

# Marquette County Senior Citizen News

MARQUETTE COUNTY DEPT. OF HUMAN SERVICES

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

**March - April 2018**



*First days of spring. Submitted by Meg Wandrey.*

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

# 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**

## Free Seminars on Long-Term Care & Medicare

On **May 16th**, the Aging and Disability Resource Center of Marquette County will be presenting two free educational seminars at the DHS building, 428 Underwood Avenue in Montello. Two Medigap Insurance Specialists with the State of WI Board on Aging and Long Term Care will answer your questions on planning for the future.

**Fitting the Pieces Together with Medicare (10-noon)** presented by Cheryl Zautcke.

**Long Term Care: Planning for My Future Needs! (1-3)** presented by Steve Shapiro.

During these presentations, you will learn about the many facets of Medicare & Long-Term Care. They'll talk about insurance products that are available to go along with Medicare and help pay for Long-Term Care, and examine how they apply to you. There will be ample time for questions. The more you know, the better able you will be to choose solutions that help you navigate the future!

Please call the ADRC at **855-440-2372** to register. Reservations will guarantee an information packet.

### ***Caregiver Support Group***

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

3<sup>rd</sup> 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

# Powerful Tools FOR Caregivers



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally, & financially exhausting. Connect with Resources Balance your Life Take Care of Yourself



**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once a week for 6 weeks

**Dates:** Mondays, June 4 – July 9, 2018

**Time:** 10:00 am – 11:30 am

**Location:** ADRC of Marquette County  
428 Underwood Ave., Room #151  
Montello

**Cost:** Workshop is FREE!  
\$20 for Caregiver Help book

**Space is limited!**  
**Call the ADRC to register!**  
**1-855-440-2372**

**In home respite available. Inquire upon registration.**

# Marquette County Memory Cafe



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

Wednesday, March 7, 2018  
10am-noon



Please join us for friendly conversation, delicious snacks, and fabulous fellowship! This month's theme is **A Wee Bit O' Irish!** Come dressed in your favorite shade of green and take a tour of Ireland with us! Hope to see you there!

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



## Upcoming Foot Clinic Dates

March 9, 13, & 22  
April 4, 10, & 25

Call for an Appointment! 608-297-3135

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

# 6 10 Things to Know About Your New Medicare Card

by the Dept. of Health & Human Services and the Centers for Medicare & Medicaid Services

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

# 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 **2<sup>nd</sup> 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 **4<sup>th</sup> 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**

Destination	Copay
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.

## Upcoming Immunization Clinic Dates

### Westfield Municipal Building

March 5 & 19 (12:30-4:30)

April 2 & 16 (12:30-4:30)

### Marquette County Health Dept.

March 12 & 22 (8:30-4)

April 9 & 26 (8:30-4)



Public Health  
Prevent. Promote. Protect.

### Endeavor Civic Center

April 5 (11-3:30)

## Watch for Tax Forms for Health Insurance

by the GWAAR Legal Services Team (for reprint)

Do you know if you received “minimum essential coverage” in 2017? Minimum essential coverage (also called “qualifying health coverage”) meets the Affordable Care Act requirement of having health coverage. If you had minimum essential coverage in 2017, you do not have to pay a tax penalty, but you must still prove to the IRS (Internal Revenue Service) that you had the right kind of health coverage to avoid paying a fine.

In order to prove to the IRS that you had the right kind of health coverage last year, you will have to do one of three things:

1. If you receive coverage from BadgerCare Plus or Medicaid for the Elderly, Blind, or Disabled in Wisconsin, then DHS (the Department of Health Services) will mail your form 1095-B by early February, 2018, and you must fill it out and send it in to the IRS.
2. If you need to file a tax return for 2017, you must check the correct box regarding your health insurance.
3. If you don't file a tax return for 2017 and don't receive a form from DHS, you must obtain the form and fill it out, and return it to the IRS.

There are other types of coverage considered minimum essential coverage, including the following:

- Any health plan bought through the Health Insurance Marketplace;
- Any “grandfathered” individual insurance plan you've had since March 23, 2010 or earlier;
- Any job-based plan, including retiree plans and COBRA; Medicare Part A or Part C (but Part B coverage by itself doesn't qualify);
- Certain types of Veterans health coverage; and
- Most TRICARE plans.

Vision care or dental care alone, workers' compensation, coverage only for a specific disease or condition, or plans that offer only discounts on medical services are not considered minimum essential coverage.

If you're unsure if your health coverage will keep you from paying the penalty, you can always contact your plan. Plans are required to send you proof annually regarding your coverage status, as well as any time you request it. If you receive a form in the mail and have questions, you can call the Wisconsin assistance line at 1-866-667-9419.



## 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.

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

## 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:

<b>1 IN HOUSEHOLD</b>	<b>\$6,650.25</b>
<b>2 IN HOUSEHOLD</b>	<b>\$8,696.25</b>
<b>3 IN HOUSEHOLD</b>	<b>\$10,742.50</b>
<b>4 IN HOUSEHOLD</b>	<b>\$12,788.75</b>

(NOTE: Income limits increased at the start of 2018!)



## 2018 AARP Tax Aide Program

Marquette County offers tax preparation and filing assistance via the AARP Tax-Aide Program. This is the 11<sup>th</sup> year this service has been available, and last year over 350 residents were able to e-file their taxes for free.

This program is a service of the Marquette County UW Cooperative Extension Office in conjunction with AARP. It is a **FREE** service and open to anyone. There are no age or income guidelines. The program cannot do farm, business, or complicated filings involving depreciation, etc. or if you're "married filing separately".

**You must call the UW Extension office for an appointment at 608-297-3141** from 8am-4:30pm Monday through Friday.

Appointments are held at the Montello Service Center and Westfield Village Community Center through the beginning of April. You will need to bring copies of your prior year's federal and state taxes filed, as well as other pertinent information like W-2s, Social Security benefit statements, bank interest and dividend statements, etc.

Appointments in Montello (DHS Building, 428 Underwood Avenue, Room 106):

**March 5, 6, 7, 9, 14, 15, 16, 19, 20, 21, 23** ☺ **April 2, 3, 4, 5, 6, 9, 10, 11**

Appointments in Westfield (Village Hall, 129 E Third St):

**February 21, 23, 26, 27, 28** ☺ **March 1, 26, 27, 28, 30**

## New Phone Scam Impersonating Quartz Insurance

Quartz is a new HMO (Health Maintenance Organization) providing services for Badger-Care Plus members in 2018. Please be aware that spam phone calls are being made using the Quartz name. If you get a phone call from someone saying they are from Quartz and asking for personal and financial information, hang up right away. Do not provide any personal or financial information. If you would like more information or would like to directly contact Quartz, call 1-800-362-3310.

It's important to remember that if you are getting health care benefits, the Department of Health Services (DHS) will **not** call you seeking personal or financial information. If you are unsure of who you are talking to, hang up, and call your agency or Member Services at 1-800-362-3002.

The Federal Trade Commission (FTC) advises consumers not to give out personal or financial information to people you do not know through phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open a new credit card, checking, or savings account, write fraudulent checks, or take out loans in your name.



EVENING MEAL

# PUT A LITTLE SPRING IN YOUR STEP

SENIOR NUTRITION PROGRAM PRESENTS:  
DON PEACHY AND THE BAND

April 17<sup>TH</sup>, 2018

**4PM-5PM MUSIC BY: DON PEACHEY AND THE BAND**  
**5PM EVENING MEAL**

CONTINUATION OF MUSIC AND DANCING FOLLOWING THE MEAL

WESTFIELD ADDLIFE CENTER – WESTFIELD MUNICIPAL BUILDING

129 E 3<sup>RD</sup> STREET, WESTFIELD WI 53964

Reservations are required as space is limited.  
Suggested donation of \$3.00 for age 60 and over.

Please call **608-297-3146**  
to reserve your spot!



# Eat Right and Reduce Food Waste

By Amelia Cisewski, RDN, CD

It's been estimated that Americans throw away 90 billion pounds of food each year either at home or while dining out. That amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmer's fields.

Not all food that is wasted can be saved and eaten, but we can try to prevent some of the food waste, especially at home.

A good place to start is right in your own kitchen. Here are some tips that can help.

## Plan Meals Based on the Foods You Already Have on Hand

- Look in the refrigerator, freezer and pantry for foods that need to be used up
- Write a list of the ingredients you still need
- Buy only the amount that can be eaten or frozen within a few days. This is especially important for perishable foods, like fresh fruits, vegetables, meats, dairy products, and seafood.

## Get Creative with Leftovers

Transform meals into soups, salads, or sandwiches by cutting up leftover meats and veggies.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.

## Master the Shelf Life of Foods

Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.



## Practice Good Food Safety

- Don't risk eating or drinking anything that you suspect has spoiled.
- Eat leftovers within 3- 4 days (or freeze up to 3- 4 months).
- Store foods in the pantry so that products with closer expiration dates are up front.
- Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if it's not perishable).
- Wait to wash produce until right before serving.

## Other Ways to Go Further with Food

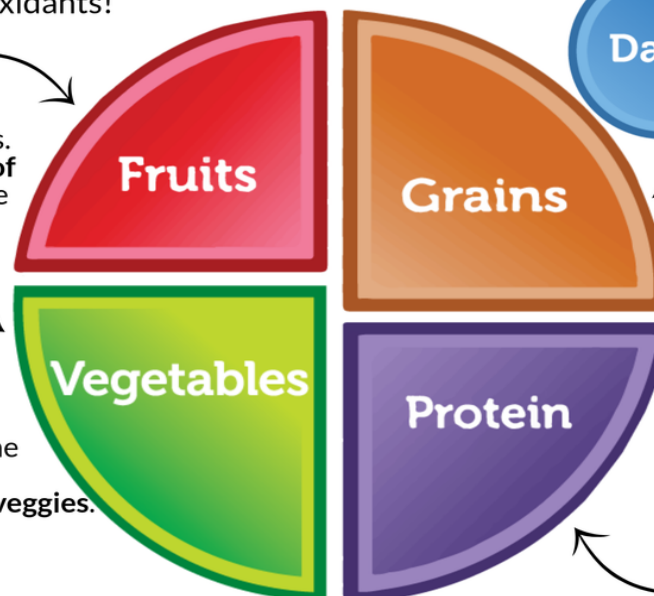
- Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs, as MyPlate recommends.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container at the start of a meal.
- Freeze extra food that you might not use right away.
- Donate extra foods that are still safe to eat to a local food pantry or shelter.
- Consider composting food waste and scraps.

## MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

**Fruit:**  
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

**Vegetables:**  
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



**Dairy:**  
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

**Grains:**  
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

**Protein:**  
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

## Grandparents Raising Grandchildren We are looking for YOU!!

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

1-920-299-6725

pepplerd@westfield.k12.wi.us



**Feel better.  
Be in control.  
Do the things  
you want to do.**

**Join Us**

**April 11 – May 16, 2018**

**Wednesdays  
1-3:30pm**

**Marquette County  
Human Services Building  
428 Underwood Ave  
Montello, WI 53949**

**Suggested Donation:  
\$15**

## Put Life Back In Your Life

Are you an adult with an ongoing health condition?

In this ***Living Well with Chronic Conditions***

Workshop you will:

- Get the support you need.
- Find practical ways to deal with pain & fatigue.
- Discover better nutrition and exercise choices.
- Understand new treatment choices.
- Learn better ways to talk with your doctor & family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the ***Living Well*** Workshop can help you take charge of your life.



*“The workshops put me  
back in charge of my life,  
and I feel great. I only wish  
I had done this sooner.”*

**To Register Call:  
Aging & Disability  
Resource Center at  
(855) 440-ADRC**

## Your Income Might Be Affecting Your Medicare Premiums

by the GWAAR Legal Services Team (for reprint)

If you are on Medicare, and you have higher income, you may have to pay higher monthly premiums for your Part B and Medicare prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay IRMAA, so most people are not affected.

Whether you have to pay an IRMAA depends on your tax filing status and yearly income from two years ago. That means that in 2018, your IRMAA will be based on your 2016 tax return, as shown in the chart below.

### *If your filing status and yearly income in 2016 was:*

Individual	Joint	Married & Separate	Then You Pay (Monthly)
\$85,000 or less	\$170,000 or less	\$85,000 or less	your plan premium
\$85,000 - \$107,000	\$170,000 - \$214,000	not applicable	\$13.00 + plan premium
\$107,000 - \$133,500	\$214,000 - \$267,000	not applicable	\$33.60 + plan premium
\$133,500 - \$160,000	\$267,000 - \$320,000	not applicable	\$54.20 + plan premium
above \$160,000	above \$320,000	above \$85,000	\$74.80 + plan premium

If you believe that your IRMAA is wrong, the Social Security Administration (SSA) may recalculate it. However, this will usually happen only if you have had a life-changing event. SSA considers the following situations to be life-changing events:

- death of a spouse
- marriage
- divorce or annulment
- you or your spouse stopping work or reducing the number of hours you work
- involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
- loss of pension
- receipt of settlement payment from a current or former employer due to the employer's closure or bankruptcy.

You may also ask SSA to recalculate your IRMAA if you filed an amended tax return, if the IRS provided incorrect income information to SSA, or if there is a more recent tax return available. If any of these situations apply to you, contact an Elder Benefit Specialist as soon as possible. You will need to show proof that a life-changing event occurred. If SSA finds that your IRMAA was incorrect, you will be refunded for any higher premiums that were already paid (the difference between the IRMAA premium and the standard premium amount).

## Check Your Withholding!

by the GWAAR Legal Services Team (for reprint)

You may have heard by now that the new tax law, which was signed at the end of 2017, may affect your paycheck as soon as February of this year. According to the Internal Revenue Service (IRS), many employees will see an increase in their take-home pay. However, you should check your paycheck to make sure that the right amount of money is being withheld for federal income taxes.

Among the changes to the tax code is an end to personal exemptions. Personal exemptions were one way for tax filers to reduce the amount of taxable income on their tax returns. Previously, tax filers could claim these exemptions for themselves, their spouse, and any dependents. These exemptions were noted on Form W-4, which is used by employers to determine how much money to withhold from employees' paychecks for federal income taxes. However, the current W-4 does not reflect the new changes to the tax code. The IRS recently released new income-tax withholding tables for employers to use in 2018. These tables are designed to work with the W-4s that employees have already filed with their employers. Employers are supposed to begin using these tables to adjust their employees' paychecks no later than February 15, 2018.

In addition, the IRS will update the withholding tax calculator on [www.irs.gov](http://www.irs.gov) so that employees can check to make sure the correct amount is being withheld from their paychecks. The calculator should be available on the IRS website by the end of February. The agency also said that it would revise the W-4 later this year. Until the new W-4 is available, employees should use the IRS withholding calculator.

For some tax filers, the amount withheld during the year is more than their actual tax bill. This means that they will get a refund after they file their tax return. However, if you get a large refund, that means that your take-home pay is not as high as it could be. On the other hand, if not enough money is withheld from your paycheck, you may end up owing money when you file your taxes. If you claimed many personal exemptions based on your number of dependents or used other deductions that have changed, you should be sure to check your withholding amounts. In general, tax filers want to get as close as possible to breaking even.

If you find out that your employer is withholding too much or too little for taxes based on the size of your family or other factors, you should work with your employer to make changes. Your employer will not be able to provide advice on whether you should make these changes, so if you have any questions you should speak with a tax professional.





**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 <sup>st</sup> Thursday of Month 1-4 PM				
Westfield	2 <sup>nd</sup> Thursday of Month 1-4 PM				
Oxford, Endeavor, Briggsville	3 <sup>rd</sup> 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.

### 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.

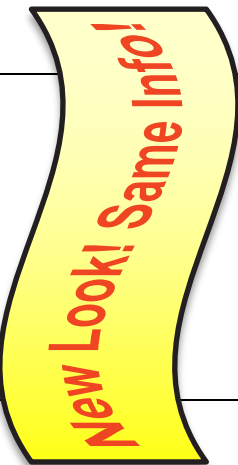
For more information regarding Endeavor's Sharing Supper, please email:

[endeavorsharingsupper@gmail.com](mailto:endeavorsharingsupper@gmail.com)

# March 2018

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						
4	<b>5 Cheese Omelet</b> Sausage Gravy/Biscuit Loaded hash browns Juice Raspberry Applesauce	<b>6 Beef and Gravy</b> Red Grain Couscous Pearl Salad Scalloped Corn Cream Puff Dessert	<b>7 Chicken Kiev</b> Chickpea Pasta Carrots Cake and Ice Cream	<b>8 Glazed Ham</b> Sweet Potatoes Garden Blend Veggies. Coconut Chia Banana Pudding Parfait	<b>9 Veggie Wrap</b> Hummus/Pita or Pretzel Apple Blueberry Salad French Silk Bar	<b>10</b>
11	<b>12 Beef and Broccoli</b> Fried Rice/Vegetables Sugar Snap Peas Cake	<b>13 Bean Soup</b> Ham Salad Sandwich Kale Salad Strawberry Shortcake	<b>14 Corned Beef</b> Diced Potatoes Cabbage, Carrots, Rutabagas Peanut Butter Dessert	<b>15 Potato Crusted Fish</b> German Potato Salad Cheesy Broccoli Raspberry Jell-O Dessert	<b>16 Veggie Lasagna</b> Italian Blend Veggies Wheat Berry Salad Nutty Peach Dessert	<b>17</b>
18	<b>19 Pork Chop</b> Mashed Sweet Potatoes Diced Beets Almond Cherry Pepita Bar	<b>20 Spring Begins!</b> <b>Taco Salad</b> Lettuce, diced tomatoes, diced peppers, black olives, cheese Mexican Quinoa Salad Tiramisu	<b>21 Salisbury Steak</b> Mashed Cauliflower French Style Green Beans/ red onions & fresh mushroom Cranberry Orange Dessert	<b>22 Chicken &amp; Sausage</b> <b>Penne Bake</b> Stewed Tomatoes and Zucchini Cake	<b>23 Cream of Broccoli</b> <b>Soup</b> Tuna Sandwich Jicama, Blueberry, Strawberry Dip/ Crackers Cookie	<b>24</b>
25	<b>26 Turkey Stew in a Bread Bowl</b> Cottage Cheese/Peaches Lemon Blueberry Cheesecake Bar	<b>27 Cheeseburger</b> <b>On a Pretzel Bun</b> Lettuce, Tomato, Pickle Sweet Potato Fries Kale Avocado Salad Chocolate Sorbet	<b>28 Squash Ravioli</b> Asparagus/Carrots String Cheese Waldorf Fruit Salad Ice Cream Dessert	<b>29 Swedish Meatballs</b> Mashed Potatoes Wi Blend Veggies Lemon Poppy seed Squares	<b>30 Good Friday</b> <b>Closed</b> <b>No home Delivered Meals</b>	<b>31</b>

## 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. 3<sup>rd</sup> 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.

#### Save the Date:

Spaghetti Supper, Saturday May 19th from 4-8pm.

In conjunction with the dedication of a memorial stone for Jerry Frohling at 3:30 pm.

Menu: spaghetti/meat sauce, garlic bread, ice cream, beverage.

\$8/adults, \$4/Kids 5-12, under 5 Free.

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.

# April 2018

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	<b>2 Chicken Cordon Bleu</b> Roasted Pasta & Veggies Squash Applesauce cup Dirt Cake	<b>3 Baked Fish</b> Maple Glazed Sweet Pots Cole Slaw Fruited Jell-O	<b>4 Roast Beef/Gravy</b> Mashed Potatoes Seasoned Green Beans Cake and Ice Cream	<b>5 Hearty Leek and Potato Soup</b> Salami Sandwich Sunshine Salad Cookie	<b>6 Chop Suey</b> Garden Blend Rice Oriental Blend Veggies. Best Crunch Bar	7
8	<b>9 Taco Casserole</b> Squash Corn Bake Cabbage Pico De Gallo Cake	<b>10 Pork Roast</b> Mashed Sweet Potatoes Rutabagas Carmel Shortbread	<b>11 Sloppy Joes</b> Tater Tots Beets Broccoli Slaw Snickers Apple Dessert	<b>12 Pulled Turkey/Gravy</b> Mashed Potatoes Country Blend Veggies Root Beer Float Bar	<b>13 Ham Boiled Dinner</b> Colorful Quinoa Salad Apple Slices Lemon Bars	14
15	<b>16 Breaded Fish Chunks</b> Rice with Vegetables Sweet & Sour Cabbage Fudge Bar	<b>17 Evening Meal</b> <b>Bacon Cheeseburger</b> Chowder Veggie Wrap Strawberries N Cream	<b>18 Baked Chicken</b> Calico Beans California Blend Veggies Five cup Dessert	<b>19 Italian Meatloaf</b> Pasta /Vegetables Edamame Succotash Cake	<b>20 Gyro Skillet</b> Hash browns Asparagus Fresh Fruit	21
22	<b>23 Chili</b> Mango Salsa with chips Cottage Cheese on a bed of lettuce Rice Krispy	<b>24 Chicken Casserole</b> Roasted Brussel Sprouts Western Pasta Salad Butterscotch Pudding	<b>25 Pork and Mushroom Stew over Mashed Potatoes</b> Creamed Mixed Veggies. Berry Crisp	<b>26 Mexican Spaghetti</b> Cheesy Cauliflower Fiesta Salad Chocolate Cheesecake	<b>27 Cranberry Chicken</b> Couscous Broccoli & Carrots Strawberry Pecan Pretzel Dessert	28
29	<b>30 Shepard's Pie</b> Stewed Tomatoes Fresh Fruit Cookies N Cream Brownie					

# 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)

**March 14 & April 11**

**Endeavor AddLIFE Center**

**March 26 & April 16**

**Neshkoro AddLIFE Center**

**March 29 & April 17**

**Oxford AddLIFE Center**

**March 19 & April 13**

**Packwaukee AddLIFE Center**

**March 27 & April 24**

**Westfield AddLIFE Center**

**March 28 & April 25**

**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.**

## Family Adventure Day - a Fun and Free Event

Saturday, April 21 from 10am to 1pm at Montello High School

Family Adventure Day is back for its 4<sup>th</sup> year. Family Adventure Day is a family-oriented event that provides fun and interactive activities and education. Family Adventure Day is a collaboration between High Marq Environmental Charter School and the Marquette County Family Connections Coalition.

You will be treated to over 30 interactive booths and activities from area businesses, community groups and organizations. But don't miss checking out a schedule of shows throughout the day!

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

# Special Events Calendar - March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>5</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> National Nutrition Month Demo (Amelia)	<b>6</b> <b>M:</b> Prescription Drug Presentation <b>O:</b> <b>W:</b>	<b>7</b> <b>E:</b> National Nutrition Month Demo (Amelia) <b>M:</b> <b>N:</b> <b>W:</b> Fun with Sheena	<b>8</b> <b>M:</b> National Nutrition Month Demo (Amelia) <b>O:</b> Making Seed Tapes (Heir Loom) <b>W:</b>	<b>9</b> <b>M:</b> <b>N:</b> Bruce Dethlefsen, WI Poet Laureate <b>P:</b> <b>W:</b> Bingo
<b>12</b> <b>M:</b> <b>N:</b> <b>P:</b> National Nutrition Month Demo (Amelia) <b>W:</b>	<b>13</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>14</b> <b>M:</b> <b>E:</b> Updates w/Colleen <b>N:</b> Joanne Ingraham, Marquette Co. Museum <b>W:</b>	<b>15</b> <b>M:</b> <b>O:</b> National Nutrition Month Demo (Amelia) <b>W:</b> Book Club with Aaron the Librarian Principal Parman	<b>16</b> <i>St. Patrick's Day</i> <b>M:</b> <b>N:</b> Party- Wear Green! <b>P:</b> <b>W:</b>
<b>19</b> <b>M:</b> <b>N:</b> <b>P:</b> Updates w/Colleen <b>W:</b>	<b>20</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>21</b> <b>M:</b> <b>E:</b> Making Seed Tapes (Julia Medcalf) <b>N:</b> Fact/Fiction (Cheryl) Neshkoro Seniors Meeting <b>W:</b> Fun with Sheena	<b>22</b> <b>M:</b> <b>O:</b> "I Survived" (Kiley) <b>W:</b>	<b>23</b> <b>M:</b> <b>N:</b> Kathleen McGwin, John Muir Lives On <b>P:</b> <b>W:</b> Bingo
<b>26</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> Making Seed Tapes (Julia Medcalf) <b>W:</b>	<b>27</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>28</b> <b>E:</b> <b>M:</b> Updates w/Colleen <b>N:</b> Guitar Music w/ Rodger Krueger <b>W:</b>	<b>29</b> <b>M:</b> <b>O:</b> Updates w/Colleen <b>W:</b>	<b>30</b> <i>Good Friday</i> <b>Dining Sites Closed</b> <b>No Home-Delivered Meals</b>

## Regularly Scheduled Dining Site Activities

**Endeavor (E):** Open Wednesdays.

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

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

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

**Packwaukee (P):** Open Mon & Fri. Trivia every Monday. Bingo every Friday.

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

# Special Events Calendar - April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>3</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>4</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b> Fun with Sheena	<b>5</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>6</b> <b>M:</b> <b>N:</b> Tea Cup Gardens (Linda Dahlke) <b>P:</b> <b>W:</b> Bingo
<b>9</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>10</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>11</b> <b>E:</b> Updates w/Colleen <b>M:</b> <b>N:</b> <b>W:</b>	<b>12</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>13</b> <b>M:</b> <b>N:</b> Harvesting Our Farming History (Lyssa Seefeldt) <b>P:</b> Updates w/Colleen <b>W:</b>
<b>16</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> <b>W:</b>	<b>17</b> <b>Evening Meal at Montello, Westfield, &amp; Oxford</b> <b>O:</b> Updates w/Colleen <b>W:</b> Don Peachy & Band	<b>18</b> <b>E:</b> "I Survived" (Kiley) <b>M:</b> <b>N:</b> Neshkoro Seniors Meeting <b>W:</b> Fun with Sheena	<b>19</b> <b>M:</b> <b>O:</b> <b>W:</b> Book Club with Aaron the Librarian Principal Parman	<b>20</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>23</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>24</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>25</b> <b>E:</b> <b>M:</b> Updates w/Colleen <b>N:</b> <b>W:</b>	<b>26</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>27</b> <b>M:</b> <b>N:</b> Guitar Music w/ Rodger Krueger <b>P:</b> <b>W:</b>
<b>30</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>				

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

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

ADDRESS SERVICE REQUESTED



humor  
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