

Marquette County Senior Citizen News

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

September—October 2019



*Hot-Air Balloon Ride over Marquette County
Submitted by: Colleen Sengbusch*

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We're looking for photos of

Marquette County for
the cover of our newsletter!
Submit your photos to Jan at
jkrueger@co.marquette.wi.us

A colorful banner for a picnic. The top part is blue with a sun and a cloud. Below that is a green field. On the left, there's a slice of watermelon with an ant on it. On the right, there's a red and white checkered picnic blanket with two ants on it. The text "Senior Nutrition Program" is in blue, and "Annual Senior Picnic" is in a larger, bold blue font.

Senior Nutrition Program

Annual Senior Picnic

Thursday, September 12, 2019

At Pioneer Memorial Park

316 E. Pioneer Park Road, Westfield

Schedule of Events

10:30am– Registration begins

11:00 - Colorguard and County Veteran Service Presentation
National Anthem by Westfield High School Choir

11:20 - Sustainable Kitchens Presentation with Justin Johnson

12:00- Lunch & Music by Bill & Bonnie Stevens

1:00 - **Bag Toss/ 'Minute to Win It' games**

2:00 - Bingo



On the Menu:

Ham & Cheese on a Croissant

Broccoli & Cauliflower w/ Dip

Potato Salad

Mixed Berries over Corn Cake



We hope to see you there!
Suggested donation of \$3.00 for
ages 60 and older. To RSVP call (608) 297– 3146 or
sign up at a Senior Dining Site

COMMUNICATION TIPS & STRATEGIES

Learn ways to effectively and compassionately communicate with someone who has dementia.

Wednesday, September 18 | 1:30 - 3:00 p.m.



FAMILY DYNAMICS IN THE DEMENTIA JOURNEY

Discover ways dementia impacts families and the value of recognizing and accepting each person's strengths and weaknesses as caregivers.

Wednesday, October 16 | 1:30 - 3:00 p.m.



END OF LIFE & DEMENTIA

Discuss the critical decisions often faced at end of life and learn ways to communicate and stay connected in the later stages.

Wednesday, November 13 | 1:30 - 3:00 p.m.



Free and open to the Public. No Registration required—Just drop in!

**Alzheimer's & Dementia Alliance of Wisconsin
Family Caregiver Education Programs**

ADRC of Marquette County - Second Floor - 428 Underwood Ave. Montello.

Caregiver of the Year Nominations Sought

Millions of Americans care for aging or ill loved ones each year. Many caregivers live and work right here in Marquette County. They may be family members, friends or neighbors. They may be hired professional help in homes or facilities. They may be volunteers.

Caregivers may provide medical care and guidance. They may provide housekeeping services, shopping and meal preparation. They may also provide transportation or friendly visits. Three out of four care recipients rely exclusively on unpaid assistance from family and friends.

All these caregivers have a special attitude toward caring and sharing with others. Marquette County National Family Caregiver Support program is looking for these very special people. One of these caregivers will be awarded the Caregiver of the Year Award.

If you know a very special caregiver, then please complete the form below, or write a short letter about that person, why they serve as a role model in caregiving, and what makes them special to you.

Winners will be honored at the Marquette County Caregiver Luncheon held on Friday, November 1, 2019. *All nominations due by September 24, 2019.*

Caregiver of the Year Nomination

Please fill in as completely as possible. Mail this form (or a letter with the same info) to:

Family Caregiver Support, Attn: Jan Krueger
PO Box 405, Montello, WI 53949

or submit by e-mail to: jkrueger@co.marquette.wi.us

Name of Nominee: _____ Phone: _____

Address: _____

Why does this person deserve to be recognized as Caregiver of the Year?

Your Name (will remain confidential): _____

Phone Number (we may call for more information): _____

Memory Café

A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, their family and friends. No need to register, just drop-in.

First Wednesday of each month

10:00 a.m. - 12:00 p.m.

Westfield Village Hall

124 E. 3rd St., Westfield

Call Dementia Outreach Specialist
Kristine Biesenthal, 920.294.4100,
for more information.



Wed, September 4th, 10am-noon

Did you know that Westfield is home to a monkey sanctuary? Amy Kerwin, Founder of Primates, Inc. will share her story & how the sanctuary became a reality. Sure to be fascinating!

Wed, October 2nd, 10am-noon

Autumn is in the air which means FOOTBALL is too! This month we will celebrate **"All things Wisconsin"**! Feel free to wear your favorite Packers or Badgers attire!

Be sure to make your meal reservation for the Westfield Senior Dining Site!

Call 608-297-3146 at least 24 hours in advance.

Questions? Please call Kristine at 920-294-4100 (office) or 920-765-3359 (cell).

Time to Review Your Medicare Plan

Medicare's Annual Open Enrollment Period is coming soon. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure. This means that even if you are taking the same medications, the amount you pay for your medications may change next year. The plans' premiums, deductibles, and copays can also change each year.

What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual Open Enrollment Period, which runs October 15 through December 7th. Find out what your plan's costs and coverage will be next year and compare it with other options based on your prescription medications and other needs.

Shopping around to find what's best for you is always a good idea, but you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialist at the ADRC of Marquette County.

Don't let this opportunity pass you by! The Elder Benefit Specialists can also check to see if you are eligible for any programs or benefits that can save you money. For further information and assistance call Colleen at 608-297-3101. □

New Medicaid Deductible Threshold

The Medicaid deductible program works by calculating an out-of-pocket deductible amount that must be met before a person becomes eligible for Medicaid coverage. The number threshold used to calculate each person's deductible has been \$591.67 for many years. Effective September 1, 2019, the threshold will be increased to 100% of the federal poverty level (\$1,040 for a household of one and \$1,409 for a household of two). This change will reduce the amount of the out-of-pocket deductible each person would have to meet.

Individuals who are currently enrolled in the Medicaid Purchase Plan (MAPP) may be eligible for the Medicaid deductible program. In addition, some individuals who are in FamilyCare, IRIS, Partnership or PACE and have Group B eligibility (with a monthly cost share) could become eligible under Group A (without a cost share) if they qualify for the Medicaid deductible program and meet their deductible amount.

Letters will be sent out over the next couple of months. It is recommended that anyone who is enrolled in any of the above-mentioned programs should call the local Income Maintenance (IM) consortium to request a review of their case. □

Social Security Error and Medicare Premiums

The Department of Health & Human Services (DHS) announced that a "processing error" occurred in January that resulted in Medicare Part D and Medicare Advantage Plan premiums not being deducted from beneficiaries' checks. This meant that nearly 250,000 seniors nationwide learned that their drug coverage premiums had not been paid. People are discovering that they now owe up to five months of premiums and must find the money to pay their drug plans. Some are receiving cancellation notices from the plans for failure to pay premiums.

Even though monthly Social Security checks for those affected were higher because the premiums were not being deducted, many people did not notice. Usually, Social Security increase each year due to the cost of living adjustment, so it is not unusual to start receiving a higher payment at the beginning of the year. Medicare announced that plans must allow members a grace period to repay the premium payments. This period must last at least as long as the delay in billing. Plans must also offer a payment plan for those who can't pay several months of premiums at once.



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

Transportation Programs

If you need a RIDE to Medical Appointments

The Aging and Disability Services Transportation Program will coordinate and provide transportation for people 60+ or those disabled to and from medical appointments. Copay amounts depend on the destination. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

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

If you need a RIDE to Portage for shopping

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the 4th Thursday of the month. Transportation will be provided to Portage for shopping (at approx. 1pm, and returning around 3:30-4pm).

Reservation is required 48 hours in advance. Call the Transportation Specialist at (608)297-3104. This is a special project that has a copay of \$5.

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

Are you interested in sponsoring a ride?

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



FUEL ASSISTANCE

The Energy Assistance Program was established to help low-income households pay for home heating costs. Grant amounts and payments are determined based on energy costs, household size, income dwelling type, etc. To qualify for Energy Assistance your household **GROSS** income for the 3 months prior to your application must be at or below the amounts listed:

1 IN HOUSEHOLD	\$7168.25
2 IN HOUSEHOLD	\$9374.00
3 IN HOUSEHOLD	\$11,579.50
4 IN HOUSEHOLD	\$13,785.25



To apply please call **608-297-3124** towards the end of September

STEP FORWARD GIVE HOPE

Columbia/Marquette Alzheimer's Walk

September 8,
Riverside Park, Portage
Registration at 1pm, Walk begins at 2:25pm

The Alzheimer's & Dementia Alliance provides programs, services and advocacy on dementia related issues in our community. The State of Wisconsin has identified 417 people in Marquette County alone with Alzheimer's or other Dementia. 100% of the funds raised stay in the community. Come join the Human Services team or start your own team. Go to AlzWisc.org for more information or to register a team. There will be music, door prizes, silent auction, food and more. If you are unable to walk you can still come out and enjoy the activities. Questions? Call Colleen Sengbusch at 608-297-3101.



Do you want to help out in the Senior Nutrition Program? Marquette County Department of Human Services is looking for a Fill-in dining site manager. This position is responsible for managing the dining site facilities, preparing reports for attendance and volunteer participation as well as being responsible for compliance with Federal, State and County rules and regulations concerning the Elderly Nutrition Program.

Successful completion and maintenance of State approved Sanitation Certification, first aid and CPR. The ability to lift and/or move up to 30 lbs. is required. Applicants will be required to pass background checks.

Submit required county application form (available by request or at <http://www.co.marquette.wi.us>) to Human Resource Manager, Room 101, 77 W. Park Street, P.O. Box 129, Montello, WI 53949 phone (608) 297-3084 fax (608) 297-7606 or mzuehls@co.marquette.wi.us



Care and Share Food Bank New Hours!



Starting November 7th the hours will be changing!
Hours will be Thursdays from 12-3.



Mobile Food Pantry



Photo from community garden

Care & Share Food Bank

N2973 Hwy. 22
Montello, WI 53949

Sept 25th, 2019 4-6pm
Nov 27th 2019 10-noon

Westfield Elem. School

329 Hawk Lane
Westfield, WI 53964

Oct 23rd 2019 4-6pm
Dec 11th 2019 4-6pm

New! Free online Educational Program

New!
Free online
educational
program for
women to
improve bowel &
bladder health
from home!





Department of
Obstetrics and Gynecology
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

www.healthybowelandbladder.org

New free educational website for women – www.healthybowelandbladder.org

Did you know:

1 in 4 women have issues with bladder or bowel control before menopause?

1 in 2 women experience incontinence after menopause?

While these issues are very common, they don't have to be. There are things we can do to prevent or improve symptoms – without medication or surgery. By doing low-impact exercises and making small changes to how we eat and drink, we can improve bladder and bowel health and prevent leakage. “Mind Over Matter: Healthy Bowels, Healthy Bladder” is an educational program designed to give women the tools they need to prevent or control bladder and bowel symptoms. Scientific studies showed that attending this program in-person reduced or even cured symptoms for many Wisconsin women. Since not everyone has access to the in-person Mind Over Matter program, researchers at the University of Wisconsin – Madison created a website version of “Mind Over Matter: Healthy Bowels, Healthy Bladder.” This educational program for women is free of charge and you can access it whenever and wherever you want to, using a computer, tablet, or mobile phone. Visit www.healthybowelandbladder.org to learn more. Even if you don't have leakage symptoms now, it's never too early to start thinking about your bladder and bowel health!

Upcoming Foot Clinic Dates



September 18 & 24

October 2, 10, 15, & 29

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

Open Enrollment for Medicare Part D & MA Plans is October 15-December 7



Why is it important to compare drug plans & Medicare Advantage plans each year?

You may have changes to your medications

Your insurance may have switched the way your medications are covered

There may now be quantity limits on your medication(s)

Your medications may now require prior authorization

You may **save money!** Plans change premiums, deductibles and co-pays.

Last open enrollment, Marquette County residents who contacted the EBS saved over \$39,000 by switching plans

You can compare plans by going to www.medicare.gov or by contacting:
Meg Wandrey (Elder Benefit Specialist) 608-297-3103

OUTREACH WILL BE HELD AT THE FOLLOWING LOCATIONS & DATES

(APPOINTMENTS ARE PREFERRED BUT WALK-INS ARE WELCOME.
BE SURE TO BRING A LIST OF YOUR MEDICATIONS)

ENDEAVOR ADD LIFE CENTER

October 16th 12:30-3:30pm

November 13th 12:30-3:30pm

OXFORD ADD LIFE CENTER

October 29th 12:30-4pm

November 21st 12:30-4pm

PACKWAUKEE ADD LIFE CENTER

October 21st 12:15-2:15pm

November 18th 12:15-2:15pm

NESHKORO ADD LIFE CENTER

October 28th 12:30-3pm

November 20th 12:30-3pm

WESTFIELD ADD LIFE CENTER

October 22nd 12:30-4pm

November 26th 12:30-4pm

Gut Health: Prebiotics & Probiotics

The lining of our gut is covered in microscopic creatures, mostly bacteria. They make up what is called the microbiome. We don't really notice it's there however it plays a huge role in our health and can effect our moods and behaviors. Just like our bodies, what we feed our microbiome may have one of the biggest impacts on our health. The healthier our microbiome is, the healthier we are. The key to keeping our microbiome healthy is to nourish a balance of almost 1,000 different species of bacteria in our gut. There are a couple ways to maintain this balance: help the microbes already there grow by giving them foods the like (called prebiotics) and adding more living microbes to our system (probiotics). Prebiotics and probiotics work together to maintain gut health and immune function. They are available as dietary supplements and many of you may take them. For example, a probiotic supplement may be used while taking an antibiotic or for irritable bowel syndrome. However taking a supplement is not the only way to get probiotics and prebiotics in your diet, they can be found in every day foods.

Prebiotics

Prebiotics are natural, non-digestible compounds that promote the growth of healthy bacteria in our gut. They are the "good" bacteria promoters. Prebiotics are found in many fruits and vegetables, especially those that contain complex carbohydrates (fiber and resistant starches). These carbohydrates aren't digested in your body, so they pass through to become food for the bacteria. You can include more prebiotics in your diet by eating more fruits, vegetables and whole grains such as bananas, onions, asparagus, and whole-wheat foods.

Probiotics

Probiotics are the "good" bacteria or live organisms that add to the population of healthy microbes in our gut. They may boost immunity and overall health by improving gastrointestinal health. To get probiotics in your diet, you can eat yogurt as well as other fermented dairy foods including kefir products and aged cheeses which contain live cultures like bifidobacterial and lactobacilli. Non-dairy foods also contain beneficial cultures including sauerkraut, kimchi, tempeh and non-dairy yogurts.

Prebiotics and Probiotics: The Dynamic Duo

Prebiotics or "good" bacteria promoters and probiotics or "good" bacteria work together. The prebiotics are the meal for probiotics which can improve GI health, immune function, and reduce inflammation. Products that combine these together are called synbiotics. In food terms, this could mean combining a banana with yogurt. Overall, prebiotics and probiotics are keys for good gut health which may affect other areas of our health. Research is continuing in this area of nutrition to determine how effective these substances are and how much we need to obtain health benefits.

By Amelia Cisewski, RDN, CD



Gardening and Fresh Produce

by Amelia Cisewski, RDN, CD

Summer is here and it's gardening time! Nothing beats the taste of a tomato fresh from the garden or green beans freshly picked. Gardening provides great tasting fresh produce allowing you to know where your food comes from. Produce has many health benefits and research suggests that eating enough fruits and vegetables is linked to lower risk of many chronic conditions and may help protect against certain types of cancers. Gardens are a great way to help us increase our fruit and vegetable consumption while enjoying the outdoors, getting your Vitamin D from the sun, and getting some physical activity in. If you don't have your own garden and are interested in gardening, Marquette County now has a community garden where we are always looking for help. The produce is grown for the Care & Share Food Bank and Senior Nutrition Program. In the next couple months, you will see some of the produce from the garden integrated into the senior meals.

If you are interested in volunteering in the Marquette County Community Garden please call (608) 297-3146.



Produce from community garden!

Garden Fresh Tomato Soup

Ingredients

- 4 cups chopped fresh tomatoes
- 1 slice onion
- 4 whole cloves
- 2 cups chicken broth
- 2 tbsp. butter
- 2 tbsp. all-purpose flour
- 1 tsp. salt
- 2 tsp white sugar, or to taste

Directions

- 1. In a stockpot, over medium heat, combine the tomatoes, onion, cloves, and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.
- 2. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Cannabis Confusion: A Patchwork of Laws

by the GWAAR Legal Services Team (for reprint)

Cannabis (also known as “Marijuana” and about 1,000 other slang terms), it seems, has been in the news almost daily, especially in the past several years as activists push to reform laws across the country. These reforms, however, have created a patchwork of confusing laws that vary by state, county, and even city. As of the date of this article, federally, most forms of cannabis are still illegal. Although the FDA has recently approved some cannabis-derived medications.

About Cannabis—The Basics

There are two main species of the cannabis plant: cannabis sativa and cannabis indica. Both species of the plant produce a group of chemicals called cannabinoids, which act on the body’s cannabinoid receptors to produce mental and physical effects when consumed. The two main cannabinoids that have effects on humans are CBD and THC.

CBD vs. THC

CBD or cannabidiol is a non-psychoactive compound and does not produce intoxicating effects. CBD is rumored to help a variety of medical conditions. However, these claims have not been evaluated or approved by the FDA with the exception of one FDA-approved drug for the treatment of seizures associated with two rare and severe forms of epilepsy.

THC or tetrahydrocannabinol is the main psychoactive compound in cannabis. It is what produces the intoxicating effect or “high” when consuming cannabis. This “high” feeling is subjective and varies among persons and the method of use. One FDA-approved drug, Dronabinol, that is a synthetic version of THC, has been approved for the treatment of nausea and vomiting caused by cancer chemotherapy.

Marijuana vs. Hemp

“Marijuana” is a term used to classify varieties of Cannabis that contain more than 0.3% THC. It may or may not also contain CBD depending on the strain. (Cannabis strains are either pure or hybrid varieties of the plant).

“Hemp” is a term used to classify varieties of Cannabis that contain 0.3% or less THC content. Most hemp does contain CBD, usually at high levels. Hemp also has many other commercial and industrial uses including paper, textiles, rope, plastic alternative, food, personal care, etc.

Cannabis Laws

Federal Laws

The 2018 Farm Bill legalized hemp and hemp-derived products on the federal level. This made CBD products legal on the federal level, but only if they are extracted from hemp plants, not marijuana, even though the CBD extracted from either type of plant is identical. Marijuana and products containing THC are still illegal on the federal level.

State Laws, including Wisconsin

Cannabis with THC (marijuana) is legal for adult recreational use in 10 states (Illinois will be the 11th starting 1/1/2020) and the District of Columbia. In these states, just like alcohol, you must be old enough to purchase (usually 21) and you do not need a doctor’s prescription or medical condition to consume cannabis. Wisconsin is not one of these states.

Cannabis with THC is legal for medical use only in 23 states. These laws vary state by state, but generally this means you need a doctor’s prescription to purchase, possess, and consume cannabis with THC.

Non-psychoactive CBD oil containing little or no THC is legal in 14 states, including Wisconsin. Again, these laws vary, but in most states and in Wisconsin, CBD oil is available over-the-counter.

As always, consult your doctor before deciding to take any supplements including CBD oil. For more information see: <https://www.fda.gov/news-events/public-health-focus/fda-regulation-cannabis-and-cannabis-derived-products-questions-and-answers> □

Marquette County Caregiver Support Group

Taking care of you... so you can keep taking care of them.

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

Call Colleen at 608-297-3101 for more information

Staff changes are happening in the ADRC.



We want to thank Alex Truell for his many years of great service. We congratulate you on your new adventure as you move away from the ADRC.



Colleen Sengbusch has been an exceptional member of the ADRC team for the past 11 years. She will be transitioning out of her role as the EBS into her new role as the Adult Protective Services Social Worker.



Meg Wandrey has been an engaging member of the ADRC team for the past 5 years. She will be transitioning out of her role as the DBS into her new role as the Elder Benefit Specialist..

MEDICARE SAVINGS PROGRAM

If you are a Medicare beneficiary there are Medical Assistance cost-sharing programs that provide assistance with Medicare co-pays, deductibles and premiums to low-income Medicare beneficiaries.

QMB: Pays for your Part B premium, Part A & B Medicare deductibles and co-pays.

SLMB/SLMB+: Pays only for the Part B premium.

Please contact Meg at (608) 297-3103 for either of these programs.

EAT RIGHT WHEN MONEY IS TIGHT!



Have you ever found yourself choosing between buying groceries and paying for medicine at the end of the month? Or maybe you've found yourself skipping fruits and vegetables and opting for cheaper, less nutritious foods so you have money to pay your utility bill? We believe these are choices no one should have to make. And that's why we'd like to make sure you are familiar with a benefit you may be eligible for called FoodShare. It's a monthly benefit deposited on a debit-like card, the QUEST Card, to help with buying food. This can free up money

for bills, medications and other necessities.

It's a completely free benefit to those who are eligible. Eligibility is based on income and certain expenses; many people who are working or receiving Social Security are eligible. Plus, claiming FoodShare benefits helps your local community. The USDA estimates that for every \$5 spent in FoodShare benefits, about \$9 circulates through local businesses and to our farmers. Claiming benefits you are eligible for is a great way to stretch your grocery budget while supporting your local community!

We have a team of FoodShare Outreach Specialists who would be happy to assist you with the process. Call our FoodShare Helpline toll-free at 1-877-366-3635 and we can answer any questions you may

You **MAY** qualify if your household's gross monthly income is less than...

		\$2,024
		\$2,744
		\$3,464
		\$4,184

For each additional member add \$720

Income guidelines are valid through September 30, 2019



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 last Wednesday of the Month @ Endeavor Elementary School
5-6:30pm

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

endeavorsharingsupper@gmail.com



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

New hours in Nov. 12-3pm

Eligible Family Address	Distribution Schedule				
Montello, Neshkoro, Packwaukee, Dalton	1 st Thursday of Month				
Westfield	2 nd Thursday of Month				
Oxford, Endeavor, Briggsville	3 rd Thursday of Month				
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

1-4 PM. The following schedule is suggested: (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.

Watermelon & Tomato Salad

Ingredients

- 2 large tomatoes, cut into 6 slices each
- 2 tbsp. white balsamic vinegar
- 1 tbsp. olive oil
- 4 cups watermelon, diced with the seeds removed
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper


Directions

1. Arrange 3 tomato slices on each side of four salad plates.
2. Combine vinegar, oil, and basil in a bowl, and mix well.
3. Add watermelon, and gently toss to coat evenly.
4. Spoon watermelon over the tomatoes.
5. Top with salt and pepper, and serve.

September 2019

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
2 Closed 	3 Shredded Pork & Gravy Korean Quinoa Blend Capri Vegetables Cookie	4 Brain Boosting Lunch Salmon and Leek Quiche Mixed Veggies Kale Salad Cake and Ice Cream	5 Gr Beef and Gravy Seasoned Mashed Potatoes Cheesy Broccoli Apple Squash Crisp	6 Healthy Turkey Skillet Green Beans Juice Coconut Mousse
9 BBQ Chicken Thighs Garden Blend Rice Edamame Succotash Grapes Cup Cakes	10 Tuscan Shrimp Pasta Squash Vegetable from Garden Fruit Cocktail Fluff	11 Meatballs with Mushroom Gravy Potatoes from the garden California Blend Veggies Juice/ Muffin	12 Senior Picnic Ham & Cheese on Croissant Broccoli and Cauliflower w/ Dip Potato Salad Mixed Berries over Corn cake	13 Hamburger and Green Bean Casserole Tater Tots Carrot Fruit Salad Cookie
16 Chicken Lasagna Asparagus Everything But Lettuce Salad Yogurt	17 Beef Patty/Gravy Mashed Potatoes Bean Medley V-8 Raisin Rice Pudding	18 Apricot Glazed Ham Sweet Potatoes Half Moon Blend Veggie Tropical Fruit Cinnamon Rolls	19 Closed Nutrition Staff Training	20 Italian Sausage with Peppers, Onions, Mushrooms Pasta with Vegetables Brussel Sprouts Applesauce cup
23 Vegetable Grain Bowl Brown Rice Tuna Sandwich Watermelon Shortbread Cookie	24 Sliced Ham/Pineapple Au gratin Potatoes Caramelized Carrots Veggies with Dip Banana Split	25 Oriental Salad Lettuce, Chicken, Oranges, Water Chestnuts, Craisins, Sunflower Seeds, Peas Cherry Dump Cobbler	26 Baked Tilapia Sweet Potatoes Beets Cole Slaw Cake	27 Gyro Skillet Hash brown Quinoa Blend Warm Spiced Peaches Snicker Apple Dessert
30 Chicken Breast Pasta Egg Plant Parmesan Cauliflower Salad Cranberry Jell-O				

Marquette County Nutrition Program

Nutritious meals are served at Six Senior Dining Sites throughout the county for individuals 60+. In addition to getting delicious meals, each site provides an opportunity to meet new people, participate in social activities, and keep informed of programs and issues. There are no income guidelines. There is a suggested donation of \$3.00. Call one business day before by 3:00pm to reserve your place at the table. To make a reservation call 608-297-3146.

Endeavor Civic Center
400 Church St, Endeavor WI 53930
Meals Served: 12:00 - Wed

Oxford Village Hall
129 S. Franklin St, Oxford WI 53952
Meals Served: 11:45 – Tues and Thurs

Montello Senior Center (Dome)
140 Lake Court, Montello WI 53949
Meal Served: Noon – Mon thru Fri

Packwaukee Town Hall
N3511 State St, Packwaukee WI 53953
Meal Served: 11:30 – Mon and Fri

Neshkoro Library
132 S. Main St, Neshkoro WI 54960
Meal Served: 12:00- Mon, Wed, Fri

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

Home-delivered meals are provided for those age 60 + who are homebound and unable to prepare meals on their own. Please call for eligibility qualifications. Meals are delivered to participant's homes Monday-Friday. Frozen meals are also available. The suggested donation of \$3.25 per meal. No one will be denied a meal due to their inability to contribute. For more information, call 608-297-3146.

Marquette County Senior Citizens, Inc.

Marquette County Senior Citizens, Inc. is an organization of senior citizens in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs, keep active and promoting healthy living.

We invite everyone to join us on the 2nd Sundays of the month for a Pot Luck Lunch.

Sept. 8 ♦ 12:30pm at the Senior Dome, 140 Lake Street, Montello.

Bring a dish to pass. Come and meet new friends.

UPCOMING EVENT: Sept. 19- Miller Park trip to see a Brewers Game. More info to follow.

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

We are open to suggestions for future trips and activities.

Did you know? You can rent the Dome for parties, family gatherings, etc.

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

October 2019

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 Stuffed Peppers Yellow Squash Moon Blend Butter Crunch Bar	2 Claudine's Brain Boosting Salad Spinach, Eggs, Mushrooms, Ham, Red Onions, Cheese Cake and Ice Cream	3 Roast Beef and Gravy Mashed Potatoes Asparagus and Carrots Apricots	4 Reuben Sandwich Diced Potatoes Green Beans Orange Cup Pudding
7 Pineapple Shrimp Stir Fry Wild Rice Oriental Blend Vegetables Asian Salad Cake	8 Evening Meal Ham Autumn Chowder Egg Salad Sandwich Corn & Cherry Toms Sweet Potato Bars	9 Chicken Alfredo Broccoli Casserole Sliced Carrots 3 bean Salad Fresh Fruit	10 Breaded Fish Tater Tots Collard Greens Dried Fruit Éclair Bars	11 Italian Meatloaf Pasta Corn with Black Beans V-8 Juice Fruit Cup
14 Cabbage Casserole Peas & Pearl Onions Apples with Dip	15 Honey Lemon Pork and Broccoli 5 Grain with Veggies Capri Blend French Silk Pie	16 Beef Steak with Gravy Mashed Potatoes Stewed Toms & Zucchini Juice Cookies n Cream Dessert	17 Sweet Potato, Black Bean Quinoa Chili Wilted Spinach Salad Spiced Pears Cake	18 Brat with Onions Calico Baked Beans Steamed Baby Carrots Potato Chips Angel Lush
21 Leek and Potato Soup Ham Salad Sandwich Side Salad Orange	22 Oven Roasted Chicken Mashed Potatoes Festival Blend Strawberry Shortcake	23 Baked Fish Potato Pancakes/Applesauce Bean Medley Craisins Pumpkin Bars	24 Turkey Dumpling Veggie Casserole Beets Country Apples Over Ice Cream	25 Beef & Spinach Lo Mein Sugar Snap Peas Egg Roll German Chocolate Brownies
28 Taco Salad Lettuce, Taco Meat, Tomatoes, Black Olives, Peppers, Beans, Cheese Frosted Grapes	29 Seasoned Pork Chops Sweet Potatoes Brussel Sprouts Spinach Dip with Peppers Cherry Pie	30 Beef Stew Cottage Cheese & Peaches Ambrosia	31 Cranberry Meatballs Garden Rice Fall Blend Vegetables Pea Salad Red Velvet Trifle	

Elderly Benefits Specialist Program

SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people over the age of 60 on public and private benefit issues. Assistance is provided with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Please feel free to contact the Elder Benefit Specialist, Meg Wandrey, at 608-297-3103.

Outreach & Information Updates with Meg (after lunch)

Sept. 11 & Oct. 16	Endeavor AddLIFE Center
Sept. 16 & Oct. 28	Neshkoro AddLIFE Center
Sept. 19 & Oct. 29	Oxford AddLIFE Center
Sept. 23 & Oct. 21	Packwaukee AddLIFE Center
Sept. 24 & Oct. 22	Westfield AddLIFE Center
Sept. 25 & Oct. 23	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.

Upcoming Immunization Clinic Dates

Westfield Municipal Building	Marquette County Health Dept.
Sept. 9 & 23 (12:30-4:30)	Sept. 16 & 26 (8:30-4)
Oct. 7 & 21 (12:30-4:30)	Oct. 14 & 24 (8:30-4)

Endeavor Civic Center
Oct. 3 (11am-3pm)



Special Events Calendar - September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Closed	3 M: O: W:	4 E: M: N: W:	5 M: O: Packer Party (P: Qigong 10:10am) W:	6 M: N: Packer Party P: W:
9 M: N: P: Grandparents Day Celebration W:	10 M: O: Penny Ante Game W:	11 E: Updates w/Meg M: School updates with Montello Administrator N:	12 M: O: Chair Exercise 11am (P: Qigong 10:10am) W:	13 M: N: Carl Brakebusch P: Bag Toss 11- 11:30 W: Bingo
16 M: N: P: Updates w/Meg W:	17 M: O: W:	18 E: M: N: Fact/Fiction with Cheryl W:	19 Staff Training Day Closed	20 M: N: P: Bingo w/prizes W:
23 M: N: Updates w/Meg P: Autumn Fest Or- ange & Yellow W:	24 M: O: W: Updates w/Meg	25 E: M: Updates w/Meg N: W:	26 M: O: Chair Exercise 11am (P: Qigong 10:10am) W:	27 M: N: Music w/Rodger P: W: Bingo
30 M: N: P: Sheepshead 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. Exercises for Seniors 9:30-10:30.**Westfield (W):** Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.

Special Events Calendar - October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 M: O: W:	2 E: Updates w/Meg M: N: W:	3 M: O: Music W/ Rodger (P: Qigong 10:10am) W:	4 M: N: P: W:
7 M: N: P: Sheepshead W:	8 Evening Meal M: Trivia Night O: Home on the Range W: An Evening in Autumn	9 E: M: N: W:	10 M: O: (P: Qigong 10:10am) W:	11 M: N: P: Bingo w/prizes W: Bingo
14 M: N: P: Columbus Day—fun trivia W:	15 M: O: Mini Trunk Show W:	16 E: M: N: Fact/Fiction with Cheryl W:	17 M: O: (P: Qigong 10:10am) W:	18 M: N: Kristen —Fall Prevention P: W:
21 M: N: P: Pumpkin Carving 12:30-1:30 W:	22 M: O: W:	23 E: M: N: October Fest W:	24 M: O: Updates w/Meg & October Fest (P: Qigong 10:10am) W:	25 M: N: Music w/Rodger P: Updates w/Meg W: Bingo
28 M: N: Updates w/Meg P: Sheepshead W:	29 M: O: W: Updates w/Meg	30 E: M: Updates w/Meg N: W:	31 M: O: Carl Brakebush (P: Qigong 10:10am) 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
overwhelming
sickness
sacrifice
strength
hope
home
stressful
caregiver
difficult
help
family
dedication