

# News



# & Views



What Caregiving Looks Like.....	2
Protect Your Eyes in Summer.....	3
July Menus.....	4 and 5
Site Activities.....	5
Food Safety & Selection at Farmers' Market.....	6
Ask Your I & A.....	7
Care A Van Schedule.....	8

Volume 7 • July 2018 • Number 7

Aging and Disability Resource Center (608) 930-9835 or 1-800-514-0066

303 W. Chapel St., Dodgeville, WI 53533 • www.iowacounty.org or www.adrcswwi.org

## How Workers' Compensation Benefits and Other Disability Payments May Affect Your Benefits



News from Nikki Brennum - Your Disability Benefit Specialist, Helping Iowa County residents 18-59 years of age with physical, developmental and mental illness disabilities

Disability payments from private sources, such as private pensions or insurance benefits, do not affect your Social Security Disability benefits.

However, workers' compensation and other public disability benefits may reduce your Social Security benefits.

Workers' compensation benefits are paid to workers because of job-

related injuries or illnesses. They may be paid by federal or state workers' compensation agencies, employers or by insurance companies on behalf of employers.

Other public disability payments that may affect your Social Security benefit are those paid by federal, state or local government and are for disabling medical conditions that are not job related. Examples

are civil service disability benefits, state temporary benefits and state or local government retirement benefits that are based on disability.

If you receive workers' compensation or other public disability benefits and Social Security disability benefits, the total amount of these benefits cannot exceed 80 percent of your average current earnings before you became disabled.

### Some public benefits do not affect your Social Security disability benefits.

If you receive Social Security benefits and one of the following types of public benefits, your Social Security will not be reduced:

- Veterans Administration benefits;
- State and local government benefits, if Social Security taxes were deducted from your earnings, or
- Supplemental Security Income (SSI).

### Figuring the reduction.

Your monthly Social Security disability benefits, including benefits payable to your family members, are added together with your worker's compensations or other public disability payments.

If the total amount of these benefits exceeds 80 percent of your average current earnings, the excess amount is deducted from your Social Security benefit.

Example: Before you became disabled, your average earnings were \$4,000 a month. \$3,200 is 80 percent of \$4,000, so you cannot receive any more than that. You, your spouse and your two children are eligible to receive \$2,200 a month in Social Security disability benefits. In addition, you will receive \$2,000 a month for

workers' compensation. Because the total amount of benefits you would receive (\$4,200) is more than 80% of your current earnings, your families Social Security benefits will be reduced by \$1,000.

Your Social Security benefit will be reduced until the month you turn 65 or the month other benefits stop, whichever comes first.

### How your average current earning is determined.

Social Security uses different formulas to calculate your average current earnings. Which formula is used depends on your specific circumstances. Contact Social Security for information on how your average current earnings were calculated.

### Be sure to report changes.

If there is a change in the amount of your other disability payment, or those benefits stop, be sure to contact Social Security.

It is important to tell Social Security if the amount of your workers' compensation or other public disability payments increase or decrease. Any change in the amount of these benefits is likely to affect the amount of your Social Security benefit.

### If you get a lump-sum disability payment.

If you get a lump-sum workers' compensation or other disability payment in addition to or instead of a monthly benefit, the amount of Social Security benefits you and your family receive may be affected. Let Social Security know right away if you receive a lump-sum disability payment.

For more information, please contact your nearest Social Security office or your local Disability Benefit Specialist.

Information from the Social Security Administration

## Walk With Ease? You can do it — we can help.



### Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

### Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

### Join us and learn to Walk With Ease!

Space is limited. Sign up today!

Monday, Wednesday & Friday's from July 9<sup>th</sup> to August 17<sup>th</sup>  
10:15 to 11:15 AM  
Hidden Valley Community Church  
605 N Bennett Rd, Dodgeville  
Cost: FREE  
Register at (608) 930-9835



# ADRC Contact Information

ADRC Main Line (608) 930-9835

Valerie Hiltbrand,  
ADRC Manager

Katie Batton,  
Information & Assistance Lead

Sarah Blake,  
Information & Assistance Specialist

Brittany Mainwaring,  
Information and Assistance/  
Wellness & Prevention Coordinator

Stacey Terrill, Elder Benefit Specialist,  
serves people over age 60

Nikki Brennum,  
Disability Benefit Specialist,  
serves people age 18-59 years

Pam Kul-Berg,  
Dementia Care Specialist

Janet Butteris and Shelley Reukauf,  
Social Workers

Marylee Oleson,  
Department Assistant

Paula Daentl,  
Department Assistant, Transportation

Rose Erickson,  
Care A Van Driver

# What Caregiving Looks Like

Submitted by Shelley Reukauf - Social Worker



Shelley Reukauf

What do you think of when you hear the word Caregiver? Many think of the person who provides hands on, daily care for a frail adult, usually involving help with dressing, feeding, bathing and mobility. While this person certainly is a caregiver, I'd like to challenge you to think about other possibilities of what caregiving looks like. There is the middle-aged son who stops for groceries for his mother on the way home from work. The daughter who takes her dad to his many doctor appointments. The man in charge of cooking and cleaning since his wife is no longer able. Finally, the woman who must take her husband with her to her hair appointment for fear his confusion would endanger him if left home alone.

To sum it up, you don't have to be providing 24/7 care to be considered a caregiver. Anyone who helps someone with something they used to do by themselves is a caregiver. Let me give you a few examples:

- If you feel it is necessary to regularly check on your elderly neighbor and help with little jobs, then you are a caregiver.
- If you find yourself spending time making appointments for your mother and stopping at the pharmacy or grocery store for her amidst running your own errands, you are a caregiver.
- If you have stopped going to your weekly card club because you don't feel you can leave your spouse at home alone, you are a caregiver.

• If you spend time making phone calls for your sister to find an assisted living facility or to set up home care services, you are a caregiver.

It is important to recognize yourself as a caregiver for several reasons. First, caregiving is often a role you do not anticipate and one that brings new challenges and responsibilities. Identifying yourself as a caregiver is the first step to handling the extra stress you may be feeling. Attending a caregiver support group, reading information on caregiver health or talking to a trusted friend or professional about your situation are all good ways to gain support.

Second, identifying yourself as a caregiver can help you connect with community resources. Getting help from a home care agency, adult day care, home delivered meals or a volunteer driver are some ways to reduce your stress as a caregiver. Information about these services is available at the Aging & Disability Resource Center (ADRC).

Finally, seeing yourself as a caregiver helps you understand the importance of the things you do and may result in involving others to help! Sharing tasks with family members, friends or neighbors will take some of the responsibility off you and provide even more support for the person receiving help.

No matter what your caregiving looks like, the assistance you provide is vitally important to the life of the person you are helping. It is often the difference between the person living in his or her own home and living in a care facility. If you are a caregiver, call the ADRC at (608) 930-9835 and see how we can help!

Jane Mahoney, Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources

## WisLoan

The WisLoan program offers loans for assistive technology. Assistive technology is defined as "any item, piece of equipment or device that enables an individual with a disability to improve his or her independence and quality of life." The loans help people buy equipment such as hearing aids, modified vehicles, wheelchairs, ramps, computers with modifications, environmental controls, alternative communication devices and home accessibility modifications. Independent living centers throughout the state provide technical assistance, applications, and assistive technology services.

The program is open to Wisconsin residents of all ages who have a disability. There are no income requirements, and individuals are not required to exhaust personal or public funding. Under the program, banks provide loans to qualified borrowers. Loan amounts depend on the item purchased and the ability to repay the loan.

Individuals applying for a loan must be at least 18 years old and reside in Wisconsin. Applicants must be a person with a disability

or be purchasing items for someone with a disability (for example, a grandparent buying a device for a grandchild). Loans can only be used to purchase assistive technology or to make accessibility modifications.

Applicants can request an amount needed for purchase, but actual loan amounts will depend on the item purchased, the ability to repay and the capacity of the loan fund.

The time allowed for repayment depends on the amount of the loan and the item purchased. In addition, the program focuses on the ability to make the monthly payment to pay back this loan. The reasons for a poor credit record are taken into consideration.

For additional information, contact the WisLoan Program Coordinator at (414) 988-5333 or toll-free at 1-877-463-3778. You can also send an email to [wcoordinator@ifmobility.org](mailto:wcoordinator@ifmobility.org).

IndependenceFirst provides program information and statewide coordination. The Wisconsin Department of Health Services administers the grant and provides

oversight.

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation Research (NIDRR), US Department of Education, under PL105-394, the Assistive Technology Act of 1998, Grant No. H224C010017. WisLoan is provided as a cooperative service of the Wisconsin Department of Health Services, IndependenceFirst, and BMO Harris Bank.

### Iowa County Residents Can Contact:

**Independent Living Resources, Inc.**  
149 E. Mill Street,  
Richland Center, WI  
**Hours: Monday-Friday**  
**8:30 a.m.-4:30 p.m.**  
**Evenings and weekends**  
**by appointment.**  
**Phone/TTY: (608) 647-8053**  
**Toll Free: 877-471-2095**  
**Fax: (608) 647-7783**  
**Email: [advocacy@ilresources.org](mailto:advocacy@ilresources.org)**

Information for this article was obtained from the Wisconsin Department of Health Services: <https://www.dhs.wisconsin.gov/disabilities/wistech/wisloan.htm>

## News & Views



a monthly publication of the  
Aging & Disability Resource  
Center – Iowa County Office

303 W. Chapel St., Dodgeville, WI 53533  
(608) 930-9835 or 1-800-514-0066  
Regional Website: [www.adrcswwi.org](http://www.adrcswwi.org)

Did not receive a copy of Iowa County  
News & Views in the Shopping News?  
Give us a call, copies are available  
while supplies last.

News & Views can be viewed online at  
[www.yourshoppingnews.com](http://www.yourshoppingnews.com) or  
[adrcswwi.org/iowal](http://adrcswwi.org/iowal)

NOTICE: The Aging and Disability Resource Center (ADRC) of Southwest Wisconsin 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: ADRC, 303 W. Chapel St., Suite 1300, Dodgeville, WI 53533.

The Iowa County News & Views is a monthly publication for the ADRC in Iowa County whose purpose is to provide awareness and information on benefits and services.

Watch for the next issue of  
*Iowa County News & Views*  
within the Tuesday, July 24, 2018.  
*Shopping News.*

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

# 5 Ways to Protect Your Eyes in Summer

Improve your health with steps so simple you'll barely notice the effort.

Submitted by Janet Butteris, Social Worker



Janet Butteris

Flying grit from off-roading or yard work, chemicals in pools, a sun that sears delicate tissues — summer is an obstacle course for your precious eyes. You can still have fun, but you may need to take some steps to protect your peepers.

## 1. Wear Sun Protection

"A lot of people come to the ER with burned corneas each summer," Richard O'Brien, MD, an emergency physician with the Moses Taylor Hospital in Scranton, Penn., tells WebMD.

The sun, of course, shoots out rays of different lengths. The most damaging are the ultraviolet rays, which are classified as UVA and UVB.

"Most decent sunglasses," Richard Bensinger, MD, an ophthalmologist in private practice in Seattle, tells WebMD, "protect against UVB. If they also protect against UVA, it should say so on them."

Sunglasses may be one thing you don't want to get at the Dollar Store, O'Brien observes. They should be close to the face or wraparound. Some people like dark tints, but the UV-blocking coating is the same on any color. Polarized lenses may be more comfortable for workers outside because they block glare.

Too much ultraviolet can accelerate the formation of cataracts, Bensinger adds. "There are very solid studies that show this; people who stayed in the sun tended to get cataracts eight to 10 years before a carefully selected group that was mostly in the shade or indoors."

The hat-sunglasses combo should

also be worn at the beach, amusement parks, bike rides, boating, or any place where there is prolonged sun exposure, O'Brien cautions.

## 2. Wear Serious Eye Protection While Doing Home Projects

How often do you see Dad weed whacking or mowing and little Junior playing nearby? Both should be wearing eye protection. "Dad is behind the mower and high up," explains Bensinger. "A flying rock could hit him but more likely will go sideways and hit someone lower to the ground nearby."

By eye protection, this does not mean reading or sunglasses, O'Brien emphasizes. "This means professional quality goggles from a home supply store. I have seen corneal lacerations come into the ER from yard work. We're talking surgery to fix these."

"Chopping wood, hammering nails, sawdust, anything that can fly around," Bensinger advises people to "wear protection."

What if you do take a hit in the eye? "The first determinant is vision, pain is secondary," Bensinger says. "If your vision is not affected, put some ice on it (unless it's a penetrating injury like a BB)."

## 3. Protecting Eyes During Sports

"The bigger the ball, the less likely an eye injury," Bensinger notes. "Basketball is unlikely to injure eyes. But baseballs and softballs can [and so can] golf balls, squash, and handballs."

According to the U.S. Eye Injury Registry, 5% of all eye injuries result from baseballs.

When playing most ball sports, eye protection is warranted, the doctors say. "The objection will be that protection is encumbering," Bensinger says, "but hockey goalies

said that at first, too, about their facemasks." Most sporting goods stores sell plastic, molded shields or masks appropriate for different sports.

## 4. Avoid or Protect Against Chemicals

You can jump in a pool and if your eyes sting, it may mean the chemicals aren't balanced. "This is more of a comfort issue," Bensinger says. "Rarely will it affect your vision."

O'Brien goes farther. "If it hurts, get out!" he cries. "I don't care how much you paid; there is no vacation worth messing with your eyes." Rinse immediately with clean water, even if you have to buy a bottle. "Then," he adds, "do not go back in." If the stinging persists for hours, you should get a doctor to take a look.

To soothe irritated eyes, use artificial tears, not anti-redness drops.

O'Brien also warns against poison ivy, oak, and sumac. It's very bad when that gets into eyes. "You have a few moments to wash it off," he says. He also tells a story of how the irritating oil in these poison plants can stay on clothes for years. "I used to have firefighters come in with poison ivy," he recalls. "One day, one would have it, later a different one. Turns out, one of their turnout coats had been contaminated with poison ivy, and different ones were grabbing it."

O'Brien also warns against insect bites around the eye. "These are nasty," he says. "You don't want to put repellent in your eye, though."

Bensinger also says you don't want to wear your contacts in the pool. "The surface tension holding them in will be washed away by water," he says, "They find a lot of contacts in pool drains."

Infection can also get started from untreated lake or pond water getting under the lens. "Likely that would wash out if you had no contact in there," Bensinger says.

## 5. Protect Against Oddball Events

If you think summer is one big eye accident waiting to happen, you might be right. Consider these other threats:

- **Pellet or dart guns.** Yes, kids still get these and wield them. They should have protective eyewear. Actually, O'Brien notes, kids are less supervised in summer and may get into older kids' toys. Another tricky game? Archery.
  - **Fireworks.** Even professionals make mistakes with these, but leave it to them, anyway, O'Brien says. No matter how often this warning goes out, 8,500 people get hurt by fireworks each year in the U.S. According to the American Academy of Ophthalmology, 2,000 of these are eye injuries with one-third of the eye injuries resulting in permanent eye damage.
  - **Injury to LASIKed eyes.** Postsurgery patients need to be extra careful in general.
  - **Snapping bungee cords from tying down luggage.** These can lash out at 50 mph!
  - **Battery acid from improperly jumped auto batteries.** Keep goggles in the trunk. Steam from spewing radiators could also injure eyes.
- "What's the best thing you can do for your eyes in summer?" Bensinger jokes. "Take them with you to Hawaii."
- Just don't forget those shades, activity-appropriate eyewear, and that common sense.

By Star Lawrence, WebMD Feature

# Caring

it's not the hard part of caregiving

June 20, 2018  
303 W. Chapel St.  
Dodgeville, WI 53533

9:30 – 11:00 AM  
Caregivers for Seniors, including fragile seniors, Dementia & Alzheimer's

1:30 – 3:00 PM  
Caregivers for Adults & Children with Disabilities

JOIN THE DISCUSSION

## Community Dialogue on Supporting Family Caregivers

Wisconsin Women's Council, Wisconsin Dept. of Health Services, The Arc Wisconsin, and Respite Care Association of Wisconsin  
Hosted by: ADRC of Southwest Wisconsin—Iowa County

COUNTY EXECUTIVE CHRIS ABELE IS PLEASED TO WELCOME ACTIVE MILITARY VETERANS AND THEIR FAMILIES TO TAKE PART IN A SUMMER OF FREE FUN IN MILWAUKEE COUNTY. FROM THE LAKEFRONT TO THE MILWAUKEE COUNTY ZOO, AND EVERYTHING IN BETWEEN, OUR NATION'S HEROES WILL HAVE THE OPPORTUNITY TO ENJOY THE BEST OF THE SUMMER IN MILWAUKEE.

# 2018

## SUMMER IN MILWAUKEE COUNTY

### FREE EVENTS FOR MILITARY/VETERANS/FAMILIES

MILITARY/VETS IDENTIFICATION REQUIRED (SEE REVERSE SIDE)

## 3 DAY PASS WEEKEND

**June 29: Mitchell Park Domes 10AM-5PM**  
Admission for military/veteran + 5  
MITCHELL PARK DOMES, 524 S LAYTON BLVD

**June 30: Discovery World 10AM-5PM**  
**Milwaukee Public Museum 9AM-5PM**  
Admission for military/veteran + 5  
DISCOVERY WORLD, 500 N HARBOR DR.  
MILWAUKEE PUBLIC MUSEUM, 800 W WELLS

**July 1: Milwaukee County Zoo 9AM-5PM**  
Free admission for Wisconsin military/veteran + 9 immediate family. TICKETS REQUIRED: obtain through your local CVSO  
MILWAUKEE COUNTY ZOO, 10001 W BLUEMOUND RD

**Milwaukee Art Museum – Military/Veterans +5 – Memorial Day thru Labor Day**  
MILWAUKEE ART MUSEUM, 700 N ART MUSEUM DR

All events are free admission (with proof of military service) at the gate, except for the Zoo, which requires tickets.  
AVAILABLE FROM YOUR COUNTY VETERANS SERVICE OFFICE IN JUNE ONLY.

**MILWAUKEE PRIDE**

**JUNE**

June 8-10<sup>th</sup>: Pride Fest  
Admission for military/veteran +1

June 16-17<sup>th</sup>: Polish Fest  
Admission for military/veteran only

**JULY**

July 1<sup>st</sup> 12-3PM: Summerfest  
Admission for military/veteran +1

July 22<sup>nd</sup>: Festa Italiana  
Admission for military/veteran +1

July 27<sup>th</sup>: German Fest  
Admission for military/veteran + immediate family

July 27-29<sup>th</sup>: German Fest  
Admission for active military ONLY + immediate family

## Senior Farmers' Market Vouchers

Aging & Disability Resource Center

- Must be 60 years of age or older to qualify
- Must be an Iowa County resident
- Only one packet per household
- Must be financially eligible
- Vouchers can be used at any Farmers' Market that accepts them.

\*Reminder: you won't receive change back so use vouchers as close to total as possible

Stop in at the ADRC or visit one of our distribution sites.

Elder Benefit and Information & Assistance Specialists will be at the following sites:

- Ridgeway, Ridge View Apartments, Wednesday, June 20 from 1:00-2:00 pm
- Arena, Arena Manor, Tuesday, June 26 from 11:00 am—1:00 pm
- Dodgeville, Hidden Valley Community Church, Thursday, June 28 from 11:00 am—1:00 pm
- Avoca, Village Green Apartments, Thursday, June 28 from 1:00—2:00 pm
- Highland, St. Anthony & Philip Church, Monday, July 2 from 10:00—11:00 am
- Mineral Point, Homesite Village Apartments, Monday, July 9 from 11:00 am—1:00 pm

USDA Nondiscrimination Statement: Revised January 11, 2016

English: This institution is an equal opportunity provider.  
Spanish: Esta institución es un proveedor que ofrece igualdad de oportunidades.

Hmong: Lub tuam tsew ua hauj ibm no yog ib qhov chaw muab kev pab cuam uas muab vaj huam sib luag rau sawv daws.

ADRC  
Aging & Disability Resource Center

# NUTRITION CENTERS JULY 2018 MENUS



**Suggested Donations: \$4.50 Congregate and \$5.00 Home Delivery**  
**HIGHLAND:** Ss. Anthony & Philip Church, call Tess at (608) 929-7482.  
**DODGEVILLE:** Hidden Valley Church, call Sonia at (608) 574-6630.  
**LINDEN:** Municipal Building, call Eunice at (608) 623-2800 or (608) 943-8308.  
**AVOCA:** DELIVERY ONLY, Monday, Wednesday and Friday, call (608) 930-9845.  
**ARENA:** Arena Manor, call Candy at (608) 341-6859.  
**MINERAL POINT:** DELIVERY ONLY call (608) 930-9845.



Fellowship, Food & Fun

For questions regarding the SUN Program, contact the main office at (608) 930-9845. Comments and suggestions are welcome! See News & Views flyer and additional information and recipes at each site.

Please, call by 1:00 p.m.  
**ONE DAY in advance for reservations.**

## Greetings From S.U.N. Senior Dining and Meals on Wheels



Cecile McManus, RD

It's the middle of the year, and summer is here already. Happy July 4th to all of you; such an important day to all Americans! I hope you have a chance

refried beans, black, kidney, red, great northern, navy, garbanzo and cannellini beans, along with black-eyed peas, lentils, split peas and soybeans. Because of their high nutrient content, beans can count for protein or vegetable, but not both, in the same meal.

Requiring one serving of beans or peas each week is new this year along with

freedoms. We will again be having a steak cookout at most of our sites on Friday, July 27. This is a special day for all of the participants, as we serve grilled steaks, along with a picnic-style meal. It is a festive, party day; try to get to your nearest site if you can; if you don't have a congregated site in your town, maybe you and a friend can travel to the nearest site. We look forward to seeing you there!

Meals should be reserved at least one day in advance. Steaks are purchased from Avon Locker in Darlington for most sites. In addition, at several sites, volunteers from outside the site, such as firefighters and family members of managers, help. I love to see this involvement from the communities we serve!

Periodically I like to go over some of the basic information on our program just to review and for new people who may have moved into the area or are turning 60. I want to discuss the new requirement of the meal pattern, adding one more fruit/vegetable each day. This requirement officially goes into effect in 2019, but we are implementing it this year. This brings to three the number of vegetable/fruit servings in each meal, along with 3 oz. of meat/meat alternate, 1 grain serving (usually bread), 8 oz. of milk, and dessert (which can be fruit). The suggested calorie level is 675/meal. The meal pattern focuses on actual food, whereas there are certain nutrients that these foods must provide: protein, calcium, fiber, potassium, sodium, magnesium, zinc, vitamins A, B6, B12, C, D, and folic acid.

The new requirement focuses more on vegetables, dividing them into four groups based on their nutrient content: dark green (at least 1 serving/week), red/orange (at least 2 servings/week), starchy (at least 2 servings/week), and dry beans and peas (at least 1 serving/week). Examples of dark green vegetables would be broccoli, spinach, collard, mustard or turnip greens, beet greens, bok choy or watercress. Red or orange vegetables are tomatoes, carrots, pumpkin, red peppers, sweet potatoes or winter squash. There is usually no problem meeting the starchy vegetable requirement as it includes potatoes, corn, green lima beans and peas. The last group, dry beans and peas (also called pulses), includes pinto or

distinguishing between dark green and other vegetables. The iceberg lettuce that we are all familiar with is crunchy and provides water and some fiber, but is otherwise not very nutritious; this new requirement forces us to try some new things: kale, romaine, and fresh spinach. Gradually we will work these into some of our menus; I hope you will try them. We have always used dry beans and peas in our menus, but now we must be more creative, using them in salads as well as hot foods, even dessert! Have you tried black bean brownies or navy bean pie? We have, and they are delicious! There is such a variety to choose from, more than I ever knew. Moreover, they are packed with nutrition, especially fiber, for a very reasonable cost. Most varieties you can find canned, if you want to add them to your diet.

July is also National Beef Month, so I want to give a shout out to all the ranchers and the Iowa County Cattlemen's Association for giving donations to SUN in the past.

Cecile

## July ACTIVITIES

**ARENA**  
 No Foot Care Cards after Lunch

**DODGEVILLE**  
 Thursdays

Cards at 12:15 p.m.

**Tuesday, July 10**

Lunch and Learn

**Tuesday, July 17**

Bingo at 12:30 p.m.

**HIGHLAND**

Cards after Lunch

**LINDEN**

**Wednesday, July 18**

Birthday Party

**Thursday, July 19**

Foot Care at 1:00 p.m.

**ALL SITES**

**Friday July 27**

**Steak Cookout**

### HIGHLAND: Serving at 11:30 a.m., AVOCA Home Delivery Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>	<b>July 6</b>
Taco Salad Peaches w/Cottage Cheese Three Bean Salad Cook's Choice Dessert	Hot Pork Sandwich Mashed Potatoes w/Gravy Calico Beans Tossed Salad w/Dressing Slab Apple Pie	 <b>HAPPY 4TH OF JULY NO MEALS</b>	Chicken Wrap w/Lettuce, Bacon, Tomato & Cheese Macaroni Salad w/Peas, Celery & Cheese Pears Brownie	Cheeseburger Soup Egg Salad Sandwich Coleslaw Mixed Fruit Cup Raisin Pie
<b>July 9</b>	<b>July 10</b>	<b>July 11</b>	<b>July 12</b>	<b>July 13</b>
Meatloaf Mashed Potatoes w/Butter Stewed Tomatoes Pickled Beets Lemon Meringue Pie	BBQ Pork Sandwich on a Bun Sweet Potatoes Calico Beans Tossed Salad w/Dressing Coconut Cream Pie	Polish Sausage Mashed Potatoes w/Butter Kraut or Cooked Cabbage Fresh Banana Cookie	BBQ Chicken Thighs Potato Salad Seven Layer Salad Watermelon Chocolate Cake w/Peanut Butter Icing	Cod on a Bun Baked Potato w/Butter Coleslaw Creamy Cucumbers Raisin Pie
<b>July 16</b>	<b>July 17</b>	<b>July 18</b>	<b>July 19</b>	<b>July 20</b>
Chicken Noodle Soup Grilled Chicken Sandwich w/Lettuce & Mayo Fresh Tomato Slices Cook's Choice Dessert	Hamburger in Gravy Mashed Potatoes w/Gravy Green Beans Fruit Cup Carrot Cake w/Cream Cheese Icing	Turkey Tetrazzini w/Mixed Vegetables over Pasta Broccoli Raisin Salad Buttered Peas Apple Crisp w/Topping	Hot Beef Sandwich Mashed Potatoes w/Gravy Glazed Carrots Mixed Fruit Cup Ice Cream Sundae	Bean & Ham Soup Ham Salad Sandwich Tossed Salad w/Dressing Pickled Beets Pineapple Upside Down Cake
<b>July 23</b>	<b>July 24</b>	<b>July 25</b>	<b>July 26</b>	<b>July 27</b>
Chicken Fajita Refried Beans Spanish Rice Seven Layer Salad Custard Pie	Hot Pork Sandwich Mashed Potatoes w/Gravy Buttered Carrots Applesauce Butterscotch Pudding	Club Salad w/Bacon, Ham, Chicken, Tomatoes, Onion, Cheese & Croutons Peaches/Cottage Cheese Mixed Fruit Cup Lemon Poppy Cake	BBQ Chicken Thighs Hashbrowns Tossed Salad w/Dressing Applesauce Pumpkin Pie	<b>STEAK COOKOUT</b> Grilled Steak Potato Salad Baked Beans Watermelon Steak Roll Chocolate Cream Pie

### DODGEVILLE: Serving at 11:30 a.m. and delivering to RIDGEWAY and BARNEVELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>	<b>July 6</b>
Goulash Lettuce Salad Fresh Grapes Garlic Toast Peaches	Beef Stew w/Carrots & Potatoes over Biscuit Tomato Slices Watermelon Cubes Chocolate Cake	 <b>HAPPY 4TH OF JULY NO MEALS</b>	Cold Deli Plate: Tuna Salad, Three Bean Salad, Macaroni Salad, Fresh Fruit Cup Rhubarb Crisp	Pork Roast Mashed Potatoes w/Gravy Stewed Tomatoes Orange Wedges Wheat Bread Custard
<b>July 9</b>	<b>July 10</b>	<b>July 11</b>	<b>July 12</b>	<b>July 13</b>
Creamed Chicken over Noodles Brown Sugar Squash Pickled Beets Strawberry Shortcake (1/2 cup strawberries)	Swiss Steak Mashed Potatoes w/Gravy Mixed Vegetables Dinner Roll Fruit Cocktail	BBQ Meatballs Oven Fried Potatoes Baked Beans Apricot Halves Whipped Gelatin	Breaded Pork Chop Stuffing Asparagus Carrot/Raisin Salad Cherries & Pears	Baked Cod Baked Potato Coleslaw Rosy Applesauce Cheesecake
<b>July 16</b>	<b>July 17</b>	<b>July 18</b>	<b>July 19</b>	<b>July 20</b>
Hot Beef Open Face Sandwich Mashed Potatoes Garlic Brussels Sprouts Wheat Roll Special K Bar	BBQ on a Bun Potato Salad Baked Beans Veggies w/Dip Chocolate Chip Cookie	Ham w/Mustard Sauce Scalloped Potatoes Cooked Cabbage Potato Roll Fresh Berries w/Whipped Topping	Beef Stroganoff over Noodles Creamy Cucumbers Cantaloupe Cubes Wheat Bread Blueberry Angel Food Dessert	Salmon Loaf Cowboy Potatoes Glazed Carrots Apple Slices Oreo Dessert
<b>July 23</b>	<b>July 24</b>	<b>July 25</b>	<b>July 26</b>	<b>July 27</b>
Pork Chow Mein over Rice Oriental Vegetables Fresh Spinach Salad Crescent Roll Pineapple Rings	Baked Chicken Mashed Potatoes w/Gravy Creamed Corn Wheat Roll Mandarin Orange Salad	Navy Bean Soup Egg Salad on Wheat Bread Tropical Fruit Cup Crackers Peach Crisp	Meatloaf Garlic Mashed Potatoes Peas & Onions Pickled Beets Frosted Brownie	<b>STEAK COOKOUT</b> Grilled Steak Potato Salad & Baked Beans Watermelon Steak Roll Chocolate Brownie
<b>July 30</b>	<b>July 31</b>			
Roast Beef Mashed Potatoes w/Gravy Buttered Beets Dinner Roll Fresh Fruit Cup	Kielbasa w/Kraut German Potato Salad Calico Beans Rye Bread Strawberry Pie	<b>Find us on Facebook at Seniors United for Nutrition, Inc. - SUN</b>		

### ARENA: Serving at Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>	<b>July 6</b>
Ring Bologna w/Sauerkraut Oven Browned Potatoes Sliced Carrots Cranberry Oat Bar	Swiss Steak Mashed Potatoes w/Gravy Three Bean Salad Choice of Bread Seasonal Fresh Fruit	 <b>HAPPY 4TH OF JULY NO MEALS</b>	Cavatini w/Italian Sausage & Black Olives Fresh Spinach Salad Peaches Red, White & Blueberry Dessert	Baked Tilapia Baked Potato w/Sour Cream Coleslaw Rye Roll Vanilla Pudding w/Sliced Bananas
<b>July 9</b>	<b>July 10</b>	<b>July 11</b>	<b>July 12</b>	<b>July 13</b>
Taco Salad on Mixed Greens w/Seasoned Beef, Sour Cream, Refried or Black Beans & Salsa (1/2 cup) Tortilla Chips Seasonal Fresh Fruit	Baked Chicken Rice Pilaf California Blend Vegetables Cucumber Salad Pineapple Chunks	Pork Roast Au Gratin Potatoes Mixed Vegetables Dinner Roll Gelatin w/Fruit	Meatballs in Gravy over Egg Noodles Seasoned Squash Broccoli Raisin Salad (3/4 cup) Rhubarb Dessert	Salmon Loaf Parsley Red Potatoes Creamed Peas Choice of Bread Fruit Pie (Cook's Choice)
<b>July 16</b>	<b>July 17</b>	<b>July 18</b>	<b>July 19</b>	<b>July 20</b>
Meatloaf Scalloped Potatoes Green Beans Corn Muffin Apricots	BBQ Pork Sandwich on a Bun Tater Tots Calico Beans Strawberry Shortcake	Asian Crispy Chicken Salad w/Craisins, Almonds, Mandarin Oranges, Romaine Lettuce & Oriental Noodles Seasonal Fresh Fruit Choice of Cookie	Roast Beef Mashed Potatoes Stewed Tomatoes Dinner Roll Tropical Fruit	Egg Casserole w/Bacon, Cheese, Green Pepper & Onion Hashbrowns Orange Juice Blueberry Kuchen
<b>July 23</b>	<b>July 24</b>	<b>July 25</b>	<b>July 26</b>	<b>July 27</b>
Cheeseburger Soup Breaded Chicken Patty on a Bun w/Mayo & Lettuce Seasoned Carrots Sliced Tomatoes Fresh Cantaloupe	Pasty Coleslaw Ambrosia Dessert	Cranberry Glazed Pork Chop Sweet Potatoes Applesauce Rye Roll Pear Crisp	Breaded Fish Wedge w/Lemon Baked Potato Waldorf Salad Mandarin Oranges w/Cottage Cheese	<b>STEAK COOKOUT</b> Grilled Steak Potato Salad Baked Beans Fresh Watermelon Steak Roll Chocolate Brownie

### LINDEN: Serving at Noon, also serving COBB residents. MINERAL POINT: Home Delivery Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>	<b>July 6</b>
Tuna Noodle Casserole Peas Mixed Greens w/Dressing Pineapple & Orange Pieces Lemon Bar	Porcupine Meatballs Mashed Potatoes Baked Beans Aunt Carol's Salad Frosted Marble Cake	 <b>HAPPY 4TH OF JULY NO MEALS</b>	Baked Chicken Breast Au Gratin Potatoes Honey Glazed Carrots Tropical Fruit Rice Pudding w/Raisins	Fish Square on a Bun w/Lettuce, Cheese Slice & Tartar Sauce Sweet Potato Wedges Peach Slices Frosted Applesauce Cake
<b>July 9</b>	<b>July 10</b>	<b>July 11</b>	<b>July 12</b>	<b>July 13</b>
Goulash w/Tomatoes Mixed Vegetables Sunshine Salad Molasses Cookie	Seasoned Baked Cod Scalloped Potatoes Dilled Carrots Mixed Fruit Bread Pudding w/Caramel Sauce	Pasty Romaine Lettuce w/Dressing Chunky Applesauce Angel Food Cake w/Topping	Savory Roast Pork Whipped Squash Seasoned Corn Creamy Coleslaw Cheesecake w/Topping	Salisbury Steak Mashed Potatoes w/Gravy Maple Baked Beans Pears Frosted Yellow Cake
<b>July 16</b>	<b>July 17</b>	<b>July 18</b>	<b>July 19</b>	<b>July 20</b>
Roast Beef w/Gravy Mashed Potatoes Buttered Beets Mixed Greens w/Dressing Coconut Crème Pie Square	Baked Potato Bar Three Bean Chili w/Grated Cheese Waldorf Apple Salad Peach Pan Pie	Salisbury Steak Cowboy Potatoes Seasoned Corn Fruited Gelatin w/Topping Frosted Cake <b>Linden Birthday</b>	Roast Turkey Mashed Potatoes w/Gravy Green & Wax Beans Copper Penny Salad Crème Puff Dessert	Beef Stew over a Baking Powder Biscuit Seven Layer Salad Fresh Fruit Pumpkin Dessert
<b>July 23</b>	<b>July 24</b>	<b>July 25</b>	<b>July 26</b>	<b>July 27</b>
Baked Cod w/Tartar Sauce Potato Wedges Tomato Cucumber Salad Fresh Banana Deviled Eggs Scotcheroo Bar	Swedish Meatballs Over Buttered Noodles Broccoli Watermelon Chocolate Chip Cookie	Calico Bean Casserole Buttermilk Biscuit Romaine Lettuce w/Dressing Rosy Pears Blonde Brownie	Baked Chicken Mashed Potatoes Steamed Baby Carrots Cantaloupe Poke Cake	<b>STEAK COOKOUT</b> Grilled Steak or Roast Beef on a Bun Marinated Vegetable Salad Potato Salad Mixed Fruit Vanilla Pudding Pie Square

**UPcoming**  
**EVENTS**

**Reminder!**  
**The Health & Human Services Center is Closed**

Wednesday, July 4 in observance of Independence Day.

**Friday, July 6**  
**Care A Van Trip**

To Wisconsin Big Cat Rescue & Education Center in Rock Springs, WI: Guided Tour. Admission is \$6 per person. Eat in Spring Green.



**Monday, July 9**  
**Care A Van Trip**

To The Walker House in Mineral Point: Grilling Feast. \$10 per person.

**July 9 – August 17**  
**Walk With Ease Program**

Meet three mornings a week for one hour at Hidden Valley Community Church, Dodgeville.

**Thursday, July 12**  
**Suicide Prevention Support Group**

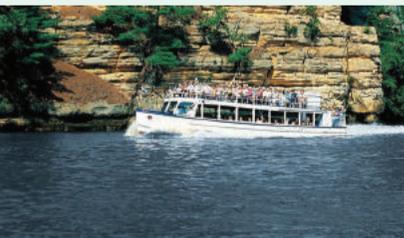
7:00 – 9:00 pm at Health & Human Services Center, Room 1001, Dodgeville.

**Tuesday, July 17**  
**Mug Club for Caregivers**

(Support Group) 10:30 am – Noon at Dodgeville Public Library, 139 S. Iowa Street. We welcome new members!

**Friday, July 20**  
**Care A Van Trip**

To Monroe: Lunch and Shopping



**Monday, July 23**  
**Care A Van Trip**

To Upper Dells Boat Tour in Wisconsin Dells – Admission around \$10. Lunch on the way.

**Monday, July 30**  
**Mobile Food Pantry**

4:30 – 5:30 pm at Ss. Anthony & Philip Church, 726 Main Street, Highland, WI.



Donna Peterson

# Food Safety and Selection at Farmers' Market

Donna Peterson, Nutrition Educator with Cooperative Extension in Iowa County, offers tips for increasing your health and wealth in 2018. **Call (608) 930-9850 for more information.**

Farmers' markets offer a variety of fresh, locally-produced fruits, vegetables, bakery and meat products in an outdoor venue. Get the most from your local farmers' market with the following information.

**Go directly home from the market! Avoid side trips.** Foods will decline in quality and perishable foods like meats and eggs can pose food safety problems if left sitting in your car.

**Different fruits and vegetables require different temperature and humidity levels for proper storage.**

These foods taste best stored at room temperatures: melons, onions, potatoes, tomatoes and winter squash. Store them in a clean, dry, well-ventilated place, away from direct sunlight and away from areas

where meat is prepared.

**Refrigerate fruits and vegetables in perforated plastic bags to help maintain moisture yet provide air flow.** Unperforated plastic bags can lead to the growth of mold or bacteria. If you don't have access to commercial, food grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag.

**Store fruits in a separate refrigerator crisper drawer from vegetables.**

**If fruits and vegetables are placed on refrigerator shelves, store meats on pans or plates below the produce** to prevent meat juices – which contain harmful bacteria – from dripping on them.

**Wash hands before working with**

**produce.**

**Wash ALL produce thoroughly. Wash produce before you use it, NOT when you bring it home!** Fresh produce has a natural protective coating that helps keep in moisture and freshness. Washing produce before you are ready to use it causes it to spoil faster. Rinse under clean, running cool water just before preparing or eating. Don't use soap or detergent as it can get into produce and make you sick. Rub briskly – scrubbing with a clean brush or hands – to clean surface. Dry with a clean cloth or paper towel. Cut away bruised and damaged areas.

*Adapted from N EXTENSION The Garden Grocery Food Safety & Selection at Farmers' Markets, Amy Peterson, MS, RD and Alice Henneman, MS, RDN of University of Nebraska Lincoln*

## Powerful Tools for Caregivers Class Series

The Aging & Disability Resource Center of Southwest WI will be offering a "Powerful Tools for Caregivers" class series in Belmont, WI beginning Thursday, July 12th and concluding on Thursday, August 16th.

This six-week series will meet from 1:30 to 3:00 p.m. at the Belmont Village Hall, 222 S. Mound Avenue. Each class builds upon previous acquired skills.

There is no fee for this class series, but pre-registration is required to ensure we have enough materials for each participant. Unpaid family caregivers from Grant, Iowa, Lafayette and Green Counties and the surrounding areas are invited to attend.

Focus is on the caregiver and self-care. You will learn techniques to reduce personal stress; communicate effectively with family, friends, and medical professionals; and reduce guilt, anger, fear, depression and tension. You will learn to build confidence in handling difficult caregiving situations, emotions and decisions. In addition to the education, support also comes from other caregivers who experience similar feelings and day-to-day struggles. Although it is not a support group, participants give and receive support from each other.

Caregiving can be both challenging and rewarding. It is very important that caregivers pay attention to the physical, emotional, and financial problems that this role may cause and continue to take care of themselves. Families usually believe that no one can care for their loved one as well as they can even though they are struggling to "do it all". It is important for the caregiver to maintain outside interests and activities, and continue to see friends. Often caregivers are reluctant to seek help until there is a crisis. This class can help you manage the challenges of caregiving.

For more information or to register: Call Ruth Rotramel at (608) 723-6113 or Pam Kul Berg at (608) 426-4295. Class size is limited.



## When You Need Information and Options Start here...

The Aging and Disability Resource Center in Iowa County is the place to stop when you need information and options. The Aging and Disability Resource Center (ADRC) is here to help older people and people with disabilities – along with their families and caregivers – find services and resources to keep them living well and independently. We Help: Adults age 60 and older, Adults with physical or developmental disabilities. The ADRC is dedicated to providing older adults and people with physical or developmental/intellectual disabilities with the resources needed to live with dignity and security, and achieve maximum independence and quality of life.

Problems can arise at the worst possible times; that is where the ADRC can help. We are here to let you know what is available to assist you during your time of need. Information and assistance is available at any time and at no charge to you. Elder and Disability Benefit Specialists are also available upon request for benefit needs.

The Aging & Disability Resource Center in Iowa County is a local office of the Aging & Disability Resource Center of Southwest Wisconsin and partners with other local offices in Grant, Green & Lafayette Counties.

# ask YOUR

Do You Have  
A Question?



Sarah Blake, Katie Batton & Brittany Mainwaring *Information and Assistance Specialists*

## Information and Assistance Specialists!

**Question:**  
When was the last time  
you did something  
for the first time?

Think about it. Are you stuck in the same routine as always? Well, now is the time to change that! July is National Anti-Boredom Month. Boredom is a self-inflicted problem and an extended period of boredom can lead to depression. The antidote to boredom is curiosity. Curiosity happens when you start to explore the world around you. You will be less likely to feel bored if you go out, get active, pick up a new hobby, or even volunteer. You will be too busy learning new things or meeting new people to feel bored. I thought it would be fun to ask my peers the question, "When was the last time you did something for the first time?" Some of the responses were; they participated in a vendor craft show, they volunteered picking up litter, they tried a new recipe, meditated, tried a new restaurant, to list a few. So, get out of the house and try something new! Come enjoy some of Iowa County's festivities this summer!

We would love to see you at the upcoming events that the Aging and Disability Resource Center offers:

- Walk with Ease Workshop (July 2018),

- Healthy Living with Diabetes Workshop (August 2018),
- Stepping On Workshop (October 2018); or
- Ride the Care-A-Van; trips are scheduled throughout the summer (See page 8).

### Other activities/festivities

- Dodgeville Concert Series - Wednesdays in June - 7:00-8:30 p.m. at Harris Park.
- Mineral Point Annual 4th of July Celebration.
- Woodlander's Workshops - July 12-15 in Mineral Point at Shake Rag.
- Our Town Celebration - July 20-21 in Highland.
- Arts on Point - August 3-4 in Mineral Point.
- Exercise Classes - every Monday, Wednesday, Friday at 9:00 a.m. in Avoca.
- Jammin' on the Porch - Mineral Point Orchard Lawn 6-8 p.m., 2nd Friday of each month.
- Cobb Corn Roast - August 8-12.
- Cancer Coalition Fundraiser at Mineral Point Fairgrounds on August 18.
- Antique Days - Dodgeville Lions Club at Harris Park on August 26.
- Bingo - Sienna Crest in Dodgeville every Friday at 3:00 p.m.
- Iowa County Fair - Labor Day Weekend.
- Dodgeville Chamber Lunch Series - every 3rd Thursday of the month at Dodger Bowl Lanes.
- Cribbage Club - Barneveld Library every 2nd & 4th Thursday at 1:00 p.m.
- 3rd Annual Car Show - Mineral Point September 15.
- Health & Wellness Expo, September 28.

- 26th Annual Cornish Festival - Mineral Point September 26-28.
- Dancing! Healthy Hoedowns at Folklore Village in Dodgeville on September 8 and October 6.
- Try out a delicious meal at a local SUN Senior Dining Site: Arena, Dodgeville, Highland, Linden, Muscoda, and Montfort. (See page 4 and 5)
- Go swimming rain or shine at the outdoor or indoor pools located throughout the county. Outdoor Public Pools (Mineral Point, Dodgeville, Montfort, Muscoda, and Blanchardville). Indoor - Quality Inn & Suites (Mineral Point), Best Western (Dodgeville), Spring Valley Inn (Spring Green), Deer Valley Lodge (Barneveld), Don Q Inn (Dodgeville).

*\*this is not an exhaustive list.*

There are many more events happening throughout the summer, so get out and explore!

Contact the ADRC at (608) 930-9835 to send in your questions. Information and Assistance Specialist's (I&A's) help provide information and assistance regarding local services and resources that match your needs. **Services are free and confidential.**

If you have a question that you would like answered in the News and Views, feel free to send in a letter addressed to:

**News and Views Q & A**  
303 W. Chapel Street, Suite 1300,  
Dodgeville, WI 53533

## Health Care Scams

You see an ad on TV, telling you about a new law that requires you to get a new health care card. Maybe you get a call offering you big discounts on health insurance. Or maybe someone says they're from the government, and she needs your Medicare number to issue you a new card.

**Their goal is to get your Social Security number, financial information or insurance number.**

Scammers follow the headlines. When it's Medicare open season, or when health care is in the news, they go to work with a new script. Their goal? To get your Social Security number, financial information, or insurance number.

So take a minute to think before you talk: Do you really have to get a new health care card? Is that discounted insurance a good deal? Is that 'government official' really from the government? The answer to all three is usually: No.

<https://www.consumer.ftc.gov/features/feature-0030-pass-it-on#health-care-scams>

### Here's what you can do:

1. **Stop. Check it out.** Before you share your information, call Medicare (1-800-MEDICARE), do some research, and check with someone you trust. What's the real story?
2. **Pass this information on to a friend.** You probably saw through the requests. But chances are you know someone who could use a friendly reminder.

### Please Report Scams

If you spot a health care scam, please report it to the Federal Trade Commission. Report scams online at [www.ftc.gov/complaint](http://www.ftc.gov/complaint) or call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261. Your complaint can help protect other people. By filing a complaint, you can help the FTC's investigators identify scam artists and stop them before they have access to a friend's hard-earned money. It really makes a difference.

## Independence Day

N	I	R	P	A	R	A	D	E	S	O	C	O	O
M	T	I	R	I	N	I	A	T	I	R	B	I	A
I	A	J	T	S	S	M	F	R	E	E	D	O	M
N	O	S	E	K	S	T	A	O	C	D	E	R	N
U	S	K	R	O	W	E	R	I	F	A	G	T	A
T	E	C	N	E	D	N	E	P	E	D	N	I	C
E	N	D	R	P	P	I	P	A	C	E	T	A	I
M	D	E	C	L	A	R	A	T	I	O	N	I	R
E	F	A	R	E	R	A	T	T	D	L	E	N	E
N	R	T	T	C	J	R	R	D	T	E	A	N	M
N	E	R	E	E	E	W	I	E	I	C	M	N	A
I	M	P	A	E	G	L	O	R	Y	T	D	U	C
D	O	N	R	E	A	P	T	C	L	I	W	T	I
D	F	O	U	R	T	H	J	U	L	Y	L	C	R

AMERICAN  
DECLARATION  
FOURTH JULY  
PARADES

BRITAIN  
PATRIOT  
MINUTEMEN  
FREEDOM

INDEPENDENCE  
FIREWORKS  
REDCOATS  
GLORY

# Proud to Be an American

with Stacey Terrill, *Your Elder Benefit Specialist*



## Fourth of July: Independence Day

Back where I come from, we think of Fourth of July as Independence Day. Did you know that it is also National Country Music Day? It was in the 1950s that the Country Music Deejay Association decided to celebrate National Country Music Day, and it has been around forever and ever, amen. This article is going to test your knowledge on hit country tunes. So grab a pen, can you find all 35 song references?

Social Security's been around nearly as long as country music-since the 1930s. Social Security was signed into law during the same depression era that found Gene Autry singing "Goodbye Little Darlin', Goodbye." Since its dustbowl beginnings, Social Security has helped many silver-haired daddies (and mammas who let their babies grow up to be cowboys) get back in the saddle again.

By helping many older Americans stay out of poverty, or if you feel like you have friends in low places, Social Security is used to being told this is "The Sweetest Thing" and that "you were always on my mind." Not to mention, "If you've got the money, honey, I've got the time."

These days, retirees live longer than ever. Today's average 65-year old can expect to live another 20 years. About 55 million Americans will receive \$760 billion in Social Security benefits this year which will not Achy Breaky Heart.

But let's give them something to talk about: Social Security is more than retirement. The agency could cry, "People who say 'Social Security Retirement' never even called me by my name." That's because Social Security also pays disability and survivors benefits, as well as Supplemental Security Income, or SSI.

Whether you're at the start of your career, working 9 to 5, or well into mid-career, you should give some thought to planning your future retirement. To help you plan, visit our Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). It'll help you determine how much you need to save to harvest a comfortable retirement. When it's all said and done, you'll feel like a better man.

Are you at the end of a career? Ready to take this job and shove it? Do you feel like you're ready to fall to pieces? There's no reason to walk the line to your local Social Security office, even if you are king of the road. The easiest way to apply for retirement benefits is online, at [www.socialsecurity.gov](http://www.socialsecurity.gov). Being away from your friends at work may make you so lonesome you could cry, but at least you can count on a monthly Social Security payment. They may even begin to sing about the day of the month "when our old-age pension check comes to our door." Nowadays directly deposited to your bank account.

Here's a word of advice for folks who may be divorced, you're gonna miss her. You may have picked a fine time to take your lover and hit the road, but if you were married for ten years or more, and are not remarried, you may qualify for Social Security benefits based on your ex's work history- whether your exes live in Texas or anywhere else.

Many of us say "I was country when country wasn't cool," and most of the boys round here would agree. Cruise on over and visit Stacey, your local Benefit Specialist. Don't be the gambler and let those benefits pass you by. You'd be surprised how often she hears "What a Difference You've Made In My Life." When I get through with you, you will feel sixteen tons lighter. So don't think "Pour Me," or say nothing at all, give your local ADRC a call at (608) 930-9835.

Were you able to find all 35 song references? Here's an easier challenge: find everything you need related to Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov) or by calling your local ADRC at (608) 930-9835.

*Information in this article provided by Ken Hess, Public Affairs Specialist for Northern Wisconsin.*

# JULY 2018 CARE A VAN SCHEDULE

Call (608) 930-9835



**NEW RIDERS ALWAYS WELCOME...**  
we will pick you up at your door, whenever possible.  
**\$5.00 SENIOR TRIP DAYS**

Leave from the Health and Human Services Center in Dodgeville at 9:15 a.m.

**Note: If space is available, persons aged younger than 60 can ride the bus for the actual cost of the trip.**

- Monday, July 2 ..... **NO BUS SERVICE**
- Tuesday, July 3 ..... **NO BUS SERVICE**
- Wednesday, July 4 ..... **NO BUS SERVICE** – Happy Independence Day!
- Thursday, July 5 ..... **TO: MONTFORT** - Lunch & Shopping
- Friday, July 6 ..... **SENIOR TRIP DAY**  
**TO: ROCK SPRINGS** - Guided Tour at Wisconsin Big Cat Rescue and Education Center to meet the resident tigers, leopards, & lions. Cost \$6/person. Eat at Shifflet's Bar & Riverside Grille on the way to Rock Springs. Leave HHSC at 10:15 a.m.
- Monday, July 9 ..... **DINE-OUT DAYS**  
**TO: MINERAL POINT** - Walker House grilled feast! Meat Lovers' Delight (Grilled Filet Mignon, Pork Tenderloin Steaks & Chicken Breast)! Try 'em all! In addition, check on the veggie seeds planted earlier this spring. Price: \$10/person tax included. Leave HHSC at 10:30 a.m.
- Tuesday, July 10 ..... **TO: DODGEVILLE**  
Dining Center, Shopping, Run Errands & SWCAP Food Pantry
- Wednesday, July 11 ..... **TO: PLATTEVILLE**  
Pick up & drop off residents in: Hollandale, Mineral Point, Linden & Rewey
- Thursday, July 12 ..... **TO: DODGEVILLE** - Ride Only.
- Friday, July 13 ..... **NO BUS SERVICE**
- Monday, July 16 ..... **NO BUS SERVICE**
- Tuesday, July 17 ..... **TO: DODGEVILLE**  
Dining Center, Shopping, Run Errands & SWCAP Food Pantry
- Wednesday, July 18 ..... **TO: RICHLAND CENTER**
- Thursday, July 19 ..... **TO: MINERAL POINT** – Ride Only.
- Friday, July 20 ..... **SENIOR TRIP DAY**  
**TO: MONROE** – Lunch & Shopping
- Monday, July 23 ..... **SENIOR TRIP DAY**  
**TO: WISCONSIN DELLS** - Upper Dells Boat Tour at 1:30 p.m. Approximate cost \$10/person.
- Tuesday, July 24 ..... **TO: DODGEVILLE**  
Dining Center, Shopping, Run Errands & SWCAP Food Pantry
- Wednesday, July 25 ..... **TO: PLATTEVILLE**  
Pick up & drop off residents in: Avoca, Highland, Muscoda, Cobb & Edmund
- Thursday, July 26 ..... **TO: DODGEVILLE**  
Ride Only.
- Friday, July 27 ..... **SENIOR TRIP DAY**  
**TO: PRAIRIE DU CHIEN** – Lunch & Shopping
- Monday, July 30 ..... **SENIOR TRIP DAY**  
**TO: SAUK CITY** – Lunch & Shopping
- Tuesday, July 31 ..... **TO: DODGEVILLE**  
Dining Center, Shopping, Run Errands & SWCAP Food Pantry