



Family and Friends Newsletter

Beating the Record High Cost of Winter

The news is not good for those of us who plan to stay reasonably warm this winter. The cost of heating oil is expected to spike by 70 percent over last year's cost. The only good thing about the expected 30-percent jump in natural gas prices is that the increase is less than oil. And while the news isn't as bad for the cost of electricity, the overall picture is grim: It's going to cost a great deal more to stay warm this coming winter than ever before.

While there's not much we can do about the high cost of the energy required to heat our homes, there's lots we can do to make sure we use as little of it as possible, and that our precious warmed air stays in the house -- not in the cold outdoors, sucked out through air leaks.

According to the U.S. Department of Energy, stopping air leaks in a house can save as much as 40 percent on the home's heating and cooling costs. Your mission, should you choose to accept it, is to turn your home into an airtight "envelope."

The basic tools needed to tighten up a home are a good all-purpose caulk, a caulking gun, filler caulk for larger holes, weather stripping for doors and windows and insulating gaskets for electrical outlets. You may also need expanding foam to fill larger holes.

LIGHT SWITCHES AND ELECTRICAL OUTLETS: Install foam gaskets behind all light switches and electrical outlet covers, even those in interior walls. These simple foam gaskets help seal the holes created when the outlets and light switches are built into homes. After installing the gaskets, use child safety plugs to keep the cold air from coming in through the sockets. Find foam gasket kits at home-improvement stores, or cut your own from the foam trays that come with packaged meat.

My Grandmother's White Fruitcake

- 1 pound butter (four sticks)
- 3 cups sugar
- 6 egg yolks, beaten
- 2 ounces lemon extract
- 1/2 pound white raisins
- 3 tablespoons pickled peach juice*
- 6 egg whites, beaten
- 5 cups flour
- 1/2 teaspoon salt
- 1/2 pound candied cherries
- 1/2 pound candied pineapple
- 4 cups pecans (or walnuts)
- 1 teaspoon baking soda dissolved in
- 2 tablespoons warm water

Generously grease four 9 x 5 x 3-inch loaf pans with some of the butter, line with parchment (or brown paper cut from grocery bags) and grease the paper.

In a very large mixing bowl cream the butter and sugar with an electric mixer on high until fluffy (about 5 minutes). Add beaten egg yolks and lemon extract (don't be alarmed by the amount, it's a lot and it's okay). Mix fruit and nuts with half of the flour and add to mixture. Add dissolved soda and fruit juice, then the remaining flour. Fold in the beaten egg whites until completely incorporated.

Pour into prepared pans about 3/4 full. Place in a cold oven

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AIR CONDITIONERS: Remove window air conditioners. If they can't be removed, seal up the area around the unit with removable rope caulk and add an air conditioner window insulation blanket.

WINDOWS AND DOORS: Weather-strip and caulk all cracks between walls and window trim, especially under windowsills. Replace broken glass, and putty any loose windowpanes. Caulk around the moving parts of windows with a non-permanent caulk during the winter. This type of caulk can be easily removed in the spring.

RECESSED LIGHTS AND BATHROOM FANS: Caulk around these from below with high-temperature, flexible caulk.

OTHER EXTERIOR WALL HOLES: Seal around all ceiling fixtures, heat registers, medicine cabinets, bathtubs, kitchen cabinets, drains and water pipes where they enter the walls, and any other holes in exterior walls.

FIREPLACE: When the fireplace is not in use, keep the flue damper tightly closed. A chimney is designed specifically for smoke to escape, so until you close it, warm air escapes -- 24 hours a day! It's never too late to winterize your home. But if you get started today it will be a lot simpler than if you wait until Old Man Winter is knocking at your door.

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and bake at 250 F for 2 hours. Check for doneness. Cool in pans on cake rack. When cool, remove from pan(s) and wrap tightly in plastic wrap and then foil. Store in a cool place or the refrigerator for 4 to 8 weeks.

*Simmer a can of peaches with 5 whole cloves, 1 cinnamon stick and 1-teaspoon vinegar for about 20 minutes, then drain to make "pickled peach juice." Or substitute any tart fruit juice, rum or brandy.

Make this right after Thanksgiving and you'll be on track for the holidays.

General tips:

Fruitcakes freeze very well. However, they must be aged at least four weeks before freezing, as they do not mellow while they are frozen.

If changing pan sizes, remember baking time will be altered in the recipe. Fruitcakes may be baked in muffin tins, disposable pans, etc.

Place a pan of water on rack or on the oven floor below the baking cake.

If cake is browning too fast, place a sheet of foil the top of the cake.

Test for doneness by placing a metal/ wooden skewer in center of cake. If it comes out clean, cake is done. Be careful not to over bake.

To store for a long period of time, wrap the fruitcake in brandy or wine-soaked towels, and then wrap in aluminum foil. For very long storage, bury the liquor-soaked cake in powdered sugar and place in a tightly covered tin in a cool place. Fruitcakes can be enjoyed as long as 25 years this way. I cannot imagine why you would want to do this, but it's nice to know that you can.



FREE
Blood Pressure
Clinics

Blood pressure clinics will be held at 11:30 a.m. on the following Tuesday dates:

Town and Country Church—
November 8th
December 13th

Viola Meal Site @ old grade school
November 15th
December 20th

For more information on the nutrition site blood pressure clinics, contact the:

**Health, Aging and
Disability Resource Center at
608-647-4616**

**4th Annual November's
Alzheimer's Awareness Month
Presentation**

Alzheimer's disease: The Complete Picture

The Monona Terrace Convention Center
@ 1 John Nolen Drive, Madison, WI

Tuesday, November 8th from 6:00 - 8:00 p.m.

**Free Admission &
No Pre-Registration
Required**

CEU credits available

Inside the New MyPyramid Vegetable Recommendations



Check out the new MyPyramid recommendations about vegetables. Because different groups of vegetables have different nutrients and benefits, it is recommended that we eat a wide variety of colors and types of vegetables.

Eat 2 ½ cups vegetables daily:

- ◆ Plan vegetables into your meals ahead of time
- ◆ Keep your freezer stocked with frozen vegetables and your pantry stocked with a variety of canned beans, tomatoes, and other veggies
- ◆ Buy fresh vegetables in season to save money and get the best nutritional value

Eat More Orange Vegetables:

- ◆ Sweet potatoes, carrots, winter squash, and pumpkin
- ◆ Snack on baby carrots; Keep a container in the fridge
- ◆ Try new recipes and experiment with orange vegetables

Eat More Dark Green Vegetables:

- ◆ Broccoli, spinach, greens, romaine and other dark green leafy lettuces
- ◆ Include an green salad with your dinner
- ◆ Dress broccoli up with a sauce or dip

Eat More Legumes:

- ◆ Black, garbanzo, kidney, navy, pinto or white beans, split peas, lentils
- ◆ Add beans to chili or soup
- ◆ Use beans as a side dish

There are 2 more vegetable groups. Starchy veggies include potatoes, corn, and green peas. Other vegetables include tomatoes, peppers, green beans, celery, and onions. All of the different groups offer important benefits, but Americans seem to eat more of the starchy and the other vegetable groups. Focus on adding dark green, orange, and legume vegetables to your diet.

Find out more on the internet at:
<http://www.mypyramid.gov/>

Area Events in Honor of National Alzheimer's Disease Month

Legal & Financial Planning Seminar

Wednesdays, November 2 & 9, 5:30-7:30 p.m., at UW Richland, Melvill Hall, Pippin Conference Center, Richland Center

Attorney Reed J. Peterson will present a 2-part workshop for families which provides a general overview of legal and financial issues for anyone caring for an older family member. Topics to be addressed include basic estate planning including trusts/wills; Durable Power of Attorney; living wills; guardianship; and options for paying for long-term care. No fee, donations appreciated. Please call in advance to register and/or to receive a detailed brochure at 1-800-272-3900.

Alzheimer's:

Facing the Challenge Conference

Thursday, November 3, 8:30 a.m.-3:00 p.m., Park Plaza, Baraboo

For family and professional caregivers. Topics include:

- ◆ "Keeping Current: An Update on Alzheimer's Disease," by the Wisconsin Comprehensive Memory Program;
- ◆ "Tips for Communication," by Karen Stobbe;
- ◆ an engaging theatre performance, "Sometimes Ya Gotta Laugh," by Karen Stobbe and Mondy Carter; and
- ◆ "Creative Approaches to Assisting with Activities of Daily Living," by Delores Moyer, Harbor Senior Concepts.

Early bird cost is \$25 (\$30 after Oct. 25 or at door) and includes materials and lunch. Organized and sponsored by the Sauk County Area Dementia Conference Planning Committee. Call the Alzheimer's Association at 608-232-3400 or 1-800-272-3900 to register or to receive a detailed brochure.

5th Annual Interactive Videoconference on Alzheimer's Disease and Related Dementias

"Challenging Behavior: Alternative Interventions & Medication Update"

Featuring Dr. Abhilash Desai, Geriatric Psychiatrist, ThedaCare Behavioral Health, Appleton, WI.

Learn and interact with Dr. Desai as he discusses the use of social based interventions to support persons who communicate with challenging behaviors, and find out about recent advances in the area of psychothera-

Influenza and Pneumonia Immunizations

Influenza and pneumonia vaccines will be available in Richland County through the Richland County Health & Human Services Public Health at the following locations at the specified dates and times:



<i>Date</i>	<i>Clinic</i>	<i>Time</i>	<i>Location</i>
Mon., November 7	Gotham	10:00-11:30 a.m.	Buena Vista Town Hall
Mon., November 7	Boaz	1:30-3:30 p.m.	Boaz Community Center
Thurs., November 10	Cazenovia	10:00-11:00 a.m.	St. Anthony's School
Thurs., November 10	Yuba	12:30-1:30 p.m.	Yuba Community Center
Tues., November 15	Viola	11:00 a.m.-12:00 p.m.	Viola Meal Site-Elementary
Wed., November 16	Richland Center	9:00 a.m.—12:00 p.m. & 1:00 p.m.—3:00 p.m.	Armory

An annual flu shot is recommended for:

- ◆ Everyone 50 years of age or older – *even if you're in good health!*
- ◆ Children 6-23 months of age and those who live with them and their out of home caregivers.
- ◆ Residents of long-term care facilities housing persons with chronic medical conditions.
- ◆ Anyone with a long term health problem such as heart, lung or kidney disease, asthma, metabolic disease such as diabetes, or anemia, and other blood disorders
- ◆ Anyone with a weakened immune system (HIV/AIDS or on cancer drugs)
- ◆ Anyone aged 6 months to 18 years on long term aspirin therapy
- ◆ Pregnant women
- ◆ Healthcare workers or anyone in close contact with people at risk of serious illness

Talk with your healthcare provider before getting a flu shot if you:

- ◆ Ever had a serious allergic reaction to eggs or to a previous dose of influenza vaccine
- ◆ Have a history of Guillain-Barre Syndrome

Influenza vaccine is \$20.00. Pneumonia vaccine is \$25.00.

Influenza and pneumonia vaccines are reimbursable by Medicaid and Medicare Part B. People with Medicaid or Medicare Part B will be required to present their Medicaid or Medicare card at the clinic and will not have to pay for the vaccines.

Please call Richland County Health and Human Services Public Health at 647-8821 x291 with any questions.

Recipe Remix

If you're looking to eat healthier, you probably know that eating too much saturated fat and salt can raise your risk of heart disease. It's easy to cut them out of your diet, even when it comes to your favorite recipes.

Here are a few ideas:

- ◆ **For biscuits** — Use vegetable oil instead of lard or butter and skim milk or 1 percent buttermilk instead of regular milk.
- ◆ **For macaroni and cheese** — Use low-fat cheese and 1 percent or skim milk.
- ◆ **For salads** — Use skin-free smoked turkey, liquid smoke, fat-free bacon bits, or low-fat bacon instead of fatty meats.
- ◆ **For gravies or sauces** — Skim the fat off pan drippings. For cream or white sauces, use skim milk and soft tub or liquid margarine.
- ◆ **For dressings or stuffing** — Add broth or skimmed fat drippings instead of lard or butter. Use herbs and spices for added flavor instead of salt.

ANOTHER REASON TO EAT YOUR VEGETABLES!

Your mother always told you to eat your vegetables because they are good for you. And then there is the old saying that carrots are good for your eyes. Does research back up these claims?

"Absolutely," says Sherry Tanumihardjo, University of Wisconsin-Madison/Extension nutrition specialist. "For example, recent research suggests that eating more fruits and vegetables will reduce your risk of cataracts."

"Because we eat whole foods that contain a variety of nutrients, rather than single nutrients," says Tanumihardjo, "the total amount of fruits and vegetables we eat may have an additive effect in reducing the risk of cataracts."

Cataracts are very common in older people and it has been estimated that by age 80, more than half of all Americans either have a cataract or have had cataract surgery. A cataract is the clouding of the lens in the eye, affecting vision. It is thought that cataracts develop more rapidly when a person is exposed to prolonged oxidative stress, such as sunlight or smoking. Cataracts remain the leading cause of visual disability in the United States.

A recent study looked at the relationship of fruit and vegetable intake in 35,000 female health professionals and the development of cataracts over a ten-year period. Women were grouped into five categories according to fruit and vegetable intake with the highest averaging around four fruits and seven vegetables per day and the lowest averaging less than one fruit and 1-1/2 vegetables per day. Researchers concluded that the group of people who ate the most fruits and vegetables had a 10 to 15 percent reduction in risk for cataracts, compared with the other four groups.

The authors concluded that eating more than 3.4 servings (about two cups) of fruits and vegetables per day reduced the risk of cataracts. While this is a modest risk reduction, it adds to the health benefits of eating more fruits and vegetables.

How can fruits and vegetables prevent the onset of cataracts? It may be because of their unique combination of antioxidants, micronutrients, and other phytochemicals, Tanumihardjo says. Green leafy vegetables are a good source of carotenoids, lutein, and zeaxanthin, all of which are known antioxidants. These compounds are found in the macular region at the back of the eye

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and the lens in the front of the eye.

"There is good reason to believe that by eating the recommended amounts of fruits and vegetables, the onset of eye disease may be prevented, says Tanumihardjo. "Because lutein and zeaxanthin are concentrated in the eye, there is good biological reason to believe those with a diet high in fruit and vegetables have less risk of developing cataracts."



The 2005 USDA Dietary Guidelines for Americans recommend eating two cups of fruit and 2½ cups of vegetables each day for a 2000-calorie diet. Tanumihardjo recommends selecting a variety of vegetables from the different subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week. Variety ensures that you will receive different disease fighting compounds from fruits and vegetables.

For more information about the benefits of healthy eating, contact the Richland County UW-Extension Office at 647-6148.

Sounds of Yesteryear

A Suddenly Senior Trivia Quiz

Remember when radio was king!

MAJOR BOWES' ORIGINAL AMATEUR HOUR debuted in 1934. Leading to national fad, Major Edward Bowes made us believe that anyone with "bus fare and a harmonica" could grab the big brass ring of fame and fortune. *Newsweek* estimated that in one month, 1,200 hopefuls applied for emergency food and shelter, in order to establish residency in New York or its burrows, a requirement for appearing on the show.



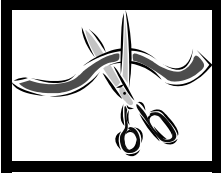
Acts included harpists, chime ringers, jug and washboard players and singers of every range, many undecipherable.

How were winners chosen?

- A. People voted for their favorites by writing to the radio station, in care of Major Bowes.
- B. The show had a studio audience, and the winner was the act getting the most applause.
- C. By then, most of the radio audience had telephones in their homes, and they called in to vote for their favorite act.

answer: C

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“Red Tape Cutter” Pages

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

HOLIDAY WORK: IT'S NOT JUST FOR KIDS

By: Bruce W. Schultz
Social Security Public Affairs Specialist



With the holidays approaching, millions of Americans will take on seasonal jobs to bring in a little extra spending money. More than a few of these holiday workers will be older Americans who already get Social Security.

Of course, when people who get Social Security retirement benefits consider taking on seasonal work, benefit questions arise – so here are some of the more commonly asked questions and answers.

The main question is whether or not new earnings will effect current Social Security payments, and the answer is that depends on your age and the amount of earnings. If you have reached your full retirement age (between 65 and 67, depending on when you were born), you can earn all you want and not have a penny withheld from your benefits. If you are younger than your full retirement age we will not withhold anything from your monthly Social Security payment unless you earn more than \$12,000 for the year. (That figure will go up in 2006). If you do earn more than \$12,000 for the year, we will withhold from your benefits \$1 for every \$2 you earn above that amount.

Another question we often get is this: Do I have to pay Social Security taxes on earnings if I am already getting Social Security? Yes, you do. Whether you are 16 or 116, your employer is required by law to withhold payroll taxes when you work.

Many people also want to know if any “extra” Social Security taxes they pay while working at a seasonal job will mean a higher Social Security retirement benefit later on. The answer is maybe, but probably not. Your original Social Security benefit was based on your highest years of earnings. Each year, we review the records for all Social Security recipients who work. If your latest year of earnings turns out to be one of your highest years, we automatically refigure your benefits and pay you any increase due—which usually shows up in benefit adjustments by October of the following year. However, most seasonal workers do not get such an increase, since holiday earnings alone are not usually enough to raise their monthly average for a whole year.

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SOCIAL SECURITY FINANCIAL PLANNING FOR DIVORCED WOMEN

By: Bruce W. Schultz
Social Security Public Affairs Specialist



It's an unfortunate fact of life that about 40-50 percent of first marriages end in divorce. If you have been divorced, when you begin making your long-range retirement plans you need to understand the potential benefits that divorced spouses may be due from Social Security.

Here's a quick guide to help you.

Retirement planning should begin with the *Social Security Statement* that you receive each year, about three months before your birthday, provided you are not currently receiving benefits. It gives estimates of the retirement benefits you would be due at various ages, based on your own earnings record. The *Statement* also provides estimates of potential disability benefits, as well as estimates of what your family members could get in Social Security survivors benefits if you were to die.

What that *Statement* cannot do is tell you what Social Security benefits you might be due on your husband's Social Security record. If you are currently married, it's relatively easy to find out, assuming that you and your husband are doing some joint financial planning. As a wife, you could get up to one-half of your husband's Social Security benefit, depending on your date of birth and your age when you begin receiving benefits. Call us at 1-800-772-1213 to find out what your benefits would be. Those benefits would be payable as early as age 62--if you are not due more money on your own Social Security record.

And a currently married woman can make some long-range plans to prepare for the possibility that she might become a widow. She could be due about 70-100 percent of her husband's Social Security benefits if he were to pass away. Widow's benefits are payable as early as age 60, or age 50 if you are disabled.

To be eligible for benefits as a divorced spouse, you must have been married at least 10 years and you cannot be currently married at the time you file for these benefits. However, if you are a divorced widow and remarry after the age of 60, you may still be due benefits on your ex-husband's Social Security record.

Many times, a divorced woman finds it

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The Social Security Administration: Who's Really Calling?

This past summer, many Medicare participants received a letter from the Social Security Administration (SSA) stating that the recipient was potentially eligible for extra help with their Medicare prescription drug plan costs. The SSA mailed these letters, along with applications, to almost 19 million people nationwide. Since then, many beneficiaries have been receiving calls from companies stating that they work with the Social Security Administration and are calling to ask why you didn't return your application. Are these calls legitimate?

The Social Security Administration has contracted with NCS Pearson, Inc., and its partner, West Corporation, to conduct follow-up telephone calls to individuals who did not respond to the initial mailing of the letter and application. However, scammers and other con-artists may take advantage of this situation and try to gain valuable personal information from beneficiaries by stating they are affiliated with the SSA. Here's what you need to know to protect yourself:

- ◆ Calls from NCS Pearson, Inc., will only be made Monday through Saturday, 8:30a.m.-8:30p.m. (local time).
- ◆ The caller has a prewritten script and will only ask whether the SSA application was received and completed. If the individual did not complete the application, the caller will encourage the individual to do so.
- ◆ If the beneficiary needs another application, has questions, or requires other assistance, the caller will not continue the call. Instead, the caller will offer to have Social Security call the beneficiary back at a later time.
- ◆ NCS Pearson, Inc., is only provided with the name, phone number, and last known address of a beneficiary. The caller will not ask for any personal information such as a Social Security number, date of birth, or income and asset information. The caller may verify your address.
- ◆ All callers will clearly identify themselves as NCS Pearson and West Corporation employees, calling on behalf of the Social Security Administration.
- ◆ NCS Pearson employees are allowed to leave messages. They will provide you with a case identification number (CIN) for you to use when you return their call.

If you receive a call from someone claiming to be a Social Security employee and it seems suspicious, ask the caller for their

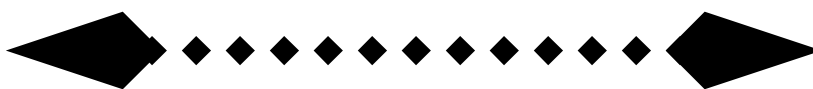
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name and telephone number and let them know you will call them back. Then hang up and call Social Security immediately at 1-800-772-1213 (TTY 1-800-325-0778) to confirm that the call is legitimate.

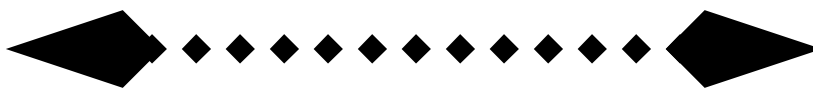
Social Security will only contact you if you have already completed and submitted an application (by mail or online), or have indicated you would like to talk to a SSA representative. SSA will contact you regarding answers to questions that were not answered or illegible on an application, or if there is a discrepancy between your answer and other federal government records.

For more information, visit the Social Security Administration's website, <http://www.ssa.gov/>, or call the SSA at 1-800-772-1213 (TTY 1-800-325-0778).



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For more information visit our website at www.socialsecurity.gov, or give us a call at 1-800-772-1213 and ask for a copy of the publication, "How Work Affects Your Benefits."



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more difficult to make similar financial plans, especially if her ex-husband is reluctant to share his Social Security information with her. In these cases, Social Security can help. If you are a divorced woman, we cannot disclose any information about your ex-husband's Social Security records, but we can tell you what you might be due in divorced wife's or divorced widow's benefits.

Here's what you would need to do. First, make an appointment to visit your local Social Security office. (Our rules require that we give you this information in person, not over the phone.) Bring evidence that shows you are potentially due benefits as a divorced wife or widow. In other words, you would have to show us a copy of your marriage certificate and divorce papers. We also would need to know your ex-husband's Social Security number. If you don't have it, we still may be able to locate it if you can provide your ex's date and place of birth, and his parents' names.

For more information, read our publication, *Understanding The Benefits*. You can find it online at www.socialsecurity.gov/pubs/10127.html or request a free copy by calling 1-800-772-1213.

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peutic medications.

Friday, November 4, 9:30 a.m.—11:30 a.m., (doors open at 9:00 a.m.). Program originates from the UW Pyle Center in **Madison** and will also be available for viewing at Southwest Technical College, 1800 Bronson Blvd, Room 310, **Fennimore** and CESA #5, 626 E Slifer Street, **Portage**.

Please call 1-800-272-3900 to reserve your seat.

5th Annual Candlelight Vigil

Tuesday, November 8, 2005, 5:00 p.m., inside the State Capitol Rotunda, **Madison**

Please join us in this special ceremony to pay tribute to your loved one and honor the memories of all those affected by Alzheimer's disease or a related dementia. Attend the program "Alzheimer's Disease: The Complete Picture" after the Vigil (see below).

Alzheimer's Disease: The Complete Picture

Presented by The Wisconsin Comprehensive Memory Program on Tuesday, November 8, 2005, 6:00 p.m.—8:00 p.m., **Madison** Monona Terrace Convention Center, Madison Ballroom, Main Level

Free to all—No registration required.

Topics to be addressed include; What is Alzheimer's Disease?, Warning Signs and Diagnosis, Treatment and Prevention, Coping with the disease and Alzheimer's research updates.

Please call the Alzheimer's Association at 1-800-272-3900 for more information.

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- ◆ **For sweet potato pie** — Mash sweet potato with orange juice concentrate, nutmeg, vanilla, cinnamon, and only one egg. Leave out the butter and salt.
- ◆ **For cakes, cookies, quick breads, and pancakes** — Use egg whites or egg substitute instead of whole eggs. Two egg whites can be substituted in many recipes for one whole egg. Use applesauce instead of some of the fat.

By choosing to eliminate excessive saturated fat and salt from your diet, you'll be helping your heart. These quick tips will help you and your family stay healthy — without sacrificing flavor.

Sounds of Yesteryear

A Suddenly Senior Trivia Quiz

Remember when radio was king!

ARTHUR GODFREY TIME debuted in 1945, supported by a variety of talented performers. Godfrey's "everyman, personal" style was his greatest gift, making him seem a true friend and confident on the radio. In his naturally distinctive voice, Godfrey would set up a scene in which we would sit down to a warm one-on-one chat, instead of being blasted by the hard-sell tactics that many advertisers used.



Many of his "Little Godfrey" group went on to careers that proved to be quite successful.

Can you name one of them?

- A. Marion Marlow
- B. Julius La Rose
- C. The McGuire Sisters

answer A,B,C (all are correct)

Seniors Surfing the Web?

Here are some senior friendly sites!

Suddenly Senior—A place where everyone who's become senior before their time
<http://www.suddenlysenior.com>

Senior Resources—Wisconsin's complete senior resource listing
<http://magazine.seniorresourcesonline.com>

Welcome to Richland County Government Online
<http://www.co.richland.wi.us/>

WELCOME To The CITY OF RICHLAND CENTER! - 450 South Main Street
<http://www.ci.richland-center.wi.us>

Wisconsin AARP Home Page
<http://www.aarp.org/states/wi/>

The Official U.S. Government Site for People with Medicare
<http://www.Medicare.gov>

Welcome to Medicaid Site for Consumer Information
<http://www.cms.hhs.gov/medicaid/consumer.asp>

Confused About the New Medicare Prescription Benefit (also called Medicare Part D)?

This voluntary benefit is available to all persons on Medicare Part A and/or Part B, regardless of income or assets.

Bring ALL your questions and concerns to one of our

Question & Answer Information Sessions

WHERE: Richland County Courthouse, Lower Level, Room #2

No pre-registration required

Free and open to the public

Session dates and times:

Tuesdays

Nov. 1, 8, 15, 22 & 29 at 10 a. m.
Dec. 6 & 13 at 10 a. m.

Thursdays

Nov. 10 & 17 at 10 a. m.
Dec. 8 & 15 at 10 a. m.



MEDICARE PART D PLAN SELECTION

In October we will be adding a new service. Our staff and volunteers will work with an internet site to assist consumers in finding Part D plans that will cover (all or most of) the prescription medications they are currently taking. The internet site will suggest plans for each person based on the prescription medications he/she takes.

You must bring a printout from your pharmacy listing your current medications.

DO NOT BRING PILL BOTTLES—WE NEED THE PHARMACY LISTING TO ENSURE ACCURACY.

Clients will be assisted on a first come, first served basis.

This service will be offered from **9:30 to 11:30** on the following Tuesday and Thursday mornings—

Tuesdays

November 8, 15, 22, 29
December 6 and 13

Thursdays

November 10, 17
December 1, 8, 15

NOTE: At the time of publication, Medicare's internet site was not available operationally as expected. Medicare has not been able to advise us when the website will be ready. You may wish to call ahead to see if we will be able to serve you on these dates.

For more information call Richland County Health & Human Services Elderly Services at 647-6226 or the Health, Aging and Disability Resource Center at 647-4616.

Ask Ida



Dear Ida,

Sergeant Carter and I were discussing the new Medicare Part D. Isn't it nice that Dr. Frist helped get that passed, you know my mama always said to me, "there's nobody in this world nicer than heart surgeons from Tennessee." Golly! wouldn't it be nice to be a heart surgeon helping people and workin' in a big city hospital?

Shazaam!

Medicare Part D is confusing, I said to Sergeant Carter "I know just who to ask, I'll ask Ida, she'll know," so I'm askin'.

Anyways we were wondering if our VA drug benefits are going to continue.

--PFC G. Pyle

Dear PFC Pyle,

I have had many questions about VA coverage and Medicare Part D.

- ◆ Coverage of prescription drugs for qualified veterans will continue at VA pharmacies after January 1, 2006.
- ◆ Veterans who enroll in Medicare Part D may continue to receive services at VA medical centers, though VA pharmacies will probably not participate in Part D.
- ◆ VA prescription drug benefits will be as good or better than Part D benefits and will therefore be considered "creditable coverage."
- ◆ In order to take advantage of VA "creditable coverage" veterans must be enrolled in the VA health system prior to January 1, 2006, it is not enough to be merely eligible for VA healthcare.

--Ida

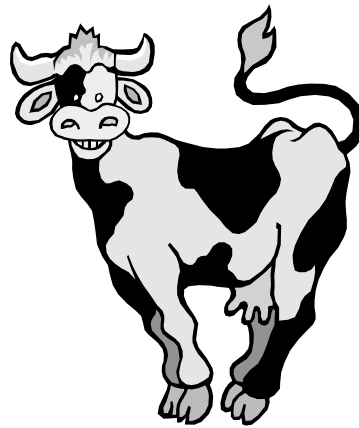
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Edited by Patrick Metz, RCHHS, Business Manager

The Fat Breakdown

Soon you'll be seeing new changes on the packaging in your local grocery store!

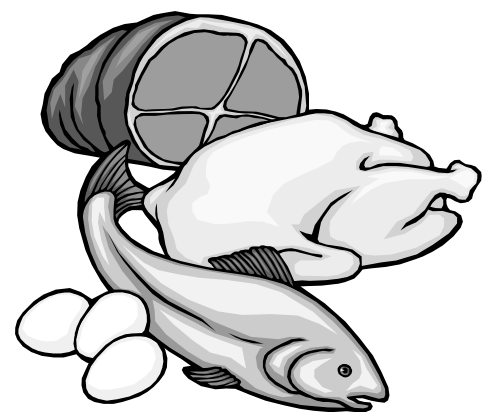
By January of 2006, The Food and Drug Administration (FDA) will be requiring that food labels list the amount of trans-fat, saturated fat, and cholesterol of all products. These types of fat and cholesterol in your diet raise the level of LDL "bad" cholesterol in the blood. The higher the LDL cholesterol, the greater the risk for coronary heart disease (CHD), the main form of heart disease and a leading cause of death, illness, and disability in the United States. Saturated fat is the chief dietary culprit that raises LDL, but consumers need to know about all three — saturated fat, trans-fat, and cholesterol — in the foods they eat to reduce their risk for CHD and stay heart-healthy.



Which products have the greatest amount of these fats? High amounts of saturated fat are found in animal products, such as fatty cuts of meat, chicken skin, and full-fat dairy products like butter, whole milk, cream, and cheese, and in tropical vegetable oils

such as palm, palm kernel, and coconut oil. Trans-fat is found in some of the same foods as saturated fat, such as vegetable shortening, some margarines (especially hard or stick margarine), crackers, cookies, baked goods, fried foods, salad dressings, and other processed foods made with partially hydrogenated vegetable oils.

Small amounts of trans-fat also occur naturally in some animal products, such as milk products, beef, and lamb. Foods high in cholesterol include liver, other organ meats, egg yolks, shrimp, and full-fat dairy products.



It's important that you take note of how much saturated fat, trans-fat, and cholesterol is in a product you're planning to consume. By reducing your intake of foods high in fat content, you'll be reducing your chance of developing coronary heart disease — a concern that should be taken very seriously. If you are still confused about how to cut the fat out of your diet, consult your physician or a nutritionist. He or she should be able to point you on the right path!

Baked Steak Burritos



A spicy beef and bean filling is all bundled up in a south-of-the-border burrito.

½ cup butter or margarine
1 package (1.25 oz) taco seasoning mix
1 ½ lb beef boneless sirloin tip steak, cut into thin bite-size strips
1 can (16 oz) refried beans
1 package (10.5 oz) flour tortillas for soft tacos & fajitas (12 tortillas)
2 cups shredded Cheddar cheese (8 oz)
3 medium green onions, thinly sliced (3 tablespoons)
1 can (10 oz) enchilada sauce
1 cup shredded Mexican cheese blend (4 oz)

1. Heat oven to 400°F. In 10-inch skillet, melt butter over medium heat. Stir in taco seasoning mix. Add beef strips; cook 5 to 6 minutes, stirring occasionally, until desired doneness; drain.
2. Meanwhile, place refried beans in microwaveable dish. Microwave uncovered on High 2 minutes, stirring once or twice.
3. Spread each tortilla with refried beans to within 1/4 inch of edge. Top each with beef, Cheddar cheese and onions. Roll up, folding in sides. In ungreased 13x9-inch (3-quart) glass baking dish, place burritos with seam sides down. Pour enchilada sauce over burritos. Sprinkle with Mexican cheese blend.
4. Bake uncovered 7 to 12 minutes or until burritos are thoroughly heated and cheese is melted.

*Taken from the Betty Crocker website at:
<http://www.bettycrocker.com/recipes>*

Ole and Lena Jokes...

Ole bought Lena a piano for her birthday. A few weeks later, Lars inquired how she was doing with it. "Oh," said Ole, "I persuaded her to switch to a clarinet." "How come," asked Lars? "Vell," Ole answered, "because vit a clarinet, she can't sing."



.....

Ole was stopped by a game warden in Northern Wisconsin recently leaving a lake well known for its Walleye. He had two buckets of fish. As it was during the spawning season, the game warden asked, "Do you have a license to catch those fish?" Ole replied, "No, sir! Dese here are my pet fish." "Pet fish?" the warden replied. "Ya sure, you betcha." answered Ole. "Every night I take dese fish here down to da lake and let dem svim around for a while. Den I vistle and dey yump back into deir buckets and I take dem home." "That's a bunch of hooey. Fish can't do that," said the game warden. Ole looked at the game warden with an expression of great hurt, and then said, "Yumpin Yimminy! Vell den, I'll just show you den. It really does vork, don'tcha know?" "O.K. I've got to see this!" The game warden was really curious now. So Ole poured the fish into the lake and stood waiting. After several minutes, the game warden turned to Ole and said, "Well?" "Vell vhat?" responded Ole. "When are you going to call them back?" "Call who back?" asked Ole. "The fish!" "Vhat fish?"

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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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**

NOVEMBER, 2005

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.

	1 Lasagna, Soft Bread Sticks, Tossed Salad, Peaches	2 Baked Chicken, Mashed Potatoes/Gravy, Peas, Pumpkin Bar w/ Cream Cheese Frosting	3 Beef Stew / Vegetables, Baking Powder Biscuit, Tossed Salad, Cook's Choice Dessert	4 Bar-B-Q Ribs, Baked Potato/Sour Cream, Green Beans, Mixed Fruit
7 Kielbasa, Macaroni & Cheese, Italian Blend Vegetables, Pears	8 Chicken Filet / Bun, Potato Wedges, Baked Beans, Fruit Crisp	9 Roast Pork, Au gratin Potatoes, Hot Vegetable, Fruited Coleslaw, Frosted Spice Cake	10 Meat Loaf, Baked Potato / Sour Cream, Corn, Jell-O w/Fruit & Topping	11 Beef Stroganoff, Buttered Noodles, California Blend Vegetables, Pudding Torte
14 Ham, Sweet Potatoes, Peas, Pineapple	15 Chili, Cornbread / Honey, Cook's Choice Salad & Dessert	16 Roast Turkey, Mashed Potatoes/Gravy, Stuffing, Squash, Cranberry Relish, Pumpkin Dessert-Torte	17 Spaghetti & Meat Sauce, Cheese Bread, Tossed Salad, Mixed Fruit	18 Pork Chop, Hash Brown Potato Casserole, Carrots, Applesauce Gelatin
21 Fish, Parsley Buttered Potatoes, Mixed Vegetables, Peaches	22 Hamburger / Bun, (Cheese, Onion, Pickles), Potato Salad, Calico Beans, Brownie	23 Swiss Steak, Mashed Potatoes & Gravy, Carrots, Apple Cake / Topping	24 <u>Sites Closed</u>	25 <u>Sites Closed</u>
28 Ham, Scalloped Potatoes, Green Beans, Applesauce	29 Chicken ala King, Baking Powder Biscuit, Peas, Cottage Cheese, Pineapple Slices	30 Lasagna, Cheese Bread, Tossed Salad, Birthday Cake	 HAPPY THANKSGIVING	
 Richland County Nutrition				

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 am; **Richland Center—Town & Country Presbyterian Church** - Paula White @ 647-2323 @ 11:45 am; **Viola** - Anita Perkins @ 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

DECEMBER, 2005

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 Meatloaf, Baked Potato with Sour Cream, Creamed Corn, Fruited Jell-O with Topping	2 Pork Cutlet, Au gratin Potatoes, Carrots, Molasses Cookie
5 Baked Fish, Potato Wedges, Mixed Vegetables, Mandarin Oranges	6 Beef Stew/ Vegetables, Baking Powder Biscuit, Tossed Salad, Peaches	7 Baked Chicken, Mashed Potatoes & Gravy, Squash, Cook's Choice Dessert	8 Bar-B-Q Ribs, Baked Potato/ Sour Cream, Broccoli, Mixed Fruit	9 Turkey & Noodles, Peas & Carrots, Cheese Bread, Cabbage Salad, Apple Crisp
12 Ham, Sweet Potatoes, Italian Blend Vegetables, Pineapple	13 Swedish Meatballs, Buttered Noodles, Carrots, Tossed Salad, Toll House Bar	14 Roast Pork, Mashed Potatoes & Gravy, Squash, Applesauce Gelatin	15 Italian Chicken & Pasta, Soft Bread Sticks, Cabbage Salad, Pudding Torte	16 Open Face Hot Beef Sandwiches Mashed Potatoes & Gravy, Broccoli & Cheese Sauce, Cook's Choice Cake
19 Salmon Loaf, Potatoes, Creamed Peas, Peaches	20 Baked Chicken (Legs & Thighs), Boiled Potatoes, Green Beans, Fruited Jell-O & Topping	21 Swiss Steak, Mashed Potatoes & Gravy, California Blend Vegetables, Cherry Cheesecake	22 Pork Chop, Baked Potato w/Sour Cream, Beets, Christmas Cookie	23 <u>Sites Closed</u> 
26 <u>Sites Closed</u> 	27 Ham, Scalloped Potatoes, Peas & Carrots, Mixed Fruit	28 Bar-B-Q Chicken, Baked Potato/Sour Cream, Corn, Birthday Cake	29 Beef Chili, Cheese, Cornbread/Honey, Cabbage Salad, Brownie	30 Lasagna, Cheese Bread, Tossed Salad, Cook's Choice Dessert <u>Happy New Year!!</u>