

# Upper Horizon

**ADRC**  
Aging & Disability Resource Center

March 2019 - Volume XLIV - Number 3

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

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

www.lchsd.org or www.adrcswi.org

## Extension LAFAYETTE COUNTY

After many changes at the local and state level; Extension Lafayette County is poised to serve residents for many years to come. After a year of rebuilding, the office is fully staffed in four program areas. Services offered focus around Agriculture, 4-H Youth Development, FoodWise, and Health and Well-Being. In July of last year UW Extension became a Division of UW Madison. This has led to the name changing from UW Extension to Division of Extension at UW Madison. With the name change came the replacement of the familiar blue and black logo with that of a logo in Badger red. The name and logo may have changed but services offered remain focused around the needs of Lafayette County residents.

Located in the lower level of the Courthouse, the mission remains to bring the resources of the University of Wisconsin directly to the residents of Lafayette County. When walking through the doors the first face to greet you will be that of Lisa Carpenter. She has served customers of Extension since January 2010. Lisa is a Darlington native who farms with her husband, Steve, and family. Lisa is a Lafayette County HCE member and a proud 4-H organizational leader.

Currently the Office manager, she provides support for all four program areas. If you have any questions about upcoming programs Lisa will be the first voice you hear on the other end of the telephone. Lisa's hard work can also be seen on every mailing, web post and communication sent from the office.

Lori Wick was next to join the office as the 4-H Youth Development Educator in June of 2014. Prior to educating through Extension Lori served as an Ag Education teacher and FFA Advisor for 25 years. Lori is also a Darlington native, having grown up in the Fayette Go-Getters 4-H club and the Darlington FFA. Lori enjoys working with youth and has a passion for Ag Literacy and music. She is extremely happy and proud to work with the talented youth and hardworking adult volunteers in 4-H and FFA. Currently there are 10 4-H clubs in Lafayette County with approximately 380 youth members and 85 adult volunteer leaders.

The goal of 4-H is to develop citizenship, leadership, responsibility and life skills of youth through experiential learning programs and a positive youth development approach. This mission is carried out well beyond the week of county fair through multiple educational opportunities. Through the 4-H Friendship Fund the Leader's Board is able to provide funding for educational activities to youth throughout the county. Several state and national educational

travel opportunities exist to tour Washington D.C., Atlanta and the multi-state "Western Spirit Trip". All youth who apply and are accepted receive 40% of the funding for their initial trip choice. The Leader's Board also provides scholarships to the 4-H ambassadors and other youth who apply. Thank you to the hardworking Leader's Board and individuals and business that support the 4-H Friendship Fund. Your involvement is making a difference in the lives of Lafayette County Youth!



**After a year of rebuilding, the office is fully staffed in four program areas. Services offered focus around Agriculture, 4-H Youth Development, FoodWise, and Health and Well-Being.**

Donna Peterson currently serves as the FoodWise coordinator and Educator for a four county area consisting of Lafayette, Green, Grant, and Iowa. She has been involved with FoodWise in Wisconsin since January of 2000. FoodWise is federally funded by Supplemental Nutrition Assistance program-Education (SNAP-Ed) serving Wisconsin residents with limited incomes. Seeking to empower families/households with limited financial resources to choose healthful diets and become more food secure by spending dollars wisely. FoodWise exposes children to new fruits and vegetables and why they are important. Donna works with individuals across the lifespan on how to plan and prepare healthy meals. Overall, FoodWise works to support communities in making the healthy choice – "the easy choice" – where people live, learn, work, and play. Over the past year Donna has been teaching about healthy choices at the Belmont and Benton senior meal sites, Shullsburg Head Start, and the Lafayette County Food Pantry. The current lesson at the meal sites relates to

the amount of sodium in our diets. Donna's favorite part of FoodWise is being able to have conversations with those that attend her events. If you have nutrition questions the best way to reach Donna is by calling 608-333-4803.

Hayley Jordan joined Extension in March of 2018 as the Health and Well-Being Educator. Hayley grew up on a dairy farm south of Monroe where her parents and brother still farm today. Prior to joining Extension she and her husband, Matt, owned and operated Jordan Implement in Juda WI for 12 years. Hayley also has 16 years of experience as a Registered Occupational Therapist. During the re-organization of Extension in Wisconsin, the Family Living Program was divided into the areas of Health and Well-Being and Human Development and Relationships. In Hayley's role her time is split 40/60 between Lafayette and Green County. Her programming focuses around the areas of Mental Health, Parenting, Housing, Aging, and Food Security. She also serves as an advisor to both HCE groups in Green and Lafayette. Hayley values the mission that all families and individuals of Lafayette County should be able to

live the highest quality of life possible.

Belmont native Josh Kamps was the last to join the office in December 2018 as the Agriculture Educator. Josh grew up on his family's farm which centered on alfalfa production. He later attended and graduated from UW-Platteville with a degree in Soil and Crop Science and Agriculture Education. He and his wife, Gretchen, have operated a beef cow herd for the past 12 years. Josh will be focusing his efforts in the areas of Soils and Crops, Farm Management, and Animal Agriculture. He believes that we have a rich farming tradition in Lafayette County and a determined and dedicated group of farmers and Agriculture business people that will keep that tradition strong. He is confident that Lafayette County will continue to hold important what he sees as the three main drivers to success. These drivers are profitability, great care of crops and animals, and great care of our neighbors and natural resources. Josh looks forward to continue meeting the farmers and agriculture business people of Lafayette County and the surrounding area.

The entire staff at Extension Lafayette County is excited for the upcoming year of events and programming. For more information on how to join 4-H, HCE, or any other program related question please visit our website at: <https://lafayettecountyuwex.edu> or call the Extension office at (608) 776-4820.

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

**RECOGNIZE CAREGIVER BURNOUT**

Providing care for an aging or disabled loved one might be one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming and bathing is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one lose his/her independence is emotionally difficult. And the changes in your personal, social and work life as a result of caregiving may leave you feeling confused, unhappy and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.



It is important to recognize when the frustrations you are feeling go beyond your ability to manage and into what is often called caregiver burnout. When you can identify the warning signs of burnout and learn interventions to reduce stress levels, your caregiving tasks will be more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Being on the verge of tears or crying a lot
- Feeling helpless or hopeless
- Overreacting to minor nuisances
- Feeling constantly exhausted
- Losing interest in or having decreased productivity from work
- Withdrawing from social contacts
- Increasing use of alcohol or stimulants
- Change in eating or sleeping patterns
- Inability to relax
- Scattered thinking
- Feeling increasingly resentful
- Being short-tempered with care recipient frequently
- Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to your friends' and families' feedback about how you are doing. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Participate in a support network. Find family and friends whom you can share joys and frustrations with.
- Consult with a professional counselor for one-on-one counseling.
- Attend a support group to receive positive feedback and coping strategies from others in similar situations.
- Maintain good health by exercising regularly and eating a healthy diet.

- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy.

When you understand and acknowledge that caregiving may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do to prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please contact \*insert your contact info here\*

By Jane Mahoney

Older Americans Act Consultant

Greater Wisconsin Agency on Aging Resources

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**Upper Horizon**  
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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, March 26, 2019  
Shopping News.

Grant, Iowa, Lafayette  
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# Got Time? LET'S TRAVEL To Ride the Bus...

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

Now we start into March and what a wonderful idea and time to slide in a movie in the afternoon so let's go on the 14th to Platteville then catch a snack on the way home. Here it comes our first THRIFTY SHOPPERS on April 25th this one won't be drug out all day we won't go to as many towns hit the high spots have a good lunch and start heading home. On May 22nd a Brewer game that's always a plus 12:05 game go Brewers. Just for heads up don't forget we have gift certificates so that will give your friends and family a reason to get out of the house and go for a ride. *Bobby*

## What's Happening in LAFAYETTE COUNTY

*Get Out and Play!*

- March 3**  
**Blanchardville Fire Department Pancake Breakfast**  
American Legion Building, Blanchardville, WI at 7:00 a.m.
- March 4**  
**AARP Tax Aides**  
at Town Bank in Darlington. Appointments available between 9:00 a.m.-3:15 p.m. Call (608) 776-4960.
- March 9**  
**VFW Steak Feed**  
VFW Hall, Benton, WI from 4:30-7:00 p.m.
- March 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.
- March 18**  
**AARP Tax Aides**  
at Town Bank in Darlington. Appointments available between 9:00 a.m.-3:15 p.m. Call (608) 776-4960.
- March 25**  
**AARP Tax Aides**  
at Town Bank in Darlington. Appointments available between 9:00 a.m.-3:15 p.m. Call (608) 776-4960.
- March 30**  
**Fish Fry**  
Sports Page, Belmont, WI from 5:00-8:00 p.m. Sponsored by the American Legion & Belmont Sportsmen's Club. Call (608) 762-5305.
- March 31**  
**Chicken Shoot**  
Argyle Rod & Gun Club from 9:00 a.m.-4:00 p.m. Call (608)543-3986.



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, March 11

**Town Bank in Darlington**  
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](http://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**

# Prevalence of Alzheimer's Disease

DEMENTIA CARE SPECIALIST FOR THE AGING & DISABILITY RESOURCE CENTER OF SOUTHWEST WISCONSIN

The number of individuals living with Alzheimer's disease is eye-opening. It is a very likely that you know someone with the disease, whether they are in your family, close social network, or community.



According to the Alzheimer's Association, 5.3 million individuals in the United States are living with Alzheimer's disease. This equates to Alzheimer's affecting approximately 1 in 9 individuals over the age of 65 and 1 in 3 over the age of 85. In Wisconsin alone, it is estimated that there are about 110,000 individuals 65 and older living with the disease. These numbers are projected to increase with our aging population, unless we have advancements in Alzheimer's research leading to treatments or prevention strategies.

Alzheimer's disease is the 6th leading cause of death in the United States. At this time, it is the only cause of death in the top 10 that cannot be prevented, cured, or slowed. We need to be paying more attention to this disease. We need awareness, advocacy, and research to help develop support and advancements. We know people in our families, close social networks, and communities that we need to support.

If you are impacted by dementia and looking for more education and support, contact the Aging & Disability Resource Center in Lafayette County or to get connected to the Dementia Care Specialist by calling 800-514-0066 or 608-723-6113. Know you are not alone! There are many supports and resources available! (Reference: <http://www.alz.org/facts/overview.asp>)

## CLIP & Save



### MARCH

- Friday, March 1 ..... Madison West
- Tuesday, March 5 ..... Dubuque
- Wednesday, March 6 ..... Monroe
- Tuesday, March 12 ..... Dubuque
- Thursday, March 14 ..... Go To The Movies
- 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
- Thursday, April 25 ..... Thrifty Shoppers
- Tuesday, April 30 ..... Platteville

### MAY

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

# MARCH 2019

Things to do...

## Belmont

**March 27**  
Bingo, after lunch  
Pasty day. Check with site

## Benton

**March 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

**March 13**

Birthday Party,  
Cards and Bingo

**March 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. Wii

1:00 p.m. Knitters

**Every Thursday**

More Bridge

**Every Friday**

12:30 p.m.

Hasenpfeffer Cards



As I write this, we are experiencing a polar vortex and the coldest temperatures in decades; our sites have been closed for four days in a row, which I haven't experienced since being here. One of our providers expressed how terrible she feels, not being able to get meals to the seniors; I know all of our managers feel that way also, and are checking on their participants. Those emergency meals we sent in November will come in handy. I hope by the time you read this, temps will be on the rise.

It's March and that means National Nutrition Month, where healthy eating is promoted, along with physical activity, by the Academy of Nutrition and Dietetics. Beginning in 2019, National Nutrition Month will be honored as its own theme, to allow more flexibility in the promotion of healthful messages. The Academy's vision is a world where all people thrive through the transformative power of food and nutrition. As I do every year, I will visit every congregated site to do some nutrition education and, best of all, food tasting. Our theme these past few months has been Eat Well, Age Well, promoting nutrient dense foods; we will continue with that theme this year, with education and tastings as well. This theme could pertain to all ages, not just the elderly.

Also during this month, registered dietitian nutritionists, or RDN's, are recognized for their commitment to helping people enjoy healthy lives and as authoritative and indispensable providers of food and nutrition services; RDN day is March 13.

I want to give a special thank you to the Fred Loken Memorial Fund for a very generous donation of \$610 to SUN.

Fred was a long time recipient of home delivered meals in Mineral Point. He was also a World War II veteran, and had many stories to share with Jay Loop, the financial and office assistant here in the SUN office, when Jay did his home assessment last year. Jay is also a veteran. The world really is a small and fascinating place, when we stop to listen. Thank you to Fred's family who set up this fund; we are honored to be the recipients.

**Our annual appeal for 2018/2019 has been very successful; here are those that have donated so far:**

Dodgeville United Methodist Church; Curt & Donna Peterson; Farmers State Bank, Mineral Point; Bob & Jeanne Boyle, Darlington; Ron & Mary Benish, Highland; Linda Hurley, Mineral Point; New Hope Lutheran Church, Blanchardville; Ivey Construction; Michael & Christy Larson, Dodgeville;



Luanne Harris, Avoca; Tony's Tap, Mineral Point; John & Nancy Meyers, Barneveld; Steve & Jeanne Deal, Barneveld; J & R Underground, Blanchardville; Highland State Bank; Ritchie Implement, Cobb; Bob's Electric, Dodgeville; Priority Insurance, Benton; Nancy & Tom Howard, Dodgeville; Dodgeville Methodist Church Women's Circle; Linden United Methodist Church; Janey Mae Giffey, Dodgeville; Peter & Nancy Schmalz, Mineral Point; Angel & Angel Attorneys, Dodgeville; LEEAN WHITE, Gratiot; Carl Tunestam, Tunestam Antiques, Mineral Point; First National Bank, Darlington; Vita-Plus Dodgeville Agri-Service; Catherine Palzkill, Mineral Point; Esch Insurance, Dodgeville; Justin & Karen O'Brien, Mineral Point; Woodford State Bank, South Wayne; Chrissy Bartels, State Farm Insurance, Dodgeville; Rewey United Methodist Church; Daniel & Lois Nankee, Highland; Hennessey Implement, Dodgeville; Gary & Heidi Rear, Dodgeville; Johnson Block & Company, Mineral Point; Little Giant/Morrissey Company, Shullsburg; Carol Korn, Shullsburg; Leon Wolff, Darlington; Mary Lindell, Darlington; Don's Tire, Highland; Marjorie Bomkamp, Avoca; Mound City Bank, Platteville; Anthony or Julie Hook, Madison; Town of Lamont; Mary McKnight, McKnight Trust, South Wayne; Karl & Carla Pustina, Dodgeville; Joan Davis, Dodgeville; James & Connie Hull; Peace WELCA, Cobb; Town of Eden; Lands' End; Highland Lion's Club.

TOTAL: \$7768.49. THANK YOU TO ALL!

*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 January 2019

Site	Congregate	Delivered	Total
Belmont	83	95	178
Benton	103	137	240
Blanchardville	138	319	457
Darlington, Argyle and South Wayne	73	343	416
Shullsburg	73	232	305
Totals	470	1,126	

**Total Meals Served 1,596**

Blanchardville delivered 111 meals for Hollandale.

# Senior Dining

# MARCH 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>March 4</b>	<b>March 5</b>	<b>March 6</b>	<b>March 7</b>	<b>March 8</b>
Spaghetti w/Meat Sauce Winter Blend Vegetables Mixed Green Salad Cherry Crisp	Jambalaya w/Shrimp, Kielbasa, Chicken, & Rice Fresh Spinach Salad Peaches Bread Pudding <b>Mardi Gras Day</b>	Salmon Loaf Parsley Red Potatoes Seasoned Peas Biscuit Pineapple Chunks <b>Ash Wednesday</b>	Roast Turkey Mashed Potatoes w/Gravy Squash 3 Bean Salad Dinner Roll Cook's Choice Cake <b>Benton Birthday</b>	Broccoli & Cheese Casserole Hashbrowns Cinnamon Roll Grapefruit Sections
<b>March 11</b>	<b>March 12</b>	<b>March 13</b>	<b>March 14</b>	<b>March 15</b>
Tater Tot Casserole Baked Beans Corn Muffin Fresh Seasonal Fruit	Roast Pork Sweet Potatoes 7 Layer Salad- 1cup Whole Wheat Roll Apple Crisp	Chicken Breast in Mushroom Sauce Baked Potato Waldorf Salad Dinner Roll Fruit Cocktail <b>Shullsburg Birthday</b>	Corned Beef & Cabbage Red Potatoes Sliced Carrots Rye Roll or Irish Soda Bread Lime Gelatin w/Pears	Potato Crusted Cod American Fries • Coleslaw Choice of Bread Mixed Fruit Chocolate Cake w/Crème de Menthe Icing <b>Happy St. Pat's Day</b>
<b>March 18</b>	<b>March 19</b>	<b>March 20</b>	<b>March 21</b>	<b>March 22</b>
Beef Stroganoff over Egg Noodles Stewed Tomatoes Broccoli Cauliflower Salad Tropical Fruit	Tuscan Vegetable Soup w/Beans Breaded Chicken Patty on Bun w/Provolone Cheese, Lettuce, Tomato Apricots Special K Bar	Roast Beef w/Gravy Mashed Potatoes Roasted Brussels Sprouts Wheat Bread Ambrosia Dessert	Meatloaf Au gratin Potatoes Creamed Spinach Pickled Beets Wheat Roll Oatmeal Raisin Cookie	Seafood Alfredo over Angel Hair Pasta Mixed Vegetables Fresh Green Salad – 1 cup Fruit Pie – Cook's Choice
<b>March 25</b>	<b>March 26</b>	<b>March 27</b>	<b>March 28</b>	<b>March 29</b>
Calico Bean Casserole Green Beans Corn Muffin Fresh Seasonal Fruit	Creamy Tomato Basil Soup Ham Salad Sandwich on Rye Bread Applesauce Pineapple Upside Down Cake	Pasty Sliced Carrots Coleslaw Cranberry Raspberry Mousse	Baked Chicken Mashed Potatoes w/Gravy California Medley Wheat Roll Choice of Fruit Pumpkin Bar w/Cream Cheese Icing	Breaded Fish Wedge w/Sliced Cheese Baked Potato Broccoli Florets Peaches Banana Cream Pie

## 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>March 4</b>	<b>March 5</b>	<b>March 6</b>	<b>March 7</b>	<b>March 8</b>
Boiled Dinner – 1 ½ cups Rye Bread Fruit Bundt Cake	Baked Ham Scalloped Potatoes Baked Beans Wheat Bread Pineapple Slices <b>Mardi Gras Day</b>	Baked Fish Au gratin Potatoes Coleslaw • Baby Carrots Dinner Roll Pumpkin Bar <b>Ash Wednesday</b>	Spaghetti & Meat Sauce Lettuce Salad Garlic Toast Peaches Cherry Bar	Tuna Noodle Casserole Peas Coleslaw Apple Slices Oatmeal Cranberry Bar
<b>March 11</b>	<b>March 12</b>	<b>March 13</b>	<b>March 14</b>	<b>March 15</b>
Baked Chicken Mashed Potatoes w/Gravy Whole Kernel Corn Applesauce Oatmeal Raisin Bar	Goulash Green Beans Cinnamon Chipped Apples Cookie	Roast Beef Mashed Potatoes w/Gravy Cooked Cabbage Rye Bread Lime Pears	Pizza Lettuce Salad Fresh Banana Half Cherry Bar	Potato Soup w/Crackers Sliced Cheese Tuna Salad Sandwich Relish Tray Apple Pie
<b>March 18</b>	<b>March 19</b>	<b>March 20</b>	<b>March 21</b>	<b>March 22</b>
Beef Stew - 1 ½ cups Biscuit Peaches Chocolate Brownie	Pork Steak Seasoned Rice Broccoli Fresh Orange Wedges Bread Pudding	Meatloaf Baked Potato Green Bean Casserole Seasonal Fresh Fruit Dinner Roll Gelatin Cake	Pasty Cabbage Salad Carrots Éclair Dessert	Salmon Loaf Mashed Potatoes Creamed Peas 3 Bean Salad Ice Cream
<b>March 25</b>	<b>March 26</b>	<b>March 27</b>	<b>March 28</b>	<b>March 29</b>
Pork Roast Mashed Potatoes Squash Combread w/Gravy Baked Apple	Chili w/Crackers Sliced Cheese Green Salad Fruit Juice Cherry Pie	Chicken Pot Pie Over Biscuit Broccoli Fresh Banana Half Chocolate Revel Bar	Roast Beef Au gratin Potatoes Stewed Tomatoes Wheat Bread Fruited Gelatin	Baked Fish Sweet Potatoes Green Salad Pears Sunshine Cake

# Lymphedema

By: Memorial Hospital of Lafayette County Rehab department

Lymphedema results when there is a blockage at any point in your lymphatic system. The lymphatic system is made up of organs, vessels, and nodes that transport a clear, watery fluid called lymph. This lymph accumulates in your arms and legs, and the lymphatic system helps to transport the lymph fluid back into your blood. When there is a blockage of your lymphatic system, it prevents fluid in the extremity from draining and in time the fluid backs up and you develop chronic swelling. If not treated, this swelling can continue to progress and be very debilitating. Although lymphedema typically only involves one arm or leg, sometimes both arms or legs may be involved. There is no cure for lymphedema, but it can be controlled.

Lymphedema can be something you are born with or you may develop it due to a condition or procedure that may damage your lymph nodes or vessels. Examples of these conditions or procedures include but are not limited to: cancer, radiation, trauma, burns, infections, or surgeries (especially for women following a mastectomy).

Signs and symptoms of Lymphedema may include the following:

- Increased swelling in your arm or leg
- A feeling of heaviness or tightness in the arm or leg
- The involved arm or leg may feel warmer

- Skin on affected limb may be dryer and thicker than the other side
- The arm or leg may no longer fit into clothing/shoes
- Recurrent infections in the arm or leg

There is no cure for lymphedema, however it can be successfully managed with proper treatment. If you feel you may have lymphedema, please see your primary care physician and he or she may refer you to a certified lymphedema therapist to start treatment. The sooner you begin therapy or treatment, the better chance you have of improving your condition. Success of treatment depends on your full cooperation in learning the appropriate exercises, wearing the compression garments/bandages, and keeping your appointments with your therapist who will provide specific massage techniques and guidance to assist in reducing your swelling.

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



Getting Medicare right



Empowering Seniors To Prevent Healthcare Fraud



LOCAL HELP FOR PEOPLE WITH MEDICARE

## Medicare Enrollment Periods

### When can I sign up for Medicare Part A and/or Part B?

**IEP** You can enroll in Medicare at any time during your seven-month **Initial Enrollment Period (IEP)**, which includes the three months before, the month of, and the three months following your 65<sup>th</sup> birthday month or the 25<sup>th</sup> month you receive Social Security Disability Insurance. The date when your Medicare begins depends on when you sign up. If you want to have Medicare Parts A and B the month that you turn 65, you should enroll during the first three months of your IEP.

**Part B SEP** If you declined Medicare Part B or delayed enrolling in it because you were covered by insurance through the current employment of yourself or your spouse, you may be able to use the **Part B Special Enrollment Period (SEP)**. To use the Part B SEP, you must meet two criteria: (1) You must have insurance from current work (from your job or your spouse's job, or, in some cases, certain family member's job) or have had such insurance within the past eight months. (2) You must have been continuously covered by job-based insurance or Medicare Part B since becoming eligible for Medicare, including the first month you became eligible for Medicare. If you use the SEP, your coverage generally becomes effective the month following the month when you enroll.

**GEP** If you missed enrollment in Medicare during your IEP and you cannot use the SEP to enroll, you likely need to enroll using the **General Enrollment Period (GEP)**. The GEP takes place January 1 through March 31 of each year. Enrolling during the GEP means that your coverage will start on July 1. Until that time, you will not be covered by Medicare. Enrolling in Medicare during the GEP often means that you will have to pay a Part B premium penalty.

### Who can I contact if I need more assistance?

You can call your **State Health Insurance Assistance Program (SHIP)** if you need help comparing coverage options, accessing a Special Enrollment Period, or appealing a health or drug denial.

You can call your **Senior Medicare Patrol (SMP)** if you believe you were a victim of Medicare fraud or abuse, including misleading plan marketing. Your SMP can help you identify cases of fraud, attempted fraud, abuse, or misleading marketing. Your SMP can also help you report such instances to the proper authorities.

(SHIP and SMP contact information on the next page.)

### When can I make changes to my Medicare health and/ or drug coverage?

**Medicare's Open Enrollment Period:** From October 15 to December 7 each year, you can join a new Medicare Advantage Plan or stand-alone Part D plan, or switch between Original Medicare, with or without a Part D plan, and Medicare Advantage. You can make as many changes as you want during Fall Open Enrollment, and the last change you make will take effect on January 1.

**Medicare Advantage Open Enrollment Period:** This period takes place January 1 to March 31 each year. You can switch from your Medicare Advantage Plan to another Medicare Advantage Plan or Original Medicare with or without a stand-alone prescription drug plan. You can only use this enrollment period if you have a Medicare Advantage Plan, and you can only make changes once. They will be effective the first of the following month.

**Extra Help Special Enrollment Period:** If you have Extra Help, the federal program that helps pay for the out-of-pocket costs of Medicare prescription drug coverage, you have access to an SEP to enroll in a Part D plan or switch between plans. This SEP is available once per calendar quarter for the first three quarters of the year (January-March, April-June, and July-September). Changes are effective the first of the following month.

**Special Enrollment Periods:** There are several circumstances in which you may be able to make changes to your Medicare health/drug coverage, like if you move outside of your plan's service area or if you enroll in certain State Pharmaceutical Assistance Programs (SPAPs). If you are not sure whether you qualify for an SEP, call your State Health Insurance Assistance Program (SHIP) to learn more.

Local SHIP contact information	Local SMP contact information
<b>SHIP Contact:</b> Kay Schulte, EBS	<b>SMP toll-free:</b>
<b>SHIP Number:</b> (608) 776-4871	<b>SMP email:</b>
<b>SHIP Email:</b> <a href="mailto:kschulte@lchsd.org">kschulte@lchsd.org</a>	<b>SMP website:</b>
<b>To find a SHIP in another state:</b> Call 877-839-2675 or visit <a href="http://ww.shiptacenter.org">ww.shiptacenter.org</a> .	<b>To find an SMP in another state:</b> Call 877-808-2468 or visit <a href="http://ww.smpresource.org">ww.smpresource.org</a> .
The production of this document was supported by Grant Numbers 90SATC0001 and 90MPRC0001 from the Administration for Community Living (ACL). Its contents are solely the responsibility of the SHIP National Technical Assistance Center (SHIP TA Center) and Senior Medicare Patrol National Resource Center and do not necessarily represent the official views of ACL.	

SHIP National Technical Assistance Center: 877-839-2675, [www.shiptacenter.org](http://www.shiptacenter.org) | [info@shiptacenter.org](mailto:info@shiptacenter.org)

SMP National Resource Center 877-808-2468 | [www.smpresource.org](http://www.smpresource.org) | [info@smpresource.org](mailto:info@smpresource.org)

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### About us

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



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

"We have to love those who are nearest to us in our own family. Love will then go out to all who need us."

- Mother Teresa -

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

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# Nancy's News



Nancy Amenda

March will soon be with us and the news from the famous groundhog is since he did not see his shadow on February 2nd we will have an early spring! And judging by our weather this past week with lots of snow and record cold we need some good news. I made the mistake of making a comment that some people remembered that I would like to see some snow a good old-fashioned snow storm. Well, I wouldn't do that again because after being snowed in with below zero windy days for four or five days I am ready to fly the coup! There is an old saying, "Be careful for what you wish for!! I agree with that! According to the meteorologists polar vortex is the blame for all the cold and snowy weather we got. Let's hope the groundhog knows his stuff!

A few years ago about this time of year when our daughters Deb and Amy were grade school age we would a throw a ton of stuff into Red's old car and we would go to the annual Yellowstone

Lake Fisheree. Red and his father Sylvan had an ice shanty on the ice and next to their shanty Leo and Helen Willi and Tom and Joan Kirwan had their ice shanty. Tom and Joan had two children Pat and Anita and with Deb and Amy they had a great time. The first time I went to the fisheree the first thing that I seen was the lake full of cars; trucks, ice shanties and lots of people. My first thought was what if all these things on the ice were too heavy and the ice broke? That statement got me the, "You got to be kidding look!" I eventually got use to hearing the ice ping and crack and seeing that nobody disappeared through a hole in the ice I started to feel a little better about being on the ice. The girls brought snow shovels along to shovel the snow off the ice so they could ice skate. I have a picture of myself outside the shanty sitting on a big bucket grilling hamburgers and hot dogs on a very small Weber grill. Our whole day was spent eating; visiting and fishing. We always hoped for a sunny day because it could get cold out on the ice and if for some reason it was really cold and the fish weren't biting we would be invited to Leo and

Helen's house and the men would play cards and the kids would play and eat candy. Helen was the greatest hostess and anyone that was visiting her home she made sure they didn't go home hungry especially the kids. The candy dish of Brach's chocolate stars was always full and passed around many times – Helen always had another bag to share! Through the years our family spent a lot of time at Yellowstone Lake, either fishing; picnics, ice skating, camping, water skiing and Girl Scout camping.

It wouldn't be long and the days will be longer with daylight savings time starting on March 10th. Soon you will see new baby calves with their Mom's in the pastures. That should keep the Weiskircher boys busy. Now they are having fun playing basketball in the little league. Needless to say they sure enjoyed having time off from school because of the snow and freezing weather. I can also remember hearing those same magical words, "No school today!"

Happy St. Pat's Day on March 17.

Nancy

**MEN'S HEALTH AWARENESS**  
AN EVENT HOSTED BY THE MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

**THURSDAY, FEB. 28**  
6-8 P.M. · HOSPITAL MAIN ENTRANCE

PRESENTATIONS BY  
**ALEX ERICKSON**  
AND SEVERAL PROVIDERS

**\$200 CABELA'S**  
GIFT CARD GIVEAWAY

FOR MORE INFORMATION, PLEASE VISIT  
[MEMORIALHOSPITALOFLAFAYETTECOUNTY.ORG](http://MEMORIALHOSPITALOFLAFAYETTECOUNTY.ORG)

**Outpatient Specialty**

<b>AUDIOLOGY</b> Dr. Kolette McGary <i>Rural WI Health Cooperative, Sauk City WI</i>	<b>GYN/OB</b> Dr. Maria Sandgren <i>Upland Hills Health, Dodgeville WI</i>	<b>PAIN MANAGEMENT</b> Mark Odden, CRNA <i>Regional Medical, Manchester IA</i>
<b>CARDIOLOGY</b> Dr. Paul Hinderaker <i>UW Health, Madison WI</i>	<b>NEPHROLOGY</b> Dr. John Whalen <i>Dubuque Internal Medicine, Dubuque IA</i>	<b>PODIATRY</b> Dr. William Chubb <i>Associated Podiatrists, Madison WI</i>
<b>CARDIAC PACER CLINIC</b> Dr. E Wayne Grogan <i>UW Health, Madison WI</i>	<b>ORTHOPAEDICS</b> Dr. Dan Stormont <i>Memorial Hospital of Lafayette County, Darlington WI</i>	<b>UROLOGY</b> Dr. Ian Stormont <i>Memorial Hospital of Lafayette County, Darlington, WI</i>
<b>GENERAL SURGERY</b> Dr. Robert Schmus <i>Memorial Hospital of Lafayette County, Darlington WI</i>	<b>STACI DAY, PA</b> <i>Memorial Hospital of Lafayette County, Darlington WI</i>	<b>VASCULAR SURGERY</b> Dr. Sandra Carr <i>UnityPoint Health-Meriter, Madison WI</i>

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

**Memorial Hospital of Lafayette County & Primary Care Clinics**

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## See What You Can Do Online During National Social Security Month

### PART ONE (PART TWO WILL BE IN APRIL)

Replacing a lost or stolen Social Security number (SSN) card has never been easier. You can request a replacement SSN card online in most states. There's no need to sit in traffic or visit a local office or Card Center. As long as you're only requesting a replacement card, and no other changes, you can use our free online service from anywhere. All you need to do is log in to or create a Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

You can also get a copy of your Social Security 1099 (SSA-1099) or

Benefit Statement, which is a tax form Social Security mails each year in January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. If you live in the United States and you need a copy of your SSA-1099 or 1042S, simply go online and get an instant, printable replacement form with a my Social Security account at

[www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Another important thing you can do is check the status of your Social Security benefit application or claim. This feature can be accessed anywhere you can log in to your my Social Security account. Knowing the status of your pending claim is important for a number of reasons, and now you can get the up-to-date status when you want it.

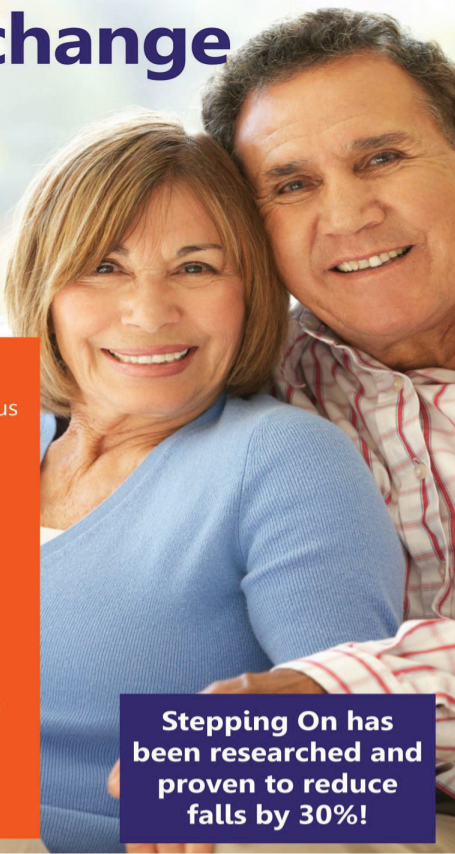
For generations, social security has been evolving to meet your changing needs. In april, we celebrate national social security month by letting you know what you can do online with a my social security account.

Please know that securing your identity and personal information is important to us. We protect your information by using strict identity verification and security features. The application process has built-in features to detect fraud and confirm your identity.

Replacing documents and checking status can be time consuming, but Social Security has made it as easy as possible. Share what you can do online with friends and family with a Social Security account at [www.socialsecurity.gov](http://www.socialsecurity.gov).

# A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.



## Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

### Join Us for Stepping On 2019 – Anyone over the age of 60!

Where: VFW Building/Benton Meal Site  
82 E. Main Street  
Benton, WI 53803

When: 7 Fridays  
March 8 through April 26  
1:00 – 3:00 PM

To Register:  
Contact Kay Schulte, EBS (608-776-4871)  
Ann Reuter, DBS (608-776-4963)

Sponsored By:  
Aging & Disability Resource Ctr  
15701 County K, PO Box 71  
Darlington, WI 53530



# Lafayette Manor

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

## Special Events

- 6 Manor Auxiliary Bingo at 2:00
- 8 Fish Dinner from Annies at 11:45
- 8 Music by Rosalie and Ron at 2:00
- 15 St. Pat's Party  
with Music by Glenda Linniman at 2:00
- 16 Dinner Piano Music by Terry Dillon at 11:15
- 26 Music by Janet Leib at 10:00
- 27 Gratiot Catholic Bingo  
and March Birthday Party at 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

## March Events

### Birthdays

- 2 Verna Jean Fox
- 14 Jean Xander
- 22 Eileen Pickett
- 27 Millie Parkinson
- 27 Greg Fenner
- 27 Deanne Bennett

**A Bit of Humor**  
Paddy was driving his lorry when he saw a bridge with a sign saying 10 foot max. headroom. He slowed down wondering if he could drive under it or not. "A shure I'll give it a go, he thought only to find that his lorry got stuck underneath it. Paddy sat back in his seat, poured out a cup of tea and lit a cigarette. A policeman arrived a short time later and knocked on the cab door which Paddy then opened, "What do you think you are doing? asked the policeman in a sharp tone, "Sure I'm having me tea break, replied Paddy, "And what do you work at? asked the policeman, "Agh shure I deliver bridges!" smiled Paddy!

**St. Patrick's Day!**  
  
Sunday, March 17, 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**

**Veteran Service**  
Veteran Service Office Provides transportation for medical appointments. There is a requested dollar donation 48 hours notice of appointments.  
For more information, call  
Sam Fuller, Veteran Service Officer at  
**(608) 776-4886**

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