

Upper Horizon

ADRC
Aging & Disability Resource Center

July 2019 - Volume XLIV - Number 7

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

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

www.lchsd.org or www.adrcswwi.org

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Lafayette County Fair

July 10 - 14, 2019



CONNECTING COMMUNITIES

Senior Day
July 12, 12:30 PM - 4:30 PM

Under The Big Tent
In the park area

FREE Admission
On Friday, July 12th

Pie Making Contest
Judging starts at 12:30

Pie Sampling & Ice Cream
Following the judging and contest

Larry Busch Orchestra- playing from 2 pm-4 pm

Free Transportation provided by the ADRC bus

Contact ADRC with Questions @ 608-776-4960

Pie Baking/ Making Contest

Connecting Communities / Senior Day at the Lafayette County Fair
July 12, 2019

SAVE THE DATE

Free Admission on July 12th
Have a good pie recipe? Enter our contest!

Open to ALL AGE pie makers/bakers

Registration Required by July 10th No walk-ins or late entries*

Pies will be judged on:

- Presentation
- Taste
- Creativity
- Overall



For Registration:
Call 608-776-4960 for more information

What's Happening

Get Out and Play!
in LAFAYETTE COUNTY

- **July 1-31 Farmers Market**
Saturday mornings from 8:00 a.m.-Noon at Darlington Festival Grounds.
- **July 1-31 Music In the Park**
Every other Wednesday at Ryan Park, Blanchardville, WI.
- **July 2 Elderly Benefit Specialist**
Benton from 11:30 a.m.-1:00 p.m.
- **July 3 & 4 July Fourth Celebration**
Shullsburg, WI.
- **July 4 Fourth of July Parade**
10:30 a.m. on Water Street, Shullsburg, WI
- **July 6 Outdoor Market**
from 9:00 a.m.-1:00 p.m. in Argyle, WI.
- **July 7-28 Tunes at Twilight**
Sunday Nights from 6:30-8:00 p.m., Veteran's Memorial Park, Darlington, WI
- **July 10-14 Lafayette County Fair**
at Lafayette County Fairgrounds, Darlington, WI. Visit lafayettecountyfair.org
- **July 11 Elderly Benefit Specialist**
Belmont from 11:30 a.m.-1:00 p.m.
- **July 11 Music in the Park**
from 6:30-8:30 p.m. at Badger Park, Shullsburg, WI.
- **July 13 Farmer's Market**
at Ryan Park, Blanchardville, WI.
- **July 13 Steak Feed** at VFW Hall, Benton, WI from 4:30-7:00 p.m.
- **July 14 Cruis'n Wisconsin Car Show** at McKellar Lower Park, Blanchardville, WI.
- **July 16 Elderly Benefit Specialist**
Blanchardville from 11:00 a.m.-12:30 p.m. Argyle from 1:00-2:00 p.m.
- **July 17 Community Market**
from 3:30-6:00 p.m., Cuba City, WI
- **July 18 Elderly Benefit Specialist**
Darlington from 11:30 a.m.-1:00 p.m.
- **July 18 Music in the Park**
from 6:30-8:30 p.m. at Badger Park, Shullsburg, WI.
- **July 20 Outdoor Market**
from 9:00 a.m.-1:00 p.m. in Argyle, WI.
- **July 24 Elderly Benefit Specialist**
Shullsburg from 11:30 a.m.-1:00 p.m.
- **July 25 Music in the Park**
from 6:30-8:30 p.m. at Badger Park, Shullsburg, WI.
- **July 27 Farmer's Market**
at Ryan Park, Blanchardville, WI.



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

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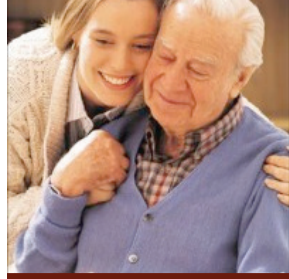
Disability Benefits Specialist

Kay Schulte

Elder Benefit Specialist

Bobby Long

Bus Driver



Today's
CARE GIVER

Find
Support

Traveling Tips for Caregivers

Summer is a great time to get out and do things. Traveling out of town gives you something to look forward to and can be a very rewarding and fun experience. If you are a caregiver for a loved one you may wonder if you should just stay home, but with careful planning you can still get away. You just need to be a little more prepared for the unexpected. Consider these tips when planning a trip.

- **Gather important documents:** insurance cards, passports, physician's phone numbers, medication list, a recent photo and a summary of medical records. Carry them with you. Do not check them with your luggage in the event it doesn't arrive with you because the information is private
- **Gather medications** noting if refills will be needed on any of them during the trip. Ask for refills in advance. Never travel with just enough as you may be delayed if flights or other transportation schedules change.
- **Carry a list of emergency contacts.** You may want to purchase a wallet on a string to hold information so your loved one can wear it.
- **Purchase an identity bracelet** or necklace for your loved one with his or her name on it. Safe Return provides excellent tracking should someone wander away. This will help even with international travel.
- **Ask your physician to write a letter** for use with hotel or airlines should an emergency cause a sudden

change in plans. Consider travel insurance should you need to change tickets or accommodations.

- **Make up several cards with the name, address and phone number of where you are staying each night.** Place one of these in the pocket of your loved one daily.
- **Never leave your loved one alone** in a car, restaurant booth, etc. as wandering may become a problem in a strange location.
- **Carry an "OCCUPIED" sign for the bathroom door** as the process sometimes takes extra time. You may need to bring your care receiver into the bathroom with you even if he or she is of the opposite sex.
- **Stop every two hours when driving** to take a loved one to the bathroom. Carry a change of clothes in your bag or car.
- **When possible, bring someone along** to help manage things when you need to be away from your loved one.
- **When flying, notify the attendants of your loved one's dementia diagnosis** and plan plenty of time between connecting flights.
- **Plan frequent stops** when driving to stretch legs and reduce anxiety.
- **Try to maintain a schedule** close to what you did at home to minimize disruption for your loved one.
- **Leave an itinerary with family members** and keep a copy with you at all times.

Traveling This Summer? Check Your Health Coverage Before You Leave!

By the GWAAR Legal Services Team

If you are traveling this summer, there is a lot to do before you leave. Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S., and you have Original Medicare and a supplement plan, you will have coverage for any health care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S. (often referred to as the "foreign travel rider").

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-

network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, don't panic! Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions.

Taking the time to plan out your health care coverage before you travel will help you to have an enjoyable and relaxing trip. Bon voyage!



a monthly publication of the
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Regional Website: www.adrcswwi.org

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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, July 30, 2019
Shopping News.





Got Time? LET'S TRAVEL

To Ride the Bus...

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

Here we go — the fair is coming up and some people say the summer is about half over. I would like to wish all those with fair projects good luck at the fair and have a great time! With that being said, we will be having a free bus ride for Senior Day to the Lafayette County Fair on Friday, July 12, so please call in the office for a ride. So far I'm planning a trip to Circus World in Baraboo. I've always said you never get to old for ice cream and the circus — there's plenty to see there so, don't worry about that.

On Sunday, August 11, I have a play over at the Bell Tower Theater in Dubuque. What I picked out everybody is going to like it (no that's the truth). Well I better get back on the road and start living the dream. Please start using the the bus!

Bobby

CLIP & Save



JULY

Tuesday, July 2	Dubuque
Thursday, July 4	OFFICE IS CLOSED - <i>God Bless the Veterans</i>
Friday, July 5	Madison West
Tuesday, July 9	Dubuque
Wednesday, July 10	Monroe
Thursday, July 11	Manor at the Fair
Thursday & Friday	Bobby Gone to Fair
Tuesday, July 16	Dubuque
Thursday, July 18	Baraboo Circus World
Tuesday, July 23	Dubuque
Wednesday, July 24	Monroe
Tuesday, July 30	Platteville

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

Fall Prevention

MEMORIAL HOSPITAL OF LAFAYETTE COUNTY

Fall risk factors.

Rugs: Make sure that rugs have a non-skid back, or tape them in place. Always make sure that the corners lay flat and that there are no wrinkles in the rug. A rug with a fairly flat weave is safer than a fluffy one, because it does not 'grab' your feet or bind up your walker or cane.

Furniture: Make sure that you have wide enough walkways between pieces of furniture, so that you do not need to shuffle sideways between items or try to step over them. Be especially careful with footstools and with the corners of tables, beds, and chairs.

Cords: Please NEVER string a cord across a doorway or room. Just don't. OK? Thanks! Also, make sure that the cords for appliances are not looping down near your legs or feet, where you could snag your leg or your clothing on it. This could lead to a fall, along with pulling the appliance down onto you.

Pet supplies: Food and water dishes and litter boxes should be in areas where you can easily get to them to provide care for your pet, but not where they block a walkway. They can often be set up on a small stand so that you don't need to lean far down to reach them. Pet toys should be picked up right away; a smart dog can even learn to put away his own toys. Leashes should be kept where you can reach them easily. When using the leash, be sure that it does not drag on the floor or sidewalk, blocking your path. If your pet pulls on the leash, please have someone help you to train you both in how to have him heel during his walk. Even a small dog can be strong enough to jerk the leash unexpectedly, or wind it around your legs.

Linens: Make sure that bedcovers don't drag on the floor, and avoid leaving towels on the floor as well.

Another area of fall risk is environmental factors.

Furniture (again): All furniture should be sturdy and at the proper height for you. Lift chairs, of course, work well for this. If a piece of furniture wobbles, please remove it. If it is a sentimental piece, at least put it where you can enjoy looking at it but where you will not be using it.

Lighting: Should be abundant but not glaring. Night lights can make using the bathroom after dark much safer. They can also help with hallways and stairs, even if it's only one step. Make sure that light switches are easy to operate. There are even remote control units available, which are affordable and can be hooked up to any lamp with ease, so you operate the lights with a controller just as you do your television.

Curtain pulls: Should be easy to reach. You can usually lengthen the cord by simply adding another cord to it, and putting a loop or tassel at the end can make it easier to grasp.

Phone: Have your phone where it is easy to reach. Cordless phones and cell phones are obviously easier to do this with. Have an answering machine or voice mail, and check it often so that it doesn't get full. This way, you don't worry as much about rushing to the phone.

Laundry: If you have to carry baskets, try simply dragging them with a short cord or using a rolling cart or chair for them. Use a reacher or other tool to get clothes in and out of machine, especially the front opening type, so you aren't bending too far or leaning/getting up quickly. People can lose their balance or simply get dizzy and fall by doing these things.

Bathroom accidents are the most common cause of falls and tend to cause the most severe injuries.

Grab bars: They are very helpful if properly installed. DO NOT use a towel rack as a grab bar, because it will not hold your weight if you lose balance and lean on it too hard. At the same time, don't use your grab bar as a towel rack. If you grab the bar and the towel slips, you will probably fall.

Toilet height: Your hips should be at or above the level of your knees when you sit. There are tall toilets which can be installed, or more affordably there are toilet risers which can be put on easily. Some people simply put a commode frame (without the bucket) over the toilet seat. This allows for a greater height and provides armrests as support bars as well.

Shower/tub: Grab bars are handy at the front and side of the tub for many people. There are benches which fit fully into the shower. There are others which extend over the edge of the tub so you can sit on the end and scoot in, lifting your feet over the side of the tub. Make sure to have a non-skid surface or bathmat in the shower or tub. Having the shower head on a hose can minimize the shifting around that you have to do in the shower. Be sure to dry off before exiting the shower or tub, so you aren't walking on wet feet or getting water all over the floor.

Sink/cabinets: Make sure to keep your most often used supplies in easy reach, and avoid clutter which could create distractions or cause you to spill things on the floor.

JULY 2019

Things to do...

- Belmont**
Check with Site Manager on Activities to Come
- Benton**
July
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**
July 10
Birthday Party, Cards and Bingo
July 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. 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

Greetings everyone. It's already mid-summer, and hopefully you all are able to enjoy the beautiful outdoors of Wisconsin while it lasts! On July 26, most of our sites will have a steak cookout. This has become a great tradition to observe the warm weather and have a picnic type meal. Others in the community get involved to help grill, such as firefighters, building managers, SUN staff and spouses, and Board members. Steaks are purchased through Avon Locker in Darlington and distributed fresh to the sites. The participants really look forward to this day, including home delivered seniors who receive the same meal.

I want to acknowledge another municipality, the Village of Blanchardville, for a generous donation of \$600. This represents the first half of an annual donation of \$100/month to SUN. The Village used to give this amount to the previous location of the dining site; when that changed to the current Viking Café, they agreed to donate directly to SUN in the same amount. This is appreciated greatly and helps toward expenses of delivering meals in the Blanchardville area. The Village of Blanchardville should be commended for their support of the seniors of their town and surrounding rural area.

It has been awhile since I talked about a great Wisconsin product – honey. Honey may be the earliest sweetener used by humans—it can be traced back 8000 years. More than 300 types of honey exist in the United States alone, with countless other varieties abroad. Honey comb comes straight from the hive, while liquid honey is extracted

from honeycomb and filtered to remove crystals and wax. Whipped honey is crystallized honey that is spreadable and creamy.

While honey contains 15 calories more per tablespoon than granulated sugar due to its greater density, differences in micronutrient content are so small they are virtually inconsequential. Honey is considered an added sugar, which the 2015-2020 Dietary Guidelines for Americans recommend limiting. What about the perceived health benefits of honey? Let's see what the science says. Myth or fact? Many flavors of honey exist. FACT: Honey comes in a variety of colors, aromas and flavors – much of which has to do with the plants from which the nectar came. Bees can forage up to five miles from their hives, so honey often contains flavors from a combination of varieties. The exact color, aroma and flavor of honey also can vary by environmental factors, such as temperature and rainfall, that affect the nectar source, much like ever-changing growing conditions for wine grapes. Honey color ranges from almost

clear to dark brown. A lighter hue generally indicates a milder flavor, while a darker color means a stronger flavor. Research also suggests darker honey may contain more antioxidants than lighter-hued varieties. Some types of honey are better flavor matches for specific recipes and applications. For instance, wildflower honey is great for baked goods and salad dressings; orange blossom honey works well in dressings and marinades; and buckwheat honey is a tasty addition to barbecue sauces. When baking with honey, lower the oven temperature by 25 degrees to prevent overbrowning. One cup of white sugar may be swapped out for ¾ cup honey in a baked-good recipe. For every cup of honey, other liquids in the recipe should be reduced by ¼ and add ¼ teaspoon of baking soda.

Myth or Fact? Honey contains probiotics.

MYTH. You may have heard rumors about honey's probiotic properties, but research in this area is extremely limited. Although some claim honey may be used to remedy diarrhea and gastroenteritis, there isn't sufficient reliable evidence to rate the effectiveness of honey for these conditions, according to the Natural Medicines Database. What we do know is that honey contains oligosaccharides that may have a prebiotic effect and might help stimulate growth of health promoting gut microbiota. However, any effect likely is very small, and foods such as bananas, onions, and asparagus have much more substantial prebiotic benefits. More next month.

Cecile McManus
Director

THANK YOU FOR THE DONATIONS:

- Village of Blanchardville, \$600.
- United Church of Muscoda Presbyterian Good Works Fund, \$600.
- Ron and Cindy Bass, \$200.

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 May 2019

Site	Congregate	Delivered	Total
Belmont	121	137	258
Benton	118	182	300
Blanchardville	154	343	497
Darlington, Argyle and South Wayne	200	416	616
Shullsburg	111	250	361
Totals	704	1,328	

Total Meals Served 2,032
Blanchardville delivered 118 meals for Hollandale.

Senior Dining

JULY MENU

Fellowship, Food & Fun

Meals are served Monday-Friday at 11:30 a.m. with milk served at each meal. Menus are subject to change. Call for your meal reservation by 12:30 p.m., at least one day in advance.
Suggested Donation For Meal: \$5.00 for congregated meals and \$5.50 for home-delivered meals. For people 60 years of age or older.

Belmont Benton Blanchardville Shullsburg				
In Belmont, call Kendall Krumrie at the Community Building, (608) 762-5114. In Benton, call Farrah at the VFW Building (608) 759-6671.		In Blanchardville, call Viking Cafe, (608) 523-4327 - Lunch at 11:30 a.m. In Shullsburg, call Paula at the Community Center, (608) 965-4424, ext. 226.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1	July 2	July 3	July 4	July 5
Bratwurst on a Bun w/Sauerkraut Roasted Red Potatoes Whole Kernel Corn Seasonal Fresh Fruit Cranberry Oat Bar	Spaghetti w/Meat Sauce Winter Vegetables Fresh Spinach Salad w/Strawberries Peaches Chocolate Chip Cookie	Swiss Steak Mashed Potatoes w/Gravy Sliced Carrots Three Bean Salad Red, White & Blue Dessert	HAPPY JULY 4TH! NO MEALS SERVED	Potato Crusted Cod Baked Potato w/Sour Cream Coleslaw Rye Roll Vanilla Pudding w/Sliced Banana Half
July 8	July 9	July 10	July 11	July 12
Taco Salad on Mixed Greens w/Ground Beef, Sour Cream, Refried/Black Beans, Salsa (½ cup) & Tortilla Chips Seasonal Fresh Fruit Choice of Cookie	Pork Roast Au Gratin Potatoes Seasoned Squash Dinner Roll Pineapple Chunks Banana Bar w/Icing	Baked Chicken Rice Pilaf California Blend Vegetables Cucumber Salad Gelatin w/Fruit (½ cup fruit) Shullsburg Birthday	Beef Stroganoff over Egg Noodles Mixed Vegetables Broccoli Cauliflower Salad (¾ cup) Fruit Sorbet	Tuna Noodle Casserole w/French Fried Onion Topping Seasoned Peas Pickled Beets Fruit Pie – Cook's Choice
July 15	July 16	July 17	July 18	July 19
Pork Rib Patty or BBQ Pork Sandwich Sour Cream & Chive Potato Wedges Calico Beans Angel Food Cake w/Sliced Strawberries	Meatloaf Scalloped Potatoes Green Beans Corn Muffin Apricots	Asian Crispy Chicken Salad on Romaine Lettuce w/Craisins, Mandarin Oranges, Almonds, & Noodle Topping Seasonal Fresh Fruit Sugar Cookie	Roast Beef in Gravy Mashed Potatoes Stewed Tomatoes Wheat Dinner Roll Tropical Fruit	Egg Bake w/Bacon, Cheese, Green Pepper, Onion & Mushrooms Hashbrowns Orange Juice Blueberry Kuchen
July 22	July 23	July 24	July 25	July 26
Italian Wedding Soup (NEW) Breaded Chicken Patty on a Bun w/Mayo Seasoned Carrots Sliced Tomatoes Fresh Seasonal Fruit	Orange Marmalade Pork Chop (NEW) Sweet Potatoes Applesauce Rye Roll Pear Crisp	Pasty Coleslaw Lemon Gelatin w/Crushed Pineapple (½ cup fruit)	Breaded Fish Wedge w/Lemon & Tartar Sauce Baked Potato Broccoli Spears Cottage Cheese w/Peaches (½ cup) Lemon Poppy Cake	COOKOUT Grilled Sirloin Steak Potato Salad Baked Beans Watermelon Steak Roll 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		For South Wayne call Kathy at (608) 776-4969. Home Delivered Only.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1	July 2	July 3	July 4	July 5
Italian Beef on a Bun Twisty Potatoes Broccoli Strawberry Cup Cookie	Cheesy Broccoli Soup w/Crackers Chicken Salad Sandwich Seasonal Fruit Carrot Sticks Cream Pie	BBQ Pork on a Bun Potato Wedges Pickled Beets Cantaloupe	HAPPY JULY 4TH! NO MEALS SERVED	Baked Fish Au Gratin Potatoes Peas Three Bean Salad Dinner Roll Apple Bar
July 8	July 9	July 10	July 11	July 12
Baked Chicken Mashed Potatoes w/Gravy Whole Kernel Corn Bread Serving Watermelon	Pizza Tossed Salad Fruit Hash Seven Layer Bar	Beef Stroganoff w/Mushrooms over Noodles Seasoned Peas Fruit Choice Cookie	Turkey Sandwich Deviled Eggs Cucumber & Tomato Salad Berries over Angel Food Cake	Pork Roast Mashed Potatoes w/Gravy Squash Seasonal Fresh Fruit Corn Bread Texas Cake
July 15	July 16	July 17	July 18	July 19
Spaghetti & Meat Sauce Winter Vegetables Tossed Salad Garlic Toast Paradise Dessert	Chicken Breast Cowboy Potatoes Capri Vegetables Fruit Cocktail Bread Serving Pumpkin Dessert	Roast Beef Mashed Potatoes w/Gravy Stewed Tomatoes Diced Pears Cherry Bar	Hamburger on a Bun Potato Salad Baked Beans Watermelon Ice Cream	Country Steak Mashed Potatoes Mixed Vegetables Orange Slices Bread Choice Chocolate Revel Bar
July 22	July 23	July 24	July 25	July 26
Ham & Bean Soup Sliced Cheese Crackers Fresh Relishes (1 cup) Peach Pie	Chicken Salad Sandwich Tomato/Cucumber Salad Banana Half Mixed Fruit Salad Cookie	Pork Steak Rice Seasoned Carrots Tropical Fruit Fruit Turnover	Pasty w/Gravy Cabbage Salad Seasonal Fresh Fruit Pudding Dessert	COOKOUT Grilled Steak Potato Salad Baked Beans Watermelon Steak Roll Chocolate Brownie

Summer Grilling and Food Safety

Summer not only brings out barbecue grills, but also bacteria. Bacteria love the hot, humid days of summer, grow faster than at any other time of the year, and can cause foodborne illness. Summer barbecues are a great way to enjoy the outdoors and each other's company. Keep your barbecues with family and friends healthy and safe this summer with the following tips.

Keep it clean. Wash hands with soap and warm water for at least 20 seconds before and after handling food. If you're eating where there's no source of clean water, bring water, soap, and paper towels or have disposable wipes or hand sanitizer available.

Marinate food in the refrigerator. Don't marinate on the counter—marinate in the refrigerator. If you want

to use marinade as a sauce on cooked food, save an unused separate portion in the refrigerator. Do not reuse marinade that contacted raw meat, poultry, or seafood on cooked food unless you bring it to a boil first.

Keep raw food separate. Keep your barbecue safe by keeping raw meat, poultry, and seafood in a separate cooler or securely wrapped at the bottom of a cooler. Don't use a plate or utensils that previously held raw meat, poultry, or seafood for anything else unless you wash them first in hot, soapy water. Have a clean platter and utensils ready at grill-side for serving.

Seeing isn't believing. Many assume that if a hamburger is brown in the middle, it's done. Looking only at the color and texture of food is not enough—you have to use a food thermometer to be sure. According

to USDA research, 1 out of every 4 hamburgers turns brown before it reaches a safe internal temperature. The only safe way to know if meat, poultry, and egg dishes are "done" is to use a food thermometer. When a hamburger is cooked to 160 degrees Fahrenheit as measured with a food thermometer, it is both safe and delicious!

Keep hot food hot and cold food cold. Keep hot food at 140 degrees Fahrenheit or above until served. Keep cooked meats hot by setting them to the side of the grill, or wrapped well in an insulated container. Keep cold food at 40 degrees Fahrenheit or below until served. Keep cold perishable food in a cooler until serving time, out of direct sun, and avoid opening the lid often.

Temperature and time. Keep your

barbecues with family and friends safe this summer by remembering that the time perishable food can be left outside the refrigerator or freezer drops from two hours to one hour in temperatures above 90 degrees Fahrenheit.

For your next barbecue have a food thermometer, several coolers, ice or frozen gel packs, water, soap and paper towels, enough plates and utensils to keep raw and cooked foods separate, and foil or other wrap for leftovers. • Go to www.food.unl.edu for more information on a variety of food, nutrition, and health topics. • The USDA Meat and Poultry Hotline number is 1-888-MPHotline (1-888-674-6854) or go to the website at www.IsItDoneYet.gov.

*Adapted from Summer Grilling and Food Safety
By: Lisa Franzen-Castle, RD, PhD, Nutrition
Specialist UNL Panhandle Research & Extension
Center Author E-mail: lf Franzen2@unl.edu*

Sign Up For Medicare And Estimate Medicare Cost

Affordable medical coverage is something everyone wants, especially as people age. Luckily, our nation has safeguards for workers as they get older. Millions of people rely on Medicare, and it can be part of your health insurance plan when you retire.

Medicare is available for people age 65 or older, as well as younger people who have received Social Security disability benefits for 24 months, and people with certain specific diseases. Two parts of Medicare are Part A (Hospital Insurance) and Part B (Medicare Insurance). You are eligible for premium-free Part A if you are age 65 or older and you or your spouse worked and paid Medicare taxes for at least 10 years. Part B usually requires a monthly premium payment.

You can apply online for Medicare even if you are not ready to retire. Use our online application to sign up. It takes less than 10 minutes. In most cases, once your application is submitted elec-

tronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. Otherwise, you'll receive your Medicare card in the mail.

You can sign up for Medicare at www.socialsecurity.gov/benefits/medicare.

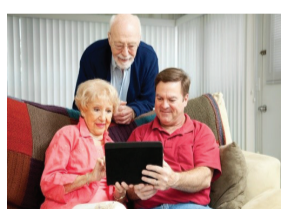
If you don't sign up for Medicare during your initial enrollment window that begins three months before the birthday that you reach age 65 and ends three months after that birthday, you'll face a 10 percent increase in your Part B premiums for every year-long period you're eligible for coverage but don't enroll. You may not have to pay the penalty if you qualify for a special enrollment period (SEP). If you are 65 or older and covered under a group health plan, either from your own or your spouse's current employment, you may have a special enrollment period during which you can sign up for

Medicare Part B. This means that you may delay enrolling in Part B without having to wait for a general enrollment period and without paying the lifetime penalty for late enrollment. Additional rules and limits apply, so if you think a special enrollment period may apply to you, read our Medicare publication at www.socialsecurity.gov/pubs/, and visit the Centers for Medicare and Medicaid Services at www.Medicare.gov for more information.

Health and drug costs not covered by Medicare can have a big impact on how much you spend each year. You can also estimate Medicare costs using an online tool at <https://www.medicare.gov/oopc/>.

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If you have questions or would like more information contact the ADRC at 608-776-4960 or adrc@lchsd.org.



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HELP WANTED: WORK FLEXIBLE HOURS AND MAKE YOUR OWN SCHEDULE!

The Aging & Disability Resource Center is currently seeking volunteer drivers to assist elderly people and people with disabilities get to medical appointments.

While this is a voluntary position, you are reimbursed for your mileage. We drive people Monday through Friday. You set your own hours and days. We will reimburse you for your mileage.

Candidates should have a valid driver's license and feel comfortable driving. The ideal candidate will have a properly working vehicle and the ability to provide car insurance.

This is an extremely rewarding program. If you wish to apply or have questions about the position, please contact us at (608) 776-4902 or email us at adrc@lafayettecounty.org.

Nancy's News



Nancy Amenda

According to the calendar we are heading into the 3rd quarter of this year! It doesn't seem possible! I guess we have been busy trying to get our gardens planted and mowing grass between rain drops to think on how fast time is going! We are having a few days of sunny weather and everyone is busy trying to get ahead of the next rain. According to the weather man since we had so much rain we will have a lot of mosquitoes because of all the water from the floods and standing water. Well, they are right! Yesterday while trying to work in the yard the gnats and mosquitoes were terrible and they were out with a vengeance! I lathered myself with every mosquito and gnat repellent I could find. I also used dryer sheets; Absorbine Plus for sore muscles and vanilla for all your baking needs. The gnats can drive you crazy because they are in your eyes; ears and mouth. They were determined to chase me out of my own yard and I was determined they weren't. I found my old bee bonnet netting that A. J. Howery gave me many years ago when we were having the same problem with gnats. Let's just hope their visit will be short lived!

Summer on the farm was a busy time and as you got older you became a part of the haying crew. By the time I was old enough to be part of this elite group tractors replaced horses and hay was baled. As part of the crew you were out in the hay field with the hot sun beating down on you as you helped pick up hay bales and put them on the wagon or drive the tractor pulling the wagon. I didn't like to drive the tractor because I was famous for letting out the clutch to fast and anyone on the wagon could fall off the back. When Dad fell off it was a learning experience - I learned all the swear words in his vocabulary! Being in the hot sun you could count on a good sun burn and after a few days your nose would peel. The sun also bestowed on me a bumper crop of new freckles. Whenever I seen the uncles they would tease, "What are all those spots on your face?"

farm. After milking was done and the last bale of hay was put in the barn and the animals all fed it was peaceful for us to sit on the front porch and listen to the night sounds.

Another big birthday coming up Macton will be eight years old on July 1st. He spent last night with me because he didn't want to go to Rucker's baseball game because of all the bugs. We had his favorite meal, hot dogs without the bun and Kraft Mac and cheese with applesauce. Well, he ate three hot dogs a big plate of Mac and cheese followed by applesauce; orange juice and a ice cream bar. They say that boys eat a lot when they are going to have a growth spurt and all I can say is that if Mac keeps eating like that he is destined to be seven feet tall! Enjoy summer!

Nancy

Wouldn't it be nice to go back in time to a nice summer evening when the last chore for the busy day was to herd the just milked cows to the night pasture with the help of the family dogs and a few cats trailing along? A shallow creek with a rock bottom ran through the pasture and it had wild plum trees growing on the banks. We took time to play in the creek and eat plums and chase after fireflies on our way home. I loved the summer evening on the

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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SCHEDULE OF EVENTS

11 A.M.-6 P.M. GOLF

STEAK FEED - 5-7 p.m.

2 PERSON BEST BALL

GOLF BALL DRAWING - 6 p.m.

HOLE-IN-ONE \$10,000 CASH PRIZE

LIVE AUCTION - 8 p.m.

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Planning for the Future

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

Take a moment to reflect on Dr. Ira Byock's quote in regards to planning for the future, "It's always too soon until it's too late." This quote too often rings true when we are facing dementia and planning for the future.

It is difficult and can be uncomfortable to have conversations about potential future needs, but avoiding these conversations can ultimately result in a situation where "it's too late." It is vital to plan for the future and express your wishes so you are prepared if a situation occurs when you can no longer do so. Through planning and taking the proper steps, your family, friends and medical staff can be informed and follow through with your decisions. Too often we do not want to have the conversations or fill out the necessary documents and others are left trying to decide what is "right". This can put substantial stress on families. In addition, loved-ones often assume they know what others want, but they may be surprised what they find out after having open conversations.

There are various measures to contemplate when planning for the future, including considerations related to legal documents, financial factors, end-of-life wishes, and general care preferences. The Aging & Disability Resource Center (ADRC) can help by providing you with free, unbiased information on a wide variety of resources that are available for consideration when planning for the future.

Please contact the ADRC in Lafayette County if you are looking for more information about resources available that can help with planning for the future by calling (608) 776-4960 or 800-514-0066. The Dementia Care Specialist is also available if you need more support navigating issues related to dementia.

Lafayette Manor

July Events

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

Special Events

- 8 Music By Chris Ross 2:00
- 10 Holy Rosary Bingo 2:00
- 11 Bus Ride To The Fair 2:00
- 12 Music By Glenda Linneman 2:00
- 13 Piano Music By Terry Dillon 11:15
- 14 Gratiot Evangelical Program 2:00
- 16 Slide Presentation By Jane Howery
On Easter Island 2:00
- 17 Darlington Methodist Bingo 2:00
- 23 Music By Janet Leib 10:00
- 24 Gratiot Catholic Bingo 2:00
- 25 Music By Frankie Brandt 2:00
- 31 Lamont Methodist Bingo &

Daily Events

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

Birthdays

- 5**
- DAVID WENZEL
- 14**
- MARY LOUISE
TEUTSCHMANN
- 24**
- ROY MEIER
- 24**
- RAYMOND MEIER
- 27**
- MARY ALICE HARTMAN

A Bit of Humor

An old owl lived in a drafty tree found an old sock that he hoped would keep him warm. But the sock had a hole in it, so he found a needle and some thread and tried to sew it up. However, he caught a cold and, with his eyes watering, could not see well enough to sew. Next, he developed laryngitis and lost his voice. Now he couldn't hoot worth a darn and couldn't darn worth a hoot.

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