

Upper Horizon

ADRC
Aging & Disability Resource Center

December 2018 - Volume XLIII - Number 12

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

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

www.lchsd.org or www.adrcswwi.org

Health Promotion and Disease Prevention Programs



The Aging and Disability Resource Center is your resource to learn more about some of the new and existing ways you can proactively take care of yourself and those you care about thru our network of classes on Health Promotion and Disease Prevention. Take advantage of the programs and information available to help prevent common health problems, manage chronic conditions, and maintain good health. We work with Wisconsin Department of Health Services (DHS) and Wisconsin Institute for Healthy Aging (WIHA)

staff to support successful wellness programming.

We are planning on offering a variety of prevention programs throughout 2019 such as: Powerful Tools for Caregivers; Stepping On; Boost Your Brain and Memory; Living Well with Chronic Conditions; Sip and Swipe; Yoga for Seniors.

Watch for more details on the times and locations for these upcoming classes or you can contact the Aging and Disability Resource Center at (608) 776-4960.



What's Happening in LAFAYETTE COUNTY

Get Out and Play!

November 30

Welcome the Holidays

Argyle American Legion Park, 6-8 p.m., (608) 543-3113

December 1

Christmas Parade and Festival

Main St., Darlington, WI with evening parade, (608) 776-3067

December 1

Holiday Party with Santa Claus

Belmont High School Cafeteria, 9 a.m., (608) 732-5254

December 1

Annual FFA Christmas Craft & Toy Train Show

Argyle Public School, (608) 543-3314

December 1

Cookie Walk

EMS Building, Argyle, WI, 7-11 a.m.

December 1

Lions Club's Christmas Tree & Wreath Sale

Argyle, WI, (608) 214-5894

December 1-16

Christmas Tree Sales

Poller's Parlor Yard, Belmont, WI, 10 a.m.-5 p.m., (608) 762-5393

December 2

31st Annual Christmas Walk

1105 Maple St., Hazel Green, WI, 8 a.m.-3 p.m., (608) 854-2360

December 8

Christmas Lighting Contest

Argyle, WI, (608) 543-3113

December 9

Ecumenical Christmas Cantata

United Methodist Church, Belmont, WI, 7 p.m., (608) 762-5472

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

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ADRC Manager

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Information and Assistance Specialist

Ann Reuter

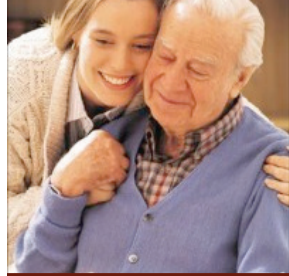
Disability Benefits Specialist

Kay Schulte

Elder Benefit Specialist

Bobby Long

Bus Driver



Today's
CARE GIVER

Find
Support

Reducing Holiday Stress

It's time for the holidays once again -- decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

- **Adjust your expectations.** You can't and don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down tasks that need completing so you can be specific when people offer to help.
- **Prepare family and friends before getting together.**

Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

- **Offer suggestions about gifts.** Give friends and family ideas of useful gifts they can give such as music cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are some ideas.
- **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- **Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories!

Jane Mahoney, Older Americans Act Consultant, GWAAR



Upper Horizon
Aging & Disability Resource Center

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

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

Regional Website: www.adrcswwi.org

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, December 25, 2018 Shopping News.

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



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!





Got Time? LET'S TRAVEL

To Ride the Bus...

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

Now we're talking, you guessed it — deer hunting up North! I will be gone November 15th through the 25th. Now it's December, almost one more year in the books and that's ok, to some, that means a whole bunch of shopping so I added a couple more shopping trips; Madison West and for a little more fun, I put in going over to New Glarus to finish off the shopping you have left or just a great day out. There must be people out there that would like to go someplace, so please let me know and I will try to make it happen.

I have a couple of trips in mind I just don't know if I can do one of them until I take it to the higher ups and talk really nice to see if it will work, so stay tuned until then. There's people that come up to me and say, "when I get older, I would like to go on your bus!". Guess what? You're old enough now to take advantage of it, so down the road, it will be here for you... Now on February 14th — yes 2019, I always like to go back up to the Dells for a chance to shop for the big bargains at the mall.

Happy Holidays to All!
Bobby

CLIP & Save

DECEMBER

- Tuesday, December 4 Dubuque
- Thursday, December 6 Madison East
- Tuesday, December 11 Dubuque
- Wednesday, December 12 Monroe
- Monday, December 17 Madison West
- Tuesday, December 18 Dubuque
- Wednesday, December 19 New Glarus Shopping and Looking
- Thursday, December 20 Manor Christmas Ride
- Monday, December 24 OFFICE CLOSED - Merry Christmas!
- Tuesday, December 25 OFFICE CLOSED - Merry Christmas!
- Wednesday, December 26 Monroe

JANUARY

- Tuesday, January 1 Happy New Year!
- Thursday, January 3 Madison West
- Tuesday, January 8 Dubuque
- Wednesday, January 9 Monroe
- Tuesday, January 15 Dubuque
- Thursday, January 17 Charter Trip Unknown
- Tuesday, January 22 Dubuque
- Wednesday, January 23 Monroe
- Tuesday, January 29 Platteville

FEBRUARY

- Friday, February 1 Madison East
- Tuesday, February 5 Dubuque
- Wednesday, February 6 Monroe
- Tuesday, February 12 Dubuque
- Thursday, February 14 WI Dells Gaming & Shopping
- Tuesday, February 19 Dubuque
- Wednesday, February 20 Monroe
- Tuesday, February 26 Platteville

Don't Live With Incontinence Overcome It!

Many people try to live with incontinence. Loss of bladder or bowel control is more common than you might think. Millions of adults, because of age, pregnancy or other contributing factors, live with the lifestyle limitations that come with the inability to control urinary or bowel function.

The good news is that you don't have to be one of them. The majority of people with incontinence can overcome it, safely and effectively, without surgery or drug therapy. The techniques developed and administered have been extremely successful for people with urinary incontinence. Often patients experience appreciable results within 2-3 weeks, with significant restoration of control in 4-6 weeks. In most cases, treatments are covered by insurance.

In the past few years, it has been found how to influence and control important pelvic muscles previously thought to be beyond one's control. Some of these muscles do not work together as they should, others are weak and need to be exercised and still others are fatigued from overwork and function better if periodically relaxed. The status of these muscle groups is determined and a specific plan of therapy is established to improve their function. Using the learned techniques, pelvic muscle tone and coordination will improve, bladder capacity will increase and bladder muscle irritability will decrease. Most importantly, you can regain control over urination.

Talk to your doctor to obtain an order for physical therapy. A confidential, non-invasive consultation will be performed by a physical therapist. A personalized treatment program incorporating life style changes, pelvic muscle rehabilitation and bladder retraining will be established. These proven techniques can put you back in control often in less than 4 weeks.

Don't delay, call today!

You have nothing to lose and everything to gain!

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.



MEDICARE PART D

**OPEN ENROLLMENT IS
OCTOBER 15 TO DECEMBER 7, 2018**

This is the time to:

- Evaluate your current plan to insure all medications are still covered in 2019
- Consider switching prescription drug plans or Advantage plans;
- Enroll for the first time if you are eligible but have not enrolled

After December 7th, you will NOT be allowed to make any of these changes.

Please Note: If you have SeniorCare or a Forward Card, No change may be necessary but it is best to review your plans!



For Assistance Contact:

**ADRC of
Southwest WI
Lafayette County
608-776-4871
15701 County K
Darlington, WI**

**Medicare
800-633-4227 or
medicare.gov**

**Part D Prescription
Drug Helpline
866-456-8211**

**CWAG Prescription
Drug Helpline
800-366-2900
Ext. 323**

DECEMBER 2018

Things to do...

- Belmont**
December 27
Bingo, after lunch
Pasty day. Check with site
- Benton**
December 6
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**
December 12
Birthday Party,
Cards and Bingo
December 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 (NEW)
Every Friday
12:30 p.m.
Hasenpfeffer Cards



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

I want to wish all of you a wonderful and peaceful holiday season, hopefully celebrating with family and/or friends. Please check out the menu for your town or nearest site, for holiday closings. You are always welcome to attend another site, if open, when yours is closed. Just remember to reserve a meal by the day before.

This year for the first time, the Hodan Center, provider of the meals, will be closed between Christmas and New Year's Day. In order that the participants there aren't without meals that entire time, we are arranging with the Linden site to provide meals December 26, 27, 28 and 31. The site is closed on Christmas Eve, Christmas Day and New Year's Day. The Mineral Point drivers will pick up from the Linden site; we are so appreciative that they agreed to do that! Remember, extra meals can be ordered ahead of time; be sure to reserve at least one day in advance. Meals will resume from the Hodan Center on January 2. The SUN office is closed Christmas Eve, Christmas Day and New Year's Day, as our building is closed.

Also, if you need an emergency meal, and have not already been asked if you need them, contact our office. These will be going out around Thanksgiving, or a little later. Two meals of non-perishable foods, meeting our meal requirements, are available to all meal participants who would not have a meal otherwise, in the event of a closing due to inclement weather. The meals consist of tuna, peanut butter, two kinds of juice, evaporated milk, two kinds of applesauce, raisins, wheat crackers, instant

oatmeal, pudding and a granola bar. The manager or home delivery meal drivers at the sites will be contacting everyone. We always hope for a mild winter, but must be prepared for the worst.



So I guess this is the time to also talk about our closing policy: when the schools close, so do we, automatically. Listen to the radio or TV, early, for this information. In the event, there is just a delay, contact your site directly. The manager will try to notify everyone as well. We cover the entire counties of Iowa and Lafayette, which is a large territory; the weather can be quite different from north to south. If it is particularly bad, it may not be possible for anyone to get to the sites or the office. We do not want anyone to be in danger, the staff, the participants or the drivers.

As the year winds to a close, I want to wish all of you a Merry Christmas, Happy Hanukah to our Jewish friends, and a great New Year. I want to express my sincere thanks and gratitude for the hard working SUN staff, volunteers, Board of Directors, donors, and all of you out there who support our program. We could not do it without all of you! The program is growing, especially in Iowa County and especially in Dodgeville. To me this shows the need that is present, and the success of the program. It means we are serving more seniors, both congregate and home delivered, which is our purpose. As long as there is a need, we will be here to meet it – hopefully.

With the substantial increase in meals served here in Dodgeville, our budget has been strained. We are getting more help from Iowa County, along with the current levy from both Iowa and Lafayette counties. The federal and State allocations are unknown at this time. We will be sending out our Annual Appeal around December 1 to about 400 businesses, individuals, churches and service groups. If you are not on this list, but would like to be, please contact us at 930-9845.

If you would like to send a donation, please send to us at: 303 W. Chapel Street, Dodgeville, WI, 53533. We are a 501©3 non-profit organization; all donations are tax deductible. We thank you so much. Looking forward to 2019, and all the joy and challenges it may bring.

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 September 2018

Site	Congregate	Delivered	Total
Belmont	127	103	230
Benton	176	192	368
Blanchardville	141	384	525
Darlington, Argyle and South Wayne	111	537	648
Shullsburg	74	254	328
Totals	629	1,470	

Total Meals Served 2,099

Blanchardville delivered 99 meals for Hollandale.

Senior Dining

Suggested Donation For Meal: \$4.50

DECEMBER MENU

Suggested Donation For Meal: \$4.50

Fellowship, Food & Fun

Meals are served Monday-Friday at Noon 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: \$4.50 for congregate meals and \$5.00 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
December 3	December 4	December 5	December 6	December 7
Kielbasa & Sauerkraut Paprikash Boiled Potatoes Three Bean Salad Corn Muffin Seasonal Fresh Fruit	Stuffed Pepper Soup Grilled Cheese Sandwich Tator Tots Peaches Snickerdoodle Cookie	Roast Beef Mashed Potatoes w/Gravy Mixed Vegetables Applesauce Cranberry Pecan Bread Pudding	BBQ Baked Chicken Parsley Red Potatoes Sliced Beets Ambrosia Salad Dinner Roll Cook's Choice Cake	Denver Egg Bake Sausage Patty Hashbrowns V-8 Juice Cinnamon Roll Grapefruit Sections
December 10	December 11	December 12	December 13	December 14
Swiss Steak in Gravy Mashed Potatoes Winter Blend Vegetables Dinner Roll	Cavatini w/Italian Sausage, Black Olives & Rotini Pasta Green Salad Mixed Fruit Sweet Potato Cream Cheese Bars	HOLIDAY MEAL Baked Ham Au Gratin Potatoes Green Bean Casserole Waldorf Salad & Dinner Roll Cook's Choice Holiday Dessert	Meatloaf Red Potatoes Sliced Carrots Rye Bread Pineapple Upside Down Cake	Ham & Bean Soup Grilled Tuna Melt w/Cheese Peas Apricots White Chocolate Macadamia Cookie
December 17	December 18	December 19	December 20	December 21
Beef & Barley Stew (1½ cups) Buttermilk Biscuit Pears Rhubarb Crisp w/Topping	Roast Pork Mashed Potatoes w/Gravy Stewed Tomatoes Whole Wheat Dinner Roll Warm Sliced Apples w/Sugar & Cinnamon	Sweet & Sour Orange Chicken w/Oriental Vegetables Brown Rice Vegetable Egg Roll Broccoli & Cauliflower Salad Mandarin Oranges	BBQ Pork on a Bun Baked Beans Sweet Potatoes Fruit Cocktail Lemon Meringue Pie	Potato Crusted Cod Baked Potato Ramen Cabbage Salad Rye Roll Angel Food Cake w/Strawberries (½ cup)
December 24	December 25	December 26	December 27	December 28
Tuscany Vegetable Soup Breaded Chicken Patty on a Bun w/Provolone Cheese, Lettuce & Tomato Baked Potato Wedges Tropical Fruit Christmas Cookie	MERRY CHRISTMAS NO MEALS	French Onion Beef Tips over Noodles Seasoned Squash Pickled Beets Peaches Gingerbread w/Lemon Icing	Pasty Coleslaw Orange Gelatin w/Crushed Pineapple (½ cup fruit)	Chicken Chili w/Beans Fresh Spinach Salad Saltine Crackers Pineapple Chunks 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
December 3	December 4	December 5	December 6	December 7
Beef Stew (1½ cup) Biscuit Peaches Chocolate Brownie	Pork Steak Seasoned Rice Sliced Beets Oranges Bread Pudding	Meatloaf Baked Potato Green Bean Casserole Seasonal Fruit Dinner Roll Gelatin Cake	Pasty Sliced Carrots Cabbage Salad Éclair Dessert	Salmon Loaf Mashed Potatoes Creamed peas Wheat Bread Three Bean Salad Ice Cream
December 10	December 11	December 12	December 13	December 14
Pork Roast Mashed Potatoes w/Gravy Baked Beans Cornbread Baked Apple	Chili w/Crackers Sliced Cheese Green Salad Fruit Juice Pie	Chicken Pot Pie over a Biscuit Broccoli Banana Half Chocolate Revel Bar	Roast Beef Au Gratin Potatoes Stewed Tomatoes Wheat Bread Fruited Gelatin w/(½ cup fruit)	BBQ on a Bun Baked Beans Sweet Potato Wedges Pears Sunshine Cake
December 17	December 18	December 19	December 20	December 21
Beef Tips & Gravy Over Noodles Whole Kernel Corn Pineapple Tidbits Green Salad Chocolate Cake	Salisbury Steak Mashed Potatoes Cauliflower Fruit & Wheat Bread Carrot Cake	Porcupine Meatballs w/Rice Baked Potato Wax Beans Mixed Berries Angel Food Cake	Beef Vegetable Soup w/Beans (1¼ cup) & Crackers Sliced Cheese Green Salad Fruit Pie	Tuna Noodle Casserole Peas Coleslaw Apple Slices Oatmeal Cranberry Bar
December 24	December 25	December 26	December 27	December 28
Boiled Dinner (1½ cup) Sliced Cheese Apricots Rye Bread Bundt Cake	MERRY CHRISTMAS NO MEALS	Roast Turkey Noodles & Gravy Baby Carrots & Dinner Roll Applesauce (¾ cup) Pumpkin Bar	Spaghetti & Meat Sauce Lettuce Salad Peaches Garlic Toast Cherry Bar	Potato Soup Beef Salad Sandwich Sliced Cheese Relish Tray & Three Bean Salad Pudding Pie
December 31				
Baked Chicken Mashed Potatoes w/Gravy Whole Kernel Corn Mandarin Oranges Oatmeal Raisin Bar				

Tips for the Holidays

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

The holidays are a time to celebrate and gather with friends and family, but they can be very stressful. The impact of dementia on a family can make the holidays even more stressful. Here are a few tips to help make the festivities more enjoyable!

- Communicate with family and friends before you get together. Educate them about the situation and help prepare them for what to expect. If the person with dementia is in the early stages, you may want to educate other guests on communication tips such as giving the person with dementia time to respond to questions and not to interrupt or correct them.
- Set realistic expectations for yourself as a caregiver and the individual with dementia. Do not be afraid to ask for help if you are usually the one that does a lot of the preparation. In addition, it may be helpful to have more of the activities at the beginning of the day because individuals with dementia may be



more exhausted as the day progresses. Have a place that the person with dementia can comfortably rest away from all of the action.

- Include the individual with dementia in the activities. It may be fun to bring out a photo album or to listen to music that they like. This

might spark their long-term memory and the individual may be able to share past memories. Do not quiz them by asking them to name people or other facts about the pictures, this can cause agitation.

- Adapting traditions may be helpful. A lot of commotion, noise, and crowds can be overwhelming for someone with dementia so try to keep the environment calm.
- Have holiday gatherings in familiar places. Familiar places and routines can be comforting for someone with dementia. New environments can cause disorientation and confusion.

Enjoy the holidays! If you need more information about dementia and the holidays or other assistance related to dementia, contact your local Aging & Disability Resource Center to get connected to the Dementia Care Specialist by calling 800-514-0066. There are many supports and resources available.



BOOST YOUR BRAIN & MEMORY

MONDAYS
STARTING FEBRUARY 2019
ENDING MARCH 2019

1:30-3:00 PM
Belmont United Methodist Church
103 E State St.
Belmont, WI 53510

8-week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities.

For more class information and to register please contact:
Pam Kul-Berg at 608-426-4295



Learn New Tools to:

Live a Healthier Life

Remember Things Better

Be More Organized

Pay Closer Attention

About us

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



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



Area People Caring for Area People

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

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 Phillips St., Gratiot, WI, (608) 922-6422

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

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

Call 608.348.2374

Nancy's News



Nancy Amenda

Today is November 4th and it is a rainy; windy cloudy day and my yard is covered with leaves from the trees. This fall the trees have not been very colorful and my red maple that is usually a beautiful reddish color was instead a dark brown in color.

In a short time Mother Nature managed with the help of rain and wind to shake every leaf in that big tree down. Here's hoping the leaves will blow away into the cornfield. We are a few weeks from Thanksgiving and it is that time of year when we can expect winter weather.

It is also that time of year when we are planning and thinking of Christmas. It seems to me we just got done with Christmas. I got thinking of how different Christmas was as a kid on the farm as to now at Christmas. For one thing shopping for Christmas gifts now it seems we shop forever. Don't get me wrong I am okay with it - I love to shop especially at Christmas! They didn't have Black Friday back then and they made out fine. Every year there is one gift on your list that you have to run all over to find only to hear, "We did have it but it's all sold out!" Remembering back as a kid my Mom would do her Christmas shopping in the Alden's catalog which we had worn out looking for what we wanted Santa to bring. Dad would go to town on Christmas Eve day and get things on Mom's list for our stockings. On Christmas Eve we would hang those long beige stockings for Santa to fill with goodies. They were the same blasted stockings that I had to wear to school each day in winter to keep warm. It was bad enough to wear the stockings but you also had to wear a garter belt to hold them up! For those of you that don't know what a garter belt is - well, it is a contraption that you buckled at your waist and it had four hanging attachments that you hooked your stockings to! If you didn't hook them up right you would have the sagging stockings down around your ankles all day. Or you could use a round elastic ring that you rolled your stocking

on above your knee and eventually throughout the day that cut off the circulation in your leg. Believe me I used every excuse I could think of to not wear those stockings. Mom was aware of that also that's how come I was wearing them! I always thought they made a better Christmas stocking




then something to keep my legs warm. But on Christmas morning they looked great hanging there with nuts; candy and a tangerine in the toe. That single tangerine tasted great because they only were available at Christmas. The peanuts and mixed nuts all had shells on them and the

hard candy was made up of red candies with a jelly inside; hard ribbon candy, angel food candy and an assortment of hard candy of different flavors. Christmas day the cousins came to play and to eat a big dinner topped off by my Mom's fruit cake and suet pudding. We had a lot of fun playing and by the end of the day that stocking was pulled around so much that it had stretched in size and the sticky candy and nut shells were all stuck together. Also the lint from the stockings was stuck to the hard candy and when you put a piece in your mouth it was fuzzy coated with lint. By the next day what was left of the candy was stuck to the stocking. We ate it anyway - fuzzi and all! As chocolate covered cherries go I ate so many of them once and it made me really sick and to this day I don't even like to look at a box of them at a store without feeling nauseous. The next day Mom would want us to empty the stockings so they could be washed for me to wear again and if I complained Mom would say something like this, "Just be thankful you have stockings to wear!" Now, how do you argue that? HO! HO! Merry Christmas!

On behalf of the Amenda family we would like to send holiday greetings to everyone. May you be blessed with good health; family and friends.

Nancy



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
December 3 at 9:00 a.m.


SILVER LANE APARTMENTS
SHULLSBURG
December 3 at 1:00 p.m.

LAFAYETTE APARTMENTS
ARGYLE
December 18 at 9:00 a.m.

RIVERVIEW APARTMENTS
BLANCHARDVILLE
December 18 at 1:00 p.m.

Staci Day, PA

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Dr. Kolette Bohr
*Rural WI Health Cooperative,
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Dr. Paul Hinderaker
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Dr. Jaya L. Krishna
UnityPoint Health-Meriter, Madison WI

CARDIAC PACER CLINIC
Dr. E Wayne Grogan
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GENERAL SURGERY
Dr. Robert Schmus
*Memorial Hospital of Lafayette County,
Darlington WI*

GYN/OB
Dr. Maria Sandgren
*Upland Hills Health,
Dodgeville WI*

NEPHROLOGY
Dr. John Whalen
*Dubuque Internal Medicine,
Dubuque IA*

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

Staci Day, PA
*Memorial Hospital of Lafayette County,
Darlington WI*

PAIN MANAGEMENT
Mark Odden, CRNA
Regional Medical, Manchester IA

Scott Chastek, CRNA
Regional Medical, Manchester IA

PODIATRY
Dr. William Chubb
*Associated Podiatrists,
Madison WI*

UROLOGY
Dr. Ian Stormont
*Memorial Hospital of Lafayette County,
Darlington, WI*

VASCULAR SURGERY
Dr. Sandra Carr
*UnityPoint Health-Meriter,
Madison WI*

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

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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.



Lafayette Manor

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

Special Events

- 7 National Honor Society Bingo 2:00
- 14 Music by Rosalie and Ron 2:00
- 19 Lucc Bingo 2:00
- 20 Lite-Ride 6:00
- 21 Music by Richard Wiegel and Resident Christmas Party with Happy Hour 2:00
- 28 Music by Tom Bedtka and New Years Eve Party with Happy Hour 2:00

Daily Events

- Sundays**
Catholic Communion 9:00
Card Games and Visits 1:30
- Mondays**
Talk Groups or Trivia Group 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
- Fridays**
Mass 10:30
Special Music 2:00
- Saturdays**
Special Music, Entertainment or Movie 2:00

December Events

Birthdays

- 12** Donna Wiederholt
- 7** Evelyn Larson
- 11** Traci Druser
- 18** Emmanuel Branch
- 22** Howard Roberts
- 31** John Schulte

A Bit of Humor

When the bus driver stopped the bus to pick a boy for preschool he noticed an older woman hugging him as he left his home. "Is that your grandmother?" he asked. "Yes," he said, "She's come to visit for a few weeks." "How nice," he said. "Where does she live?" "At the airport," the little boy replied, "Whenever we want her we just go out there and get her."



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Home Chore Program
Cleaning program that provides assistance in vacuuming, dusting, laundry, grocery, shopping, etc.
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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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