

Upper Horizon



May 2019 - Volume XLIV - Number 5

Take a look **inside**

Driving Retirement2
 Bobby's Trips3
 May Menus 4 & 5
 Spring into Better Health.....6
 Nancy's News7
 Lafayette Manor Schedule.....8

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

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

www.lchsd.org or www.adrcswwi.org



OLDER AMERICANS MONTH



What's Happening

Get Out and Play!

in LAFAYETTE COUNTY

- MAY 1 - 31**
Darlington Farmers Market
 Saturdays at Darlington Festival Grounds, 8 a.m.-noon with many local vendors. Call (608) 776-3067.
- May 2**
Elderly Benefit Specialist
 Benton, 11:30 a.m.-1:00 p.m.
- MAY 4**
Annual Rose Delivery Day
 Argyle Lion's Club. Orders needed one week in advance. Call (608) 214-5894.
- MAY 4-5**
YFC Bloody Lake Rendezvous
 Blackhawk County Park, Woodford, WI.
- MAY 8**
Elderly Benefit Specialist
 Shullsburg, 11:30 a.m.-1:00 p.m.
- MAY 11**
Cinco de Mayo & Fiesta Latina
 Wisconsin's Best Latin Festival at Darlington Festival Grounds featuring Mariachi bands, cultural dances and authentic food. Call (608) 776.3067 or visit cincodemayowi.org.
- MAY 11**
VFW Steak Feed
 VFW Hall, Benton, WI, 4:30-7:00 p.m.
- MAY 14**
Elderly Benefit Specialist
 Blanchardville, 11:00 a.m.-12:30 p.m. Argyle, 1:00 -2:00 p.m.
- MAY 15**
Cuba City Community Market
 at the Presidential Courtyard, by the Caboose at 207 S. Main Street from 3:30-6:00 p.m. with a wide range of produce, crafts, food, services and family orientated events.
- MAY 16**
Elderly Benefit Specialist
 Belmont, 11:30 a.m.-1:00 p.m.
- MAY 19**
Pancake Breakfast
 Belmont Fire Station from 7:30 a.m.-noon. Call (608) 762-5715 or visit belmontwi.com.
- MAY 26**
Annual Fireman's Dance
 at Belmont's Fire Station from 9:00 p.m.-1:00 a.m. Call (608) 762-5495 or visit belmontwi.com.
- May 30 & 31**
Annual Belmont Community-Wide Garage Sales
 8:00 a.m.-? Email BelmontLions53510@gmail.com or visit belmontwi.com.

CONNECT, CREATE, CONTRIBUTE MAY 2019

Each year, more and more older adults are making a positive impact in and around Lafayette County As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experi-

ence that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, Connect, Create, Contribute, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

The Aging and Disability Resource Center in Lafayette County will celebrate OAM by promoting ways that community members of all ages can take part in helping Lafayette County thrive. We encourage you to: Connect, Create, Contribute today.

Communities that support and recognize older adults are stronger! Join us in strengthening our community - this May and throughout the year. Visit the official OAM website for ideas and inspiration, and follow ACL on Twitter and Facebook.

#OAM19



CONNECT, CREATE, CONTRIBUTE

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

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

LAFAYETTE COUNTY'S 8th Annual SENIOR SOCIAL

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

Wednesday, May 8th—10:00 AM—12:00 PM

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

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

Meal and transportation reservations required,
 please call ADRC at 608-776-4960 by Friday, April 26th



Multi-Purpose Building



MARK YOUR CALENDARS & GET READY TO HAVE SOME FUN

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

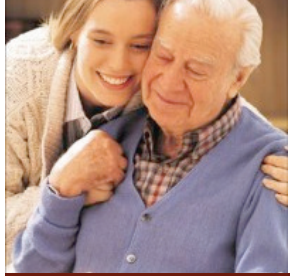
Disability Benefits Specialist

Kay Schulte

Elder Benefit Specialist

Bobby Long

Bus Driver



Today's
CARE GIVER

Find
Support

Driving Retirement

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

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, Driving Retirement is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the Aging & Disability Resource Center. Find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In ad-



dition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations
- Lack of attention to traffic signs or pedestrians
- Increased agitation or irritation while driving

- Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at Aging & Disability Resource Center or online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.



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

15701 County Road K,
P.O. Box 71, 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.

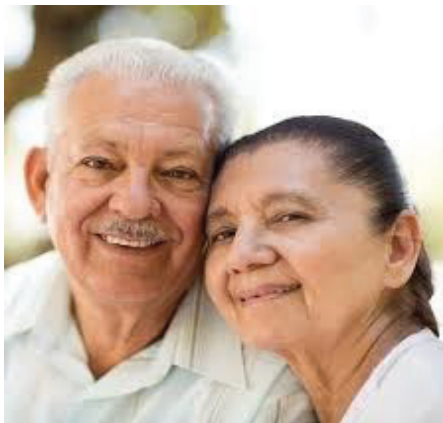
Questions, concerns, complaints or requests for additional information regarding the ADRC may be forwarded to: Aging & Disability Resource Center - Lafayette County, 627 Main Street, Darlington, WI 53530.

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, May 28, 2019 Shopping News.

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

Are you a caregiver?



Or do you take care of a loved

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

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

Registration is required and space is limited!

Sign up today by calling:

(608) 328-9499

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

First Class: May 1st

5:00pm — 6:30pm

at the Johnson Public Library: Darlington, WI

Suggested Donation — \$10





Got Time? LET'S TRAVEL

To Ride the Bus...

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

Just a heads up ... don't forget we have gift certificates to give your friends and family, so they have a reason to get out of the house and go for a ride. You will notice I'm trying something new this summer! I have a few plays and musicals in mind and my thinking is that everybody can go to them — no steps and the best part of it all is it's always cool in the show houses. Our first play will be in Mt. Carroll on Sunday, June 23 and I will get you home early enough so everybody can go see this play. It 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.

Bobby

CLIP & Save

MAY

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

JUNE

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

JULY

- Tuesday, July 2 Dubuque
- Thursday, July 4 OFFICE IS CLOSED - *God Bless the Veterans*
- 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 the fair
- Tuesday, July 16 Dubuque
- Thursday, July 18 Trip?
- Tuesday, July 23 Dubuque
- Wednesday, July 24 Monroe
- Tuesday, July 30 Platteville

Social Security Honors and Supports Military Members



Ann Reuter

Every year, on Memorial Day, the nation honors service members who have given their lives for our freedom. Social Security acknowledges the sacrifice of our military's service members, and we honor these heroes and their families who may need help through the benefits we provide.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at www.socialsecurity.gov/survivors.

It's also important to recognize those service members who have been wounded. Social Security offers benefits to protect veterans when an injury prevents them from returning to active duty or performing other work.

Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will expedite disability claims filed by veterans who have a 100 percent Permanent & Total compensation rating from the U.S. Department of Veterans Affairs (VA). Both the VA and Social Security have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children, and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/planners/retire/veterans.html.

Please share this information with a military family who may not know about these benefits. In acknowledgment of those heroes who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.



Senior Financial Safety Program: Identity Theft, Senior Scams and More!



Learn how to protect yourself against financial emergencies in addition to a range of senior scams (phone, internet, door to door) using a fun, interactive program, including FRAUD Bingo.

There will be PRIZES



Tuesday, May 14, 2019
Lunch at 11:30 - Program from Noon-2:30 p.m.
Darlington Senior Center,
Municipal Building 627 Main St., First Floor

Complimentary Meal for Seniors. To reserve a meal call Kathy at the Darlington Site (608 776-4969) at least one day in advance by 12:30 p.m.

Sponsored By: Huntington National Bank
in partnership with Southwest CAP and Darlington SUN Senior Mealsite

MAY 2019

Things to do...

- Belmont**
May 22
Bingo, after lunch
Pasty day. Check with site
- Benton**
May 2
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**
May 15
Birthday Party,
Cards and Bingo
May 22
Pasty Day and Cards
- South Wayne**
Home Delivery Only, Call
Kathy at (608) 776-4969
- Darlington**
Every Monday
12:30 Bridge and Euchre
Every Tuesday
Exercise Class, 9:00 a.m.
1st and 3rd Tuesdays
12:30 p.m. Bingo
Every Wednesday
9:30 a.m. WI
1:00 p.m. Knitters
Every Thursday
More Bridge
Every Friday
12:30 p.m.
Hasenpfeffer Cards



What a difference a month makes! Most of the snow and ice are gone, after three days of warm weather, causing flooding in two of the towns where we have sites: Arena and Darlington. Darlington was closed one day, but Arena managed to get all meals out and served at the site, as many of the participants live there. I want to give special recognition to Richard Rock of Darlington, driver for home delivered meals for the rural Darlington, Argyle, Wiota and Lamont areas, and sometimes Gratiot and South Wayne. On March 14, water was over the bridge in Darlington, but Richard figured out a way to get to all of his people on the route; he knew which roads were open and took alternate routes, backtracking in some cases. He and volunteer Terry "Razz" Rasmussen, along with Barb and Don Eicher, handled all duties at the site that day (manager Kathy Kay was off). They had it all under control. What great words to hear! Thank you Richard, Razz, Barb and Don, (and Kathy for having it all organized ahead of time) for stepping up in a situation which progressed very quickly. Darlington was closed the next day. Luckily we had no damage at either site.

Continuing on the theme of Eat Well, Age Well, and with the topic last month of healthy fats, I want to talk about extra virgin olive oil (EVOO). It's healthy and delicious, but there is a lot of misinformation about olive oil floating around the internet. Here are 8 things you may not know.

- Olives are a fruit and olive oil is fruit juice. Olives are a type of fruit called a drupe, which grow on trees and start

- off green and ripen to a dark red/brown color. EVOO is the juice of an olive with the water and solids filtered out.
- Olive oil doesn't get better with age. It is not like wine; it does not improve with age. Use it up quickly after opening, within 2 – 3 months, and be sure to check the best by date.
- Your olive oil was probably not pressed. Traditionally, stone mills, straw mats and screw presses were used to crush and then press the oil. Nowadays, machines are used to crush the olives and malaxers and centrifuges are used to extract the oil. The newer, modern methods are faster, much cleaner, and produce much higher quality olive oil. The use of the term "cold pressed" or "first cold-press" on an EVOO label is intended to indicate that the oil was extracted by mechanical means without high heat.
- Extra light olive oil does not mean light in calories. In fact, the label should specify that "extra light" refers to the flavor and/or color of the oil. EVOO and extra light have the same number of calories. In fact, all fats, including

- butter, lard, coconut oil, vegetable oil, palm oil, contain the same number of calories and grams of fat.
- Color of olive oil does not impact the flavor. Many people believe that a very green color indicates high quality. Thus, professionals use blue glasses to taste oils, to avoid any chance they might be influenced by the color. Depending on variables like variety, where it's grown, climate and harvest timing, it can range from pale yellow to dark green.
- Most olive oil decanters will accelerate spoilage. We have all seen TV chefs use cute bottles with pour tops. But olive oil should be stored in a cool dark place in an air tight container.
- You can and should cook with olive oil. There are persistent misconceptions that olive oil, when heated, is unhealthy, will be ruined by heating or has too low of a smoke point. All are false. EVOO has been shown to be one of the most stable cooking oils under high heat.
- You can rest assured that your favorite olive oils are authentic and not adulterated. Have you seen the claims of rampant fraud in the media? Simply not true. For more than 25 years, the North American Olive Association has tested samples from store shelves, 200/year, that show the risk of finding oils that have been cut with a cheaper oil is extremely low, less than 2% in the U.S. The FDA did a study a few years ago; results were the same. Enjoy! Until next month,

Cecile McManus
Director

THANK YOU FOR THE DONATIONS:
James R. Philipps Memorial, Dodgeville, \$150;
Trinity Guild of Trinity Episcopal Church, Mineral Point, \$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 March 2019

Site	Congregate	Delivered	Total
Belmont	134	142	276
Benton	168	205	373
Blanchardville	151	296	447
Darlington, Argyle and South Wayne	62	493	555
Shullsburg	109	275	384
Totals	624	1,411	

Total Meals Served 2,035
Blanchardville delivered 100 meals for Hollandale.

Senior Dining

MAY 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
April 29	April 30	May 1	May 2	May 3
Sloppy Joe on a Bun Parsley Red Potatoes Baked Beans Seasonal Fresh Fruit Choice of Cookie	Baked Chicken Mashed Potatoes w/Gravy Seasoned Squash Wheat Roll Ambrosia Dessert	Cream of Potato Soup Reuben Sandwich w/Corned Beef, Swiss Cheese & Kraut Green Beans Peach Sorbet	Roast Pork w/Gravy Mashed Potatoes Mixed Vegetables Pickled Beets Corn Muffin Cook's Choice Cake	Tuna & Noodle Bake w/French Fried Onion Topping Broccoli Florets Coleslaw Fresh Cantaloupe
May 6	May 7	May 8	May 9	May 10
Spaghetti w/Meat Sauce Peas Fresh Spinach & Strawberry Salad (1 cup) Garlic Bread Scotcheroo	Chicken Breast in Orange Sauce Rice Pilaf Sweet Potatoes Three Bean Salad Fruit Cocktail	Swiss Steak w/Gravy Mashed Potatoes Sliced Carrots Dinner Roll Gelatin w/Fruit	Beef Stroganoff over Egg Noodles Stewed Tomatoes Mandarin Oranges Pear Crisp w/Topping	Chef's Salad w/Ham, Turkey, Egg, Cheese, Mixed Greens & Sliced Tomatoes Peaches Dinner Roll Banana Cream Pie
May 13	May 14	May 15	May 16	May 17
BBQ Rib Patty or Pulled Pork on a Bun Baked Potato Winter Blend Vegetables Applesauce Molasses Cookie	Liver & Onions or Cook's Choice Au Gratin Potatoes Sliced Beets Rye Bread Angel Food Cake w/Berries (1/2 cup)	Hearty Italian Sausage Soup (NEW) Breaded Chicken Patty Parmesan w/Marinara Sauce Choice of Pasta Mixed Green Salad Seasonal Fresh Fruit	Roast Beef Mashed Potatoes w/Gravy Whole Kernel Corn Wheat Roll Tropical Fruit	Salmon Loaf Parsley Red Potatoes Creamed Peas Choice of Bread Broccoli Slaw Blueberry Lemon Cheesecake Bar
May 20	May 21	May 22	May 23	May 24
Bratwurst on a Bun Sour Cream & Chive Potato Wedges Baked Beans Sauerkraut Salad Oatmeal Cookie	Asian Crispy Chicken Entrée Salad w/Craisins, Mandarin Oranges, Greens & Oriental Dressing Pineapple Chunks Rice Pudding	Pasty Sliced Carrots Coleslaw Gelatin w/Bananas	Cavatini Sweet Potatoes Fresh Relishes w/Ranch Dip Apple Crisp	Breaded Fish Wedge w/Lemon Baked Potato Seven Layer Salad (1 cup) Rye Roll Fruit Pie
May 27	May 28	May 29	May 30	May 31
MEMORIAL DAY NO MEALS SERVED	Tuscan Vegetable Soup Savory Turkey Burger on a Bun w/Cranberry Mayo, Lettuce & Sliced Tomatoes Tater Tots Cook's Choice Dessert	Baked Chicken Mashed Potatoes w/Gravy Seasoned Squash Stuffing Pistachio Pudding Dessert w/Pineapple	Meatloaf Scalloped Potatoes Cooked Cabbage Corn Muffin Apricots	Ham, Cheese & Spinach Quiche Hashbrowns Tomato Juice Cinnamon Roll Fresh Orange Wedges

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
April 29	April 30	May 1	May 2	May 3
		Beef Stroganoff Over Noodles Peas Pickled Beets Melon Cup Cookie	Turkey Sandwich Deviled Eggs Cucumber Salad Tomato Slices Mixed Berries (1/2 cup) Over Angel Food Cake	Pork Roast Mashed Potatoes w/Gravy Squash Cornbread Texas Cake
May 6	May 7	May 8	May 9	May 10
Spaghetti & Meat Sauce Winter Blend Vegetables Lettuce Salad Garlic Toast Paradise Dessert	Chicken Breast Cowboy Potatoes Capri Vegetables Fruit Cocktail Wheat Bread Pumpkin Dessert	Roast Beef Au Gratin Potatoes Stewed Tomatoes Diced Pears & Dinner Roll Cherry Bar SENIOR SOCIAL	Cavatini Mixed Vegetables Orange Slices Dinner Roll Cookie	Country Steak Mashed Potatoes Baked Beans Fruit Cup Wheat Bread Chocolate Revel Bar
May 13	May 14	May 15	May 16	May 17
Ham & Bean Soup Sliced Cheese Crackers Fresh Relishes Peach Pie	Chicken Salad on a Bun Tomato & Cucumber Salad Mixed Fruit Salad Fresh Banana Cookie	Pork Steak Seasoned Rice Sliced Carrots Tropical Fruit Fruit Turnover	Pasty w/Gravy Cabbage Salad Pears Wheat Bread Pudding Dessert w/Fruit	BBQ on a Bun Twisty Potatoes Corn Broccoli Cauliflower Salad Cheesecake
May 20	May 21	May 22	May 23	May 24
Turkey BLT Wrap Summer Vegetable Macaroni Salad Fruit Cup Strawberry Dessert	Baked Fish Mashed Potatoes California Vegetables Fresh Strawberries Wheat Bread Lemon Cake	Sliced Turkey Roast Noodles w/Gravy Country Vegetables Cinnamon Apples Peanut Butter Bar	PICNIC DAY Bratwurst on a Bun Potato Salad & Baked Beans Watermelon Ice Cream	Swedish Meatballs Mashed Potatoes Asparagus Wheat Bread Blueberry Dessert
May 27	May 28	May 29	May 30	May 31
MEMORIAL DAY NO MEALS SERVED	Cheesy Broccoli Soup Chicken Salad Sandwich Oranges Slices Carrot Sticks Banana Cream Pie	BBQ Pork on a Bun Potato Wedges Pickled Beets Cantaloupe	Meatloaf Baked Potato Creamed Corn Three Bean Salad Wheat Bread Cream Puff	Baked Fish Au Gratin Potatoes Peas Dinner Roll Apple Bar

Spring into Better Health



Kay Schulte

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings and referrals for other care, if needed. If you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If lab work is done, vaccines are administered, or additional testing or services are performed, then you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your Medicare and You 2019 handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling contact the ADRC in Lafayette County (608) 776-4960.

It's a Mind's World

MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

As we age, taking care of our brains is the best way to help prevent or delay decline in key brain functions like reaction time, memory and logical reasoning. In order to keep our brains healthy, we need to take care of our bodies and "exercise our minds" by doing activities that force our brain to think in new and challenging ways.

Activities to keep your brain physically healthy:

- Go for walks/exercise (also good for your heart)
- Eat a balanced and healthy diet

Activities to challenge your brain:

- Crossword puzzle/Sudoku/word finds
- Jigsaw puzzles
- Learn a new hobby such as gardening, woodworking, playing an instrument, cooking, yoga
- Read different styles of books, newspapers, and magazines
- Volunteering
- Cook a new recipe or build a model
- Brush teeth with opposite hand
- Spend time with friends talking about current events

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

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!

ONE DAY INSTALL!

STARTING AS LOW AS \$1,299

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

FINANCING AVAILABLE

S&S STEP-IN TUBS

CALL TODAY FOR A FREE ESTIMATE **608-726-0769**

ADVERTISE

Your Product or Service
in the
Lafayette County -
Upper Horizons!

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

Call 608.348.2374

lafayette memorial hospital
lisa
70865

Nancy's News



Nancy Amenda

Is it safe to say that spring is here? I was able to get one day of raking in so far and my yard needed it because I have been blessed with a lot of leaves; corn husk, little pine cones and small twigs and branches. The next day I was planning on raking again and the wind whipped up and to my delight it blew most of the leaves and corn husks away. I am just hoping the wind does not shift the other way and I get it all back! Ryan took my lawn mower to get serviced and I am ready to fly into action!

Spring on the farm was a busy time and when Mom would announce that it was time for her to do her spring cleaning and would need our help. Those words sent the fear of God into Dad and us kids because we didn't see anything wrong with the house as it was. When Mom said clean we all were ready to head for the hills! After the long winter Mom was looking forward to "opening the house" and was anxious to move the wringer wash machine out to the front porch and convince Dad to take down the big pot bellied stove that was in the middle of the living room and moved to the shed for the summer months. Mom would say, "I am so happy to get that big thing out of the house for a while". As usual my Dad was grumpy about it as we knew

he would be. That didn't sway my Mom one bit he was moving that stove and wringer washer out and that was that! The first order of business for her was to take a bucket of hot bleach water and a broom and the house out back got a good scrubbing. She put us kids to cutting the ties to our heavy quilts so she could wash the covers and blankets. Our quilts had a wool batting that was inside a cover like a pillow case and after the cover was washed it was put on the wash line to blow in the wind. Mom was proud of her wool batting because it was made from the wool that was sheared from her small herd of sheep. On a rainy day to occupy our time Mom would spread the cover of the quilt on the kitchen table and insert the wool batting back in the quilt and us kids would take a big needle and yarn and tie up the quilt again. We enjoyed working on the quilt but helping to clean the yard was a lot of work. Anyway that was our thoughts! I think Mom looked at it as a way to keep us busy so she could work! After everything was "spic and span" Mom would buy a new oil cloth for the kitchen table and if needed new plastic curtains. I can remember Mom buying them at the Five & Dime store for about \$1.00 per curtain.

Since May is the month to celebrate Mother's Day I am including a nice article on Mother's Day I recently found. Happy Mother's Day to Mother's everywhere!

Nancy

AARP Driver Safety Offers Refresher Course

LEARN ABOUT THE AARP SMART DRIVER COURSE

Since 1979, AARP Driver Safety has met the needs of older drivers through educational programs led by more than 4,000 volunteers and a myriad of resources. But they aren't the same programs and resources that were available nearly 35 years ago. AARP Driver Safety has continued to evolve with the times, and today offers the AARP Smart Driver course.

Why a refresher course? A lot has changed since many American drivers first got their driver's license. The roads have changed. Cars and the technology inside them have changed. Even the people behind the wheel have changed. As drivers, if we don't keep up with those changes we put others or even ourselves at risk.

How is the AARP Smart Driver course different? The course curriculum was designed with the participant in mind, and it is different in many ways from previous editions including:

- An easy-to-follow format that incorporates adult-learning principles, features reader-friendly print types, full-color pages and videos to supplement course content.
- With 19 areas of customization, the course is tailored to meet the participants' needs by providing state-specific information that is easy to access and understand.
- Based on the results of a two-year research study, the course has been adjusted to include a focus on areas where older drivers could benefit from additional training, including: roundabouts, pavement markings, stop-sign compliance, and safety issues such as speeding, seatbelt, and turn signal use.

Sign up to take the new AARP Smart Driver course. The AARP Smart Driver course is available at ADRC, 15701 County K, Darlington, WI on Friday, May 10 from 10:30 a.m.-2:30 p.m. The classroom course costs \$15 for AARP members and \$20 for non-members. Space is limited, so register now by calling (608) 776-4960.

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.



What Is A Farm Mother?

Well that depends on whom you ask —

To her Son...

She's something with jobs that leave him no time to play.

To her Neighbors...

She's a person to turn to for help.

To her Daughter...

She's someone who always needs help.

To her Mailman...

She's a name on a letter.

To her Chickens...

She's an egg taker.

To the Dog...

She's food and drink.

To the Storekeeper...

She's a customer.

To her Church...

She's a child of God.

To the Artist...

Her face is stamped with all humanity.

To the Unobserving...

She's a face in the crowd.

To her Mother...

She's still a child.

To her Husband...

She's a reason for living.

by Nathan Benedict,
Cargill Farm Products - Darlington Milling Co.

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.

Your Local SERVICES Directory

If you would like to advertise in this Service Directory...
Call Lisa Banfield today at 1-800-236-2537
and see what the Shopping News can do for you.

Financial Institutions

First National Bank

"Working For Lafayette County In Lafayette County"
245 Main St., Darlington, WI, (608) 776-4071
5800 Philips St., Gratiot, WI, (608) 922-6422



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!

Lafayette Manor

May Events

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

Special Events

- 1 Darlington Methodist Bingo 2:00
- 3 Music by Rosalie & Ron 2:00
- 7 Music by Lou Oswald 2:00
- 8 Yellowstone Lutheran Bingo 2:00
- 10 Mothers Day Party w/Glenda Linneman 2:00
- 12-18 Nursing Home Week "Live Soulfully"
- 13 Music by Chris Ross 2:00
- 15 Grace Lutheran Bingo 2:00
- 16 Bus Ride To Mineral Point & Hollandale 2:00
- 17 Happy Hour 2:00
- 18 Piano Music by Terry Dillon 11:15
- 22 IUCC Bingo 2:00
- 24 Music by Greg Anderson 2:00
- 28 Music by Janet Leib 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

18
MARIAN JORGENSON
27
ZOLA BLASER

A Bit of Humor
Last summer at a family reunion, my uncle boasted, "I'm a mystery writer." Everyone was impressed, except my aunt who rolled her eyes and replied, "He's got that right. He's been writing for 30 years and is still unknown."

HONORING ALL WHO SERVED
MEMORIAL DAY
Monday, May, 27

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

Southern Consortium
Ask questions about benefits • Report changes
Make an appointment • Apply for benefits
Providing enrollment services and managing benefits for: FoodShare, Medicaid, BadgerCare Plus, Family Planning Services, and Caretaker Supplement.
1-888-794-5780
www.access.wi.gov
Fax: 1-855-293-1822

N
O
T

TAKE