

Upper Horizon

A DRC
Aging & Disability Resource Center

October 2018 - Volume XLIII - Number 10

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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

Lafayette Manor

CONTRIBUTES TO YOUR

LONG-TERM HEALTH AND RECOVERY

The majority of individuals hope to go home immediately from the hospital after a surgical procedure or an illness. However even if you and your family members planned for you to go home, hospital stays are often very short and your recovery may be slower than expected. It may be beneficial to be admitted to a skilled nursing and rehabilitation facility.



Lafayette Manor provides intense skilled rehabilitation in collaboration with Aegis Therapies. We provide Physical Therapy, Occupational Therapy and Speech Therapy. Skilled rehabilitation in conjunction with any nursing services you may require can offer a higher likelihood of returning to your prior home and reduce readmissions to the hospital.

At Lafayette Manor our therapists are trained and licensed medical professionals with experience in diagnosing physical and cognitive abnormalities, restoring physical function and mobility, maintaining physical function and cognitive abilities, and promoting physical activity and proper function.

Our licensed therapists help take care of residents in all phases of healing, from initial diagnosis through the restorative and preventive stages of recovery. During an initial evaluation we focus on the residents health history, standardize testing, assessment of posture, movement, flexibility, as well as muscle and joint motion and performance. We focus on a comprehensive evaluation that incorporates the needs in your home and other environments, offer recom-

mendations for adaptive equipment, provide training in equipment use as well as guidance and education for the resident and their family members. Our therapists have a holistic perspective where the focus is adapting an environment to fit an individual and their specific needs with the goal of providing a successful transition back to home.

Our skilled therapists can treat a wide range of medical conditions and provide skilled services to expedite recovery time.

As a result of receiving skilled therapies at Lafayette Manor, residents have seen noticeable improvements in pain management, avoided surgery, improved their mobility and movement, recovered

from an injury or, trauma, recovered from stroke or paralysis, worked toward fall prevention, improved their balance, and managed various age-related medical problems. We also offer ultra sound and electrical stimulation services along with heat, moist heat and cold therapy.

Our primary goal is to develop individualized treatment plans in order to maximize recovery time and create a successful plan to return home. We strive to focus on an ever changing population and have demonstrated our ability to make modifications based on the changes that our residents encounter on a daily basis.

We would love to talk with you or your family members about our services and how they may benefit you! We are here when you need us ...

What's Happening in LAFAYETTE COUNTY

Get Out and Play!

October 3

Soup & Sandwich Supper

Belmont Community Building,
4:00-8:00 p.m., (608) 762-5114

October 6 & 20

Argyle Outdoor Market

8:00 am - Noon, (608) 543-3113

October 6

Homecoming Celebration

Argyle, WI. Parade at Noon.
Game at 2:00 p.m., (608) 543-3314

October 6

Hog Roast

at United Methodist Church,
Hazel Green, WI, 3:00-7:00 p.m.,
(608) 854-2742

October 6

CheeseFest

Shullsburg, WI,
Shullsburgwisconsin.org

October 7

Swiss Steak and Ham Dinner

at St. Patrick's Parish, Benton, WI,
11:00 a.m.-2:00 p.m.

October 13

Steak Feed

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

October 24

Witches and Wine

on Main Street, Darlington, WI,
5:00-8:30 p.m., (608) 776-3067

October 31

Halloween Costume Contest

Belmont Elementary School Gym,
7:00 p.m., (608) 732-5254

"Our primary goal is to develop individualized treatment plans in order to maximize recovery time and create a successful plan to return home."

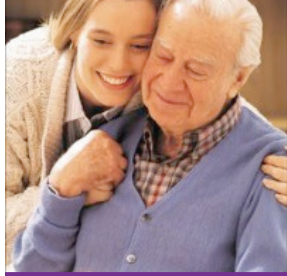


Provides information and assistance on services and resources available to keep individuals living well and independently.

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



Today's
CARE GIVER

Find
Support

Aging in Place or Senior Living Community?

Where do you want to live after you're retired - in your own home or in a senior living community? Although the answer might seem obvious, that question is one that everybody should ask themselves, their spouse and their parents long before retirement occurs. As a caregiver, the answer to this question for your loved one will depend on several factors and every family will have to figure out for themselves what is best.

Although most people would prefer to age in the familiarity and comfort of their home millions of older Americans now occupy "inappropriate residential environments" according to a study at the University of Florida. The home may not accommodate the now-needed wheelchair or walker. Safety features like grab bars, railings and adequate lighting for older eyes may not be present. When a loved one is living alone, age-related challenges like reduced vision, reduced mobility, dementia or chronic illness requiring special care can also jeopardize safety. Another consideration is the neighborhood. Has the once-friendly neighborhood changed over the years? Does your loved one still know the neighbors? Are stores still convenient for shopping?

If your loved one decides to age in place, they will need to consider what it will take to allow them to safely live in their home for many years. For example, will there be someone to call in an emergency or if they need help with daily activities and simple tasks around the home? Will they become isolated and lonely if they can no longer drive? Can they purchase and prepare food for nutritious meals? Can they manage potential medical procedures like injections, medications, wound care? Have the costs of in-home assistance and updates to the home been researched?

If moving to a senior living community is being considered, think about what is being gained and what they may be leaving behind. Is there enough

space to bring those items you can't live without? Are there acquaintances who already live there or are they leaving a neighborhood of friends for a building full of strangers? Will they miss the yard, patio or special room in the house and is there something there that will be a viable alternative? Are there opportunities for social involvement, communal dining, and access to health care? Will the move relieve stress for you, the caregiver? Is the cost of the senior living community within the budget?

While most of us might think we would never leave home, it's worth weighing the pros and cons. There are pluses and minuses to both aging in place and moving to a senior living community. As the aging population increases, living options are increasing, too. There are more community resources that allow a person to live longer in their own home, and many senior communities are more accommodating and nurturing than they were in the past.

The best option for your loved one will depend on the health, social and emotional needs they have, and determining which arrangement will allow them to maintain a safe, well-rounded life. Talking to your loved one's doctor, considering the resources they currently have at home, learning additional services available in the community such as home delivered meals and transportation options, comparing costs of different living options and knowing what your loved one can afford will help you make the decision to age in place or relocate to a senior living community. The decision likely won't be an easy one, but the most important thing is to make sure you consider your options carefully and make the best choice you can.

For more information or additional assistance, contact the Aging & Disability Resource Center office in Lafayette County by calling 1-877-794-2372 or (608) 776-4960.



a monthly publication of the
Aging & Disability Resource Center - Lafayette County
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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 are 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, October 30, 2018 Shopping News.



lafayette memorial hospital
lisa
26408



Got Time? LET'S TRAVEL

To Ride the Bus...

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

After the sign up for our special trips I will give the ticket price and the total price that means you can just send in the money for the ticket and then give the rest of the money when you get on for the day. Just think on Thursday, October 11, it's time to go to Gays Mills for apple cider, donuts, apples, cider, gourds, pumpkins and more plus the great trip up and back the best part of it all, Fall cool weather. On Wednesday, November 21 take a little rest before the big Holidays start and go to the Dells for a little shopping at the big mall and on the other side of the road there's the Ho Chunk to make a little more Christmas money. Now we're talking - you guessed it deer hunting up North! You know, I've always been a little slow, that's why I have to take extra days. It sure is fun. Now 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 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 so I can make it happen.

Bobby

CLIP & Save

OCTOBER

Tuesday, October 2	Dubuque
Wednesday, October 3	Monroe
Thursday, October 4	Manor Ride
Tuesday, October 9	Dubuque
Thursday, October 11	Gays Mills
Tuesday, October 16	Dubuque
Wednesday, October 17	Monroe
Thursday, October 18	Madison East
Tuesday, October 23	Dubuque
Thursday, October 25	Manor Ride
Tuesday, October 30	Platteville
Wednesday, October 31	Monroe

NOVEMBER

Thursday, November 1	Manor Ride
Tuesday, November 6	Dubuque
Thursday, November 8	Madison West
Tuesday, November 13	Dubuque
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

Silver Alert Program

Silver Alert is a life-saving program in Wisconsin for individuals who are sixty years of age and older living with Alzheimer's disease, other dementias, or another cognitive impairment. Individuals living with one of these conditions may have instances when they walk or drive away from home and get lost. If an individual with dementia goes missing, a Silver Alert can be issued to the public throughout the state to help locate them. Family or loved ones of someone with dementia can contact local law enforcement to suggest that a Silver Alert be pursued. If the following criteria are met, an alert can be issued:

- The individual missing is 60 years of age or older
- They have dementia or another cognitive impairment
- The disappearance is likely due to their dementia or cognitive impairment
- A request is made within 72 hours of the individual going missing
- Sufficient information is available about the individual to help the public identify them

If you have a family member or loved one with dementia, it is important and helpful to have identifying information about them on hand. It is hard to recall or find the information in times of stress. Here are some suggestions of information to have on hand:

- Clear and current photo
- Description (including identifying stickers or markings) and photo of the vehicle
- License plate number
- Last seen location of the individual
- What he or she was wearing
- Where the missing individual has lived, worked, or frequently visits
- His or her interests and hobbies
- Medical history

Anyone can subscribe to receive Silver Alerts via text, email, or fax by signing up at <https://alerts.wisconsincrimealert.gov/register.php>.

For more information or additional assistance, contact the Aging & Disability Resource Center office in Lafayette County by calling 1-877-794-2372 or (608) 776-4960.



BOOST YOUR BRAIN & MEMORY

MONDAYS

**STARTING OCTOBER 8, 2018
ENDING NOVEMBER 26, 2018**

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

OCTOBER 2018

Things to do...

- Belmont**
October 24
Bingo, after lunch
Pasty day. Check with site
- Benton**
October 4
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**
October 10
Birthday Party,
Cards and Bingo
October 24
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



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

It's Fall, my favorite time of year for weather. As I write this, we are water logged in many parts of southern Wisconsin. I hope it stops soon, and there will be no more damage to crops and property.

Fall is a time to regroup before the winter hits. We are getting ready to cook at a new site in Highland, Ss. Anthony & Philip Church, for lunch. As this goes to press, it looks like we will still be able to offer breakfast at Grandma's kitchen. Check with our office with any questions on the Highland site changes.

Also, we welcome a new manager to the Dodgeville site, Janis Wirts. Janis lives in Dodgeville and has many years working in food service in the schools. Dodgeville has grown tremendously in the last year, with most in the home delivered area, and is a challenge to oversee. We also have a great group of volunteer drivers, some new, which has helped greatly. We are very happy to have Janis here!

I want to talk about protein this month and a little about malnutrition.

As we age, malnutrition can become a serious issue! Malnutrition can stem from loss of appetite, difficulty eating, illness, etc. However, we can combat this issue by adding protein and calories to our diet. Adding calories and protein to the diet may not sound simple, but it can be! One example is using powdered milk. It can be added to regular fluid milk to increase calories and protein content. Simply add 2 to 4 tablespoons of powdered milk to one cup of regular milk. Doing so will add 66 – 132 calories and 6 to 12 grams of protein. But wait, there's



more! You can also add powdered milk to puddings, potatoes, soups, ground meats, vegetables, cooked cereal, milkshakes, yogurt and pancake batter Some other examples to increase calorie and protein intake includes adding these items to your foods: eggs, cheese, butter, wheat germ, mayonnaise or salad dressing, evaporated milk, sour cream, sweetened condensed milk, peanut butter, and gravies and sauces.

One of my favorite, somewhat new foods on the market

is Greek yogurt. It contains double the protein (at least, sometimes more) as regular yogurt. It is creamy like a pudding and feels more satisfying. It can also be used as an ingredient in place of mayonnaise and sour cream and used for baking; check the recipe. There are cookbooks now that are entirely for using Greek yogurt, usually the plain version; check them out at your local library or online if you have access.

This is right in line with focusing also on nutrient dense foods, which were especially recommended in the dietary guidelines of 2015 to 2020. As we age, we tend to eat less, so every bite counts! The foods we eat, the amounts, and when we eat them affects how we feel. What we put in our bodies can make us feel energetic, vibrant, happy and well-nourished or it can cause us to feel tired, run down and overall in a funk.

Conditions such as high blood pressure, diabetes, heart disease, arthritis, etc. can be influenced by what we eat.

You really do have control over your health and can take an active role. Over the next few months, I will be referring to the Eat Well, Age Well series of articles, handouts and information given to us by our GWAAR dietitians, which include action plans as well as ways to help people incorporate nutrient dense foods into their eating habits. You can all help create excitement to try new foods; you will find that they are really tasty and you will feel better if you can add some of these foods to your diet.

Stay tuned. Take care, until next month.

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 August 2018

Site	Congregate	Delivered	Total
Belmont	189	112	301
Benton	162	232	394
Blanchardville	168	384	552
Darlington, Argyle and South Wayne	96	489	585
Shullsburg	81	272	353
Totals	696	1,489	

Total Meals Served 2,185
Blanchardville delivered 116 meals for Hollandale.

Senior Dining

Suggested Donation For Meal: \$4.50

OCTOBER 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 congregatate 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
October 1 Tomato Basil Soup Turkey BLT Wrap w/Ranch Dressing Black Bean Salsa Fruit Turnover	October 2 Beef Stew w/Potatoes & Carrots (1 1/4 cup) Fresh Spinach Salad Buttermilk Biscuit Apricot Crisp	October 3 Pork Chop in Mushroom Sauce Parsley Red Potatoes Seasoned Cauliflower Whole Wheat Roll Peaches	October 4 Chicken & Wild Rice Skillet Bake Sliced Beets Mixed Green Salad Fruit Cocktail Cook's Choice Cake	October 5 Breaded Fish Wedge Cheesy Potatoes Coleslaw Choice of Bread Fruit Pie (Cook's Choice)
October 8 Potato Chowder Bratwurst on Bun w/Sauerkraut Baked Beans Applesauce Oatmeal Raisin Cookie	October 9 Tuna & Noodle Bake w/French Fried Onions Peas Fresh Cantaloupe Black Forest Chocolate Cake	October 10 Swiss Steak in Gravy Baked Potato Broccoli Salad Dinner Roll Raspberry Gelatin w/Mixed Fruit (1/2 cup)	October 11 Baked Chicken Mashed Potatoes Squash Wheat Bread Vanilla Pudding w/Sliced Bananas	October 12 Blueberry French Toast Casserole Sausage Patty Hashbrowns Orange Juice Fresh Seasonal Fruit
October 15 Savory Turkey Burger on a Bun w/Cranberry Mayo, Lettuce & Tomato Tator Tots Waldorf Salad (3/4 cup) Chocolate Chip Cookie	October 16 Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Rye Bread Cranberry Oat Bar	October 17 Meatloaf Au Gratin Potatoes Stewed Tomatoes Wheat Roll Mandarin Oranges	October 18 Portuguese Bean & Kale Soup Egg Salad Sandwich on Wheat Bread Pears Fresh Strawberry Pie	October 19 Baked or Fried Tilapia Baked Potato Broccoli & Cauliflower Salad Choice of Bread Seasonal Fresh Fruit
October 22 Baked Sliced Ham Scalloped Potatoes Winter Blend Vegetables Pineapple Chunks Bread Pudding w/Caramel Sauce	October 23 Chili w/Beans Seven Layer Salad (3/4 cup) Cinnamon Roll Lime Gelatin w/Crushed Pineapple	October 24 Pasty Coleslaw Apple Cranberry Crisp	October 25 Pork Roast Sweet Potatoes Corn Casserole Seasonal Fresh Fruit Zucchini or Other Fruit Bread	October 26 Potato Crusted Cod Baked Potato Creamed Spinach & Rye Roll Angel Food Cake w/Berries (1/2 cup)
October 29 Calico Bean Casserole Green Beans Ambrosia Salad Corn Muffin Scotcheroo	October 30 Chicken Breast Parmesan Pasta w/Marinara Sauce Mixed Vegetables Tossed Green Salad – 1 cup Lemon Meringue Pie	October 31 Salisbury Steak Baked Potato & Choice of Bread Whole Kernel Corn Taffy Apple Salad Halloween Cookie Happy Halloween!	November 1 Beef Stroganoff over Egg Noodles California Blend Vegetables Fresh Spinach Salad Tropical Fruit	November 2 Pulled Pork on a Bun American Fried Potatoes Pickled Beets Cottage Cheese w/Mandarin Oranges Chocolate Brownie

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
Home Delivered Only.
For South Wayne call Kathy at (608) 776-4969.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1 Pork Roast Mashed Potatoes w/Gravy Baked Beans Cornbread Baked Apple	October 2 Chili w/Crackers Sliced Cheese Fruit Juice Cherry Pie	October 3 Chicken Pot Pie over a Biscuit Broccoli Banana Half Chocolate Revel Bar	October 4 Roast Beef Au Gratin Potatoes Stewed Tomatoes Wheat Bread Fruited Gelatin	October 5 BBQ on a Bun Tater Tots Baked Beans Pears Frosted Cake
October 8 Beef Tips & Gravy over Noodles Whole Kernel Corn Pineapple Chocolate Cake	October 9 Salisbury Steak Mashed Potatoes Cauliflower Wheat Bread Carrot Cake	October 10 Porcupine Meatballs Baked Potato Wax Beans Mixed Berries Angel Food Cake	October 11 Beef Vegetable Soup w/Crackers Cheese Slices Side Salad Cream Pie	October 12 Tuna Noodle Casserole Peas Peaches Oatmeal Cranberry Bar
October 15 Boiled Dinner Rye Bread Cheese Slices Apricots Bundt Cake	October 16 Sliced Ham Scalloped Potatoes Green Beans Wheat Bread Pineapple Rings	October 17 Roast Turkey Egg Noodles w/Gravy Green Beans Baby Carrots Cranberry Sauce Pumpkin Bar	October 18 Spaghetti & Meat Sauce Lettuce Salad Garlic Toast Peaches Cherry Bar	October 19 Potato Soup w/Crackers Beef Salad Sandwich Sliced Cheese Relish Tray Apple Pie
October 22 Baked Chicken Mashed Potatoes w/Gravy Carrots Cranberry Salad Oatmeal Raisin Bar	October 23 Goulash Green Beans Cinnamon Chipped Apples Cookie	October 24 Roast Beef Mashed Potatoes Boiled Cabbage Rye Bread Lime Pears	October 25 Pizza Lettuce Salad Banana Half Cherry Crisp	October 26 Hot Pork on a Bun Baked Beans Coleslaw Fruit Serving Banana Bar
October 29 Beef Stew Biscuit Peaches Brownie	October 30 Pork Steak over Rice Carrots Oranges Bread Pudding	October 31 Meatloaf Baked Potato Green Bean Casserole Dinner Roll Gelatin Cake		

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, October 5 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.

— *Everyone Needs A Laugh* —

A Bit of Humor

Careful what you wish for - One day a lady met her high school classmate and she asked if he realized any of his boyhood dreams. "One of them," he replied, "When my mother used to brush my thick curly hair, I wished I didn't have any."

A thief grabbed the bank manager and demanded he open the vault. "I can't" the manager replied. "It's on a time lock and wouldn't open for another hour." The robber looked at his watch and said, "I'll be back!"

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.



MEMORIAL HOSPITAL OF LAFAYETTE COUNTY Offers Pulmonary Rehab Along with the Cardiac Rehab Program

The Pulmonary Rehab program is designed to assist people with compromised breathing to improve their quality of life, increase their tolerance to activity and decrease their need for emergency medical assistance.

If you or someone you know has problems with shortness of breath, wheezing, decreased ability to perform daily tasks due to difficulty breathing, productive cough without cold symptoms or other respiratory problems you may benefit from this program. Some medical diagnosis that frequently benefit from Pulmonary Rehabilitation include asthma, COPD, chronic bronchitis, emphysema, cystic fibrosis, kyphosis that limits your breathing, sarcoidosis, lung cancer, morbid obesity and Parkinson's Disease.

Pulmonary Rehabilitation is an individualized exercise and educational program. Each participant is evaluated regarding their needs and abilities. An exercise program is then developed which will gradually increase their activity tolerance without compromising their respiratory status. The goal is to decrease shortness of breath and if appropriate decrease their oxygen dependency while increasing their activity level. Educational topics will include such areas as stress management, anatomy of the lungs, home care equipment, diet, medication and smoking cessation.

This program is performed within a group setting to allow support from other participants with similar problems. The staff includes Respiratory Therapists, Physical Therapists, Nurses, Pharmacist, and Occupational Therapist, as well as the participant's family doctor or pulmonologist.

If you feel you or someone you know will benefit from this program, contact your primary care provider regarding starting this program. Please feel free to contact the Respiratory Therapy department at MHLC with any other questions regarding the Pulmonary Rehab program at (608)776-5729.

Changing Our Perception



It is important to change our perception and mindset when we are interacting with and caring for individuals with dementia. We may know family, friends, or community members with dementia and we need to help maintain dignity, respect, and independence in the way we interact with them. Ask yourself the following questions to help improve your interactions:

- How can we ACCOMODATE individuals with dementia rather than control them?
- How can we calmly RESPOND to their actions and statements rather than reacting abruptly?
- How can we CONNECT with individuals with dementia rather than correct them?
- How can we ACCEPT where they are rather than maintain certain expectations?

How can we start viewing abnormal behavior as COMMUNICATION rather than problem behavior?

It is hard to change our perception on how to interact with individuals with dementia. This can be especially true if we have a long history with someone. There can be years of emotions, memories, and events that have shaped our relationships. When individuals start changing because of dementia, it is hard to take a step back and realize that this individual is not choosing to change — they have physical changes and damage in their brain causing them to act in this way.

We need to change our perceptions and attitudes to help guide our family, friends, and community members living with dementia. Be a guide.

For more information or additional assistance, contact the Aging & Disability Resource Center office in Lafayette County by calling 1-877-794-2372 or (608) 776-4960.

Nancy's News



Nancy Amenda

September and October the very best months of the year! I seen my first wooly worm in the garden and my sister Becky seen and heard a

cricket singing and supposedly that is a sign of what our winter could be. According to folklore when you hear a cicada buzzing in late summer it is six weeks until frost. As far as weather goes September is a very beautiful month only problem being it doesn't stay long enough. All too soon the farmers will be harvesting the fields of corn now drying out and the sounds of geese flying south for winter and the trees starting to turn color. Frankly, I don't think we have had enough summer! It's too soon for our flowers to freeze — it's like I just planted them. Where has the time gone??

September always brings back memories of the threshers and of course our country school. When the threshers came to our farm it was a fun time for us kids but a lot of work for our Mom and Dad. For us kids it was like a holiday with great food and lots of company. We always knew when they were coming because the day before the Rowe brothers would arrive at the farm with the big threshing machine lumbering in. Mom would be busy



baking and making many trips to the basement for canned goods to feed this hungry group of neighbors and relatives that was part of the threshing ring. I can remember seeing Mom peeling a huge amount of potatoes fresh from the garden the night before and then stored in a big container of cold water to keep until the next day. Homemade bread and lots of baked goods were made the day before. Also Mom would set up her table in another room and the shades were drawn to keep it cool for the threshers while they ate lunch. Mom always made her pies real early on threshing day

so she could have the oven free to cook a huge beef roast. Some of the thresher's wives and relatives came to help Mom with the cooking, washing dishes and keeping an eye on the kids that also came. Mid morning and in the afternoon a lunch of cookies, coffee and lemonade was taken out to the threshers. Sometimes if we were lucky we could hitch a ride on the wagon when the lunch was being taken to the fields. Otherwise we had our orders to stay in the house yard and not be in the way. It was lots of fun to ride on the wagon with the two big horses pulling and in no big hurry to

get anywhere. Sometimes the fields were so bumpy that while sitting on the wagon we were bouncing up and down like a rubber ball. My job was to set out the wash tub in the sun and fill it with water for the men to wash before dinner. I also used a couple of wooden boxes to set wash basins; soap and towels for the men to use. At the end of a long day everyone went home to get their chores and milking done and early to bed because the next day they would be threshing at another farm.

Just to get a little rise out of the Weiskircher boys – Rucker and Macton I just happened to mention that in a few weeks time school would be starting. In a blink of an eye they said, "We're not going to school Grandma we're going to stay with you all day!" As usual they are one step ahead of me! They had a great summer filled with swimming; baseball, basketball and camping just to mention a few. I agree with them the summer vacation went too fast!

This is my September article that was not in last month's newsletter. I am in the middle of having cataract surgery and typing on the computer is kind of like, "typing with one finger"! Hopefully the surgeries will all soon be done.

Take care and enjoy September!

Nancy

Fighting the Stigma of Dementia

In past decades people were very hesitant to utter the dreaded "C" word, cancer. We have made great strides as a society by knocking down the stigma associated with cancer. We are less afraid to talk about it, we raise money, wear t-shirts touting the battle, and we support our friends and loved ones. This has been admirable and much needed progress. These efforts have played a huge role in leading to more treatments, preventions, and cures. The efforts need to continue. While our fight against cancer continues, it is also time to follow that progress

and do the same with Alzheimer's and other types of dementia.

Individuals diagnosed with dementia or suffering from dementia-like symptoms as well as their family caregivers can become isolated because of stigma. We need to open up the conversation about dementia. Start talking about your experiences, be willing to listen and support others without judgment, and educate yourself. Fighting the stigma of dementia is essential in increasing the quality of life of individuals with dementia, their caregivers, and families. Bringing

Alzheimer's and other dementias into the spotlight and not being afraid to talk about them will play a substantial role in increasing research effort. With a greater understanding of the conditions we can look for ways to prevent, treat, and possibly even cure dementia.

If you are impacted by dementia as an individual living with the condition, a family member, or community member and want more information about dementia, contact the Aging & Disability Resource Center office in Lafayette County by calling 1-877-794-2372 or (608) 776-4960.

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October 1 at 9:00 a.m.

SILVER LANE APARTMENTS SHULLSBURG

October 1 at 1:00 p.m.

LAFAYETTE APARTMENTS ARGYLE

October 16 at 9:00 a.m.

RIVERVIEW APARTMENTS BLANCHARDVILLE

October 16 at 1:00 p.m.

Prevalence of Alzheimer's Disease

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

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

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

For more information or additional assistance, contact the Aging & Disability Resource Center office in Lafayette County by calling 1-877-794-2372 or (608) 776-4960.

(Reference: <http://www.alz.org/facts/overview.asp>)

Lafayette Manor

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

Special Events

- 4 Bus Ride 2:00
- 5 Music by Tom Bedtka 2:00
- 12 Music by Glenda Linneman 2:00
- 19 Music by Greg Anderson 2:00
- 14 Music by Frankie Brandt 2:00

Daily Events

- Sundays**
Catholic Communion 9:00
Card Games and Visits 1:30
- Monday's**
Talk Groups or Trivia Group 10:30
Bingo 2:00
- Tuesday's**
Protestant Church 10:30
Craft Time, Trivia Groups and News 2:00
- Wednesday's**
Kitty's Book Club 9:30
Bingo 2:00
Short Stories by Mark Evenstad 3:30
- Thursday's**
Talk Groups 10:30, Bible Study 2:00
- Friday's**
Mass 10:30
Special Music 2:00
- Saturday's**
Special Music, Entertainment or Movie 2:00

October Events

Birthdays

- 10**
Beth Busch
- 19**
Wesley Seffrood
- 29**
Lois Alm

Anniversaries

- 2**
Marianne & Bob Monson
- 15**
Pat & Tish Tuescher

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.

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