

Upper Horizon



August 2019 - Volume XLIV - Number 8

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

15701 County Road K, Suite 2, Darlington, WI 53530

www.lchsd.org or www.adrcswwi.org

FOR SENIORS

Summer Safety Tips

Summer tends to bring with it a sense of excitement and a desire to get outside and be active. That's great, but for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the sun.

As long as you're careful and stick to a few main safety tips, you can enjoy most of the summer activities you can imagine. Here are 7 summer safety tips for older adults:

Stay hydrated

The standard suggestion is to aim to drink 6-8 cups of water a day. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle or two that's easy to take along on your jaunts outside and challenge yourself to finish it before you get home.

Don't just depend on your body to tell you when you're thirsty. One of the many small frustrations of aging is that seniors become less aware of their thirst. Be proactive in staying hydrated and make sure it's water, sports drinks or juice that you're drinking – sodas, coffee, and especially alcohol won't work as good alternatives for hydration.

Don't stay out too long

If you live somewhere where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.

Check the forecast

You don't want to be caught

The standard suggestion is to aim to drink 6-8 cups of water a day.



If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration.

unaware on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.

Keep sunscreen handy

If you carry a purse, keep your sunscreen in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when

you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.

Check for side effects

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.

Use your air conditioning

I know it costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. If you don't have an air conditioner, consider buying one. The Low Income Home Energy Assistance Program may help if the cost is prohibitive.

If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.

Know the warning signs

Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.

What's Happening

Get Out and Play!

in LAFAYETTE COUNTY

- **August 1 - 31**
- **Music in the Park** at Ryan Park, Blanchardville, WI, every other Wednesday.
- **August 1 - 31**
- **Farmers Market** at Darlington Festival Grounds, 8:00 a.m.–noon, every Saturday.
- **August 1**
- **Elderly Benefit Specialist** Benton, 11:30 a.m.-1:00 p.m.
- **August 1**
- **Music in the Park** at Badger Park, Shullsburg, WI.
- **August 3**
- **Argyle Outdoor Market** from 9:00 a.m.-1:00 p.m.
- **August 7**
- **Elderly Benefit Specialist** Shullsburg, 11:30 a.m.-1:00 p.m.
- **August 8**
- **Music in the Park** at Badger Park, Shullsburg.
- **August 10**
- **Steak Feed** VFW Hall, Benton, 4:30-7:00 p.m.
- **August 10**
- **Farmer's Market** Ryan Park in Blanchardville.
- **August 13**
- **Elderly Benefit Specialist** Blanchardville, 11:00 a.m.-12:30 p.m.
- **August 13**
- **Elderly Benefit Specialist** Argyle, 1:00-2:00 p.m.
- **August 17**
- **Argyle Outdoor Market** from 9:00 a.m.-1:00 p.m.
- **August 17 & 18**
- **Pec Jamm Music Festival** at McKellar Lower Park, Blanchardville.
- **August 21**
- **Cruis'n Night** at Ryan Park, Blanchardville.
- **August 21**
- **Community Market** 3:30-6:00 p.m., Cuba City.
- **August 22**
- **Elderly Benefit Specialist** Darlington, 11:30 a.m.-1:00 p.m.
- **August 22**
- **Ice Cream Social** at United Methodist Church, Belmont from 5:00-7:00 p.m.
- **August 24**
- **Farmer's Market** Ryan Park, Blanchardville.
- **August 28**
- **Welcome to Medicare Presentation** 3:30-5:30 p.m. at ADRC/15701 Cty. K, Main Floor Conference Room. Register by calling ADRC, (608) 776-4960.
- **August 29**
- **Elderly Benefit Specialist** Belmont, 11:30 a.m.-1:00 p.m.
- **August 31**
- **Cruise Night Car Show** at Good Fellas Tavern, Argyle, 5:00-8:00 p.m.

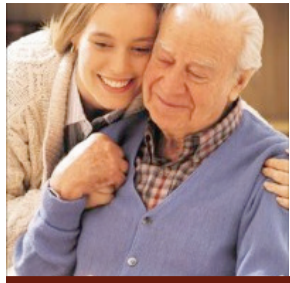


Provides information and assistance on services and resources available to keep individuals living well and independently.

**15701 County Road K,
Suite 2,
Darlington, WI 53530
(608) 776-4960
www.adrcswwi.org**

Contact Information

- Bob Schroeder**
ADRC Manager
- Sarah Bourland**
APS Coordinator
- Pamela Kul-berg**
Dementia Care Specialist
- Ashley Gossens & Dana Harcus**
Information and Assistance Specialist
- Ann Reuter**
Disability Benefits Specialist
- Kay Schulte**
Elder Benefit Specialist
- Bobby Long**
Bus Driver



Today's
CARE GIVER

Find
Support

Providing Purposeful Activities

When your loved one is no longer able to do the hobbies or activities he or she once enjoyed, it can be hard to know how to spend meaningful time with them. The person may no longer be able to complete puzzles, play bridge, build a birdhouse or tend a garden. He or she may spend much of their time staring off, pacing or dozing. How can a caregiver provide meaning and purpose in their loved ones' life?

When you explore a person's life story you discover the things that once were meaningful and important to them. Look at what the person's occupation and hobbies were, then consider their current ability level and skills to creatively adapt or simplify the activities to match their abilities.

For example, a retired farmer may no longer drive tractor, but may enjoy visiting the implement lot or looking at farming magazines. Think about the tools that he once used. Let the person hold and "use" a wrench, pliers, twine, etc. and talk about all the work that needed to be done on the farm. There may even be a favorite cap, overalls or work gloves that may refresh the person's memory and bring a smile to their face. And getting their hands in fresh soil may spark memories about years of drought or flooding and simply connect them to the earth.

What about a plumber? Try giving him different sections of PVC pipes and connectors. For the housewife who raised a family, give her some canning jars with lids and screw tops or baby clothes and diapers to hold and sort. The person who was always building things may

enjoy a box of different kinds of wood blocks to feel, sand, or even smell.

A once avid card player might enjoy playing a simple card game or feel honored to be an "advisor" to a newer player. Or perhaps simply holding the cards in her hands can bring back even some vague memories. A past gardener could help plant seeds or use gardening tools to dig in the soil. Looking at a variety of seed packets and helping choose what will be planted can give him a sense of control and productivity.

Be creative and try a variety of things. Remember, the goal is to help the person feel important and productive and to give their life purpose and meaning. Connecting the person with past memories and meaningful activities will give the person feelings of accomplishment, value and purpose.

The Alzheimer's Association suggests that successful activities should focus on past interests and skills, recall a person's work related past, stimulate all 5 senses and be adult in nature. If possible, find ways for the person to "help" with household duties and their personal cares. Keep in mind that the process is more important than the final product.

When you find activities that help your loved one feel good, both of you will enjoy your time together much more. If you need help figuring out what activities to do with your loved one, contact the ADRC in Lafayette County at (608) 776-4960.

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



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

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Regional Website: www.adrcswwi.org

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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, August 27, 2019
Shopping News.



Senior Day at the Fair Thank You!



Anna Hardyman Donna Zee Polly Prochaska Tammy Halvorson Robert Keough Vivian Allendorf

The ADRC and Memorial Hospital of Lafayette County would like to thank you for coming to the 9th annual "Senior Day" at Lafayette County Fair. The weather was PERFECT for everyone to enjoy pie, ice cream and music by the Larry Busch Orchestra, which was sponsored by: Homer Evenstad, Larry Ludlum, Frank Sauer Transfer, and Jack Wiegel. Thank you!

We had 15 pies entered into the pie baking/making contest which were judged by eight judges: Carol Korn, John Bartels, Larry Ludlum, Awards were also given to the oldest male and female; **Robert Keough** was the oldest male at 94 years old

Ritschard. The judges walked away with full bellies! The pies were judged on presentation, taste, creativity, and overall.

- **Donna Zee** won the "best presentation" with a Turtle Pie.
- **Anna Hardyman** won the "best taste" with an Apple Pie.
- **Polly Prochaska** won the "creativity" pie with an Apple Surprise Pie.
- **Tammy Halvorson** won the "overall" pie with a Strawberry and White Chocolate Pie.

and **Vivian Allendorf** won the oldest female at 94 years old. Thank you to all who entered a pie!

We would also like to thank the Lafayette County Fair Board for providing a great space for our event; the Fair Staff for having everything organized and set up for us; the Dairy Promotion for the donation to pay for the ice cream received from Bryson Distributing; the 2019 Lafayette County Princess, Emma Buss, for helping with handing out pies to the judges during the contest.

We are excited to see all of the different varieties of pies next year and to see everyone there!



To Ride the Bus...

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

Summer is sailing by and I am making the most of it by scheduling some more trips for you and your friends! On Sunday, August 11, I have selected a play for us to watch at the Bell Tower Theatre in Dubuque. The play is "Ain't Retirement Grand" and I hope everyone loves it! We will also be stopping for a meal during this trip, so bring your appetite. Please remember to tell all your family and friends about the bus, it would be great to see some new faces, as well as, our regulars. We have our regularly scheduled rides but also some fun outings every month, the rides are sure to please everyone. Remember my family and I will be enjoying the state fair from August 4-8, where we will be showing pigs. I'll be back in plenty of time for our trip to Dubuque. Thanks to everyone who rides the bus and please send me some ideas for trips in September. I am always open to new ideas and trips!

Bobby

CLIP & Save



AUGUST

Thursday, August 1	Manor Ride
Wednesday, August 7	Monroe
Sunday-Thursday, August 4-8	Bobby Gone to State Fair
Sunday, August 11	Bell Tower Theater in Dubuque \$25.00 ticket and ride
Tuesday, August 13	Dubuque
Thursday, August 15	Manor Ride
Friday, August 16	Madison East
Tuesday, August 20	Dubuque
Wednesday, August 21	Monroe
Tuesday, August 27	Platteville

SEPTEMBER

Tuesday, September 3	Dubuque
Wednesday, September 4	Monroe
Tuesday, September 10	Dubuque
Thursday, September 12	Madison West
Tuesday, September 17	Dubuque
Wednesday, September 18	Monroe
Tuesday, September 24	Platteville

OCTOBER

Tuesday, October 1	Dubuque
Wednesday, October 2	Monroe
Tuesday, October 8	Dubuque
Thursday, October 10	Gays Mills \$18.00 ride only
Tuesday, October 15	Dubuque
Wednesday, October 16	Monroe
Thursday, October 17	Manor ride
Sunday, October 20	Bell Tower Theater in Dubuque \$25.00 ride and ticket
Tuesday, October 22	Dubuque
Thursday, October 24	Madison East
Tuesday, October 29	Platteville
Wednesday, October 30	Monroe

Walkers, Canes and Crutches Keep You More Mobile



Assistive devices are devices that assist a person to perform a particular task. Assistive devices to assist with walking include canes, crutches and walkers and are used to improve balance and stability, help alleviate joint pain, or compensate for weakness or injury. The goals of assistive devices are to improve independent mobility and reduce disability and pain. Many people resist using an assistive device, however, patients using assistive devices have reported improved confidence and feelings of safety, resulting in increased activity levels and independence. Selection of a suitable device depends on the person's strength, endurance, balance, cognitive function, and environmental demands. Many people obtain their assistive device on their own or on the advice of family or friends instead of through a medical professional and therefore do not receive education on how to use it properly. This frequently results in improper use and or adjustment of the assistive device. It is recommended that you consult with your physician or a physical therapist regarding proper selection, use and adjustment of an assistive device. When considering what type of assistive device you or a loved one would benefit from consider the following:

Canes can help give support to a leg that is weak or painful and improve balance. A standard cane or straight cane is generally made from wood or aluminum. An advantage to an aluminum cane is that the height can be adjusted. The handle of any cane should be the same height as the wrist crease when the person is standing upright with arms relaxed at his or her sides. A cane should be held in the hand opposite from the weak or painful leg and advanced simultaneously with the weak or painful leg. A quad cane has four legs on a base for increased stability. The base can be large or small. It can stand freely on its own if the patient needs to use his or her hands. All four points of the cane must be in contact with the ground at the same time for proper use.

Walkers and crutches can be used to improve stability in those individuals with leg weakness or poor balance. They can also be used when a physician limits how much weight can be put on one leg due to surgery or injury. A walker requires less balance and coordination than crutches so tend to be preferred by older or weaker individuals. Crutches can be used on stairs, but a walker cannot. When navigating stairs with a cane or crutches, remember this phrase, "Up with the good and down with the bad" meaning the good leg leads up the stairs and the bad leg leads down the stairs.

The correct height for crutches should be approximately 2 finger widths between the crutch pad and arm pit. The height of the handle should be at approximately the level of the wrist crease. If the crutch is incorrectly fit, it can cause nerve or circulation problems in the arms.

A standard walker is the most stable walker, but it results in a slower gait because the walker must be lifted off the ground with each step. A front-wheeled walker, also called a two-wheeled walker, is less stable than a standard walker, but maintains a more normal walking pattern and is better for those who are unable to lift a standard walker. A four-wheeled walker is easier to propel, but it is more difficult to control as the wheels swivel as well. Four wheeled walkers often come with a seat and basket, making them a popular option, but they must be used with caution. The brakes should always be on before sitting or when standing up. When using any type of walker, both feet should stay between the back legs or wheels. Patients should take their time when turning and should not lift the device off the ground while doing so. It is important to keep in mind that for some patients who can no longer walk safely or who have severe weakness, a wheelchair may be the best option.

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.

AUGUST 2019

Things to do...

Belmont

Check with Site Manager on Activities to Come

Benton

August 1
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

August 14

Birthday Party, Cards and Bingo

August 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. Wii

1:00 p.m. Knitters

Every Thursday
More Bridge

Every Friday
12:30 p.m. Hasenpfeffer Cards



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

Hello from the SUN Program. SUN has received several grants recently through the Community Foundation of Southern Wisconsin. Most of the communities with a Foundation are in Lafayette County, but one in Iowa County was recently added: Mineral Point. SUN received \$500 from the Mineral Point Foundation to help cover the cost of mileage and stipends to deliver home delivered meals. All drivers volunteer their time, but are offered some compensation for gas and vehicle wear. In April, the Blanchardville/Hollandale Fund awarded SUN \$1,000 toward the purchase of a commercial cooler to be used by the Viking Café, provider for Blanchardville and Hollandale meals. The cooler will hold food for our program, and will remain the property of SUN. The difference of the cost of the cooler will be split between SUN and the Viking Café. This will allow the Café to purchase and store cold food more efficiently and safely.

There are two grants available from Darlington: DUWI and the Darlington Community Fund. Back in February, DUWI awarded SUN \$500 for an electric bag, trays and disposables to serve the area just outside the city limits of Darlington. The city of Darlington is served home delivered meals by the local churches, provided by Lafayette Manor. This has never been done by SUN, and that is OK; as they say, if it isn't broke, don't fix it! But we have gotten more requests outside Darlington lately. In early June, a grant of \$500 was given to SUN from the Darlington Fund to purchase another electric heated bag, and more reusable trays for home delivery on the rural route. These bags plug into the lighter outlet in the van for the main route, or a personal vehicle used by the manager who delivers the South

Wayne route and Gratiot area. The bags are expensive, costing around \$300 each, but are very effective in keeping food hot and safe.

In late June, the Shullsburg Fund awarded a grant of \$1,000 to purchase a steam table for the site. A steam table is ideal for keeping the hot food hot once it is prepared, and during serving. The site has space for a steam table (not all sites do) which will also help greatly during their large events such as the birthday party and pasty days. This will cover most of the cost, with the difference paid by SUN.

The funds for all of these foundations, given out in grants, are raised locally and given back to the communities. The Boards are made up of all local volunteers as well. What a great way to support these communities! I want to thank all of these Community Foundations for their hard work and generosity in granting SUN these funds for much needed equipment and projects.

Continuing with last month's column on honey, Myth or Fact? Honey never expires. FACT. A jar of honey can last for

many years, even after it's been opened. While the USDA recommends consuming honey within two years of purchasing if it's stored in the pantry, you don't necessarily need to toss the honey jar after that. After all, archaeologists have found pots of honey – about 3000 years old and still edible – in Egyptian pyramids. The sweetener's long shelf life likely is due to its antibacterial nature, thanks in part to its high sugar content and low pH. However, the age of honey may affect its consistency and taste; older honey likely will thicken and lose flavor over time.

Older honey and honey that is refrigerated may crystallize, which is easily reversible: Place the glass honey jar in a pan of hot water over low heat for 10-15 minutes, stirring until crystals dissolve; or warm the honey in its jar in the microwave, stirring every 30 seconds until crystals dissolve. Honey in plastic containers should be poured into a glass jar before heating. What's the deal with honey fraud? This can occur in a number of ways, including bees that are fed syrup instead of foraging nectar from flowers, falsified country of origin documents, or the dilution of honey by blending it with a sweet syrup, such as high-fructose corn syrup, glucose syrup or saccharine syrup (beet sugar). Most adulterated honey won't hurt you, but the consumer is being cheated. Some so-called fraud isn't really fraudulent. Plenty of filtered honey has been called fraudulent, but it's normal to filter out pollen, along with dust, bees' wings and other fragments. Check for certification labels.

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 June 2019

Site	Congregate	Delivered	Total
Belmont	131	69	200
Benton	142	189	331
Blanchardville	107	339	446
Darlington, Argyle and South Wayne	76	338	414
Shullsburg	82	206	288
Totals	538	1,141	

Total Meals Served 1,679

Blanchardville delivered 127 meals for Hollandale.

Senior Dining

AUGUST MENU

Fellowship, Food & Fun

Meals are served Monday-Friday at 11:30 a.m. with milk served at each meal. Menus are subject to change. Call for your meal reservation by 12:30 p.m., at least one day in advance.

Suggested Donation For Meal: \$5.00 for congregated meals and \$5.50 for home-delivered meals. For people 60 years of age or older.

Belmont Benton Blanchardville Shullsburg				
In <u>Belmont</u> , call Kendall Krumie at the Community Building, (608) 762-5114. In <u>Benton</u> , call Farrah at the VFW Building (608) 759-6671.		In <u>Blanchardville</u> , call Viking Cafe, (608) 523-4327 - Lunch at 11:30 a.m. In <u>Shullsburg</u> , call Paula at the Community Center, (608) 965-4424, ext. 226.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 29	July 30	July 31	August 1	August 2
Baked Chicken Wild Rice Blend Seasoned Squash Fresh Spinach Salad Seasonal Fresh Fruit	Pepper Steak w/Peppers & Onions Parsley Red Potatoes Winter Vegetables Three Bean Salad Chocolate Pudding	Chicken Salad on a Croissant Sliced Tomatoes Seven Layer Salad Fresh Cantaloupe	Pork Roast w/Gravy Mashed Potatoes Sliced Carrots Choice of Bread & Applesauce Cook's Choice Cake	Battered Cod Baked Potato w/Sour Cream Coleslaw Rye Bread Frozen Fruit Cup
August 5	August 6	August 7	August 8	August 9
Aloha Burger w/Swiss Cheese & Grilled Pineapple on a Bun Roasted Potatoes & Peas Mandarin Oranges Ranger Cookie	Liver & Onions or Cook's Choice Entrée Cheesy Hashbrowns Stewed Tomatoes & Peas Chocolate Cake w/Peanut Butter Icing	Meatloaf Scalloped Potatoes Waldorf Salad (¾ cup) Dinner Roll Gelatin w/Fruit	Pizza w/Sausage Mixed Green Salad Black Bean Salsa Fresh Watermelon	Chicken California Medley Casserole Baked Potato Apricots No Bake Scotcheroo Pie (NEW)
August 12	August 13	August 14	August 15	August 16
Chef Salad on Romaine w/Turkey, Ham, Cheese, Egg & Tomato Wedges Peaches & Corn Muffin Fruit Crisp	Roast Beef w/Gravy Mashed Potatoes Sliced Carrots Whole Wheat Roll Tropical Fruit	Chicken & Dumplings Sliced Beets Broccoli, Bacon & Cheese Salad Pineapple Chunks	Tuscan Vegetable Soup w/Crackers Tuna Salad on Dark Greens Sliced Tomatoes Fruit Pie-Cook's Choice	Tater Tot Casserole Green Beans Wheat Bread Seasonal Fresh Fruit Oatmeal Cookie
August 19	August 20	August 21	August 22	August 23
Beef Goulash w/Tomatoes Roasted Brussels Sprouts Pickled Beets Fresh Orange Wedges	BBQ Baked Chicken Mashed Potatoes w/Gravy Creamed Spinach Fruit Cocktail & Dinner Roll Mandarin Orange Cake	Salisbury Steak Baked Potato Baked Beans Choice of Bread Watermelon	Cobb Salad w/Egg, Bacon, Chicken, Avocado, Blue Cheese, Ranch Dressing & Wheat Roll Seasonal Fresh Fruit Frozen Fruit Sorbet	Salmon Loaf Au Gratin Potatoes Seasoned Peas Ramen Cabbage Salad Rye Roll
August 26	August 27	August 28	August 29	August 30
Grilled Chicken Breast on a Bun w/Provolone Cheese Sliced Tomatoes Calico Beans & Cucumber Salad Oatmeal Fudge Bar	Roast Pork Sweet Potatoes Stewed Tomatoes & Rye Roll Cinnamon Sugar Apple Slices Strudel Bites	Pasty Spring Vegetables Coleslaw Ambrosia Dessert	Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables Dinner Roll Vanilla Pudding w/Sliced Banana Half	Potato Crusted Cod Hashbrowns & Rye Bread Broccoli Cauliflower Salad (¾ cup) Gelatin w/Fruit

Argyle Darlington South Wayne				
For <u>Argyle</u> call Kathy at (608) 776-4969 Home Delivery Only!		For <u>Darlington</u> call Kathy at Municipal Building, (608) 776-4969		For <u>South Wayne</u> call Kathy at (608) 776-4969. Home Delivered Only.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 29	July 30	July 31	August 1	August 2
<i>If You Have Excess Fresh Produce From Your Garden... Please call (608) 930-9845. We may be able to use them at our Dining Sites!</i>			PICNIC DAY Hamburger on a Bun Potato Salad & Baked Beans Watermelon Ice Cream	Swedish Meatballs Mashed Potatoes Asparagus Bread Blueberry Dessert
August 5	August 6	August 7	August 8	August 9
Italian Beef on a Bun Twisty Potatoes Broccoli Strawberry Cup Cookie	Cheesy Broccoli Soup Chicken Salad Sandwich Carrot Sticks Seasonal Fresh Fruit Cream Pie	BBQ Pork on a Bun Potato Wedges Pickled Beets Cantaloupe	Meatloaf Baked Potato Wax Beans Peaches & Bread Cream Puff	Baked Fish Au Gratin Potatoes Peas & Three Bean Salad Dinner Roll Apple Bar
August 12	August 13	August 14	August 15	August 16
Baked Chicken Mashed Potatoes w/Gravy Whole Kernel Corn Bread Serving Watermelon	Pizza Tossed Salad (1 cup) Fruit Hash Seven Layer Bar	Beef Stroganoff w/Mushrooms over Noodles Peas Fruit Choice Cookie	Turkey Sandwich Deviled Eggs & Cucumber Salad Sliced Tomatoes Berries (½ cup) over Angel Food Cake	Pork Roast Mashed Potatoes w/Gravy Squash & Cornbread Seasonal Fresh Fruit Texas Cake
August 19	August 20	August 21	August 22	August 23
Spaghetti & Meat Sauce Winter Vegetables Tossed Salad Garlic Toast Paradise Dessert	Chicken Breast Cowboy Potatoes Capri Vegetables Fruit Cocktail & Bread Pumpkin Dessert	Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Diced Peas & Wheat Bread Cherry Bar	Cavatini Mixed Vegetables Orange Slices (¾ cup) Dinner Roll Cookie	Country Steak Mashed Potatoes w/Gravy Baked Beans Watermelon & Bread Serving Chocolate Revel Bar
August 26	August 27	August 28	August 29	August 30
Ham & Bean Soup Cheese w/Crackers Relish Tray Seasonal Fresh Fruit Fruit Pie	Chicken Salad Sandwich Tomato Cucumber Salad Banana Half Mixed Fruit Salad Cookie	Pork Steak Rice & Carrots Vegetables Salad Tropical Fruit Turnover	Pasty w/Gravy Cabbage Salad Seasonal Fresh Fruit Pudding Dessert	BBQ on a Bun Twisty Potatoes Broccoli Cauliflower Salad Cheese Cake w/Fruit Topping

What to do After a Dementia Diagnosis...

By: Pam Kul-Berg, Dementia Care Specialist for the ADRC of SW WI, (Grant, Green, Iowa, & Lafayette Counties)

Receiving a diagnosis of dementia is devastating and overwhelming. It is essential to be proactive in planning and preparing for the future. There are steps you can take to help understand what is going on, prepare for changes, and enjoy life.

- **Ask your medical provider or memory clinic doctor questions.** Learn more about the specific type of dementia you may have, medications available, non-pharmaceutical options, and existing supports. While it is not absolutely essential, knowing the type of dementia someone has may offer a little more insight into the possible progression and challenging behaviors and special needs that they may encounter.
- **Learn all you can about the disease** that causes your type of dementia, as well as what to expect now and in your future. You can contact your local ADRC for resources about the diseases that cause dementia symptoms or look at websites for the Alzheimer's Association and similar organizations. There are several upcoming local presentations and conferences (advertised in your county ADRC newsletter, website or Facebook page).
- **Talk to others about how you are feeling** (pastor, counselor, family, friends, social worker, support groups). **You cannot do this alone.** Often emotions are heightened not only by the

feelings of fear and stigma that might result from hearing the diagnosis, but the brain disease itself can lead to increased or unusual emotional responses.

- If you don't have a **Power of Attorney for Healthcare and Finance or other documents** stating your future wishes, it's good to work with your family or an attorney to create these. Organize all of your legal documents and make sure the appropriate people are aware of your wishes. This may become harder later on when the disease leads to difficulty in thinking clearly and planning. In the future you still will have preferences that are harder to communicate. Individuals with dementia are still themselves "inside" --with individual desires and preferences that continue even as they change.
- **Learn about options and resources available in the community** by contacting your local ADRC. There are programs and other resources to support caregivers on their journey. Caregivers are as affected by this disease and need support.
- Work with your family or support system to **create a plan of care** for you and your caregiver's future care needs. You cannot do this alone.
- Exercise regularly, eat healthy, and engage in social and mental stimulation as well as reduce stress as much as possible. These **life style factors are especially**

important as they keep the brain active and engaged, which helps buffer against the disease. This is true for any aging person. There is a rapidly growing amount of information recently about lifestyle factors that affect brain health (including the upcoming ADRC program called "Boost Your Brain & Memory").

- **Adequate sleep** is another important lifestyle factor for a healthy brain. Scientists have found that the brain is more active when you sleep than when you're awake! Sleep helps regulate body functions as well as moderate emotions and convert short term memories to long term ones. Getting enough sleep helps us mediate stress, health issues and other life challenges more easily. There is a lot of recent information on developing better "sleep hygiene" or you can talk with your healthcare professionals.
- **Join a Caregiver support group and/or attend a memory café.** A Memory Café is a social gathering in a place where people with dementia and their caregivers can feel comfortable socializing and doing activities with others with similar conditions. The ADRC and the Alzheimer's & Dementia Alliance have lists of local ones in the area.
- **Learn how you can continue to live safely in your home.** Some insurance companies as well as health organizations offer Home Safety evaluations. When it

becomes necessary, there are lots of devices available that can track someone or alert family members when someone leaves their house unsafely.

- **Talk about safety issues** such as driving. When would it no longer be safe for you to drive? You can consult with your doctor or Dept of Motor Vehicles. There are videos and information online that address this issue.
- **Remove guns from the home.** Consider locking them up or giving them to younger generation or other family members. They can be donated to a worthy organization or stored in a different house.
- And most importantly, figure out or **remember what is important to you in terms of activities and relationships** you enjoy. Then find ways to keep doing and adapting them. (Maybe doing a simplified version of a game or playing with people that accept changes you display?) Staying social and active helps not only buffer depression and hopelessness that a disease can bring, but also maintains a **quality of life that is so important** to our mental health.

For more information, additional assistance or support, contact the Aging & Disability Resource Center of Southwest Wisconsin to get connected to the Dementia Care Specialist by calling **800-514-0066**.

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August 19th, 21st, 26th, & 28th!!

Available times include: 9am-10am, 10am-11am, 11am-12pm, 12pm-1pm, 1pm-2pm, or 2pm-3pm.

Don't delay, get started today!

To sign up for a time slot, call your local ADRC at 608-776-4960.




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.

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Discover you are **NOT** alone!

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WORK FLEXIBLE HOURS
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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.

Nancy's News



Nancy Amenda

Today is the 4th July and looking out to the corn field in my backyard I would say that the corn is more than "knee high". The old saying was if the corn was "knee high" by the 4th of July the farmer could count on a good crop!

I am sure with all the rain and now our heat wave has a lot to do with how well the crops are doing. It wouldn't be long and it will be time for sweet corn; cantaloupe, water melon and tomato season.

Back in the "good ole" day's midsummer was a busy time for my mother because her big garden was ready with a lot of vegetables that needed to be canned and that was when us kids were sent to the garden with our coaster wagon to pick what was ready. It always seemed like we were always picking green beans and complaining but in the winter we enjoyed eating the canned beans. After we picked the beans we gave them a good washing at the outdoor pump and in the evening while waiting for the house to cool down we would all sit on the front porch and pick over the beans so Mom could can them the next day. Believe me I don't know how she did it because she still had a wood burning kitchen range which heated up the whole house and the steam from the big canner

made it that much hotter in the kitchen. Back then some households had a summer kitchen and that was a big help to keeping the house somewhat livable. The summer kitchen was just a shanty off the kitchen which held a kitchen stove and a work table. Two big enamel dish pans were used for the kitchen sink. If you were lucky enough to have a summer kitchen you were considered "modern"!



Even in the heat of the summer we still had three hot meals a day including dessert and homemade bread. About sweet corn time Dad would go into town and buy a huge watermelon that he would put in the milk house milk cooling tank. What a

thrill it was to open the milk house door and see that big green watermelon bobbing around in the tank of cold water. We keep a good eye on that watermelon all day. After chores and the milking done and the cows taken to the night pasture we sat on the front porch and ate watermelon until we couldn't eat another bite. We then had to have a seed spitting contest since the big watermelon had lots of seeds. We saved some of the seeds with the idea of having a whole field full of watermelons the next year. By the time the next year rolled around we forgot all about growing watermelons. In the end even the chickens were happy because they got to peck away at the rind!

The Weiskircher boys are having a busy summer and are now on a camping trip with parents Ryan and Ashley; grandparents Tony and Amy and their Uncle Joey and Aunt Sara Wiegel. I was given the honor of feeding their two cats each day; watering plants and checking to make sure no cows have jumped the fence. Quite frankly I don't know what I would do if they did jump the fence? It's been a lot of years since I was on the farm! I suppose it works the same - cow gets out -you chase it - cow wouldn't cooperate - gets stubborn - I scream and wave my arms - swear a lot! Just like the "good ole days"!

Enjoy Summer!

Nancy

Foot Care Clinics

by Rita Stanton, RN

HIGHVIEW APARTMENTS DARLINGTON
August 5 at 9:00 a.m.

SILVER LANE APARTMENTS SHULLSBURG
August 5 at 1:00 p.m.

LAFAYETTE APARTMENTS ARGYLE
August 20 at 9:00 a.m.

RIVERVIEW APARTMENTS BLANCHARDVILLE
August 20 at 1:00 p.m.

Feet are soaked and massaged;
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608-776-5748

www.memorialhospitaloflafayettecounty.org

Stay Hydrated to Beat the Heat

Whether you're jogging, playing basketball, going for a walk or working outside, it is important to be smart about staying hydrated when temperatures are on the rise. Water is an essential nutrient. Cool water between 40° and 50° F is best. Don't wait for thirst to indicate dehydration; drink ahead of your thirst.

Tips to Stay Hydrated:

- Watch for warning signs. During hot weather, watch for signs of heat-related illness, including muscle cramps, nausea or vomiting, weakness, headaches, dizziness, and/or confusion. If these symptoms develop, lower your body temperature and get hydrated. Stop what you're doing and get out of the heat. Remove extra clothing or sports equipment, drink fluids, and try fanning your body or wetting it down with cool water.
- Water recommendations. The human body is made up of 60-75 percent water and unlike other nutrients there isn't a specific daily recommendation, due to variability in climate, physical activity level, state of health, and body size. Under typical circumstances, adults should get up to 6 or 8 cups of fluid daily. Infrequent urination or dark yellow urine may indicate you need to drink more fluids.
- Sources of water. Beverages,

fluids, and solid foods contain water. Lettuce, celery, and crisp vegetables are 90 percent or more water. Meat, fish, or chicken may have up to one-half or two-thirds their weight in water. Grain products may be up to one-third water. Even though solid food is a source of water, additional water from drinking fluids is still needed. Water, juices, milk, or other beverages can boost fluid intake.

- Special hydration considerations. In hot weather, fluid intake and output should be carefully monitored with older adults. In older adults, your thirst mechanism may not be as efficient and medications and disease may affect fluid intake and water balance. Encourage water intake often for both the young and the old.

The combination of hot, humid temperatures and being physically active outside, whether for work or for play, can put people at risk for dehydration. Remember to keep water handy and make it a habit to drink water every day. Sipping throughout the day is better than saving up for scheduled meals or breaks. Check out www.food.unl.edu for more food, nutrition, and health information.

Adapted from Be Smart and Stay Hydrated to Beat the Heat by Lisa Franzen-Castle, UNL Extension Nutrition Specialist

Lafayette Manor

August Events

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

Daily Events

2	Music by Lou Oswald 2:00
7	Manor Auxiliary Bingo 2:00
9	Music by Richard Wiegel 2:00
11	Gratnot Evangelical Program 2:00
14	Fayette Methodist Bingo 2:00
15	Bus Ride to Yellowstone 1:00
16	Music by Dick White 2:00
21	Iucc Bingo 2:00
23	Music by Greg Anderson

Special Events

<p>Mondays Talk Groups or Exercise 10:30 Bingo 2:00</p> <p>Tuesdays Protestant Church 10:30 Craft Time, Trivia Groups and News 2:00</p> <p>Wednesdays Kitty's Book Club 10:15 Bingo 2:00 Short Stories by Mark Evenstad 3:30</p> <p>Thursdays Rosary 9:00 Talk Groups 10:30 Bible Study 2:00 Trivia 3:30</p>	<p>Fridays Mass 10:30 Special Music 2:00</p> <p>Saturdays Special Music, Entertainment or Movie 2:00</p> <p>Sundays Catholic Communion 9:00 Card Games and Visits 2:00</p>
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Birthdays

5 FRANCES HAGEN
19 JEAN BELANGER

• • *A Bit of Humor* • •
A family was trying hard to get their mother to fly out for a visit. "No way am I getting on an airplane," was the inevitable answer. "Look, Mom, when it's your time to go, it doesn't matter whether you're on the ground or in the air," "I know," said her mother, "I just don't want to be that far off the ground when it's the pilot's time to go."

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