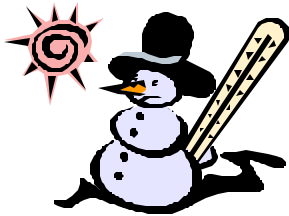


Loose Ends

Waushara Co. Dept. of Aging Services
209 S. Ste. Marie St
PO Box 432
Wautoma, WI 54982
(920) 787-0403
1-877-364-5344



December 2011

Carol Klabunde, Editor

Contributions by Department of Aging Staff

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Don't Let Winter Weather Hold You Back

The temperatures have started to drop, and Waushara County has already had its first snowstorm of the season. Everybody knows that during the next few months many people will start to limit their driving because of the winter weather and the short days. For some people this means less frequent trips to the grocery store, hairdresser or bank. For others, it can mean fewer chances to socialize with a friend or to check out the events at the senior dining centers. A few individuals may even try to put off doctor's appointments, trying to wait until the weather warms up again. However, you may not realize that there is another option that will allow you to avoid driving over the winter, but still get to all the places you would normally go during good weather. The Department of Aging offers two programs that allow you to get where you need to go without driving.

The mini-bus program is available to all Waushara County residents. For \$4.00, a mini-bus will pick you up at your home, drop you off at three destinations of your choice, and then return you to your home. The mini-buses operate Monday through Friday, 7:30 am to 6:00 pm. Your destinations can be anywhere within the county, and may include grocery stores, banks, hair salons/barbers, senior dining centers, restaurants, medical clinics, or even the home of a friend. All of the mini-bus vehicles are wheelchair accessible, and walkers are accommodated just as easily. If you have not used the mini-bus in the past, the approaching winter weather may offer you the perfect reason and opportunity to give it a try.

The volunteer driver program is available to elderly, disabled and veteran residents of Waushara County. This program uses volunteers to transport people to medical appointments both within and outside Waushara County. The co-payment for this service is based on 25¢ per mile. Volunteer drivers pick you up at your home, drive you to the doctor's office, wait during your appointment and then return you to your home. This is a great option if you worry about driving longer distances to see doctors when the weather gets cold.

If you would like more information about the mini-bus and volunteer driver programs and how they can help you maintain your traveling freedom, call the Department of Aging at (920) 787-0403 or (877) 364-5344.

Announcements...

- **Office Closed for the Holidays:** Please note that the Department of Aging will be closed on Friday, Dec.23, Monday, Dec.26, and on Monday, Jan.2, 2012 in observance of Christmas and New Year's Day.
- **Large Print Calendars for 2012:** Large print calendars for 2012 are being provided at no cost to community seniors who have vision impairment. There will be a limited supply. To reserve a calendar for pick-up at the Aging and Disability Resource Center, call (920) 787-6505 or toll free at 1-877-883-5378. Calendars will arrive late December and are being provided through the Waushara County Department of Aging.
- **It Is Never Too Late To Get A Flu Shot:** The Waushara County Health Department at 230 West Park Street in Wautoma is still offering flu shots. It is never too late. Influenza tends to peak in Wisconsin in January and February. The flu vaccine, once given, offers protection in 1-2 weeks, so get one today. The Health Department is open from 8-4:30. Most days you can just walk in and get one, but to make sure a nurse is available calling ahead is a good idea. Call 920-787-6590 today to get your flu shot. Also pneumonia shots are available all year around and billable to Medicare.
- **Energy Assistance:** The 2011 - 2012 heating season is October 1, 2011 - May 15, 2012. Household's applying for benefits need to provide proof of all gross income for the 3 months prior to the month applying, social security cards for all household members, photo ID of applicant and heating/electric costs for 9/1/10 through 8/31/11. To schedule an appointment call 787-1830.
- **A.A.R.P Meeting:** The Christmas Party will be held at Moose Inn on Dec 8 in place of the regular monthly meeting. Free blood pressure checks will also be offered on the 8th from 10:30-12:00 .
- **Waushara-Wautoma Senior Center:** Bingo will take place on December 10. Doors open at 5 pm and Bingo starts at 7 pm.
- **Legal Assistance:** If your total household income is under \$24,500 and you are 60 or older, you are eligible for a free, 30-minute appointment with an attorney. Call (920) 787-0402 for more information.
- **Program Cancellations:** When the weather is bad, the nutrition and transportation programs may be cancelled or services provided on a limited basis. Listen to WAUH, 102.3 in Wautoma for updates. Be sure to contact the Waushara County Department of Aging for verification of closings or to cancel a meal or ride.



New Voter ID Law

Wisconsin's new Voter ID Law will require voters to show an acceptable photo ID to vote at a polling place starting in 2012. If you do not have a proper photo ID, you may want to start working now on obtaining a proper form of identification in order to be able to vote next year. If a birth certificate is needed in order to obtain a photo ID, the process can take awhile. For more information about the Voter Photo ID law, visit the Government Accountability Board website: <http://gab.wi.gov> or call 1-866-VOTE-WIS.

Watch out for the "Granny Scam"

Please be alert to an ongoing scam that has affected individuals in our area. If you receive a call from "your grandson" who had to make a trip to Spain and ended up in an accident...HANG UP! If you think you are talking with your grandson...YOU ARE NOT! Nor are you talking with the Spain-American Embassy. Try getting in touch with your grandson yourself to see if in fact he is in Spain before sending any money! Western Union refers to this as the "Granny Scam" and it has proven to be very successful with the persistent scam artist. BE ALERT and suspicious!

WAUSHARA TRANSPORTATION

Wheelchair Accessible Mini Bus Service

Available to all Waushara County residents.

\$4.00/day for 3 stops of your choice .

Trips to Berlin, \$8.00; rides to Dining Centers, 50¢

Out of County Shopping Trips to Stevens Point/Crossroads Commons

Tuesday, December 13

Cost: \$10.00/person.

to Oshkosh

Wednesday, December 14

Cost: \$10.00/person.

Pick-up for both trips will begin around 9:00 a.m.

The bus will return by 4:00 p.m.

Sign up by Friday, December 9

Out of County Medical Trips

For elderly and disabled residents. Provided by Volunteer Drivers in their personal vehicles.

Please call 3 days in advance to reserve a ride.

For additional information or questions:

Call (920) 787-0403

Surplus, Salvaged, and Donated Foods: Safety Tips

No matter the source, safety tips are the same for any foods you choose.

Some foods that grocery stores, restaurants, and other retailers weren't able to sell are donated – for example, when a product's "sell-by" date has passed or a can's label is torn or missing. Food manufacturers also may donate or sell some products that are near or past the expiration date. Some of these foods may end up being sold, at discount prices, in surplus grocery stores, food-salvage stores, or other bargain outlets. An expired sell-by date doesn't necessarily mean that a food has gone bad or is unsafe. Surplus and other bargain stores often keep good food from being wasted and provide nutrition at a good price – when the food has been handled safely. But when food hasn't been handled safely, as when canned foods are badly dented or damaged by rough handling, bacteria may grow that can cause illness.

Here's what you can do... If you're thinking about buying food from a surplus or salvage store, or other type of bargain store, follow the safety tips you would follow when buying food anywhere.



- Never buy canned food that is swollen or has a bulge. This may mean that dangerous bacteria are growing inside.
- Don't buy any can that's dented along the seams. The damage may have allowed bacteria to get inside.
- For the same reason, don't buy any sealed package that's torn, has a hole in it, or is coming apart at the seams.
- Don't buy any can or package that's leaking. If liquid can drip out, bacteria can get in.
- If a can has rust along the seams, don't buy it.
- Don't buy any food in a package that appears to have been resealed or repaired in any way. Food should be sold only in the original, intact package. (It's especially important to keep this in mind when dealing with food-salvage operations, which sometimes change the labels on foods, or repack or reprocess them.)
- Food that has to be refrigerated should be kept at 41°F or lower, to keep bacteria from growing. Avoid buying refrigerated food kept at higher temperatures. Ask the store manager about the food temperatures in refrigerated display cases, and look for thermometers in refrigerator cases.
- Don't buy refrigerated foods that are past the "use-by" or "sell-by" dates, because these foods may be perishable and may have begun to spoil.
- Frozen foods should be kept at 32°F or lower. Avoid buying frozen food kept at higher temperatures.
- Don't buy frozen foods whose packages show that the food inside may have melted, then frozen again. For example, in cardboard-carton type packages, food stains on the package or other signs that the package has leaked are evidence that this may have happened. Frozen food that is thawed, then frozen again, gives bacteria a chance to grow.
- Food that has gone bad often looks and smells normal, so we often have to rely on other ways of knowing if it may be unsafe; for example, if the seams of a package or can are open or if a package hasn't been properly refrigerated. But when fresh or prepared food does look or smell bad, you don't have to rely on those other clues; it means that, yes, the food is spoiled and may have harmful bacteria growing in it. Don't buy it.
- Ask the store manager if the labels on cans or packages have been changed. If so, the new label might not list the right ingredients or lot numbers. This is especially important if you have a food allergy or other dietary restriction or if a food has been recalled.



When you're in a store, notice if it looks clean and look for evidence of bugs or rodents. Bacteria can grow in dirt and even on surfaces that look clean, but haven't been properly sanitized. A store that looks clean isn't a guarantee that it is – but if a store doesn't look or smell clean, it might be a clue about the store's food-handling practices. Check with your state or local health department if you have concerns about a store that stocks surplus or salvaged foods. Some state and local health departments post food-store inspection reports on their websites. Handling your food safely after you buy it is just as important as buying food that has been handled safely by the store. For more tips on handling food safely, visit FDA's Food Safety Facts for Consumers website <http://www.fda.gov/Food/ResourcesForYou/Consumers>.

— <http://www.fda.gov>



November 17, 2011

Kitchen Project Nears Completion

Slowly but surely, progress is being made on the new kitchen. The flooring has been poured, the frame is up, and equipment has been ordered. So when will the new kitchen be operational? That is a difficult question to answer; however, the best projection at this time is sometime between Christmas and mid-January. In order to make the transition to the new kitchen, a one-week temporary kitchen closure will be required.

This is so that the freezer and other large equipment can be disconnected at the current kitchen, relocated, and reconnected at the new facility. Unfortunately, the date of this temporary closure will be unknown until only a few days before it occurs. So, what will we do for meals during this time? Meals prepared by the kitchen staff in advance and then frozen will be made available to each home delivered meals participant throughout the week. Dining Centers will have the option of choosing to stay open and receive frozen meals, or to close (see your Dining Center Manager for details); however, meals will be made available to anyone who regularly attends a meal site and would like to receive meals during the temporary closure. We will do our best to keep you updated and do appreciate your understanding and support throughout this process.

Your Help is Still Needed!

It has been overwhelming to hear and see the support for this project during the past year — with monetary donations, volunteer efforts, and donated items. We currently have 40% of the money needed to cover the full cost of the project and donations continue to stream in. It is so rewarding to hear from so many of you who have showed your support and have expressed the importance of the nutrition program for yourself or in memory of a loved one. Building this new kitchen is a project that we will be able to say proudly that we paid for...together...and without the need to use county, state, or federal money. Even if all funds are not raised this year, the county has given us 40 years to pay off the balance and we plan to do this with donation money only.

If you plan to make a donation to the kitchen fund, the month of December would be a great time to do so! Or, another way to show your support is through purchasing a Christmas tin of cookies which you can then share with family or friends over the holidays or enjoy all for yourself! Cookies will be made from scratch by kitchen, nutrition program, and other Department of Aging staff members. Your Nutrition Council and Commission on Aging members will be packaging and sorting cookies into the nearly 300 Christmas tins donated by nutrition participants throughout the county. Home delivery drivers will bring all cookie orders to your home (for all homebound individuals) or to your local dining center on December 15 or 16. All other orders may be picked up from 10am - 3pm at the Bake Sale on Friday, December 16 at the Courthouse in Wautoma. Additional Christmas tins will be available at the Bake Sale along with a variety of cookies, bars, and other homemade baked good items so you may pick and choose as you fill your own Christmas tin! And, there will also be a large selection of gift baskets that will be raffled off throughout the day. Maybe you'll be one of the lucky winners! So, enjoy a homemade treat while at the same time providing support for the nutrition program. Your donation will be a gift that has lasting impact for many years to come.



Thank You to all Who Donated During November...

Kitchen Building Donations: Dorothy Anderson, Bonnie Deke in memory of Donald Murbach, Sandra D'Orazio, Edgar & Ethel Frater, Fred Gellerp, Neil Hart, Margaret Hedrick in memory of Paul Hedrick, Hulda Heidelberg in memory of Wally Golonka, Frank & Mary Pica, Shirley Spielman in memory of Walter & Helen Spielman, Neil Starke in memory of Larry Pagel, Neil Starke in memory of Don Lewerenz, Jim Schneids, Roger & Bev Tornow in memory of Marsha Janke, Norma & Fern Weiss, Rose Wendt, Marge Willing in memory of Ray Willing, Friendly Neighbors Service Club members Pat Baier, Verna Bursack, Gloria Schultz, Blanche Yohn, Beulah Dickson, Evelyn Daley and June Mix in memory of Gladys Kreel.
October gift basket winners: Robert VanAirsdale (grand prize), Don Hogleund and Patricia Weis. Congratulations and thank you for your support! **Thank you for all other donations received during the month of November:** Victor Bula, Elaine Evans, Edgar & Ethel Frater, Delores Glaman, Joan Jones, Charles Klabak, James Knappenberger, Barb Kwarcinski, Helen Lee, Olga Vela-Lopez, Esther Nehring, Evelyn Romens, Georgia Sattler, Lenora Timm, and Rose Wendt.

Cookie & Bake Sale!

Support Waushara County's Nutrition Program! Homemade cookies packaged in decorative Christmas tins will make the perfect gift for you to share with family or friends over the holidays, or to enjoy all for yourself. Cookies will be available on December 15 & 16, and will be delivered to homebound individuals and to all Senior Dining Centers. Or, orders may be picked up at the Bake Sale, Friday, Dec. 16 from 10am – 3pm at the Courthouse in Wautoma. **Orders and payment must be received by Friday, December 9.**



Name: _____ Address: _____ Phone: _____

SIZE & COST for All PRE-ORDERS

SMALL: 12-18 Cookies \$4.00 including the decorative holiday tin
MEDIUM: 24-36 Cookies \$7.00 including the decorative holiday tin
LARGE: 48-60 Cookies \$10.00 including the decorative holiday tin

Cash or checks made payable to Waushara County Department of Aging.

HOLIDAY SELECTION

TYPE	SIZE TIN	QUANTITY	COST	TOTAL
Cinnamon Stars				
Fruitcake Cookies				
Pecan Fingers				
Christmas Sugar Cookies				
Holiday Selection Variety Pack (includes a variety of all holiday selection cookies)				

CLASSIC SELECTION

TYPE	SIZE TIN	QUANTITY	COST	TOTAL
Chocolate Chip Cookies				
Peanut Butter Cookies				
Oatmeal Raisin Cookies				
Classic Selection Variety Pack (includes a variety of all classic selection cookies)				

HOLIDAY SPECIAL

TYPE	SIZE	QUANTITY	COST	TOTAL
Christmas Prune Tarts	1 dozen		\$8.00	

Total Amount Submitted: _____

Additional copies of this order form are available with home delivered meals drivers, dining center managers, Department of Aging staff, or by calling Waushara County Department of Aging at (920) 787-0403 or toll-free at 1-877-364-5344. **THANK YOU FOR YOUR SUPPORT OF WAUSHARA'S NUTRITION PROGRAM!**




December 2011

Waushara County Senior Dining Menu

920-787-0403 or 1-877-364-5344



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
During the holiday season the Waushara County Department of Aging office will be closed and there will be no meals delivered or served on the following days: Friday, December 23 Monday, December 26 Monday, January 2 Frozen meals are available for weekends and holidays.				1	2	
Spaghetti Bake w/ Ground Beef Italian Blend Veg. Honey Oat Bread Dutch Apple Pie OR No-Sugar-Added Pie	Chicken Cordon Bleu Vegetables w/ Cheese Sauce Mini Croissant Strawberries & Bananas	Brat on Bun Baked Beans Hashbrown Casserole Mac N Crab Salad Dark Cherries	Cheese & Pepper Omelet Sausage Links Breakfast Potatoes Honey Wheat English Muffin Banana	White Chicken Chili w/ Crackers Garden Salad w/ Hard-Boiled Egg Hearty Cracked Wheat Bread Cookie OR Diet Cookie	Seasoned Chicken Breast Rice Pilaf Island Blend Veg Sunflower Bread Orange-Pineapple Cake OR Diet Orange-Pineapple Cake <i>Poy Sippi Birthday Party</i>	Swedish Meatballs Noodles Country Blend Veg. Dinner Roll Waldorf Salad
Coloma Music Meatloaf w/ Gravy Mashed Potatoes Carrots Assorted Bread Frosted Sprinkle Cake OR Diet Cake	Lemon Baked Fish Rice Blend Monte Carlo Veg. Rye Bread Fruit Cocktail	Saxeville Choose a Menu Day Plainfield Music Roast Turkey w/ Gravy Stuffing Sweet Potatoes Bread Pudding w/ Lemon Sauce OR Plain Bread Pudding	Vegetable Barley Soup w/ Crackers Sliced Beef w/ Lettuce & Onions on Croissant Fruit Fluff	Wild Rose Music Hancock Music Baked Chicken Baked Potato w/ Sour Cream Vegetable Blend Assorted Bread Gelatin OR Sugar-Free Gelatin		
Wautoma Music Salisbury Steak Noodles Stewed Tomatoes Wheat Bread Ice Cream OR No-Sugar-Added Ice Cream	Redgranite Music & Choose a Menu Day Roast Pork w/ Gravy Stuffing Squash Dinner Roll Cheesecake Dessert	Saxeville Music Stuffed Pepper Mashed Potatoes Corn Assorted Bread Black Forest Cake OR Diet Cake	Poy Sippi Music Ham AuGratin Potatoes Green Bean Casserole French Bread Blueberry Pie OR No-Sugar-Added Cherry Pie	NO MEALS Office Closed 		
NO MEALS Office Closed 	Sweet N Sour Pork w/ Pineapple & Stir Fry Vegetables Brown Rice Assorted Bread Pudding OR Sugar-Free Pudding	Pizza Casserole w/ Sausage Garden Salad w/ Fresh Veg. Sourdough Bread Pears	Chili Cottage Cheese Peaches Corn Muffin Cookie OR Diet Cookie	New Year Celebration Beef Roast w/ Gravy Mashed Potatoes Red Cabbage Rye Bread Lazy Dazy Cake OR Diet Cake 		

December Activities at Your Dining Center

- ◆ A representative from Weyauwega Health Care Center will provide free blood sugar tests and informational handouts at the **Blood Sugar Clinic** on Thursday, December 15 at **Wild Rose Dining Center**.
- ◆ Bill Rosenau, **Veterans Services Officer**, will answer questions before lunch at **Poy Sippi** Dining Center on Thursday, December 8 and at **Wild Rose** Dining Center on Friday, December 9.
- ◆ Don't miss out on **BINGO** at **Wild Rose** and **Coloma** on Mondays before lunch; at **Saxeville** every Wednesday at 11:30; and at **Wautoma** on Fridays after lunch. No Bingo at Redgranite in December.
- ◆ **Roll the Dice** at Poy Sippi on Tuesday, Dec.13, after lunch. If able, bring a wrapped holiday gift of your choice.
- ◆ Riverview third grade Christmas carolers will sing their hearts out to the **Hancock** Dining Center participants on Monday, December 19 at 11:30.
- ◆ Enjoy the spirited **Coloma** grade school children as they read and sing Christmas stories and songs to participants on Wednesday, Dec.21, 12:15.
- ◆ To receive toenail service, Weyauwega Health Center RN's will offer this free service the first Tuesday of the month, from 9:00 to 11:00, at Weyauwega Health Center, 717 East Alfred Street, Weyauwega.
- ◆ The **Wautoma** Dining Center will be **closed** on Tuesday, December 20.
- ◆ Happy New Year! Say goodbye to 2011 and ring in the New Year on Friday, December 30 at any Site. There will be a special treat for all!



Celebrate the Holidays with Music!

Get in the Christmas spirit at your favorite dining center with music and fun. Join in and sing along or just enjoy the festivities.

JOHN JENKS will entertain the participants with favorite Christmas tunes at the following dining centers:

Coloma: Monday, December 12, 11-12

Plainfield: Wednesday, December 14, 12 - 1:00

Wild Rose: Friday, December 16, 11-12

Wautoma: Monday, December 19, 11:30-12 & again 12:30-1

MARV NIELSEN invites the participants to sing along to your favorite Christmas tunes at the following dining centers:

Hancock: Friday, December 16, 11-12

Redgranite: Tuesday, December 20, 11-12

Saxeville: Wednesday, December 21, 11-12

Poy Sippi: Thursday, December 22, 11:30-12 & again 12:30-1



Please Note...

- If you need extra frozen meals during the holiday season, please call (920) 787-0403 or toll-free 1-877-364-5344.
- Drivers, site managers or other nutrition staff are not allowed to accept cash, tips, or gifts from participants. If you wish, you have the opportunity to make donations to the Department of Aging or Nutrition Program.
- Throughout the new kitchen transition process, there may be a one-week temporary closure during December or early January, depending on the progress of the project. Frozen meals will be available during this time. Please be patient and understanding of any menu changes or closings, and call us with any questions or concerns.. We will keep you informed.

Waushara County Dining Centers

1-877-364-5344

COLOMA

Community Center, 155 Front St.
Deborah Stratton
(715) 228-3145
Mon - Wed - Thurs - Fri
12 Noon

HANCOCK

Community Bldg, 420 Jefferson St.
Joan Schwartzman
(715) 249-5872
Monday through Friday
11:45 a.m.

PLAINFIELD

Senior Center, 114 W. Clark St.
Linda Nell
(715) 335-6735
Monday through Friday
11:45 a.m.

POY SIPPI

House Next Door, W2306 Prospect
Dawn Reck
(920) 647-0066
Tuesday and Thursday
12 noon

REDGRANITE

Civic Center, 202 Pine River St.
Loretta Piechowski
(920) 566-2844
Monday through Friday
12 Noon

SAXEVILLE

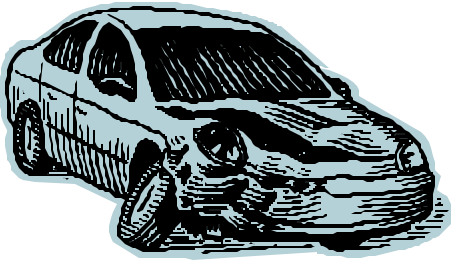
Town Hall, W4022 Archer Ave.
Anna Schmidt
(920) 647-0667
Monday and Wednesday
12 Noon

WAUTOMA

Senior Ctr, W8220 Cottonville Ave.
Connie Hayford
(920) 787-2055
Monday through Friday
12 Noon

WILD ROSE

Community Ctr, 500 Wisconsin
(920) 622-3835 ext. 3
Monday through Friday
12 Noon



The New Automobile Insurance Law in Wisconsin: Why You Should Care

Beginning November 1, 2011, a new insurance law will decrease the minimum liability amounts that people are required to carry in their auto insurance policy. Amounts are being decreased from:

<u>Old limits</u>		<u>New limits</u>
\$50,000 per person	to	\$25,000 per person.
\$100,000 per accident	to	\$50,000 per accident
\$15,000 property damage	to	\$10,000 property damage

This means it will now be possible for you – and everyone else on the road – to purchase policies that pay out only \$25,000 per person, \$50,000 per accident, and \$10,000 in property damage.

What does this mean to you? Well, according to many consumer advocates it means bad news.

These days it is not difficult to rack up \$25,000 in medical bills from a serious accident. Even something simple like a broken arm or leg and a trip to the emergency room can amount to over \$10,000. Imagine if you (or your family member) must stay in the hospital for a longer period of time, require surgery, expensive drugs, or a medical specialist. The costs can be astronomical.

Let's say the accident is your fault. Who pays once the insurance company limits are reached? That's right – you do. Once your policy limits are reached, you may be required to pay the other person's medical bills out of your personal assets.

Even if the accident is not your fault, it's still bad news. Who will pay your medical bills and other expenses once the insurance limit is reached? Well, the other driver will - unless of course that person has no money or files for bankruptcy, which is often the case when expenses are high. Unfortunately, this new law also now allows insurance companies to exclude underinsured motorist (UIM) coverage from their policies. So if you are not careful in reading your policy, you may learn that you do not have the coverage you thought you purchased.

Keep in mind that you can always purchase a policy that provides more than the minimum coverage required by law.

However, consumer advocates fear that insurance companies will steer consumers toward these minimum liability policies because the premiums are only slightly lower, but save the company from paying out large sums of money when claims are filed. In other words, consumers will likely be encouraged to purchase an inadequate and inferior product. Consumers are advised to review their policies carefully, and opt for coverage that provides at least \$50,000 per person, \$100,000 per accident, and \$15,000 in property damage. The increase in premium for these superior plans is usually only between \$2 to \$6 per month.

— By: Attorney Maria Selsor.....*The Specialist*, October 2011

2012 Medicare Plans Annual Open Enrollment Ends December 7

The Annual Open Enrollment for Medicare prescription drug coverage (Part D) and Medicare Advantage Plans will end December 7, 2011. This is the one time each year that all people with Medicare can join or change their plans. Plans are making changes to benefits and costs and it is important to pay attention to these annual changes. If you are satisfied with your present coverage, you do not have to change plans.

In Waushara County, there are 10 stand-alone prescription drug plans of which five are low cost plans. Low cost plans are plans that allow individuals with lower income levels to enroll in a Part D program with little or no premium. By now Medicare Advantage reassignment notices have been mailed out informing people who get Extra Help and whose current Medicare Advantage plan is leaving the Medicare program that they will be re-assigned to a Medicare D plan effective Jan.1, 2012 if they do not join a new plan by Dec.31.

If you are age 60 or older and have any questions regarding 2012 Open Enrollment, please give Carol Klabunde, Elderly Benefit Specialist, a call at 920-787-0402. Appointments are recommended.

Getting Your Social Security Income Verification is Easy

There are a number of reasons you may need written verification of your Social Security benefit amount. You may need to provide it to an energy assistance program or for subsidized housing. Perhaps you're ready to make a major purchase and you're trying to get a loan from a bank or financial institution. Or maybe you're applying for state benefits or moving into a new apartment or home.

If you need verification of your income from Social Security, obtaining it is easy and convenient at www.socialsecurity.gov. Then look in the left column under "Top Services," open the "Services for people currently receiving benefits" section, and select "Request a Proof of Income Letter" to get a letter that verifies your Social Security benefit information. In addition to offering proof of your income, the letter is an official document that verifies your Medicare coverage, retirement or disability status, and age.

From the time that you complete the online request, it will take about 10 days for you to receive the proof of income letter in the mail. If you need one sooner, you'll want to call us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office.

Remember...The busiest times for Social Security offices and the agency's toll free telephone number are early in the week and early in the month. So if your business can wait, it is best to contact a Social Security Office at other times. The same is true during the holiday season - especially the week between Christmas and New Year's. If you must do business with Social Security during the holidays, you may experience more busy signals on the telephone and longer wait times in local offices.

— Ken Hess, Social Security Public Affairs Specialist

Social Security Announces 3.6 Percent Benefit Increase for 2012

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 60 million Americans will increase 3.6 percent in 2012, the Social Security Administration announced recently.

The 3.6 percent cost-of-living adjustment (COLA) will begin with benefits that nearly 55 million Social Security beneficiaries receive in January 2012. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2011. Because inflation has been very low in recent years, beneficiaries have not received a COLA increase since 2009, when they received a 5.8% boost. The average monthly check for the elderly will jump \$43, to \$1,229, while for the disabled it will increase \$39 to \$1,111.

Going forward, Social Security beneficiaries may not see such generous COLA increases. As part of the debt reduction talks, lawmakers are looking at changing the formula upon which the annual increase is based.

Some other changes that take effect in January of each year are based on the COLA increase. The Part A Benefit Period Deductible will increase from \$1132 in 2011 to \$1156 in 2012. The Part B Annual Deductible will decrease from \$162 in 2011 to \$140 in 2012. The Part B Monthly Premium will decrease from \$115.40 in 2011 to \$99.90 in 2012.

The big news is that the Part B deductible will decrease by \$22 and the Part B premium will decrease by \$15.50. However, since many beneficiaries were protected by the hold harmless provision their premiums have been \$96.40 per month instead of \$115.40 and that means a \$3.50 Part B premium increase in 2012.

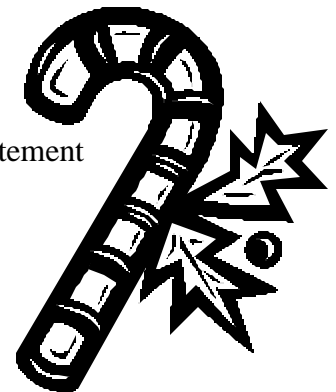
— Taken in Part from *The Specialist*, October 2011

Record Keeping

The following list offers some guidance on how long to keep various records.

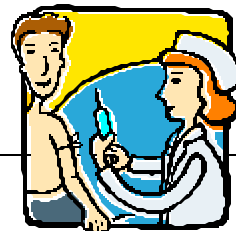
Bank Records	1 year
Bills	1 year
Credit Card Receipts	Until reconciled with monthly statement
House/Condominium Records	Permanently
IRA and Retirement Plan Documents	Permanently
Medical/Medicare Statements	2 years
Pay check Stubs	1 year
Tax Related Documents	7 years

Remember that it is good practice to shred discarded financial records!



Vaccinations for Adults

You're NEVER too old to get immunized! Getting immunized is a lifelong, life-protecting job. Make sure you've had all the vaccinations you need.



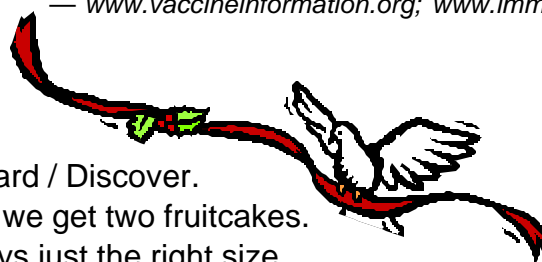
Age ? Vaccination ?	50–64 years	65 years & older
Influenza	You need a dose every fall (or winter) for your protection and for the protection of others around you.	
Pneumococcal	You need 1–2 doses if you smoke cigarettes or if you have certain chronic medical conditions, or as recommended by physician.	You need 1 dose at age 65 (or older) if you've never been vaccinated.
Tetanus diphtheria pertussis (whooping cough) (Td Tdap)	Be sure to get a 1-time dose of “Tdap” vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound.	
Hepatitis B (HepB)	You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months.	
Hepatitis A (HepA)	You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.	
Varicella (Chickenpox)	If you've never had chickenpox or you were vaccinated but received only 1 dose to find out if you need this vaccine.*	
Zoster (shingles)	If you are age 60 years or older get this vaccine now.	

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Influenza vaccine is available through the Waushara County Health Department for \$30, able to be billed through Medicare Part B and Medicaid. Pneumococcal vaccine is available through the Waushara County Health Department for \$60, able to be billed through Medicare. Vaccine for Shingles should be available through your healthcare provider.

Do you travel outside the United States? If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. Visit CDC's website at www.cdc.gov/travel or call (800) CDC-INFO ([800] 232-4636). You may also consult a travel clinic or your healthcare provider.

— www.vaccineinformation.org; www.immunize.org



CHRISTMAS ONE-LINERS

- My wife's idea of Christmas cards: VISA / MasterCard / Discover.
- The boss doubled our Christmas bonus. This year we get two fruitcakes.
- I don't mind getting money for Christmas. It's always just the right size.
- The perfect Christmas gift for the person who has everything is a burglar alarm.



*From home to home, and heart to heart, from one place to another
The warmth and joy of Christmas, brings us closer to each other.*



How to Help Those with Alzheimer's Enjoy the Holiday Season

While people with Alzheimer's disease often enjoy the holiday season, those with early-stage Alzheimer's might feel a special sense of loss during this time. And those in the middle or later stages could become overwhelmed by the influx of people and boisterous celebrations. Here are three ways to help your loved one enjoy the holiday season:

- **Involve your relative in holiday preparations.** Have your loved one help with tasks they enjoy, and adapt those tasks to their current abilities. For instance, they could help you wrap gifts or put up decorations. Just remember to let go of expectations of perfection -- the gifts don't have to be wrapped flawlessly, because the goal simply is to involve them in a way that makes them feel useful and valued.
- **Maintain as normal of a routine as possible.** Keep your loved one's daily routine as consistent as possible to increase feelings of familiarity and security. Talk to your guests about the routine before they arrive, and post a schedule on the refrigerator to remind them of the routine's importance.
- **Tap into your relative's long-term memories.** While Alzheimer's disease can severely diminish short-term memory, long-term memories about childhood traditions often remain well into the later stages of the disease. Try singing holiday songs from your loved one's childhood or reading stories from his era to tap into long-term memories of past holiday celebrations.

— [Carrie Hill, PhD](#), Excerpt from *senior living about.com*

Open Grief Support Group

On Thursday, December 8, Agnesian HealthCare will sponsor "Approaching the Holidays When Our Hearts are Aching" an informative presentation on coping with grief during the holiday season. Sharon Modrzynski, grief support group facilitator, will be the presenter. This will be held at Heartland House in the activity room at 2:30 and again at 5:30. This is an open group where all those who are interested may attend at no cost. For more information, contact Sister Joyann Repp, MSN, RN, Agnesian Health Care Bereavement Coordinator, at 920-924-4660.

Caregiver Support Group

The next Caregiver Support Group will meet on Tuesday, December 13 at Pine Ridge, with a light lunch at 12:30 and the meeting starting at 1:00. This will be our final support group meeting at Pine Ridge as they will not be open for business in 2012. Details on the location of the January support group will be mailed to all caregivers the first week in January and will be in the *Loose Ends*. For more information, call Sue at the Department of Aging at 920-787-0403.

Being a family caregiver is at the heart of everything you do. Thank you for your time, your energy and your generosity of spirit. Wishing you a joyous holiday season!

I would like to make a contribution to Waushara County Department of Aging Services and Older Americans Act programs. Please add my donation to the following program (s):

- I have included a donation in the amount of \$_____ for programs/services listed below.
(Checks made payable to Department of Aging Services. A receipt will be sent upon request).

_____ **New Centralized Kitchen Building Project** (Receipts will be mailed for all building project donations)

Please designate this donation In Memory or Honor of: _____

_____ Nutrition Dining Centers _____ Home Delivered Meals _____ Transportation
_____ Newsletter/Loose Ends _____ Benefit Specialist Program _____ Caregiver Program
_____ Volunteer Home Repair Program _____ Health & Prevention Programs

It is okay to acknowledge my donation in the Department's "Thank You" column of *Loose Ends* or other local publications: _____ Yes _____ No, Keep Anonymous Phone #: _____

Name: _____ Address: _____

Return to: Waushara County Department of Aging, PO Box 432, Wautoma, WI 54982.
Your gift is deductible to the extent provided by law.

NEED A GIFT IDEA?



Are you having trouble deciding on a holiday gift for a friend or family member? Are you aware that you may purchase coupon books for the dining centers and home-delivered meal program, as well as the mini-bus transportation program? These make wonderful holiday gifts! Call (920) 787-0403 to order your book!

Home-Delivered Meals Coupon Books

5 meals for \$15.00

Dining Center Transportation Coupon Books

10 rides to meal site for \$5.00

Dining Center Coupon Books

5 meals for \$15.00

Mini-Bus Coupon Books

5 daily passes for \$20.00



Happy Holidays!



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PERMIT #69



Washara County Department of Aging Services
P.O. Box 432
Wautoma, WI 54982
Return Service Requested

