

The Family and Friends Newsletter

221 W Seminary Street
Richland Center, WI 53581

Volume III, Number IV
July / August 2004

Take Steps To End Alzheimer's
RICHLAND COUNTY MEMORY WALK 2004

Sunday, October 3
Registration: Noon, Walk: 1:00 p.m.
Krouskop Park, Richland Center

Join us for Memory Walk 2004. Walk with us or organize a team of walkers. Help us raise awareness about Alzheimer's disease and related dementia and at the same time raise funds to support and increase local programs for people with dementia and their family members. Memory Walk is the single largest fundraiser in south central Wisconsin supporting these local programs and services in the eight counties we serve.



If you enjoy working with people, having fun, and staying fit, please consider organizing a team for Memory Walk. As a Team Captain, your commitment to recruit walkers, raise funds, and coordinate your team is THE ESSENTIAL INGREDIENT in making Memory Walk 2004 a success! A Team Captain Breakfast/Information Meeting will be held **August 3rd at 8:00 at the White House in Richland Center**. Please call the chapter office at 608-232-3400 or 1-800-428-9280 for more information.

Maintaining a healthy weight as you age

MADISON, Wis.—“Healthy eating and regular physical activity are essential for good health at any age,” says Susan Nitzke, UW-Madison/Extension nutrition specialist. **“They can lower your risk for chronic diseases, help ward off depression and keep your mind sharp as you get older.”**

“It’s never too late to make healthy changes in your life,” Nitzke says. People with special conditions, such as hypertension, diabetes or heart disease, should check with their health care provider for specific advice before beginning new physical activities. Older adults also need to be wary of expensive and potentially harmful fad diets and products like diet pills that may contain ephedra.

To help older adults eat well, The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDKD) offers the following **tips for healthy eating:**

- ✓ Eat breakfast every day.
- ✓ Select high-fiber foods like whole grain breads and cereals, beans, vegetables and fruits. They can help keep you regular and lower your risk for chronic diseases.
- ✓ Choose lean beef, turkey breast, fish or chicken with the skin removed to lower the fat and calories in your meals. As you age, your body needs fewer calories, especially if you’re not very active.

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The Patient Education Forum

Over-the-Counter (OTC) and Prescription Drugs

by Melissa Webb, PharmD, CGP, University of Kansas Medical Center Center on Aging

Certain medications are available only when a doctor recommends them. These are called prescription drugs. To obtain these medicines, a doctor must fill out a form containing the name of the drug and proper dosage information. The patient can then present the form, called a prescription, to a pharmacist to obtain the medication. Prescription drugs should be taken only by the patient for whom they are prescribed. Over-the-counter (OTC) drugs are medicines available without a prescription and without doctor's direction. Some medicines once available only by prescription but are now available in dosages that can be purchased over-the-counter.

Q. Where can I find over-the-counter drugs?

A. They can be found in pharmacies, grocery stores, or discount stores. Some of them are: Advil (ibuprofen) an anti-inflammatory pain reliever; Benadryl (diphenhydramine) a histamine blocker for allergies; and Pepcid AC (famotidine) a stomach acid reducer.

Q. Is it cheaper to buy a medication over-the-counter?

A. Not always. OTC medications are generally not covered by health insurance plans and can be expensive. It may be easier to buy OTC medication if you do not have insurance that covers prescriptions. However, it may not be cheap. Buying store brands and using coupons may help to cut costs. If your insurance covers prescriptions, it may cost less to buy medication with a prescription. Getting a prescription, however, usually requires a visit to the doctor and may not be as easy as buying an OTC drug.

Q. I have trouble reading the small print on the box. Is anything being done to change the size of the instructions?

A. The American Geriatrics Society (AGS) is suggesting to the Food and Drug Administration (FDA) a requirement that all over-the-counter labels be written in large print and use language that is easily understood. Because it can be hard to understand the warnings, the AGS is encouraging manufacturers to make instructions easier to understand. In particular, this needs to be done with prescription drugs

that are commonly used by older people so that OTC and prescription products can be used safely. In the meantime, ask your pharmacist to read or explain instructions that you cannot read or do not understand.

Q. My doctor warned me about taking certain OTC products. Do manufacturers list the generic name of the drug on their products?

A. The generic drug name is not always listed where you can easily find it. Usually, it is listed in the ingredients section in small print. The AGS has also asked manufacturers to clearly label the generic name of the drug, the family of medications it belongs to, and to list the names of drugs that would have similar effects. This information will help you avoid taking too much of the same or similar medications which can cause side effects. For example, if you are taking Relafen (nabumetone) a prescription for arthritis, and Advil or Motrin IB, which contain ibuprofen, you could increase your risk for stomach or kidney trouble. Talk to your doctor or pharmacist to make sure you are not taking medications that could cause dangerous interactions.

Q. If a drug is available over-the-counter, does it have fewer side effects than a prescription drug?

A. Not always. OTC products still cause side effects, drug interactions, and disease interactions. These medicines may worsen your condition or they may cause another drug you are taking to build up in your body.

Q. Do I need to tell my doctor about my use of OTC medications and herbal/nutritional supplements?

A. Yes, it is important to tell your doctor and pharmacist about your use of these products. These people will be able to help you choose the right medicine for your condition or symptom. Your health care providers will also need to check for interactions with other drugs you may be taking or drugs they are considering prescribing for you. Sometimes vitamins and supplements interact with medicine too. You can help

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your doctor by bringing in all prescription, OTC, or herbal/nutritional medicines you are taking to your office visits so problems can be identified and prevented.

Q. Where can I learn more about over-the-counter medications?

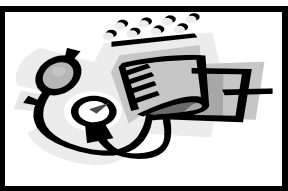
A. For more information about over-the-counter medications, contact these organizations:

Food and Drug Administration
Office of Consumer Affairs HFE 88
5600 Fishers Lane
Rockville, MD 20857
Phone: 301-827-4420 or 800-532-4440
www.fda.gov

Nonprescription Drug Manufacturers Association
1150 Connecticut Avenue, NW, Suite 1200
Washington, DC 20036
Phone: 202-329-9260
Fax: 202-223-6835
www.ndmainfo.org

The American Geriatrics Society
The Empire State Building 350 Fifth Avenue
Suite 801
New York, NY 10118 212.308.1414
americangeriatrics.org

Some medicines once available only by prescription are now available in dosages that can be purchased over-the-counter.



FREE Blood Pressure Clinics

Blood pressure clinics will also be held throughout the County at the nutrition sites at **11:30 a.m.** on the following dates:

Gotham—Friday July 9th

Town and Country Church—
Tuesday July 13th & August 10th

Viola—Tuesday July 20th & August 17th

Boaz - Karen's Supper Club—Due to schedule conflicts we will not be able to continue the Blood Pressure Clinics at this location.

For more information on the nutrition site blood pressure clinics, contact the **Health, Aging and Disability Resource Center** at **608-647-4616**.

Be Alert for Inappropriate Calls from Individuals Claiming to Represent Social Security

Recent information provided by a Social Security representative indicates that a small number of Social Security beneficiaries in Wisconsin have been contacted via phone by callers identifying themselves as Social Security Administration representatives. The callers have tried to solicit personal and bank information from the beneficiaries.

The Social Security Administration indicates that it is very rare for Social Security to call a beneficiary and make inquiries about their personal situation or their bank account information. Calls from Social Security to beneficiaries are most often prearranged in advance and beneficiaries know what information they may be asked to provide ahead of time.

Social Security officials in Wisconsin were first notified about these calls on April 8, and, to date, there have been no known cases of money lost or other harm to beneficiaries. It is not clear whether the reason for these calls is to gain information to engage in identity theft or to gain bank information to misappropriate bank funds.

If you receive one of these calls, you are urged to contact your local law enforcement agency and your local Social Security office immediately. You can help in the investigation of these calls by recording the following information:

- The date and time the call was received and how long it lasted;
- The name or identification used by the caller;
- Who you were speaking to before you received the suspicious call; and
- The information that the caller requested.

If you have caller ID on your telephone, try to record the telephone number of the suspicious caller.

If you have other questions or concerns about your Social Security benefits, contact your local benefit specialist at 647-6226.

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- √ Have three servings of low-fat milk, yogurt or cheese a day. Dairy products are high in calcium and vitamin D and help keep your bones strong as you age. If you have trouble digesting or do not like dairy products, try reduced-lactose milk products, or calcium-fortified orange juice, soy-based beverages or tofu. Talk to your health care provider about taking a calcium and vitamin D supplement
- √ Keep nutrient-rich snacks like dried apricots, whole-wheat crackers, peanut butter, low-fat cheese, and low-sodium soup on hand. Eat only small amounts of dried apricots, peanut butter, and other high-calorie foods. Limit how often you have high-fat and high-sugar snacks like cake, candy, chips and soda.
- √ Drink plenty of water. You may notice that you feel less thirsty as you get older, but your body still needs the same amount of water. Aim for eight to ten 8-ounce glasses of water, unless your health care provider tells you to drink less because you have heart or kidney problems. Water-based beverages like milk or juice count towards your daily amount of water.

“Many older adults need to improve their diets and be more active to avoid gaining too much weight. However, there are also health risks associated with being underweight,” Nitzke says. “An unplanned weight loss can be a major health problem for older adults, often signaling a condition leading to hospitalization.” Changes in your living conditions or social support, such as the death of a loved one or moving out of your home, may affect your desire to eat. If you have trouble eating well, talk to your health care provider or a registered dietitian. Also, check with your dentist about caring for your teeth or dentures and your gums.

“Ask your health care provider what is a healthy weight for you,” says Nitzke. “If you start to gain or lose weight and do not know why, your health care provider can tell you if this change is healthy for you.” If you are overweight or obese, you are more likely to have health problems, such as type 2 diabetes, high blood pressure and cholesterol, heart disease and stroke, some types of cancer, sleep apnea, osteoarthritis and gallbladder disease. If you already have one or more of these diseases, ask your health care provider if a modest weight loss (5 to 10 percent of your body weight) could help you feel better or need less medicine. However, Nitzke cautions, do not make drastic dietary changes without your health care provider’s advice, especially if you’re taking

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medications that affect your appetite.

Physical activity is good for your health at every age. Being active can improve your strength and flexibility.

“Being active can even help you live on your own for a longer time,” Nitzke says. “However, more than 60 percent of adults do not get enough physical activity to provide health benefits.”

Whatever activity you choose, follow these tips from The National Institute of Diabetes and Digestive and Kidney Diseases for healthy physical activity:

- √ Ask your health care provider how you can safely increase the amount of physical activity you do now.
- √ Take time to warm up, cool down and stretch.
- √ Start slowly and build up to more intense activity.
- √ Stop the activity if you feel pain.
- √ Drink plenty of water.
- √ Get enough sleep.
- √ When you are active outdoors, wear light-weight clothes in the summer and layers of clothing in the winter.
- √ Wear sunscreen, sunglasses and a hat for sun protection.
- √ Wear shoes that fit well and are right for your activity.
- √ Fit physical activity into your everyday life. For example, take short walks throughout your day. You do not have to have a formal physical activity program to improve your health and stay active.

Staying connected with family, friends, and community is also important. Loss of loved ones, health problems, trouble paying bills, or other difficult situations, can lead many older people to feel lonely, sad, or overly stressed. Feelings like these can affect your energy level and appetite. Being good to yourself can help you to cope with your feelings and improve your energy level, eating habits and overall health. It's never too late to improve your eating habits, be more physically active, and be good to yourself for a healthier life.

For more information, contact your local county UW-Extension office or visit the web site of the National Institute of Diabetes and Digestive and Kidney Diseases at <http://www.niddk.nih.gov/health/nutrit/nutrit.htm> . For the USDA Dietary Guidelines for Americans and other resources, visit the web site of the Food and Nutrition Information Center at www.nal.usda.gov/fnic

And you thought a gallon of gas was expensive!!!

Maybe this will ease the pain but I doubt it!!

Someone has taken the time to prepare the following list as compared with gasoline.

This definitely makes one think, and also puts things in perspective.

Diet Snapple 16 oz \$1.29 = \$10.32 / gallon

Lipton Ice Tea 16 oz \$1.19 = \$9.52 / gallon

Gatorade 20 oz \$1.59 = \$10.17 / gallon

Ocean Spray 16 oz \$1.25 = \$10.00 / gallon

Brake Fluid 12 oz \$3.15 = \$33.60 / gallon

Vick's Nyquil 6 oz \$8.35 = \$178.13 / gallon

Pepto Bismol 4 oz \$3.85 = \$123.20 / gallon

Whiteout 7 oz \$1.39 = \$25.42 / gallon

Scope 1.5 oz \$0.99 = \$84.48 / gallon

Evian water 9 oz \$1.49 = \$21.19 / gallon

That is \$21.19 for WATER - and the buyers don't even know the source of that water!

So, the next time you're at the pump, be glad your car doesn't run on water, Scope, or Whiteout, or God forbid Pepto Bismol or Nyquil.

Just a little humor to help ease the pain of your next trip to the pump...

RECIPE CORNER

Blueberry Coffee Cake

Cream together $\frac{1}{2}$ cup Butter and 1 cup Sugar

Add 2 cups Flour, 2 teaspoons Baking Soda, $\frac{1}{2}$ teaspoon Salt, 1 Egg and enough milk to equal 1 cup. Beat together, spread in a 9 X 13" ungreased pan. Spread Blueberry (apple or cherry) pie filling over top.

In same bowl mix $\frac{1}{2}$ cup Butter, 1 cup Flour and 1 cup Sugar. Scatter over the top of the coffee cake. Bake at 350° for 45 minutes or until brown.

New Exercise Program

Before starting this new program make sure you read the entire exercise routine.

No matter how old or young you are, everyone can benefit from being strong and fit. So start today.

SENIOR EXERCISE

I just came across this exercise suggested for seniors, to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on to some of my younger friends. The article suggested doing it three days a week.

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax.

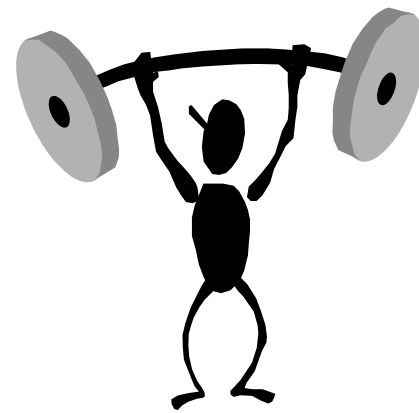
Each day, you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb. potato sacks. Then 50-lb potato sacks, and eventually try to get to where you can lift a 100-lb. potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks; but be careful.

Enjoy this new program!

Patrick



Here are some facts about the 1500s:

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."



“Red Tape Cutter” Pages

Presented by your local Elderly Benefit Specialist—Joanne Welsh with the Richland County Health & Human Services—Elderly Services Unit.

Correcting Credit Card Errors

By Joanne Welsh—Elderly Benefit Specialist

On occasion you may find a charge on your credit card statement that you believe is incorrect. Depending on the amount, these little surprises can be a minor irritation or downright frightening. The Federal Fair Credit Billing Act offers consumers certain rights in relation to their credit card providers. Following the steps below will increase the chances that you can resolve billing errors in your favor with a minimum amount of hassle.

1. Send a letter to the creditor explaining the billing error. Enclose with your letter copies (do not send the originals) of the credit card statement and any other documents that support your position. You should send the letter certified mail, return receipt requested. The creditor should receive the letter within 60 days of your receipt of the original bill.
2. Pay all parts of the bill that you think you owe.
3. The creditor must acknowledge receiving your letter within 30 days, and must correct the error or explain why the bill was correct within 90 days of receiving your letter. Between the day the creditor receives your letter and the day you receive a reply, no one may threaten you with damage to your credit rating, send you collection letters, or try to collect the disputed amount.
4. If you disagree with the creditor's decision you need to write the creditor within ten days. The creditor may report you to credit bureaus and other creditors, but must also report that you dispute the debt.

If you suspect that your credit card information has been stolen and is being used fraudulently you should contact the credit card company as soon as possible at the customer service number provided on your statement.

For more information and assistance on consumer problems, contact your local benefit specialist, in Richland County at 647-6226.

Tax Deductions for First-Time Workers Offer Chance to Explain Social Security



By: Bruce W. Schultz
Social Security Public Affairs
Specialist

www.ssa.gov Normally you'll find information primarily designed for older workers and retirees in this newsletter. This month I want to ask your help in educating our youngest workers.

When students take first-time jobs this summer, they will undoubtedly moan loud and long about the deductions on their pay stubs labeled, “Social Security Tax” and “Medicare Tax.” Their comments will basically come down to “Not fair!” or “Why am I paying these old people's taxes?”

That's actually a wonderful opportunity for parents and older relatives to do a little kitchen table education and explain that these programs are much more than retirement.

For example, about 150,000 young men and women are now getting Social Security benefits — not old age, or retirement, benefits, but rather disability benefits. As we all know, sometimes in life, “stuff” happens. We can never know when an injury at work, an accident on the highway or a severe illness will keep us from working, sometimes for a long time.

People who have paid Social Security taxes for as little as one and one-half years and have an injury or illness that will keep them off the job for a year or more could start getting a monthly disability check from Social Security. And two years later, Medicare kicks in. That's right: there are many young people in their 20's who not only get a Social Security disability check from the government, but also qualify for Medicare coverage.

Another piece of the Social Security pie that young workers are buying with those deductions from summer paychecks is what we call “survivors benefits.” In not too many years, they probably will be getting married and starting a family. And if some really bad “stuff” happens, and if they were to die, their kids and spouse would start getting monthly checks from Social Security. Once again, there are millions of young widows, widowers and young children getting Social Security checks because a husband, wife or parent has died.

Finally, a word or two about the “old folks”, the taxes that young workers pay help provide a Social Security retirement check for their parents and grandparents, aunts and un-

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cles and other senior citizens. And, young workers just need to remember that, with a little luck and the passage of time, they also will reach retirement age. The taxes they now pay go on an earnings record at the Social Security Administration — a record that will track their earnings throughout a working lifetime. And someday, when they are eligible for Social Security benefits, the amount of money they will get back from Social Security will depend almost entirely on that earnings record.

Of course, there is really no way to keep young workers — or older workers — from complaining about all the deductions in their paycheck. No one really likes to pay taxes. But when it comes to Social Security taxes, first-time workers just need to realize that those taxes will someday translate into potentially valuable Social Security benefits. And “someday” is often sooner than we think as I’m sure you can testify to.

Bruce Schultz is the Public Affairs Specialist for Northern Wisconsin. You can contact Bruce at 352 Grand Avenue, Wausau, Wisconsin 54403 or via email at bruce.schultz@ssa.gov

Getting Medicare Information is Easy



By: Bruce W. Schultz
Social Security Public Affairs Specialist

www.ssa.gov

If you are covered by Medicare and are looking for information, help is as close as your computer. The Medicare website, www.medicare.gov, was redesigned recently to include a format that covers a wide range of material. The site features “Search and Compare Tools” page that could save you a lot of running around. Simply by entering your zip code or state, you can get information on health insurance and medical services available in your local area. Here’s what you’ll find:

- **Medicare Personal Plan Finder**

This program helps you comparison shop for a health plan to compliment your Medicare coverage. It gives you a list of Managed Care Plans in your area, the costs involved, benefits offered and how they compare with each other. This program is also available in Spanish.

- **Nursing Home Compare**

Shopping for a nursing home? This program helps you compare nursing homes near you by looking at nursing home characteristics, resident characteristics, state inspection re-

sults and nursing staff information.

- **Dialysis Facility Compare**

With this program, you can locate and compare dialysis services available in your area. It offers locations of dialysis facilities, shifts that start after 5 p.m., adequacy of hemodialysis, anemia management and patient survival information.

- **Participating Physician Directory**

This directory includes the names, addresses and specialties of physicians participating in Medicare. These are the doctors that accept assignment on Medicare claims and covered services.

- **Prescription Drug Assistance Programs**

Here you will find information on programs that provide discounts on prescription drugs or free medication to individuals in need.

- **Helpful contacts**

You can find names, telephone numbers and Internet addresses of organizations that can give you answers to general questions on Medicare, other health insurance programs, Medicare billing, Medicare fraud and abuse and health care facilities and services in your area.

- **General Questions and Answers**

You can read several common Medicare eligibility and coverage items.

Don’t hesitate to take advantage of these new Medicare “Search and Compare Tools.” Or, if you don’t have computer access consider calling Medicare’s toll-free number, 1-800-633-4227.

Please remember, although Social Security handles Medicare enrollment process we are not able to answer or assist with coverage questions or provide information about the new Medicare Drug Program.

Here are some facts about the 1500s:

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could “bring home the bacon.” They would cut off a little to share with guests and would all sit around and “chew the fat.”

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Help with Medical Costs from QMB and SLMB



By: Bruce W. Schultz
Social Security Public Affairs
Specialist

www.ssa.gov Depending on your income and resource levels, you may qualify for help paying your Medicare premiums and other costs. There are several programs, one of which may help you. They are; Qualified Medicare Beneficiary (QMB), Specified Low-Income Beneficiary (SLMB), or Qualifying Individual (QI).

You may qualify if you are entitled to Medicare, have a low income, and are not currently eligible for Medical Assistance or SSI benefits. The program may pay some or all of your Medicare premiums (\$66.60 x 12 months = \$799.20 in 2004) and may also pay your Medicare deductibles and coinsurance. To qualify, you must have Part A (Hospital Insurance), a limited income (see below) and your assets, such as bank accounts, stocks, and bonds must not be worth more than \$4,000 for a single person, or \$6,000 for a couple.

If you are not sure if you have Part A, look on your red, white, and blue Medicare card. It will show "Part A (Hospital Insurance)" on the lower left corner of the card. If you have lost your card call Social Security toll-free at 1-800-772-1213 to verify your coverage and order a replacement Medicare Card.

QMB

The monthly income limit for the QMB program is \$796 for an individual and \$1061 for a couple. The QMB program pays Medicare's premium, deductibles, and coinsurance amounts.

SLMB

The monthly income limit for the SLMB program is \$951 for an individual and \$1,269 for a couple. The SLMB program pays Medicare's monthly Part B premium of \$66.60 per month per eligible individual.

QI-1

The monthly income limit for the QI-1 program is \$1068 for an individual and \$1,426 for a couple. The QI-1 programs helps pay Medicare's monthly Part B premium of \$66.60 per month per eligible individual.

For more information about these programs or to file an application for these benefits, contact your County Benefit Specialist at 647-6226.

Utility Companies' Winter Shut-Off Safeguards No Longer in Effect for This Year

Your utility service can be disconnected if you don't pay your bill or if you don't pay installments on your bill as you have agreed with the company. Also, the utility company can disconnect service if a previous customer living at your address has an outstanding bill. At least ten days prior to service disconnection, the utility must send you a notice stating the reason for the shut-off, the date when service will be disconnected, and how to contact the utility to discuss the situation.

You should first contact the utility company to try to resolve the problem. If you are experiencing a medical problem or other crisis and you need extra time to make payment arrangements, the utility can delay service disconnection or restore service that already was disconnected for up to 21 days. The company may request a letter from your doctor, a public health or social services official or a law enforcement official concerning the crisis to obtain this postponement. Service must be continued during this 21-day period.

If you are unable to pay the outstanding bill in full, the utility company must offer a deferred payment arrangement. You should try to negotiate the terms of the arrangement according to your individual circumstances. The agreement should provide that service will not be discontinued if you pay a *reasonable* amount of the outstanding bill and agree to pay the remaining balance in *reasonable* installments.

To determine *reasonableness*, the company must consider your ability to pay, including these factors: 1) size of the delinquent account; 2) your payment history; 3) how long the debt has been outstanding; 4) reasons why the debt has been outstanding; and 5) any other relevant factors concerning your circumstances such as household size, income and expenses.

A deferred payment agreement does not eliminate the outstanding bill. Unless you can demonstrate a significant change in your ability to pay, the company is permitted to disconnect service if payment is not made according to the agreed terms. The company is not required to enter into a subsequent deferred payment agreement.

If the company cannot help resolve the problem, you can contact the Public Service Commission of Wisconsin at (800) 225-7729. If you are speech, hearing, or visually impaired

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Here are some facts about the 1500s:

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

**And that's the truth... Now ,
whoever said that History was
boring!**

Here are some facts about the 1500s:

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

WORDS TO LIVE BY

**Accept that some days you're the pigeon,
and some days you're the statue.**

Always keep your words soft and sweet,
just in case you have to eat them.

Always read stuff that will make you look
good if you die in the middle of it.

Drive carefully. It's not only cars that
can be recalled by their maker.

Eat a live toad in the morning and nothing
worse will happen to you for the rest of the day.

If you can't be kind, at least have the decency to be
vague.

If you lend someone \$20, and never see
that person again, it was probably worth it.

It may be that your sole purpose in life
is simply to serve as a warning to others.

Never buy a car you can't push.

Never put both feet in your mouth at the same time,
because then you don't have a leg to stand on.

Nobody cares if you can't dance well.
Just get up and dance.

The early worm gets eaten by the bird,
so sleep late.

When everything's coming your way, you're in the
wrong lane.

Birthdays are good for you; the more you have, the
longer you live.

You may be only one person in the world,
but you may also be the world to one person.

Some mistakes are too much fun to only make
once.

Don't cry because it's over; smile because
it happened.

We could learn a lot from crayons:
some are sharp, some are pretty, some are dull,
some have weird names, and all are different
colors but they all have to learn to live in the same
box.

A truly happy person is one who can enjoy the
scenery on a detour.

Happiness comes through doors you didn't even
know you left open.

Have an awesome day, and know that someone
has thought about you today....

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and need assistance from the Public Service Commission, call (608) 266-5481 or TTY (608) 267-1479.

If you are having difficulty meeting your utility and/or other monthly expenses, you may want to consult your local benefit specialist at 647-6226 to find out whether you are eligible for additional benefits or services.

SO YOU THINK YOU KNOW EVERYTHING?

The winter of 1932 was so cold that Niagara Falls froze completely solid.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).

There are 293 ways to make change for a dollar.

There are more chickens than people in the world.

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

There's no Betty Rubble in the Flintstones Chewables Vitamins.

Tigers have striped skin, not just striped fur.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

Winston Churchill was born in a ladies' room during a dance.

Women blink nearly twice as much as men.

Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

.....Now you know everything!

Here are some facts about the 1500s:

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

This newsletter is prepared and submitted six times yearly to the residents of Richland County by Health and Human Services.

Editor is Patrick Metz.

All questions regarding this newsletter should be addressed to:
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Richland Center, WI 53581
(608) 647-6226
metzp@co.richland.wi.us

To view this newsletter as well as past editions of this newsletter go to our website.

<http://co.richland.wi.us/departments/hhs/newsletter/index.html>

Seniors Surfing the Web?

Here are some senior friendly sites!

Richland County HHS—Elderly Services

<http://www.co.richland.wi.us/departments/hhs/elderservices/>

State of Wisconsin Prescription Drug Resource Center

<http://www.drugsavings.wi.gov>

Suddenly Senior—A Place Where Everyone Who's Becomes Senior Before Their Time

<http://www.suddenlysenior.com>

Senior Resources—Wisconsin's Complete Senior Resource Listing

<http://magazine.seniorresourcesonline.com>

The Eldercare Locator, a nationwide public service of the U.S. Administration on Aging, releases 5 Basic Tips to Help Dads Maintain an Active, Healthy Lifestyle; New Eldercare Locator Survey Confirms That Men Over 65 Need Guidance on Maintaining Their Health

<http://www.eldercare.gov>

HEALTHOLOGY is a leading producer and distributor of physician-generated health and medical information on the Web. With the largest and most distinguished library of original, streaming health programs and health articles on the Internet, Healthology provides companies with seamless solutions for their online health information and educational needs.

<http://www.healthology.com/>

Do you have a friend who cannot read this newsletter because of poor eyesight?

This newsletter is available on cassette tape and may be borrowed from the Elderly Services Unit.

**For more information, call
608-647-6226**

News from Congressman Ron Kind

Understanding the Medicare Discount Drug Cards

This spring, Medicare beneficiaries began receiving advertisements, mailings, and promotions for participation in the new Medicare-approved prescription drug discount card program. This transitional program will only be in effect from June 2004 through December 2005, after which the Medicare prescription drug benefit will begin. Many seniors have relayed to me their frustrations with sorting through the sea of drug card options, and I wanted to provide some information on the program and offer resources to help you in deciding which card, if any, is best for you.

Beginning in June, Medicare beneficiaries have been able to purchase a private Medicare-approved drug discount card (with a maximum annual fee of \$30). These cards are being promoted as offering significant price discounts on your prescription drugs. However, the law does not require any specific level of savings, and it is very uncertain how much financial help the cards will provide.

Under the new plan, you are limited to one Medicare-approved card and will only be allowed to sign up for one card a year, preventing savings through multiple cards and prohibiting you from changing cards during the year to follow the lowest prices for drugs.

Wisconsin's SeniorCare program is a shining example of the great work that can be done to aid our nation's seniors with their prescription drug costs when federal and state governments cooperate. SeniorCare provides prescription drug assistance to citizens 65 years or older, and the level of aid is based on annual income. Unfortunately, citizens will not be able to enroll in both the SeniorCare and Medicare drug discount program. 90,000 Wisconsin seniors currently benefit from this program, and the vast majority of you will be far better off remaining in SeniorCare than enrolling in the new Medicare discount drug program.

Navigating the maze of available cards will be difficult. Cards may offer good deals on some of your medications, but no value for others. The specific drugs that are discounted will vary among the cards and may vary within a specific card throughout the year. Not all pharmacies will participate with all cards either. Finding the card that is right for you will require some research,

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but there is no guarantee one is available that will meet your needs. The following resources are available to help you when deciding whether to enroll in the discount card program and to determine what cards is best for you:

- **The State of Wisconsin Board on Aging and Long-Term Care can provide information on drug card options. The toll-free number is 1-800-242-1060.**
- **Beneficiaries can also get help by contacting the benefit specialist in your area. Your benefit specialist is Joanne Welsh and can be reached at 647-6226.**
- **The U.S. Government offers assistance at 1-800-MEDICARE or by accessing information at www.medicare.gov.**
- **There is also a Medicare Rx Discount Card Q & A on my website at www.house.gov/kind. As always, please feel free to contact my office in La Crosse at 1-888-442-8040 with questions or concerns.**

Vegetables usually found in your Garden

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

**ASPARAGUS
CABBAGE
CARROTS
GREENBEANS
LETTUCE
PEAS
PEPPER
POTATO
RASPBERRY
RHUBARB
SPINACH
STRAWBERRY
SWEETCORN
TOMATO
WATERMELON**

JULY, 2004

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

| | | | | |
|---|--|---|---|---|
| Richland County Nutrition Program | | | 1 Swedish Meatballs, Buttered Noodles, Peas, Whole Grain Bread, Pineapple | 2 BBQ Chicken, Baked Potato with Sour Cream, Green Beans, Whole Grain Bread, Blueberry Torte |
| 5 SITES CLOSED | 6 <u>4th of July Picnic</u> Hamburger/Bun, Cheese, Tomato, Onion, Pickles, Baked Beans, Potato Salad, Chocolate Chip Cookie | 7 Roast Pork, Au gratin Potatoes, Squash, Whole Grain Bread, Applesauce Gelatin | 8 Beef Stew/Veg., Baking Powder Biscuit with Honey, Cabbage Salad, Pudding Torte | 9 Spaghetti with Meat Sauce, Garlic Cheese Bread, 7 Layer Salad, Pears |
| 12 Baked Ham, Sweet Potatoes, Italian Blend Vegetables, Whole Grain Bread, Pineapple | 13 Baked Fish, Potato Wedges, Peas, Whole Grain Bread, Brownie | 14 Swiss Steak, Mashed Potatoes/Gravy, Carrots, Whole Grain Bread, Fruited Jell-O with Topping | 15 Chicken Salad Sandwich, Potato Salad, Baked Beans, Strawberry Shortcake & Topping | 16 Pork Chop, Cheesy Au gratin Potatoes, Broccoli, Whole Grain Bread, Apple Crisp |
| 19 Salmon Loaf, Boiled Potatoes, Creamed Peas, Rye Bread, Peaches | 20 Goulash, Corn Bread/ Honey, 7 Layer Salad, Cooks Choice Dessert | 21 Roast Turkey, Mashed Potatoes/Gravy, Green Beans, Cranberry Sauce, Dinner Roll, Pumpkin Dessert | 22 BBQ Ribs, Baked Potato/Sour Cream, California Blend Vegetables, Whole Grain Bread, Pears | 23 Lasagna, Soft Bread Sticks, Tossed Salad, Melon |
| 26 BBQ Beef/Bun, Macaroni Salad, Baked Beans, Mixed Fruit Cup | 27 Chicken ala-King w/Biscuits, Mixed Vegetables, Cabbage Salad, Peaches | 28 Pork Chop, Hash Brown Casserole, Corn, Whole Grain Bread, Apple Cake | 29 Roast Beef, Mashed Potatoes/ Gravy, Carrots, Whole Grain Bread, Angel Food Cake/ Strawberries/Topping | 30 Oven Fried Fish, Baked Potato/Sour Cream, Beets, Whole Grain Bread, Fruited Jell-O with Topping |

Richland County Health & Human Services Elderly Services—Nutrition Program

For information (or reservations) about the Nutrition Program, please call:

Germantown - Judy Thompson @ 983-2786 @ 11:45 pm; **Gotham** - Tina Shaw @ 583-2763 @ 12:00 pm;
Richland Center—Town & Country Presbyterian Church - Chris Young @ 647-2323 @ 11:45 am;
Viola - Linda Walker @ 627-1869 @ 11:30 am; **Boaz** - **Karen's Supper Club** - Serve on Wednesdays ONLY at 11:30 am - 536-3792; **Hub City** - **Home Plate** - Serve on Thursdays ONLY at 12:00 pm - 647-6566

AUGUST, 2004

Occasionally, it is necessary to make changes in the menus. All meals are served with bread and milk. Please call the meal site for reservations at least one day in advance.

| | | | | |
|---|---|---|--|--|
| 2 Kielbasa, Macaroni & Cheese, California Blend Vegetables, Whole Grain Bread, Pears | 3 Meat Loaf, Baked Potato with Sour Cream, Green Beans, Whole Grain Bread, Cheesecake with Fruit & Topping | 4 Baked Chicken, Mashed Potatoes/Gravy, Squash, Dinner Roll, Chocolate Cake | 5 Roast Pork, Cheesy Au gratin Potatoes, Peas, Whole Grain Bread, Applesauce Gelatin | 6 Hamburger/Bun/ Cheese/ Tomato/Onion/Pickles, Baked Beans, Potato Salad, Toll House Bar |
| 9 Ham, Scalloped Potatoes, Mixed Vegetables, Whole Grain Bread, Pineapple | 10 Salisbury Steak, Mashed Potatoes with Gravy, Corn, Whole Grain Bread, Pudding Torte | 11 Chicken Italiano (pasta dish), Soft Bread Sticks, Tossed Salad, Fruit Crisp | 12 Hot Beef Sandwich-open face with Mashed Potatoes & Gravy, Peas & Carrots, Seasonal Fruit | 13 BBQ Ribs, Baked Potato with Sour Cream, Broccoli, Whole Grain Bread, Oatmeal Raisin Cookie |
| 16 Baked Fish, Potato Wedges, Green Beans, Whole Grain Bread, Mixed Fruit | 17 Glazed Ham Loaf, Baked Potato with Sour Cream, Corn, Whole Grain Bread, Applesauce | 18 Swiss Steak, Mashed Potato/Gravy, Calif. Blend Vegetables, Whole Grain Bread, Striped Delight Torte | 19 Beef Stroganoff, Noodles, Beets, Cabbage Salad, Whole Grain Bread, Brownie | 20 Chicken Filet Sandwich, Cottage Fries, Baked Beans, Strawberry Shortcake with Topping |
| 23 Salmon Loaf, Baked Potato with Sour Cream, Creamed Peas, Rye Bread, Peaches | 24 Pork Cutlets, Hash Brown Casserole, Italian Blend Vegetables, Whole Grain Bread, Molasses Cookie | 25 Spaghetti & Meat Sauce, Soft Bread Sticks, 7-Layer Salad, Fruited Jell-O with Topping | 26 Roast Turkey, Mashed Potatoes/Gravy, Carrots, Cranberry Relish, Whole Grain Bread, Cooks Choice Cake | 27 Beef Stew/ Vegetables, Baking Powder Biscuits, Tossed Salad, Cottage Cheese with Pineapple Twist |
| 30 Pork Chop, Sweet Potatoes, Peas, Whole Grain Bread, Applesauce | 31 Baked Chicken, Mashed Potatoes/Gravy, Calif. Blend Vegetables, Whole Grain Bread, Blueberry Torte | | | Richland County Nutrition Program |