

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
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MONTELLO, WI 53949 • (608) 297-3124



May—June 2020

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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**

"Stand Strong" Photo by: Kolby Krueger

Monday Coffee Connect

Virtual Support to Fill Your Caregiving Cup

Caring for someone living with dementia?

Connect with local dementia specialists virtually from the comfort of your home!

Join to ask questions, gain support, and brainstorm strategies to get through this time together with three local Aging & Disability Resource Center (ADRC) Dementia Care Specialists and your Alzheimer's Association Outreach Specialist.

Come with a cup of coffee or tea to interact via Zoom Video.

Fill your cup and start your week off right!

Mondays

10:00 – 11:00 am

Spring Schedule:

April 6, 13, 20, & 27

May 4, 11, 18

Register by calling the Alzheimer's Association 24/7 Helpline at 800.272.3900 or going online action.alz.org/MTG/69730230

After registering you will receive the Zoom Video Conferencing Link and directions on how to connect.

alzheimer's  association®

800.272.3900 | alz.org®

 ADRC
Aging & Disability Resource Center

Wisconsin Telephone Support Group

Build a support system with people who understand.

Alzheimer's Association® telephone support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings. Held via telephone to accommodate individuals who are unable to travel, these groups help participants develop coping methods and encourage them to maintain their personal, physical and emotional health.

Tuesdays from 5:30 pm - 7 pm

Thursdays from 1-2:30 pm

To register, please call **800.272.3900**

Once registered, you will receive dial-in instructions.

Visit alz.org to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.

Caregiving during COVID-19



As the Coronavirus disease (COVID-19) continues to impact the world, many of those caring for someone living with dementia are faced with extreme challenges and isolation. Fortunately, a number of organizations and individuals have developed tips and strategies to manage during this time of uncertainty and stress. Below is a list of helplines and websites that might be helpful.

Helplines available to assist caregivers:

☐ Alzheimer's Association: (800) 272-3900

Available 24 hours, 7 days a week, year round (bilingual staff or translation service available), plus online "Live Chat"

☐ Alzheimer's & Dementia Alliance of Wisconsin: (888) 308-6251

Available Monday through Friday 8:30am to 4:30pm; able to leave a voice mail during the other times.

☐ Alzheimer's Foundation of America (AFA): (866) 232-8484

Available Monday through Friday 8:00am to 8:00pm and week-ends 8:00am to 2pm; also has online "Chat" service

Websites with relevant information:

⇒ Center for Disease Control and Prevention (CDC)

CDC's home page for COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC's page for older adults and caregiving

<https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/checklist.html>

⇒ Alzheimer's & Dementia Alliance of Wisconsin (ADAW)

Coronavirus Information for Alzheimer's Caregivers (BLOG)

<https://www.alzswisc.org/coronavirus-information-for-alzheimers-caregivers/>

Caregiver Resources & Tips in Handling COVID-19 (BLOG)

<https://www.alzswisc.org/caregiver-resources-tips-in-handling-covid-19/>

⇒ American Association of Retired Persons (AARP)

Caregivers and Coronavirus: Dealing with Forced Isolation

<https://www.aarp.org/caregiving/home-care/info-2020/caregiving-isolation-quarantine.html>

⇒ Activity Ideas for Alzheimer's/Dementia Residents (handout)

<file:///D:/Major%20Publications/Activity%20Ideas%20for%20Someone%20Living%20with%20Dementia.pdf>

⇒ Alzheimer's Association

Coronavirus (COVID-19): Tips for Dementia Caregivers

[https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Caregiving (webpages are in English or Spanish)

<https://alz.org/help-support/caregiving>

Wandering

<https://www.alz.org/help-support/caregiving/stages-behaviors/wandering>

⇒ Alzheimer's Foundation of America (AFA)

Coronavirus Prevention Tips for Alzheimer's Family Caregivers

<https://alzfdn.org/coronavirus-prevention-tips-alzheimers-family-caregivers-alzheimers-foundation-america-afa/>

⇒ Wisconsin Department of Health Services (DHS)

Resources for Dementia and Family Caregiving

<https://www.dhs.wisconsin.gov/dementia/dementiaresources.htm>

⇒ Family Caregiver Alliance®

Relaxation for Caregivers Series; YouTube Videos <https://www.caregiver.org/relaxation-caregivers-series-english>

Asking for Help

Everyone needs help from time to time. Sometimes there is an urgent need such as a sudden illness or the death of someone close. Sometimes it is just a tough week when lots of little things go wrong. And still other times we simply find we are unable to do all the things we used to do. As a caregiver, the responsibilities can feel purely overwhelming at times. Whatever the case, we all find ourselves in a position where we need a little bit of help.

It can be so hard to ask for help! We are taught to take care of ourselves and see asking for help as a sign of weakness. We may tell ourselves that it will get better or that there isn't anything anyone else can do anyway. As a caregiver, we may feel that no one else can really do our job. We may even talk ourselves into thinking we actually don't need help, but deep down, we know we could use some assistance. Admitting that we need help is the first step to getting help.

When you are ready to ask for help, be specific in what you need the most. Sometimes you need something tangible like a some groceries or medications delivered, a ride to an appointment, your house cleaned or a meal prepared. Other times you may just need someone to talk. If you're not sure what you need, ask a friend, relative or counselor to help you. Write down your needs. Allowing yourself to name your needs can be hard, but it is a necessary step to getting help.

While you review your list of needs, determine the times you need help the most so that you may arrange for help ahead of time. Then think about the people you know who you might be able to help. Consider asking neighbors, people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked to help. There also may be people at the Aging & Disability Resource Center that could offer assistance.

The next step is directly asking for help. It is best to be specific in your request, "Could you pick up some groceries for me sometime today or tomorrow?" or "Would you be able to take me to an appointment next Monday?" or "Could we schedule a phone this week? I just need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it also makes it easier for the person helping to know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to get someone who can assist you.

Sometimes when people offer to help it may catch you off guard and you can't think of anything you need right at that moment. To remedy this, keep a pencil and paper handy and write down the various things you could use help with as you think of them. Then when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you need and it also allows people to choose something that they feel most comfortable with.

Once you have successfully allowed others to assist you, continue to evaluate your situation. Needs change. You may find that you no longer need what you did before. Or there may be different areas where help is needed. Just make sure you are getting all your needs met so you can be as healthy and happy as possible.

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Tips for Healthy Feet

Due to the COVID-19 outbreak and the Safer at Home emergency order, Marquette County's Foot Clinic service is on hold. While waiting for your next foot clinic appointment, here are some tips that you can do at home to take care of your feet.

Check your feet every day for cuts, redness, swelling, sores, blisters, corns, calluses, or any other change to the skin or nails. Use a mirror if you can't see the bottom of your feet, or ask a family member to help.

Wash your feet every day in warm (not hot) water. Dry your feet completely and apply lotion to the top and bottom—but not between your toes, which could lead to infection.

Never go barefoot. Always wear shoes and socks or slippers, even inside, to avoid injury. Check that there aren't any pebbles or other objects inside your shoes and that the lining is smooth.

Wear shoes that fit well. For the best fit, try on new shoes at the end of the day when your feet tend to be largest. Break in your new shoes slowly. Always wear socks with your shoes.

Don't remove corns or calluses yourself, and especially don't use over-the-counter products to remove them—they could burn your skin.

Keep the blood flowing. Put your feet up when you're sitting, and wiggle your toes for a few minutes several times throughout the day.

Choose feet-friendly activities like walking. Check with your doctor about which activities are best for you and any you should avoid.

Be sure to ask your doctor what else you can do to keep your feet healthy.

When to See Your Doctor

If you experience any of these symptoms, don't wait for your next appointment. Call your regular doctor or foot doctor right away if any of these changes are new for you:

- Pain in your legs or cramping in your buttocks, thighs, or calves during physical activity.
- Tingling, burning, or pain in your feet.
- Loss of sense of touch or ability to feel heat or cold very well.
- A change in the shape of your feet over time.
- Loss of hair on your toes, feet, and lower legs.
- Dry, cracked skin on your feet.
- A change in the color and temperature of your feet.
- Thickened, yellow toenails.
- Fungus infections such as athlete's foot between your toes.

A blister, sore, ulcer, infected corn, or ingrown toenail.

Source: CDC



Transportation Program Update:
We are currently providing rides for Medical appointments. Riders will be asked to wear a mask for the safety of others and our drivers.

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 month prior to your application must be at or below the amounts listed:

1 IN HOUSEHOLD	\$2,389.42
2 IN HOUSEHOLD	\$ 3,124.67
3 IN HOUSEHOLD	\$ 3,859.83
4 IN HOUSEHOLD	\$ 4,595.08



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



Mandy Stanley, Director
428 Underwood Avenue
PO Box 405
Montello, WI 53949

Phone: 608-297-3124
Fax: 608-297-8718
mcdhs@co.marquette.wi.us
www.co.marquette.wi.us

Hi All-

I wanted to let you know about some changes to our department during the COVID-19 pandemic. Our buildings are closed to the public for the time being, however, staff are working and can be reached during regular business hours (Monday-Friday 8 am-4:30 pm) via telephone or e-mail. If you do not have a direct phone number, please call our main department number, 608-297-3124 and you will be directed to the appropriate staff person. Feel free to contact me if there are questions or additional information is needed.

Sincerely,
Mandy J. Stanley, CSW, MPA
Director



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



Northwest Connections (NWC) provides Emergency Mental Health Services.

If you or someone you know is in crisis please call **888-552-6642** to reach the crisis line. A live person is available 24 hours a day.

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.



HOUSE COMMITTEE ON WAYS & MEANS
CHAIRMAN RICHARD E. NEAL

Social Security and the CARES Act

Social Security and SSI recipients are eligible for the rebate payments:

- Everyone is eligible for the full rebate payments as long as they have an SSN and their household income is not too high. Rebate payments start to phase out at the thresholds of \$75,000 single, \$112,500 head of household, and \$150,000 married. This includes Social Security beneficiaries (retirement, disability, survivor) and Supplemental Security Income (SSI) recipients.
- The full rebate amounts are \$1,200 per adult and \$500 per child.
- Many people will be paid automatically by IRS: everyone who filed a 2019 or 2018 tax return, and all Social Security beneficiaries (whether or not they filed a return). Others – including SSI recipients, who often do not file taxes – may need to take additional action to be determined by the IRS. One possibility is that they would be asked to file some sort of abbreviated return to get the payments, like with the 2008 stimulus rebates.
- Like other tax credits, these payments do not count as income or resources for means-tested programs. So receiving a rebate will not interfere with someone’s eligibility for SSI, SNAP, Medicaid, ACA premium credits, TANF, housing assistance, or other income-related federal programs.
- These rebates do not affect receipt of state or federal unemployment compensation.
- The bill also requires Treasury, in conjunction with SSA and other federal agencies, to conduct a “public awareness campaign” about the rebates, especially targeting those who do not file tax returns.
- The bill gives the Social Security Administration \$38 million for its role in helping carry out the rebates, in addition to \$300 million to bolster its overall service delivery in light of the significant challenges posed by COVID-19.

The Act’s payroll tax provisions have no effect on Social Security’s trust funds:

- The bill lets employers temporarily delay payment of their share of Social Security payroll taxes. This does not mean they don’t owe those taxes, but rather that they will make the payments in 2021 and 2022. This effectively allows the Federal government to loan these businesses funds to ensure they can continue operating during this crisis.
- Additionally, certain provisions in the CARES Act, and the recently-enacted Families First Coronavirus Response Act, rely on payroll tax credits to provide much-needed support for businesses during this time.
- None of these provisions change the amount or timing of money deposited into the Social Security trust funds, as the bill replenishes the trust funds from general revenues.
- They also do not alter the fundamental nature of Social Security as a contributory system where individuals earn their benefits with each paycheck.



June 15th is World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older people by raising awareness

of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Here are some **FACTS**:

- About 1 in 10 Americans age 60+ have experienced abuse.¹
- Elder abuse is underreported.
- Without accessible, quality health and public services, our population becomes more at risk for abuse as we age.
- The impact of elder abuse is felt by people of all ages & costs victims billions of dollars each year.
- Elder abuse is associated with increased rates of hospitalization in the community population.

What are the **TYPES** of Elder Abuse?

Physical abuse: Use of force to threaten or physically injure an older person

Emotional abuse: Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person

Sexual abuse: Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent

Exploitation: Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property

Neglect: failure or refusal to provide for an older person's safety, physical, or emotional needs

What are the **SIGNS** of Elder Abuse?

Physical Signs

- Broken bones, bruises, and welts
- Cuts, sores or burns
- Torn, stained or bloody underclothing
- Sexually transmitted diseases without clear explanation
- Dirtiness, poor nutrition or dehydration
- Poor living conditions
- Missing daily living aids (glasses, walker, and medications)

Emotional & Behavioral Signs

- Unusual changes in behavior or sleep
- Fear or anxiety
- Isolated or not responsive
- Sadness

Financial Signs

- Unusual changes in bank account or money management
- Unusual or quick changes in a will or other financial documents
- Fake signatures on financial documents
- Unpaid bills

How do I **REPORT** abuse?

In cases of urgent danger, call 911 or the local police or sheriff

Please contact your County's Adult Protective Services (APS) worker via your local Aging and Disability Resource Center. For Marquette County you can call 1-855-440-ADRC (2372)

*Information gathered from the NATIONAL CENTER ON ELDER ABUSE

Got Milk? Celebrating June Dairy Month

By Amelia Cisewski, RDN, CD

June is National Dairy Month! Dairy foods like milk, cheese, and yogurt are rich in many nutrients, like calcium, potassium, vitamin D, and protein. Dairy foods play an important role in our bodies. The recommended daily amount for everyone is 3 servings per day (children under age 8 need 2 to 2 1/2 cups), according to the USDA Dietary Guidelines for Americans. Consuming dairy products are very important for our bone health. It is not only important for children's growing bones, but it is also important to maintain our bones and reduce the risk of osteoporosis, cardiovascular disease, type II diabetes, and lowers blood pressure in adults.

Dairy provides many important nutrients:

- ◆ **Calcium:** Essential for building bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American diets.
- ◆ **Potassium:** Helps maintain a healthy blood pressure.
- ◆ **Vitamin D:** Helps to maintain levels of calcium and phosphorus, which help maintain bones. Milks that are fortified with vitamin D are a good source.
- ◆ **Phosphorus:** Forms mineral structure in bones and teeth.

Some other important nutrients in dairy products are: **Vitamin A, Vitamin B12, riboflavin, magnesium, zinc, carbohydrates, and proteins.**

Beyond Milk: Other Dairy Products Out There

There are many different dairy products containing these important nutrients. These products can be eaten as they are or incorporated into your favorite recipes. There are also non-perishable options like UHT milk and pudding. When choosing a dairy product, select from fat-free or reduced-fat options.

Other Dairy Options Equaling 1 Cup:

- 1 cup of yogurt– try adding fruit
- 1 1/2 ounces hard cheese (cheddar, Swiss, parmesan, etc.)
- 2 cups cottage cheese
- 1 1/2 cups ice cream
- 1 cup pudding
- 1/3 cup shredded cheese

Can't Drink Milk?

If you are lactose intolerant, try yogurt or lactose-free milk. Several plant beverages are available as well (see chart for nutrient comparisons), make sure they are fortified with calcium.

About Shelf Stable UHT Milk

Ultra-High Temperature Pasteurized (UHT) milk is heated to 280° for 2 seconds to kill bacteria that causes spoilage to extend shelf life. It can be stored unopened at room temperature for about 6-9 months & once opened about 7 days in the fridge.

Nutrients in 1 cup of...	Whole Milk	Low Fat (1%) Milk	Soy Milk Beverage	Almond Milk Beverage	Coconut Milk Beverage	Cashew Milk Beverage
Calories (g)	146	100	110	60	80	60
Fat (g)	8	2.5	4.5	2.5	5	2.5
Carbs (g)	11	12	9	8	7	9
Protein (g)	8	8	8	1	None	< 1

Tuna Pasta Salad

Ingredients:

8 oz. small whole wheat pasta
 7 oz. canned albacore white tuna, drained
 2 celery ribs, chopped
 1/4 c red onion, chopped
 1 c frozen peas
 1/2 c mayonnaise
 1/2 c plain Greek yogurt
 Dash of salt and pepper to taste



Directions:

1. Cook noodle according to package, drain water.
2. Add onion, celery, peas, pasta and tuna into a large bowl. In a smaller bowl, combine yogurt and mayonnaise.
3. Add sauce to pasta mixture and stir.
4. Refrigerate to thicken.

Yield: 2 servings

Chocolate Chip Yogurt Cookies

Ingredients:

1/2 c sugar
 1/2 c brown sugar
 1/2 c butter
 1/2 c yogurt (non-fat, plain)
 1 1/2 tsp. vanilla
 3/4 c flour (all-purpose)
 1 cup flour (whole wheat)
 1/2 tsp. baking soda
 1/2 c chocolate chips



Directions:

1. Heat oven to 375°F
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375°F for 8-12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Yield: 36 cookies

Nutrition Facts

Calories	80	Saturated Fat	1g	Dietary Fiber	1g
Total Fat	3.5g	Carbohydrates	12g	Protein	1g

By the GWAAR Legal Services Team (for reprint)

Utility Rules Suspended Temporarily

Governor Evers has suspended several utility-related administrative rules due to the COVID-19 public health emergency. In response, the Public Service Commission of Wisconsin (PSC) directed regulated utilities in the state to take the following actions for the duration of the emergency:

1. Stop utility disconnection for nonpayment for all customers, including commercial, industrial, and farm accounts. Previously this applied to residential accounts only;
2. Cease assessing late fees to customer accounts;
3. Halt the practice of requiring deposits from customers for reconnection of service;
4. Allow deferred payment agreements for all customers who request them;
5. Remove any administrative barriers for customers establishing or reestablishing utility service; and
6. Authorize water utilities to provide budget billing arrangements to customers. Electric and natural gas utilities are allowed to do this under current rules.

If you have questions or concerns about your utility service, or just need more information, call our Consumer Affairs team: 1-800-225-7729 or 1-608-266-2001 (local).

Information available at:

<https://psc.wi.gov/Pages/NewsEvents/UtilityCOVID19Resources.aspx> □

Income Earned from Census Employment Will Not Count for FoodShare

Effective March 1, 2020, people working as temporary, part-time census takers will not have their income counted as earned income for FoodShare.

This does not change previous policies that do count income for BadgerCare Plus, the Wisconsin Share Child Care Subsidy Program, and Wisconsin Works (W-2).

Census income remains excluded for members receiving Medicaid for the Elderly, Blind or Disabled. □

Internet Resources for Wisconsin Residents during Public Health Emergency

Several Internet Service Providers (ISPs) are offering free or low-cost internet access options in response to the COVID-19 health emergency.

Contact providers in your area to see what is available, as there may be daily updates. Providers who have already put emergency access programs in place include:

- AT&T
- Baldwin LightStream
- Bug Tussel Wireless
- Cellcom
- Cirrinity/Wittenberg Telephone Company
- Grantsburg Telcom
- Mosaic Telecom
- NSight Telservices
- TDS
- Verizon
- Astrea Connect
- Bertram Internet
- CenturyLink
- Charter Communications
- Comcast
- MHTC
- Northwest Communications
- Sprint/T-Mobile
- U.S. Cellular
- WiConnect Wireless

In addition, the Public Service Commission of Wisconsin (PSC) is keeping an updated list on its website:

<https://psc.wi.gov/Pages/Programs/BroadbandEmergencyInternetResources.aspx> □

Marquette County Caregiver Support Group

Taking care of you... so you can keep it

3rd Wed. of Every Month ■ Noon – 2pm ■ St. John's

277 E. Montello Street, Montello

Call Colleen at 608-297-3101 for more information



Ducklings Photo submitted by: Eugene Phillips

Think Spring!



(3) Earth Day

Photos

Taken by:

Kolby Krueger



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.

Marquette County Community Garden

After a great first year in Marquette County Community Garden, we are looking forward to this upcoming season. We always appreciate the help from volunteers during the summer months. Safe social distancing can easily be practiced within the garden. Another way people can volunteer is through donating supplies for the garden. Below is a list of things we can use:

- Deer netting/fencing
- Surveyor flags
- Dehydrator
- Plants: Roma and Cherry tomatoes, Bell peppers, Broccoli, Cabbage, Brussel sprouts, Curly kale, Parsley, and Basil
- Cash donations are also appreciated
- Treated 2x4- 8 foot
- Landscaping fabric
- Scale

If you would like to volunteer or donate, please contact Amelia Cisewski, RDN, CD, Marquette County Community Garden Co-ordinator at **(608) 297-3146**.



Question of the Month 2020

Throughout this year we will be having a Question of the Month. Participants can discuss and answer the question and give written responses to the dining site manager or meal driver. 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.

February's Question of the Month was: Omega-3 Fatty Acids help improve your heart health by reducing plaque build-up in the arteries and decreasing triglycerides (unhealthy fats) in the blood. Name 3 foods that contain omega-3 fatty acids.

Some foods high in Omega-3 Fatty Acids are:

- Fatty Fish (Salmon, Sardines, Herring, Mackerel, Tuna)
- Nuts & Seeds (Walnuts, flaxseed, chia seeds)
- Avocados
- Plant Oils (Flaxseed oil, canola oil, soybean oil)

Congratulations to Arlene Mashack (pictured) & Pat Pagliaro, our winners in February!

March's Question of the Month: Healthy eating includes eating a variety of nutrient dense foods, eating meals and snacks regularly and watching portion sizes. What are 3 ways you can eat healthier?

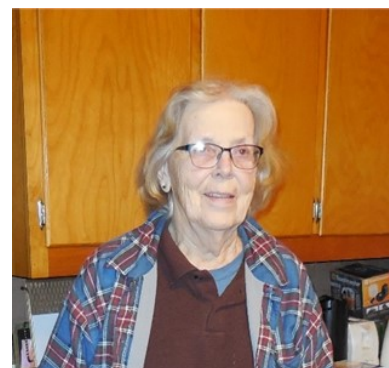
Some ways to eat healthier:

- | | |
|--------------------------------------|---------------------------------|
| Eat a variety of fruits & vegetables | Eat more whole grains |
| Choose lean meats | Reduce sugary drinks and sweets |
| Be mindful while eating | Choose low-fat dairy products |
| Read food labels | Drink more water |

Congratulations to Charles Arndt & Rodger Krueger, our winners in March!

May- Many of us suffer from arthritis or chronic pain and get fatigued. What are 3 ways we can manage pain or deal with fatigue?

June- Getting a good night's sleep can be a challenge for many of us. What are three ways to help us get a good night's sleep?





care & share
FOOD BANK
of Marquette County

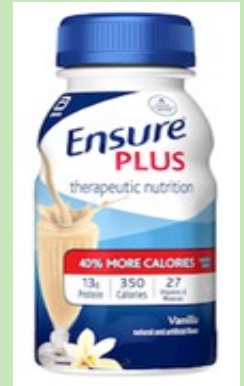
608-369-1059 | PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

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 st Thursday of Month
Westfield	2 nd Thursday of Month
Oxford, Endeavor, Briggsville	3 rd Thursday of Month

Ensure[®] Plus



You can purchase cases of **Ensure[®] Plus** from the Marquette County Senior Nutrition Program.

The cost is **\$28.00** per **24-pack case**.



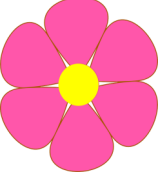

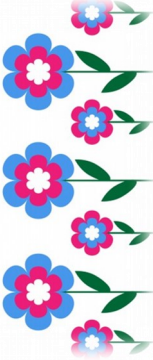

Flavors offered: **Vanilla, Chocolate, & Strawberry**.

The Ensure can be picked up at the Health & Human Services Building at 428 Underwood Ave, Montello, WI. We accept cash or checks. For more information or to request a pick-up time call: **(608) 297-3146**.

May 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 Roast Beef and Gravy Wild Rice with Vegetables Asparagus Pineapple Real Cool Cookie
4 Chicken Parmesan Chickpea Pasta Rutabagas & Carrots Yogurt & Mixed Berries	5	6 Honey Mustard Meatballs 5 Grain Blend & Veggies Peas Craisins/ Cake	7	8 Taco Casserole Mexican Coleslaw Refried Beans Fried Ice Cream Dessert
11 Breaded Fish Filet Tater Tots Broccoli Healthy Coleslaw Strawberry Shortcake	12 	13 Chicken & Dumplings Squash Brussel Sprouts Orange Muffin	14 	15 Pork Roast and Gravy Baby Bakers Red Cabbage Frozen Juice Caramel Pecan Shortbread
18 Lasagna Casserole Italian Blend Vegetables Roasted Potatoes Watermelon Ice Cream Sandwich	19	20 Baked Ham Sweet Potato Noodles Beets Pea Salad Pumpkin Mousse	21	22 Oriental Chicken Salad Chicken, lettuce, kale power blend, oranges, craisins, cheese, black eyed peas Apple slices with Caramel
25 Closed 	26 	27 Turkey Swiss on Cranberry Bread Broccoli & Dip Potato Chips Lemon Pudding Fruit Salad	28 	29 Ravioli & Meat sauce Zucchini & Summer Squash Breadstick Peaches Ice Cream Bar

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

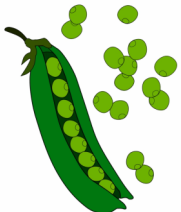
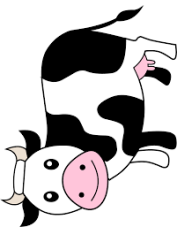
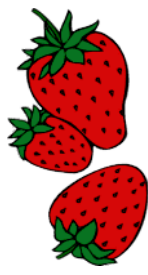
Home-delivered meals are provided for those age 60 + who are homebound and unable to prepare meals on their own. Please call for eligibility qualifications. Meals are delivered to participant's homes Monday-Friday. Frozen meals are also available. The suggested donation of \$3.25 per meal. No one will 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
1 Cheeseburger on a Pretzel Bun French Fries Broccoli and Carrots Blueberries & Cream	2	3 Chicken Fajita Salad Chicken, lettuce, tomatoes, black beans, peppers, cheese Mexican Corn Salad Mixed Berries on Corn Cake	4	5 Meatloaf Baby Bakers Capri Blend Vegetables Cranberry Applesauce
8 Seafood Florentine Alfredo w/ Zucchini Noodles Carrots Garlic Bread Frosted Grapes	9	10 Sweet & Sour Pork Fried Rice & Veggies Sugar Snap Peas Napa Cabbage Salad Cake & Ice cream	11	12 Brat Baked Beans Cauliflower Salad Melon Cookie
15 Mini Breakfast Pizza Potatoes O'Brien Orange Juice Warm Apples	16	17 Beef Patty Mushroom Gravy Mashed Potatoes Mixed Veggies Peaches	18	19 BLT Supreme Salad Lettuce, bacon, tomato, cheese, black olives Ice Cream Bar
22 Country Style Ribs Brown Rice & Veggies Cheesy Broccoli Vanilla Pudding with Oranges	23	24 Turkey & Gravy Sweet Potatoes Green Beans Cranberry Apple Pie	25	26 Swedish Meatballs Roasted Potatoes WI Blend Veggies Lemon Pudding Dessert with Blueberries
29 Chicken Bacon Ranch Wrap Izze Drink Layered Dip w/ Tortilla Chips Peanut Butter Custard Blast	30			

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

Outreach dates will be set once the Dining Sites open back up.

Upcoming Immunization Clinic Dates

All Immunization Clinics are canceled until further notice. Please watch for updates or call if you have any questions. 608-297-3135

MCHD



Public Health
Prevent. Promote. Protect.

Special Events Calendar - May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sorry we are Closed</p> <p>Safer at Home - Stay Home Stay Safe</p>				

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 - June 2020

We are unable to determine when we will reopen. Please check adrcmarquette.org for information on services. Information will be posted on opening up the Senior Dining Sites once we have information to share.

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

ADDRESS SERVICE REQUESTED



humor
generosity
support
life
connections
thanks
selfless
caregiving
love
sacrifice
overwhelming
sickness
home
stressful
caregiver
difficult
hope
hospice
strength
dedication
family