

Marquette County Senior Citizen News

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

January - February 2019



'Snow' fine bovine. Submitted by Amelia Cisewski.

Have you checked out our new website?

www.adrcmarquette.org



Get information and resources 24/7 by accessing our ADRC website or call and speak to a Resource Specialist M-F, 8 -4:30.

Things you can find on the website...

- Marquette County Senior Citizen Newsletter
- Information on Health Promotion Classes
- Nutrition and Dining
- Transportation
- Caregiver Support Information
- Agencies providing resources like home health, hospice, low income housing
- Benefit information for seniors and Adults with Disabilities
- Information on Publicly-Funded, Long-Term Care Programming



YOU HAVE QUESTIONS....WE HAVE ANSWERS

Connecting you with Supports and Services.

855-440-ADRC (2372)

www.adrcmarquette.org

A Warning About Online & Foreign Pharmacies

by the GWAAR Legal Services Team (for reprint)

It is no secret that medications are expensive, and prices for prescription drugs can change from year to year. Understandably, everyone wants to find the best deal for necessary medications. In an effort to find the lowest costs for medications, people often turn to online pharmacies or pharmacies from countries outside of the U.S.

Many people don't know that it is still illegal to purchase prescription medications from a foreign country and import them into the U.S. This law applies even if the medications are for personal use, and even for U.S.-based online pharmacies. If the drugs are imported from a foreign country, it is illegal to bring them in. For example, the online site **PharmacyChecker.com** uses what are called "verified pharmacies," but that does not mean "legal pharmacies" under the Food and Drug Administration (FDA) rules.

The FDA has discretion when it comes to penalizing people for purchasing foreign drugs, and it has been known to turn a blind eye when a drug is used for a serious condition for which effective treatment is not available in the United States and/or a person has imported less than a 3-month supply of the drug. However, that does not make the practice legal under federal law.

According to the FDA, reimporting medicines from outside the United States is dangerous because of the possibility that medications are counterfeit, mislabeled or otherwise unsafe. There is recent legislation to relax these laws to allow people to import foreign medications for personal use, but there are no direct laws in effect allowing such practices at this time.

Even if you know someone who says it's OK to order these drugs or you yourself have done so in the past without penalty, you must still be aware that the practice is illegal.



For more information, visit the FDA's website at <https://www.fda.gov/aboutfda/transparency/basics/ucm194904.htm>

Home Improvement Ideas for Aging in Place

by the GWAAR Legal Services Team (for reprint)

Are you planning to stay in your home for as long as you can? If so, you're not alone. According to research by the National Conference of State Legislatures and the AARP Public Policy Institute, nearly 90 percent of people over the age of 65 want to stay in their homes for as long as possible. Unfortunately, most homes are not designed for aging in place. However, there are some remodeling projects that can help people of all ages live more comfortably in their homes.

Consider smart home products like thermostats, lighting, or doorbells. Adjust your home's temperature, turn the lights on or off, or see who is at your door with the push of a button or with a voice command.

Take steps to prevent falls. Add handrails on both sides of a stairway. If your house has front steps, consider changing your entryway so that there is a sloping walkway rather than steps. An overhang over your main entrance will shield you from rain and snow and reduce your risk of falling on slippery pavement. In addition, pay attention to floor surfaces. Hardwood floors can be slippery, but adding area rugs can create a tripping hazard. On the other hand, carpeting reduces the risk of tripping and can help cushion a fall. However, wheelchairs and walkers might not easily roll over carpet.

Get creative with your home's layout. Having a bedroom and full bathroom on the first floor means you will not have to climb stairs every day. In addition, if you move the laundry to the main floor, you will not have to carry a laundry basket up and down stairs.

Think about how to make your bathroom accessible to people of all ages, heights, and mobility. A walk-in tub or curbless shower eliminates the need to step over the edge of a bathtub or shower. In addition, a taller toilet can make it easier to sit down and stand up. Finally, make sure your bathroom walls can accommodate grab bars.

Maintain independence in your kitchen. Consider adding rollout shelves or pullout drawers for storage so that you do not have to bend over as much. A microwave at counter height and seated work spaces make food preparation easier for people who have trouble standing. Finally, ranges or cooktops with controls on the front eliminate the need to reach across hot burners.

Do not forget about outlets, switches, and doorknobs. Consider putting outlets and switches where they can be reached by someone who is sitting. Light switches that do not require grasping will be easier to use. Doors with levers rather than doorknobs are easier to use by people who have arthritis or who simply have their hands full.

Costs will vary depending on where you live and the specific project. Some of these suggestions can easily be added to remodeling or maintenance projects you may already be planning, and others can be done by you or a family member in an afternoon. Most importantly, think about your own priorities and lifestyle to determine which adjustments will best meet your needs.

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.



Wednesday, January 2, 2019 - A Toast to the New Year

Let's toast in the New Year with our favorite mug! Bring your favorite mug & enjoy the hot chocolate bar! We'll share what makes the mug special to us & also something that you are looking forward to in 2019!

Wednesday, February 6, 2019 - A 'Heart'y Good Time!

The weather outside might be frightful but being with friends is so delightful! Come and join us for a "Heart-y" good time! We'll be decorating snowflakes or heart window decorations from a very unusual source! Experience the beauty of winter by viewing the first pictures of snowflakes ever taken in 1885!

Note: If the Westfield School District closes schools for any reason including a late start, the Memory Café will be cancelled as well.

Medicare Advantage Plans Overturn 75% of Their Own Claim Denials

by the GWAAR Legal Services Team (for reprint)

An Office of the Inspector General report raises questions about whether Medicare Advantage plans have inappropriately denied claims. The number of individuals with Medicare Advantage plans increased from 8 million individuals in 2007 to 21 million in 2018. Consequently, "even low rates of inappropriately denied services or payment can create significant problems for many Medicare beneficiaries and providers." These improper denials contribute to physical or financial harm and cause misuse of Medicare dollars, the report concluded.

The Office of Inspector General report found Medicare Advantage plans had "widespread and persistent problems related to denials of care and payment." When beneficiaries and providers challenged these denials, Medicare Advantage plans overturned 75 percent of their own denials during 2014–16. During the same period, independent reviewers at higher levels of the appeals process overturned an additional 80,000 denials in favor of beneficiaries and providers.

The high rate of improper first level denials is particularly troublesome because beneficiaries and providers appealed only 1 percent of these denials. This creates a tremendous financial incentive for Medicare Advantage plans to continue to improperly deny claims. If beneficiaries never appeal these improper denials, the Medicare Advantage Plans have little incentive to stop denying coverage improperly.

A number of factors contribute to the low rate of appeals. For instance, "CMS also cited 45 percent of contracts for sending denial letters with incomplete or incorrect information, which may inhibit beneficiaries' and providers' ability to file a successful appeal."

Medicare pays Medicare Advantage plans a payment each month for each beneficiary enrolled in the health plan. The Medicare Advantage plans use the payments to pay for all Medicare required care for an enrolled beneficiary. Yet the amount the Medicare Advantage plan receives is the same regardless of the amount of claims the plan covers for the beneficiary. Healthcare stakeholders have raised concerns that the payment model may incentivize Medicare Advantage plans to inappropriately deny claims and prior authorization requests to maximize their profits.

The report can be found at: <https://oig.hhs.gov/oei/reports/oei-09-16-00410.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**.

This is a special project that has a copay of \$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.

<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

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 Alex at 608-297-3102 for more information

Make Half Your Grains Whole

by Amelia Cisewski, RDN, CD

Eating grains, especially whole grains, provides many health benefits. Grains provide several nutrients that are vital for the maintenance of our bodies and overall health. Including whole grains as part of a healthy diet is associated with a reduced risk of some chronic conditions.

Nutrients Found in Grains

Whole grains are important sources of many nutrients including dietary fiber, several B vitamins, and minerals.

- Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower the risk of heart disease, obesity, and type 2 diabetes. Fiber is important for bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness. If your stomach feels full for a longer period of time, it can help you eat less and consume fewer calories, which can help with weight management.
- The B vitamins– thiamin, riboflavin, and niacin play a key role in metabolism. They help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Most refined grains are also enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells and helps iron function in the body.
- Iron is used to carry oxygen in the blood. Whole and enriched refined grains are a major source of non-heme iron in our diets. Eat iron-containing foods with foods rich in vitamin C, to improve the absorption of non-heme iron in our bodies.
- Whole grains are sources of magnesium and selenium. Magnesium is an important mineral used in maintaining bone strength as well as nerve and muscle function. Selenium helps to protect our cells from damage. Both are important for a healthy immune system.

Tips for Choosing Whole Grains

- Make simple shifts to make half your grains whole grains. Choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice, oatmeal, or grits.
- Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.



- Change up your favorite meal with whole grains. Try brown rice instead of white rice or whole-wheat noodles.
- Experiment by substituting buckwheat, millet, or oat flour to replace half of the flour in pancake or waffle recipes. To limit the saturated fat and added sugars, top with fruit instead of butter and syrup.
- Check the label. Most refined grains are enriched. This means that certain B vitamins and iron are added back after processing. Check the ingredients list to make sure the word “enriched” is included in the grain name.
- Know what to look for on the ingredients list. Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

Changes to FoodShare Interviews

by the GWAAR Legal Services Team (for reprint)

Effective October 29, 2018, income maintenance (IM) agencies will need to read from a call script at each FoodShare application and renewal. This call script lists information the interviewer must state verbally to the member.

The script includes the following:

- IM's use of Social Security numbers;
- The FoodShare member's rights and responsibilities;
- The application processing times frames for expedited and non-expedited benefits;
- Reporting requirements;
- Reminder of the six-month renewal; and
- QUEST card information.

In particular, IM workers must verbally communicate a household's FoodShare reporting requirements, including the reporting timeframe to report changes in income, household composition, and expenses.

There is no change to the interview process itself, and thus there is nothing an applicant or member needs to do differently at application or renewal. The main impact of this script's implementation, however, is that it will be more difficult for members to rely on lack of knowledge or understanding of reporting rules should they be assessed an overpayment in the future.

Winter Weather Preparedness

by Amelia Cisewski, RDN, CD

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

WCWC Radio 96.1 FM
WISS Radio 102.3 FM

WDDC Radio 100 FM
WBKY Radio 95.9 FM

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

Be sure to be prepared to provide your own meals on cancelled days. Therefore, now is a great time to stock up with an “emergency food shelf” of shelf stable foods in case of winter weather closures and ready-to-eat foods in case of a winter weather related power outage. Planning ahead for situations when you may need an emergency food supply is a good idea. How much and which foods to store will depend on the members of your family household, your preferences, special health conditions, ability to use the food in an emergency, space for storage and how far you live from a grocery store.

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

Following are some suggested shelf stable food items:

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



Changes Coming to BadgerCare Plus

The Centers for Medicare and Medicaid Services (CMS) recently approved a Wisconsin Dept. of Health Services (DHS) waiver request for the BadgerCare Plus Medicaid program. The waiver allows DHS to make some changes to BadgerCare Plus. In general, these changes will apply to adults under age 65 without disabilities who are not pregnant and who do not have dependent children. This population is frequently referred to as “childless adults.”

The changes include:

- **Health and wellness questionnaire.** The questionnaire will ask about behaviors that affect members' health and wellness. Question topics may include: diet, exercise, seatbelt use, and drug use. Members will be required to complete the questionnaire when they first apply for BadgerCare Plus and as part of the yearly benefits renewal process.
- **Monthly premiums.** Members will be charged monthly premiums of up to \$8 per household. Premiums will be lower for members who report healthy behavior, like wearing a seatbelt, not smoking, and not abusing or misusing drugs or alcohol. Households with income below a specific amount will not have to pay a premium. (It is anticipated that households less than 50% FPL will not have to pay a monthly premium).
- **Copayments for non-emergency use of emergency rooms.** Members who use the emergency room for care when it is not an emergency may be asked to pay an \$8 copayment. A medical condition is considered an emergency when lack of immediate treatment could seriously harm the person's health.
- **Eligibility time limit.** Childless adults between the ages of 19 and 49 who are not working, enrolled in school or a training program, or involved in volunteer work will only be eligible for BadgerCare Plus for 48 months. If a member is working, in a training program, or volunteering for at least 80 hours in a month, that month will not be counted toward the 48-month time limit. However, members who have not been working, in a training program, or volunteering for 48 months will lose eligibility for six months. They may reapply for benefits after six months. If they are approved for BadgerCare Plus at that time, they will begin a new 48-month period of eligibility. These time limits do not apply to members who are under 19 years old or over 49 years old. In addition, other members may be exempt from the 48-month limit, including those who are disabled, those who are primary caregivers for others, and those who are in an alcohol or drug abuse treatment program.

The waiver also allows Wisconsin Medicaid to cover all costs of residential treatment for substance use disorder for all Medicaid and BadgerCare Plus members. DHS is working to increase the number of treatment providers so that everyone who needs substance use disorder treatment has access to it. This is part of the state's efforts to combat the opioid overdose epidemic.

DHS expects that it will take at least one year for these changes to go into effect. However, it is possible that Governor-elect Tony Evers and the new administration will make changes to some parts of the waiver. DHS will provide more information as it becomes available.

One change to BadgerCare Plus is definitely going into effect in the new year. Starting January 1, 2019, parents and caretaker relatives in a BadgerCare Plus extension will not have to pay premiums for their BadgerCare Plus benefits. In addition, parents and caretakers who were eligible for a BadgerCare Plus extension but did not pay required premiums may be able to re-enroll in BadgerCare Plus starting on January 1, 2019 without paying old premiums if their extensions have not yet expired, and they meet all other eligibility requirements.

If you have any questions about whether any part of the waiver affects you, please contact your county's Aging and Disability Resource Center.

Tips for Defusing Family Conflict

by Jane Mahoney from GWAAR (for reprint)

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care.

Good communication is essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone.
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you communicate better.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write things down.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

2019 Medicare Numbers

by the GWAAR Legal Services Team (for reprint)

The Centers for Medicare & Medicaid Services (CMS) recently announced the 2019 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, more than 95% of Medicare beneficiaries receive premium-free Medicare Part A because they have at least 40 quarters of employment paying into Medicare taxes.

Medicare Part A costs

Description	2018	2019
Premium with 40 work credits	\$0	\$0
Premium > 30 work credits	\$232	240
Premium < 30 work credits	\$422	\$437
Deductible (per benefit period)	\$1,340	\$1,364
Daily coinsurance in hospital days 61-90	\$335	\$341
Daily coinsurance in hospital days 91-150	\$670	\$682
Daily coinsurance in a skilled nursing facility, days 21-100	\$167.50	\$170.50

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. Regardless of work quarters, everyone pays a Medicare Part B premium (unless a person qualifies for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis.

Medicare Part B costs

Description	2018	2019
Monthly Premium	\$134	\$135.50
Annual Deductible	\$183	\$185



We had successful Walk with Ease workshops in Westfield and Montello. Walk with Ease is designed to help people living with arthritis better manage their pain, but also ideal for people without arthritis who want to make walking a regular habit. For more information about our Walk with Ease program, call (608) 297-3146.

Energy Assistance This Winter

by the GWAAR Legal Services Team (for reprint)

Wisconsin Heating Season: October 1 – May 15

If you have trouble heating your home or paying your electric bill this winter, you might be eligible for energy assistance between October 1, 2018 and May 15, 2019.

- Heating Assistance is a one-time payment to pay a portion of your heating costs.
- Electric Assistance is a one-time payment to pay a portion of your electrical (non-heating) costs.
- Crisis Assistance is intended to provide emergency and/or proactive services to assist eligible households experiencing an energy crisis. This benefit is available if you have no heat, have received a disconnect notice from the heating vendor, or are nearly out of fuel and do not have the money to purchase more.
- Furnace Assistance is available if your furnace or boiler stops operating during the heating season. Furnace assistance may pay for repairs, or in some cases a total replacement of a non-operating furnace or boiler.

Even if you are eligible based on the income limits below, assistance is not guaranteed. The amount of assistance varies and depends on a variety of factors including your household size, income, and if anyone in the home is under six, has a disability, or is over age 60. In most cases, benefits are not paid to the person, but directly to the household energy supplier or furnace/boiler provider.

Ban on Utility Disconnections: November 1 – April 15

In Wisconsin, it is illegal for utility providers to shut off utility services between November 1, 2018 and April 15, 2019 - even if you don't pay your bills. The only catch is that if you are not caught up on your bills before November 1, 2018, your utility provider does not have to turn on your service.

Eligibility for energy assistance is based on your household income, called the "state median income" (SMI) guidelines.

ENERGY 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	\$6,870.00
2 IN HOUSEHOLD	\$8,983.75
3 IN HOUSEHOLD	\$11,097.75
4 IN HOUSEHOLD	\$13,211.50



Federal Disaster Assistance, Free Legal Assistance Available for Individuals Affected by Flooding

by the GWAAR Legal Services Team (for reprint)

A new toll-free legal hotline is available for individuals living in the counties in the federal disaster area. These areas are Crawford, Dane, Juneau, La Crosse, Marquette, Monroe, Richland, Sauk and Vernon counties. Types of legal assistance provided include:

- Assistance with securing FEMA and other government benefits available to disaster survivors;
- Help with life, medical, and property insurance claims;
- Assistance with home repair contracts and contractors;
- Replacement of wills and other important legal documents destroyed in the disaster;
- Help with consumer protection matters, remedies, and procedures;
- Counseling on mortgage foreclosure problems; and
- Counseling on landlord-tenant problems.

Individuals with flood-related legal issues who cannot afford a lawyer can call (877) 947-5291 between 8 a.m. and 5 p.m., Monday through Friday. They can also submit questions online at <https://wi.freelegalanswers.org>. Callers will receive limited legal assistance from volunteer lawyers. The hotline has been made possible through a partnership between the State Bar of Wisconsin, the State Bar's Young Lawyers Division, the Federal Emergency Management Agency, Wisconsin Emergency Management, and other organizations.

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.

Wisconsin Facts (from the WI Historical Society)

- Nearly 21 million gallons of ice cream are consumed by Wisconsinites each year.
- Wisconsin is a leading producer of Ginseng in the United States.
- Green Bay is known as the "Toilet Paper Capital" of the world.
- The first ice cream sundae was concocted in Two Rivers in 1881.
- The Fox River is one of the few rivers in the nation that flows north.
- Practically all the natural lakes in Wisconsin have resulted from glaciers.
- According to Wisconsin stories, Wisconsin contains more ghosts per square mile than any other state in the nation.
- American Birkebeiner, the largest cross country ski race in the US, brings upwards of 5,000 competitors to Cable.
- The largest experimental aviation event in the world is the EAA Fly-In at Oshkosh.
- Sun Prairie's sweet corn festival is one of the largest of its kind in the nation.
- It takes an average of 100 hours of fishing to catch a 33.4 inch Muskie.
- The first circus in the US was in Delavan, Wisconsin.
- Sheboygan is the "Bratwurst Capital" of the world.
- More than 800,000 deer roam Wisconsin woods.
- Almost 1/3 of all Americans live within a 500 mile radius of Wisconsin.
- Door County has more shoreline than any other county in the US - over 250 miles.
- If all of the hunter's on opening day of deer season in Wisconsin were grouped together, they would comprise the sixth largest army in the world.

www.wisconsinhistory.org



Upcoming Foot Clinic Dates

January 2, 9, 17, 22, & 30

February 5, 20, & 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



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

January 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
 7 Cream of Asparagus Soup Italian Sub Sandwich 7 layer salad Baker's Choice	1 Closed  8 Fish Tenders Baked Beans Peas and Carrots Raisins Brownies	2 Pork and Mushroom Stew over Mashed Potatoes Cucumber Sticks Fruit mix 9 Beef Stroganoff Pasta with Vegetables 3-Bean Salad Cake and Ice Cream	3 Reuben Sandwich Sweet Potato Fries Cauliflower & Carrots Peach Cobbler 10 Pineapple BBQ Chicken Korean Quinoa Blend Capri Blend Vegetables Fruited Jell-O	4 Chicken Stir Fry Garden Rice Sugar Snap Peas Veggie Egg Rolls Raspberry Strudel 11 Cook's Choice Cook's Choice Potato Broccoli Salad Walsdorf Salad
14 Bacon Wrapped Pork German Potato Salad Squash Fruited Granola Bar Cake	15 Turkey Carbonara Festival Blend Vegetables Edamame Salad Apple Slices/ Dip	16 Vegetable Soup Chicken Salad Wrap String Cheese Melon Cup	17 Beef Patty and Gravy Mashed Potatoes Stewed Tomatoes & Zucchini Dried Fruit French Silk Pie	18 Ham and Cheese Egg Bake Hashbrowns & Red Quinoa Hot Apple Sauce Orange Juice Cinnamon Roll
21 Cheesy Chicken Casserole Winter Moon Blend Veggies Asparagus Marbled Pudding	22 Salisbury Steak Mashed Potatoes California Blend Vegetables Fruit Bar	23 Potato Crunch Fish Diced Sweet Potatoes Green Beans Cole Slaw Butter Crunch Bar	24 Turkey & Vegetables Diced Red Potatoes Pickled Beets Cake	25 Hot Dog on a Bun Chickpea Mac & Cheese Caramelized Carrots Potato Chips Fruited Yogurt
28 Shredded Pork/ Gravy Mashed Potatoes Cranberry Sauce Apple Slices Cookie	29 Hamburger & Green Bean Casserole Tater Tots Mixed Vegetables Raisin Rice Pudding	30 Chicken Breast Stuffed with Broccoli Rice & Vegetables Brussel Sprouts Frosted Grapes	31 Chili Scalloped Corn Wedge Salad Blueberry Torte	

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

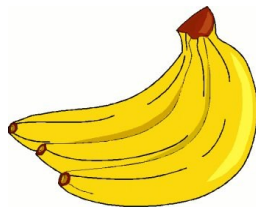
Call (608) 297-3146 or (877) 627-6767 Ext. 3146

for meal reservation one weekday in advance by 3 PM

Banana Pancakes

Ingredients:

1 ripe banana
1 egg
1/2 tsp. vanilla extract
1/4 c quick-cook oats
1/2 tsp. cinnamon
1 tbsp. peanut butter
Maple syrup



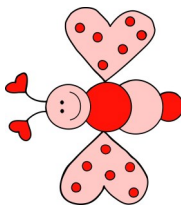


Directions:

1. Mash banana in a large bowl until smooth. Add eggs and vanilla and mix. Then mix oats and cinnamon.
2. Heat a skillet to medium and add a small amount of butter or nonstick spray. Pour in 1/3– 1/2 cup scoop of the pancake batter. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.
3. Spread peanut butter and drizzle maple syrup on top.
4. Enjoy! Add sliced banana, strawberries, or blueberries for additional fruit and flavor! You can also substitute pumpkin puree for the mashed banana.

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 Open Faced Roast Beef on Texas Toast Sandwich Cook's Choice Veggie Cauliflower Salad Banana Split Dessert
4 Turkey & Gravy Mashed Potatoes Country Blend Veggie Cranberry Sauce Pumpkin Pie	5 Pork Chop Mashed Sweet Potatoes Peas & Carrots Strawberry Shortcake	6 Hawaiian Meatballs Garden Blend Rice Broccoli Trail Mix Cake & Ice Cream	7 Chicken Parmesan Pasta & Vegetables Italian Blend Veggie Fruited Croissant	8 Squash Soup Ham Salad Sandwich Kale Side Salad Honey Pecan Squares
11 Squash Rice with Beef Collard Greens Bean Medley Frozen Juice Cake	12 Tuna Melt Sweet Potato Fries Spinach Salad Tiramisu	13 Chicken Alfredo Lasagna Corn & Squash Bake Mixed Veggies w/ dip Strawberry Oat Bars	14 Beef Steak & Gravy Mashed Potatoes Mixed Vegetable Orange Cherry Cheesecake	15 Western Pasta Salad Pepperoni, Salami, Vegetables Broccoli & Cauliflower Salad Sun Chips Choc Chip Sandwich Cookie
18  Closed	19 Mini Corn Dogs Fried Rice w/ Vegetables Cheesy Broccoli Juice Pudding & Fruit	20 Pork Roast Maple Glazed Sweet Pot W/ Blend Veggies Dried Cherries Ice Cream Bar	21 Chicken Dumpling Soup Veggie Wrap Fruit Cup Cake	22 Ground Beef & Beans Gravy, Mashed Potatoes Green Beans Banana Blueberry Breakfast Bar
25 Club Salad Lettuce, Chicken, Ham, Turkey, Tomato, Peas, Cheese Pistachio Dessert	26 Beef Stew Pineapple with Cottage Cheese Mixed Berry Crisp	27 Italian Meatloaf Pasta with Vegetables Edamame Succotash V8 Juice Coconut Cream Pie	28 Chicken Tenders Potato Wedges Diced Carrots Broccoli Salad Choc. Mashed Potato Cupcake	

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)

January 9 & February 13	Endeavor AddLIFE Center
January 21 & February 11	Neshkoro AddLIFE Center
January 24 & February 14	Oxford AddLIFE Center
January 25 & February 25	Packwaukee AddLIFE Center
January 22 & February 26	Westfield AddLIFE Center
January 23 & February 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.

Upcoming Immunization Clinic Dates

Westfield Municipal Building

Jan. 7 & 21 (12:30-4:30)
Feb. 4 (12:30-4:30)

Marquette County Health Dept.

Jan. 14 & 24 (8:30-4)
Feb. 11 & 28 (8:30-4)

Endeavor Civic Center

Jan. 3 (11-3:30)

MCHD



Public Health
Prevent. Promote. Protect.

Special Events Calendar - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 M: O: W:	2 E: M: N: W:	3 M: O: W:	4 M: N: Worlds of Wisdom P: W:
7 M: N: P: Blizzard Ice Cream Party W:	8 M: O: W:	9 E: Blizzard Party Updates w/Colleen M: N: W: Yoga w/Sheena	10 M: O: Blizzard Ice Cream Party W:	11 M: N: P: W: Bingo
14 M: N: P: Funeral Home Presentation(Crawford) W:	15 M: O: W:	16 E: M: N: Fact or Fiction with Librarian Cheryl W: Marc Patula (Silver Sneakers/TNT)	17 M: Marc Patula (Silver Sneakers/TNT) O: Funeral Home Presentation(Crawford) W:	18 M: N: Bring Your Favorite Mug to Lunch P: W:
21 M: N: Updates w/Colleen P: W:	22 M: O: W: Updates w/Colleen	23 E: M: Updates w/Colleen N: W: Yoga w/Sheena	24 M: O: Updates w/Colleen W:	25 M: N: Music with Rodger Krueger P: Updates w/Colleen W: Bingo
28 M: N: P: W:	29 M: O: W:	30 E: Super Bowl Party M: N: W:	31 M: O: 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 - February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				I M: N: P: Super Bowl Party W: Alex Truell (Caregiver Programs)
4 M: N: Alex Truell (Caregiver Programs) P: Chocolate Lovers Fruit Dip W:	5 M: Alex Truell (Caregiver Programs) O: Chocolate Lovers Fruit Dip W:	6 E: Alex Truell (Caregiver Programs) M: N: W: Yoga w/Sheena	7 M: O: Alex Truell (Caregiver Programs) W:	8 M: N: P: Alex Truell (Caregiver Programs) W: Bingo
11 M: N: Updates w/Colleen P: W:	12 M: O: W:	13 E: Chocolate Lovers Updates w/Colleen M: N: W:	14 M: O: Updates w/Colleen W:	15 M: N: Valentine's Day Party P: W:
18 M: N: P: W:	19 M: O: W:	20 E: M: N: Fact or Fiction with Librarian Cheryl W: Yoga w/Sheena	21 M: O: W:	22 M: N: Wayne Yodel P: W: Bingo
25 M: N: P: Updates w/Colleen W:	26 M: O: W: Updates w/Colleen	27 E: M: Updates w/Colleen N: Music with Rodger Krueger W:	28 M: O: W:	

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

ADDRESS SERVICE REQUESTED



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