

Marquette County Senior Citizen News

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

May - June 2018



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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

Finally spring? Submitted by Amelia Cisewski.

Neshkoro Evening Meal

One Enchanted Evening



Monday, June 11, 2018

Senior Nutrition Program Presents:

Lunch Creek Winery– Wine Tasting

Music by Prairie Sands Band from 4-5pm
5pm Evening Meal with Wine Tasting to follow

Neshkoro AddLIFE Center– Neshkoro Library
132 South Main St, Neshkoro, WI 54960

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

Please call 608-297-3146 to reserve your spot.

*Your ideas and suggestions are needed to help
develop the Marquette County Aging Plan...*

Ideas and feedback are sought regarding the following topics:

- ◇ *Advocacy-related activities*
- ◇ *Senior Nutrition Program*
- ◇ *Support for Caregivers*
- ◇ *Dementia Services*
- ◇ *Healthy Aging*

Please submit your written comments to:

Jan Krueger, PO Box 405, Montello, WI 53949 -or- ADRC@co.marquette.wi.us

Free Seminars on Long-Term Care & Medicare

The ADRC of Marquette County is hosting **FREE** educational seminars presented by the Medigap Insurance Specialists with the State of WI Board on Aging & Long Term Care.

Wed, May 16th at the **ADRC of Marquette County** (428 Underwood Ave, Montello).

10:00am-12:00pm will be “**Fitting the Pieces Together with Medicare**”, presented by Cheryl Zautcke. This presentation will discuss the many facets of Medicare and insurance products available to go along with Medicare and how they apply to you. You will be better able to choose solutions that help you navigate the Medicare puzzle.

1:00pm-3:00pm will be “**Long Term Care: Planning for my Future Needs!**”, presented by Steve Shapiro. You will learn about the many types of Long-Term Care and insurance products that are available to help pay Long-Term Care costs and how they apply to you.

Please call the ADRC at 1-855-440-ADRC (2372) to register or for more info.

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

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
10am-noon



Wednesday, May 2, 2018 - "April Showers Bring May Flowers"

Please join us for friendly conversation, delicious snacks and fabulous fellowship! You may want to wear your garden clothes as we'll be digging in the dirt prepping a flower pot to take home.

Wednesday, June 6, 2018 - 2nd Anniversary & Dairy Month

This month we will celebrate the 2nd Anniversary of the Westfield Memory Café & June Dairy Month! Of course, there will be cake & ice cream! Bring a friend!



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

Note: No Memory Café on July 4th.



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



May 3, 9, 17, 22, 30
June 5, 19, 27

Call for an Appointment! 608-297-3135

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

Free Dental Care

By the GWAAR Legal Services Team (for reprint)

Who: WI Dental Association's Mission of Mercy

What: Free dental care for children and adults

Where: Exposition Center at WI State Fair Park,
8200 W. Greenfield Ave., West Allis, WI 53214

When: Friday, June 22 and Saturday, June 23, 2018

Doors open at 5:30 a.m. both days. No appointments—first come, first served.

FAQ's

Q: Is there an income or asset limit?

A: No, anyone who needs dental care can come.

Q: What is the charge for services? Do I need to have insurance?

A: All work is done at no charge by volunteers donating their time.

Q: What type of work can be done at the event?

A: Cleanings, fillings, extractions, and limited treatment partials can be done. Dentures and denture repairs cannot be done at this clinic.

Q: Do I need to bring photo identification?

A: No. Photo ID, Social Security numbers, and other personal documentation is NOT required.

Q: Do I need to bring anything?

A: Bring a list of your current medications and medical conditions. You may be standing in line for several hours, so feel free to bring a lawn chair, a book, a water bottle, and other necessary items.

Q: Who will be providing the care and treatment?

A: The WI Dental Association has approximately 1,000 volunteers including dentists, specialists, dental hygienists, administrative staff, and community volunteers who help out at this event.

Q: What if I need an interpreter?

A: Interpreters will be available to assist patients who speak Spanish, Hmong, or American Sign Language.

Q: Can a person under guardianship come?

A: Yes, provided their legal guardian accompanies them and authorizes care.

Q: What if I am in pain now?

A: Please do not wait for treatment. Go to a dentist, doctor, or emergency room if you are in pain now.

Q: Where can I go to get more information?

A: <https://www.wda.org/wda-foundation/mission-of-mercy/patients> and <https://www.wda.org/wp-content/uploads/2018/03/2018-MOM-Flyer-FINAL.pdf>

Transportation Programs

If you need a RIDE to Medical Appointments

The Aging and Disability Services Transportation Program will coordinate and provide transportation for **people 60+** or those disabled to and from medical appointments. Copay amounts depend on the destination.

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104** for more info or to make a reservation.

If you need a RIDE to Portage for shopping

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Thursday** of the month.

Transportation will be provided to Portage for shopping (at approx. 1pm, and returning around 3:30-4pm).

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

NO copay required

<i>Destination</i>	<i>Copay</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

Are you interested in sponsoring a ride?

Some residents in Marquette County struggle to afford their Transportation Copays. If you are interested in sponsoring rides, contact Adam at **(608)297-3104** to make a donation.

Upcoming Immunization Clinic Dates

Westfield Municipal Building

May 7 & 21 (12:30-4:30)

June 4 & 18 (12:30-4:30)

MCHD



Public Health
Prevent. Promote. Protect.

Marquette County Health Dept.

May 14 & 24 (8:30-4)

June 11 & 28 (8:30-4)

President Trump Proposes Fiscal 2019 Budget

By the GWAAR Legal Services Team (for reprint)

President Trump submitted to Congress his second proposed budget. Congress will still have to draft a formal budget. As this proposed budget notes, “[m]any of the eliminations and reductions in this volume reflect a continuation of policies proposed in the 2018 President’s Budget that have not yet been enacted by the Congress.” Nevertheless, the plan the White House released indicates the president’s priorities. President Trump is the leader of the Republican party and his party controls both the House and Senate. Thus, it is important to know how these priorities would impact seniors if Congress enacted them.

President Trump’s 2019 budget proposes spending reductions for Medicare, Medicaid, Social Security Disability Insurance (SSDI), and other federal programs that help older Americans. Some of the cuts in President Trump’s proposed budget include that it would:

- ◆ Eliminate Medicare State Health Insurance Assistance Program (SHIP) program. The budget eliminates this program that each year supports 15,000+ counselors who provide free, state-specific assistance to over 7 million beneficiaries;
- ◆ Eliminate the Senior Community Service Employment Program, which helps low-income seniors find work;
- ◆ Reduce disability programs by \$72 billion, including reductions to Social Security Disability Insurance as well as Supplemental Security Income (these programs provide aid to many low-income seniors);
- ◆ Diminish Social Security Administration funding by \$89 million over FY 2017 spending. This will cause longer delays in processing of cases and increase time to speak to a representative from SSA’s 800 number.
- ◆ Reduce Medicare spending by \$236 billion over the next 10 years. The budget proposal earmarks these spending cuts towards providers and suppliers;
- ◆ Decrease the Supplemental Nutrition Assistance Program (SNAP) — formerly known as food stamps — by \$213 billion (or nearly 30 percent) over ten years. The cuts would affect every type of SNAP participant, including seniors. Under the budget’s proposals, at least 4 million low-income people would lose their SNAP benefits altogether;
- ◆ Shift more than \$260 billion in food purchasing from individual households to the government. Under the proposal, the Agriculture Department (USDA) would hold back an estimated \$24 to \$29 billion per year in SNAP benefits (about 40 percent of the benefits issued to households) and use about half of these funds to give the households a box of non-perishable foods such as

shelf-stable milk, ready-to-eat cereals, pasta, peanut butter, beans, and canned foods. This box of food would replace food that households would otherwise purchase with SNAP benefits at the grocery store. The other half of the held-back funds would be cut; households wouldn't receive these benefits in any form. This would impact 34 million people in 16 million households in 2019;

- ◆ Cut Medicaid and subsidies for private coverage in the marketplace by \$763 billion over the next decade, with cuts reaching \$172 billion annually by 2028. Medicaid covers long-term care for millions of seniors;
- ◆ Impose a per capita cap on federal Medicaid funding for seniors, people with disabilities, and families with children. Such a cap would mean that the federal government will only pay a certain amount for care per person, regardless of the actual cost of care. The proposal sets the per capita cap at a level that is below expected health care costs, with the shortfall growing each year;
- ◆ Eliminate the Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP helps low-income households pay for heat and other utilities; and
- ◆ Cut funding for public housing repairs by \$3 billion or 47 percent compared to 2017, even though public housing already faces more than \$26 billion in repair needs. This is likely to further decrease the number of public housing units available despite a substantial need for more public housing.

Amazon Introduces Discounted Monthly Prime Offer for Medicaid Customers

Amazon recently added Medicaid recipients to their list of customers eligible for a discounted Prime membership. Amazon Prime is a program best known for offering free 2-day shipping on most purchases made on Amazon. For rural communities, this can save long drives for household shopping. Membership also includes access to streaming services like Prime Video and Prime Music. The discounted price for this service is \$5.99 per month, and a Medicaid recipient can receive this rate for up to 48 months. Visit www.amazon.com/qualify to learn more.

Free Community Education Programs at Montello Library

The Alzheimer's and Dementia Alliance of Wisconsin will be putting on a number of presentations for the public on Alzheimer's, Memory, and Brain Health. All of these programs are free and open to the public, with no registration required.

Boost Your Brain Health

Learn tips to reduce your risk of Alzheimer's & dementia.

Monday, May 21st from 1:30-2:30pm



We All Forget: Is it normal aging or should I be concerned?

Learn what is normal for our brains as we age, how our memories work, and what to do if you are concerned about yourself or a loved one.

Monday, June 11th from 1:30-2:30pm



Understanding Alzheimer's & Dementia

Learn the difference between Alzheimer's & dementia, what causes dementia, and more.

Monday, July 9th from 1:30-2:30pm



Healthy Living with Diabetes

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks. Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

People who have taken the workshop show better health, improvement in blood sugar levels, decrease in hypo- and hyper-glycemia, and confidence in managing their diabetes,

Who Should Take the Workshop?

Adults with type-2 diabetes, pre-diabetes, or living with someone who has diabetes.

Tuesdays, May 1 thru June 5, from 5pm-7:30pm.
Divine Savior Healthcare, Classroom C
Please call (608) 742-9219 or 888-742-9233 to register.
\$15 fee covers the cost of the book.

Sponsored by Columbia Co ADRC, Divine Savior Healthcare, & WI Institute for Healthy Aging.

New Medicare IDs on the Way!

By the GWAAR Legal Services Team (for reprint)

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The Centers for Medicare and Medicaid Services (CMS) announced that it will start mailing the new Medicare cards in April 2018. The cards will be mailed out in phases by geographic region.

The new Medicare cards are still red, white, and blue, but they no longer have your Social Security number, gender, signature, or other personal information that could compromise your identity. Each person who is enrolled in Medicare will receive a new card with his or her new MBI. The MBIs are 11 characters long, and they are randomly assigned so that there is no connection to your other personal data.

April-June

Delaware, DC, Maryland, Pennsylvania, Virginia, West Virginia, Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, Oregon

After June

Arkansas, Illinois, Indiana, Iowa, Kansas, Minnesota, Nebraska, North Dakota, Oklahoma, South Dakota, **Wisconsin**, Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont, Alabama, Florida, Georgia, North Carolina, South Carolina, Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, Wyoming, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio, Puerto Rico, Tennessee, Virgin Islands

Before the mailing begins, you should make sure Medicare has your correct address. The Social Security Administration (SSA) will be preparing and mailing the cards. If you need to update your address, you can contact SSA at ssa.gov/myaccount or by calling 800-772-1213.

Make sure to check your mailbox regularly until your new card arrives. At the latest, you will receive your new card by December 2019. You should continue to use the Medicare card you have now until you receive your new one in the mail. Once your new card arrives, you should destroy your old Medicare card and start using your new card right away. Remember: you should only give your new MBI to doctors, pharmacists, other health care providers, your insurance company, or people you trust to work with Medicare on your behalf.

CMS **will not** call or email you about your new card – you will only receive information by postal mail. Beware of anyone who contacts you about your new Medicare card. Scammers have already tried to trick beneficiaries into providing personal information or paying money for their new cards. Your new card is free. If anyone calls or emails you about your new or old Medicare number, hang up or delete the message.

Nutrition for the Brain

By Amelia Cisewski, RDN, CD

Give your brain a boost with nutrients and foods that can help improve your focus and memory.

Eat your veggies

Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage, and dark leafy greens may help improve your memory. Try a kale salad or have a broccoli stir-fry for lunch.

Have plenty of berries and cherries

Berries especially dark ones such as blackberries, blueberries, and cherries, are a rich source of anthocyanins and other flavonoids that may boost memory and function. Eat a handful of berries for a snack, mixed into cereal, or bake into a dessert.

Add some walnuts

Not only are walnuts good for heart health, they also may improve cognitive function. Have a handful of walnuts as a snack, or add to oatmeal or a salad.

Brain Health and Fish

You've most likely heard that omega-3 fatty acids are good for your health, but one in particular, docosahexaenoic acid or **DHA**, is essential for brain health. Brain and nervous system tissues are partly made of fat and research shows they need DHA in particular. In fact, low levels of DHA have been associated with a greater risk of Alzheimer's disease in later years. To get the brain benefits of DHA, you need to maintain a consistent intake of DHA-rich foods like fatty fish (salmon, tuna, herring), fish oil, algae supplements or other DHA-fortified foods in your diet. You can substitute fish with meat a few times per week to get a healthy amount.

The MIND Diet

Over the past few years, researchers are investigating the link between diet, cognitive decline, and dementia. They have found that by modifying a patient's dietary intake, it could significantly lower the risk of developing Alzheimer's disease. They developed the MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) which is a combination of two dietary plans, the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) plans. The MIND diet emphasizes natural plant-based foods, specifically promoting an increase of berries and green leafy vegetables and limited intakes of animal-based and high saturated fat foods.

The MIND Diet has 15 dietary components:

10 “brain-healthy food groups”

- Green leafy vegetables
- Other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine
-

5 “unhealthy food groups”

- Red meats
- Butter and stick margarine
- Cheese
- Pastries and other sweets
- Fried or fast foods



General guidelines for the MIND Diet include eating at least 3 servings of whole grains, a salad and one other vegetable and a glass of wine each day. In addition, nuts are used as a snack on most days and beans every other day. Poultry and berries at least twice a week and fish at least once a week. Although more research is necessary to prove the value of this diet, it may be a strategy to improve cognitive decline in older adults.

**Don Peachey
and the Band**
had folks dancing
at Westfield's
Evening Meal!



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**

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 at the start of 2018!)



Please join us for the Senior Nutrition Programs
Older American Celebration

Tuesday, May 15th, 2018
 Westfield AddLIFE Center - Westfield Municipal Building
 129 E. 3rd Street, Westfield, WI 53964

10:30 - Registration begins
 11:00 - Presentation - Shannon Myers
 (WI Institute on Healthy Aging)
 Noon - Lunch & Music by Mark's DJ Service
 1:00 - Wii Bowling Tournament

**OLDER
 AMERICANS
 MONTH**



ENGAGE AT EVERY AGE: MAY 2018

Reservations are required as space is limited.
 Call (608) 297-3146 to RSVP.
 Suggested donation of \$3 for age 60 and over.

**Marquette County Coordinated Public Transit -
 Human Services Transportation Meeting**

Wednesday, May 9, 2018 ☼ 10am-noon ☼ Marquette County Service Center

A County Coordinated Public Transit-Human Services Transportation Plan is a five year plan dedicated to sharing resources both intra- and inter-county to assist the transportation disadvantaged public in getting rides based on their individual mobility needs. The plan must be developed through a process that includes representatives of public, private, and non-profit transportation and human services providers and participation by members of the public. Coordination plans are required for Federal Section 5310 Enhanced Mobility of Seniors and Individuals with Disabilities program funding. The meeting will include the completion of a county assessment of public transit/human services transportation coordination from all transportation providers and stakeholders in attendance. Those persons unable to attend the meeting and would like to comment can do so by taking an online survey. Surveys are located at <http://bit.ly/2EGCqF6> Reasonable accommodations for individuals with disabilities will be made upon request by contacting Kolin Erickson at (920) 751-4770 or via e-mail at kerickson@ecwrpc.org.

**FEEDING
 AMERICA**

Wednesday, May 23, 2018 4pm-6pm
 Wednesday, July 25, 2018 10am-noon
Mobile Food Pantry - Care & Share Food Bank
 N2973 HWY 22, Montello, WI 53949



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.

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

May 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

Monday	Tuesday	Wednesday	Thursday	Friday
** Roast Beef/Gravy Mashed Potatoes Garden Blend Vegetables Sundae Cone	1 Baked Ham Mac and Cheese Asparagus Banana Triple Layer Cookie Bar	2 Hamburger Steak/ Roasted Peppers and Onions Baked Potato WI Blend Veggies Cake and Ice Cream	3 Clam Chowder Broccoli Macaroni Salad Orange Cup	4 Cook's Choice V-8 Juice Baker's Choice
7 Turkey Tetrazzini Stewed Tomatoes & Zucchini Creamed Cucumbers Cake	8 Chop Suey Garden Blend Rice Oriental Blend Veggies Pineapple	9 Reuben Sandwich Potato Wedges Cauliflower & Carrots Raspberry Bar	10 Pancakes Southern Scrambled Eggs Sausage Patty Orange Juice Cranberry Applesauce	11 Liver and Onions Sweet Potatoes Peas and Carrots Brownie
14 Tilapia Fillet Roasted Potatoes Caramelized Carrots Cake Apple slices	15 Older American Celebration ** Menu Above** Dining Sites Closed No Home Delivered Meals	16 Chicken Alfredo Lasagna Edamame Succotash Caesar Salad Cheesecake	17 Baked Potato Diced Ham Cheesy Broccoli Cake	18 Unstuffed Cabbage Casserole Wax Beans Jell-O
21 Hamburger Stroganoff Pasta/Vegetables Beets Yogurt cup	22 Beef Ring Bologna Sauerkraut Red Diced Potatoes Winter Blend Vegetables Blueberries	23 Pulled Pork/Gravy Mashed Potatoes Seasoned Green Beans Pudding	24 Mandarin Beef Stir Fry Fried Rice with Vegetables Asparagus Tiramisu	25 Almost Summer Salad Lettuce, Chicken, Strawberries, Blueberries, Pineapple, Cheese Muffin
28 Memorial Day Closed	29 Philly Chicken Sandwich Baby Bakers Squash Baker's choice	30 Meatballs/Honey Mustard Sauce Grain Blend/Vegetables Peas Strawberry Shortcake	31 Seafood Pasta Salad Cottage Cheese Carrots & Dip Fudge bar	

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.

Save the Date:

Spaghetti Supper, Open to the Public! 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.

UPCOMING TRIP: Maiden Voyage River Tours of the Mississippi River, Tuesday, July 24, 2018.

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.

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breaded Steak/Gravy American Fries Spinach Bake Cupcakes
4 Sunshine Salad Lettuce, Spinach, Diced Ham, Peas, Diced Eggs, Cheese Creamed Cucumbers Cantaloupe	5 Beef and Vegetables Egg Noodles Edamame Coconut Pudding	6 Hamburger Sweet Potato Fries Corn on a Cob Cake	7 Southwest Meatball Stew Diced Carrots Peaches and Cream	8 Breaded Chicken Sandwich Moon Blend Vegetables Pasta Salad Muffin
11 Evening Meal Chicken Breast/Gravy Mashed Potatoes Sugar Snap Peas Cake and Ice Cream	12 Seasoned Pork Chop Pulse Mèlange Blend Rosemary Diced Potatoes Turnovers	13 Oriental Chicken Wrap Broccoli Salad Orange Pretzel Dessert	14 Potato Crunch Fish Sweet Potatoes Cheesy Cauliflower Chocolate Chip Cookie	15 Gyro Potato Wedges Asparagus String Cheese Layered Bars
18 Sausage Jambalaya Broccoli Mixed Berry Cup	19 Beef Steak/Gravy Mashed Potatoes Stewed Tomatoes Banana Vanilla Wafers	20 Poor Man's Lobster Baked Beans Mixed Vegetables Cole Slaw Strudel	21 Chicken Caesar Salad Romaine Lettuce, Chicken, Onion, Croutons, Parm Cheese Yogurt Cake	22 Meatball Sub Root Mix with Brussel Sprout Spudsters Applesauce
25 Vegetable Lasagna Italian Green Beans Pea Salad Creamy Tropical Fruit	26 Turkey Tortilla Cass. Black Beans and Corn	27 Swiss Steak Mashed Potatoes Brussel Sprouts Apple Bars	28 Chicken Breast Egg Plant Parmesan Pasta with Vegetables Raspberry Cup	29 Ham Loaf Baby Bakers Squash Cinnamon Raisin Pudding

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)

May 9 & June 13	Endeavor AddLIFE Center
May 30 & June 20	Neshkoro AddLIFE Center
May 31 & June 28	Oxford AddLIFE Center
May 14 & June 18	Packwaukee AddLIFE Center
May 22 & June 26	Westfield AddLIFE Center
May 23 & June 27	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.

Governor Scott Walker has declared May 2018 as

“Aging and Disability Resource Center Month”

To talk to someone about everything the Marquette County ADRC can do for you, please call **855-440-2372**

Special Events Calendar - May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 M: O: W: HCHY Student Nurses– Opioid Presentation	2 E: M: N: W:	3 M: O: W:	4 M: N: Sue Allen- “What’s All This About?” P: W:
7 M: N: P: W:	8 M: Executive Board Meeting 9am O: W:	9 E: Updates w/Colleen M: Marquette Senior Citizens Meeting N: W: Yoga	10 M: O: W:	11 M: N: P: W: Bingo
14 M: N: P: Updates w/Colleen W:	15 Older Americans Celebration	16 E: M: N: Librarian Cheryl- Fact or Fiction W:	17 M: O: W: Principal Parman- Book Club Trivia w/Aaron	18 M: N: Kristine Biesenthal- Brain Teasers P: W:
21 M: N: P: W:	22 M: O: W: Updates w/Colleen	23 E: M: Updates w/Colleen N: W: Yoga	24 M: O: W:	25 M: N: Pattie Miller- Liberia P: W: Bingo
28 Memorial Day Dining Sites Closed No Meal Deliveries	29 M: O: W:	30 E: M: N: Updates w/Colleen Music w/Rodger Krueger W:	31 M: O: Updates w/Colleen W:	

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 - June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				I M: N: Joan & Norm Ingraham Marquette Co. Museum P: W:
4 M: N: P: W:	5 M: O: W:	6 E: M: N: W: Yoga	7 M: O: W:	8 M: N: P: W: Bingo
11 Evening Meal M: N: P: W: Music w/the Berthons	12 M: O: W:	13 E: Updates w/Colleen M: N: W: Fun with Sheena	14 M: O: W:	15 M: N: P: W:
18 M: N: P: Updates w/Colleen W:	19 M: O: W:	20 E: M: N: Librarian Cheryl- Fact or Fiction Updates w/Colleen W: Yoga	21 M: O: W: Trivia w/Aaron Book Club	22 M: N: Beach Party P: W: Bingo
25 M: N: P: W:	26 M: O: W: Updates w/Colleen	27 E: M: Updates w/Colleen N: W:	28 M: O: Updates w/Colleen W:	29 M: N: Guitar w/Rodger Krueger P: W:

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

ADDRESS SERVICE REQUESTED



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