

# Marquette County Senior Citizen News

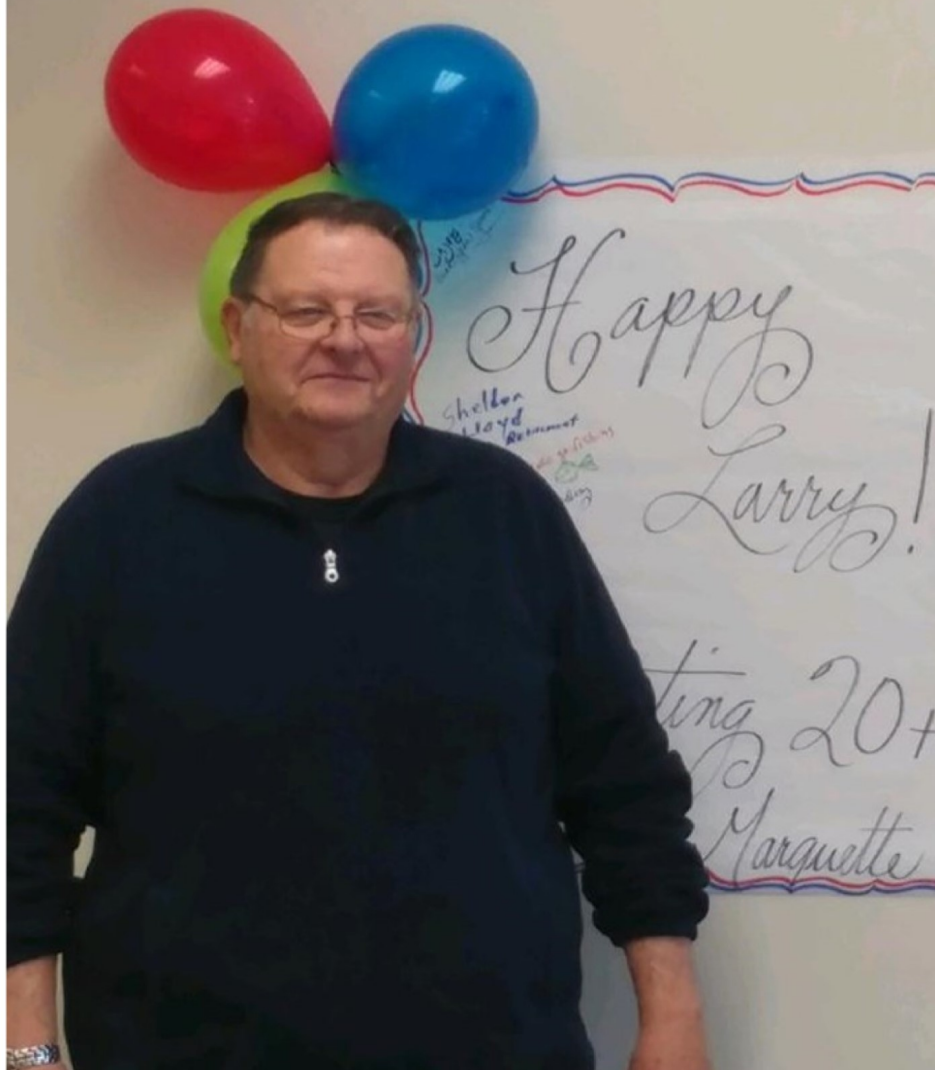
ADRC OF MARQUETTE COUNTY  
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## March—April 2020

Happy Retirement Larry!!!!  
Congratulations on your 20+ years!



- ◆ Larry Barger—Home Delivered Meal Transporter
- ◆ Retired after 20+ years of service with the County.

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](mailto:jkrueger@co.marquette.wi.us)

# Walk With Ease?

## You can do it — we can help.



Arthritis Foundation  
**Certified.**  
Doctor **Recommended.**

Space is limited. Sign up today!

April 20<sup>th</sup> – May 29<sup>th</sup>, 2020

Mondays, Wednesdays, Fridays

2:00- 3:30pm

Westfield Municipal Building

129 E 3<sup>rd</sup> St, Westfield, WI

Suggested Donation: \$15 (covers cost of book) **Call (608) 297-3146** to register or for more info.

### Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

### Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn to  
Walk With Ease!**



Announcing...  
Family Adventure Day  
FUN AND FREE EVENT  
**SATURDAY April 25, 2020**  
**10AM -1 PM**  
MONTELLO HIGH SCHOOL

We are proud to announce that Family Adventure Day (FAD) is back for our 6<sup>th</sup> year. Family Adventure Day is a family-oriented event that provides fun and interactive activities and education. This event will be held on Saturday, April 25, 2020 from 10am until 1pm at the Montello High School gym. Family Adventure Day is a collaboration between High Marq Environmental Charter School and the Marquette County Family Connections Coalition. You will be treated to over 30 interactive booths and activities from area businesses, community groups and organizations that will be available from 10am-1pm. But don't miss checking out a schedule of shows throughout the day!  
Mark your calendars!

For more information or questions, call the Health Department at **608-297-3135**.



# DEMENTIA Live®

## Dementia Awareness Experience

Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

- **Is Feasible** - Easily Implemented; High-impact experiential learning suitable for every member of your organization, regardless of his or her role.
  - **Heightens Empathy** and understanding; Builds new bridges of communication; Improves dedication to person-centered care practices.
  - **Elevates Family Engagement** - A catalyst for meaningful communication; Improves quality of visits with loved one; Improves interaction with care-team; Higher family satisfaction survey scores.
- Facilitates Staff Satisfaction** - Improved relationships with residents/patients; Reduces care-partner stress.

### Please join us for a FREE one-hour Dementia Live Experience!

Who: Family & Professional Caregivers, Medical Providers, First Responders & anyone who engages with the elder population.

When: **Tuesday, March 24, 2020**

Where: Marquette County Aging & Disability Resource Center, 428 Underwood Ave. 2<sup>nd</sup> floor, Montello

Time slots available: 9:30– 10:30, 11:00-12:00, 1:00-2:00, 2:30-3:30

**\*Arrive 10 minutes before your scheduled time. \***

**PRE-REGISTRATION IS REQUIRED by calling Kristine at [920-294-4100](tel:920-294-4100).**

Brought to you by:



## 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](http://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, March 4th, 10am-noon

Try your luck at **Blarney Bingo!** Yes, there will be prizes!  
Join us for a wee bit o' shenanigans & snacks!  
No need to RSVP - just drop by! family and friends are welcome, too!



Call 608-297-3146 at least 24 hours in advance for lunch reservations at the Westfield Add LIFE Senior Dining Site.

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

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



### Wed, April 1st, 10am-noon

You are in for an exceptional treat when Princeton native, **Micah Sommersmith** shares his musical talents with us!

Please invite others to join us for this rare opportunity to enjoy live music at the Memory Café!

No need to RSVP. As always we will have light refreshments!

If you want to enjoy lunch after the Memory Café at the Westfield Senior Dining Site, call 608-297-3146 at least 24 hours in advance.

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

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



Love is in the air...and so are scammers. Online dating and social media have made it easier than ever to meet new people and find dates. Unfortunately, it has made scammers' work simpler, too. Con artists create compelling backstories, and full-fledged identities, then trick you into falling for someone who doesn't exist. This form of deception is known as "catfishing." Sometimes a catfisher is simply a lonely person hiding behind a fake persona. But often it is the first step in a phishing scheme to steal personal information, or a romance scam to trick you out of money. In some cases, victims have been

tricked into being money mules for the fraudster, by moving illegal money from other scams. This is a potential crime. Romance scams generate more reported losses than any other consumer fraud type. The losses have grown exponentially in three short years from \$33 million to \$143 million. The average romance scam victim loses \$2,600, which is seven times more than any other fraud.

### How the Scam Works

Most romance scams start with fake profiles on online dating sites created by stealing photos and text from real accounts or elsewhere. Scammers often claim to be in the military or working overseas to explain why they can't meet you in person. Over a short period of time, the scammer builds a fake relationship with you by exchanging photos and romantic messages, and even talking on the phone or through a webcam. Just when the relationship seems to be getting serious, your new sweetheart has a health issue or family emergency, or wants to plan a visit. No matter the story, the request is the same: they need money. But after you send money, there's another request, and then another. Or the scammer stops communicating altogether.

### Tips to Spot This Scam

**Too hot to be true.** Scammers offer up good-looking photos and tales of financial success. Be honest with yourself about who would be genuinely interested in you, and vice versa. If they seem "too perfect," your alarm bells should ring.

**In a hurry to get off the site.** Catfishers will try very quickly to get you to move off the dating platform to communicating through email, messenger, or phone.

**Moving fast.** A catfisher will begin speaking of a future together and tell you they love you quickly. They often say they've never felt this way before.

**Talk about trust.** Catfishers will start manipulating you with talk about trust and how important it is. This will often be a first step to asking you for money.

**Don't want to meet.** Be wary of someone who always has an excuse to postpone meeting because they say they are traveling, live overseas or are in the military.

**Suspect language.** If the person you are communicating with claims to be from your home town but has poor spelling or grammar, uses overly flowery language, or uses phrases that don't make sense, that's a red flag.

**Hard luck stories.** Before moving on to asking you for money, the scammer may hint at financial troubles like heat being cut off or a stolen car or a sick relative, or they may share a sad story from their past (death of parents or spouse, etc.).

### Protect Yourself From this Scam

**Never send money or personal information** that can be used for identity theft to someone you've never met in person. Never give someone your credit card information to book a ticket to visit you. Cut off contact if someone starts asking you for information like credit card, bank, or government ID numbers.

**Ask specific questions about details given in a profile.** A scammer may stumble over remembering details or making a story fit.

**Do your research.** Many scammers steal photos from the web to use in their profiles. You can do an image lookup using a website like tineye.com to see if the photos are stolen from somewhere else. You can also search online for a profile name, email, or phone number to see what adds up and what doesn't. It's possible to find the love of your life with the click of a keystroke. We all know people who have met online, married, and lived happily ever after. You just have to be vigilant, and do your research before you jump in to the sea of love.

**If you or a loved one are a victim of a scam, reports can be made at [BBB.org/ScamTracker](http://BBB.org/ScamTracker).**

## Upcoming Foot Clinic Dates



Call for an Appointment! 608-297-3135

March 3, 11, 24

April 7, 16, 21, 28

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

# 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**.

<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**

### **Do I qualify for homestead credit?**

To qualify for homestead credit for 2019 you must meet the following requirements:

- You are a legal resident of Wisconsin for all of 2019
- You have less than \$24,680 in household income for 2019.
- You meet one of the following conditions:
  - ◆ You (or your spouse and reside in the same household) have earned income.
  - ◆ You (or your spouse, if married, and reside in the same household) are disabled.
  - ◆ You (or your spouse, if married) are 62 years of age or older at the end of 2019.
- You own or rent your Wisconsin homestead that is subject to Wisconsin property taxes during 2019.
- At the time of filing a claim, you are not living in a nursing home and receiving Title XIX MA.
- You are not claiming Wisconsin farmland preservation credit for 2019.
- You are not claiming the veterans/surviving spouses property tax credit on 2019 real estate taxes.
- Only one claim may be filed per household.
- You are not filing a claim on behalf of a person after his or her death.

### **If I qualify for homestead credit for years prior to 2019, can I file a homestead credit claim for those years?**

Claim Year	Filing deadline	Homestead credit claims for prior years can be filed up until the filing deadline for each year's claim:
2018	April 15, 2023	<b>Note:</b> If any due date falls on a Saturday, Sunday, or legal holiday, use the next business day.
2017	April 15, 2022	
2016	April 15, 2021	The deadlines for 2014 and prior year homestead credit claims are past and claims for those years can no longer be filed.
2015	April 15, 2020	

### **Where can I obtain a homestead credit booklet with forms and instructions?**

You may download or request forms and instructions on the department's website. You may obtain a Wisconsin Homestead Credit booklet from any [Department of Revenue office](#) located throughout the state. Forms are also available at many libraries.

<https://www.revenue.wi.gov/Pages/FAQS/ise-home.aspx>

For more information contact the Wisconsin Department of Revenue at 608-266-8641 or [dorhomesteadcredit@wisconsin.gov](mailto:dorhomesteadcredit@wisconsin.gov)





Aging and Disability Resource Center of Marquette County  
 855-440-2372 [adrcmarquette.org](http://adrcmarquette.org)  
 Connecting you with support and services

**Tax Assistance**

Adams County: Call 608-339-4251 for an appointment. Help is on Tues. & Wed. from 9- 3: through April 8th.  
 Juneau County (Mauston): Please call 608-847-9371.  
 VITA program (through CAP services). Call 1-800-660-5430 . Located at Wautoma and Waupaca offices.

**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.

Social Security offers retirement, disability, and survivors benefits. Medicare provides health insurance. Because these services are often related, you may not know which agency to contact for help. The table below can help you quickly figure out where to go.

Topic	Social Security	Medicare	Resources
How do I report a death?	X		Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)
How can I check Medicare eligibility?	X		<a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>
What does Medicare cover?		X	<a href="http://www.medicare.gov/what-medicare-covers">www.medicare.gov/what-medicare-covers</a>
How do I sign up for Hospital Insurance? (Part A)	X		<a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>
How do I sign up for Medical Insurance? (Part B)	X		<a href="http://www.socialsecurity.gov/benefits/medicare">www.socialsecurity.gov/benefits/medicare</a>
How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)	X		<a href="http://www.socialsecurity.gov/benefits/medicare/prescriptionhelp">www.socialsecurity.gov/benefits/medicare/prescriptionhelp</a>
How can I check the status of Medicare Part A or B claims?		X	<a href="http://www.mymedicare.gov">www.mymedicare.gov</a>
Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?		X	<a href="http://www.medicare.gov/claims-appeals/how-do-i-file-an-appeal">www.medicare.gov/claims-appeals/how-do-i-file-an-appeal</a>
How to appeal an income-related monthly adjustment amount decision? <i>for people who pay a higher Part B or D premium, if their income is over a certain amount</i>	X		<a href="http://www.socialsecurity.gov/benefits/disability/appeal.html">www.socialsecurity.gov/benefits/disability/appeal.html</a>
How can I request a replacement Medicare card online?	X		<a href="http://www.socialsecurity.gov/myaccount">www.socialsecurity.gov/myaccount</a>
If I already get benefits or have Medicare, how do I report a change of address or phone number?	X		<a href="http://www.socialsecurity.gov/myaccount">www.socialsecurity.gov/myaccount</a>
What do Medicare health and prescription drug plans in my area cost, and what services do they offer?		X	<a href="http://www.medicare.gov/plan-compare">www.medicare.gov/plan-compare</a>
Which doctors, health care providers, and suppliers participate in Medicare?		X	<a href="http://www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers">www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers</a>
Where do I find publications about Medicare?	X	X	<a href="http://www.ssa.gov/pubs/?topic=Medicare">www.ssa.gov/pubs/?topic=Medicare</a> <a href="http://www.medicare.gov/publications">www.medicare.gov/publications</a>
Where can I find out more about a Medicare prescription drug plan (Part D) and enroll?		X	<a href="http://www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage">www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage</a>
Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?		X	<a href="http://www.medicare.gov/medigap-supplemental-insurance-plans">www.medicare.gov/medigap-supplemental-insurance-plans</a>

# Aging Advocacy Day!

May 12, 2020, Madison, WI

**10:00 a.m.\* — 3:00 p.m.**

Best Western Premier Park Hotel, 22 S. Carroll St.,  
Madison and the Wisconsin State Capitol

Join advocates from around the state to help educate state legislators about priority issues affecting older adults and caregivers in Wisconsin!

No experience necessary; you'll get training about holding effective legislative meetings and the information you need to present WAAN's 2020 priorities.

## Schedule:

9:00 a.m. Check-in and registration,  
Best Western Premier Park Hotel  
10:00 a.m. Key focus issue briefing/advocate  
training District planning time & lunch  
12:15 p.m. Cross the street to the State Capitol  
12:30 p.m. Group photo  
1:00 p.m.- Legislative visits, advocacy activities/  
networking,  
3:00 p.m. debriefing and check-out

## Make a Difference. Let Your Voice Be Heard!

Aging Advocacy Day 2020 activities focus on connecting aging advocates with their legislators to share the WAAN priorities and discuss state policy solutions to improve the health and well-being of the state's older adults.

## Registration Open March 25-April 22, 2020

*Register by the April 22 deadline to ensure we have sufficient materials and can schedule your legislative visits.*

Visit <https://gwaar.org/AgingAdvocacyDay> or contact your local ADRC.  
WIAgingAdvocacyDay #WIAAD.

\* Registration and check-in begin at 9:00 a.m.



**WAAN** Advocacy  
Wisconsin Aging  
| Advocacy | Network

# Nutrition for Older Adults

By Amelia Cisewski, RDN, CD

March is National Nutrition Month® and is a time we can focus on the importance of making informed food choices and developing healthy eating and physical activity habits. However, we don't have to only focus on eating healthy this month, we can work on eating healthier every day. Nutrition is an important part of older adult's lives to keep them healthy and independent. Eating a nutritious meal daily helps support mental and physical function, helps prevent malnutrition, and may help manage some chronic conditions

Healthy eating is not about following a strict diet, achieving an unrealistic weight, or cutting out all of the foods you enjoy. It is about improving your health, feeling great, and enjoying all foods in moderation and getting a variety. It can be very overwhelming with the conflicting nutrition information out there but eating healthy doesn't have to be complicated. While many specific foods and nutrients have their beneficial effects, it's your overall meal pattern that is the most important and moderation is key. Throughout a healthy diet it is best to replace processed food with whole foods whenever possible.

## Here are some good nutrition tips:

**Eat a variety of vegetables**, especially dark-green, red and orange vegetables as well as beans and peas. Vegetables are high in many nutrients that are essential as we age including potassium, magnesium, folate and vitamins.

**Make at least half your grains whole.** Choose 100% whole-grain breads, cereal, crackers, pasta, oatmeal and brown rice. Whole grains contain several nutrients as well as fiber which may help lower cholesterol, control blood sugars and is important for bowel function.

**Choose fat-free or low-fat milk, yogurt, and cheese.** Older adults need more calcium and vitamin D to help maintain bone health. Include 3 servings of dairy per day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified plant beverage.

**Vary your protein.** Eat a variety of protein-rich foods such as seafood, nuts, beans, and peas, as well as lean meat, poultry and eggs.

**Limit sodium and empty calories from solid fats and added sugars.** Look at food labels and compare the sodium, choose foods with lower amounts of sodium. Add spices or herbs to season foods. Instead of using solid fats for cooking, switch to oils. Select fruit for dessert and eat sugary desserts less often, Drink water instead of sugary drinks.

**Enjoy your food but eat less.** Most older adults need fewer calories than in their younger years. Avoid eating oversized portions and try using a smaller plate or bowl. When eating out, choose dishes that include vegetables, fruits, and whole grains. When portions are large, share a meal or take half home for later.

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition  
and Dietetics

## Irish Beef Stew

### Ingredients

- 1/4 cup vegetable oil
- 1 1/4 pound stew beef, cut into 1-inch pieces
- 6 garlic cloves, minced
- 8 cups beef stock
- 2 Tbsp. tomato paste
- 1 Tbsp. sugar
- 1 Tbsp. Dried thyme
- 1 Tbsp. Worcestershire sauce
- 2 bay leaves
- 2 Tbsp. butter
- 3 pounds potatoes, cut into 1/2 inch pieces
- 1 large onion, chopped
- 2 cups sliced carrots
- 2 Tbsp. chopped fresh parsley

### Directions:

1. Heat oil in heavy large pot over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally.
2. Meanwhile, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes. Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Transfer stew to serving bowl. Sprinkle with parsley and serve
3. Makes 4 to 6 servings.

## Handwashing Tips

By the GWAAR Legal Services Team (for reprint)

We are in the middle of flu season, with the Wisconsin Department of Health & Human services reporting nearly 4,000 positively detected cases as of the beginning of February. In addition, Wisconsin experienced the first confirmed case of the Coronavirus (COVID-19) in February (although DHS continues to report that the immediate health risk to the general public for contracting this virus is low). The best thing you can do to prevent infections from viruses is to wash your hands thoroughly. In 1978, hygiene and health professionals created a map of the most missed areas when washing hands.



A more recent study published in the Journal of Environmental and Public Health in 2008 confirmed that most often, people forget to wash their fingertips.

The Centers for Disease Control and Prevention (CDC) suggests using these five steps to wash hands properly:

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with soap. Lather the backs of your hands, between fingers, under your nails. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs.

The CDC suggests this three-step approach to using hand sanitizer:

Apply the gel product to the palm of one hand (read the label to learn the correct amount). Rub your hands together.

Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

For more information, visit: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

We've all felt it. That nagging feeling like we've done something wrong; failed. It keeps prodding at you. You could have done more, done better; and now you've let someone down. Guilt.

The person you've failed or let down the most is probably you! You have an image of the "perfect you" - the way you believe you should be and the way you want to be. This image is based on your values and beliefs of how things ought to be - in a perfect world. When the things you do are different than the way the "perfect you" would have done them, you feel guilty. You've let yourself down.

For example, the "perfect you" has unending patience, but after answering the same question ten times in 5 minutes, you raise your voice in irritation. Guilt. The "perfect you" makes sure your spouse is happy, but when you have lunch with a friend on Saturday, your husband eats alone. Guilt. The "perfect you" believes your father should live with you when he is no longer able to live alone, but realistically, your job and family make that impossible. Guilt.

These feelings of guilt are common among caregivers and can actually help guide you into making good decisions. However, if your image of the "perfect you" is misaligned from what you realistically can do, these emotions can make you feel bad about yourself. If you are prone to guilt, learn to manage your guilt and use it to help you make realistic decisions. Here are some helpful tips for managing caregiver guilt.

Recognize when you feel guilt. In order to handle guilt properly, you must first be able to name it. When you get that nagging guilt feeling, own it and manage it before it gets you down.

Figure out where the guilt is coming from. What is the discrepancy between the real you and the "perfect you?" Are your expectations of yourself or your loved one too high? Do you have needs that are not being met? Do you need a break?

Give yourself a break. There is no certain way a caregiver should feel. Some days are better than others. Allow yourself to feel any emotion – anger, sadness, joy – and remember that emotions don't control your actions.

Look for ways to change how you do things. If you believe you should be more patient, find ways to deal with repetitive questioning. If your husband doesn't like to eat alone, find a friend or volunteer to eat with him while you have lunch with a friend. Let your guilt guide you into new solutions that works for both of you.

Recreate your image of a "perfect you". You may have created the image of who you should be when life was simpler. The idea of having dad move in with you was great at the time, but it may not be possible now. Committing to have him visit every Saturday may be a more realistic expectation. Promising to be your spouse's only caregiver when he just needed a little help was okay, but with the amount of care he needs now, having someone come in to help is a must.

Ask for help. Your guilt may be caused by not being able to do everything you think needs to be done; so, listen to your guilt and get some help. Ask friends or family for help, or call your local ADRC and ask about programs. There is no shame in asking for help. No one can do it all alone.

Always keep in mind that when you take care of yourself first you are a healthier caregiver, both physically and emotionally.

Jane Mahoney, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources

## **Marquette County Caregiver Support Group**

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

3<sup>rd</sup> 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.

## Census count to take place this spring

Every ten years the federal government conducts a census of the entire population to count everyone in the United States and record basic information about them.

In March you will get a postcard in the mail from the Census directing you to go online to provide your census information. If you do not want to fill out the information online, you will be able to provide the information by phone or request a paper form to return by mail. Beginning in June, census takers will go door to door to count people who have not responded to the 2020 Census.

Why is it so important that everyone in Marquette County counted? The census is used for decision making at all levels of government. This includes drawing federal, state, and local legislative districts, attracting new businesses to the area, determining areas eligible for housing assistance and rehabilitation loans, and the distribution of federal funds just to name a few.

For more information or becoming a census taker, visit [2020census.gov](https://2020census.gov).

\*\*\*\*\*

Funding for MANY community services,  
including senior services are dependent  
upon our seniors being properly counted in the 2020 Census.

If you know how to use technology but are unsure of filing out online forms, use this SAFE practice site BEFORE you fill out the Census online. Works on tablets, desktop or laptop computers, and smartphones!

[www.EasyCensusHelp.org](http://www.EasyCensusHelp.org)

## 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: 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 <sup>st</sup> Thursday of Month
Westfield	2 <sup>nd</sup> Thursday of Month
Oxford, Endeavor, Briggsville	3 <sup>rd</sup> Thursday of Month

**Question of the Month 2020**

Throughout this year we will be having a Question of the Month at the Senior Dining Sites and for Home-Delivered Meals. Each month a question will be sent related to health and wellness. Participants can discuss and answer the question and give written responses to the dining site manager or meal driver. All answers should include the name and be returned before the end of the month. All submitted answers will be entered in a drawing for an ADRC prize and the winners will be featured in the Marquette County Senior Newsletter.

**January's Question of the Month was:** Vitamin C helps our bodies fight disease by maintaining a strong immune system. What are 4 foods high in Vitamin C?

Some foods high in Vitamin C are:  
Oranges/ orange juice, Kiwi, Strawberries  
Brussel Sprouts, Cantaloupe, Kohlrabi, Broccoli  
Sweet Potatoes, Pineapple, Mango



Congratulations to **Beverly Schmitz** (pictured) and **Diane Zellmer**, our winners in January!



# March 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
<b>2 Hawaiian Meatballs</b> Mashed Potatoes Green Beans  Grapes	<b>3 Chicken Sandwich</b> With Lettuce & Tomato Sweet Potato Fries Corn Brownie	<b>4 Pork Chops &amp; Gravy</b> Rosemary Roasted Potatoes Beets Juice Cake and Ice Cream	<b>5 Soft Taco</b> Spanish Rice Corn, Avocado, & Tomato Salad Fried Ice Cream	<b>6 Poor Man's Lobster</b> Baked Beans California Blend Veggies  Orange Cup
<b>9 Ham/ Apricot Glaze</b> Au Gratin Potatoes Edamame Succotash Trail mix Cake	<b>10 Stuffed Peppers</b> Bean Medley Muffin Cottage Cheese Raspberry Dessert	<b>11 Turkey and Gravy</b> Mashed Potatoes Brussel Sprouts Cranberry Sauce Cookie	<b>12 Creamed Beef</b> Veggie Egg Bake Potatoes O'Brien Juice Cherry Almond Mousse Pie	<b>13 Roasted Tomato Soup</b> Tuna Sandwich Side Salad Melon
<b>16 Shredded Pork with Gravy</b> Mashed Potatoes Sugar Snap Peas Raspberry & Pears	<b>17 Corned Beef</b> Cabbage and Carrots Diced Potatoes  Peaches	<b>18 Swiss Steak</b> Chickpea Pasta Spinach Bake Carrot and Dip Banana	<b>19 Chicken Breast with Gravy</b> Mashed Potatoes Green Beans V8 Juice/ Cake	<b>20 Squash Ravioli</b> Asparagus String Cheese Homemade Cinnamon Applesauce
<b>23 Sausage &amp; Chicken Penne Bake</b> Italian Blend Veggies Calico Corn Tropical Fruit	<b>24 Country Style Ribs</b> Brown Rice & Veggies Cheesy Broccoli Vanilla Pudding with Oranges	<b>25 Potato Crunch Fish</b> Seasoned Red Potatoes Beans Cole Slaw Tiramisu	<b>26 Pepper Steak</b> Baked Potato Squash Dried Fruit Cookie	<b>27 Vegetarian Chili</b>  Corn Bread Salad  Fruit Fluff
<b>30 Asian Chicken Wrap</b>  Asian Salad  Ambrosia	<b>31 Pork Roast and Gravy</b> Baby Bakers Red Cabbage  Apple Slices			

## 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.

### **Endeavor Civic Center**

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

### **Oxford Village Hall**

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

### **Montello Senior Center (Dome)**

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

### **Packwaukee Town Hall**

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

### **Neshkoro Library**

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

### **Westfield Municipal Building**

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


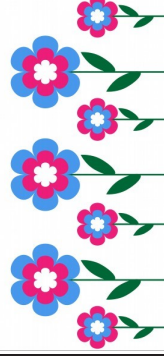
**Home-delivered meals** are provided for those age 60 + who are homebound and unable to prepare meals on their own. Please call for eligibility qualifications. Meals are delivered to participant's homes Monday-Friday. Frozen meals are also available. The suggested donation of \$3.25 per meal. No one 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
 <b>6 Salisbury Steak &amp; Gravy</b> Mashed Potatoes Peas w/ Pearl Onions Fruit Cake	<b>7 Clam Chowder</b> Egg Salad Sandwich Everything But Lettuce Salad Mixed Fruit Cup	<b>1 Lasagna</b> Italian Green Beans Cream Corn Fruit Cocktail Cake and Ice Cream	<b>2 Cream Of Asparagus Soup</b> Chicken Salad Sandwich Broccoli & Dip Potato Chips Grapes	<b>3 Tuna Casserole</b> Asparagus and Carrots Raisins Pineapple
<b>6 Salisbury Steak &amp; Gravy</b> Mashed Potatoes Peas w/ Pearl Onions Fruit Cake	<b>7 Clam Chowder</b> Egg Salad Sandwich Everything But Lettuce Salad Mixed Fruit Cup	<b>8 Stuffed Chicken Breast With Broccoli</b> Rice, Green Bean, Apple Mix Stewed Tomatoes Jell-O	<b>9 Rindergulash</b> Noodles & Vegetables Red Cabbage Warm Applesauce Pudding	<b>10 Closed</b>  <b>Good Friday</b>
<b>13 Kielbasa &amp; Sauerkraut</b> Seasoned Potatoes Creamed Mixed Vegetables Blueberry Cup	<b>14 Taco Salad</b> Lettuce, Taco Meat, Blk Beans, Toms, Blk Olives, Peppers, Cheese, Sour Cream & Salsa Banana Cream Pie	<b>15 Cranberry Meatballs</b> Sunrise Potatoes California Blend Veggies Granola Fruit Mix Muffin	<b>16 Shredded Turkey</b> Diced Sweet Potatoes French Cut Beans Carrots Cake	<b>17 Chow Mein Casserole</b> Scalloped Corn Cabbage Frozen Juice Chocolate Chip Dip/ Cookie
<b>20 Cheeseburger</b> Lettuce Leaf, Toms & Pickles Baby Carrots French Fries Ice Cream Bar	<b>21 Breaded Fish Tenders</b> Baked Beans Cheesy Cauliflower Flame Roasted Apples	<b>22 Pork &amp; Mushroom Stew</b> Mashed Potatoes with Apples Spinach Bake Fresh Fruit	<b>23 Pineapple BBQ Chick</b> Mediterranean Quinoa Salad Roasted Green Veg Medley Dried Cherries Cupcake	<b>24 Liver and 1/4 c Onions</b> Diced Potatoes Edamame Succotash (1/4 c) Strawberry Shortcake
<b>27 Veggie &amp; Cheese Egg Bake</b> w/ 1/2 c veg Sausage Gravy Over Biscuit Hash browns/Peps & Onions Mixed Berries	<b>28 Italian Meatloaf</b> Zucchini Noodles w/ Sauce Country Blend Vegetables V8 Juice Bakers Choice	<b>29 Turkey and Stuffing</b> Mashed Potatoes Green Bean Casserole Dried Cranberries Pie	<b>30 Sunrise Salad</b> Lettuce, Spinach, Diced Ham, Diced Eggs, Peas, Cheese Blueberry and Raspberry Pound Cake	

# 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 will be held at lunch time on

<b>March 11<sup>th</sup> &amp; April 8<sup>th</sup></b>	<b>Endeavor AddLIFE Center</b>
<b>March 16<sup>th</sup> &amp; April 20<sup>th</sup></b>	<b>Neshkoro AddLIFE Center</b>
<b>March 17<sup>st</sup> &amp; April 21<sup>st</sup></b>	<b>Oxford AddLIFE Center</b>
<b>March 23<sup>rd</sup> &amp; April 27<sup>th</sup></b>	<b>Packwaukee AddLIFE Center</b>
<b>March 24<sup>th</sup> &amp; April 28<sup>th</sup></b>	<b>Westfield AddLIFE Center</b>
<b>March 25<sup>th</sup> &amp; April 22<sup>nd</sup></b>	<b>Montello AddLIFE Center</b>

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

March 2nd & 16th (12:30-4:00)  
April 6th & 20th (12:30-4:30)

### Marquette County Health Dept.

March 9th & 26th (8:30-4)  
April 13th & 23rd (8:30-4)

### Endeavor Civic Center

April 2nd (11-3pm)

**MCHD**



**Public Health**  
Prevent. Promote. Protect.

## Special Events Calendar - March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>3</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>4</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>5</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>6</b> <b>M:</b> <b>N: Joan Ballweg</b> <b>P:</b> <b>W:</b>
<b>9</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>10</b> <b>M:</b> <b>O: Blood Pressure Check</b> <b>W:</b>	<b>11</b> <b>E: Meg- EBS</b> <b>M:</b> <b>N: Blood Pressure Check</b> <b>W:</b>	<b>12</b> <b>M:</b> <b>O: Fact/Fiction with Julia</b> <b>W:</b>	<b>13</b> <b>M:</b> <b>N:</b> <b>P: Blood Pressure Check</b> <b>W: Joan Ballweg</b>
<b>16</b> <b>M:</b> <b>N: St. Patrick's Day Party / Meg-EBS</b> <b>P:</b> <b>W: Joan Ballweg</b>	<b>17</b> <b>M:</b> <b>O: St. Patrick's Day Party / Meg-EBS</b> <b>W:</b>	<b>18</b> <b>E:</b> <b>M:</b> <b>N: Fact or Fiction w/ Cheryl</b> <b>W:</b>	<b>19</b> <b>M:</b> <b>O:</b> <b>W: Aaron From Library</b>	<b>20</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>
<b>23</b> <b>M:</b> <b>N:</b> <b>P: Meg-EBS</b> <b>W:</b>	<b>24</b> <b>M: Blood Pressure Check</b> <b>O:</b> <b>W: Meg-EBS</b>	<b>25</b> <b>E: Blood Pressure Check</b> <b>M: Meg- EBS</b> <b>N:</b> <b>W:</b>	<b>26</b> <b>M:</b> <b>O:</b> <b>W: Blood Pressure Check</b>	<b>27</b> <b>M:</b> <b>N: Rodger Plays Guitar</b> <b>P: Joan Ballweg</b> <b>W:</b>
<b>30</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>31</b> <b>M:</b> <b>O: Joan Ballweg</b> <b>W:</b>			

### 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 - April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> E: M: N: W:	<b>2</b> M: O: W:	<b>3</b> M: N: P: W:
<b>6</b> M: N: P: W:	<b>7</b> M: O: W:	<b>8</b> E: Meg—EBS M: N: W:	<b>9</b> M: O: W:	<b>10</b> M: N: P: W:
<b>13</b> M: N: Fact or Fiction w/ Cheryl & Bunny Hop Party P: W:	<b>14</b> M: O: Easter Bonnet Party W:	<b>15</b> E: M: N: W:	<b>16</b> M: O: W: Aaron from Library	<b>17</b> M: N: P: W:
<b>20</b> M: N: Meg—EBS P: W:	<b>21</b> M: O: Meg—EBS W:	<b>22</b> E: M: Meg-EBS N: W:	<b>23</b> M: O: 2nd grade play W:	<b>24</b> M: N: Roger Krueger – Guitar P: W:
<b>27</b> M: N: P: Meg—EBS W:	<b>28</b> M: O: W: Meg-EBS	<b>29</b> E: M: N: W:	<b>30</b> M: O: W:	

### Regularly Scheduled Dining Site Activities

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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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