

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
PO BOX 405 • 428 UNDERWOOD AVE
MONTELLO, WI 53949 • (608) 297-3124

January-February 2020



Former Governor, Marty Schreiber presented at the Marquette County Caregiver Awards.

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**We're looking for photos of
Marquette County for
the cover of our newsletter!**

Submit your photos to Jan at

jkrueger@co.marquette.wi.us



There's a Living Well with Chronic Conditions workshop starting soon near you!

**January 8- February 12,
2020
Wednesdays
1:00-3:30pm**

**Montello Senior Village
Apartments**

101 Village Square Montello, WI 53949

**Suggested Donation: \$15
Call (608) 297-3146 to register or
more info**



Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Did you get a Tablet or Smartphone for the holidays, or have an old one laying around that you want to learn more about? Beginners are encouraged to sign-up, but space is limited. Call now to reserve your spot. Learn how to access to the libraries "Digital Library," which has thousands of eBooks, eMagazines, and eAudioBooks available for free to library patrons!



Endeavor Library is hosting "Sip and Swipe" a tablet class. In February and March. The February class is full so call to join the March class. **855-440-2372**
March 4th, 11th, 18th, and 25th at 1pm-2pm.



Westfield Library will have a series of (3) Tablet/Smartphone classes that will be perfect for you. Classes will be:
Mondays, Feb. 17th, 24th, and March 2nd at 10:30am OR
Wednesdays, Feb. 19th, 26th and March 4 at 12:30pm.
 Ethel Everhard Memorial Library 117 East Third Street, Westfield
608-296-2544



Lifeline Programs and Free Cell Phones

By the GWAAR Legal Services Team (for reprint)

Many Wisconsin telephone and internet providers offer discounts or free services for certain qualifying individuals through the Lifeline program. In the past, several providers offered phone service and internet bundles, but would also provide a free cell phone. Unfortunately, many providers (including the popular Safelink) have discontinued free phones. For many plans, discounted services may only be added to existing, compatible phones. For people without a compatible phone, one can be purchased through the company, but no longer provided for free. Because of the quickly changing nature of these plans and also the localized service areas, the Public Service Commission (PSC) of Wisconsin provider list (available on the GWAAR website) should be used. You will get to know the specific plans offering services in your area. Please check with the providers directly, as changes occur frequently.

Alzheimer's & Dementia Alliance of Wisconsin
Family Caregiver Education Programs
Ethel Everhard Public Library | 117 E 3rd St, Westfield
 Free and open to the public. No registration required - Just drop in!

COMMUNICATION TIPS & STRATEGIES

Learn ways to effectively and compassionately communicate with someone who has dementia.

Tuesday, January 7 | 10:00 - 11:30 a.m.



IS IT TIME FOR FACILITY CARE?

Review things to consider when making the move to facility care.

Tuesday, February 4 | 10:00 - 11:30 a.m.



COMMUNICATION & EMOTIONS IN LATE STAGE DEMENTIA

Attend this program to learn how to communicate in the late stage of dementia and better understand their emotions.

Tuesday, March 3 | 10:00 - 11:30 a.m.



If Westfield's School district is delayed or canceled due to weather, the program is canceled.



Green Lake/Marquette/Waushara Co. Regional Office | P.O. Box 137, Green Lake, WI 54941 | Phone: (920) 294-4100

CHECK ON YOUR NEIGHBORS.

KEEP WISCONSIN SAFE FROM EXTREME COLD.

- ◇ Check on your neighbors to make sure they are okay, especially the elderly and those living alone.
- ◇ Look for symptoms of hypothermia including shivering, exhaustion, confusion, and slurred speech.



Wisconsin Department of Health Services
 Division of Public Health
www.dhs.wisconsin.gov/climate/weather/winterweather.htm

Memory Café

A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, their family and friends. No need to register, just drop-in.

First Wednesday of each month

10:00 a.m. - 12:00 p.m.

Westfield Village Hall

124 E. 3rd St., Westfield

Call Dementia Outreach Specialist
Kristine Biesenthal, 920.294.4100,
for more information.



Wed, February 5th, 10am-noon



Let's break up the winter blues with a Mardi Gras celebration! Feel free to wear green, yellow or purple to this party! If you have a Mardi Gras mask, bring that, too! There will be trivia, refreshments & toe-tappin' Dixieland Jazz. No need to RSVP. Just drop in! Bring family and friends too!

Be sure to make your meal reservation for the Westfield Senior Dining Site!

Call 608-297-3146 at least 24 hours in advance.

Questions? Please call Kristine at 920-294-4100 (office) or 920-765-3359 (cell).

Note: If Westfield School District is closed or delayed due *for any reason*, the Memory Café will be cancelled.

Long-Term Disability Insurance and Social Security Disability Insurance

Long-Term Disability (LTD) Insurance Policies and Social Security Disability Insurance (SSDI) both serve a similar purpose, to provide income for an individual if they become unable to work for a significant period of time due to a disability. LTD policies are private insurance policies purchased by an individual (or individual's employer), whereas SSDI is a program authorized through Title II of the Social Security Act. Although these are two very different types of programs, there are several considerations around how these programs work together. These considerations are policy-specific, so an individual will want to look at their LTD policy documents carefully. First, most LTD policies will require that the individual apply for SSDI benefits immediately or after a specific timeframe in order to continue receiving payments. Similarly, if their disability is a workplace-related injury or illness, their LTD policy will likely require that they apply for any workers' compensation. This is because many LTD policies include a provision that benefits will be offset by these other forms of compensation. For example, if an individual's LTD policy pays \$2,000 per month and their SSDI benefit is \$1,500 per month, the LTD will be offset by the SSDI benefit amount and only pay the difference. In this example, the LTD policy will only pay \$500 in any month that this individual was eligible for SSDI benefits. Now, if an individual is approved for SSDI benefits with a backdated onset date and entitlement to retroactive benefits, they may owe the LTD policy the offset amount for those months of backpay. For example, using the numbers above, if someone was entitled to six months of retroactive SSDI benefits, they would be required to repay the LTD policy \$9,000 (\$1,500 x 6). When that is the case, the individual should have the money available from when they received their retroactive SSDI benefit payment. For this reason, it is important for the individual to read and understand their LTD policy and any related letters sent to them throughout this process. It is also important that they do not spend any retroactive SSDI benefit payment until they are sure of any obligations under any LTD policies. The examples highlighted above are based upon typical scenarios. However, each LTD policy may be different. Again, it is important to examine individual LTD plan policy documents very carefully to see if and how the policy applies to individual situations. □

Social Security Administration Announces 2020 COLA

Beneficiaries receiving Social Security retirement, survivors, and disability benefits will see a modest increase in their monthly benefit amount in 2020. The Social Security Administration recently announced that beneficiaries will receive a 1.6% increase in 2020 due to the cost of living adjustment (COLA).

Assistance for Individuals Enrolled in Medicare and Marketplace

Confusion about the federal Health Insurance Marketplace and Medicare has led some people to make enrollment mistakes. If you enrolled in Medicare Part A but delayed enrolling in Part B so that you could stay in a Marketplace plan, you may be eligible for assistance from the federal government that will let you enroll in Medicare Part B without penalty or eliminate or reduce your Part B late enrollment penalty (LEP) if you are already enrolled. This assistance is called "equitable relief." The Centers for Medicare & Medicaid Services recently announced that it was extending eligibility for equitable relief to people who became eligible for Medicare Part A before June 2020. Eligibility for equitable relief is limited to people who could have enrolled in Medicare Part B but did not during their initial enrollment period or a special enrollment period because they were enrolled in a Marketplace plan. You may be eligible if you are currently enrolled in premium-free Medicare Part A and:

- Became entitled to Part A between July 2013 and June 2020, or
- Have been notified by the SSA of retroactive Part A entitlement between October 1, 2013 – June 30, 2020, or
- Have a Part B special enrollment period that ended between October 1, 2013 and June 30, 2020.

To be eligible, you must have enrolled in Part B during the General Enrollment Period in 2015, 2016, 2017, 2018, 2019, or 2020. General Enrollment takes place from January 1 until March 31.

Individuals who meet eligibility criteria may request equitable relief at any time from their local SSA office. You can find a local office here: <https://secure.ssa.gov/ICON/main.jsp>.



Thank you to the Quarter Auction Fundraiser! We appreciate your hard work and dedication to the community. We were able to provide a shopping trip to Plover.



Transportation Programs

If you need a RIDE to Medical Appointments

The Aging and Disability Services Transportation Program will coordinate and provide transportation for people 60+ or those disabled to and from medical appointments. Copay amounts depend on the destination. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104** for more info or to make a reservation.

If you need a RIDE to Portage for shopping

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Thursday** of the month. Transportation will be provided to Portage for shopping (at approx. 1pm, and returning around 3:30-4pm).

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104**.

This is a special project that has a copay of \$5.

<i>Destination</i>	<i>Copay</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

Are you interested in sponsoring a ride?

Some residents in Marquette County struggle to afford their Transportation Copays. If you are interested in sponsoring rides, contact Adam at **(608)297-3104** to make a donation.

FUEL ASSISTANCE

The Energy Assistance Program was established to help low-income households pay for home heating costs. Grant amounts and payments are determined based on energy costs, household size, income dwelling type, etc. To qualify for Energy Assistance your household **GROSS** income for the 3 months prior to your application must be at or below the amounts listed:

1 IN HOUSEHOLD	\$7168.25
2 IN HOUSEHOLD	\$9374.00
3 IN HOUSEHOLD	\$11,579.50
4 IN HOUSEHOLD	\$13,785.25

To apply please call **608-297-3124**



Tips to Help with Seasonal Affective Disorder (SAD)

By the GWAAR Legal Services Team (for reprint)



If you start feeling down during this time of year, you are not alone. Also known as the “winter blues,” Seasonal Affective Disorder or SAD affects millions of people, especially in the northern hemisphere.

According to the National Institute of Mental Health (NIMH), SAD is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Having low energy
- Having problems with sleep
- Feeling sluggish or agitated
- Having frequent thoughts of death or suicide
- Feeling hopeless or worthless
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having difficulty concentrating

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Overeating
- Craving for carbohydrates
- Hypersomnia
- Weight gain
- Social withdrawal (feel like “hibernating”)

So, if you’re feeling this way around this time every year, what can you do to feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

For more information visit: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml> □



Aging and Disability Resource Center of Marquette County
 855-440-2372 adrcmarquette.org
 Connecting you with support and services



Care and Share Food Bank
 Hours will be Thursdays from 12-3.

608-369-1059 | PO BOX 821 N2975 HWY 22
 MONTELLO, WI 53949

FoodShare Numbers Change October 1, 2019

By the GWAAR Legal Services Team (for reprint)

Household Size	Gross income limit (Categorical eligibility) 200% FPL	Gross income limit (Change reporting required if household member(s) have earnings) 130% FPL	Maximum Benefit per month
1	\$2,082	\$1,354	\$194
2	\$2,820	\$1,832	\$355

Income limit: Gross income is less than or equal to 200% FPL or, if gross income exceeds 200% of FPL, the net income of the Elderly, Blind, or Disabled (EBD) household is less than or equal to 100% of the FPL

Asset limit: There is NO ASSET LIMIT for households with gross income less than or equal to 200% FPL; for households qualifying via net income, there is a household asset limit of \$3,500.

If an elder (age 60+) or disabled individual cannot purchase and prepare food separately, they can apply as a separate household if the combined gross monthly income of persons living with the elder/disabled person and his/her spouse does not exceed 165% FPL (\$1,718/ \$2,326). Do not count the income of the elder/disabled person and spouse in this calculation.

Marquette County Register of Deeds

Bette L. Krueger

As stated on the Wisconsin Department of Motor Vehicles (DMV) website, if you plan to fly within the U.S., visit a military base or other federal buildings, the Department of Homeland Security will require identification that is **REAL ID compliant** (or show another acceptable form of identification, such as a passport) beginning **October 1, 2020**. The Wisconsin DMV issues REAL ID compliant products in accordance with the federal REAL ID Act of 2005.

Wisconsin DMV offers both REAL ID-compliant, non-compliant driver licenses and ID cards. The cards look similar: REAL ID-compliant are marked with a star within a circle in the upper right corner, while non-compliant cards are marked "NOT FOR FEDERAL PURPOSES." Should you choose to continue to hold a non-compliant card, you will need another form of identification to board a plane or access federal sites.

If you have a valid U.S. passport you can use that for identification in place of a REAL ID-compliant driver license or ID card. However, a REAL ID-compliant card will not replace a U.S. passport for traveling outside of the United States.

To obtain a REAL ID-compliant driver license or ID card, you must present several documents, two of which are a **certified** copy (not a photocopy, fax or scan) of your **birth certificate**, as well as a **certified** copy of your **marriage certificate** if your last name was changed after your marriage.

If you were born in Wisconsin, you may go to your closest Register of Deeds office to obtain your certified copy of your birth record. Out of state births must be obtained from that state.

Marriage certificates are also issued statewide **IF** your marriage took place in Wisconsin **on or after June 15, 2015**. Anything **PRIOR** to this date you **MUST** get your certified copy of your marriage from the county in which the marriage took **place**. Again, this is only for Wisconsin marriages.

The Department of Homeland Security recommends you contact the federal agency you plan to visit in advance following the October 1, 2020 deadline to make sure you would have the proper identification requirements. More information on this can be found on their frequently asked questions website: <https://www.dhs.gov/real-id-public-faqs>

For further information on the Real ID, visit: <https://wisconsin.gov/Pages/dmv/license-drvs/how-to-apply/realid.aspx>

For an application for a birth or marriage certificate for Wisconsin visit: <https://www.wrdaonline.org/vitalrecords>

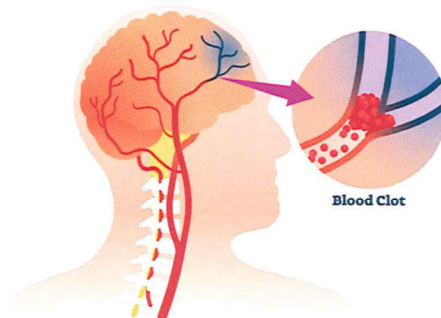
If you have any questions, contact the Register of Deeds office at 608-297-3025.

Upcoming Foot Clinic Dates



Call for an Appointment! 608-297-3135
January 22nd, 23rd, 28th
February 4th, 12th, 20th, 25th

- ◆ Feet are assessed
- ◆ Feet are soaked (about 20-25 minutes)
- ◆ Toenails are trimmed
- ◆ Calluses are addressed
- ◆ Foot massage is given
- ◆ Home instructions are provided



SPOT THE SIGNS OF STROKE

B E F A S T

BALANCE Loss of Balance, Headache or Dizziness	EYES Blurred Vision	FACE One Side of the Face Drooping	ARMS Arm or Leg Weakness	SPEECH Speech Difficulty	TIME Time to Call for Ambulance Immediately

Call 911 at the first sign of either Stroke or Heart Attack. Your life, or the life of a loved one, may depend upon it.

KNOW THE SIGNS OF A HEART ATTACK

Most common
IN MEN

	feeling dizzy	cold sweat
chest pain or irregular heartbeat	stomach discomfort	
pain in arms, neck, jaw, or back	shortness of breath	

Most common
IN WOMEN

	fatigue	cold sweat
chest pain	nausea or abdominal pain	
pain in arms, neck, jaw, or back	lightheadedness	shortness of breath

Eating for Heart Health



By Amelia Cisewski, RDN, CD

February is American Heart Month and can be a reminder for all of us to take care of our hearts. Heart disease is the #1 cause of death in America. Fortunately, many risk factors are things we have control over like our food and lifestyle choices. Making nutritious food choices and getting physical activity in throughout the day are great ways to help keep your heart beating strong.

Fiber is great for heart health because it can bind with bad cholesterol and remove it from our body. Foods high in dietary fiber are fruits, vegetables and whole grains. To increase the fiber in your diet, choose whole grains and make half your plate fruits and vegetables. Low to moderate amounts of fat, specifically **unsaturated fat**, can give heart health a boost. Unsaturated fats from foods like nuts, olives, avocados and fatty fish can help increase good cholesterol levels. However, foods high in saturated fats should be limited, such as high-fat cuts of meat, butter and full-fat dairy products. *Trans* fat (partially-hydrogenated oil) should be avoided. The following tips can help you choose healthy fats over unhealthy fats. They will also help you limit the amount of dietary cholesterol you eat.

- Cook or bake with heart-healthy oils, such as olive or canola oil.
- Enjoy a 1-ounce serving of nuts as a snack.
- Remove the skin from chicken and turkey.
- Choose lean cuts of meat. Beef, try top round or sirloin. Pork, try top loin or tenderloin.
- Eat a fish or seafood meal at least twice a week.

Reducing the amount of **sodium** in your diet can help manage your blood pressure. Many of us get too much sodium in our diets from eating packaged and restaurant food and not the salt shaker. To help reduce the amount of sodium try these tips:

- Buy fresh, frozen or canned vegetables with no salt added
- Choose packaged foods that are labeled "low sodium", "reduced sodium" or "no salt added" when available.
- Read the label and look at the amount of sodium per serving
- When cooking, use alternatives like garlic, salt-free seasonings or spices to replace or reduce the amount of salt you use
- When dining out, ask for the nutritional info before you order and choose a lower sodium option or ask that no salt be added to your meal

Physical Activity can also reduce your risk of heart disease. It is recommended that adults get at least 2 hours and 30 minutes of physical activity per week including muscle strengthening activities. Being active can help lower our blood pressure, manage stress and control weight. If you are not currently doing much physical activity, you can start with what you can, any physical activity is better than none.

The **DASH (Dietary Approaches to Stop Hypertension) eating plan** is a simple, heart-healthy eating plan that can help prevent or lower high blood pressure. The DASH diet is low in sodium, cholesterol, and saturated and *trans* fats and is high in fruits and vegetables, fiber, potassium, and low-fat dairy products.

By making a few simple changes to our diets, we can help to reduce our risk of heart disease.

White Chili

2 lbs. Boneless Skinless Chicken Breast, Cubed
 2 Medium Minced Onions
 3 tbsp. Vegetable Oil
 4 cans (15.5 oz.) Great Northern Beans, Rinse & Drain
 2 cans (14.5 oz.) Chicken Broth
 1 can (4 oz.) Green Chopped Chilis
 2 tsp. Salt
 1 tsp. Ground Cumin
 1 tsp. Oregano
 ½ tsp. Pepper
 ¼ tsp. Cayenne Red Pepper
 2 cups Sour Cream
 1 cup Whipping Cream
 Grated Mozzarella Cheese (optional)



Sauté chicken, onions and garlic powder in oil. Add rest of ingredients except sour cream and whipping cream. Boil, reduce heat and simmer uncovered 30 minutes. Add creams and simmer. Top with grated mozzarella cheese if desired.

The Dangers of Hypothermia

Some people enjoy the snow and cold and others can't wait for summer to return, none can deny that winter can produce some dangers, especially for older people. Not only are there slippery sidewalks to contend with, but the possibility of hypothermia. Hypothermia is a drop in body temperature that is caused by staying in a cool place for too long. This may bring to mind images of someone who is lost outside in a blizzard, but hypothermia can strike a person in their own home where the heat is turned down too low. A body temperature below 96 degrees can cause an irregular heartbeat leading to heart problems and even death if not treated promptly. Hypothermia is especially dangerous because it happens gradually and affects your thinking. You may not even realize you need help! As caregivers, it important to be aware of the symptoms and risks of hypothermia as people with advanced age are especially vulnerable. When checking in on your relatives, friends or neighbors, be especially aware of the symptoms of hypothermia.

- Confusion or sleepiness
- Weak pulse or low blood pressure
- A lot of shivering or stiffness in the arms or legs
- Chilly rooms or other signs that they have been in a cold place

Slowed, slurred speech or shallow breathing
 Cold, pale skin
 Poor control over body movements

If you think someone may have hypothermia, take his/her temperature and if it doesn't rise above 96 degrees, call 9-1-1. It is very important that a person with hypothermia is treated by a physician.

Sometimes people are tempted to turn their thermostats down as a way of saving money on their energy bill, but this can result in a dangerous situation. It is essential for people keep their homes warm by setting the thermostat to at least 68 degrees. There are some things you can do to keep yourself warm and cut down on heating costs such as closing vents and doors to rooms you are not using. Wearing several layers of loose clothing and eating enough food to keep up your body weight will also help you stay warmer in your house. Additionally, you can call your power or gas company for information on weatherizing your home. If paying for heat is a problem due to a limited income, you may qualify for help through the Energy Assistance Program. Call 608-297-3124 for more information. Have a happy and safe winter!

Jane Mahoney, Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources

Marquette County Caregiver; Resource Fair, Luncheon and Awards.



Congratulations to this magnificent group of caregivers!
You are an inspiration to others.



November was Caregiver Appreciation Month. We celebrated with Marty Schreiber, former Governor of WI, as our guest speaker.



Thank you to all of the community vendors who participated in the Resource fair.

Thank you to the Caregiver Coalition for making this event special year after year.



Marquette County Caregiver Support Group

Taking care of you... so you can keep taking care of them.

3rd Wed. of Every Month ■ Noon – 2pm ■ St. John the Baptist Catholic Church
277 E. Montello Street, Montello, WI 53949

Call Colleen at 608-297-3101 for more information

Caregivers Have Rights, Too!

Caregiving is like another job. You choose to do it and truly want to do it. But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts and energy and it can chip away at your physical and emotional health. But don't dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one, too.

If you are a caregiver, please know that **you have the right to:**

- Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier and a better caregiver for your loved one!
- Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss and depression. Acknowledge these feelings and find someone to talk to about them.
- Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- Accept the positive feelings - appreciation, love, forgiveness, gratitude – bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver ends.

If you need help finding resources for home care services, support groups or other caregiving issues, please call the ADRC at: 855-440-2372.

Jane Mahoney, Older American's Act Consultant –Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

MEDICARE SAVINGS PROGRAM

If you are a Medicare beneficiary there are Medical Assistance cost-sharing programs that provide assistance with Medicare co-pays, deductibles and premiums to low-income Medicare beneficiaries.

QMB: Pays for your Part B premium, Part A & B Medicare deductibles and co-pays.

SLMB/SLMB+: Pays **only** for the Part B premium.

Please contact **Meg at (608) 297-3103** for either of these programs.

Free Currency Reader for People with Visual Impairments

By the GWAAR Legal Services Team (for reprint)



Although it may be more convenient to carry paper money in your wallet than a jumble of coins, the uniformity of American dollar bills creates challenges for individuals with vision loss who are unable to tell one denomination from another. One dollar bills and one hundred dollar bills weigh the same amount, are the same size, and are made of the same material, which means that someone with visual impairments may find it impossible to tell them apart. Fortunately, the U.S. Bureau of Engraving and Printing (BEP) will provide a free iBill® Talking Banknote Identifier to eligible blind or visually impaired people who request one. To use the iBill, someone can insert a bill into the device and press a button, and the device will identify the denomination. The iBill can announce the denomination in a clear natural voice, a pattern of tones, or a pattern of vibrations for privacy. The vibration mode also allows people who have vision and hearing impairments to identify their currency. The iBill is about the size of a car key fob and uses a single AAA battery. The iBill can identify all U.S. paper money currently in circulation: \$1, \$2, \$5, \$10, \$20, \$50, and \$100. However, even though the iBill can identify your money, it cannot tell you if it is counterfeit or keep track of how much you have. In addition, it may not be able to identify a bill that is in poor physical condition. To request an iBill, individuals must complete and mail an application, which is available to download from www.bep.gov. You can also call the BEP toll-free at 844-815-9388 to ask for an application to be mailed to you. The application requires verification of a visual impairment signed by a medical professional or issued by another federal, state, or local agency. Once a visual impairment is verified, an iBill will be delivered in approximately eight weeks.

In addition to the iBill, there are some smartphone apps that can determine a bill's denomination. EyeNote is a free iPhone application developed by the BEP to help blind or visually impaired consumers identify U.S. currency. EyeNote uses a phone's camera to scan U.S. currency and then announces its value back to the user. The app can be downloaded from the Apple App Store. For Android users, the IDEAL Currency Identifier uses text-to-speech voice and image recognition technology to read a bill and tell users its denomination. IDEAL does not rely on a connection to the internet. The app is available as a free download on Google Play. □

Sharing Suppers in Endeavor



Sharing Supper began in Endeavor in January 2014. Each supper includes free blood pressure checks, Kids Corner with educational games and activities plus informational booths for guests to learn about services that are available to them in our community. Meals are free and everyone is invited.

The last Wednesday of the Month* @ Endeavor Elementary School

For more information regarding Endeavor's Sharing Supper, please check the Facebook page



care & share
FOOD BANK
of Marquette County

608-369-1059 | PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

Food distributions take place from the Care & Share Food Bank of Marquette County, N2973 St. Hwy. 22, Montello on Thursdays from 12-3 PM. The following schedule is suggested: (For each additional household member

over 10 add 641 monthly) If you have questions, call **(608) 369-1059**. This institution is an equal opportunity provider.

Eligible Family Address	Distribution Schedule				
Montello, Neshkoro, Packwaukee, Dalton	1 st Thursday of Month				
Westfield	2 nd Thursday of Month				
Oxford, Endeavor, Briggsville	3 rd Thursday of Month				
Household Size	1	2	3	4	5
Current Gross Monthly Income Less than:	\$1832	\$2470	\$3108	\$3746	\$4385
Household Size	6	7	8	9	10
Current Gross Monthly Income Less than:	\$5023	\$5663	\$6304	\$6945	\$7587

Marquette County Senior Citizen's Christmas Party



A lot of fun had by all on Dec 10th.

January 2020

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146.

ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed 	2 Turkey Carbonara Stewed Tomatoes & Zucchini Apple Juice Four Fruit Compote	3 Chicken Shrimp Jambalaya Over Rice Cabbage & Carrots Grapes Oatmeal Nut Bars
6 Polish Sausage & Sauerkraut Cheesy Diced Potatoes Broccoli & Cauliflower Oranges and Cream Jell-O	7 Chopped Steak Mushroom Gravy Mashed Potatoes Broccoli Apple Cherry Bread Pudding	8 Chicken Parmesan Pasta & Vegetables Mixed Veggies Raisins Cake and Ice Cream	9 Canadian Bacon, Egg & Cheese on English Muffin Potatoes O'Brien Warm Cranberry Sauce Juice Pineapple Pretzel Dessert	10 Cheese Tortellini with Meat Sauce Roasted Corn & Black Beans Peppers w/ Dip
13 BLT Wrap Cream of Dumpling & Vegetable Soup Pears Cake	14 Salisbury Steak/Gravy Twice Baked Potato Asparagus Banana Baker's Choice	15 Pulled Pork w/ Gravy Peas Seasoned Butter Beans Raspberries Peanut Butter Cup Dessert	16 Breaded Fish Potato Pancakes Coleslaw Peaches	17 Chicken Casserole Wild Rice & Vegetables Dried Cranberries Warm Apples & Ice Cream
20 Baked Ham Sweet Potatoes Peas, Corn, Carrots Tropical Fruit	21 Turkey and Gravy Mashed Potatoes Side Salad Fruit	22 Mediterranean Salmon Brown Rice Roasted Brussel Sprouts	23 Hamburger Stroganoff Chickpea Pasta Beets Juice Cake	24 Fruit It Up Salad Lettuce, Spinach, Oranges, Apples, Pineapple, Blueberries, Craisins, Cheese Cottage Cheese/ Brownie
27 Baked Chicken Sunrise Potatoes Green Beans Fruited Yogurt	28 Cook's Choice Soup Cook's Choice Sandwich w/ Lettuce & Tomato Veggies and Dip Pecan Pie Cobbler	29 Meatloaf Mashed Potatoes Carrots Applesauce Cup Cherry Crisp	30 Sweet & Sour Pork Sugar Snap Peas Fried Rice and Vegetables Fruit Baker's Choice	31 Ham Boiled Dinner String Cheese Juice Jell-O with Fruit

Marquette County Nutrition Program

Nutritious meals are served at **Six Senior Dining Sites** throughout the county for individuals 60+. In addition to getting delicious meals, each site provides an opportunity to meet new people, participate in social activities, and keep informed of programs and issues. There are no income guidelines. There is a suggested donation of \$3.00. Call one business day before by 3:00pm to reserve your place at the table. To make a reservation call 608-297-3146.

Home-delivered meals are provided for those age 60 + who are homebound and unable to prepare meals on their own.

Endeavor Civic Center

400 Church St, Endeavor WI 53930
Meals Served: 12:00 - Wed

Montello Senior Center (Dome)

140 Lake Court, Montello WI 53949
Meal Served: Noon – Mon thru Fri

Neshkoro Library

132 S. Main St, Neshkoro WI 54960
Meal Served: 12:00- Mon, Wed, Fri

Oxford Village Hall

129 S. Franklin St, Oxford WI 53952
Meals Served: 11:45 – Tues and Thurs

Packwaukee Town Hall

N3511 State St, Packwaukee WI 53953
Meal Served: 11:30 – Mon and Fri

Westfield Municipal Building

129 E. 3rd St, Westfield WI 53964
Meal Served: 12pm- Mon thru Fri

Please call for eligibility qualifications. Meals are delivered to participant's homes Monday-Friday. Frozen meals are also available. The suggested donation of \$3.25 per meal. No one will be denied a meal due to their inability to contribute.

For more information, call **608-297-3146**.

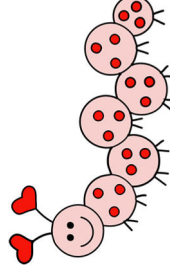
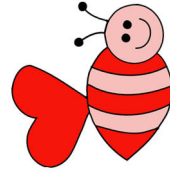
Marquette County Senior Citizens, Inc.

Marquette County Senior Citizens, Inc. is an organization of senior citizens in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs, keep active and promoting healthy living. We are open to suggestions for future trips and activities. For more information about membership or events, please call (608) 297-7815 between 10:30 am and 1:00 pm.

Note: **All meals include milk and bread (if not listed on the day).** Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146.

ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Spaghetti Zucchini & Squash Cranberry Juice Melon	4 Meatballs and Gravy Mashed Potatoes Cheesy Broccoli Raisins Baker's Choice	5 Ham with Pineapple Spinach Baby Bakers Cake and Ice Cream	6 Baked Tilapia Sweet Potatoes & Cranberries Pulse Mèlange Blend Orange	7 Unstuffed Cabbage Casserole Rutabagas Tomato & Cucumber Salad Berry Crunch Parfait
10 Beef Patty with Mushrooms & Onions Scalloped Potatoes Stewed Tomatoes Trail Mix/ Cake	11 Pigs in a Blanket Calico Beans Sweet Potato Puffs Juice Muffin	12 Chicken w/ Peppers & Onions Roasted Pasta and Veggies Brussel Sprouts Fruited Yogurt	13 Corn Bacon Chowder Ham & Cheese Sandwich Carrots and Dip Fresh Fruit	14 Beef Steak & Gravy Mashed Potatoes Broccoli Strawberry Cream Fruit Salad
17 Closed	18 Chicken and Gravy Mashed Potatoes Roasted Veggie Medley Grapes Triple Layer Lemon Pie	19 Hot Italian Beef Sandwich Sunrise Potatoes California Blend Vegetables Pineapple & Cherries	20 Turkey Rice Casserole Green Beans Confetti Veggie Salad Juice Cake	21 Cheeseburger Pasta Salad Veggies & Hummus Watermelon Ice Cream Dessert
24 Split Pea & Ham Soup Egg Salad Sandwich on Lettuce Leaf Peaches	25 Personal Pepperoni Pizza Wax Beans Potato Chips Tropical Fruit	26 Baked Cod German Potato Salad Baby Carrots Craisins Raspberry Crumb Bars	27 Salisbury Steak and Gravy Roasted Diced Potatoes Squash & Corn Bake Blueberries in Jell-O	28 Veggie Lasagna Sugar Snap Peas Cottage Cheese Dried Fruit Red Velvet Cupcakes



Elderly Benefits Specialist Program

SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people over the age of 60 on public and private benefit issues. Assistance is provided with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Please feel free to contact the Elder Benefit Specialist, **Meg Wandrey, at 608-297-3103.**

Outreach & Information Updates with Meg (after lunch)

January 8	February 12	Endeavor AddLIFE Center
January 20	February 10	Neshkoro AddLIFE Center
January 21	February 18	Oxford AddLIFE Center
January 27	February 24	Packwaukee AddLIFE Center
January 28	February 25	Westfield AddLIFE Center
January 22	February 26	Montello AddLIFE Center

Outreach is also provided at the monthly Sharing Supper held at the Endeavor Elementary School on the last Wednesday of the month.

Upcoming Immunization Clinic Dates

Westfield Municipal Building

Jan. 6th & 20th (12:30-4:00)

Feb. 3rd (12:30-4:30)

Marquette County Health Dept.

Jan. 13th & 23rd (8:30-4)

Feb. 10th & 27th (8:30-4)

Endeavor Civic Center

Jan. 2nd (11-3pm)

MCHD



Public Health

Prevent. Promote. Protect.

Special Events Calendar - January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 E: M: N: W:	2 M: O: W:	3 M: N: P: W:
6 M: N: P: W:	7 M: O: W:	8 E: Meg- EBS M: N: W:	9 M: O: Fact/Fiction with Julia W:	10 M: N: P: W:
13 M: N: P: W:	14 M: O: W:	15 E: M: N: Fact or Fiction w/ Cheryl W:	16 M: O: W:	17 M: N: P: W:
20 M: N: Meg-EBS P: W:	21 M: O: Meg-EBS W:	22 E: M: Meg-EBS N: W:	23 M: O: W:	24 M: N: P: W:
27 M: N: P: Meg-EBS W:	28 M: O: W: Meg -EBS	29 E: M: N: W:	30 M: O: W:	31 M: N: Roger Krueger – Guitar P: W:

Regularly Scheduled Dining Site Activities

Endeavor (E): Open Wednesdays.

Montello (M): Open Mon-Fri. Stretch/Exercise Mon, Wed, & Fri 10-11. Wii Bowling Tue & Thu 1pm.

Neshkoro (N): Open Mon, Wed, & Fri. Wii Bowling 11-11:45am. Cards after lunch.

Oxford (O): Open Tue & Thu. Wii Bowling every Tuesday. Chair Exercises every Thursday.

Packwaukee (P): Open Mon & Fri. Trivia every Monday. Bingo every Friday. Exercises for Seniors 9:30-10:30.

Westfield (W): Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.

Special Events Calendar - February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 M: N: Cooking for I-2 with Amelia P: W:	4 M: Cooking for I-2 with Amelia O: W:	5 E: M: N: W:	6 M: O: W:	7 M: N: P: W:
10 M: N: Meg-EBS P: Cooking for I-2 with Amelia W:	11 M: O: W:	12 E: Meg -EBS M: N: W:	13 M: O: Valentine's Day Party W:	14 M: N: Valentine's Day Party P: W: Cooking for I-2 With Amelia
17 M: N: P: W:	18 M: O: Cooking for I-2 With Amelia Meg-DBS W:	19 E: Cooking for I-2 with Amelia M: N: W:	20 M: O: W:	21 M: N: Fact or Fiction w/ Cheryl P: W:
24 M: N: P: Meg-DBS W:	25 M: O: W: Meg-DBS	26 E: M: Meg-DBS N: W:	27 M: O: Fact or Fiction w/ Julia W:	28 M: N: Roger Krueger - Guitar P: W:

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Westfield (W): Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.

MARQUETTE COUNTY
DEPT. OF HUMAN SERVICES
PO BOX 405
428 UNDERWOOD AVE
MONTELLO, WI 53949

ADDRESS SERVICE REQUESTED



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