

Marquette County Senior Citizen News

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

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We're looking for photos of
Marquette County for
the cover of our newsletter!
Submit your photos to Alex at
atruell@co.marquette.wi.us



January - February 2018

A winter path. Submitted by Amelia Cisewski.

YOU HAVE QUESTIONS... WE HAVE ANSWERS

And a new phone number! Give us a call.

My husband was just diagnosed with Alzheimer's disease. What community support is available?



I don't drive anymore. Who do I call for rides to my medical appointments?



Yesterday I fell for the first time. Now I'm afraid. What can I do to prevent future falls?



I was approved for disability but Medicare won't start for two years. What do I do now?

I'm struggling with care for my husband. What help is available?

I need more help at home, but I don't think I'm ready for a nursing home. What can I do? Are home delivered meals an option for me?

Medicare A, Medicare B, Medicare D... What does it all mean?

ADRC of Marquette County:
Connecting you with Supports and Services.
855-440-ADRC

Marquette County Elderly Nutrition Program

Marquette County's Elderly Nutrition Program provides safe, hot and nutritious meals for seniors across the county as well as make connections to services that promote independent living. The program is funded by donations from participants, their families, and combined with federal, state, and local dollars. Donations help provide healthy meals to your family, friends, neighbors, and other people in the community. For more information about the program, please call our office at **608-297-3146**.

The Marquette County Elderly Nutrition Program recently received a generous donation in honor of Norman Chapelle, who received home delivered meals for several years.



Caregiver Support Group

To take care of someone else, you need to take care of yourself.

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

Call Alex at 608-297-3102 for more information

Winter Weather Preparedness

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

WCWC Radio 96.1 FM

WDDC Radio 100 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 ahead 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 sufficient 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 food that are compact and lightweight.

Following are some suggested food items:

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



Marquette County Memory Cafe



Westfield Municipal Building
124 E. 3rd St, Westfield, WI

Wednesday, January 3rd, 2018
10am-noon



Please join us for conversation and fellowship!
The theme is **"Winter is for the birds!"** We will make pinecone bird feeders and learn about the birds of winter while enjoying snacks and refreshments in great company.
Hope to see you there!

Questions? Contact us at 1-888-308-6251
janet.wiegel@alzwisc.org or
kristine.biesenthal@alzwisc.org

If you would like to eat at the AddLIFE senior dining site following the memory café, please call 608-297-3146 at least 24 hrs in advance for lunch reservations.



Marquette County Memory Cafe

Memory Cafés are held **the first Wednesday of every month** from 10-Noon at the Westfield Village Hall (129 E. Third St).

For more info, please contact:

Janet Wiegel, Outreach Specialist
Alzheimer's & Dementia Alliance of Wisconsin
janet.wiegel@alzwisc.org **608-742-9055**

If you plan to stay for a meal at the dining site afterwards, please call 608-297-3146 to register. Transportation to and from Memory Café may be available through the Transportation Dept.

2018 Medicare Numbers Released

by the GWAAR Legal Services Team (for reprint)

The Centers for Medicare & Medicaid Services (CMS) recently announced the 2018 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, about 99% of Medicare beneficiaries receive premium-free Medicare Part A because they have at least 40 quarters of employment paying into Medicare taxes.

Medicare Part A costs

Description	2017	2018
Premium – 40 work credits	\$0	\$0
Premium > 30 work credits	\$227	\$232
Premium < 30 work credits	\$413	\$422
Deductible (per benefit period)	\$1,316	\$1,340
Daily coinsurance in hospital days 61-90	\$329	\$335
Daily coinsurance in hospital days 91-150	\$658	\$670
Daily coinsurance in a skilled nursing facility, days 21-100	\$164.50	\$167.50

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. Regardless of work quarters, everyone pays a Medicare Part B premium (unless a person qualifies for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis. As you can see from the chart below, the Medicare Part B premium and deductible amounts will remain the same in 2018.

Medicare Part B costs

Description	2017	2018
Premium	\$134	\$134
Deductible (annual)	\$183	\$183

In addition to Medicare Part A and B, it's important to take note of pricing changes on Medicare Part D drug plans and Medicare Advantage plans (optional). The last day of Medicare Open Enrollment is December 7th for plan changes taking effect in 2018.

Transportation Programs

If you need a RIDE to Westfield Senior Dining Site & Shopping in Westfield

Marquette County Human Services will coordinate and provide transportation for **people 60+** to the Westfield Senior Site on the **2nd Thursday** of the month.

Transportation will be provided to shop locally after the dining site (at approx. 1 pm).

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

\$5.00 copay

If you need a RIDE to Portage for shopping

Marquette County Human Services 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**.

\$15.00 copay

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, please contact Adam at **(608)297-3104** to make a donation.

Transportation Copays

<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

Grandparents Raising Grandchildren

We are looking for YOU!!

If you are interested in knowing more about it, please contact Dave Pepler, elementary school counselor in the school district of Westfield, for more details.

1-920-299-6725

peplerd@westfield.k12.wi.us

Conflict over Caregiving is Common

by Jane Mahoney, Older Americans Act Consultant for GWAAR

If caring for an older person is causing conflict within your family, you are not alone. Conflict is often part of family caregiving situations. Even the best of intentions to help mom or dad may cause tension. Because everyone approaches things differently, each family member's opinion about what is best for mom or dad can vary greatly. But there are steps you can take to keep family conflict at bay when dealing with caregiving concerns.

Why the conflict? Different attitudes toward family caregiving, depending on personality or family situation, can lead to conflict and alienation between siblings and other relatives. Sometimes the family member with the strongest personality dominates the decision-making process or takes on caregiving responsibilities without consulting other family members. Some family members might deny there is a need and be unwilling to offer assistance. There are also situations where people who have their own children to care for expect an unmarried or childless sibling (or other relative) to take on caregiving responsibilities. The unmarried family member may not welcome this expectation.

Minimizing conflict. Family caregivers need to recognize that conflict is not unusual and getting help is important. If differences continue, family relationships can be permanently damaged. Also, the person being cared for may feel guilt, believing he or she is the cause of conflict. The best way to approach family conflict is to get everyone concerned about the care of the person into the same room to discuss their feelings, create a care plan and assign responsibilities. Face-to-face discussion eliminates the potential for misunderstandings due to information being received second-hand. If conflict continues, the next best step is to get everyone in the same room but with a non-family member in the discussion. The person should be someone whose opinion everyone agrees to respect.

Other steps to take. Sometimes these suggestions just don't seem to work. Don't lose heart. Resolving conflict among families takes time. Be patient and keep doing your best at open, honest communication. Attending a support group by yourself or with family members can also be helpful. Other members may share ideas that worked in similar situations, and you will have the reassurance that you are not alone in your struggles! Lastly, seeking professional counseling as an individual or with family members can greatly improve the situation.

If you are dealing with conflict over family caregiving issues, contact the ADRC of Marquette County at 855-440-ADRC for 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 **Colleen at (608) 297-3101** for either of these programs.

Food Share Program

Food stamps are issued to ensure an adequate and nutritious diet to low-income households. Non-financial eligibility requirements for the Food SHARE Program include WI Citizenship and a Social Security number for each household member. If you are over age 60, you do not have to register for employment. If under the 200% Federal Poverty Level, there is NO asset test. You would contact the East Central Income Maintenance Partnership at 1-888-256-4563 or the Elderly Benefit Specialist if you are over 60 for more information.

Gross Income Limits/Month	130% FPL	200% FPL
Single	\$1,287	\$1,980
Couple	\$1,736	\$2,670

FUEL ASSISTANCE - to apply call 608-297-3124

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	\$6,650.25
2 IN HOUSEHOLD	\$8,696.25
3 IN HOUSEHOLD	\$10,742.50
4 IN HOUSEHOLD	\$12,788.75

(NOTE: Income limits increased since last issue!)



A New Shingles Vaccine is On Its Way

by the GWAAR Legal Services Team (for reprint)

Shingles is caused by the varicella zoster virus, which almost all older Americans harbor from getting childhood chickenpox. If you're over age 80, you stand a one-in-three to one-in-two chance of getting shingles. Shingles symptoms include a painful, itchy rash that develops on one side of the body, lasting for two to four weeks. The pain associated with shingles is often described as burning, shooting or stabbing. Lingering and debilitating nerve pain may occur after contracting shingles, which is why preventing it is so important.

The currently available shingles vaccine, called Zostavax, prevents roughly half of shingles cases in people over age 60. The new vaccine, Shingrix—expected to be available by early 2018—has been shown to prevent more than 90 percent of shingles cases, even at older ages. The new vaccine may also protect people with compromised immune systems, which is helpful for older individuals who may be undergoing chemotherapy or transplants, have H.I.V., or take steroids. This is because the new shingles vaccine is a non-live vaccine; the old vaccine was made with a weakened live virus.

The old vaccine will remain on the market, but the Centers for Disease Control and Prevention (CDC) will be making Shingrix its preferred vaccine and will recommend it for all adults over age 50 and younger individuals with compromised immune systems. Medicare and Medicaid will update its coverage of Shingrix as soon as the CDC publishes its recommendations.

Even if you've already received the old vaccine, it is recommended to also get the Shingrix vaccine because of how much more effective it is. Of course, as with any vaccine, talk with your healthcare provider about the pros and cons for your individual health needs.

Annual Heating Moratorium Started Nov. 1

Wisconsin law prohibits utility companies from turning off electricity or natural gas to customers who are behind in payments from November 1 until April 15. However, this does not apply to customers who have already been disconnected prior to November 1.

Customers who are currently disconnected and who have not made arrangements to pay their bills should call their utility companies right away. Utility companies do not have to reconnect service until a payment plan is in place. This means that the disconnection could last through the winter.

Energy assistance is available for eligible households through the Wisconsin Home Energy Assistance Program (WHEAP). Eligibility is based on income. For more information about this program, call 1-866-HEATWIS (432-8947), or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency .



Medicare Provides Annual Doctor Visits, but Not Regular Physicals

by the GWAAR Legal Services Team (for reprint)

Did you know that Medicare pays for a “Welcome to Medicare Visit” and an “Annual Wellness Visit?” It is important to recognize that neither of these visits are physical exams.

The Welcome to Medicare Visit is a one-time preventative visit. The visit must happen within one year of Medicare Part B enrollment. The goals of the visit are health promotion, disease prevention, and detection. This Welcome to Medicare Visit includes a review of your medical and social history related to your health, as well as education and counseling about preventive services. Your doctor will obtain your height, weight, body mass index, blood pressure, and conduct a vision test. The Welcome to Medicare Visit allows you to talk to your doctor about important screenings and vaccines you may need.

In addition to the Welcome to Medicare Visit, Medicare covers an Annual Wellness Visit. The Annual Wellness Visit is similar to the one-time Welcome to Medicare Visit. The Annual Wellness Visit focuses on your plan for preventive care in the upcoming year. The first Annual Wellness Visit provides a Health Risk Assessment, which will be updated in future years. If you didn't receive a Welcome to Medicare Visit, you can still have an Annual Wellness Visit. Medicare will only cover the Annual Wellness visit once every 12 months. Your Annual Wellness Visit should also not be scheduled within 12 months of your Welcome to Medicare visit.

When you schedule these appointments, you must state that you are scheduling the Welcome to Medicare Visit or Annual Wellness Visit. If you do not specify this, you likely will receive a regular physical exam. **Medicare will never cover a routine physical exam.**

What do these services cost?

You do not pay anything for the Welcome to Medicare Visit or the Annual Wellness Visit, if your doctor accepts Medicare assignment.

If your doctor performs additional tests or services during either visit, for example blood tests or lab work, the standard the Medicare Part B coinsurance (80/20%) and deductible will apply.

Note: People who are enrolled in Medicare Savings Account (MSA) plans pay 100% of the Medicare re-approved amount for their health costs (including preventive services) until their deductible is met.

Early Social Security Retirement Benefits & Medicaid by the GWAAR Legal Services Team (for reprint)

Many people hear that it is best to wait until age 70 to collect Social Security retirement benefits, if you can afford it. The reasoning behind this recommendation is that for each year after your full retirement age (FRA) up to age 70, your benefits increase. Similarly, if you begin collecting your Social Security retirement benefits before you reach your full retirement age, your benefit amount is reduced – and reduced permanently! Locking in this fixed income at a low amount can be daunting for many people, hence the recommendation to wait until age 70 if you can.

However, what these recommendations fail to address is how Social Security retirement income affects people needing Medicaid. As soon as a person reaches age 62, he or she is entitled to collect early Social Security retirement benefits. For a person also on Medicaid (or considering Medicaid in the near future), the early retirement benefit he or she is entitled to at age 62 is considered available income because 1) it is actually available, 2) the person has a legal interest in it, and 3) the person has the legal ability to make it available for support and maintenance. Put more simply, if you needed to go and grab that money, you could. Therefore, the Medicaid program will count this income for eligibility purposes whether you're actually receiving it or not because you could go and get it to use for your care if you needed to.

Medicaid is designed to be a program and payer of last resort, which is why it requires people to utilize all income and assets first to pay for their health care. Therefore, if you could get early Social Security retirement income (even though it is a lower amount than if you waited until FRA or age 70), Medicaid is going to ask that you try and get that money to pay a portion of your health care as soon as you can.

Tax and retirement planning often fails to consider Medicaid implications, and this is just another example. If you have any questions about timing the collection of your Social Security retirement benefits and Medicaid, you can talk to the Elder Benefits Specialist in your county, or visit these websites:

· to get an estimate of your benefits: <https://www.ssa.gov/retire/estimator.html>

· to determine your full retirement age:
<https://www.ssa.gov/planners/retire/ageincrease.html>

Protect Yourself from Identity Theft by the GWAAR Legal Services Team (for reprint)

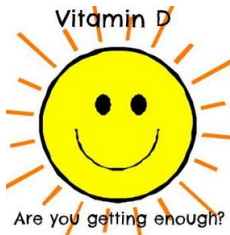
It's important to protect yourself from identity thieves looking to use your personal information to commit fraud. They may try to use your credit cards, access your bank accounts, or even open new accounts in your name. This can happen if someone has access to any combination of the following information: name, address, date of birth, social security number, ATM pin (Personal Identification Number), bank account number, credit card number, or Medicare number.

The following are some steps you can take to prevent an identity thief from getting a hold of your personal information:

- ◆ Don't carry your Social Security card or use your social security number as a password.
- ◆ If you don't need to save them, shred bills, bank statements, receipts, credit card offers, and any other items that have your personal or financial information.
- ◆ If you're going out of town, have the post office hold your mail.
- ◆ Never give out personal information unless you initiated contact.
- ◆ Sign up for the Do Not Call Registry at <https://www.donotcall.gov/> or by calling 1-888-382-1222 from the phone you're registering.
- ◆ Stop pre-approved credit card offers by using the Opt Out website at www.optoutprescreen.com or by calling 1-888-567-8688.
- ◆ Check your bills, bank statements, and Medicare summary notices as soon as you get them to make sure there are no unauthorized charges. If there are, report them right away.
- ◆ Keep updated antivirus protection, spyware protection, and a firewall on your computer.
- ◆ Check your credit report each year. You can get a free credit report at www.annualcreditreport.com or by calling 1-877-322-8228.
- ◆ If you see anything out of the ordinary on your financial statements or credit reports, no matter how small, you should take action immediately.
- ◆ Tell your bank that your identity was stolen even if your bank accounts haven't been accessed and your ATM card wasn't used. Your bank can reopen your accounts with new numbers and give you a new ATM card with a different number and PIN.
- ◆ Contact your credit card company if someone has opened a new credit card in your name.
- ◆ Report the theft to police. Your local police department has to prepare a police report even if the identity theft happened somewhere else. Make sure you get a copy of the report for yourself.
- ◆ Tell the Department of Motor Vehicles if your driver's license or ID card was stolen.
- ◆ Consider putting a fraud alert on your credit report by contacting one of the three credit reporting agencies: Transunion (1-800-680-7289), Experian (1-888-397-3742), or Equifax (1-800-525-6285). The fraud alert will last for 90 days, and it will require businesses to take extra steps to verify your identity before opening an account for you.
- ◆ Consider putting a security freeze on your credit report. The freeze will remain in place until you release it. In order to request a freeze, contact each of the three credit reporting agencies. Unless you have a police report, each agency will charge \$10.
- ◆ File an identity theft complaint with the Bureau of Consumer Protection. You can file a complaint by obtaining a complaint form online at www.datcp.wi.gov or by calling 1-800-422-7128.

Keeping Healthy Bones & Joints this Winter

by Amelia Cisewski, RDN, CD



Vitamin D helps your body absorb calcium, which helps prevent bone loss and fractures. It also helps keep the right amount of calcium and phosphorus in the blood.

Sources of Vitamin D

- The body makes Vitamin D when skin is directly exposed to sunlight. This is the body's most efficient way of getting vitamin D.
- Very few foods naturally contain vitamin D. They include fatty fish (such as salmon or tuna), beef liver, cheese, egg yolks, and mushrooms.
- Fortified foods provide the most vitamin D in American diets. Majority of milk is fortified as well as many cereals, orange juice, and yogurt.

How much Vitamin D do you need?

The Recommended Dietary Allowance (RDA) for individuals 1-70 years is 600 IUs and for those 71 years or older is 800 IUs.

Older adults tend to be at greater risk of not getting enough vitamin D because they tend to get less sun

exposure and their skin does not make vitamin D with sun exposure as effectively as when they were young. Also their kidneys are less able to convert vitamin D to its active form.

Vitamin D Supplementation

If an individual is not getting enough Vitamin D through sunlight and diet, it is recommended to supplement. According to the National Institute on Health, supplements of Vitamin D₃ (700-800 IU/day) and calcium (500-1,200mg/day) have been shown to reduce the risk of bone loss and fractures in elderly people aged 62-85 years. However, it is important to discuss vitamin D supplementation with your doctor because it does interact with some medications.

Vitamin D and Inflammation

Vitamin D has recently been proven to increase anti-inflammatory cytokines and decrease proinflammatory cytokines in the body. This can lead to reduced inflammation and pain. Individuals with chronic inflammatory diseases, such as arthritis and asthma, may benefit from vitamin D supplementation if they are currently vitamin D deficient.

Inflammation and Foods

There are many foods that may decrease inflammation as well as increase inflammation.

Some foods that may reduce inflammation:

- Mono-unsaturated fats and Omega-3 fatty acids (such as olive oil or fish oil)
- Many fruits and vegetables contain antioxidants with anti-inflammatory properties (such as berries, beets, spinach) as well as whole grains, ginger, and garlic

Some foods that may increase inflammation:

- Foods high in added sugar, refined flour/breads, trans fats, processed and fried meats



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 1-4 PM. The following schedule is suggested:

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

(For each additional household member over 10 add \$641 monthly)

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

Free Blood Pressure Screenings - Divine Savior Healthcare

No appointment necessary! Call (608) 745-6289 for more information.

Divine Savior Hospital in Portage: Every Wednesday, 1-5pm

Crossroads Clinic in Oxford: 2nd Friday of the month, 12-3pm

Pardeeville Clinic: 4th Friday of the month, 1-3:30pm

2018 Social Security Changes

by the GWAAR Legal Services Team (for reprint)

The Social Security Administration recently announced that beneficiaries will receive a 2% increase in 2018 due to the cost of living adjustment. Starting in January, individuals receiving the following benefits: Social Security retirement, survivors, and disability, will see a modest increase in their monthly benefit amount. People who receive the federal needs based benefit Supplemental Security Income (SSI), will see their monthly benefit increase from \$735 to \$750. The Wisconsin state supplement for SSI will remain the same at \$83.78.

Remember, Social Security retirement, survivor, and disability benefits are paid out one month after they are earned. For example, the July benefit is paid in August. Therefore, beneficiaries will not receive the increased benefit amount until February. Additionally, beneficiaries who pay a Medicare Part B premium will likely not notice a net increase in their Social Security benefits because the increase will go towards paying their Medicare Part B premium. Also, Social Security has a “hold harmless” provision that protects beneficiaries from paying the full amount of a Medicare Part B premium if the Social Security benefit checks did not go up by a corresponding amount. This provision protected beneficiaries from incurring the full increase in the Medicare Part B premium (a \$12.20 increase) that occurred in 2017; however, with a 2% increase in Social Security benefits in 2018, this will cause beneficiaries to be responsible to pay a larger portion of the premium increase.

For 2018, the maximum Social Security benefit for a worker retiring at full retirement age is \$2,788.

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 Endeavor Sharing Suppers are held on the last

Wednesday of each month at the Endeavor Elementary School, 414 Church St, Endeavor, WI from 5:00-6:30pm.







For more information regarding Endeavor's Sharing Supper, please email:

endeavorsharingsupper@gmail.com

IS IT GETTING HARDER for you to take care of your feet?

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 9, 18, & 23

February 7, 13, & 20

Call for an Appointment! 608-297-3135

Upcoming Immunization Clinic Dates

Westfield Municipal Building

Jan. 8 & 22 (12:30-4:30)

Feb. 5 (12:30-4:30)

Marquette County Health Dept.

Jan. 15 & 25 (8:30-4)

Feb. 12 & 22 (8:30-4)



Endeavor Civic Center

Jan. 4 (11-3:30)

Add LIFE Senior Dining Site Menu

January 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Closed Happy New Year! J	2 Potato Crusted Fish Potato Pancakes Brussel Sprouts Muffin	3 Chicken Breast with Gravy Mashed Potatoes WI Blend Vegetables Cake and Ice Cream	4 Unstuffed Cabbage Casserole Broccoli Lemon Bars	5 Bacon & Cheese Egg Bake Potatoes O'Brien Juice Warm Apples	
8	Baked Potato Casserole Beets Dried Fruit Cake	9 Swiss Steak Mashed Potatoes Peas Orange Cup	10 BBQ Pulled Pork Red Diced Potatoes Festival Blend Veggies Bakers Choice	11 Chunky Vegetable Soup Oriental Chicken Wrap Snicker Apple Salad	12 Hamburger/Bun Lettuce, Tomato, Pickle Tater Tots Corn Pretzel Dessert	
15	Chili Hominy Vegetable Salad Apple Slices	16 Lemon Pork & Broccoli Garden Blend Rice Rutabagas Brownie	17 Beef & Vegetables Egg Noodles Cauliflower Banana Split Dessert	18 Scalloped Potatoes With Ham Sliced Carrots Cake	19 Sliced Turkey Sweet Potatoes with Peach- es Asparagus Choc. Oatmeal Bar	
22	Hawaiian Meat- balls Rice with Vegetables Oriental Blend Veggies Yogurt Cup	23 Tuna Casserole Capri Blend Vegetables V8 Carrot Cake Trifle	24 Chicken Tenders Potato Wedges Edamame Succotash Cherry-Berry Fluff	25 Cheesy Potato Soup Hot Ham cheese on a croissant Under the Sea Salad Fruited Turnover	26 Corned Beef Baby Bakers Cabbage & Carrots Bakers Choice	
29	Baked Pollock Baked Beans Peas and Carrots Fruit cup	30 Chicken Broccoli Alfredo Pasta Fall Blend Vegetables Cupcake	31 Meatloaf Baked Potato Green and Wax Beans Cookie			

NOTE: All meals include milk and bread (if not listed).

Marquette County Nutrition Program

MONTELLO: Marquette County Senior Center (Dome)

140 Lake Ct. (next to Library)

Serving Mon.—Fri. at Noon

OXFORD: (Village Hall)

129 S. Franklin

Serving Tues. and Thurs. at 11:45 AM

PACKWAUKEE: (Town Hall)

N3511 State St.

Serving Mon. and Fri. at 11:30 AM

WESTFIELD: (Municipal Bldg.)

129 E. 3rd St.

Serving Mon.—Fri. at Noon

NESHKORO: (Senior Center/Library)

132 S. Main St.

Serving Mon., Wed., Fri. at Noon

ENDEAVOR: (Civic Center)

400 Church St.

Serving Wed. at Noon

Call (608) 297-3146 or (877) 627-6767 Ext. 3146

for meal reservation one weekday in advance by 3 PM

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 and partake in activities that keep them active, promoting healthy living. Members enjoy state wide trips, card playing, and Wii bowling tournaments. Members receive discounted rates at area businesses and invitations to member events.

A few upcoming events:

Stretch/Exercise Classes are held Mon, Wed, Fri 10-11am at the Dome

Wii Bowling leagues with 2 person teams - Tuesdays and Thursdays, 1pm at the Dome

We always welcome new members- and to current members, please remember to renew

We are open to suggestions for future trips and activities for 2018

For more information about membership or events,
please call (608) 297-7815 between 10:30 am and 1:00 pm.

Add LIFE Senior Dining Site Menu

February 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 Country Style Ribs Mashed Potatoes California Blend Veggies Cinnamon Applesauce	2 Winter Chowder PB&J Sandwich Veggies & Dip Scone	
	5 BBQ Chicken 5 Grain Blend Root Vegetable Mix Watermelon Salad	6 Meatballs and Gravy Mashed Potatoes Spinach Bake Vanilla Pudding/ Oranges	7 Italian Sausage with Peppers and Onions Pasta Italian Blend Veggies Cake and Ice Cream	8 French Dip Sandwich Potato Chips Kale Salad Blueberry Cup	9 Healthy Turkey Skillet Caramelized Carrots Hot Country Apples Vanilla Ice Cream	
	12 Lasagna Bean Medley Spinach Salad Cake	13 Cream of Asparagus Soup Turkey and Cheese On Wild Rice Bread Creamy Tropical Fruit	14 Tilapia Fillet Maple Glazed Sweet Potatoes Mixed Vegetables Brownie Trifle	15 Teriyaki Chicken With Vegetables Rice Sugar Snap Peas Egg Roll Peach Bars	16 Tomato Soup Egg Salad Sandwich Carrots & Dip Grapes	
	19 Closed President's Day	20 Beef Stew Roasted Brussel Sprouts Biscuit Croissant Dessert	21 Brat on a Bun Wi Blend Vegetables Potato Salad Peach Cup	22 Shredded Turkey And Gravy Rice with Vegetables Stewed Toms/Zucchini Cake	23 Mac & Cheese With Lobster Broccoli Apples/Dip Cookie N Cream Bar	
	26 Chicken Spaghetti Squash Mixed Greens Mint Chocolate Bar	27 Cooks Choice Pasta Salad Graham Crackers with Choc Chip Dip	28 Pork Roast Rosemary Roasted Potatoes Creamed Peas Tapioca Pudding/Cherries			

NOTE: All meals include milk and bread (if not listed).

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, **Colleen Sengbusch** at 608-297-3101.

Outreach & Information Updates with Colleen (after lunch)

Jan. 10 & Feb. 14	Endeavor AddLIFE Center
Jan. 15 & Feb. 12	Neshkoro AddLIFE Center
Jan. 25 & Feb. 22	Oxford AddLIFE Center
Jan. 22 & Feb. 26	Packwaukee AddLIFE Center
Jan. 23 & Feb. 27	Westfield AddLIFE Center
Jan. 24 & Feb. 28	Montello AddLIFE Center

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

Activity Calendar (E= Endeavor, M= Montello, N= Neshkoro, O= Oxford, P= Packwaukee, W= Westfield)							January 2018	
SUN	MON	TUES	WED	THURS	FRI	SAT		
	1 Happy New Year! Dining Sites Closed No Home Delivered Meals	2 M: Wii Bowling & Cards W: Cards O: Wii Bowling	3 M: Stretch/Exercise 10am Book Club 12:30 Cards (Baseball) W: Yoga w/Sheena 11am N: Wii Bowling before Lunch 11am E: Trivia	4 M: Wii Bowling & Cards W: Wii Bowling 10:30 O: Chair Exercises	5 M: Stretch/Exercise 10am W: Cards N: Wii Bowling before Lunch 11am P: Bingo		6	
7	8 M: Stretch/Exercise 10am Cards (Hockey) W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am Cards 12:30 P: Trivia	9 M: Wii Bowling & Cards Executive Board Meeting 9am (Marquette Co. Senior Citizens) W: Cards O: Wii Bowling	10 M: Stretch/Exercise 10am General Membership Meeting 11 W: Yoga w/Sheena 11am Fun w/Sheena N: Wii Bowling before Lunch 11am Kris Bergh (CVSO) E: Trivia, Updates w/Colleen (EBS)	11 M: Wii Bowling & Cards W: Wii Bowling 10:30 Hal Smith O: Chair Exercises	12 M: Stretch/Exercise 10am W: Bingo N: Wii Bowling before Lunch 11am Hug in a Mug (Sue Allen) P: Bingo		13	
14	15 M: Stretch/Exercise 10am Cards (Hockey) W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am Updates w/Colleen (EBS) P: Trivia	16 M: Wii Bowling & Cards W: Cards O: Wii Bowling	17 M: Stretch/Exercise 10am Cards (Baseball) W: Yoga w/Sheena 11am N: Wii Bowling before Lunch 11am John Muir Adventure (Kathleen McGwin) E: Trivia	18 M: Wii Bowling & Cards W: Wii Bowling 10:30 Principal Parman w/students Aaron the Librarian Book Club 1pm O: Chair Exercises	19 M: Stretch/Exercise 10am W: Cards N: Wii Bowling before Lunch 11am P: Bingo		20	
21	22 M: Stretch/Exercise 10am Cards (Baseball) W: Wii Bowling 10:30 Police Chief Louis Randolph N: Wii Bowling before Lunch 11am P: Trivia, Updates w/Colleen (EBS)	23 M: Wii Bowling & Cards W: Cards Updates w/Colleen (EBS) O: Wii Bowling	24 M: Stretch/Exercise 10am Updates w/Colleen (EBS) W: Yoga w/Sheena 11am Fun w/Sheena N: Wii Bowling before Lunch 11am Fact/Fiction (Librarian Cheryl) E: Trivia	25 M: Wii Bowling & Cards W: Wii Bowling 10:30 O: Chair Exercises Updates w/Colleen (EBS)	26 M: Stretch/Exercise 10am W: Cards N: Wii Bowling before Lunch 11am Music with Roger Krueger P: Bingo		27	
28	29 M: Stretch/Exercise 10am Cards (Hockey) W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am P: Trivia	30 M: Wii Bowling & Cards W: Cards O: Wii Bowling	31 M: Stretch/Exercise 10am W: Fun w/Sheena 11am N: Wii Bowling before Lunch 11am Cards 12:30 E: Trivia					

February 2018

Activity Calendar (E= Endeavor, M= Montello, N= Neshkoro, O= Oxford, P= Packwaukee, W= Westfield)

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 M: Wii Bowling & Cards W: Wii Bowling 10:30 Dr. Steve Hines, DVM O: Chair Exercises	2 M: Stretch/Exercise 10am W: Cards N: Wii Bowling before Lunch 11am Fire Safety (Ranger Sarah) P: Bingo	3
	5 M: Stretch/Exercise 10am Cards (Baseball) W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am Senior Safety (Lt. Aaron Williams) P: Trivia	6 M: Wii Bowling & Cards W: Cards O: Wii Bowling	7 M: Stretch/Exercise 10am Book Club 12:30 Cards (Hockey) W: Yoga w/Sheena 11am Fun w/Sheena N: Wii Bowling before Lunch 11am E: Trivia	8 M: Wii Bowling & Cards W: Wii Bowling 10:30 O: Chair Exercises	9 M: Stretch/Exercise 10am W: Bingo N: Wii Bowling before Lunch 11am P: Bingo	10
11	12 M: Stretch/Exercise 10am Share a Joke W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am Updates w/Colleen (EBS) P: Trivia	13 M: Wii Bowling & Cards Executive Board Meeting 9am (Marquette Co. Senior Citizens) W: Cards O: Wii Bowling	14 M: Stretch/Exercise 10am General Membership Meeting 11 Wear Red for Valentine's Day W: Yoga w/Sheena 11am N: Wii Bowling before Lunch 11am Valentine's Party (Wear Red) E: Trivia, Updates w/Colleen (EBS)	15 M: Wii Bowling & Cards W: Wii Bowling 10:30 Principal Parman & students Aaron the Librarian Book Club O: Chair Exercises	16 M: Stretch/Exercise 10am W: Cards N: Wii Bowling before Lunch 11am P: Bingo	17
18	19 M: Stretch/Exercise 10am Cards (Baseball) W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am P: Trivia	20 M: Wii Bowling & Cards W: Cards O: Wii Bowling	21 M: Stretch/Exercise 10am Share a Funny Story W: Yoga w/Sheena 11am Fun w/Sheena N: Wii Bowling before Lunch 11am Fact/Fiction (Librarian Cheryl) E: Trivia	22 M: Wii Bowling & Cards W: Wii Bowling 10:30 O: Chair Exercises Updates w/Colleen (EBS)	23 M: Stretch/Exercise 10am W: Bingo N: Wii Bowling before Lunch 11am Wellness through Exercise (Amanda Kutcher) P: Bingo	24
25	26 M: Stretch/Exercise 10am Cards (Hockey) W: Wii Bowling 10:30 N: Wii Bowling before Lunch 11am P: Trivia Updates w/Colleen (EBS)	27 M: Wii Bowling & Cards W: Cards Updates w/Colleen (EBS) O: Wii Bowling	28 M: Stretch/Exercise 10am Updates w/Colleen (EBS) W: Yoga w/Sheena 11am N: Wii Bowling before Lunch 11am Music with Roger Krueger E: Trivia			

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