

disorder seen in the Physical Therapy clinic is Benign Paroxysmal Positional Vertigo or BPPV.

- **Benign** – this means the cause of dizziness is not a threat to your health.
- **Paroxysmal** – the dizziness comes in short bursts.
- **Positional** – the dizziness is provoked by certain body or head positions.
- **Vertigo** – the medical name for the spinning sensation.

BPPV is characterized by sudden spells of vertigo, dizziness, and/or complaints that “the room is spinning” with certain movements. These spells typically come on with changes in your head or body position with daily activities. The most common complaints are with:

- Getting into or out of bed.
- Bending over to put on your shoes or socks.
- Looking up to hang clothes or shampoo hair.
- Simply rolling over in bed.

The symptoms of dizziness usually only last about 30 seconds, but they can be very intense while they occur.

If you are having these symptoms of “room spinning dizziness” with simple positional changes, talk to your doctor about getting a referral for physical therapy. Not many people immediately think of PT to help with these types of symptoms, but here at MHLC we have therapists trained to evaluate and treat patients with all types of vertigo. Treatment specifically for BPPV usually only takes 1-3 sessions and patients are usually 100% symptom free. You can contact our therapy department at (608) 776-5744 to set up your physical therapy evaluation.

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

June 3 at 9:00 a.m.

SILVER LANE APARTMENTS SHULLSBURG

June 3 at 1:00 p.m.

LAFAYETTE APARTMENTS ARGYLE

June 18 at 9:00 a.m.

RIVERVIEW APARTMENTS BLANCHARDVILLE

June 18 at 1:00 p.m.

JUNE 2019

Things to do...

- Belmont**
June 26
Bingo, after lunch
Pasty day. Check with site
- 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
- Benton**
June 6
Birthday Party with Bingo
- Blanchardville**
Cards on Tuesdays
before and after lunch
at Viking Cafe.
Tuesdays at 9:30 a.m.
Stretching Class at Lutheran Church – taught by chiropractor
- Shullsburg**
June 12
Birthday Party, Cards and Bingo
June 26
Pasty Day and Cards



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

Since summer should be here by the time you read this, I wanted to remind everyone that has a garden, that the SUN Program can accept and distribute fresh garden produce, both to our cooking sites and to older adults in the communities we serve. We cannot accept anything prepared at home, but fresh fruits and vegetables are acceptable. Thank you for helping seniors have fresh access to healthy, delicious, locally grown produce! This is especially true for those seniors who live in areas with no grocery store. Check out the Farmer's Market vouchers also at the ADRC; they can fill you in on all the details. I want to recognize a couple of Villages that have given us donations. The Village of Argyle donates \$150 every month, and has for many years. When a donation comes in every month, you tend to take it for granted. I want them to know we NEVER take any donation for granted. There is no site in Argyle, but we home deliver meals from the Darlington site. This monthly donation helps us cover the costs of the van and home delivery expenses, including the driver. Thank you Village of Argyle!! Also, this month, we received a very generous donation from the Village of Ridgeway of \$1,200. I want to thank Bruce Paull, who as a resident of Ridgeway and home delivery driver for that area, got the ball rolling by contacting them; I followed that up with a visit. They were able to get funds in the budget, even though we were late. This helps us cover expenses of delivering meals there four days a week, from Dodgeville. These Villages are to be commended for supporting their seniors this way.

I recently came across an article titled "The Emotional Benefits of Cooking", published at Southern Living.com by Melissa Locker. Here are some highlights: Whether you're drowning your sorrows in a pint of ice cream or eating your feelings at the Waffle House, there's no doubt that eating is therapeutic. As anyone who has found themselves beating eggs, whipping cream, and pounding out biscuit dough can attest, cooking can be pretty therapeutic as well. While any grandma would scoff at the need for a study on the idea of cooking as therapy, because of course, retreating to the kitchen to whip up fried chicken, collards and cornbread is good for the soul, one study found that baking classes boosted confidence and increased concentration. Another study revealed that a little creativity in the kitchen can make people happier. That study, published in the Journal of Positive Psychology, suggests that people who frequently take on small, creative projects like baking or cooking report feeling more relaxed and happier in their everyday lives. The researchers followed 658 people for about two weeks, and

found that small, everyday projects in the kitchen made the group feel more enthusiastic about their pursuits the next day. Being creative for a little while each day made people feel like they were "flourishing" — a psychological term that describes the feeling of personal growth. "There is growing recognition that creativity is associated with emotional functioning." Cooking can be so good for your emotional well-being that, as the Wall Street Journal reports, therapists are now recommending cooking classes as a way to treat depression and anxiety, as well as eating disorders, ADHD and addiction. According to the counselors, cooking can "sooth stress, build self-esteem and curb negative thinking by focusing the mind on following a recipe. These activities alleviate depression by "increasing goal-oriented behavior and curbing procrastination". Cooking can help focus on a task, which gives a sense of control. When cooking, you must be constantly focused, prepping ingredients, stirring the roux, adjusting the seasoning, monitoring the cooking process — all are helpful in keeping the mind off of things it's better not to focus on. It's a kind of meditation, but with tastier output! In short, it can be calming, mindful, and creative, with cookies or pot roast at the end. And cooking for others connects you to your community; feeding fills a survival need in some primal way. Self-care, creative output, mindfulness & sense of control: cooking can be a huge boon to your mental well-being — but your grandmother probably already knew that.

Cecile McManus
Director

THANK YOU FOR THE DONATIONS:
- Alliant Energy Foundation on behalf of Rod Lukes, \$400
- Village of Ridgeway, \$1,200
- Mineral Point VFW, \$100

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 April 2019

Site	Congregate	Delivered	Total
Belmont	135	140	275
Benton	141	152	293
Blanchardville	162	329	491
Darlington, Argyle and South Wayne	93	415	508
Shullsburg	123	255	378
Totals	654	1,291	

Total Meals Served 1,945
Blanchardville delivered 126 meals for Hollandale.

Senior Dining

JUNE 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
June 3	June 4	June 5	June 6	June 7
Italian Sausage on a Hard Roll w/Sauce, Onions & Peppers Roasted Red Potatoes Baked Beans Fresh Seasonal Fruit	Pork Chop w/Applesauce Parsley Red Potatoes Seasoned Squash Rye Bread Rhubarb Dream Dessert	Salisbury Steak Baked Potato Fried Cabbage Waldorf Salad Dinner Roll Chocolate Chip Cookie	Lasagna Peas Fresh Spinach Salad w/Strawberries (1 cup) Garlic Bread Cook's Choice Cake Benton Birthday	Battered Cod - NEW w/Tartar Sauce Cheesy Hashbrowns Coleslaw Choice of Bread Cherry Lemon Frozen Fruit Cup - NEW
June 10	June 11	June 12	June 13	June 14
Ham & Scalloped Potatoes Stewed Tomatoes Pineapple Chunks Bread Pudding	Chili Cornbread Bake - NEW Green Beans Seasonal Fresh Fruit Chocolate Cream Pie	Roast Pork w/Gravy Sweet Potatoes Whole Kernel Corn Dinner Roll Gelatin w/Fruit (1/2 cup fruit) Shullsburg Birthday	Chicken Salad w/Craisins on a Bed of Dark Mixed Greens, Walnuts & Mandarin Oranges Cottage Cheese w/Peaches Carnival Cookie	Cheeseburger on a Bun w/Sliced Tomato Potato Salad Cucumber Salad Fresh Watermelon FLAG DAY
June 17	June 18	June 19	June 20	June 21
Turkey BLT Wrap w/Ranch Dressing Black Bean Salsa (3/4 cup) Pears Strudel Bites	Roast Beef w/Gravy Mashed Potatoes California Blend Vegetables Rye Roll Pickled Beets Carrot Cake w/Cream Cheese Icing	Salmon Patty Au Gratin Potatoes Creamed Peas Biscuit Rhubarb Strawberry Crunch - NEW	Baked Chicken Wild Rice Blend Green Beans Broccoli, Bacon & Cheese Salad - NEW Tropical Fruit	Pizza Mixed Green Salad Fresh Cantaloupe Black Forest Cake w/Cherries
June 24	June 25	June 26	June 27	June 28
Meatloaf Baked Potato Spring Blend Vegetables Corn Muffin Ambrosia Dessert	Sub Sandwich on a Hoagie Bun w/Ham, Turkey, Cheese, Lettuce & Tomato Broccoli Cauliflower Salad (3/4 cup) Fresh Seasonal Fruit Macadamia Cookie	Pasty Sliced Carrots Coleslaw Nutty Pineapple Dessert	Tuscan Vegetable Soup w/Sausage Egg Salad Sandwich on Wheat Bread Peaches Fresh Strawberry Pie	Baked or Fried Tilapia Baked Potato Winter Blend Vegetables Seasonal Fresh Fruit Lemon Poppy Seed Cake

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
June 3	June 4	June 5	June 6	June 7
Baked Chicken Mashed Potatoes w/Gravy Whole Kernel Corn Bread Serving Watermelon	Pizza Tossed Salad Fruit Hash Seven Layer Bar	Beef Stroganoff w/Mushrooms over Noodles Peas Choice of Fruit Pickled Beets Cookie	Turkey Sandwich Deviled Eggs Cucumber Salad Tomato Slices Berries (1/2 cup) over Angel Food Cake	Pork Roast Mashed Potatoes w/Gravy Squash Cornbread Seasonal Fruit Texas Cake
June 10	June 11	June 12	June 13	June 14
Spaghetti & Meat Sauce Winter Blend Vegetables Lettuce Salad Garlic Toast Paradise Dessert	Chicken Breast Cowboy Potatoes Capri Mix Vegetables Fruit Cocktail Bread Serving Pumpkin Dessert	Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Seasonal Fruit Diced Pears Cherry Bar	Cavatini Mixed Vegetables Orange Slices Dinner Roll Cookie	Country Steak Mashed Potatoes Baked Beans Fruit Cup Choice of Bread Chocolate Revel Bar
June 17	June 18	June 19	June 20	June 21
Ham & Bean Soup Sliced Cheese Fresh Relishes (1 cup) Crackers Peach Pie	Chicken Salad Sandwich Tomato & Cucumber Salad Banana Half Mixed Fruit Salad Cookie	Pork Steak Seasoned Rice Carrots Tropical Fruit Wheat Bread Fruit Turnover	Pasty w/Gravy Cabbage Salad Pears Pudding Dessert	BBQ on a Bun Twisty Potatoes Whole Kernel Corn Broccoli & Cauliflower Salad Cheesecake
June 24	June 25	June 26	June 27	June 28
Turkey BLT Wrap Summer Vegetable Macaroni Salad Fruit Cup Strawberry Dessert	Baked Fish Mashed Potatoes California Vegetables Fresh Cantaloupe Wheat Bread Lemon Cake	Sliced Turkey Noodles w/Gravy Country Vegetables Cinnamon Chip Apples Choice of Fruit/Salad Peanut Butter Bar	Picnic Day Bratwurst on a Bun Potato Salad Baked Beans Watermelon Ice Cream	Swedish Meatballs Mashed Potatoes Asparagus Pickled Beets Wheat Bread Blueberry Dessert

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.

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

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.

Sentinel Home Care, LLC
In Home Personal Care Assistance
608.482.1514 • sentinel@yousq.net
25422 Aetna Road • Benton, Wisconsin

Area People Caring for Area People

Medicare Coverage of Vaccines

By the GWAAR Legal Services Team (for reprint)

You may have seen recent stories in the news about an increase in cases of diseases like measles or hepatitis A, both of which can be prevented by vaccines. Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing.

Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines, including the vaccine for shingles.

The only exceptions are the vaccines for flu, pneumonia, and hepatitis B, which are covered by Part B. Please note that SeniorCare does not cover any vaccines.

Vaccine Type	Medicare Coverage	Coverage Rules
Influenza (flu)	Part B	Medicare pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Medicare pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.
Hepatitis B	Part B	Series of three shots, paid for by Medicare for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection.
Shingles	All Medicare prescription drug plans must cover	One shot paid for (and recommended) after age 60. Patient must check with plan to find out specific rules for administration and payment.

The amount you pay for your vaccine will vary depending on where you get vaccinated. Check your Medicare prescription drug plan's documents for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan's approved coinsurance or copay for the vaccination. If you get a vaccine at your doctor's office, ask the doctor to call your plan to find it if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for your vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be refunded for any amount you pay the provider above your plan's approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill upfront and then request a refund from your plan.

Improving Quality of Life



Specialty Clinic

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

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Nancy's News



Nancy Amenda

How about this weather we are having? Granddaughter Ashley put it so well, "Where else can you mow grass on Friday and then make a snowman on Sunday?" I thought the snow was pretty and from what I have heard snow is full of nitrogen and that should mean great gardens this summer! Today was my first chance to work in my backyard and I was enjoying every minute even though I was pulling out that cursed crab grass. I know tomorrow I will be stiff as a board and not able to move or stand up straight without a lot of moaning and complaining. All I will need is a few hours rest and I'll be back for more of the same! Now, just who am I trying to convince? Here is a little tidbit for you that I recently found, a supposedly cure for crab grass. Make a mixture of 1 pint of hydrogen peroxide, diluted to 3 percent, per 100 square feet of lawn can help eradicate the pesky plant. I need it to work on the crabgrass in my flower beds so I am going to whip up some of this brew and just try a small area. We shall see!

Gardening when I was a kid was a lot different

than my gardening today. Growing up our gardens were for food to feed a family of seven until the next gardening season. Although my Mom had flowers also that were planted from seed that she saved from the previous fall dried blossoms. The last few rows in the garden were of Cosmos; Marigolds and Four O'Clocks. She would also put her houseplants outside during the warm months on a bench on the front porch. Dad would get the seed potatoes ready to plant a few days before the planting. He would take this wrinkled looking potato and slice off a piece that had two or three eyes that was to be planted in the garden. On a nice sunny spring day after Dad plowed the garden we all trooped out to help plant. If there was a baby or toddler to care for Mom would take out an old blanket to put in the shade and the older siblings had the job of babysitting until it got time to help Dad plant potatoes. By this time Mom would be done with planting her seeds and she would take the baby to the house. This particular day Mom was still in the garden and the baby being my sister Becky Pauly was left to entertain herself on the blanket. Of course she didn't stay on the blanket and when Mom heard an "hmmm- smacking sound" she let

out a screech, "She's eating fish worms!" All I can remember is seeing Becky with lots of dirt around her mouth and Mom grabbing her and running to the house with Becky screaming and dogs were barking running along wanting to be a part of this parade! This in no way was a Kodak moment! It took me a while to get by the, "Yuck! She was eating fish worms!" Every once in a while you will read an article on the future food supply for mankind and people are testing the possibility of eating bugs and worms as a good source of food! All I can say is Becky is ahead of the game, she has been there done that!!

Rucker will be having his 10th birthday on May 13th ! I asked him what he wanted for his birthday and he said, "Money Grandma!" I was curious what he was saving up for and he replied, "A car!" It sounds like a good plan! He also wanted to know if he could mow my grass this summer and if it was a paying job! Since I believe in learning a work ethic when young I readily agreed so now all we have to do is to negotiate a price!" I also love to mow grass so we made a deal to share the yard work this summer! Happy Father's Day on June 16th.

Nancy

Fresh Fruits and Veggies: Why More Matters

Fruits and vegetables are a great way to get the most nutrition out of your calories. They are packed with vitamins, minerals, fiber, and other nutrients. June is National Fresh Fruit and Vegetables Month, a great time to consider if you're including enough fruits and vegetables in your eating plan. Whether fresh, frozen, canned, dried or 100 percent juice, fruits and vegetables are quick, delicious and convenient, and will keep you healthy all year round.

It is the beginning of farmers market season here. Take advantage of those opportunities to shop for fresh local produce. **Argyle's Saturday Open Market** These market days are scheduled rain or shine and will not be rescheduled. The first market of 2019 will be held on June 8 (Garage Sales Day), and subsequent markets on the first and third Saturday of each month thru October 19. The Market is located in the parking Lot at Phillipson's Garage Lot (108 South State Street) Time: 9:00 a.m. to 1:00 p.m. 2019 specific dates are June 8 (Moved to Garage Sales Day) & 15, July 6 & 20 & 27 (Added for 175th Celebration) August 3 & 17 September 7 & 21, October 5 & 19. **Darlington Farmers Market** Every Saturday starting May 11 through October from 8:00 a.m. to noon. The Market is located

on Festival Grounds which is located close to the downtown bridge along the river in Darlington.

Tips to Get More Fruits and Vegetables: Easy ways to add fruits and vegetables to meals.

- Make a habit of adding fruit (fresh, frozen, canned or dried) to your morning oatmeal, ready to-eat cereal, yogurt, or toaster waffle.
- Stock up and fill your fridge with raw vegetables and fruits.
- Make your sandwiches more interesting by adding sliced pineapple, apple, peppers, cucumbers, and tomato.
- Top your pizza with lots of veggies such as broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.

Smart snack ideas. Most healthy eating plans allow for one or two small snacks a day, and choosing fruits and vegetables will help you limit snacks to 100-calories each. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, and 1 cup of carrots with ¼ cup of low-calorie dip. Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.

Examples of items with approximately 100 calories or less are: • Medium-size apple (72 calories) • Medium-size banana (105 calories) • 1 cup blueberries (83 calories) • 1 cup grapes (100 calories) • 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories) Prepare fruits and veggies with fat-free or low-fat techniques.

Try steaming your vegetables, using low calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase calories and fat.

Eat your fruit raw to enjoy its natural sweetness.

How much is needed daily? For a 2,000-calorie diet, USDA's MyPlate recommends two cups of fruit and 2½ cups of vegetables daily. More or fewer cups may be eaten depending on individual calorie needs based on age, gender, and level of physical activity. To find out what your individual needs are check out the daily food plan or the Supertracker at:

- www.choosemyplate.gov/myplate/index.aspx
- www.choosemyplate.gov/SuperTracker/default.aspx

Adapted from Fruits & Veggies: Why More Matters By: Lisa Franzen-Castle, RD, PhD, Nutrition Specialist UNL Panhandle Research & Extension Center Author E-mail: lfranzen2@unl.edu

•• A Bit of Humor ••

The flight attendants on a very long commercial flight had on board an irate first class passenger who could not be pleased.

"I am going to have your job!" he finally exploded at one of the flight attendants. "Sir" she replied politely, "You're going to love it. You'll meet the nicest people."

ADVERTISE

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A monthly publication produced by the Grant, Iowa, Lafayette Shopping News and the Aging and Disability Resource Center - Lafayette County.

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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



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.



Learn creative problem-solving techniques.

Share Tips

Ask Questions

Find out about resources.

Discover you are NOT alone!

SAVE THE DATE Pie Baking/Making Contest

Connecting Communities -
Senior Day at the Lafayette County Fair

Free Admission on Friday, July 12
Have a good pie recipe? Enter our contest!
Open to ALL AGE pie makers/bakers
Registration Required by Wednesday, July 10
No walk-ins or late entries*



PIES WILL BE JUDGED ON:

- Presentation
- Taste
- Creativity
- Overall

For more information or to register, call (608) 776-4960.

LAFAYETTE COUNTY FAIR July 10-14 2019



CONNECTING COMMUNITIES

Senior Day
July 12, 1 PM - 3:30 PM

Under The Big Tent
In the park area

FREE Admission
On Friday, July 12th

Pie Making Contest

Pie Sampling & Ice Cream

Larry Busch Orchestra

Free Transportation provided by the ADRC bus

Contact ADRC with Questions @ 608-776-4960

Lafayette Manor

June Events

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

Special Events

- 3- 24 Annual Yellowstone Fishing Trip
Sponsored by the Fayette Sportsman 4:00
- 5 Wiota Lutheran Bingo 2:00
- 7 Music by Rosalie and Ron 2:00
- 9 Gratiot Evangelical Program 2:00
- 14 Music by Richard Wiegel 2:00
- 15 Willow Springs 4-H Ice-Cream Cones 2:00
- 20 Bus Ride to Argyle and Wiota 2:00
- 26 Centenary United Methodist Bingo 2:00
- 28 Music by Lou Oswald 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

- 8 BOYD HENDRICKSON
- 9 PAULINE TRICKEL
- 27 CHARLIE OPIE
- 30 VERNON JOHNSON

Spruce Up Your Financial Plan With Social Security

Now that tax season is over, it's probably a good time to evaluate some financial "best practices" for the rest of the year. A good spring-cleaning can clear out the clutter to let you see a clear path for your future. Social Security is always here to help. Even if you just started working, now is the time to start preparing for retirement. Achieving the dream of a secure, comfortable retirement is much easier with a strong financial plan.

Tip 1: Start Early

Our online retirement planning resources are helpful to people at any stage of their career. Our many calculators, Benefit Eligibility Screening Tool, and disability resources are all available at www.socialsecurity.gov/planners. From here, you can read and download publications and also email and share with colleagues, friends, and family. Remember, the earlier you start, the better chance you have at saving what you need.

Tip 2: Be Informed

We're often asked, "What's the best age to start receiving retirement benefits?" The answer is that there's no single "best age" for everyone and, ultimately, it's your choice. The most important thing is to make an informed decision, based on your individual and family circumstances. To help you make that decision, see our retirement publications at <https://www.socialsecurity.gov/pubs/?topic=Retirement>.

Tip 3: Estimate the Benefits You Might Get

Knowing the amount of money you could get is pivotal in planning your finances. With the Retirement Estimator, you can plug in some basic information to get an instant, personalized estimate of your future benefits. Try out different scenarios, such as higher or lower future earnings amounts and various retirement dates to see the various potential effects on your future benefit amounts. Visit www.socialsecurity.gov/benefits/retirement/estimator.html.

Social Security can help you spring into action and take control of your future with the proper planning tools. Share these online resources with friends and family so they, too, will have the tools.

THANK YOU

The Aging & Disability Resource Center would like to thank everyone who participated in making our **8th Annual Senior Social** a success!

A special thank you to the Lafayette County Highway Department, the SUN Program, our community members, our vendors and attendees!
Without you, our event would not be possible.