

Marquette County Senior Citizen News

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

May - June 2019



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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

Lucy inspects the corn. 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

New App Tells You What Medicare Covers

by the GWAAR Legal Services Team (for reprint)

The Centers for Medicare & Medicaid Services (CMS) recently launched a new app for mobile devices. The new “What’s Covered” app provides general cost, coverage, and eligibility information for items and services covered by Medicare Part A and Part B. The app also includes a list of covered preventive services. The app is available for free in both Google Play and the Apple App Store.

According to CMS data from 2016, about two-thirds of Medicare beneficiaries say they use the internet daily or almost daily. Some of the most common questions CMS receives are about what Medicare covers. There are approximately 15 million page views each year for coverage-related content on Medicare.gov, and 1-800 MEDICARE receives over 3 million coverage-related calls each year. Beneficiaries can use the app to quickly see whether Medicare covers a specific medical item or service.

Other tools developed as part of the eMedicare initiative include:

- A simplified log-in for the Medicare Plan Finder tool, which helps beneficiaries choose a Medicare Part D plan or Advantage plan;
- A customer service webchat tool in the Plan Finder;
- An out-of-pocket cost estimator (<https://www.medicare.gov/oopc/>); and
- A “coverage wizard” that helps beneficiaries compare out-of-pocket costs and coverage between Original Medicare and an Advantage plan (<https://www.medicare.gov/medicarecoverageoptions/>).

In addition, there are new surveys available across Medicare.gov so beneficiaries can tell CMS about what they want.

Who You Gonna Call? Medicare or Social Security?

by the GWAAR Legal Services Team (for reprint)

Medicare and Social Security benefits are related, so it can be confusing to figure out who does what. Read on to learn when and how to contact Medicare or Social Security.

Contact Medicare to:

- See what services Medicare covers;
- Get detailed information about Medicare health and prescription drug plans in your area;
- Choose and enroll in a Medicare health or prescription drug plan;
- Learn more about Medicare Supplement Insurance (Medigap);
- Find doctors, health care providers, and suppliers who participate in Medicare;
- Get info for filing Medicare appeals, or letting someone speak with Medicare on your behalf;
- Compare the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities; and
- View Medicare publications.

You can find links to this information at www.medicare.gov. If you need to find information about your claim status, learn about deductibles, or get answers to questions about your premium payments, you can call **1-800-MEDICARE** (1-800-633-4227; TTY: 1-877-486-2048). In addition, you can create an account with **MyMedicare.gov** in order to:

- Check your Medicare information, including seeing your Medicare claims processed;
- Find your eligibility, entitlement, and preventive service information;
- Check your health and prescription drug enrollment information;
- View your Part B deductible information;
- Manage your prescription drug list and other personal health information; and
- Create an On the Go Report that allows you to print your health info to share with providers.

Contact Social Security to:

- See if you're eligible for Medicare;
- Create a *My Social Security* account to do things like review your earnings history, estimate your future benefits, request a replacement Medicare card, and report changes;
- Sign up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance);
- Apply for Extra Help with Medicare Part D (prescription drug coverage) costs;
- Report a death; and
- Appeal an Income-Related Monthly Adjustment Amount (IRMAA) decision (for people who pay a higher Part B and/or Part D premium because their income is over a certain amount).

You can find more information at www.socialsecurity.gov. To find a local Social Security office, you can search by zip code here: <https://secure.ssa.gov/ICON/main.jsp>. Most local offices are open from 9 a.m. until 4 p.m. on Monday, Tuesday, Thursday, and Friday. Some local offices are open from 9 a.m. until noon on Wednesday.

In addition, you can call the main Social Security office at **1-800-722-1213** (TTY: 1-800-325-0778). You can use automated telephone services to request a benefit verification letter, request a replacement Medicare or Social Security card, request a form to apply for Extra Help, or ask about claim status. You can also listen to informational messages on topics such as payment delivery dates, direct deposit, the cost-of-living adjustment, or fraud. You can also speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. Social Security recommends calling Wednesday, Thursday or Friday to cut down on your hold time.

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.




 Alzheimer's &
 Dementia Alliance
OF WISCONSIN
alzwisc.org

Wed, May 1st, 10am-noon

May is National 'Share a Story' month. Join us as we create a one-of-a-kind story using our creativity based on a photo! Be prepared to laugh and enjoy each other's company.

Wed, June 5th, 10:15-11:30am - Winery tour & tasting at Lunch Creek Vineyard & Winery!

The Marquette County Bus will leave Westfield Village Hall at 9:45. Transportation is available for the first 15 people who RSVP with Adam at 608-297-3104. RSVP is only required to ensure transportation. If you are not taking the bus, meet at Lunch Creek. Lunch afterwards at the Neshkoro Meal Site; if you are not riding the bus, you will need to make a meal reservation by calling 608-297-3146.

Cost is \$5.00 per person, and any reservations must be made by June 3rd.

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

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

ADRC of Marquette County
428 Underwood Ave., 2nd floor, Montello

IS IT TIME FOR FACILITY CARE?

Review things to consider when making the decision to move to facility care.

Wednesday, May 22
1:30 - 3:00 p.m.



Free and open to the public. No registration required - Just drop in!



alzwiss.org . 888.308.6251

Green Lake/Marquette/Waushara
Regional Office

P.O. 137

Green Lake, WI 54941

Phone: 920.294.4100

Free Legal & Financial Planning Workshop

Attorney Jennifer Koepl, Koepl Law Offices, will provide an overview of basic estate planning, advance directives, wills/trusts, guardianship, Medicaid eligibility and more.

Wednesday, June 12 | 6:00 – 8:00 p.m.

Marquette County UW-Extension, Demo Room 112A
480 Underwood Ave., Montello

Open to the public. Light refreshments provided. No solicitations will be made.

Registration requested.

To RSVP call Dementia Outreach Specialist Kristine Biesenthal at (920) 294-4100.



Sponsored by:



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.

Got Milk? Celebrating June Dairy Month

by Amelia Cisewski, RDN, CD

June is National Dairy Month! Dairy foods are rich in many nutrients, like calcium, potassium, vitamin D, and protein. Milk plays an important role in our bodies. The recommended daily amount for everyone is 3 cups per day (children under age 8 need 2 to 2 1/2 cups), according to the USDA Dietary Guidelines for Americans. Consuming dairy products are very important for our bone health. It is not only important for children's growing bones. It is also important to maintain our bones and reduce the risk of osteoporosis, cardiovascular disease, type II diabetes, and lowers blood pressure in adults.

Dairy provides many important nutrients:

- ◆ **Calcium:** Essential for building bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American diets.
- ◆ **Potassium:** Helps maintain a healthy blood pressure.
- ◆ **Vitamin D:** Helps to maintain levels of calcium and phosphorus, which help maintain bones. Milks that are fortified with vitamin D are a good source.
- ◆ **Phosphorus:** Forms mineral structure in bones and teeth.

Some other important nutrients in dairy products are: **Vitamin A, Vitamin B12, riboflavin, magnesium, zinc, carbohydrates,** and **proteins.**

Beyond Milk: Other Dairy Products Out There

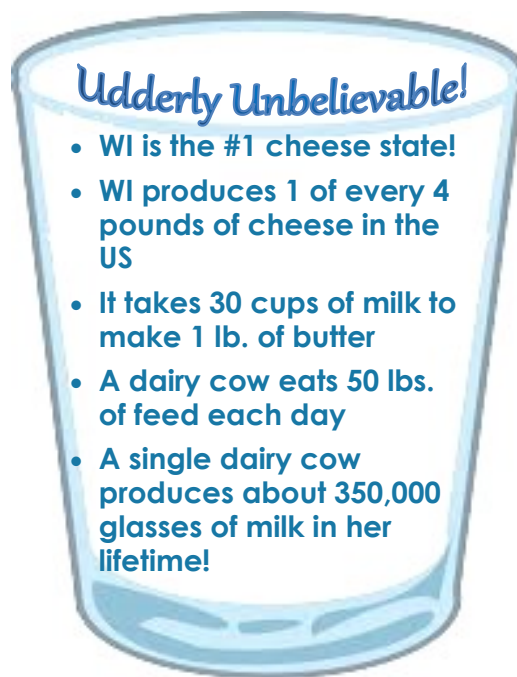
There are many different dairy products containing these important nutrients. These products can be eaten as they are or incorporated into your favorite recipes. When choosing a dairy product, select from fat-free or reduced-fat options.

Other Dairy Options Equaling 1 Cup:

- 1 cup of yogurt– try adding fruit
- 1/3 cup shredded cheese
- 1 1/2 ounces hard cheese (cheddar, Swiss, parmesan, etc.)
- 2 cups cottage cheese
- 1 1/2 cups ice cream
- 1 cup pudding

Can't Drink Milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) or other plant beverages to get your calcium. Calcium in some leafy greens like spinach and broccoli is well absorbed as well.



Please join us for Marquette County Senior Nutrition Program's

Older Americans Celebration

Thursday, May 9th, 2019 at the Westfield Senior Dining Site

- 10:30am Registration starts
 11:00am Connect, Create, Contribute Presentation
 12:00pm Lunch & Music
 1:00pm Marquette County Jeopardy
 & Wii Bowling Tournament

On the Menu:
 Beef & Vegetables with Gravy
 Vegetable Fried Rice
 Cauliflower & Carrots
 Mixed Fruit

Reservations are required since space is limited. Call (608) 297-3146 to RSVP.

Suggested donation of \$3 for ages 60 and over.

**OLDER
 AMERICANS
 MONTH**



CONNECT, CREATE, CONTRIBUTE MAY 2019

Apple Pie Overnight Oats

Ingredients:

- 2/3 cup low-fat milk
- 1/2 cup old-fashioned rolled oats
- 1/4 cup chopped pecans
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 tablespoon maple syrup or honey
- A pinch of salt

Directions:

- In a small bowl or 12-ounce jar, combine all ingredients and stir until well combined. Cover and refrigerate overnight or at least 6 hours.



Driving Retirement

by Jane Mahoney, Caregiver Support Specialist with GWAAR (for reprint)

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, **Driving Retirement** is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and the ADRC. Find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them schedule a ride with a transportation program, show them




May 7, 14, & 29

June 4, 13, & 25

Call for an Appointment! 608-297-3135

Upcoming Foot Clinic Dates

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



how to make an online order, or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations
- Lack of attention to traffic signs or pedestrians
- Increased agitation or irritation while driving
- Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

President's Budget: Potential Impact on Seniors

by the GWAAR Legal Services Team (for reprint)

On February 12, President Trump released his budget proposal for fiscal year 2019, which could significantly decrease benefits for the elderly and disabled. The budget plan is not a law, and probably won't become law. However, it does reveal the administration's priorities and values. It serves as a map for future rulemaking and legislation. The record \$4.7 trillion federal budget for 2020 calls for a 5% cut to social programs. Some things within Trump's budget that would likely impact seniors include the following:

Cuts Medicare Funding - The proposal eliminates \$845 billion from Medicare funding over the next 10 years, mainly, the proposal says, by eliminating waste, fraud and abuse and by cutting payments to certain hospitals and other providers. For example, the proposal would provide less money to compensate hospitals for treating patients who don't- or can't- pay their bills. The proposal also calls for requiring Medicare beneficiaries to get prior approval for certain medical services that the administration says are ripe for waste and fraud, although it doesn't specify which services.

Repeals the Affordable Care Act (ACA) & Cuts Funding for Programs in the ACA - The proposal adopts the ACA repeal-and-replace bill sponsored by Senators Ron Johnson, Bill Cassidy, Lindsey Graham, and Dean Heller. Trump's proposed budget then suggests cutting funding for coverage programs deeply below the levels in that bill.

Decreases Medicaid Funding - The proposal decreases Medicaid funding by more than \$1.4 trillion over the next decade. The budget would eliminate the ACA's Medicaid expansion, which has extended coverage to 12 million low-income adults, as well as its Marketplace subsidies, which help more than 8 million people afford coverage. The budget would also convert the rest of the Medicaid program, which covers seniors, people with disabilities, children, and pregnant women to a per capita cap, limiting the amount of federal funding for each person enrolled in Medicaid regardless of need.

Eliminates most federal SHIP funding - The proposal severely curtails or eliminates the SHIP programs, which provide free, one-on-one counseling to Medicare beneficiaries, with over 3,000 state and local offices and over 15,000 counselors. Trump's proposed budget would lower SHIP's \$52 million annual budget by \$49 million, effectively ending federal support of the program. The administration justified the proposal by noting that Medicare beneficiaries have other sources for information, such as the federal 1-800-MEDICARE helpline.

Abolishes the only federal training program dedicated to solely serving older adults - the proposal eliminates the Senior Community Service Employment Program (SCSEP), a training and job placement program for adults over 55. Created in 1965, SCSEP is the nation's oldest program to help low-income, unemployed individuals age 55 and older find work. There are no similar federal programs for older adults, and 65,081 low-income older Americans received paid employment and training in Fiscal Year 2015. SCSEP participants gain work experience in a variety of community service activities at non-profit and public facilities, including schools, hospitals, day-care centers, and senior centers. The program provides over 40 million community service hours to public and non-profit agencies, allowing them to enhance and provide needed services. This training serves as a bridge to unsubsidized employment opportunities for participants.

Reduces SNAP funding - The proposal cuts the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) by \$213 billion over 10 years, which represents a nearly 30% cut. Seniors, the unemployed, and low-income working families with children would bear the brunt of the cuts. The largest SNAP savings in the budget would come from cutting household benefits by more than \$260 billion over ten years — some 40 percent — and using about half these funds to provide households a government-purchased non-perishable food box in lieu of food that households currently purchase at a grocery store. The proposal also eliminates SNAP nutrition education.

Freezes most funding in the Older Americans Act and related programs - The proposal would roughly freeze funding for the nation's senior services programs, continuing a decade-long trend. The budget proposes very small increases in some areas and would cut funding for others, such as falls prevention, elder rights support, and chronic disease self-management.

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



How to Maximize Your Grocery Shopping

by the GWAAR Legal Services Team (for reprint)

Whether or not you receive Supplemental Nutrition Assistance Program (SNAP) benefits through Wisconsin's FoodShare program, we could all use extra tips and reminders for smart food shopping. This article offers suggestions on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

BEFORE Shopping

- ◆ Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use.
- ◆ Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons to buy foods you normally eat. Make sure the coupons give you the best value.
- ◆ For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- ◆ Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- ◆ Try store brands. They are usually the same quality and cost less.
- ◆ Compare products and prices for the best deal. Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- ◆ Check "sell by" or "use by" dates. Buy the freshest food possible.

AFTER Shopping

- ◆ Store food right away in the refrigerator or freezer to keep it fresh and safe.
- ◆ If you buy a large amount of fresh food like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ◆ Use foods with the earliest expiration dates first.

BEST BUYS for COST and NUTRITION

BREADS AND GRAINS: Choose whole-grain breads. Look for bargains on day-old varieties. Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES: Buy large bags of frozen vegetables. When choosing canned vegetables, look for "low sodium" or "no added salt" on the label.

FRUITS: Buy fresh fruit in season - it generally costs less. Frozen and canned fruits are available year-round, can save you money, and have similar nutrition values to fresh fruit.

LOW-FAT OR FAT-FREE MILK PRODUCTS: Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Typically, larger containers cost less per serving than smaller sizes. Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS: Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling. Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.

For more information, or to locate a retailer near you that accepts FoodShare benefits, visit USDA website at www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

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

DHS Launches MyACCESS App

WI DHS recently launched the MyACCESS mobile app. With the MyACCESS app, you can:

- See the status of your benefits, including Medicaid and FoodShare.
- Be reminded of actions you need to take– even sign up to get notifications on your phone.
- Submit documents for your case by taking photos of them with your phone.
- Track the status of documents in real time.

To use the app, you must have applied for or be enrolled in BadgerCare Plus, Medicaid, or FoodShare. You can also use the app for Wisconsin Shares Child Care Subsidy Program and/or Wisconsin Works (W-2).

At this time, you cannot use the MyACCESS app to apply for benefits. If you would like to apply for benefits, you can do so online through the ACCESS website, over the phone with your Income Maintenance agency, using a paper application, or in person at your agency. In addition, you will need to continue to do some things, like renewing your benefits and reporting changes, through the ACCESS website or over the phone or in person through your Income Maintenance agency. Your local ADRC can also help you apply for benefits, report changes, and renew your benefits.

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.



There's a Living Well with Chronic Conditions workshop starting soon near you!

**May 23- June 27, 2019
Thursdays
3:00-5:30pm**

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

**Suggested Donation: \$15
Call (608) 297-3146 to register
or for more info**



Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team





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 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
* Beef and Vegetables with Gravy Vegetable Fried Rice Cauliflower and Carrots Mixed Fruit	 7 Clam Chowder Egg Salad Sandwich Layered Salad V-8 Juice Applesauce	1 Cheese Tortellini/meat Sauce Peas & Pearl Onions Warm Country Apples Cake and Ice Cream 8 Baked Potato Topped with Diced Ham Cheesy Broccoli Tomatoes with Dip Rice Krispy Treat	2 Breaded Fish Baked Beans Squash Cole Slaw Pudding 9 * Older Americans Celebration in Westfield No Home-Delivered Meals Or Dining Sites	3 Ham Boiled Dinner Broccoli & Cauliflower Grapes Dessert Bar 10 Polish Sausage & Sauerkraut Diced Red Potatoes Beets Pineapple Cup
6 Salisbury Steak & Gravy Potato Medley Mixed Vegetables Citrus Cup	7 Clam Chowder Egg Salad Sandwich Layered Salad V-8 Juice Applesauce	8 Baked Potato Topped with Diced Ham Cheesy Broccoli Tomatoes with Dip Rice Krispy Treat	9 * Older Americans Celebration in Westfield No Home-Delivered Meals Or Dining Sites	10 Polish Sausage & Sauerkraut Diced Red Potatoes Beets Pineapple Cup
13 Fish Tenders Edamame Succotash Potato Pancakes Applesauce Cake with Fruit	14 Meatballs and Gravy Chickpea Pasta Stewed Tomatoes & Zucchini Tropical Fruit	15 Mediterranean Chicken Quinoa Caramelized Carrots Spiced Pears Ice Cream Bar	16 Lasagna Casserole Italian Blend Vegetables Roasted Potatoes Fruited Turnover	17 Shrimp Salad Lettuce, Shrimp, Mandarin Oranges, Water Chestnuts, Peas, Cheese Baker's Choice
20 Chicken Spaghetti Corn and Squash Bake Collard Greens Fruited Yogurt	21 Scrambled Eggs with Spinach and Peppers Banana Filled Crepes Sausage Links Potatoes O' Brien Fresh Melon	22 Very Veggie Soup BLT Wrap Fruit Salad Muffin	23 Pulled Turkey & Gravy Mashed Potatoes Country Blend Vegetables Cake	24 Pepper Steak Baby Bakers California Blend Veggies Celery with Peanut Butter Cookie
27 Closed 	28 Baked Chicken Black Bean Au Gratin Potatoes Diced Carrots Dried Fruit Donut	29 Apple Cinnamon Pork Roast Sweet Potatoes Asparagus Mandarin Jell-O	30 Beef Patty with Mushroom Onion Gravy Korean BBQ Rice Spinach Bake Peaches	31 Southwest Stew Romaine Salad Pea and Cheese Pasta Salad Fruit 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.

UPCOMING EVENTS:

May 22, 2019 Lambeau Field Classic tour and Hall of Fame, Green Bay

Cost will include trip, tour, tip and lunch at the Lambeau Field buffet. More information will be available at the Dining Sites and Senior Dome, or call 608-297-7815 between 10:30 am and 1:00 pm.

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

We are open to suggestions for future trips and activities for 2019.

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

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
3 Corned Beef Baby Bakers Rutabagas and Cabbage Pineapple with Dip	4 Lobster Ravioli Stewed Tomatoes & Zucchini Broccoli and Dip Ambrosia	5 Turkey and Gravy over Brown Rice & Vegetables Cranberry Sauce Bean Medley Cake	6 Ham and Broccoli Cass Peas and Carrots Creamed Cucumbers Rhubarb Crisp	7 Beef and Pasta Primavera Confetti Corn Loaded Side Salad Berries
10 Evening Meal Seafood Salad Sandwich On Lettuce Leaf Broccoli cauliflower Salad Fruit Punch /Craisins Jell-O Cake	11 Mexican Veggie Noodle Spaghetti Edamame Spinach Salad Fruited Pudding	12 BBQ Country Style Ribs Mashed Potatoes Capri Blend Veggies Trail Mix Baker's Choice	13 Cooks Choice Carrots and Dip Muffin	14 Meatloaf Seasoned Diced Red Potato French Style Green Beans Cherry Tomatoes Jell-O
17 Veggie & Cheese Egg Bake Sausage Gravy over Biscuit Hash browns and Quinoa Cranberry Juice Oranges	18 Sweet and Sour Pork Garden Blend Rice Oriental Blend Vegetables Hong Kong Salad Cookie	19 Chicken and Dumplings Squash Brussel Sprouts V-8 Juice Brownie	20 Cheeseburger Calico Corn & Black Beans Lettuce Leaf and Tomato Potato Salad Cake	21 Italian Sausage with Peppers & Onions Roasted Pasta with Vegetables Country Blend Vegetables Strawberry Shortcake
23 Chicken Breast Sweet Potato Noodle Green Beans Juice Dessert Bar	24 Sunshine Salad Lettuce, Spinach, Diced Ham, Eggs, Peas, Garbanzo Beans, Cheese Fruited Cheesecake	25 Swiss Steak Citrus Brown Rice with Apples & Green Beans Carrots Citrus Cup	26 Turkey Carbonara Broccoli Cottage Cheese & Tomatoes On lettuce leaf Croissant Raisin Swirl	27 Mini Corn Dogs Tater Tots Asparagus V8-juice Blueberry Cobbler



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 1 & June 12	Endeavor AddLIFE Center
May 29 & June 24	Neshkoro AddLIFE Center
May 21 & June 20	Oxford AddLIFE Center
May 10 & June 17	Packwaukee AddLIFE Center
May 28 & June 25	Westfield AddLIFE Center
May 22 & June 26	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

May 6 & 20 (12:30-4:30)
June 3 & 17 (12:30-4:30)

Marquette County Health Dept.

May 13 & 23 (8:30-4)
June 10 & 27 (8:30-4)



Special Events Calendar - May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 E: Feeding America 9:30-11:30 Updates w/Colleen M: N: W: Yoga w/Sheena	2 M: O: (P: Qigong 10:10am) W:	3 M: N: P: W:
6 M: N: P: Blood Pressure Checks W:	7 M: O: Blood Pressure Checks W:	8 E: Mother's Day Celebration M: N: W: Yoga w/Sheena	9 Older Americans Celebration	10 M: N: Mothers wear hats- Tea in honor of Moms Blood Pressure Checks P: Updates w/Colleen W: Bingo
13 M: N: P: W:	14 M: O: Officer Brandner- Drug Takeback Program W:	15 E: Dementia Talk Blood Pressure Checks M: N: Seniors Meeting Fact/Fiction w/Cheryl W:	16 M: Blood Pressure Checks O: (P: Qigong 10:10am) W:	17 M: N: Crawford Funeral Home P: Dementia Talk (Christine Biesenthal) W: Blood Pressure
20 M: N: P: W:	21 M: O: Updates w/Colleen W:	22 E: M: Updates w/Colleen N: W: Yoga w/Sheena	23 M: O: (P: Qigong 10:10am) W:	24 M: N: P: Memorial Day Party W: Bingo
27 Memorial Day Dining Sites Closed	28 M: O: Dementia Talk (Christine Biesenthal) W: Updates w/Colleen	29 E: M: N: Updates w/Colleen W:	30 M: O: (P: Qigong 10:10am) W:	31 M: N: Music with Rodger Krueger P: 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 - June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 M: N: P: W:	4 M: O: Down on the Farm W:	5 E: Down on the Farm Cheese Tasting M: N: W: Yoga w/Sheena	6 M: O: (P: Qigong 10:10am) W:	7 M: N: P: Down on the Farm W: Bingo
10 Evening Meals M: N: Viva Las Vegas P: W:	11 M: O: W:	12 E: Father's Day Updates w/Colleen M: N: W:	13 M: O: (P: Qigong 10:10am) W:	14 M: N: Tie One On P: Father's Day W:
17 M: N: P: Father's Day Updates w/Colleen W:	18 M: O: W:	19 E: M: N: Seniors Meeting Fact/Fiction w/Cheryl W: Yoga w/Sheena	20 M: O: Updates w/Colleen (P: Qigong 10:10am) W:	21 M: N: P: "Here Comes the Sun" June Solstice W: Bingo
24 M: N: Updates w/Colleen P: W:	25 M: O: W: Updates w/Colleen	26 E: M: Updates w/Colleen N: W:	27 M: O: (P: Qigong 10:10am) W:	28 M: N: Music with Rodger Krueger P: W:

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

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

ADDRESS SERVICE REQUESTED



humor
generosity
support
life
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thanks
selfless
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dedication
family