

The Family and Friends Newsletter

221 W Seminary Street
Richland Center, WI 53581

Volume III, Number III
May / June 2004

Regular physical activity is important for people of all ages. Research shows that regular, moderate physical activity can extend your lifespan and prevent or slow the development of chronic diseases. This is a guide to help make activity a part of your everyday life and keep you safe when doing activity.

Safety is very important during physical activity. The following is a list of guidelines that you should practice during all types of physical activity. Not following these guidelines during exercise may cause you serious harm or injury.

Safe Exercise Practices

- ✓ Obtain medical clearance to exercise.
- ✓ Stop exercising if you feel pain.
- ✓ Don't exercise when you are injured, sick, or running a temperature.
- ✓ Don't overstrain during exercise.
- ✓ Remember to breathe! Never hold your breath during exercise.
- ✓ Always warm up before you exercise.
- ✓ Always cool down after exercise.
- ✓ Drink plenty of water before, during, and after exercise.
- ✓ Avoid heavy meals for about two hours before energetic exercise.
- ✓ Use sunscreen, hats, visors, and sunglasses during outdoor daytime exercise.
- ✓ Think safety at all times! Should you be wearing fluorescent colors? Is it too cold, too wet, too stormy, too hot and or too humid for safe exercise?
- ✓ Work at an effective, yet comfortable, intensity level. You should be able to carry on a normal conversation during exercise.
- ✓ **Stop exercise and consult your physician immediately if you experience any of the following:**
 - ⇒ Chest pain or tightness in the chest, neck, or throat
 - ⇒ Considerable difficulty breathing
 - ⇒ Abnormal heart rhythm, nausea, dizziness, light headedness
 - ⇒ Excessive cold sweat or extreme or lasting weakness or fatigue after exercising

Only one in three older adults engages in regular physical activity. Older adults are the least likely of all age groups to participate in regular exercise. There are many barriers that may prevent people from exercising. Some of the barriers are listed below.

Barriers to physical activity:

- ⇒ Lack of time
- ⇒ Isolation
- ⇒ Poor vision
- ⇒ Fear of injury
- ⇒ Illness

MAY IS SENIOR



FITNESS MONTH

What's inside?	Page
News from Congressman Ron Kind	3
FREE Blood Pressure Clinics	3
Richland Hills Meal Site Has Moved	4
Activity Schedule at Town and Country Church meal site	4
Volunteering Increases Well Being of Seniors	5
Letters to Washington can make a difference	5
New Medicare Prescription Drug Plan	6
Status of Social Security Funds	7
How to Recognize a Stroke	8
30 Minutes Can Save Your Life	9
Whole Grain Choices not always clear	11
Nutrition Program Menus	12

(Continued on top of next Page)

- ⇒ Medication side effects
- ⇒ Lack of energy

How to stay motivated

Staying motivated to exercise is difficult for many people. The following tips may help keep you motivated:

- ◆ Treat your physical activity as an appointment
- ◆ Track your progress
- ◆ Include new but reachable goals to keep building your fitness level
- ◆ Write down the reasons you decided physical activity is worthwhile
- ◆ Find a fitness partner
- ◆ Pick exercise activities that are fun

There are four types of activity that can be included in your exercise routine: aerobic/endurance activity, strength training, balance activities, and flexibility training. All of these activities will benefit you in different ways.

Aerobic/endurance activities

- ◇ Improves the functions of the heart, lungs, and blood vessels
- ◇ Improves the body's ability to use oxygen
- ◇ Aerobic exercise gives you more energy. Without a healthy level of endurance, you may feel tired and worn out.
- ◇ Activities to improve endurance include brisk walking, cycling, swimming, dancing, and jogging

Strength exercises help to prevent loss of muscle tissue.

- Can improve muscle strength, size and endurance at any age
- Benefits include:
 - ⇒ improving reaction time
 - ⇒ reducing the rate of muscle atrophy
 - ⇒ increasing work capacity
- Help to prevent back problems and injury
- Exercises such as leg or arm lifts are great for the beginner. For the more advanced exerciser, lifting lightweight dumbbells is great for strength training. If you don't have dumbbells, there is no need to go out and buy them. Bottles of water or cans of food work just as well.

Balance and stability

- ✓ Helps aging adults maintain a healthy and independent lifestyle
- ✓ Loss of balance is a primary factor in falls, which often results in serious injuries.
- ✓ Balance activities can be as simple as standing on one foot.
- ✓ Balance activities can be worked into other activities such as strength or flexibility exercises.

Flexibility exercises

- ⇒ Help you maintain your range of motion

- ⇒ Stretch muscles to prevent them from becoming short and tight
- ⇒ Help to slow down the development of arthritis
- ⇒ Do these exercises everyday to keep joints flexible and muscles elastic.

Exercise While You Are Sitting

You may think that if you are in a wheelchair or are just not as mobile as you used to be, you cannot do any type of exercise. However, there are still exercises that you can do. The following is a guide for those who may not be able to do typical exercises. These exercises do not involve any type of walking. All of the exercises are done while being seated on a chair. Always check with your doctor before beginning any type of exercise.

Exercises while sitting on a chair



Neck—In a seated position, straighten your back then extend your neck muscles and move them in a big circular motion

Back/Stomach—In a seated position, raise both your arms; then while lowering and raising your chin, bend your chest backwards.



Shoulders—In a seated position lightly bend your elbows and very smoothly rotate your shoulders.



Arms—In a seated position loosen up your arms and hands; then shake, rotating from front to rear and side to side.



Chest—In a seated position, bend your back against the chair and expand your chest upwards, then straighten out your arms downwards. After that, continue the motion by bending your upper body forward.

Ankles

In a seated position put your feet together lightly and pull your toes towards yourself, and then release.



Source: www.aarogya.com/wellness/fitness/exercise/chair.asp



News from
**Congressman
 Ron Kind**
 REPRESENTING WISCONSIN'S THIRD
 CONGRESSIONAL DISTRICT

**Looking through the Holes of
 the New Medicare Prescription
 Drug Benefit**

By Congressman Ron Kind

Far too many seniors are forced to split pills or decide between doctor-ordered medications and other necessities. This last year, Congress had an opportunity to address this crisis situation and provide a meaningful prescription drug benefit. Unfortunately, the bill that the President signed into law contains fundamental flaws that will end up costing seniors more.

One of my initial concerns with the new Medicare bill is that it ignores opportunities for savings by prohibiting the federal government from negotiating lower drug costs and by forbidding the re-importation of FDA approved drugs from Canada. Wisconsin has always been a leader on health care issues, and Governor Doyle is continuing this proud tradition with a website that allows Wisconsin citizens to order drugs from safe, Wisconsin-approved Canadian pharmacies.

Another element of the new drug plan to be wary of is the gap in coverage known as the 'doughnut hole.' While sizable portions of the bill's funding are set aside for incentives to private insurance companies to establish drug-only benefits to compete with Medicare, the prescription drug benefit structure has a gaping hole that will leave millions of seniors without drug coverage when their annual costs are between \$2250 and \$5100. This hole reestablishes itself every year and is likely to expand as drug costs increase.

There are many who share my concerns with the new prescription drug bill. Even AARP, which came out in favor of the original bill and helped to seal its passage in Congress, has identified cost containment and closing the 'doughnut hole' among its legislative goals for 2004. The President has stated, however, that he intends to veto any measure that seeks to change the current benefit program.

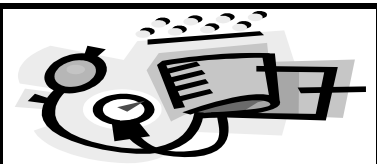
Seniors have waited far too long for a meaningful and affordable drug benefit that relieves them of out-of-pocket costs so they can enjoy a high quality of life during their golden years. I feel that the lack of cost controls and the gaping hold in coverage in the new Medicare prescription drug bill are unacceptable. A better drug plan is one that curbs the rising costs of prescription drugs and provides a benefit that is both guaranteed and affordable.

While I didn't vote for the Medicare prescription drug bill, it is the current law, and it is important that recipients of the drug benefit have meaningful information about the law and understand what the new benefit entails. As always feel free to contact my office in La Crosse at 1-888-442-8040 with questions or concerns. You may also email me by visiting www.house.gov/kind/emailron.htm

Visit the front page of Congressman Kind's website at www.house.gov/kind to calculate the out-of-pocket cost of your prescription drugs with the new Medicare benefit. Visit the state of Wisconsin Prescription Drug Resource Center at www.drugsavings.wi.gov

Blood Mobile Schedule

The Blood Mobile is always held from 12:00—6:00 pm on the third Wednesday of every other month - the next one will be May 19th at the Community Center.

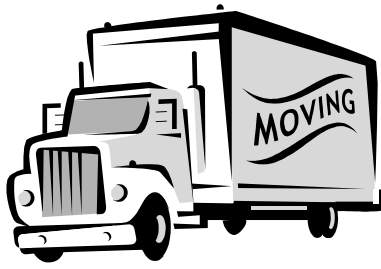


FREE Blood Pressure Clinics

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

- | | |
|-----------------------------------|-------------------------------|
| Gotham | Tuesday May 4, 2004 |
| Town and Country Church | Friday May 14, 2004 |
| Viola | Tuesday May 18, 2004 |
| Boaz - Karen's Supper Club | Wednesday May 19, 2004 |

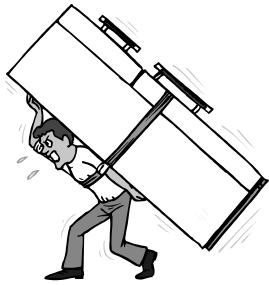
For more information on the nutrition site blood pressure clinics, contact the **Health, Aging and Disability Resource Center** at 608-647-4616.



Richland Hills Meal Site Has Moved!

As of Monday May 3rd, the Richland Hills Meal Site will be moved.

Our **NEW LOCATION** is the
Town and Country Presbyterian Church
345 S Cairns Avenue
(Across from the old Medical Center).



The only thing that has changed is the location. You still must call the day before to reserve your meal **(647-2323)**. FREE transportation will be provided from Richland Hills and Ridgeview Commons to the new location for all of those interested in joining us at the new location.

Activity Schedule at Town and Country Church meal site for May

- May 4th, Tuesday—Coffee Time 10:00
- May 5th, Weds—Euchre 12:30
- May 7th, Friday—Games Day UNO/Checkers
- May 10th, Monday—Ladies Tea 10:00
- May 12th, Weds—Movie 10:00 and Euchre 12:30
- May 14th, Friday—Blood Pressure 11:30
- May 18th, Tuesday—Goofy Shirt Day
- May 19th, Weds—Euchre 12:30
- May 20th, Thursday—Birthday Day
- May 25th, Tuesday—Movie Day 10:00
- May 26th, Weds—Speaker: Schmitt Woodland Hills—Housecalls 12:00 and Euchre following speaker
- May 27th, Thursday—Foot Clinic 1—3 pm

****Late Transportation will be available on Wednesdays until 2 pm and on May 27th until 3 pm to Richland Hills and Ridgeview Commons .

Richland County Health and Human Services Care Management Organization Request for Proposal

In renewing the “Family Care” Care Management Organization (CMO) contracts for 2005, the Wisconsin Department of Health and Family Services is required to use an open competitive procurement process. To continue as a CMO, the Richland County Health and Human Services Care Management Organization may compete with different or additional bidders. This is required by:

- √ State Family Care statutes
- √ Federal Medicaid statutes and managed care procurement rules
- √ The Federal conditions of approval for Family Care Waivers

Richland County Health and Human Services Care Management Organization welcomes your input and support in our application to continue as your Care Management Organization. If you would like to offer your support in a letter, telephone call, or e-mail, it would be very much appreciated.

Please get in touch with us by May 28th, 2004, at:

**Richland County Health & Human Services
Care Management Organization
Penny Clary – Member Relations Coord.
221 W. Seminary St.
Richland Center, WI 53581
(608) 647-8821 ext. 273
claryp@co.richland.wi.us**

Volunteering Increases Well-being of Seniors

If you are a senior citizen volunteer, you may be getting more out of the experience than you realize.

According to a recent study published in the *Journal of Gerontology*, older adults who volunteer up to 100 hours a year enjoy happier, healthier lives. The study found that 34.5 percent of adults age 60 and older volunteer, serving an average of 71.5 hours per year. Older adults who volunteer had better assessments than non-volunteers in measures of well being including functional status, self-rated health and absence of depression.

The study showed that even modest amounts of volunteering improve well being, regardless of the nature of the volunteer work. Of course, larger amounts tend to have an even greater effect, at least to some optimal level of volunteering.

To start volunteering, please contact the Richland County Health and Human Services—Elderly Services Office at 647-6226. Volunteers are always needed in the following areas:

- √ Delivery of Home Delivered meals in Richland Center
- √ Driver/Escort volunteers that drive seniors to medical appointments
- √ Friendly Visiting and Telephone Reassurance Volunteers

-This article is being reprinted from *The Volunteer Management Report* with the permission of Stevenson, Inc. To receive a free sample issue, simply call, write, or fax your request to: Stevenson, Inc., PO Box 4528, Sioux City, IA 51104. Phone: (712) 239-3010. Fax: (712) 239-2166. www.stevensoninc.com

Your letters to Washington can make a difference

With all of the big changes happening in services to Seniors, it is very important that they hear from you. SeniorCare, Wisconsin Prescription Drug program was successful because Seniors spoke out to their legislators and spoke with one voice at a State Capitol rally, the result was SeniorCare that saves Seniors thousands of dollars. You have a voice and you should always exercise your right to speak out about the issues that affect you and your peers.

Legislators rely on letters to find out what the people back home are thinking. And, for you, letter-writing can be the first step in

building an ongoing relationship with your legislators. Here are some guidelines to follow when writing.

- Spell your legislator's name correctly. If you know your legislator at all, use his or her first name--your letter will receive more attention.
- Write legibly or type your letters.
- Address your legislator properly:
 - For a salutation, use "Dear Representative (*last name*)" or "Dear Senator (*last name*)."
- Use your own words. Personal letters are *much* more effective than postcards or petitions.
- In e-mail, remember not to use "*net jargon*." Use full sentences and paragraphs--remember, it's just like a letter!
- Clearly state the topic you are writing about and your position on it in the opening sentences. For example: "I'm writing to oppose steep cuts in Medicaid and Medicare."
- Refer to bills by name or number if you can, but don't delay a letter if you don't have the exact bill number.
- Stay on one topic. If you want to write about other issues, send another letter later on.
- Give reasons for your position. As appropriate, use personal experience or a concrete example to make your case.
- Raise questions. A well-formulated question can get a personal response.
- Keep it short. One page is best! Use two pages only if necessary for clarity and completeness.
- Be polite, positive, and constructive. Don't plead, and never threaten or insult. You want to win a friend, if not now, then on other issues in the future.
- Be timely. Write before decisions are made and action is taken. But don't write *too* long beforehand--a letter six months before a vote will probably be forgotten.
- Use your name and address on both the envelope and the letter. This helps staff in replying, and it identifies you as a constituent. (For e-mail, include your full name and address at the end of the e-mail.)
- Write to thank your legislators when they take an action you agree with. It's surprising how few letters of thanks are received on Capitol Hill. If a staff member is par-



“Red Tape Cutter” Pages

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

Beware of Medicare Drug Discount Card Scams

Joanne Welsh - Elderly Benefit Specialist for Richland County Health & Human Services

Since the passage of the Medicare Prescription Drug, Improvement and Modernization Act on December 8, 2003, unscrupulous individuals and companies eager to capitalize on Medicare's good reputation have been busy trying to sell discount drug cards to seniors. They represent to older people that their discount drug cards are authorized by the recent changes to the Medicare program. Don't be fooled!

The official discount drug cards will not be available from Medicare-endorsed card sponsors until this spring. Card sponsors from across the country are in the process of seeking approval of their discount card plans by the Centers for Medicare and Medicaid Services (CMS), the federal agency that regulates the Medicare program. CMS will announce which card sponsors it will endorse in Wisconsin when its approval process is complete, and the selected sponsors can begin marketing their plans in May 2004. Medicare beneficiaries will not be able to sign up for any Medicare-endorsed drug discount card program until May 2004. In the meantime, CMS is sending out written information directly to Medicare beneficiaries about the new changes to Medicare.

If you receive information or are contacted by an individual or organization trying to sell you a drug discount card that is purportedly “approved” by Medicare before the timelines described above, you should contact the Wisconsin Department of Agriculture, Trade and Consumer Protection toll-free at (800) 422-7128. You should also share the information with your local benefit specialist so that s/he is aware of this problem in your community.

To help Medicare beneficiaries avoid fraudulent sales practices, the federal government has created a Medicare-Approved seal that will be used on all Medicare endorsed drug discount cards. The logo is seen below:

Your local elderly benefit specialist is available to help answer your questions about the Medicare-endorsed discount drug card program and about other benefits. You can reach her at 647-6226.



The New Medicare Prescription Drug Plan *by Frank Schersing*

The recently signed Medicare Reform Legislation includes provisions to establish a prescription drug benefit for Medicare beneficiaries. The new benefit will be known as Part D, and will begin January 1, 2006. Many of the organizations backing this proposal changed their minds after they read the details of the plan. AARP, an initial backer of the program, backed away once they saw a dramatic drop in their membership, and the details of the program were released. Many times the devil is in the details and this provision is no exception. There are a few good things in the program but predominantly once you review the 1,500+ pages it becomes clear the vast majority of seniors will pay considerably more than what they are currently paying under Wisconsin's SeniorCare Program.

As an example: An elder with an income of \$13,470 per year and few assets takes three generic prescription drugs per month for a total cost of \$250 per month (\$3,000 per year). Under Wisconsin's SeniorCare Program, the elder would pay the \$30 enrollment fee, additionally the 3 co-payments for the prescriptions amount to \$180 (3 scripts per month X \$5 co-payments X 12 months) for a total of \$210 per year. The Federal Program requires the elder to pay \$420 in premiums (the \$35 average monthly premiums X 12 months) then the \$50 deductible amount for the prescriptions, and added to that is the 15% of the drug costs above the \$50 deductible amount which in this example would amount to \$442.50; for a total of \$912.50 per year. Now it doesn't take a rocket scientist to see that the elders out of pocket cost is much more expensive in the federal program.

Another example, which is much, more graphic is for an elder that has an income of \$17,960 per year with limited assets. The elder has health problems and takes six generic prescriptions per month for a total cost of \$460 per month (\$5,520 per year). Under Wisconsin's SeniorCare Program, the elder would pay the \$30 enrollment fee, additionally the \$500 deductible because of the income, and \$330 in co-payments for the prescriptions. This totals \$860 per year in SeniorCare. Under the Federal Program, the elder pays \$420 in premiums (the \$35 average

(Continued on top of next Page)

(Continued from Page 6)

monthly premiums X 12 months), then a \$250 deductible and \$500 in co-payments of 25% of the drug costs between \$250 and \$2,250. After the \$2,250, the elder is responsible for 100% of the drug costs between \$2,250 and \$5,100, so in this example the elder is responsible for \$2,850. Above the donut hole the Federal Program pays 95% of the cost, so the elder is still responsible for 5% and in this example another \$21. When you total up the costs to the elder, in this example, under the Federal Program, the elder is paying \$3,621 per year compared to the \$860 in Wisconsin's SeniorCare Program.

This is one of the reasons the senior organizations backed away from supporting the Federal Program. Some of the other details of the program included in the Act are a late penalty on people who don't enroll in a drug plan when they are first eligible, unless they have "credible coverage." Credible coverage includes coverage that is comparable to the Part D benefit provided under Medicaid or an employee-sponsored health plan. The Act also does not establish a premium amount. The \$35 amount per month used in discussions is just an estimate of what the "average" premium might be. The actual premium will vary by plan and geographic area. The Act also allows each drug plan to decide independently which drugs to cover. The Act does not allow the secretary of Health and Human Services (HHS) to negotiate lower prescription drug prices on behalf of the nearly 41 million Medicare beneficiaries. It increases the Part B deductible on a yearly basis, and increases the Part B premium based on income, for the first time ever. A more complete list can be viewed on the internet at http://www.medicareadvocacy.org/Reform_20FactsAboutActof2003.htm

It is very evident that Wisconsin's SeniorCare Program is much more beneficial than the Federal Program. The issue comes about on January 1, 2006; will SeniorCare still be around at that time? If another funding source does not surface, the State of Wisconsin in all likelihood will terminate the program. We need to start the advocacy efforts now to give our State politicians an opportunity to look for other funding sources. They also need to understand the importance of SeniorCare and that most of our seniors will not be able to afford the Federal Program.

The Status of Social Security Funds



By: Bruce W. Schultz
Social Security Public Affairs Specialist

www.ssa.gov

The 2004 Social Security Trustees Report shows little change in the projected financial status of the Social Security program over last year. And again this year, the Social Security Board of Trustees states that, absent changes, Social Security's currently scheduled benefits are not sustainable over the long term.

In the 2004 Annual Report to Congress, the Trustees announced:

- The projected point at which tax revenues will fall below program costs comes in 2018 -- the same as the estimate in last year's report.
- The projected point at which the Trust Funds will be exhausted comes in 2042 - - also the same as the estimate in last year's report.
- The projected actuarial deficit over the 75-year long-range period is 1.89 percent of taxable payroll.
- Over the 75-year period, the Trust Funds require additional revenue equivalent to \$3.7 trillion in today's dollars to pay all scheduled benefits. This unfunded obligation grew \$200 billion from last year.

"I want to assure those already receiving Social Security benefits - as well as those who are close to retirement - that your benefits are secure," said Jo Anne Barnhart, Commissioner of Social Security. "Reaching agreement on an appropriate solution to Social Security's long-term financing challenges will require Congress and the President working together in a bipartisan manner."

(Continued on Page 11)

Prescription Drug Resource Center

Wisconsin now has a Web site up and running that allows state residents to buy prescription drugs from Canada even though it could get the state into trouble with the US Food and Drug Administration as the site violates federal law.

Gov. Doyle has called on the WI Legislature to pass a resolution- before it adjourns- that calls on Congress to approve legislation that would allow US residents and pharmacies to import cheaper Canadian Drugs. Also on the Web site listed below is an e-petition to be sent to Congress and the FDA.

www.drugsavings.wi.gov

What Good are Strong Ankles?

Strong ankles help you avoid sprains and other injuries caused by falling or tripping. They'll also help you run, jog, and do other exercises more efficiently.

Here's how to keep your ankles in shape:

With your eyes closed, stand in a doorway balancing yourself on one foot. This may be difficult to begin with, but gradually work up until you can stand without bracing yourself on the doorway for 45 seconds on each foot.

This exercise improves the nerve signals from your feet to the brain. This will help you to quickly recover and straighten your foot when you step on uneven surfaces, another factor that can help prevent sprains, trips and falls.

Do this exercise three times a week as part of your regular fitness plan.

Source: Runners World

How to recognize a stroke!

Is It a Stroke? This was published in a monthly newsletter where a friend of mine lives and he sent it on. I had never heard this advice before and hadn't a clue. Perhaps you hadn't either and would like to file it away in the back of your head. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say any bystander can recognize a stroke asking three simple questions:

- * ask the individual to smile.
- * ask him or her to raise both arms.
- * ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Services for the Visually Impaired

- √ **Are the mail and the newspaper hard to read?**
- √ **Is it difficult to use the oven because you can no longer see the dial?**
- √ **Does your eye doctor say that nothing more can be medically done?**

The Bureau for the Blind says, **“We can help!”**

Judi Heiden is a Rehabilitation Specialist who provides services in the homes of people who have low vision. Maintaining independence is the goal. An assessment is conducted to determine “barriers to everyday living” because of vision loss. Then, she introduces techniques, resources and adaptive aids to help people do what they used to do by doing it differently.

For example, many things can be done by feel. Judi marks appliances so that seniors can ‘feel’ 350 degrees on their oven or 72 degrees on their thermostat. Many people like to try different magnifiers so they can choose one that is helpful to them. Others like to sign up for talking books and learn where to buy jumbo playing cards.

If you would like a home visit, or know someone who would, **please call Judi Heiden at (608) 243-5715.** She will be glad to hear from you!

Here are some facts about the 1500s:

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

30 Minutes Can Save Your Life!

The American Red Cross is proud to present “Prepare Wisconsin”, a program designed to educate citizens of our state about Disaster Preparedness.

In only thirty minutes, you could learn how to save yourself and your family from the devastating effects of natural disasters, such as tornadoes, fires, or floods, and man-made disasters, like terrorism or chemical spills.

There are only five simple steps:

- ✓ **Make a Plan**
- ✓ **Build a Kit**
- ✓ **Get Trained**
- ✓ **Volunteer**
- ✓ **Give Blood**

The specific steps are explained in fun-filled and informative demonstrations available to church, community, neighborhood, and professional groups and organizations. Perfect for the Neighborhood Watch, the Boy or Girl Scout Troop, local Fire and EMS departments, and Service groups.

For more information please contact **Greg Tomaszewski of the American Red Cross at 608/233-6300 ext. 551** or gtomaszewski@arcbadger.org. These presentations and the related materials are free and a great opportunity to join the American Red Cross in its “Together We Prepare” Initiative.

Great Truths that Little Children Have Learned

- ✓ No matter how hard you try, you can't baptize cats
- ✓ When your mom is mad at your dad, don't let her brush your hair
- ✓ If your sister hits you, don't hit her back. They always catch the second person
- ✓ You can't trust dogs to watch your food
- ✓ Don't sneeze when someone is cutting your hair
- ✓ You can't hide a piece of broccoli in a glass of milk
- ✓ Don't wear polka-dot underwear under white shorts
- ✓ The best place to be when you're sad is Grandpa's lap

Water Bottles: Care & Cleaning

People have gotten the message about staying hydrated. Many around town can be seen carrying water bottles. Some reuse water bottles because it's convenient. Others reuse water bottles to help spare the environment. Recent research suggests that we need to take care when reusing and cleaning water bottles. Water bottles checked in tests are frequently loaded with bacteria that could make a person sick.



There are two common types of water bottles. There are the clear plastic bottles that are filled with water and purchased at the store, and there are the thicker plastic bottles that are sold empty for use as beverage containers. Clear plastic bottles that are filled with juice or water and purchased at the store are not designed to be reused. Studies indicate that washing this type of bottle to remove germs may speed up the break-down of plastic. This will potentially leak harmful chemicals into the water.

The thick plastic beverage containers are made of a sturdier plastic and can be reused. However, care needs to be taken to properly clean these bottles. Wash the bottle daily with soap and hot water. Rinse with clear water and drain thoroughly. At least once a week, follow the washing and rinsing with a sanitizing step: Rinse the inside of the bottle with a diluted bleach solution (1 tsp bleach per 1 quart water). Allow the bottle to completely air dry.

Overall, remember that the Dietary Guidelines recommend that we drink water as a part of a healthy diet. Keep drinking your water and using your water bottles; just be safe!

UW-Extension Wisconsin Nutrition Education Program Call 608-647-6148 for an informational handout about care and cleaning of water bottles.

Here are some facts about the 1500s:

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

SO YOU THINK YOU KNOW EVERYTHING?

If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.

If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.

It's impossible to sneeze with your eyes open.

Leonardo Da Vinci invented the scissors.

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple.

On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Peanuts are one of the ingredients of dynamite.

Rubber bands last longer when refrigerated.

"Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.

The average person's left hand does 56% of the typing.

The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.

Seniors Surfing the Web?

Here are some senior friendly sites!

Richland County HHS - Elderly Services

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

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>

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

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:
Patrick Metz, Elderly Services Supervisor
181 W Seminary Street
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>

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**

(Continued from Page 5)

particularly helpful, thank him or her, too-- or mention your gratitude in your letter to your legislator. **Keep writing!**

U. S. Senator Russ Feingold
425 State Street, Room 225
La Crosse, WI 54601-3341
(608) 782-5585

U. S. Senator Herb Kohl
425 State Street, Suite 202
La Crosse, WI 54601
Phone: (608) 796-0045

U. S. Congressman Ron Kind
205 Fifth Avenue S., Suite 226
La Crosse, WI 54601
Toll: (888)-442-8040

State Senator Dale Schultz
515 N. Central Avenue
Richland Center, WI 53581
Phone: (608) 266-0703

State Representative Sheryl Albers
339 Golf Course Road
Reedsburg, WI 53959
Phone: (608) 266-8531

Whole grain choices not always clear

Don't be fooled by brown-colored breads and foods labeled as 'wheat,' 'multi-grain,' and 'stone-ground.' Color is not an indication of whole grain. Bread can be brown because of molasses or other ingredients. Food labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products.

How do you know if a grain product is a whole grain? Read the ingredient list on the food label. For many whole-grain foods, the words 'whole' or 'whole grain' will appear before the grain ingredient's name. The whole grain should be the first ingredient listed. Wheat flour, enriched flour, and degerminated cornmeal are *not* whole grains. Choose foods that name one of the following whole grains first on the label's ingredients list: whole wheat, oats, whole rye, whole grain corn, brown rice, wild rice, popcorn, bulgur, oatmeal, pearl barley, popcorn, or wild rice.

Another tip for finding whole-grain foods is to look for the whole grain health claim on the package. The claim states that: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat,

and cholesterol may help reduce the risk of heart disease and certain cancers." This claim can only be used on a product label when the food contains at least 51 percent whole grains (by weight) and is also low in fat.

According to the Food Guide Pyramid, almost everyone should have at least six servings of grain foods each day, and several should be whole grains. Whole grains provide vitamins, minerals, starch and dietary fiber, and other important health benefits. They may help protect against many chronic diseases, including heart disease and cancer. Fiber-containing foods, such as whole grains promote proper bowel function and fiber-containing foods also help provide a feeling of fullness with fewer calories.

For more information about whole grains, call Melissa Burke at Sauk County UW-Extension Nutrition Program at 608-355-3552.

(Continued from Page 7)

Other highlights of the Trustees Report include:

- Income to the combined Old-Age and Survivors, and Disability Insurance (OASDI) Trust Funds amounted to \$632 billion in 2003. During the year, an estimated 154 million people had earnings covered by Social Security and paid payroll taxes.
- The Trust Funds paid benefits of more than \$470 billion in calendar year 2003. There were 47 million beneficiaries at the end of the calendar year.
- The cost of \$4.6 billion to administer the program continues to be a very low 0.7 percent of total income.
- Total expenditures from the combined OASDI Trust Funds amounted to \$479 billion in 2003.
- The assets of the combined OASDI Trust Funds increased by \$153 billion in 2003 to a total of \$1.5 trillion.
- Interest earned on the invested assets of the combined Trust Funds was \$85 billion in 2003. The combined Trust Fund assets earned interest at an effective annual rate of 6.0 percent.

The Board of Trustees is comprised of six members. Four serve by virtue of their positions with the federal government: John W. Snow, Secretary of the Treasury and Managing Trustee; Jo Anne Barnhart, Commissioner of Social Security; Tommy G. Thompson, Secretary of Health and Human Services; and Elaine L. Chao, Secretary of Labor. The other two members, appointed by the President and confirmed by the Senate, are John L. Palmer and Thomas R. Saving.

(Continued on top of this Page)

MAY, 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.

3 Baked Chicken, Mashed Potatoes, Carrots, Whole Grain Bread, Fruit Crisp	4 Meat Loaf, Macaroni & Cheese, California Blend Vegetables, Whole Grain Bread, Lime Jell-O w/Pears	5 Pork Chops, Potato Casserole, Asparagus, Whole Grain Bread, Apple Cake	6 Lasagna, Soft Bread Sticks, Tossed Salad, Peaches	7 Baked Fish, Sweet Potatoes, Cabbage Salad, Rye Bread, Lemon Bar
10 Swedish Meatballs, Noodles, Beets, Garlic Bread, Mixed Fruit	11 Chicken Ruby (Cranberry Glaze), Baked Potato w/Sour Cream, Broccoli, Whole Grain Bread, Cheesecake w/Fruit	12 Roast Beef, Mashed Potatoes/Gravy, Corn, Whole Grain Bread, Fruited Jell-O	13 Cook's Favorite Sandwich, Salad, Fruit, Cookie	14 Chili, Cheese Slice, Cornbread w/Honey, Tossed Salad, Melon
17 Salmon Loaf, Boiled Potatoes, Creamed Peas, Whole Grain Bread, Apricots	18 Beef Stroganoff, Noodles, California Blend Veg., Cabbage Salad, Whole Grain Bread, Pudding w/Bananas	19 Roast Turkey, Mashed Potatoes/Gravy, Carrots, Cranberry Salad, Whole Grain Bread, Pumpkin Torte	20 BBQ Pork Ribs, Baked Potatoes w/Sour Cream, Green Beans, Whole Grain Bread, Applesauce Gelatin	21 Chicken & Biscuits, Mixed Vegetables, Cottage Cheese w/Pineapple Salad, Sugar Cookie
24 Ham, Sweet Potatoes, Peas, Whole Grain Bread, Peaches	25 Open Face Hot Beef Sandwich w/Mashed Potatoes/Gravy, Green Beans, Brownie	26 Roast Pork, Au gratin Potatoes, Corn, Whole Grain Bread, Rhubarb Torte	27 Turkey & Noodles, Cheese Bread, Carrots, 7-Layer Salad, Cook's Choice Fruit	28 Hamburger/Bun w/Cheese/Tomato/Onions/Pickles, Calico Beans, Macaroni Salad, Strawberry Shortcake
31 SITES CLOSED MEMORIAL DAY				

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

JUNE, 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.

May 31 Sites Closed – Memorial Day	1 Baked Fish, Potato Wedges, Peas & Carrots, Whole Grain Bread, Pears	2 Spaghetti w/Meat Sauce, Soft Bread Sticks, Tossed Salad, Apricots	3 Salisbury Steak, Mashed Potatoes/Gravy, California Blend Vegetables, Whole Grain Bread, Frosted Cake	4 Chicken Salad Sandwich, Cook's Choice Salad & Fruit, Chocolate Chip Cookie
7 Ham, Scalloped Potatoes, Green Beans, Whole Grain Bread, Tropical Fruit	8 Meat Loaf, Baked Potato w/Sour Cream, Stewed Tomatoes, Whole Grain Bread, Cook's Choice Dessert	9 Baked Chicken, Mashed Potatoes/Gravy, Corn, Whole Grain Bread, Fruit Cobbler	10 Beef Stew/Veg., Baking Powder Biscuits, Tossed Salad, Peaches	11 BBQ Pork/Bun, Calico Beans, Coleslaw, Angel Food Cake, Strawberries
14 Kielbasa, Macaroni & Cheese, Beets, Whole Grain Bread, Mixed Fruit	15 Pork Chop, Cheesy Hash Browns, Mixed Vegetables, Whole Grain Bread, Cherry Cheesecake	16 Swiss Steak, Mashed Potatoes/Gravy, Carrots, Whole Grain Bread, Fruited Jell-O w/Topping	17 BBQ Chicken, Baked Potato w/Sour Cream, Broccoli, Whole Grain Bread, Apple Dessert	18 Oven Fried Fish, Au gratin Potatoes, Green Beans, Whole Grain Bread, Fresh Fruit
21 Salmon Loaf, Boiled Potatoes, Creamed Peas, Whole Grain Bread, Peaches	22 BBQ Beef/Bun, Relishes, Potato Salad, Baked Beans, Brownie	23 Lasagna, Cheese Bread, Tossed Salad, Melon Mix	24 Roast Turkey, Mashed Potatoes/Gravy, Squash, Cranberry Salad, Whole Grain Bread, Pumpkin Bar	25 Pork Cutlets, Potato Casserole, California Blend Vegetables, Whole Grain Bread, Applesauce Gelatin
28 Chicken Filet, Bun, Potato Wedges, Baked Beans, Mandarin Oranges	29 Oven Baked Pork Ribs w/Sauerkraut, Baked Potato w/Sour Cream, Fruited Jell-O, Ranger Cookie	30 Roast Beef, Mashed Potatoes/Gravy, Carrots, Whole Grain Bread, Frosted Cake		