

# McFarland Area Senior News

5915 Milwaukee St. • 608-838-7117

June 2020

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We serve seniors in McFarland, Cambridge, Christiana, Town of Dunn, Pleasant Springs and Rockdale with funding from Dane County and these local municipalities.

**Office Hours:**

Mon.–Fri. • 8:00AM–4:30PM

Phone: 838-7117

outreach.dept.@mcfarland.wi.us

www.mcfarland.wi.us

Newsletter subscriptions one time \$15 fee to sign-up or receive free by email.

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Dear Seniors,

Well, 2020 will go down in history as a hallmark year. Consider keeping records to pass on for your family's history. It will make for interesting reading in 50 years. Many of you have lived through other challenging times, but for many of us this is the first time. Some things will be certain, that is, post pandemic life will be different than before. McFarland Senior Outreach Services will continue to provide the same valuable services to seniors in our service area, but they may be delivered in a more cautious way. We are working with Dane County Area Agency on Aging and the Village of McFarland on best practices for reopening gradually. Some things will come back sooner than others, depending on the steps needs to assure safety. Our concern is for our staff, volunteers and for you our clients. Although case management and nutrition have always been important services, our concentration is and will be on providing those as we move forward. Many of the other services we do are dictated by different authorities, such as RSVP medical rides. The national RSVP organization will need to decide when and how to reopen, and what we will have to do to comply with these in order for medical rides to start again. Please know that we understand the importance of these programs for your quality of life in our community. And we will make every effort to bring them back as soon as we can. However, we have not been in this situation before and organizations have no set route to follow. Common sense and CDC guidelines will prevail. We hope you remain patient while we sort all of this out in the next few months. We will notify everyone when certain aspects of our services reopen and what that will look like. The shut down has also been an opportunity for us to look at what things needed to change and develop some new ways. When we do develop safety guidelines, it will be a shared responsibility to adhere to them. Let's continue to keep everyone safe.

#AloneTogether #Inittogether

Wishing good health to all,

Lori Andersen, Director

*Start each day with  
a grateful heart.*



## Senior Farmers' Market Vouchers and Distribution

**Due to COVID-19, distribution of farmers' market vouchers will be predominantly through mail.** The Area Agency on Aging of Dane County offers vouchers to seniors for use in purchasing \$25 worth of fruit, vegetables or herbs at farmers' markets and roadside farm stands in Wisconsin during the 2020 season (June to October). The vouchers are distributed on a first come/first serve basis to those 60 or older, who have gross incomes under \$23,606 per year (or \$1,968/month) for a one person household and \$31,894 (or \$2,658/month) for a two person household, and live in Dane County. One set of vouchers per household regardless of household size.

Past participants will receive an application in the mail along with instructions. For those who have never participated in the program and wish to apply, contact AAA Dietitian Alyce Miller (261-5678). Vouchers and applications will be distributed via mail. Vouchers may not be mailed until June 1.

We are monitoring the situation as COVID-19 continues. For the most current information on farmers' market vouchers, contact your local senior services center or Alyce Miller at (608) 261-5678. Updates will also be made on Area Agency on Aging's website: <https://aaa.dcdhs.com/COVID-19.aspx>



## Officer Statz with Boxes of Shelf Stable Food.

The McFarland Police Department assisted Senior Outreach with distributing 332 boxes containing 5 meals of shelf stable food to all Home Delivered Meal participants. These are to supplement the fresh meals being delivered to seniors on Tuesdays, Thursdays and Fridays. Since April, Senior outreach nutrition program has been delivering over 250 meals a week. If you are interested in receiving meals, please contact Senior Outreach at 608-838-7117.



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**Stoughton Clinic**  
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608-873-2292

**Oregon Clinic**  
990 Janesville Street  
608-835-5373



**STOUGHTON HEALTH**  
Rehabilitation & Sports Medicine Clinics

[stoughtonhospital.com](http://stoughtonhospital.com)



Please call or check our web page for the latest updates on these services.

**Nutrition: Reservations Required**

**McFarland Nutrition Site** offered at 11:45AM Monday, Wednesday & Friday at the Municipal Center. Cost: Minimum Suggested Donation is \$4. Please contribute what you can afford.

**Meals on Wheels:** Home delivered meals Monday–Friday for homebound residents. Assessment required to qualify. Cost: Minimum Suggested Donation is \$4. Please contribute what you can afford.

**McFarland Food Pantry:** Available to qualified individuals in the McFarland School District. Open Mondays 3:00PM–6:00PM at 5404 Anthony St., McFarland. Phone: 658-0927.

**Transportation:**

**R.S.V.P. Driver Escort Program:** Medical rides for independent seniors. Call 838-7117, weekdays between 9:00AM–4:00PM, 5 business days in advance. **Reservations needed (838-7117)**

**Shopping:** In Madison. First Monday and third Tuesday of the month, 9:30AM–1:00PM.

**Grocery Shopping:** At Pick ‘N Save every second and fourth Tuesday. 9:30AM.

**McFarland In-town Shopping:** You chose the destination in town between the hours of 9:30AM–Noon, on the second Thursday of the month.

**Nutrition Site:** Transit Solutions is available to transport to the meal site. Mon.–Fri.

**Shopping Trips:**

**Canceled**

**Foot Care:**

**Canceled**

Foot Care services are 2<sup>nd</sup> Wed. of the month at Skaalen Village Clubhouse, 6055 Perrot Place. This program is through Stoughton Home Health.

Cost: \$25. Diabetic foot care \$25. Please talk to a case manager or the director if this is a hardship.

**Reservations required by calling 838-7117.**

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**JULIETs**

Just us Ladies Is Eatin' Together  
**Canceled**  
Breakfast at Green Lantern 4<sup>th</sup> Tuesday at 9:00AM.

Fellowship for retired women. Newcomers are welcome. No reservations are needed.

**ROMEOb**

Retired Older Men Eating Out  
**Canceled**  
Breakfast get-together at 8:00AM 4<sup>th</sup> Wednesday at the Green Lantern.

Newcomers are welcome. No reservations are needed.

**Singles over 60**

**SOS is Canceled Indefinitely**

Please make reservation by calling Bea at 838-3060.

# June 2020

<p><b>Tuesday 2</b> Meat Sauce Spaghetti Noodles Wax beans – Mixed Green Salad Dressing Peaches Brownie</p> <p><b>MO – Marinara Sauce</b> <b>NCS – SF Pudding</b></p>	<p><b>Thursday 4</b> *Italian Sausage on White Bun Oven Roasted Potatoes Stewed Tomatoes Orange Chocolate Ice Cream Cup</p> <p><b>MO – Veggie Dog</b> <b>NCS – SF Ice Cream</b></p>	<p><b>Friday 5</b> Sweet and sour chicken Brown Rice Peas Banana Rice Pudding</p> <p><b>MO – Veggie Sweet and Sour Chicken</b> <b>NCS – SF Pudding</b></p>
<p><b>Tuesday 9</b> Chicken Stew WW Dinner Roll/Butter Broccoli Tropical Fruit Carnival Cookie</p> <p><b>MO – Veggie Stew</b> <b>NCS – SF Cookie</b></p>	<p><b>Thursday 11 – Midd.</b> Chicken and Gravy <b>NAS – no gravy</b> Over White bread Carrots Green Beans Orange Mary Todd Lincoln Cake</p> <p><b>MO – Veggie Chicken in Gravy</b> <b>NCS – SF Cookie</b></p>	<p><b>Friday 12</b> Fish Sandwich on WW Bun Cheese Slice <b>NAS – no cheese</b> Tartar Sauce Yams Coleslaw Fruit Cup Lemon Italian Ice</p> <p><b>MO – Egg Salad Sandwich</b> <b>NCS – SF Ice Cream</b></p>
<p><b>Tuesday 16</b> Sloppy Joe WW Bun Carrot Coins Black Eyed Pea Salad Banana Chocolate Pudding</p> <p><b>MO – Chickpea Joe</b> <b>NCS – SF Pudding</b></p>	<p><b>Thursday 18</b> Cheeseburger <b>NAS – no cheese</b> on WW Bun Ketchup/Mustard 4 Bean Salad 4 Way Vegetable Blend Pineapple Fluff</p> <p><b>MO – Garden Burger</b> <b>NCS – Pineapple</b></p>	<p><b>Friday 19 BULK</b> Hearty Chicken Noodle Soup – (2) 6 oz ladles *Mixed green salad *Dressing *Saltine Crackers *Pears Pumpkin Bar</p> <p><b>MO – Tomato Soup</b> <b>NCS – Orange</b></p>
<p><b>Tuesday 23</b> *Pork Loin in Gravy Mashed Potatoes Garden Blend Vegetables WW Bread/Butter Mandarin Oranges Frosted Marble Cake</p> <p><b>MO – Multigrain Burger</b> <b>NCS – Pineapple</b></p>	<p><b>Thursday 25</b> Traditional Meatloaf Sweet Potato/Butter Broccoli White Bread/Butter Apple Juice Cup Chocolate Chip Banana Cake</p> <p><b>MO – Veggie Wrap</b> <b>NCS – SF Cookie</b></p>	<p><b>Friday 26</b> Cheese Tortellini Bake Bread Stick/Butter Spinach Mandarin Oranges Blueberry Crisp</p> <p><b>MO – Cheese Tortellini in Marinara</b> <b>NCS – SF Jell-o</b></p>
<p><b>Tuesday 30</b> *Sausage Veggie Egg Bake Fruit Cup Mini Biscuit/Butter Spiced Apples Tapioca Pudding</p> <p><b>MO – Veggie Egg Bake</b> <b>NCS – SF Pudding</b></p>	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICE <i>All menu items are prepared in kitchens that are not allergen-free.</i> <i>We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</i></p> <p>Please note: Guests on a NAS diet should not be receiving: gravy, ketchup or mustard MO = meatless option</p> </div>  </div>	

**Williamstown Bay Senior Apartments**  
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# Resource List

## Alzheimer's Disease & Dementia

Alzheimer's Association  
 Alz.org/wi, 24/7 Helpline 800-272-3900  
 Alzheimer's & Dementia Alliance of WI  
 Alzwisc.org (608) 232-3400

## Dementia Virtual Memory Cafes

Dementiamentors.org/virtual-memory-cafes

## Diabetes Support

American Diabetes Association,  
 Diabetes.org

## Grief Support Group

Agrace, agrace.org/grief-support  
 Heartland Hospice, telehealth support groups,  
 (608) 609-5868, ask for Carmen

## Hearing Loss Support

Office for the Deaf & Hard of Hearing  
 Dhs.wisconsin.gov/odhh, (855) 359-5252

## LGBTQ 50+ Alliance

Outreach Community Center, (608) 255-8582

## Low Vision Support

Wisconsin Council of the Blind & Visually Impaired  
 Weblind.org  
 (800) 783-5213  
 Wisconsin Talking Book & Braille Library,  
 dpi.wi.gov/talkingbooks  
 (800) 242-8822

## Multiple Sclerosis Group

National MS Society, nationalmssociety.org

## Parkinson's Disease

American Parkinson Disease Association  
 Apdaparkinson.org  
 Wisconsin Parkinson Association  
 Wiparkinson.org

## Stepping On Fall Prevention

Over the phone fall prevention consultation  
 Ron Dorr (608) 212-9120, Mon–Fri, 10am–12pm

## Substance Abuse

Alcoholics Anonymous  
 Aamadisonwi.org, (608) 222-8989  
 Al-Anon Family Support  
 Alanonmadisonwi.org, (608) 258-0314  
 Narcotics Anonymous  
 Badgerlandna.org, (608) 258-1747

**Are you feeling overwhelmed or frightened about COVID-19? Support is available. Call the Wisconsin Department of Human Services Distress Line: 1-800-985-5990.**

**COVID-19** Information for Consumers — Shopping for Food  U.S. FOOD & DRUG ADMINISTRATION

As grocery shopping remains a necessity during this pandemic, many people have questions about how to shop safely. We want to reassure consumers that there is currently no evidence of human or animal food or food packaging being associated with transmission of the coronavirus that causes COVID-19. This particular coronavirus causes respiratory illness and is spread from person-to-person, unlike foodborne gastrointestinal or GI viruses, such as norovirus and hepatitis A that often make people ill through contaminated food.

Although your grocery store may be temporarily out of certain products, there are no nationwide shortages of food. Food production and manufacturing are spread throughout the United States. During this pandemic, consumers are getting most of their food from grocery stores, and many stores have modified their operating hours to allow for more time to restock shelves and clean. In addition, many stores are providing special hours for seniors or other high-risk individuals to shop and are offering pick-up and delivery services. Check the store's website or call the store to learn more.

*To help protect yourself, grocery store workers, and other shoppers, it is important to keep a few things in mind:*

<ol style="list-style-type: none"> <li>1.  Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and temporary shortages.</li> <li>2.  Wear a face covering or mask while you are in the store. Some stores and localities may require it. Check your state, county, or city guidelines for any other requirements.</li> <li>3.  Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.</li> <li>4.  Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.</li> <li>5.  Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.</li> <li>6.  Again, there is no evidence of food packaging being associated with the transmission of COVID-19. However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.</li> </ol>	<p style="background-color: #0072bc; color: white; padding: 2px; text-align: center;"><b>As always, it is important to follow these food safety practices to help prevent foodborne illness:</b></p> <ol style="list-style-type: none"> <li>7.  Before eating, rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.</li> <li>8.  When unpacking groceries, refrigerate or freeze meat, poultry, eggs, seafood, and other perishables—like berries, lettuce, herbs, and mushrooms—within 2 hours of purchasing.</li> <li>9.  Regularly clean and sanitize kitchen counters using a commercially available disinfectant product or a DIY sanitizing solution with 5 tablespoons (1/3rd cup) unscented liquid chlorine bleach to 1 gallon of water or 4 teaspoons of bleach per quart of water. <b>WARNING:</b> Do not use this solution or other disinfecting products on food.</li> <li>10.  Always keep in mind the basic 4 food safety steps — <b>Clean, Separate, Cook, and Chill.</b></li> </ol>
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Food is a source of comfort, as well as nourishment for you and your family – especially now – and we hope this advice will help you continue to buy groceries with care and confidence.

www.fda.gov April 2020

## Getting the Care You Need Via Telemedicine

“Telemedicine” or “virtual visits” are a new reality. This is when you have your medical appointments by telephone, video chats on your cell phone, tablet, computer or e-mail. Many health systems are quickly starting or greatly expanding their use of telemedicine. Below are some **Questions and Answers** to help make your telemedicine visit as valuable as possible:

### 1. How Should You Prepare for the Visit?

- If you are a patient of the health system you’re using for this telehealth visit, have your medical record number or other identifying information available so they can look up your record.
- Make a list of any chronic conditions you have and list of medication you are on.
- Write down a list of all medications (prescription and non-prescription) you take, including the amount of each dose and how many times each day you take them.
- Make a list of your current symptoms, when they started and how severe they are. Be specific. For instance, do you have difficulty breathing or pain in your chest? Do you have fatigue? If so, how severe and for how long? Do you have stomach pain or diarrhea?
- Keep track of your data. Do you have a temperature? If so, what is it, and has it changed? Do you have a blood pressure monitor? If so, what is your blood pressure today?
- Practice what you want to say. That way, you won’t leave anything out.

### 2. What Should You Do to Make Sure You and Your Technology are Ready?

- Are you going to use your phone, tablet or computer for the visit? Is the device fully charged or plugged in? Do you have a reliable internet connection?
- Does your health system use an “app” for telehealth visits? If so, download it in advance.
- Make sure you have a comfortable place to sit for the visit and that if you are doing a video-chat, that your camera gives a clear view of you for the provider.
- Allow yourself 10–15 minutes before the video/phone call to collect your thoughts.
- For privacy, use headphones during the call.
- Have paper and pen ready during the call for notes.

### 3. Will Your Telemedicine Visit be Private and Confidential?

- Yes. Since you are talking to a health care provider, the information will be covered by HIPAA and can only be shared with your insurer. The telehealth provider will likely record your information in an electronic health record, which is kept securely by the health system.

### 4. What Should You Do During the Call?

- Be aware that there may be a high volume of calls, so you may have to wait to be connected.
- Talk clearly, so the provider can hear you. Make sure they can see you through your camera.
- If you can’t hear or don’t understand something, ask your provider to slow down, repeat the information or explain it another way.
- Clearly present your symptoms.
- Answer the provider’s questions as clearly and to the point as possible.
- Make notes of the provider’s recommendations and ask questions if something is unclear.

### 5. Is Your Telemedicine Visit Covered by Medicare or Insurance?

- This depends on your insurance. The federal government has temporarily expanded telemedicine services for Medicare beneficiaries to cover these types of visits. Coverage by private insurers may vary on this benefit.
- Be sure to ask when you agree to the appointment.

### 6. How Will You Agree on a Treatment Plan?

- After your doctor or other health care provider tells you something, repeat it back in your own words.
- Take notes and ask questions such as: What are the risks/benefits of treatment? Are there other ways to treat this? Will insurance pay? Will I need medication?
- Agree on the treatment plan and any additional tests/medications. Ask your doctor for resources and about follow-up visits.
- As with any health care visit, it’s ideal if you can have a friend or family member by your side. That person can be responsible for taking notes so that you can focus fully on your conversation with your doctor.

Overall, a virtual visit is similar to visiting a doctor’s office, but in these unusual times, more preparation will be helpful – both for you and your health care provider.

*Adapted from materials from Susan Stiles, Ph.D., the Senior Director of Product Development and Strategy at the National Council on Aging, March 27, 2020 and John Sharp, MSSA, PMP, FHIMSS, Director, Thought Advisory, Personal Connected Health Alliance; HIMSS*

## Monthly MIPPA Moment: Medicare & Coronavirus

MIPPA (Medicare Improvements for Patients and Providers Act) has a goal of educating older adults on Medicare's cost-saving benefits & preventive services.

To help stop the spread of the coronavirus disease 2019 (COVID-19), many businesses have temporarily closed. If you recently stopped working or lost your health coverage through your job (or your spouse) and are otherwise eligible, you may qualify for a Special Enrollment Period to enroll in Medicare Part B (Medical Insurance). Medicare Part B does cover a test to see if you have coronavirus if warranted. Medicare beneficiaries pay nothing for this test.

Currently, there is no vaccine for Covid-19, however Medicare will cover the vaccine for Covid-19 when it becomes available. The recent CARES Act, specifically states that Medicare Part B will cover a 2019 novel coronavirus vaccine (<https://www.congress.gov/116/bills/hr748/BILLS-116hr748enr.pdf>).

Finally, be aware of fraud schemes surrounding coronavirus testing, including telemarketing calls, social media platforms, and door-to-door visits. Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies, asking for your Medicare number and ignore offers or advertisements for COVID-19 testing or treatments on social media sites at this time.

*Adapted in part from Medicare.gov/blog/medicare-now-covers-coronavirus-testing. For more information on Medicare Preventive Services, call MIPPA Program Specialist, Leilani Amundson, at 608-240-7458.*

## Fall Elections

Never too early to start planning for the Fall Elections! There will be two elections upcoming in the fall:

**August 18, 2020 – Fall Partisan Primary** (Ballots will be available beginning June 25<sup>th</sup>). This election will be a primary for Dane County Clerk, Dane County District Attorney, Dane County Register of Deeds, Dane County Treasurer, Representative in Congress District 2, Representative to the Assembly District 46 & 47, and State Senate District 16.

**November 3, 2020 – General Election** This election will be voting for Dane County Clerk, Dane County District Attorney, Dane County Register of Deeds, Dane County Treasurer, Representative in Congress District 2, Representative to the Assembly Districts 46 & 47, and President of the United States

Request your absentee ballot now, don't wait until the fall! Residents can request ballots for a specific upcoming election or to receive them for the remainder of the calendar year. As soon as ballots are ready, we will send one with a self-addressed stamped envelope to return it. Ballots will be ready 47 days in advance, so by getting your request in early, you ensure yourself ample time to receive and return your ballot to make sure it is counted!

To request an absentee ballot visit: <https://myvote.wi.gov/en-us/VoteAbsentee>. We can also mail you an absentee ballot request for you to return to us. If you have questions or need assistance requesting absentee ballots, please call the Administration office at 608-838-3153.



## McFARLAND SENIOR OUTREACH SERVICES

McFarland Municipal Center  
5915 Milwaukee Street  
P.O. Box 110  
McFarland, WI 53558



Contact Senior Outreach  
if you would like this newsletter  
by email, at no cost.  
[outreach.dept@mcfarland.wi.us](mailto:outreach.dept@mcfarland.wi.us)

### Tips for Managing Your Emotions During the Coronavirus Pandemic

Feeling isolated, lonely or a little nervous these days? Here are some tips that we can all use as we navigate these uncertain times:



**Stay informed and take practical steps to protect yourself and loved ones.** Get the facts from trusted sources but don't stay glued to the news. It will only worsen the distress you may be feeling right now.



**Engage in healthy activities.** Get 7-9 hours of sleep each night; eat a healthy, well-balanced diet; don't smoke; drink no more than one alcoholic drink per day or none at all; and exercise your body and mind.



**Make sure you have at least a one-month supply of your prescription and over-the-counter medications.** Be sure to take all your medications as directed by your health care providers.



**Stay busy and stick to regular routines if you can.** Make old and new hobbies part of your day.



**Stay connected with your family, friends, and other support networks (faith, hobbies, etc.).** Contact at least one person every day by phone, e-mail or even video chat. Consider asking someone to be your support buddy and have daily conversations.



**Stay positive and relish the simple things in life.** Reflect on things you are grateful for. Once this pandemic is over, keep it going so we're all stronger, kinder, and more connected with each other.

Need some help? Contact

Adapted from "7 Tips for Managing Your Mental Health During the COVID-19 Pandemic" by Kathleen A. Cameron, B.S.Pharm., MPH - Senior Director, National Council on Aging's Center for Healthy Aging, (4/3/20)



## REAL ID Deadline Approaching October 1, 2020

If you plan to fly within the U.S. or visit a military base or other federal buildings, the Department of Homeland Security will require identification that is REAL ID compliant (or you will need to show another acceptable form of identification, such as a passport) beginning October 1, 2020.

To obtain a REAL ID-compliant driver's license or ID card, individuals must visit a Wisconsin DMV and bring the following original documents or a certified copy (not a photocopy, fax or scan):

- Proof of Name and Date of Birth
- Proof of Legal Presence in the U.S.
- Proof of Identity
- Proof of Address
- Proof of Social Security Number
- Proof of Name Change (if applicable)



For a complete list of acceptable documents visit:  
<https://wisconsin.gov/Pages/dmv/license-drvs/how-to-apply/realid.aspx>

