

Advent festival of lessons and carols at MLC

All interested singers are invited to participate in a festival of lessons and carols on Sunday, Dec. 7, at 7 p.m. at McFarland Lutheran Church.

The program of musical selections, congregational hymns, and scripture readings will feature an ecumenical community mass choir performing along with the McFarland Lutheran Church hand bell choir.

Rehearsals for the mass choir are on Mondays Nov. 17, 24, and Dec. 1 from 7:30-8:30 p.m. and Saturday, Dec. 6 from 9-10 a.m. at McFarland Lutheran Church.

Those wishing to participate could contact Glenn Nielsen by Monday, Nov. 10 at 838-8274 or e-mail glnielsen@charter.net.

Please let him know which rehearsals you will be able to attend. All participants are invited to fellowship together for a dinner at 5:30 p.m. before the concert at McFarland Lutheran Church on Sunday, Dec. 7.

Yoga instructor talks to OWLS

Give a hoot about your health and plan to attend our next OWLS (Older, Wiser LutheranS) meeting on Tues., Nov. 18, at 8:30 p.m. at McFarland Lutheran Church, 5529 Marsh Rd. (corner Broadhead and Marsh Rd.).

Guest speaker, Rick Anderson will tell about breath practice and chair-based movement that will improve balance and all-around good health. Rick will also include ways to use breath to calm and connect body, mind and spirit. Rick is the yoga instructor for the McFarland Department of Outreach and Special Services.

As always, we'll share God's love, good food and Christmas



Photo by Bob Mecum

The Old Time Fiddlers in concert in the Municipal Center Oct. 30.

A Halloween spectacle

By Robert C. Mecum

The community room at the McFarland Municipal Center was a busy place on Halloween. The Old Time Fiddlers gave an outstanding performance to a fine group of McFarlanders that had enjoyed a fine lunch at the nutrition site. The costumes

were fun to see and made the otherwise spooky day special.

Ingrid Thompson, dressed as Miss-matched really appeared as a teenager and was joined by a fun group of guys and gals tapping their toes to the familiar tunes played by Al Hund and a wonderful group of musicians.



Photo by Bob Mecum

Ingrid Thompson, Fred Buhr, June Hanson, Sara Sprang, Lori Andersen, Rosella Downing at a Halloween party in the Municipal Center Oct. 30.

All aboard the Theater Bus for dinner and a show

The Theater Bus for persons 55 and older will be heading out for several dinner-and-a-show holiday songs and one of the best living Nativities in the Midwest. The cost is \$67.

On Dec. 14, the bus goes to a

Stoughton Hospital blood drive, flu

A worthy, inexpensive way to give back to your community this holiday season is to give the gift of blood. The American Red Cross monthly blood drive at Stoughton Hospital will be Nov. 21 from 8 a.m. to 1 p.m. in the Bryant Health Education Center, located in the lower level of the hospital. Those interested in making an appointment may call 1-800-GIVE-LIFE (1-800-448-3543) or visit giveblood-givelife.org.

At the same visit, you can receive your flu vaccine. Flu vaccinations via shot or nasal spray will be available in the Stoughton Hospital lobby at a

public flu vaccine also be held at 1 p.m. The part B vaccine is billed for these health

During Stoughton Hospital's flu season will offer and blood Refreshment and gift able, and will be dra

For more event and Stoughton

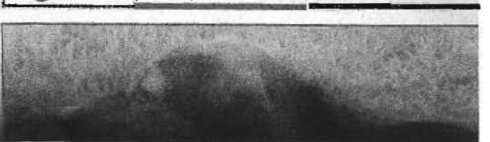
www.stoughtonhospital.com

MHS Pool Schedule

Day	Time	Activity	Notes
Thursday, Nov. 13	5:30-8 a.m.	Lap Swim	Water Exercise
	7:15-8:30 a.m.	Open Pool	Thursday Lap Swim
Friday, Nov. 14	5:30-8 a.m.	Lap Swim	Friday Lap Swim
	10:45-11:45 a.m.	Fun and Fitness	Friday Fun and Fitness
	8 p.m.	Pool Closed	Pool Closed
Saturday, Nov. 15	8-9 a.m.	Water Exercise	Saturday Water Exercise
	12-1 p.m.	Fun and Fitness	Saturday Fun and Fitness
	1-4 p.m.	Open Pool	Sunday No Fee Lessons
Sunday, Nov. 16	1-3 p.m.	Family Swim	Family Swim
	3-6 p.m.	Swim Lessons	Swim Lessons \$1/child
Monday, Nov. 17	5:30-8 a.m.	Lap Swim	Lap Swim \$2/child
	10:45-11:45 a.m.	Fun and Fitness	Fun and Fitness
	7-8 p.m.	Water Exercise	Water Exercise \$3 — Fee
Tuesday, Nov. 18	5:30-8 a.m.	Lap Swim	Lap Swim
	7:15-8:30 p.m.	Open Pool	Open Pool
Wednesday, Nov. 19	5:30-8 a.m.	Lap Swim	Lap Swim
	10:45-11:45 a.m.	Fun and Fitness	Fun and Fitness



Looking For Good Health



The Warning Signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

Read the statements below.

Circle the number in the yes column for those that apply to you.

For each yes answer, score the number in the box.

Total your nutritional score.

DETERMINE YOUR NUTRITIONAL HEALTH

		YES
QI 01	I have an illness or condition that made me change the kind and/or amount of food I eat.	2
QI 02	I eat fewer than 2 meals per day.	3
QI 03	I eat few fruits or vegetables, or milk products.	2
QI 04	I have 3 or more drinks of beer, liquor or wine almost every day.	2
QI 05	I have tooth or mouth problems that make it hard for me to eat.	2
QI 06	I don't always have enough money to buy the food I need.	4
QI 07	I eat alone most of the time.	1
QI 08	I take 3 or more different prescribed or over-the-counter drugs a day.	1
QI 09	Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
QI 010	I am not always physically able to shop, cook, and/or feed myself.	2
	TOTAL	

Total Your Nutritional Score. If it's –

0–2 **Good!** Recheck your nutritional score in 6 months.

3–5 **You are at moderate nutritional risk.**
See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

6 or more **You are at high nutritional risk.**
Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

Remember that warning signs suggest risk, but do not represent diagnosis of any condition. Turn the page to learn more about the Warning Signs of poor nutritional

These materials have been adapted from the Nutrition Screening Initiative, a project of American Academy of Family Physicians, The American Dietetic Association and National Council on the Aging, Inc.

The Nutritional Screening Initiative, 2626 Pennsylvania Avenue, NW Suite 301, Washington, DC 20037. The Nutrition Screening Initiative is funded in part by a grant from Ross Laboratories, a division of Abbott Laboratories

The information you are being asked to provide is needed to determine if you are eligible to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared with another agency without your permission. This information will not be sold to anyone. You have the right to review your electronic record and request changes to assure accuracy. You will not be denied most services if you refused to provide this information. If you have questions regarding this, please call the Area Agency on Aging of Dane County at 261-9700.

From: Schlenker, Karl M - DHS [mailto:Karl.Schlenker@dhs.wisconsin.gov]
Sent: Friday, October 24, 2008 4:54 PM
To: Schlenker, Karl M - DHS
Subject: SAMS 2.0.0 tips & Beacon data migration info

To all SAMS and Beacon users in Wisconsin:

As those of you using SAMS are already aware, SAMS 2.0 was released fairly recently on AgingNetwork.com. This version of SAMS contains quite a few new features. Harmony has provided some online, video-based information which can be viewed here:

https://admin.na3.acrobat.com/_a300002194/sams2tutorial/
<https://admin.na3.acrobat.com/_a300002194/sams2tutorial/>

As you may notice in the video documentation, I&A functionality now exists in SAMS; it is referred to as the "SAMS IR" section of SAMS. However, Wisconsin is not yet using this piece of SAMS - meaning that you cannot yet see it or test it in SAMS. Wisconsin organizations currently using Beacon will continue to do so for some time yet. A migration of all Beacon data into SAMS is in the works; however, this will likely not occur for at least another couple of months. We (Wisconsin) are presently waiting for Harmony to implement additional, necessary I&A-related functionality into the SAMS IR screens. Once that has been done, we'll perform quite a bit of initial testing. Then we'll migrate real-world Beacon data into SAMS for a single pilot ADRC. After the pilot ADRC has had time to test and confirm that their data migrated successfully, the migration rollout can be defined and scheduled.

As has been mentioned in previous emails, we plan to run a script which will "scrub" social security numbers from the SAMS database. (This does NOT include the SAMS benefit specialist database.) In order to ensure optimal accuracy during the upcoming Beacon-to-SAMS migrations, this SSN scrub will be performed AFTER the Beacon-to-SAMS migrations have all been completed. (This is likely several months from now.) Some current users have expressed a desire to have continued access to SSN's which are currently stored in SAMS and/or Beacon. (The stated reason is the need to be able to look up client information in other data systems via SSN.) If you believe that you absolutely MUST retain SSN data which currently exists in SAMS and/or Beacon, please wait until after your Beacon migration has been completed. Then - at your discretion - you can perform an extraction of data from SAMS which would, e.g., list ONLY the SAMS user ID's and SSN's next to each other in some other medium (e.g., an Excel workbook). I am not endorsing this method of data retention; rather, I am merely pointing out that the option is available if your

particular organization decides that it is absolutely necessary (and appropriate). If you want more information on the easiest way to extract this data, please call me.

Below is some additional information regarding SAMS 2.0 which may be of use to current SAMS users.

CARE MANAGERS:

As the SAMS administrator, I (Karl Schlenker) now have the ability to associate individual SAMS user ID's (e.g., "dodge14", "milwaukee5", etc) with care manager names in SAMS which have been previously defined. This gives you the option of displaying, e.g., recently assigned clients via the new SAMS "dashboard". If you want me to do this for your organization, please call. I suspect that this functionality may be most useful for those organizations which have more than one Elderly Benefit Specialist.

CUSTOM SEARCHES:

As shown in the video, there is a new "Custom Searches" button at the top of SAMS. This functionality is quite extensive, and can work hand in hand with the new dashboard feature. Think of it as the ability to have several different consumer lists open at the same time - each filtered in a different way. (Until now there was just the one consumer list in SAMS.) Ben Specs might find this feature useful for displaying their "open case" clients within one search screen, their "closed case" clients in another, and case-specific client groups in other screens. For example, you could make all of your Medicare Part D clients easily accessible in a separate search window. The functionality is similar to generating a consumer listing report in SAMS. The main difference is that a search generates an actual SAMS data list - meaning that you can double-click on any of the names to open the record directly.

RESTRICT ACCESS TO YOUR SAVED SEARCHES!

There are currently 2 types of custom searches: one for consumers and one for activities. (You'll probably use the consumer searches more frequently.) Although these searches are useful, the list of saved searches will become quite long with everyone saving their own searches. In addition to this, all of your saved searches will display in a drop-down box directly on your main consumer list. (This is the same drop-down box you have traditionally used for switching the display between consumers and consumer groups.) The downside is that EVERYONE'S saved searches will display in that dropdown. In order to avoid confusion, please make sure that whenever you create and save a new search, you restrict it so that it is not visible to everyone else in the state. Probably the best method is to restrict the search based on provider. While viewing the custom search definition screen, locate the

line titled "Shared With". Set it to provider; this way your saved search won't display in (and clog up) everyone else's dropdown boxes.

NEW DATA EXPORT FEATURE FROM CERTAIN LISTS:

A new data export feature exists in SAMS; this feature is available only on certain list screen within SAMS (such as the main consumer list and any saved consumer search). If the list screen has a button titled "Export List" (on the consumer list screen it's at the far right), then you can export that list data in its raw, list-style format. Any users who have previously exported data using SAMS reports will quickly see that this export method is far superior. The new export method automatically exports the list data into a *.CSV-formatted file; this file is much cleaner and can be opened directly with Microsoft Excel. (As with any SAMS export, save the resulting file to your V:\ drive - which is the equivalent of your local C:\ hard drive.)

MS-WORD DOCUMENT TEMPLATES:

SAMS 2.0 has another new, improved method for exporting SAMS report data directly into a Microsoft Word template. Although the functionality now exists in SAMS, I am still waiting for Harmony to release documentation explaining how to enable it. If this feature sounds like it might be useful to you - and if I haven't sent another email explaining it within the next month or so - then feel free to call me and ask for details.

As always, feel free to call me if you have questions or concerns.

Regards,

Karl Schlenker

Bureau of Aging and Disability Resources

State of Wisconsin DHS

karl.schlenker@wisconsin.gov <mailto:karl.schlenker@wisconsin.gov>

(608) 266-2537

SAMS - current list of all programs and services

Service	Unit Type	T-III	T-VI	NO AA	Prtn rshp	COP	Fam Care	NFCSP Giver	NFCSP Recip	AFCSP Giver	AFCSP Recip	VOL	COP Wvr	Mem Care	CIP II	Total
01-Administration	hours	X	X	X	X	X	X	-	-	-	-	-	X	-	-	7
02-Personal Care	hours	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
03-Homemaker	hours	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	-	-	5
04-Chore	hours	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
05-Home Delivered Meals	meals	X	X	X	X	X	X	-	-	X	X	-	X	X	X	11
06-Adult Day Care/Health (Hours)	hours	X	X	X	-	X	-	FY2007	FY2007	X	X	-	X	X	-	8
0601-Adult Day Care/Health (Days / 8-Hr)	days	X	X	X	-	X	-	-	-	-	-	-	X	X	-	6
0602-Adult Day Care/Health (Half Days / 4-Hr)	half days	X	X	X	-	X	-	-	-	-	-	-	X	X	-	6
0603-Adult Day Care/Health (Overnights / 24-Hr)	overnights	X	X	X	-	X	-	-	-	-	-	-	X	X	-	6
07-Case Management	hours	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
08-Congregate Meals	meals	X	X	X	X	X	X	-	-	-	-	-	X	X	X	9
09-Nutrition Counseling	sessions	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	-	-	5
10-Assisted Transportation	one-way trips	X	X	X	X	X	X	FY2007	FY2007	X	X	-	X	X	-	10
11-Transportation	one-way trips	X	X	X	X	X	X	FY2007	FY2007	X	X	-	X	-	-	9
13-Nutrition Education	sessions	X	X	X	-	-	-	-	-	X	X	-	-	-	-	5
14-Information and Assistance	contacts	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
15-Outreach	contacts	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
16-Public Information	activities	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
17-Counseling and Training	sessions	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
18-Temporary Respite Care	hours	-	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	5
18-Temporary Respite Care (III-B)	hours	X	-	-	-	-	-	-	-	-	-	-	-	-	-	1
19-Medication Management	contacts	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
20-Advocacy Leadership Development	contacts	X	X	X	-	-	-	-	-	-	-	-	-	-	-	3
21-Insurance / Benefits	hours	X	X	X	-	-	-	-	-	-	-	-	-	-	-	3
22-Assessments	assessments	X	X	X	X	X	X	FY2007	FY2007	X	X	-	X	X	-	10
24-Assistive Devices/Technology	occurrences / other	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
25-Handicapped Meals	meals	-	X	-	-	-	-	-	-	-	-	-	-	-	-	1
26-CDSMP - Chronic Disease Self-Mgmt Program	sessions	X	X	X	-	-	-	-	-	-	-	-	-	X	-	4
28-Community Education	sessions	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
30-Elder Abuse	contacts	X	X	X	-	-	-	-	-	-	-	-	-	-	-	3
32-Exercise / Fitness	sessions	X	X	X	-	-	-	-	-	-	-	-	-	-	-	3
34-Farmer's Market Vouchers (redeemed)	vouchers	-	-	X	-	-	-	-	-	-	-	-	-	-	-	1
36-Health Screening	contacts	X	X	X	-	-	X	FY2007	FY2007	X	X	-	-	X	-	7
38-Home Modifications	occurrences / other	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	-	-	5
40-Home Security and Safety	contacts	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	-	-	5
42-Recreation / Socialization	sessions	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	-	-	5
44-Shopping Assistance	hours	X	X	X	-	-	-	-	-	-	-	-	-	-	-	3
48-Support Groups	sessions	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6
50-Visiting	hours	X	X	X	-	-	-	FY2007	FY2007	X	X	-	-	X	-	6

SAMS - current list of all programs and services

Service	Unit Type	T-III	T-VI	T-NO AA	Prtn rshp	COP	Fam Care	NFCSP Giver	NFCSP Recip	FY2007	AFCSP Giver	AFCSP Recip	VOL	COP Wvr	Mem Care	CIP II	Total
		X	X	X	X	X	X	FY2007	FY2007	X	X	X	X	X	X	-	-
52-Vouchers sent/given	vouchers	X	X	X	X	X	X	FY2007	FY2007	X	X	X	X	X	X	-	10
54-Bill Payment / Financial Assistance	occurrences / other	-	-	X	-	-	-	-	-	-	-	-	-	-	-	-	1
65-Counseling	sessions	-	-	-	-	-	-	X	-	-	-	-	-	-	-	-	1
66-Respite Care (Hours)	hours	-	-	-	-	-	-	X	X	-	-	-	-	-	-	-	2
6601-Respite Care (Days / 8-Hr)	days	-	-	-	-	-	-	X	X	-	-	-	-	-	-	-	2
6602-Respite Care (Half Days / 4-Hr)	half days	-	-	-	-	-	-	X	X	-	-	-	-	-	-	-	2
6603-Respite Care (Overnights / 24-Hr)	overnights	-	-	-	-	-	-	X	X	-	-	-	-	-	-	-	2
67-Supplemental Services	occurrences / other	-	-	-	-	-	-	X	X	-	-	-	-	-	-	-	2
68-Information Services	activities	-	-	-	-	-	-	X	-	-	-	-	-	-	-	-	1
69-Access Assistance / I&A	contacts	-	-	-	-	-	-	X	-	-	-	-	-	-	-	-	1
71-Hours of Service	hours	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0
72-Transportation Expenses	amounts	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0
73-Trip Miles	miles	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0
82-Volunteer Expenses	amounts	-	-	-	-	-	-	-	-	-	-	-	X	-	-	-	1
84-Volunteer Mileage	miles	-	-	-	-	-	-	-	-	-	-	-	X	-	-	-	1
86-Volunteer Time	hours	-	-	-	-	-	-	-	-	-	-	-	X	-	-	-	1
92-Cancellations - Adult Day Care/Health (Hours)	hours	-	-	X	-	-	-	-	-	-	-	-	-	-	-	-	1
94-Cancellations - Congregate Meals	meals	-	-	X	X	X	X	-	-	-	-	-	-	X	-	X	6
96-Cancellations - Home Delivered Meals	meals	-	-	X	X	X	X	-	-	-	-	-	-	X	-	X	6
9901-Adult Day Svcs (Days)	days	-	-	X	-	-	X	-	-	-	-	-	-	-	-	-	2
9902-Adult Day Svcs (Half Days)	half days	-	-	X	-	-	X	-	-	-	-	-	-	-	-	-	2
9903-Cancellations - Adult Day Svcs (Days)	days	-	-	X	-	-	X	-	-	-	-	-	-	-	-	-	2
9904-Cancellations - Adult Day Svcs (Half Days)	half days	-	-	X	-	-	X	-	-	-	-	-	-	-	-	-	2
9905-Adult Day Svcs (Hours)	hours	-	-	-	-	-	X	-	-	-	-	-	-	-	-	-	1
9906-Cancellations - Adult Day Svcs (Hours)	hours	-	-	-	-	-	X	-	-	-	-	-	-	-	-	-	1
Total :																	
		37	38	46	9	13	16	8	5	26	26	26	3	13	24		