

Marquette County

ADRC NEWS...

ADRC OF MARQUETTE COUNTY
428 UNDERWOOD AVE
MONTELLO, WI 53949-9248 • 855-440-2372

January & February 2024

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

Submit your photos to Melissa at mklebs@co.marquette.wi.us



Photo Submitted By: Teresa Zacharias

Winter Weather Preparedness

Winter weather creates the possibility of closing the Senior Dining Sites and canceling Home-Delivered Meals. If Montello OR Westfield School is closed, then the dining sites will be closed, and home-delivered meals will not be delivered. Check your local TV station for Montello and Westfield school closings. Listen to the following radio stations for information on closings due to bad weather.

WCWC Radio 96.1 FM

WRPN Radio 93.1 FM

WISS Radio 102.3 FM

WBKY 95.9 FM

There are other situations that may cause us to cancel meals. We will make the decision based on road conditions, weather forecast and the safety of drivers.

Be sure to be prepared to provide your own meals on cancelled days. Therefore, now is a great time to stock up with an “emergency food shelf” of shelf stable foods in case of winter weather closures and ready-to-eat foods in case of a winter weather related power outage.

Planning for situations when you may need an emergency food supply is a good idea. How much and which foods to store will depend on the members of your family household, your preferences, special health conditions, ability to use the food in an emergency, space for storage and how far you live from a grocery store.

A three-day emergency food supply should be enough for most situations. In addition to your short-term food supply, store water, personal hygiene items, flashlights, blankets, and other supplies for emergency use. The food supply needs to be nonperishable; select foods that require no refrigeration, minimal or no preparation or cooking, and little or no water. Try to select foods that are compact and lightweight.

Following are some suggested shelf stable food items:

- Juices- individual juice boxes (choose 100% juice)
- Canned fruit or individual fruit cups (in 100% juice)
- Dry cereal (cold or hot)
- Canned tuna or chicken
- Canned spaghetti, ravioli, etc.
- Canned soup or beans (choose low sodium)
- Peanut butter and jelly
- Canned vegetables (choose low sodium)
- Crackers (choose whole grain)
- Protein or fruit bars
- Cereal bars, granola bars
- Milk- powdered, canned, or shelf - stable milk
- Hot cocoa mix, tea, instant coffee
- Nuts, roasted soybeans
- Trail mix
- Smoked or dried meats, like beef jerky
- Dried fruits (raisins, Craisins, prunes, apricots, etc.)
- Pudding or gelatin cups
- Cheese or peanut butter crackers
- Carnation instant breakfast
- Bottled water



General Enrollment Period for Medicare Part B



If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year. If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up.

To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare.

You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf.



Volunteer Income Tax Assistance
Serving low-income individuals and families

FREE Income Tax Preparation
Marquette County Health and
Human Services Building
428 Underwood Ave
Montello, WI 53949

To make an appointment, scan code or visit
goodwillscwi.org/community-programs/volunteer-income-tax-preparation-vita

or call 608-852-8355

AFTER 01/15/2024 to schedule
 your appointment

Tax Preparation Schedule

Friday, February 9	10:00am - 4:00pm
Friday, February 15	10:00am - 4:00pm
Friday, February 23	10:00am - 4:00pm



Questions? Call 608-852-8355



Social Security Cards are Safer at Home



Scams to steal your personal information are at an all-time high. That's why it remains critical to safeguard important personal documents like your Social Security card.

A Social Security card is not an identification document. In many situations, you only need to know your Social Security number (SSN). Your physical card is not necessary for most business needs.

Do you need evidence for work? There are several documents you can use instead of your card.

These include:

- Birth Certificate.

- Permanent Resident Card or Alien Registration Receipt.

- Employment Authorization Document.

- Form I-94 or Form I-94A.

You do not need to show your physical card to apply for certain benefits.

You can simply provide your SSN for benefits like:

- Housing.

- Health insurance.

- Food assistance.

You should also know your physical card is not required as evidence for the Department of Motor Vehicles. The only state that requires a physical card is Pennsylvania. For all other states, acceptable evidence includes:

- W-2 forms.

- Form SSA-1099.

- Non-SSA-1099 forms.

- Pay stubs.

Keeping your card at home reduces the risk of loss or theft – and helps you keep your information safe. To learn more about keeping your card and information safe, please visit our Fraud Prevention and Reporting webpage at www.ssa.gov/fraud.

ADRC Transportation Program

Reservations are required with a minimum of 2 business days in advance.

Need a RIDE for a Medical Appointment?

The Transportation Program will coordinate and provide transportation for **people 60+, people with disabilities or veterans to and from medical appointments.**

Ride availability does fill-up. Please call with as much advanced notice. All rides are subject to availability.

Call (608) 297-3104 to make your reservations.

Participants with Medical Assistance (Medicaid) are **not eligible** for this service. You need to use the state NEMT system.

Need a RIDE to Portage for shopping?

The Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Friday** of the month. Transportation will be provided to Portage for shopping. Copay to **Portage is \$25**. Times vary depending on ridership. Please call to reserve your spot.

The Department of Human Services operates its programs and services without regard to race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in accordance with Title VI of the Civil Rights Act, Americans with Disabilities Act (ADA), and related nondiscrimination authorities. For more information The Department of Human Services' civil rights, ADA obligations, and the procedures to file a complaint, contact The Department of Human Services Director, at email: mcdhs@co.marquette.wi.us, (608) 297-3124 (for hearing impaired, please use Wisconsin Relay 711 service <https://wisconsinrelay.com>) or visit our office at 428 Underwood Ave, Montello WI 53949.

For more information, visit www.adrcmarquette.org

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC, 20590.

If information is needed in another language, contact 608-297-3124
Sise necesita informacion en otro idioma de contacto, 608-297-3124

<i>DESTINATION</i>	<i>COPAY ROUND TRIP</i>
Madison	\$30
Appleton	\$30
Oshkosh	\$30
Fond du Lac	\$30
Tomah	\$30
Baraboo	\$25
Berlin	\$25
Portage	\$25
Wautoma	\$25
Ripon	\$25
Adams	\$25
Green Lake	\$25
Wisconsin Dells	\$25
Markesan	\$25
Local	\$15

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 **(608) 297-3104** to make a donation.

Don't Be Fooled by A Fake Package Delivery Scam

By Tiffany Schultz, BBB SW WI Regional Director



Online purchases and package deliveries skyrocket during the holiday season. Naturally, scammers use the opportunity to trick busy shoppers into providing personal information. Here is how the scam works:

You receive a text message from what appears to be a delivery driver looking for your home. It says something along the lines of "Hi! My name is Tony. I work for FedEx, and I'm trying to find your house. Please call me."

If you call the number, you will be asked to confirm your personal details, including your name, address, and possibly even your credit card information. If you don't remember ordering anything that needs to be delivered, the caller may try to convince you the package is a gift from a friend or relative. The callers are often friendly and professional, making the scam hard to spot.

Additionally, look out for text or email messages that ask you to reschedule a delivery or pay a small delivery fee. These messages often look legitimate – containing official logos and using professional language. If you click, you may download malware or spyware onto your computer, giving con artists access to personal information and passwords.

In either case, the package doesn't exist. If you provide your personal information, it will be in the hands of con artists, and you'll be at risk of identity theft.

How to avoid delivery scams:

Keep track of deliveries. Scammers hope you will assume they are talking about a package you are expecting, without double-checking. It will be much harder for them to fool you if you know what deliveries you are expecting, from what companies, and when.

Know delivery company policies. Delivery companies will never contact you with unsolicited calls or texts. Depending on how you signed up for notifications, messages are usually posted within a secure online portal. Be leery of unsolicited messages, especially if you never signed up for text alerts.

Never give sensitive personal information to people you don't know. If an unsolicited caller asks you for personal information, even if they claim to represent a company you trust, hang up and call the company using the official customer service number.



Report it. If you've experienced a scam, regardless if you lost money or personal information, report it to BBB.org/ScamTracker. Your report helps to warn others of the scams taking place in the marketplace.

SCAM ALERT

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.



Scammers continue to impersonate government employees in an attempt to obtain your personal information or money. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.



Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$33.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry**.

Boost Plus and **Glucerna** are also available upon request. Flavors available are: **Chocolate or Vanilla**. Allow at least 1 week for delivery and ask for pricing.

Pick up at the Health & Human Services Building at 428 Underwood Ave, Montello, WI or delivered to you if you receive Home-Delivered Meals. We accept checks or cash.

To order or for more info:
call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Tips and Tricks from the Kitchen:



With the colder months now upon us, fresh baked bread not only warms the house, it also makes it smell great!! Use your oven as a proofer for breads. Some kitchens are too cold for the dough to rise. Put the dough in the oven, with it off, place a simmering pot of boiling water below the dough and shut the door. Humidity and warmth from the water will give you the lift it needs.



Museums for All

By the GWAAR Legal Services Team

Anyone with a FoodShare or SNAP EBT card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website Museums4All.org has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including:

- Above & Beyond Children's Museum, Sheboygan
- Atlas Science Center, Appleton
- Betty Brinn Children's Museum, Milwaukee
- The Building for Kids Children's Museum, Appleton
- Central Wisconsin Children's Museum, Stevens Point
- Charles Allis Art Museum, Milwaukee
- Children's Museum of Eau Claire, Eau Claire

- Children's Museum of Fond du Lac, Fond du Lac
- Children's Museum of La Crosse, La Crosse
- Door County Maritime Museum – Death's Door Maritime Museum, Ellison Bay
- Door County Maritime Museum – Sturgeon Bay Museum, Sturgeon Bay
- Ephraim Historical Foundation, Ephraim
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Manitowoc County Historical Society, Manitowoc
- Milwaukee Public Museum, Milwaukee
- The Mining & Rollo Jamison Museums, Platteville
- Northwoods Children's Museum, Eagle River
- Wausau Children's Museum, Wausau
- Wisconsin Maritime Museum, Manitowoc

There are also many great participating museums in Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo, the National Veterans Art Museum, and many more.

Preregistration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.

"Living is like tearing through a museum. Not until later do you really start absorbing what you saw, thinking about it, looking it up in a book, and remembering – because you can't take it in all at once."

-Audrey Hepburn

GOT PROTEIN?

Did you know?

Our protein needs increase as we age, particularly when we are ill or hospitalized.

Register today for a
Stepping Up Your Nutrition Class
to learn how protein:

- Preserves muscle
- Helps us feel full
- Helps us fight infections
 - Heals injuries

Wednesday, February 21, 2024

Westfield Village Hall,

Community Room B

1:00-4:00 pm

Suggested Donation: \$10

To Register:

Contact Amelia Cisewski at

(608) 297-3146 or

acisewski@co.marquette.wi.us



Nutrition and Acid Reflux (GERD)

By Amelia Cisewski, RDN, CD

Many people have indigestion from time to time, but some people suffer from burning discomfort, bloating, and belching almost every time they eat. When it occurs frequently or every time someone eats, it could mean someone has gastroesophageal reflux disease or GERD.



What is GERD?

GERD is a digestive disorder where stomach acids, foods, and fluids flow back into the esophagus. It is typically caused by a weakening or malfunction of the lower esophageal sphincter or LES, the tiny valve that separates the esophagus from the stomach. It may be a temporary or a long-term issue. The danger of untreated GERD is that it can cause inflammation of the esophagus, which is a risk factor for esophageal cancer. It may also lead to respiratory problems such as asthma, fluid in the lungs, or chest congestion or damage teeth.

Tips to Prevent Acid Reflux

1. **Avoid trigger foods.** Avoid fatty and fried foods, carbonated beverages, garlic, onions, chocolate, coffee, peppermint, spearmint as well as acidic foods like tomatoes and citrus fruits.
2. **Eat smaller, more frequent meals.** Large meals expand the stomach and can increase upward pressure on the lower esophageal sphincter. The same goes for water. Drink smaller amounts throughout the day rather than a few large glasses.
3. **Control your weight.** Obesity generally increases abdominal pressure, which boosts the chances that stomach acid will be forced up into the esophagus. If overweight, losing weight is a good way to decrease reflux.
4. **Avoid lying down right after a meal.** Wait 2-3 hours after eating before laying down. Even bending over at the waist soon after eating increases pressure on the stomach and lower esophageal sphincter. When you are upright, gravity not only keeps the stomach contents from backing up but also encourages them to flow down into the intestines. Take a walk after meals and avoid bedtime snacks.
5. **Sleep with head and torso elevated.** Lying down flat causes the stomach content's to press against the sphincter, especially if you lay on your right side. Having the head and shoulders higher than the stomach makes a big difference in preventing reflux.

Best Foods to Ease or Avoid GERD Symptoms

- **Non-citrus fruits** such as bananas, melons, apple, and pears
- **Lean meats** that are grilled, broiled, or baked are the best option
- **Whole grains** such as oatmeal, whole grain bread, brown rice, and whole grain crackers
- **Unsaturated fats** such as olive oil, nuts, seeds, and fatty fish such as salmon and tuna

When you have symptoms, keep a food log of what you eat and drink throughout the day to identify any patterns. Talk to your health care provider to help guide you on prevention and treatment strategies.

GERD Friendly Recipes

Alfredo Lasagna

Ingredients

12 oz. lasagna noodles	1 Tbsp. flour
12 oz. very lean ground beef	2 Tbsp. butter
1/2 c low sodium beef broth	1/2 c Parmesan cheese, shredded
1/4 c low-fat cream cheese	Salt & pepper, to taste
1 1/4 c skim milk	1 1/2 c low-fat mozzarella cheese, grated



Directions

1. Heat oven to 375°F. Bring a large pot of salted water to a boil. Add the lasagna noodles and cook according to package instructions. Drain well.
2. Spray cooking spray onto a large, non-stick pan. Add the ground beef and cook over medium heat until browned. Drain the liquid.
3. In a large bowl, mix the browned beef and beef broth.
4. To make the low-fat Alfredo sauce, combine cream cheese, one-fourth of the milk, and flour in a small mixing bowl. Beat until well-blended. Slowly pour in the remaining milk & beat until smooth.
5. Melt butter in a large, nonstick saucepan over medium heat. Add the milk-cream cheese mixture. Cook about 4 minutes, stirring constantly until the sauce has thickened. Stir in Parmesan cheese. Add salt and pepper to taste. Turn off heat.
6. Spread 1 cup of Alfredo sauce over the bottom of a 13x9 inch baking pan. Add 3 strips of cooked lasagna noodles to cover the sauce. Spread half the beef mixture on top. Layer another 3 lasagna noodles. Spread remaining beef mixture on top. Then layer 3 more noodles. Spread the very top with the remaining Alfredo sauce. Sprinkle with mozzarella cheese.
7. Bake 25-35 minutes until golden & bubbly. Remove from heat & let cool 3-4 minutes before serving.
8. **Yield:** 10 servings

Nutrition Facts: for 1 piece

Calories	314	Saturated Fat	5g	Dietary Fiber	2g
Total Fat	10g	Carbohydrates	32g	Protein	22g

Recipe from verywellfit.com

Banana Chia Pudding

Ingredients

6 Tbsp. chia seeds	1 tsp. maple syrup or sweetener of choice
1 banana	1/2 tsp. vanilla (optional)
1 1/3 c milk	1/8 tsp. cinnamon (optional)



Directions

In a medium bowl, mash the banana. Add the mashed banana into a container, then add chia seeds, milk, and other ingredients. Mix well until there are no clumps. Cover the container and refrigerate 2 hours or until thickened.

Nutrition Facts:

Calories	275	Saturated Fat	1g	Dietary Fiber	10g
Total Fat	13g	Carbohydrates	32g	Protein	10g

Recipe from thecookiedoughdiaries.com

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been
researched and proven
to reduce falls
by 31%!**

Stepping On Workshop

March 6 – April 17, 2024

Wednesdays from 1:00-3:00pm

Marquette County Health & Human Services, Room 106

428 Underwood Ave, Montello, WI 53949

Suggested donation: \$20

Call Amelia at (608) 297-3146 to register or for more info.





ARE YOU A CAREGIVER?

Caregiver Support Group

In-person meetings will be held at the Health and Human Services Building (428 Underwood Ave., Montello) on the 2nd Tuesday of the month from 2pm-3:30pm

Virtual meetings will be held on the 4th Monday of the month from 6pm-7:30pm. Registration is required.

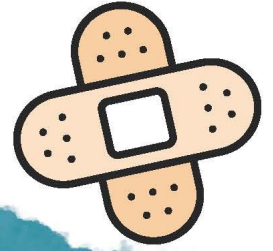
If you have any questions or would like to register please contact Melissa at 608-297-3148 or email: mklebs@co.marquette.wi.us



ADRC
Aging & Disability Resource Center
of Marquette County
855-440-ADRC
www.adrcmarquette.org
428 Underwood Ave. • Montello, WI 53949



MARQUETTE COUNTY HEALTH DEPARTMENT 2024 IMMUNIZATION SCHEDULE



JANUARY 8	APRIL 8
JANUARY 22	APRIL 22
JANUARY 25	APRIL 25
FEBRUARY 12	MAY 13
FEBRUARY 22	MAY 23
FEBRUARY 26	
MARCH 11	JUNE 10
MARCH 25	JUNE 24
MARCH 28	JUNE 27

LOCATION OF CLINICS:
**MARQUETTE COUNTY HEALTH & HUMAN
SERVICES BUILDING**
428 UNDERWOOD AVE, MONTELLO, WI

CLINIC TIMES: 8:30AM-4:00PM

FOR CHILDREN: If your child is insured and vaccines are FULLY covered – please make an appointment with your primary care provider for vaccinations. If your child is Vaccines for Children (VFC) eligible, you can visit the local health department for vaccinations.







WHO IS VFC ELIGIBLE? Children through 18 years of age who are:
-Medicaid Eligible -Uninsured
-American Indian or Alaska Native
-Underinsured (has health insurance but the coverage may NOT include all vaccines)

FOR FURTHER INFORMATION – (608) 297-3135

Marquette County Health Department Foot Clinic



Marquette County Health Department offers foot clinics to adult residents. Foot care is important because feet are a sensitive part of the body. Good foot care and proper hygiene are important to keep feet in top shape!

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

Upcoming Foot Clinic Dates:

January 10th, 18th, 24th, 31st
February 13th, 14th, 22nd, 28th

***Call for an Appointment or if you
have any questions!**
608-297-3135



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.



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

*1st and 3rd Tuesday of the month 4:30-6 pm
*1st, 2nd, 3rd, and 4th Thursday of the month from
1-3 pm

Please do not arrive earlier than 15 minutes before
we open.

Household Size	Combined Household Gross Monthly Income
1 Person	\$2,430
2 Person	\$3,287
3 Person	\$4,143
4 Person	\$5,000
5 Person	\$5,857
6 Person	\$6,713
7 Person	\$7,570

Contact Us:

☎ Phone: (608) 369-1059

✉ Email: foodbank@co.marquette.wi.us





📘 Facebook: [Care & Share Food Bank of Marquette County](#)



January 2024

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 at 608-297-3146

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed 	2 Pork Chop & Gravy Mashed Potatoes with Beans Peas and Carrots Fruit Cup	3 Hawaiian Meatballs Garden Blend Rice Broccoli Raisins Cake & Ice Cream	4 Chicken Spaghetti Italian Vegetables Peppers and Hummus Tropical Fruit	5 Butternut Squash Soup Ham Salad Sandwich Everything Veggie Salad Apple Slices & Dip
8 Pepper Steak Collard Greens Bean Medley Fruit Cup Yogurt	9 Tuna Melt Spudsters Beets Apricots	10 Chicken Alfredo Lasagna Corn & Squash Bake Cranberry Applesauce Dried Fruit & Ice Cream	11 Beef Steak and Gravy Mashed Potatoes Mixed Veggies Carrots Butterscotch Pudding	12 Sweet & Sour Pork Veggie Fried Rice Oriental Vegetables Pineapple Cup Glazed Doughnut
15 Mini Corn Dogs Potato Medley Broccoli Green Beans & Dip Layered Jell-O	16 Creamy Turkey & Veggies w/ Chickpea Pasta Warm Cranapple Sauce Peaches Ice Cream	17 Glazed Pork Roast Maple Sweet Potatoes WI Blend Vegetables Banana Cranberry White Choc Bar	18 Gyo Wrap Potato Wedges Pea Salad Grapes	19 Corned Beef Diced Potatoes Cabbage & Carrots Mixed Berry Mousse
22 Baked Chicken Calico Beans Scalloped Corn Cantaloupe	23 Beef Stew Cottage Cheese & Pineapple V8 Juice Jell-O Cake	24 Chicken Dumping Soup Half Veggie Wrap Orange Strudel	25 Mediterranean Salmon Over Brown Rice Zucchini & Yellow Squash Berry Shortcake	26 Swiss Steak Mashed Potatoes Cheesy Cauliflower Texas Bean Salad Frosted Brownie
29 Taco Salad Lettuce, Taco Meat, Tomatoes, Peppers, Blk Olives, Cheese, Corn Chips, Salsa, Sour Cream Ice Cream Bar	30 Breaded Chicken Sweet Potatoes Spinach Creamed Cucumbers Baker's Choice	31 Ital Sausage & Veggies Pea Pasta & Sauce Brussel Sprouts Tapioca Pudding & Cherries Hot Chocolate	 	

Marquette County Senior Nutrition Program

Senior Dining Sites

Endeavor Civic Center

400 Church St, Endeavor

Meals Served: **Wednesday at 11:30**

Oxford Village Hall

129 S. Franklin St, Oxford

Meals Served: **Tues & Thurs at Noon**

Montello Senior Center (Dome)

140 Lake Court, Montello

Meal Served: **Mon, Wed, Fri at Noon**

Packwaukee Town Hall

N3511 State St, Packwaukee

Meal Served: **Tues & Thurs at Noon**

Neshkoro Area Community Center

114 E Park St, Neshkoro

Meal Served: **Tues & Thurs at Noon**

Westfield Municipal Building

129 E. 3rd St, Westfield

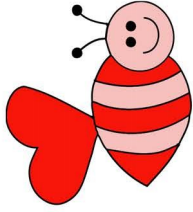
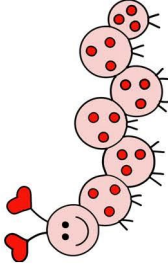


Meal Served: **Mon, Wed, Fri at Noon**

In addition to getting delicious meals, each site provides an opportunity to meet new people and participate in social activities. For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. To make a reservation, call **608-297-3146** the business day before by 3:00pm.

Home-delivered meals are available for those age 60 or older who are homebound and unable to prepare adequate meals on their own. . Please call for complete eligibility qualifications. Meals are delivered to participant's homes Monday thru 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**.

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

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>5 Ham Cheese Omelet Hash Brown Casserole Green Beans Apple Orange Cranberry Sauce</p>	<p>6 Roast Beef & Gravy Diced Potatoes Calico Corn Fruit Cup Turnover</p>	 <p>7 Chicken Alfredo over Chickpea Pasta Carrots Raspberry Bar Ice Cream</p>	<p>1 Diced Turkey & Gravy Irish Mashed Potatoes Key Largo Veggies Cranberry Sauce Éclair Cake</p>	<p>2 Deluxe Cheeseburger Tater Tots Asparagus Kiwi</p>
<p>5 Ham Cheese Omelet Hash Brown Casserole Green Beans Apple Orange Cranberry Sauce</p>	<p>6 Roast Beef & Gravy Diced Potatoes Calico Corn Fruit Cup Turnover</p>	<p>7 Chicken Alfredo over Chickpea Pasta Carrots Raspberry Bar Ice Cream</p>	<p>8 Chili & Cheese over Baked Potato Rutabagas Juice Sugar Cookie Bar</p>	<p>9 Cheese Pizza Mixed Veggies Peppers & Hummus String Cheese Pear</p>
<p>12 Beef Patty & Gravy Mashed Potatoes with Beans Root Vegetables Jell-O with Strawberries</p>	<p>13 Tortellini & Meat Sauce Italian Vegetables Side Salad Chocolate Cake</p>	<p>14 Breaded Pollock Sugar Snap Peas German Potato Salad Coleslaw Red Velvet Cupcakes</p>	<p>15 Pulled Pork & Gravy 5 Grain Blend & Veggies Cauliflower & Carrots Melon</p>	<p>16 Cr of Mushroom Soup Egg Salad Sandwich w/ Lettuce Bean Salad Pineapple Cup</p>
<p>19 Closed </p>	<p>20 Cantonese Ground Beef Casserole Over Noodles Asian Vegetables Cherry Pie</p>	<p>21 Swedish Meatballs Yellow Pea Pasta Squash Cranberry Fluff</p>	<p>22 Ham and Pineapple Green Bean Casserole Sweet Potatoes Peach & Raspberry Cup</p>	<p>23 Butternut Squash Ravioli Broccoli Cottage Cheese Fruit Parfait w/ Granola</p>
<p>26 Meatloaf Baby Bakers Wax Beans & Red Peppers Blueberry Mousse</p>	<p>27 Think Spring Salad Spinach, Chicken, Strawberries, Blueberries, Pineapple, Cheese Banana Split Dessert</p>	<p>28 Bacon Cheeseburger Casserole Stewed Tomatoes Pickled Beets Applesauce</p>	<p>29 BBQ Chicken Mashed Potatoes with Beans Peas and Carrots Watermelon</p>	

Elderly Benefit Specialist Program

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance 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 contact the Elder Benefit Specialist at **608-297-3103**.

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!

Dining site visits with the ADRC

Packwaukee– 1st Tuesday of the month

Westfield– 1st Wednesday of the month

Neshkoro– 2nd Tuesday of the month

Endeavor– 2nd Wednesday of the month

Oxford– 3rd Tuesday of the month

Montello– 3rd Wednesday of the month

Community Events - 2024

Marquette County Senior Citizens, Inc.

Senior Dome
140 Lake Ct.
Montello, WI 53949

Senior Citizens, Inc is an organization of senior citizens 50 years of age and above in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting living.

Any donations we receive will be greatly appreciated and will help us keep up with our operating cost.

Notices of our 2023 activities can be found posted on the front door of the Dome, and the Marquette County Tribune, posters around town and now on Facebook listed as Marquette County Senior Citizens. For more info. About membership or events please call (608) 297-7815.



* * * * *
 * Meg touched the lives of many in the community and her *
 * unexpected passing shocked us all. For those of you who did not *
 * know Meg, "She had a bubbly personality and a warm smile that *
 * could make anyone feel welcome." She loved spending time with *
 * her family and being outdoors. *
 * *
 * She will be greatly missed by all who had the privilege of knowing *
 * her. *
 * * * * *



Photo Submitted By:
Colleen Sengbusch

ADRC Events - 2024

January

- * **3rd**- Memory Café- Westfield Village Hall
10am-11:30am
- * **9th**- Caregiver Support Group- Montello
2pm-3:30pm
- * **22nd**- Virtual Caregiver Support Group- 6pm-7:30pm—Call
Melissa to register at 608-297-3148



February

- * **7th**- Memory Café- Westfield Village Hall 10am-11:30am
- * **13th**- Caregiver Support Group- Montello-
2pm-3:30pm
- * **15th-April 11th**- Stress Busting Program for
Dementia Caregivers- Virtually Thursday's-
6-8pm- Call Melissa to register at 608-297-
3148
- * **21st**- Stepping Up Your Nutrition- Westfield Village Hall-
1pm-4pm— Call Amelia at 608-297-3146
- * **26th**- Virtual Caregiver Support Group- 6pm-7:30pm—Call
Melissa to register at 608-297-3148



For more information on these events please visit the ADRC website at www.adrcmarquette.org or call 855-440-2372

To sign up to receive the newsletter electronically go to:
<https://www.mycommunityonline.com/find/marquette-county-department-of-human-services>

ADRC Roles

Jan Krueger, ADRC Director

We serve any person aged 60 years of age or older. A person who is disabled and age 17 years 9 months or older. Individuals who are caring for a disabled or older adult. Those who are concerned, about the welfare of a disabled or older adult, are also encouraged to contact us. The resources, programs, and options available may have more specific qualifications in addition to the age requirements. Please contact us to discuss your specific areas of needs or interests.

Kay Martin and Sharon Alden, Resource Specialists

The Resource Specialist provides information and assistance to the general public, but particularly to adults who are elderly or have a disability, as well as to a wide range of community resources. The Resource Specialist helps inform and educate people about their options and assists in connecting and enrolling them into public and private programs and services.

They continually raise community awareness and promote the ADRC through marketing and outreach activities. A Resource Specialist also provides options to help prioritize services based on a customer's values. They give specifics on eligibility criteria and how to apply for services and resources.

Jessica Bittelman, Disability Benefit Specialist

The Disability Benefit Specialist (DBS) assists persons with disabilities between the ages of 18 and 59, as well as those transitioning into adulthood at 17 years 9 months. The DBS can provide information, assistance, advocacy, and in some cases representation. A DBS can assist with initial applications, denials of eligibility, termination of benefits, and overpayments of both public and private benefits. Some of the programs and issues a DBS can assist with or provide information on include: BadgerCare Plus, Disability through the Social Security Administration, Extra help with Prescription Drug Costs, Food Share, Landlord/Tenant/Evictions, Medical Assistance, Medicare, Railroad Disability Benefits, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Utility Assistance, and Wisconsin Works (W-2).

Melissa Klebs, Dementia Care Specialist

Dementia Care Specialist (DCS) works to increase the dementia capability of the Aging & Disability Resource Center (ADRC), promote dementia-friendly communities, support caregivers and increase opportunities for people with dementia to remain in their own homes as long as is appropriate. Coordination of the National Family Caregiver Support Program (NFCSP), Alzheimer's Family Caregiver Support Program (AFCSP) and Caregiver Support Group. In addition to dementia programming the DCS oversees coordination of the Stress-Busting Program and Powerful Tools for Caregivers Program.

Colleen Sengbusch, Social Worker

Social work with the elderly and adults with disabilities, involving adult protective services (APS), guardianship (GN), protective placements (PP) and case management that includes both access/intake and ongoing responsibilities.

Elder Benefit Specialist

The Elder Benefit Specialist (EBS) assists persons 60 and older. The EBS can counsel persons about public and private benefits and help them apply for benefits. The EBS can sometimes assist people who have been denied a benefit that they think they are entitled to receive. An EBS can connect people to needed resources and can often advocate on a person's behalf. Benefit specialists can help with a variety of programs and issues, including: Medicare, Medical Assistance, SeniorCare, Extra help with Prescription Drug Costs, Food Share, SSI, Social Security, Landlord/Tenant/Evictions, Medical Debt Remediation, etc.

Steve Moore, Transportation Coordinator

The Transportation Specialist/Dispatcher is responsible for the scheduling and transporting of clients for the ADRC of Marquette County in the most efficient manner to and from destinations. This person also ensures that the fleet of vehicles is maintained in good and safe operating condition. Transportation of clients to various locations including Senior Dining Sites, shopping, recreational activities, medical and other appointments.

Amelia Cisewski, Nutrition Coordinator

The Nutrition Coordinator is responsible for coordinating the elderly nutrition and home-delivered meal programs. Performs assessments to determine eligibility for homebound meal program. Provides nutritional counseling and education to both meal site and home delivered meal participants. Collaborates with kitchen staff on the development of menus and approves menus following program requirements. Evaluates the elderly nutrition program to insure there are no barriers to participation. The Nutrition Coordinator oversees the following programs Walk with Ease, Stand Up for Your Health, Stepping On, and Living Well with Chronic Conditions.

If you would like more information about services provided by the ADRC call 855-440-ADRC (2372) or email adrc@co.marquette.wi.us.