

Upper Horizon



November 2018 - Volume XLIII - Number 11

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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

NOVEMBER IS NATIONAL

Caregiver Month



What's Happening in LAFAYETTE COUNTY

Get Out and Play!

November 3

Chunky Monkey Walk/Run

Epilepsy Fund Raiser, Argyle, 608.214.0848

November 3-17

Silent Auction

Gift Baskets at FNB Community Room, Argyle, 608.558.8464

November 3

Fireman's Dance

Wheel Inn, Shullsburg, food, fun & dancing, 608.482.1799

November 4

Fall Dinner

United Methodist Church, Belmont, 11:00 a.m.-1:00 p.m. Serving ham, beef & pork roast dinner, 608.762.5783

November 4

Norwegian Supper

Yellowstone Lutheran Church, Argyle, Noon-4:00 p.m., rommegrot, klub, lefse & more, 608.543.3088

November 6

Election Day Pasty and

Chicken "N" Biscuit Supper

Hazel Green United Methodist Church, 1610 19th Street, 4:00-7:00 p.m., 608.854.2742

November 10

VFW Steak Feed

VFW Hall, Benton, 4:30-7:00 p.m.

November 11

Breakfast

St. Patrick's Parish, Benton, 8:00 a.m.-Noon

November 17

Bake Sale

at FNB Community Room, Argyle, 9:00-11:30 a.m., 608.558.8464

November 24 & 25

A Bit of Yesteryear Christmas and Tour of Homes

Water Street, Shullsburg, lighted Christmas parade, open houses, events and activities, 608.482.1859

November 25

4th Annual Tree Lighting

Leahy Memorial Park, Belmont, 5 pm-?, caroling, cookies and hot cocoa, 608.762.5142

November 30

Welcome the Holidays

Argyle American Legion Park, 6:00-8:00 p.m., lighting of the holiday tree, 608.543.3113

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who make it their mission to keep a loved one happy and safe. You work hard and deserve to be recognized and celebrated!

Caregivers come from all walks of life and care for people with an array of needs. Reasons for providing care differ from situation to situation. Daily tasks that caregivers perform also vary greatly. But there are some things that all caregivers have in common; dedication, love, commitment, a sense of selflessness and most likely, a good sense of humor.

Wisconsin's theme for Family Caregiver Month is, You Might Be A Caregiver If... " We chose this theme because it gives a real-life view of what caregiving is like. It encourages humor rather than promoting burden and recognizes the valued role and dedication of our state's caregivers. And it gives caregivers a fun way to connect with each other as they add their own ending to the phrase.

In hopes of bringing some smiles and perhaps a chuckle to your day, here are some ways that might mean you are a caregiver.

You might be a caregiver if...

- You were up at 3:00 a.m. this morning helping someone to the bathroom
- Your house has more pill bottles than wine bottles
- You can pronounce medications with more than 10 letters in the name
- You know your way around the hospital better than the mall
- You can maneuver a wheelchair through Walmart with ease

What does caregiving mean to you? How would you end the phrase, "You might be a caregiver if...?" What have you learned as a result of caring for someone? What are some things you do regularly, that you didn't do before? What is different about your life now, that someone else wouldn't understand unless they, too, were a caregiver?

As you ponder these questions, remember that you are valued, respected and appreciated. Thank you for all that you do to help another person enjoy life to the fullest!

Jane Mahoney, Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources



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
- 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



a monthly publication of the
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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, we have copies available.

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, November 27, 2018 Shopping News.



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!



Adults & Children Together Free Parent Education Program!

Learn about:

Anger management · Positive discipline

Media literacy · Positive ways to resolve conflicts

Providing free child care and snacks or light meal

Date: Monday Nights, Oct. 29 through Dec.17 (8 weeks)

Time: 5:30-7:30 p.m.

Place: Hidden Valley Church, 605 N. Bennett Rd., Dodgeville, WI

To register, call SWCAP Head Start at
(608) 935-3379 or 1-800-494-8899



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

Dr. Ian Stormont Urologist



Common Conditions Treated

- Erectile Dysfunction
- Urinary Problems
- Low Testosterone
- Blood in the Urine
- Urologic Cancers
- Prostate Cancer
- Elevated PSA
- Incontinence
- Kidney Stones

For information
about our Urology
services, please contact

608-776-5748

**MEMORIAL HOSPITAL
OF LAFAYETTE COUNTY**

... "We Treat You Like Family"

800 Clay St., Darlington • 608-776-4466 • Serving Our Community Since 1952

Outpatient Specialty

AUDIOLOGY

Dr. Kolette Bohr
Rural WI Health Cooperative,
Sauk City WI

CARDIOLOGY

Dr. Paul Hinderaker
UnityPoint Health-Meriter, Madison WI
Dr. Jaya L Krishna
UnityPoint Health-Meriter, Madison WI

CARDIAC PACER CLINIC

Dr. E Wayne Grogan
UnityPoint Health-Meriter, Madison WI

GENERAL SURGERY

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

GYN/OB

Dr. Maria Sandgren
Upland Hills Health,
Dodgeville WI

NEPHROLOGY

Dr. John Whalen
Dubuque Internal Medicine,
Dubuque IA

ORTHOPAEDICS

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

PAIN MANAGEMENT

Mark Odden, CRNA
Regional Medical, Manchester IA
Scott Chastek, CRNA
Regional Medical, Manchester IA

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.

Memorial Hospital of Lafayette County & Primary Care Clinics

800 Clay St., Darlington • (608) 776-5748 • Serving Our Community Since 1952 • www.mymhlc.org



Got Time? LET'S TRAVEL

To Ride the Bus...

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



Take a little rest before the holidays start and go to Wisconsin Dells on Wednesday, November 21 for a little shopping at the big mall and on the other side of the road there's the Ho Chunk Casino to make a little more Christmas money. It's almost December... one more year in the books that's ok. To some, that means a whole bunch of shopping, so I put a couple more shopping trips to Madison West and for a little 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 to some other places so please let me know — I can make it happen. Make sure you all have a very safe and happy Thanksgiving.

Bobby

CLIP & Save

NOVEMBER

Thursday, November 1	Manor Ride
Tuesday, November 6	Dubuque
Thursday, November 8	Madison West
Friday, November 9	Ho Chunk Casino and Mall Shopping
Tuesday, November 13	Dubuque
Tuesday, November 13	Meal Site Managers Meeting in Baraboo
Wednesday, November 14	Monroe
November 15-23	Bobby Gone North Hunting
Tuesday, November 20	Dubuque
Thursday, November 22	OFFICE CLOSED - Happy Thanksgiving
Friday, November 23	OFFICE CLOSED - Happy Thanksgiving
Tuesday, November 27	Platteville
Wednesday, November 28	Monroe

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

In This Season of Giving, Help a Loved One with Social Security

During the holiday season, we surround ourselves with family and friends, some of whom may rely on us for a number of reasons. An aging parent might need help clearing snow. A sibling may require help after a surgery. And as we get older, our family members may need help managing their finances. In fact, more than eight million people who get monthly Social Security or Supplemental Security Income (SSI) benefits need help managing their money.

If you have a loved one who cannot manage their finances, you may be able to become a representative payee. We thoroughly investigate people who apply to be representative payees to protect the interests of Social Security beneficiaries, because a representative payee receives the beneficiary's payments and is given the authority to use them on the beneficiary's behalf.

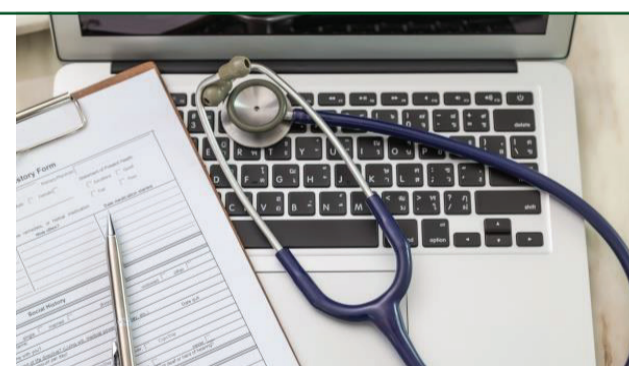
Social Security appoints a representative payee to manage Social Security and SSI funds only. A payee has no legal authority to manage non-Social Security income or medical matters.

As a representative payee, you must know what the beneficiary's needs are so you can decide the best use of benefits for their care and well-being. This is especially important if the beneficiary doesn't live with you. Each year, Social Security may ask you to complete a form to account for the benefits you've received. You can either fill out the form and return it to Social Security or go online at www.socialsecurity.gov/payee to file the report.

Due to a recent change in the law, we no longer require the following payees to complete an annual Representative Payee Report:

- Natural or adoptive parents of a minor child beneficiary who primarily reside in the same household as the child;
- Legal guardians of a minor child beneficiary who primarily reside in the same household as the child;
- Natural or adoptive parents of a disabled adult beneficiary who primarily reside in the same household with the beneficiary; and
- Spouse of a beneficiary.

Taking care of family is something we do all year long, not just during this holiday season. Becoming a representative payee is a selfless act of kindness. You can read more about becoming a representative payee at www.socialsecurity.gov/pubs/EN-05-10076.pdf.



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**

NOVEMBER 2018

Things to do...

Belmont

November 28
Bingo, after lunch
Pasty day. Check with site

Benton

November 8
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

November 14
Birthday Party,
Cards and Bingo
November 28
Pasty Day and Cards



South Wayne

Home Delivery Only, Call
Kathy at (608) 776-4969

Darlington

Every Monday
12:30 Bridge and Euchre

Every Tuesday
Exercise Class, 9:00 a.m.

1st and 3rd Tuesdays
12:30 p.m. Bingo

Every Wednesday
9:30 a.m. Will

1:00 p.m. Knitters

Every Thursday
More Bridge (NEW)

Every Friday
12:30 p.m.
Hasenpfeffer Cards

Fall seems to go so quickly; here we are into the holidays already. A reminder to check with the site manager and the menus for days we are closed; not all sites are the same, as sometimes this is determined by the providers at catered sites.

I want to acknowledge the receipt of two grants through the Community Foundation of Wisconsin for Shullsburg and Benton.

For Shullsburg, we received a grant for \$360 to cover the cost of an electric insulated bag to keep hot food hot for the home delivered meals, and a digital thermometer. We are transitioning to these bags at most of the sites, for food quality and safety reasons. The bags are not inexpensive, but perform very well; they plug into the lighter in a personal vehicle, so any volunteer driver can use them. As we head into the colder weather, this will especially help.

In Benton, we were awarded \$1,000 for reusable trays and other supplies for home delivered meals. These trays are used at all of the sites, and although cost more up front, save money in the long run, reduce garbage and are microwaveable. They are nicer to eat from as well. Over time, the trays need to be replaced, as the finish wears off or they become cracked, damaged or lost. These funds will also be used to cover the cost of paper, foam and plastic disposables that are sent with the meals for anything that is cold, such as salads, fruit, desserts and condiments. We are very grateful for both of these grants. Thank you to both local community foundations who helped us fill these needs.

Last month, I stated we were about to begin cooking at Ss. Anthony & Philip Church in Highland; that was the plan as the restaurant that had been our provider of meals, Grandma's

Kitchen, had not been sold and was about to close. Well, that has all changed: a new owner has purchased the restaurant, and changed the name to Betsy's. Her name is Naomi Michek; she has been a cook there many years, is familiar with our program and has agreed to continue to provide meals for SUN. We are very happy with that, and congratulate Naomi on her new venture. I want to thank the church, the pastor, Father Jim Murphy, and the parish council who agreed to let SUN use the kitchen and parish hall if necessary. They were great to work with every step of the way!

As we head into cooler weather, heartier foods sound better as our appetite increases. This is the perfect time to talk about the Eat Well, Age Well program. What is it? It is basically looking at ways to add nutrient dense foods to the diet. What do we mean by that? Just as it sounds, these are foods that really pack in the nutrients. As we age, we tend to eat less so we need to make every bite count! This series is designed to help you take an active role in adding more of these foods to your daily meals. Hopefully it will help you to move from knowing what to do... to taking action and making changes by completing weekly challenges.

This month I am going to focus on squash, which is now in season. Some fun facts: it is a member of the gourd family and is considered one of the oldest crops that was cultivated in the western hemisphere.

Summer squash comes in all different shapes and sizes, unlike winter squash, and grows very quickly, has thin edible skin and seeds, and has a very short shelf life; it usually only lasts a week in the fridge.

Winter squash is typically planted in the summer and

harvested before the first frost. They are a good source of beta-carotene, vitamin C, potassium and fiber. The seeds, whether roasted or dried, are a great snack that provide protein and magnesium. Although they can be eaten raw, the flavors really come alive once they are cooked. They can be prepared in sweet or savory recipes and are often roasted. Sizes vary from 1 pound sweet dumpling to the Hubbard, which can weigh up to 20 pounds! Why is squash a nutrient dense food? It is low in calories, at 20/cup because it is mainly water (90%), but is an excellent source of vitamin C, vitamin A, potassium, and powerful phytochemicals that help protect our health as anti-oxidants.

What are some types of squash? Zucchini is the most popular and can be used in many ways; it adds moisture and bulk to baked goods. Dilicata has green stripes and has a creamy flesh and sweet flavor; it is delicious roasted or stuffed. Acorn squash is available year round and has 9 grams of fiber per cup; it also has more than 25% of daily recommended amount of potassium. Yellow crookneck is a bumpy yellow squash with a curved neck and can be steamed, boiled or sautéed, often used in soups and stews. Add to this list, butternut and buttercup, very popular steamed, roasted and made into soup; it has a sweet creamy texture and keeps well late into Fall in a cool place indoors. Recipes for using squash are available from the SUN office. Check out the varied shapes and sizes of squash at local farmer's markets; try a new one and support the local gardeners!

THANK YOU FOR THE DONATIONS: Salvation Army, \$300; Fred Loken Memorial, \$150.

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	108	86	194
Benton	142	162	304
Blanchardville	129	315	444
Darlington, Argyle and South Wayne	56	374	430
Shullsburg	66	205	271
Totals	501	1,142	

Total Meals Served 1,643

Blanchardville delivered 99 meals for Hollandale.

Senior Dining

Suggested Donation For Meal: \$4.50

NOVEMBER 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 congregated meals and \$5.00 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
November 5	November 6	November 7	November 8	November 9
Sloppy Joe on a Bun Tater Tots Four Bean Salad w/Garbanzo Beans Seasonal Fresh Fruit Chocolate Brownie	Baked Chicken Mashed Potatoes w/Gravy Sliced Carrots Wheat Roll Tropical Fruit ELECTION DAY	Salisbury Steak Baked Potato Creamed Spinach Peaches Choice of Bread Lemon Meringue Pie	Pork Chop Parsley Red Potatoes Winter Blend Vegetables Rye Roll & Applesauce Cook's Choice Cake BENTON BIRTHDAY	Potato & Leek Soup Ham Salad Sandwich on Wheat Bread Fresh Banana & Cottage Cheese w/Mandarin Oranges Oatmeal Cookie
November 12	November 13	November 14	November 15	November 16
Liver & Onions or Cook's Choice Cowboy Potatoes Baked Beans Corn Muffin Pears	Spaghetti w/Meat Sauce Mixed Vegetables Mixed Green Salad Garlic Bread Gelatin w/Fruit	Chicken Breast in Mushroom Sauce Mashed Potatoes Squash & a Wheat Roll Fruit Cocktail Peanut Butter Cookie Shullsburg Birthday	Swiss Steak Parsley Red Potatoes Green Bean Casserole Rye Bread Apricots	Cheesy Broccoli Soup Breaded Fish Wedge on a Bun w/Tartar Sauce Hashbrowns Coleslaw Apple Bar
November 19	November 20	November 21	November 22	November 23
Chili w/Crackers Fresh Spinach Salad Pineapple Chunks Chocolate Chip Cookie	HOLIDAY MEAL Roast Turkey Mashed Potatoes w/Gravy Stuffing Fresh Cranberry Salad (¾ cup) Pumpkin Pie w/Topping	Meatloaf Baked Potato Whole Kernel Corn Choice of Bread Peaches	THANKSGIVING NO MEALS	BLANCHARDVILLE ONLY Beef Stew Mixed Green Salad Mixed Fruit & a Biscuit Cook's Choice Dessert ALL OTHER SITES CLOSED
November 26	November 27	November 28	November 29	November 30
Tuscany Vegetable Bean Soup Pork Rib Patty w/BBQ Sauce on a Bun Roasted Potatoes Applesauce Molasses Cookie	Chicken California Medley Casserole Wild Rice Blend Stewed Tomatoes Vanilla Pudding w/Banana Slices (half banana)	Pasty Coleslaw Raspberry Cranberry Mousse	Roast Pork Sweet Potatoes Sliced Beets Dinner Roll Baked Sliced Apples w/Cinnamon Sugar	Salmon Patty w/Creamed Peas Au Gratin Potatoes Green Beans Buttermilk Biscuit Orange Fluff Dessert w/Cottage Cheese

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
			November 1	November 2
			Pasty Cabbage Salad Choice of Fruit Wheat Bread Éclair Dessert	Baked Fish Mashed Potatoes Creamed Peas Fruit or Salad Wheat Bread Ice Cream
November 5	November 6	November 7	November 8	November 9
Pork Roast Mashed Potatoes w/Gravy Side Salad Cornbread Baked Apple	Chili w/Crackers Sliced Cheese Fruit Juice Cherry Pie ELECTION DAY	Chicken Pot Pie over a Biscuit Broccoli Banana Half Chocolate Revel Bar	Roast Beef Au Gratin Potatoes Stewed Tomatoes Wheat Bread Fruited Gelatin (½ cup fruit)	BBQ on a Bun Tater Tots Baked Beans Pears Frosted Cake
November 12	November 13	November 14	November 15	November 16
Beef Tips & Gravy over Noodles Whole Kernel Corn Pineapple Chunks Chocolate Cake	Salisbury Steak Mashed Potatoes Cauliflower Wheat Bread Carrot Cake	Porcupine Meatballs Baked Potato Wax Beans & Wheat Bread Mixed Berries (½ cup) w/Angel Food Cake	Beef Vegetable Soup Crackers Sliced Cheese Side Salad Fruit Pie	Tuna Noodle Casserole Peas Apple Slices Oatmeal Cranberry Bar
November 19	November 20	November 21	November 22	November 23
Boiled Dinner Sliced Cheese Apricots Rye Bread Bundt Cake	Sliced Ham Scalloped Potatoes Green Beans Wheat Bread Pineapple Rings	Spaghetti & Meat Sauce Lettuce Salad Peaches Garlic Toast Cherry Bar	THANKSGIVING DAY NO MEALS SERVED	SITES CLOSED NO MEALS SERVED
November 26	November 27	November 28	November 29	November 30
Baked Chicken Mashed Potatoes w/Gravy Whole Kernel Corn Cranberry Salad Oatmeal Raisin Bar	Goulash Green Beans Cinnamon Chipped Apples Cookie	Roast Beef Mashed Potatoes Boiled Cabbage Rye Bread Lime Pears	Pizza Lettuce Salad Banana Half Cherry Crisp	Hot Pork on a Bun Baked Beans Coleslaw Choice of Fruit Banana Bar

Lafayette County Transportation Services

Lafayette County Provides Three Transportation Options for Residents of Lafayette County: Lafayette County Bus Transportation • Driver Escort Program • Wheel Chair Lift Van

All meet the Title VI Civil Rights Compliance

Transportation services are funded through grants, county levy, and co-pay's to the transportation program. Each year the program applies for a \$85.21 grant through Wisconsin Department of Transportation. The grant is funded in part by the Federal Transit Administration (FTA) as authorized under 49 U.S.C. 5310 Options of Seniors and Individuals with Disabilities Program (CFDA 20.521) and also is comprised of state and local match funding and is dedicated to the transportation of the elderly and disabled residents of rural counties in Wisconsin.

Lafayette County Bus Transportation is Available to Anyone and Everyone to Scheduled Destinations

- Bus will pick up at your home for regular shopping trips.
- Bus will pick up at designated places for special bus trips.
- \$5.00 one-way, \$8.00 round-trip Non-Elderly or Disabled \$15.00
- Monthly transportation to Dubuque, Monroe, Platteville, and Madison.
- Reservations are required two days prior. Call (608) 776-4902 for reservations.
- Bus does not run without minimal passenger requirements.

Route Days	Destination
Tuesday: 1st, 2nd, & 3rd	Dubuque, Iowa
Wednesday: Every Other	Monroe
Tuesday: 4th	Platteville
Varies: Once per Month	Madison West and East

What Happens When You Ride the Bus?

- Leave the driving to us and visit with other passengers, read, knit, ect
- Passengers can visit two or three places in the destination city; as time allows
- All passengers destinations will be coordinated to make the best use of time
- There is no additional charge for stops in the destination city
- Driver will assist passengers on and off the vehicle and help secure any packages

Where Can You Go in the Destination City? ANYWHERE!!

Medical appointments, library, shopping, courthouse, visiting with friends and family, post office, lunch, banking, pharmacy and more!

Where Else Does the Lafayette County Transportation Program Go?

The Transportation Program provides monthly group outings. The following are examples of the group outings: Brewer Game, Museums, Timberlake Playhouse, Apple Orchards, Holiday Shopping Trips/Christmas Lights, etc. If you have an idea for a group trip please contact the Transportation Coordinator to make suggestions.

Pick Up Sites for Group Outings:

- Argyle:** Post Office: 329 East Milwaukee Street, Argyle, WI
- Belmont:** Community Building: 222 S. Mound Avenue, Belmont, WI
- Benton:** VFW: 82 E. Main Street, Benton, WI
- Blanchardville:** Blanchardville Laundry: Main Street, Blanchardville, WI
- Darlington:** Casey's General Store: 145 Main Street, Darlington, WI
- Gratiot:** Old Post Office, Main Street, Gratiot, WI
- Shullsburg:** McCoy Public Library: 190 N. Judgement Street, Shullsburg, WI
- South Wayne:** Hillside Apartments (Sn Housing): 101 W. Grove Street, South Wayne, WI
- Wiota:** Fireman's Park: 9830 Park Street, Wiota, WI
- Woodford:** Woodford State Bank: 2310 County Road M, Woodford, WI

Driver Escort Program

Driver Escort program provides transportation primarily for elderly and disabled individuals to medical appointments.

Overview:

Service is available to elderly (60+) or disabled residents in Lafayette County

Anyone can ride along on an already scheduled medical trip provided there is a seat available

Transportation is primarily available for medical appointments: doctor, therapist, chiropractor, dentist, optometrist, physical therapy, etc.

Program is available Monday through Friday except Holidays

Scheduling is through the Transportation Coordinator at (608) 776-4902

Reservations are required three working days prior to the trip

When possible multiple passengers will be coordinated to transport at the same time in the same vehicle. There will be wait times for passengers based on the appointment times of all passengers in the vehicle.

Fees:

- The fee is \$.30 per mile
- In-town transports flat fee \$3.00

Wheel Chair Lift Van:

Lafayette County has a wheel chair lift van that is available to transport Lafayette County residents to and from medical appointments. The vehicle is available with prior reservations through the Transportation Coordinator at (608) 776-4902.

The fee is \$1.00 per mile with a \$15.00 minimum.

Medical Assistance/BadgerCare:

Persons on Medical Assistance/BadgerCare need to contact MTM, Inc at (866) 907-1493 for transportation to their medical appointments.

ContinuUs:

The Driver Escort Program contracts with ContinuUs—Contact your Care Manager to discuss transportation options through Lafayette County. ContinuUs: (608) 776-2700.

Veterans Service:

The Lafayette County Veterans office provides transportation to Veterans based on various factors. Contact the Veterans office at (608) 776-4886 to see if you are eligible for transportation through their office.

Title VI Civil Rights Compliance

Title VI of the Civil Rights Act of 1964 is a federal statute and provides that no person in the United States, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program of activity receiving federal financial assistance.

Lafayette County operates its program and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with Lafayette County.

For more information on Lafayette County's Civil Rights program, and the procedures to file a complaint, contact (608) 776-4800; email msutter@lchsd.org or visit our administrative office at 15701 County K Rd., Darlington, WI 53530.

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.



Area People Caring for Area People



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Nancy's News



Nancy Amenda

November the month of Thanksgiving, frosty mornings and the end of harvest. Geese on their way south for the winter can be heard honking overhead. Crops gathered in and the gardens are empty now. Daylight savings time and snow is on the way. It is amazing how fast this year has flown by and even though the calendar is saying it is fall with all the rain we have been having the grass is still green and needs to be mowed. It seems a shame to dump out our potted flowers because they are still looking good. Without a doubt Jack Frost is just waiting to show up when we least expect it.

When you think of November you

think of Thanksgiving and you do some reminiscing about those great holiday meals with the family on the farm. Since we only ate turkey once a year on Thanksgiving Day it was quite a treat. I remember Mom putting aside bread to get stale so she could make her wonderful sage dressing that she used to stuff the turkey. I can remember coming in from the barn on Thanksgiving morning after our barn chores and the first thing that you would smell on opening the kitchen door was the turkey and dressing that was roasting in the oven. We would always have a big turkey because we had family coming for dinner. Mom would have been up early so she could have the kitchen range heated up and the pies done early because the big turkey would need all the space in the oven for roasting. For Thanksgiving Mom would bake pumpkin; apple and

homemade mince meat pies. After we had breakfast our job was to go to the basement and bring up jars of pickles; pickle beets, pickle relish and some type of canned vegetable that Mom canned from her garden. We also carried up potatoes to be peeled and anything else that Mom wanted to serve. Of course every one of my Mom's sisters that came also brought food and we had quite a feast. We had a great time because our cousin's came and we would have a great time playing outside and when we came inside we would eat again and play cards or board games. We took advantage of the time we had because everyone that came were farmers and chores and milking had to be done just like any other day. After our company left we did our chores and by the time we got done we were hungry again and when we got back in the house

our supper was left over's from our Thanksgiving dinner. As the saying goes, "First one there gets the best!" I always made sure I got a piece of left over pie - my belief is dessert first! In fact I think it is fine to have pie and coffee for breakfast - after all apple pie has fruit in it and the experts say you should have a serving of fruit at each meal!!

Rucker and Macton were thrilled yesterday when they didn't have to go to school because of the flood in Darlington. They had seen the high water the day before while coming home on the school bus. They were hinting that if I went to town they would be able to show me how to drive through the high water. Nice try boys but we are not going to town and drive through the high water no matter how exciting it is!

Have a nice Thanksgiving Day!

FALL PREVENTION

Each year, millions of people age 65 and older fall. The Centers for Disease Control and Prevention reports that each year, 3 million older people are treated in emergency departments for fall injuries and over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.

A fall is defined as any event that leads to an unplanned, unexpected contact with a supporting surface, such as the floor or a piece of furniture that is not the result of a push or shove or the result of a medical event, such as a heart attack or fainting. There are many factors that can increase your risk for falls, including:

- History of a previous fall
- Having a sedentary lifestyle
- Being in overall poor health
- Recent hospitalization
- Advanced age
- Difficulty with walking or keeping your balance
- Leg weakness
- Becoming fatigued easily
- Limited flexibility
- Problems with your vision or skin (touch) sensation
- Getting dizzy when you stand up from sitting or lying down (orthostatic hypotension)
- Medical conditions such as heart disease, diabetes, stroke, Parkinson disease, or Alzheimer disease
- Trouble with your memory and thinking
- Joint pain or arthritis
- Taking too many medications or taking certain types of medications

The Centers for Disease Control and Prevention reports that each year, 3 million older people are treated in emergency departments for fall injuries and over 800,000 patients a year are hospitalized because of a fall injury,

- Depression and/or anxiety
- Home hazards such as throw rugs, poor lighting, or a lack of handrails on stairs
- Inappropriate footwear
- Inappropriate use of a walker or a cane

Falls and a fear of falling can affect your ability to lead a full and independent life. Falling is not a part of normal aging. Research shows that falls can be prevented. Following are six simple fall-prevention strategies:

1. Make an appointment with your doctor

- Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.
- If you have fallen, write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.
- Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for

example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

2. Keep moving

- Physical activity can go a long way toward fall prevention by improving strength, balance, coordination and flexibility.

3. Wear sensible shoes

- High heels, floppy slippers, shoes with slick soles, and walking in stocking feet can make you slip, stumble and fall. Instead, wear properly fitting, sturdy shoes with nonskid soles.

4. Remove home hazards

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower.
- Use nonslip treads for bare-wood

steps.

5. Light up your living space

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

- Cane or walker
- Hand rails for both sides of stairways
- A raised toilet seat, over the toilet commode with armrests, or grab bars near the toilet
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub
- Hand-held shower nozzle for bathing while sitting down

If you have any questions or concerns regarding your balance or risk of falling, talk to your doctor to see if a referral to physical therapy would be beneficial.

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.

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

- 1 Bus Ride 2:00
- 2 Music by Lou Oswald 2:00
- 7 Shullsburg Methodist Bingo 2:00
- 9 Veterans Day Program with Speaker Samuel Fuller 2:00
- 10 Piano Music by Terry Dillon 11:15
- 14 Manor Auxiliary Bingo 2:00
- 21 Music by Janet Lieb 10:00
- 22 Happy Thanksgiving!
- 23 Music by Dick White and Happy Hour 2:00
- 30 Music by Del Heins 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 9:30
Bingo 2:00
Short Stories by Mark Evenstad 3:30
- Thursdays**
Talk Groups 10:30
Bible Study 2:00
- Fridays**
Mass 10:30
Special Music 2:00
- Saturdays**
Special Music, Entertainment or Movie 2:00

November Events

Birthdays

- 3** David Hicks
- 11** Auggie Haas
- 18** Gary Douglas
- 24** Keith Lancaster

A Bit of Humor

After the funeral, a bereaved husband chatted with the preacher outside the church. "Remember, son, she's going to a better place." the preacher said, just before a clap of thunder rattled the church windows. The husband looked toward the sky and said, "Guess she's arrived."

COMMISSION ON AGING MEETING
WEDNESDAY, NOVEMBER 14
AT 1:00 P.M.

Medicare Part D
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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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