



# Family and Friends Newsletter

## **RICHLAND COUNTY MEMORY WALK 2005**

## **A real Alfred Hitchcock like tale, from Minnesota!**

*It's Amazing what we can do Together!*  
**RICHLAND COUNTY MEMORY  
WALK 2005**

**Sunday, October 2, 2005**  
Registration: Noon, Walk: 1:00 p.m.  
Beginning at UW Richland



The Alzheimer's Association Memory Walk is the only national fundraising and awareness event for Alzheimer's disease and other dementias. By joining forces through Memory Walk, your team will join thousands of others across the county increasing the amount of funds

available to fight Alzheimer's disease and create and maintain vital local programs and services such as a 24 hour helpline, family educational programs, caregiver support groups, professional trainings and more.

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 recruiting walkers, raising funds, and coordinating your team is THE ESSENTIAL INGREDIENT in making Memory Walk 2005 a success!

Please call the Alzheimer's Association at 608-232-3400 or 1-800-272-3900 to sign up your team or visit [www.alzisc.org](http://www.alzisc.org) for more information.

This happened about a month ago just outside of Thief River Falls, in Northern Minnesota, and while it sounds like an Alfred Hitchcock tale, it's real.

This out of state traveler was on the side of the road, hitchhiking on a real dark night in the middle of a thunderstorm. Time passed slowly and no cars went by. It was raining so hard he could hardly see his hand in front of his face. Suddenly he saw a car moving slowly, approaching and appearing ghostlike in the rain. It slowly and silently crept toward him and stopped.

Wanting a ride real bad the guy jumped in the car and closed the door; only then did he realize that there was nobody behind the wheel, and no sound of an engine to be heard over the rain.

Again the car crept slowly forward and the guy was terrified, too scared to think of jumping out and running. The guy saw that the car was approaching a sharp curve and, still too scared to jump out, he started to pray and began begging for his life; he was sure the ghost car would go off the road and into a nearby river and he would surely drown!

But just before the curve a shadowy figure appeared at the driver's window and a hand reached in and turned the

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steering wheel, guiding the car safely around the bend. Then, just as silently, the hand disappeared through the window and the hitchhiker was alone again!

Paralyzed with fear, the guy watched the hand reappear every time they reached a curve. Finally the guy, scared to near death, had all he could take and jumped out of the car and ran and ran, into town, into Thief River Falls. Wet and in shock, he went into a bar and voice quavering, ordered two shots of whiskey, then told everybody about his supernatural experience.

A silence enveloped and everybody got goose bumps when they realized the guy was telling the truth (and was not just some drunk). About half an hour later two guys walked into the bar, and one says to the other, "Look Ole, ders dat idiot that rode in our car when we wuz pushin it in the rain."

## Ode to Seniors

***This, is an actual letter that was sent to a bank by a 96-year-old woman. The bank manager thought it amusing enough to have it published in the New York Times.***

Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month.

By my calculations, three 'nanoseconds' must have elapsed between his presenting the check and the arrival in my account of the funds needed to honor it. I refer, of course, to the automatic monthly deposit of my entire salary, an arrangement, which I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways.

I noticed that whereas I personally attend to your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity, which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person. My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your

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bank whom you must nominate.

Be aware that it is an offense under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact Status, which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, I will issue your employee with a PIN number, which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery. Let me level the playing field even further. When you call me, press buttons as follows:

1. To make an appointment to see me.
2. To query a missing payment.
3. To transfer the call to my living room in case I am there.
4. To transfer the call to my bedroom in case I am sleeping.
5. To transfer the call to my toilet in case I am attending to nature.
6. To transfer the call to my mobile phone if I am not at home.
7. To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to the Authorized Contact.
8. To return to the main menu and to listen to options 1 through 7.
9. To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automated answering service.

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous New Year.

## Make the Swap

Eating heart-healthy meals doesn't mean giving up some of those too-rich favorite family recipes. With a few changes, you can keep the heart and add the health. Here's how:

### Eggs

- ◆ In baking or cooking, use 3 egg whites and 1 egg yolk instead of 2 whole eggs.
- ◆ Or try 2 egg whites or 1/4 cup of egg substitute instead of 1 whole egg.

### For Meats and Poultry

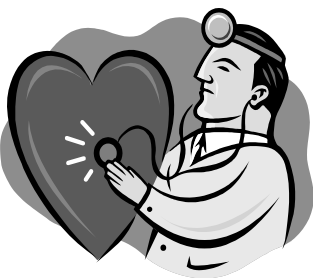
- ◆ Choose a lean cut of meat and remove any visible fat.
- ◆ Remove skin from chicken and other poultry before cooking.

### For Sandwiches and Salads

- ◆ In salads and sandwiches, use fat-free or low-fat dressing, yogurt, or mayonnaise instead of regular versions.
- ◆ To make a salad dressing, use equal parts water and vinegar and half as much oil.

Garnish salads with fruits and vegetables.

## Bypass Surgery Explained



A coronary artery bypass graft operation, also known as "bypass surgery," uses a piece of vein taken from the leg, or a piece of artery taken from the chest or wrist. This is attached to

the heart artery above and below the narrowed area, thus making a bypass around the blockage. Sometimes, patients require more than one bypass.

Bypass surgery may be necessary for several reasons. If you had an angioplasty that did not sufficiently widen the blood vessel, or a blockage that could not be reached, or was too long or hard for angioplasty, your doctor might choose bypass surgery. In certain cases, bypass surgery may simply be a better option. For instance, it may be used when a patient has both coronary heart disease and diabetes. In some cases, the bypass closes. This happens in more than 10 percent of bypass surgeries, usually after 10 or more years.

## Fight Flu and Pneumonia

*Submitted by Richland County  
Care Management Organization*

### What is the Flu? How Serious is it?

Influenza, also called the "flu," is a highly contagious respiratory infection.

#### ◆ Symptoms.

Flu can cause fever, chills, headache, dry cough, runny or stuffy nose, sore throat, and muscle aches. Unlike other common respiratory infections such as the common cold, influenza



can cause extreme fatigue lasting several days to more than a week. Although nausea, vomiting, and diarrhea can sometimes accompany influenza infection, gastrointestinal symptoms are rarely prominent. The illness that people often call "stomach flu" is not influenza.

#### ◆ Spread from person to person.

Influenza is spread easily from person to person primarily when an infected person coughs or sneezes. After a person has been infected with the virus, symptoms usually appear within 2 to 4 days. The infection is often considered contagious for another 3 to 4 days after symptoms appear. Each year, an estimated 10 to 20 percent of the population contracts influenza.

### Who should get a flu shot?

The following groups are at higher risk for having medical complications from influenza and should receive the flu shot:

- ◆ People 50 years of age and older.
- ◆ Residents of nursing homes and other long-term care facilities housing anyone of any age with chronic medical conditions.
- ◆ People with chronic disorders of the lungs or heart, such as asthma, emphysema, chronic bronchitis, or cystic fibrosis.
- ◆ People who are less able to fight infections because of a disease they are born with: infection with the Human Immunodeficiency Virus (HIV), treatment with drugs such as long-term steroids, and/or treatment for cancer with x-rays or drugs.
- ◆ People who have required regular medical

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# JOB STRESS

*Article from: Motivation Matters,  
email edition - April 2005*

The nature of work is changing at whirlwind speed. New technology, new insecurities about layoffs and downsizings, and new job demands all lead to stress in the workplace. And job stress poses a serious threat to the health of workers and, ultimately, the health of an organization. **The National Institute for Occupational Safety and Health** (NIOSH) provides insight on job related stress and how we can alleviate stress within an organization.

Job stress has become a common and costly problem in the American workplace, leaving few workers untouched. Recent studies report the following:

- ◆ One-fourth of employees view their jobs as the number one stressor in their lives.
- ◆ Three-fourths of employees believe the worker has more on-the-job stress than a generation ago.
- ◆ Health care expenditures are nearly 50% greater for workers who report high levels of stress.
- ◆ An estimated 1 million workers are absent every day due to stress.
- ◆ This unanticipated absenteeism is estimated to cost American companies \$602.00 per worker per year.

There are several kinds of job-related stressors that are associated with increased absenteeism, tardiness, and intentions by workers to quit their jobs—all of which have a negative effect on your bottom line.

## **The Design of Tasks.**

Heavy workload, infrequent rest breaks, long work hours and shiftwork; hectic and routine tasks that have little inherent meaning, do not utilize workers' skills, and provide little sense of control.

## **Management Style.**

Lack of participation by workers in decision-making, poor communication in the organization, lack of family-friendly policies.

## **Interpersonal Relationships.**

Poor social environment and lack of support or help from coworkers and supervisors.

## **Work Roles.**

Conflicting or uncertain job expectations, too much responsibility, too many "hats to wear."

## **Career Concerns.**

Job insecurity and lack of opportunity for growth, advancement, or promotion; rapid changes for which workers are unprepared.

## **Environmental Conditions.**

Unpleasant or dangerous physical conditions such as crowding, noise, air pollution, or ergonomic problems.

## **So, What Can You Do?**

Recent studies of "healthy" organizations suggest that policies benefiting worker health also directly benefit the bottom line. NIOSH research has identified organizational characteristics associated with both healthy, low-stress work and high levels of productivity. These characteristics include:

- ◆ Recognition of employees for good work performance
- ◆ Opportunities for career development
- ◆ An organizational culture that values the individual worker
- ◆ Management actions that are consistent with organizational values

## **Start De-stressing Your Team Today!**

Although it is not possible to give a universal prescription for preventing stress at work, it is possible to offer small steps you can take to alleviate stress in your organization.

## **Make Work Fun**

Remember, employees spend an average of 40-50 hours a week at work—almost 1/2 of their waking hours! Give them a well-deserved break—you can even designate a short weekly "recess" where they are encouraged to relax, socialize, and play! Hand out stress toys, provide snacks, and they'll get back to their desks energized and relaxed!

## **Recognize Your Team**

Make one day a week "Acknowledgement Day"! Hand out cards to your people and have them write a short note to someone they think has done something well that week. Write your own cards identifying something positive about everyone. After they are given out, present a special award to the outstanding performer of the week. Make this a regular event and make sure everyone is made to feel important in your organization.

## **Get Everyone Involved**

There are a lot of decisions that are made every day in an organization. Getting your team involved in some of these decisions allows them to feel part of the process. It might be as simple as having a weekly status meeting with your team where everyone has the opportunity to talk about their workload, share concerns and issues, and all be involved in the problem-solving process.

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## New Website To Help Seniors With Prescription Drug Coverage

Wisconsin's Medicare Part D Website Helps Navigate a Complex Maze

A new website launched July 28, 2005, will help over 850,000 Wisconsin senior and disabled Medicare beneficiaries sign up for the new Medicare federal drug coverage, which begins on January 1, 2006.

"Medicare Part D, SeniorCare, and BadgerRx Gold are just some of the many prescription drug coverage options available to Wisconsin's seniors," said Helen Marks Dicks, Director of the Coalition of Wisconsin Aging Groups' Elder Law Center. "Seniors are facing a complex maze of choices and they will need help learning about the program and choosing their best drug coverage option."

The new website, [www.WisMedRX.org](http://www.WisMedRX.org), is one tool that will help seniors and their families and caretakers learn about drug coverage options in Wisconsin and select the best choice given their medication needs, finances and location. Hopefully, the website will help alleviate some of the demands placed on other sources of Part D education such as the toll-free Prescription Drug Helpline, (1-866-456-8211), and the county and tribal benefits specialists. This interactive website, [www.WisMedRX.org](http://www.WisMedRX.org), is designed to help all people navigate the Part D maze, both consumers and professionals.

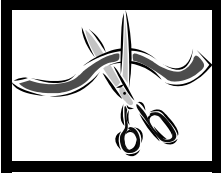
## THERE ARE STEPS YOU CAN TAKE TO PROTECT YOURSELF AGAINST SCAMS

- ◆ Beware of individuals who offer a "free" or reduced cost Medicare Prescription Drug Program in exchange for your Medicare or Social Security number.
- ◆ Never provide your Medicare and/or Social Security number in exchange for "free" services or "free" prescription drugs and never disclose your credit card numbers, bank records, insurance documents, pensions or annuities.
- ◆ Never allow anyone, except appropriate medical professionals, to review your medical records or to recommend services for you.
- ◆ Avoid a provider who tells you that the item or service isn't usually covered, but they

know how to bill Medicare/Medicaid to get it paid.

- ◆ Never accept "free" drug samples, medical supplies, or equipment from a telephone solicitor, door-to-door sales rep, or from a TV or magazine ad.
- ◆ When plans become available in fall 2005, be sure to choose your **Wisconsin Approved Medicare Prescription Drug Plan** carefully. You'll want to be sure the Medicare Part D plan you choose is "official." **Note: Wisconsin approved plans will be available by October, 2005.**
- ◆ Beware of providers who represent themselves as being part of, or endorsed by, the federal government, Medicare or Medicaid.
- ◆ Keep a record – use a calendar or notebook, for instance – to log your medical appointments, tests, supplies, and all prescription medications.
- ◆ Review every Medicare Summary Notice (MSN), Medicaid Explanation of Benefits (EOB), prescription drug plan billing statements and other documents to determine that only services, supplies, and prescription medications that were received are billed; and
- ◆ To report Medicare error, fraud, waste and abuse including Part D scams/false advertising, please send an email to: [medfraud@cwag.org](mailto:medfraud@cwag.org). or contact your local Benefit Specialist, Joanne Welsh, at (608) 647-6226.





## “Red Tape Cutter” Pages

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

### Medicare Supplement Policies and Medicare Part D

The new Medicare prescription drug benefit, Medicare Part D, will begin paying benefits on January 1, 2006. Participation in Medicare Part D is voluntary. Medicare beneficiaries need to begin gathering information now so they are able to make informed decisions about whether or not they should participate in this new benefit.

Many Medicare eligible persons carry Medicare supplement insurance to fill in the coverage gaps in traditional Medicare Parts A & B. Medicare supplement insurance is individual insurance purchased on the private market. Medicare supplement insurance is regulated by a combination of state and federal law. Medicare Part D will have several effects on Medicare Supplement policies.

A few of the Medicare supplement policies sold in Wisconsin are available with prescription drug coverage. If you have one of these policies you will have two options:

- ◆ You may retain your current coverage and not enroll in Part D. To avoid the possibility of paying higher Medicare Part D premiums at a later date, you will want to make sure that your Medicare supplement drug coverage is considered “creditable coverage.” Your Medicare supplement plan can tell you if your coverage is creditable.
- ◆ You may enroll in Part D. If you enroll in Part D you will not be permitted to keep your Medicare supplement drug coverage. You will, however, be able to keep the other health benefits provided by your Medicare supplement policy at a reduced premium.

Wisconsin law mandates that Medicare supplement policies provide coverage for certain items and services. Two of these mandates will be affected by Medicare Part D.

- ◆ Prior to January 1, 2006 Medicare supplement policies were required to cover usual and customary expenses for the treatment of diabetes. After December 31, 2005, Medicare supplement policies will only be required to cover non-

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### Social Security Milestones



By: Bruce W. Schultz  
Social Security Public Affairs Specialist

In August, Social Security celebrated its 70<sup>th</sup> birthday! On August 14, 1935, President Franklin Roosevelt signed the Social Security Act into law.

On **October 14, 1936**, 14 months to the day after the law was signed, the new Social Security Board (the name would later be changed to the Social Security Administration) opened its first field office. It was located in Austin, Texas. Today, there are about 1,300 Social Security offices in small towns and large cities across America. There are even offices in faraway places such as Guam and American Samoa. Because of our far-flung network of field offices, we used to say that there probably is a Social Security office just down the road from where you live. But today, we can say there is a Social Security office in the next room! Assuming you have a computer in that room, you can do most of your Social Security business online at:

**[www.socialsecurity.gov](http://www.socialsecurity.gov)**

On **November 24, 1936**, the Social Security Board started issuing Social Security numbers through local post offices. The first Social Security number was issued to a man in New Rochelle, N.Y. But the lowest number ever issued, 001-01-0001, went to a woman living in Concord, N.H. Seventy years later, more than 400 million Social Security numbers have been issued. And, of course, people no longer go to the post office to get a number. In fact, today, with the help of hospitals and bureaus of vital statistics around the country, most Social Security numbers are applied for before the child leaves the hospital.

On **August 10, 1939**, the Social Security law was amended to include benefits to the spouses and children of retirees and to the widows and children of workers who died. Today, in addition to the almost 30 million retirees, Social Security pays monthly benefits to more than three million of their spouses and children. Social Security also sends monthly survivor benefits to about seven million widows, widowers, and children.

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On **January 31, 1940**, Ida May Fuller of Vermont became the first person in the country to receive a monthly Social Security check. (Prior to that, Social Security issued one-time payments to workers who retired between 1935 and 1940.) Ms. Fuller's first Social Security check was in the amount of \$22.54. She lived until the age of 100 and passed away in January 1975. In her 35 years as a Social Security beneficiary, she received more than \$22,000 in benefits.

On **August 1, 1956**, the disability program was added to Social Security. Today, more than six million people with severe disabilities get monthly benefits, along with another 1.7 million spouses and children.

On **July 30, 1965**, the Medicare program was born. Although it is part of the Social Security Act, and for many years the program was managed by the Social Security Administration, beginning in 1977, control was turned over to the newly created Health Care Financing Administration (now called the Centers for Medicare and Medicaid Services).

On **October 30, 1972**, the 1972 Social Security Amendments were signed into law, including the creation of a major new program called Supplemental Security Income. SSI is a needs-based program that today pays monthly benefits to more than six million low-income elderly, blind and disabled people. Although the SSI program is managed by the Social Security Administration, it is not a Social Security benefit. SSI payments are funded by general tax revenues, not Social Security taxes.

On **October 1, 1988**, the Social Security Administration launched a nationwide 800-number service. Today, that number – 800-772-1213 – is one of the most frequently called 800 numbers in the world. Last year, we received more than 60 million calls on our toll-free telephone line.

On **May 17, 1994**, Social Security jumped onto the "World Wide Web" with an Internet site that has become one of the most popular of all government agency websites. Today, you can use the site to file for Social Security benefits, find calculators to help figure future benefits, get answers to many questions about Social Security, do research on various Social Security topics and access many other services. In 1994, about 22,000 people visited our website; in 2004, more than 45 million did.

So this month, please join me and your fellow citizens in wishing "Happy 70th Birthday" to Social Security.

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prescription insulin, equipment, and supplies associated with the treatment of diabetes.

- ♦ Medicare supplement policies sold prior to January 1, 2006 were required to cover 80% of the charges for outpatient prescription drugs after a deductible of \$6,250. Medicare supplement policies sold after December 31, 2005 will no longer be required to provide this coverage.

Medicare beneficiaries should carefully read and save any information they receive from their Medicare supplement insurer in the next few months.

If you have particular questions about your Medicare supplement policy and Medicare Part D you can contact the Wisconsin **Medi-gap Helpline at 1-800-242-1060**, or your local Benefit Specialist, **Joanne Welsh, at 647-6226**.

### **Apply Online for "Extra Help" with Medicare Prescription Drug Coverage**

*By: Bruce W. Schultz  
Social Security Public Affairs Specialist*

Medicare beneficiaries who want to apply for the extra financial help that is available under the new prescription drug program can do so at Social Security's website -- [www.socialsecurity.gov](http://www.socialsecurity.gov). For anyone who qualifies, this extra help can go a long way in paying for the premiums, deductibles and co-payments related to the Medicare prescription drug program that goes into effect in January 2006.

If you are a Medicare beneficiary who qualifies for the extra help, you could save an average of \$2,100 annually.

#### **Who qualifies?**

Basically, to qualify for the extra help, a person or married couple living together must have limited income and limited resources. You can qualify for this help as an individual if your total annual income is below \$14,355 and your resources are valued below \$10,000. The limits for a married couple living together are higher: \$19,245 in combined annual income and \$20,000 in resources. These resources can be slightly higher -- an additional \$1,500 per person -- if you will be using some of your money for burial expenses. Even if your income is higher, you still may be able to get some extra help.

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follow-up or hospitalization during the preceding year because of chronic metabolic diseases (including diabetes mellitus), kidney diseases and blood cell diseases such as sickle cell anemia

### Some of these same groups should receive a one-time vaccination for pneumococcal pneumonia.

The groups at higher risk for invasive pneumococcal disease include those over 64 years old and others with increased susceptibility to this infection, such as patients with HIV, splenectomy, sickle cell disease, diabetes mellitus, chronic disorders of the lungs or heart, and cirrhosis. You can receive this vaccination on the same day that you get the flu shot, and for those covered under Medicare Part B, it is also free when ordered by a physician. However, the pneumococcal vaccine can be given at any time of year and is a once-in-a-lifetime vaccination for most people.

If you don't have a spleen, or if you have chronic renal failure, HIV, cancer, or other diseases that compromise your immune system, ask your health care provider if a second pneumococcal vaccination is necessary.

### Where can I get my free flu shot?

Your flu shot is free if you are enrolled in Medicare Part B and your health care provider accepts Medicare assignment. The Medicare program covers the flu shot and the cost of administration for beneficiaries. Medicare recipients do not have to pay co-insurance or a deductible under the flu shot benefit. You can get a flu shot at your doctor's office or from the Richland County Public Health Department. As the flu season draws near, the Public Health Department will use WRCO Radio and the Richland Observer to inform the public of when the flu vaccine is available and the days they will hold special flu vaccination clinics. Medicare Part B will pay for the shot no matter where you get it, as long as the health care provider agrees not to charge you more than Medicare pays.

### Why should I get the flu shot?

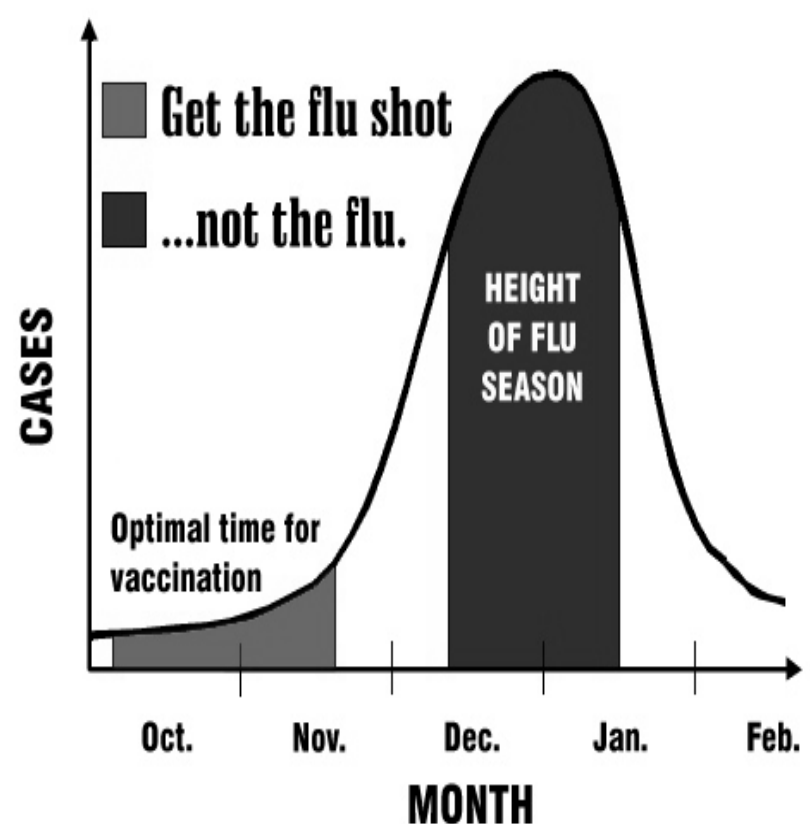
- ♦ **The flu is serious business.** Influenza (commonly called the flu) is not just a runny nose or upset stomach. It is a serious illness that can lead to pneumonia. At least 45,000 Americans die each year from influenza and pneumonia, the sixth leading cause of death in the United States. 90 percent of these deaths are among people 65 years of age or over.

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- ♦ **The flu can be very dangerous for people 50 and older.** People 50 years of age or over should get a flu shot, unless they are allergic to eggs. It's also important for those with a chronic illness, and for those who spend a lot of time around sick or elderly people.
- ♦ **A flu shot is safe and helps you protect others.** Flu shots are safe and effective. And when you get a flu shot you help yourself and those around you. By avoiding the flu, you avoid giving it to friends and family.
- ♦ **The flu can make you "blue."** Even if you don't develop serious problems, the flu can make you feel bad for days. It can cause fever, chills, headache, cough and sore muscles.

### When should I get the flu shot?



Influenza is most common in the U.S. from December to April, so it's best to get the flu shot from October through mid-November. The vaccine begins to protect you after 1 to 2 weeks.

### Do I need a flu shot every year?

Yes. Although only a few different influenza viruses circulate at any given time, people continue to become ill with the flu throughout their lives. The reason for this continuing susceptibility is that influenza viruses are continually changing, usually as a result of mutations in the viral genes. Each year the vaccine is updated to include the most current influenza virus strains. The fact that influenza viruses continually change is one of the reasons the vaccine must be taken every year. Another

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reason is that antibodies produced by the person in response to the vaccine decline over time, and antibody levels are often low one year after vaccination.

## Uh Oh

### I have the flu, what do I do?

Once a person has the flu, treatment usually consists of resting in bed, drinking plenty of fluids, and taking medication such as aspirin or acetaminophen to relieve fever and discomfort. Children with the flu should not take aspirin because of the associated risk of a rare, but very serious illness, called Reyes syndrome.

### When should I call my doctor?

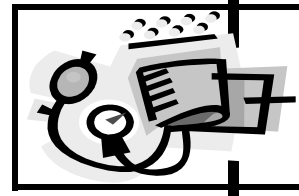
Call your doctor if you have any signs of the flu and:

- ◆ You have breathing or heart problems, or other serious health problems.
- ◆ You are taking drugs that fight cancer (chemotherapy) or weaken your body's natural defenses against illness.
- ◆ You feel sick and don't seem to be getting better.
- ◆ You have a cough that begins to produce phlegm and turns wet.
- ◆ You are worried about your health and have other questions.

### Treating flu with drugs.

Antibiotics are not effective against flu viruses. However, there are two drugs-- amantadine and rimantadine--that can be used to treat some types of influenza infection. When taken within 48 hours after the onset of illness, these drugs can reduce the duration of fever and other symptoms and allows flu sufferers to return to their daily routines more quickly. Both of these drugs are only available by prescription.

*Information for this article was taken from the Medicare website, [www.medicare.gov/health/fludetails.asp](http://www.medicare.gov/health/fludetails.asp).*



## FREE Blood Pressure Clinics

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

**Town and Country Church—**

**September 13th and**

**October 11th**

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

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

## Seniors Surfing the Web?

Here are some senior friendly sites!

**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.  
<http://www.eldercare.gov>

**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>

(Continued from Bottom of Page 7)

Social Security is working to make sure that everyone who might be eligible for this extra help applies for it. We have mailed more than 365,000 letters to people in Wisconsin who are potentially eligible for this extra financial help. And we have been working with federal and state agencies, advocacy groups, and other interested parties in communities across the country to get the word out about the new program and the extra help that is available.

If people think they might be eligible for the extra help, one of the fastest, easiest, and most convenient ways to apply is by going online.

### How to apply online

Social Security's website is:  
**[www.socialsecurity.gov](http://www.socialsecurity.gov)**.

Just go there and click on "New Medicare Prescription Drug Plan." To get a quick idea as to whether or not you would be eligible for the extra help, choose "Qualifier Tool." After answering a brief series of questions, you will know whether you probably do or do not qualify for the extra help with prescription drug costs.

If you do seem to qualify, simply fill out an *Application* while online. The *Application* is easy-to-understand and helpful instruction sheets guide you through the *Application* process.

It is also especially important for everyone who applies to understand that even if they qualify for the extra help, they still need to enroll in a Medicare-approved prescription drug plan to obtain both coverage and the extra help.

If you don't have Internet access, you can call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and representatives will be glad to assist you or send you an *Application* for the extra help with Medicare prescription drug costs.

To learn more about the Medicare prescription drug plans, which you can sign up for beginning November 15, call 1-800-MEDICARE (1-800-633-4227) or visit [www.medicare.gov](http://www.medicare.gov).



Dear Ida,

## Ask Ida

Will my diabetes supplies be covered if I enroll in Medicare Part D?

--W. Wonka

Dear W.W.

Currently Medicare Part B covers:

- ◆ Blood glucose test strips
- ◆ Blood glucose monitors
- ◆ Lancet devices and lancets
- ◆ Glucose control solutions

Medicare Part B does not cover insulin, syringes, or needles. Part D will not change Part B coverage rules for these items. Part D plans will cover:

- ◆ Insulin
- ◆ Items associate with the injection of insulin ( for example syringes, needles, gauze, alcohol swabs, insulin pens, and needle free syringes)

Persons with diabetes will need to review Part D plan options carefully to ensure the supplies they need are covered.

--Ida

*Taken from the July 2005 "The Specialist" prepared by the Coalition of Wisconsin Aging Groups Elder Law Center*

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) 647-6384

[metzp@co.richland.wi.us](mailto: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**

# Charles Schultz Philosophy

The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions. Just read straight through, and you'll get the point.



1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headlines of yesterday. These are no second-rate achievers. They are the best in their fields, but the applause dies, awards tarnish, achievements are forgotten, and accolades and certificates are buried with their owners.

**Here's another quiz. See how you do on this one:**

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

**Easier?**

**The lesson:** The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

**"Don't worry about the world coming to an end today. It's already tomorrow in Australia." (Charles Schultz)**

*Clip art obtained from: [http://www.snoopy.com/comics/peanuts/fun\\_and\\_games/wallpaper.html](http://www.snoopy.com/comics/peanuts/fun_and_games/wallpaper.html)*

# Ole and Lena jokes...

Lars: "Ole, stant in front of my car and tell me if da turn signals are verking."

Ole: "Yah, No, Yah, No, Yah, No, Yah, No...."

.....

Ole and Lena got married. On their honeymoon trip they were nearing Minneapolis when Ole put his hand on Lena's knee. Giggling, Lena said, "Ole, you can go a little farther now if ya vant to." So Ole drove to Duluth.

.....

Ole died. So Lena went to the local paper to put a notice in the obituaries. The gentleman at the counter, after offering his condolences, asked Lena what she would like to say about Ole. Lena replied, "You yust put, 'Ole died.'"

The gentleman, somewhat perplexed, said, "That's it? Just 'Ole died?' Surely, there must be something more you'd like to say about Ole. If it's money you're concerned about, the first five words are free. We must say something more."

So Lena pondered for a few minutes and finally said, "O.K. You yust put 'Ole died. Boat for sale.'"

.....

"Hey, Sven," said Ole, "how many Svedes does it take to grease a combine?"

After Sven replied, "I don't know," Ole said, "Only two, if you run them tru veal slow."

.....

Ole and Lars were on their very first train ride. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel.

"Have you eaten your banana yet," Ole asked excitedly?

No," replied Lars.

"Vell, don't touch it den,"Ole exclaimed. "I yust took vun bite and vent blind!"

.....

Ole and Lena went to the Olympics. While sitting on a bench a lady turned to Ole and said, "Are you a pole vaulter?"

Ole said, "No, I'm Norvegian and my name isn't Valter."

# SEPTEMBER 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  |   |   | <b>1</b> BBQ Beef/Bun, Baked Beans, Potato Wedges, Toll House Bar                           | <b>2</b> Italian Chicken & Pasta Dish, Garlic Bread, 7-Layer Salad, Melon           |
| <b>5</b><br><b>CLOSED</b><br>Labor Day   | <b>6</b> Fish, Baked<br>Potato/Sour Cream, Italian Blend Vegetables, Peaches          | <b>7</b> Pork Chop, Au gratin<br>Potatoes, Squash, Apple Crisp  | <b>8</b> Chicken, Mashed<br>Potatoes/Gravy, Corn, Fruited Jell-o with Topping               | <b>9</b> Chili, Corn Bread, & Honey, Tossed Salad, Cook's Choice Dessert            |
| <b>12</b> Ham, Scalloped<br>Potatoes, Mixed Vegetables, Pineapple                              | <b>13</b> Meat Loaf, Baked<br>Potato/Sour Cream, Stewed Tomatoes, Frosted Marble Cake | <b>14</b> Swiss Steak, Mashed<br>Potatoes/ Gravy, Carrots, Pears                                      | <b>15</b> Turkey Noodle Casserole,<br>Peas, Tossed Salad, Cheesecake with Fruit             | <b>16</b> Pork Chop, Hash Brown<br>Potatoes, Green Beans, Applesauce                |
| <b>19</b> Crispy Baked Fish, Baked Potato/Sour Cream, California Blend Vegetables, Mixed Fruit | <b>20</b> Swedish Meatballs, Noodles, Squash, Fruited Jell-o with Topping             | <b>21</b> Chicken, Potatoes/Gravy, Beets, Fruit Crisp   | <b>22</b> Ham, Sweet Potatoes, Cabbage Salad, Pineapple Upside-down Cake                    | <b>23</b> Cook's Choice: Soup, Sandwich, Salad, Fruit, Cookie                       |
| <b>26</b> Kielbasa, Macaroni & Cheese, Green Beans, Peaches                                    | <b>27</b> Pork Chop, Au gratin<br>Potatoes, Squash, Gingerbread Cake with Topping     | <b>28</b> Roast Turkey, Mashed<br>Potatoes/Gravy, Stuffing, Carrots, Cranberry Sauce, Angel Food Cake | <b>29</b> Spaghetti and Meat Sauce, Tossed Salad, Soft Bread Sticks, Fruit ( Cook's Choice) | <b>30</b> Bar B Q Ribs, Baked Potato w/ Sour Cream, Mixed Vegetables, Pudding Torte |

## 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

# OCTOBER 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.

|   |  |  |   |   |
|---|--|--|---|---|
| <b>3</b> Ham, Scalloped<br>Potatoes, Peas, Peaches  | <b>4</b> Chicken, Mashed Potatoes/<br>Gravy, Corn, Pumpkin Torte             | <b>5</b> Roast Pork, Hash Brown<br>Casserole, California Blend Vegetables, Applesauce Gelatin  | <b>6</b> Beef Stew with Vegetables,<br>Baking Powder Biscuit with Honey, Cabbage Salad, Cook's Choice Dessert | <b>7</b> Fish, Potato Wedges,<br>Italian Blend Vegetables, Rye Bread, Lemon Bar |
| <b>10</b> Hamburger/Bun, Cheese, Tomato, Onion, Pickle, Potato Wedges, Baked Beans, Pears | <b>11</b> Pork Cutlet, Potato Casserole, Squash, Fruited Jell-o with Topping | <b>12</b> Roast Beef, Mashed<br>Potatoes/Gravy, Green Beans, Apple Cake                        | <b>13</b> Chicken & Hash Brown Potato Bake, California Blend Vegetables, Cranberries, Molasses Cookie         | <b>14</b> Lasagna, Cheese Bread, Tossed Salad, Mixed Fruit                      |
| <b>17</b> Creamed Chicken, Baking Powder Biscuit, Peas, Pineapple                         | <b>18</b> Beef Stroganoff, Noodles, Carrots, Vanilla Pudding with Bananas    | <b>19</b> Turkey, Mashed Potatoes/Gravy, Stuffing, Cranberries, Pumpkin Bar                    | <b>20</b> Fish Sandwich with Tartar Sauce, Potato Wedges, Cabbage Salad, Cheesecake with Fruit                | <b>21</b> Meat Loaf, Baked Potato/Sour Cream, Stewed Tomatoes, Peaches          |
| <b>24</b> Ham, Sweet Potatoes, Green Beans, Applesauce                                    | <b>25</b> Chicken Salad/Bun, Potato Salad, Baked Beans, Strawberry Shortcake | <b>26</b> Swiss Steak, Mashed<br>Potatoes/Gravy, Mixed Vegetables, Fruited Jell-o with Topping | <b>27</b> Spaghetti & Meat Sauce, Soft Bread Sticks, Tossed Salad, Mixed Fruit                                | <b>28</b> Pork Chop, Cheesy Au gratin<br>Potatoes, Squash, Apple Crisp          |
| <b>31</b> Baked Fish, Parsley<br>Buttered Potatoes, Beets, Halloween Cookie               |  |  |   |   |

**Richland County Nutrition Program**