

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
PO BOX 405 • 428 UNDERWOOD AVE
MONTELLO, WI 53949 • (855) 440-2372

May & June 2021



Season of blooming

Photo by: Claudine Anderson

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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**

Older Americans Month: Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.



Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!

For more resources, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation via [#OlderAmericansMonth](#).

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.



Senior Mobile Food Pantry Must be 55 or older

May 25, 2021 @ Westfield Fair Grounds 10am-11:30am
August 24, 2021 @ Oxford Elementary School 10am-11:30am
November 9, 2021 @ 428 Underwood Ave Montello 10am-11:30am

**This mobile food Pantry is for any Marquette County resident over the age of 55.
 You will need an ID with your name and date of birth on it.
 If you are carpooling, please make sure each person has their ID with them otherwise
 the person with the ID will be the only one to receive a box.
 If you have any questions, please call
 608-369-1059**

Rural PAS project looking for people to interview in AZ and WI

Are you a rural person with a disability who receives personal assistance services in your home?

We want to hear your story!

We are currently conducting a study on rural personal assistance services, and are looking for people in **Arizona** and **Wisconsin** to be interviewed over the phone or via video chat.

We want to learn about:

- your disability
- the types of personal assistance services you receive
- what your workers are like
- how you train them

about your general community and health experiences

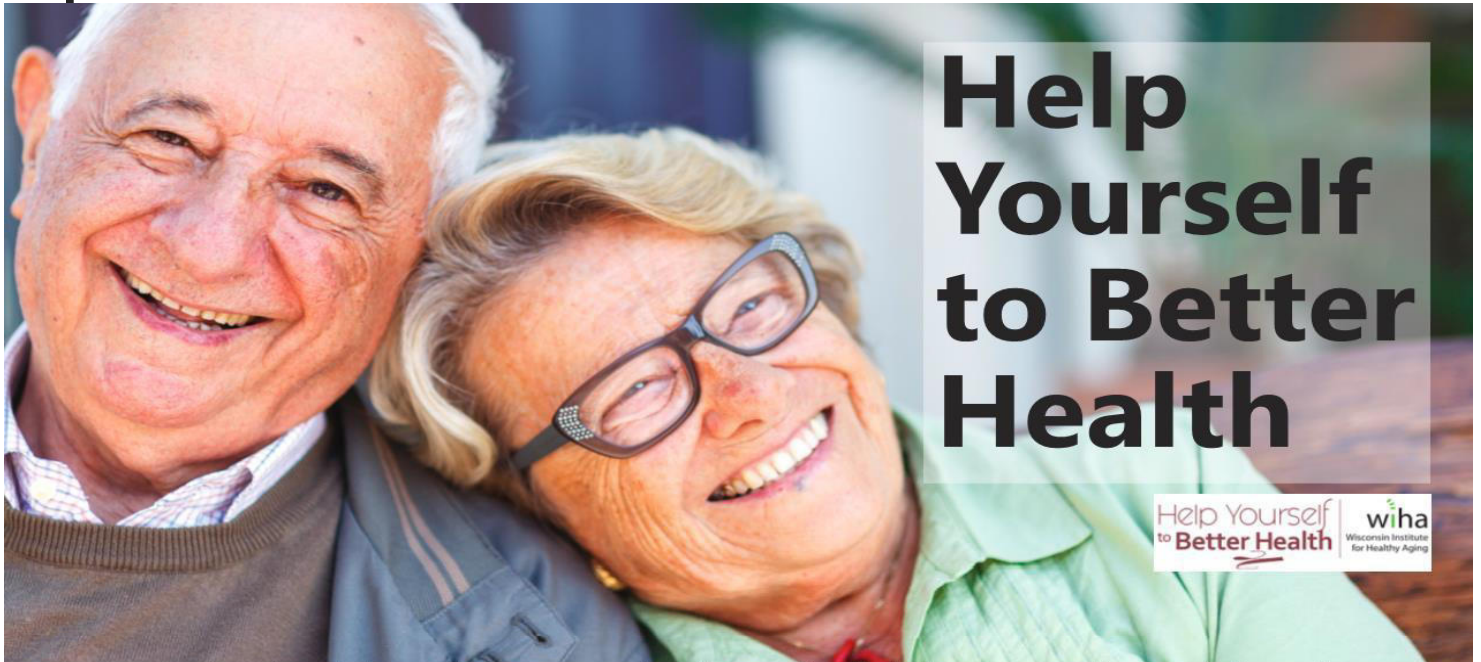
If you decide to participate in this project, you will:

- Complete a one-on-one interview (which will last about 1 hour)

Receive \$30 for your time

Contact **Rayna Sage** to sign up!

Email: ruralPAS@mso.umt.edu



Help Yourself to Better Health

Help Yourself to Better Health | wiha
Wisconsin Institute for Healthy Aging

Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a **Living Well** workshop near you.

Living Well with Chronic Conditions Workshop

When: Every Tuesday
May 25 – June 29
from 9:30 am - Noon

Where: Online via Microsoft Teams

Cost: \$20 suggested donation
(to cover cost of workbook)

To register:

Call Katie at 262-548-7848 or toll free at 1-866-677-2372 or email kriemenschneider@waukeshacounty.gov



Brought to you by the ADRCs of
Marquette County and
Waukesha County

Living Well with Health Conditions such as arthritis, cancer, heart disease, depression, 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.

What is Living Well? 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.

What you'll learn:

- 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!
- Stress and depression management
- Communicating effectively with friends, family, and medical team

Marquette County Aging and Disability Resource Center

is looking for your thoughts and ideas that will help us develop programs and services. Your answers will help us establish a Three-Year Plan.



1. What do you think are the **top three** things that will help you or other adults in our community as they age? Please check **three**:

- | | |
|----------------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Alternative transportation options | <input type="checkbox"/> Senior Meals – Home Delivered |
| <input type="checkbox"/> Dementia supports and services | <input type="checkbox"/> Staying Safe – Adult Protection |
| <input type="checkbox"/> Help understanding disability benefits | <input type="checkbox"/> Support for family caregivers |
| <input type="checkbox"/> Help understanding Medicare and drug plan choices | <input type="checkbox"/> Ways to keep fit and healthy |
| <input type="checkbox"/> Help understanding technology | <input type="checkbox"/> Ways to utilize healthy food |
| <input type="checkbox"/> Help with social isolation and loneliness | <input type="checkbox"/> Other support groups |
| <input type="checkbox"/> Senior Meals – Dining Site | _____ |
| | <input type="checkbox"/> Other _____ |
| | _____ |

2. What type of communication is the best for you?

- | | |
|---------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Print Media (newspapers) | <input type="checkbox"/> Mail / In person |
| <input type="checkbox"/> Online Media (websites) | <input type="checkbox"/> Other (please specify). |
| <input type="checkbox"/> Email | _____ |

3. What age range are you in?

- | | |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Under age 18 | <input type="checkbox"/> 60-69 |
| <input type="checkbox"/> 18-29 | <input type="checkbox"/> 70-79 |
| <input type="checkbox"/> 30-39 | <input type="checkbox"/> 80-89 |
| <input type="checkbox"/> 40-49 | <input type="checkbox"/> 90 + |
| <input type="checkbox"/> 50-59 | |

4. Do you have access to the internet at home?

- Yes
- No If not, would you use the internet if it were available in your area? _____

5. Have you heard of the ADRC (Aging and Disability Resource Center) prior to this survey?

- Yes
- No If not, where should we advertise so people know about us? _____
- _____

6. Are there services or events in other communities that you think would be helpful to older people in our county?

7. What are some services or ideas you feel would make our community more enjoyable to live in as you grow older?

8. What services would have been helpful to you in 2020 due to the pandemic?

If you are interested in sharing more of your ideas about supporting older people in our county, please leave your name and contact information below.

NAME: _____

PHONE: _____

EMAIL: _____

Please return the survey to the ADRC of Marquette County. The mail in and drop off locations are listed below. You can also take this survey online at:

<https://adrcmarquette.org/aging-plan-survey/>



428 Underwood Avenue
PO Box 405
Montello, WI 53949

Phone: 855-440-ADRC
Fax: 608-297-8718
ADRC@co.marquette.wi.us

THANK YOU for taking time to help the community!

Grief & Bereavement Support Group—(call Shai Wise at 414.775.7578 to register)

For persons who have experienced the death of their loved one affected by Alzheimer's disease or related dementia. Family members express they have grieved the loss of their loved one twice. Their initial grief often begins when the person experiencing the disease is no longer the individual that they were and the second time when death occurs. This Support Group will help provide bereaved individuals with a non-threatening atmosphere to explore feelings, emotions and needs.


 alzheimer's association®
Transportation Program Update:

We are currently providing rides for Medical appointments. Riders will be asked to wear a mask for the safety of others and our drivers.

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.

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 month prior to your application must be at or below the amounts listed:

1 IN HOUSEHOLD	\$ 2,490.08
2 IN HOUSEHOLD	\$ 3,256.33
3 IN HOUSEHOLD	\$ 4,022.50
4 IN HOUSEHOLD	\$ 4,788.67



More Wisconsin Residents Can Now Qualify for Food Assistance

Income threshold raised for emergency food pantry program during the COVID-19 Pandemic

The Wisconsin Department of Health Services (DHS) announced more households will now be able to get food through the [Emergency Food Assistance Program](#) (TEFAP).

Households with incomes below 300% of the federal poverty level (FPL) are eligible to receive a monthly share of locally grown, Grade-A foods that include meat, vegetables, fruit, and more from a TEFAP food pantry. For a household of one, that income threshold is \$38,280. The larger the household, the higher the income threshold. Previously TEFAP's qualifying income threshold was 185% FPL, or \$23,606 for a household of one. "Good nutrition is foundational, we want to help ensure families in need of assistance during the COVID-19 pandemic have access," said DHS Designee Andrea Palm. "By increasing the income limit for TEFAP, more Wisconsinites can receive or supplement their food supplies without risk of losing the benefits they receive from other programs."

CAP Services' Award Winning VITA (Tax Assistance) Program Here to Serve!

For the past 12 years, CAP Service's has partnered with the IRS to offer the Volunteer Income **Tax Assistance (VITA) program** to assist qualifying taxpayers file their Federal, State and Homestead Credit returns free of charge.

"We are again offering our services to the low to moderate income taxpayers who have a tax filing need." Said Connie Henn, Waushara County VITA Site Coordinator. "We e-file our returns which gets your refund to you faster. Filing a paper return delays your refund."

Our volunteers donate over 15 hours of additional training each year to achieve IRS certification on current tax law. We were honored this year to have two volunteers, Mary Suchanek and Joe Marinello, receive the Wisconsin Department of Revenue's *Outstanding Volunteer of the Year* award. It doesn't end there! Volunteer, Glenn Ehlers and Site Coordinator, Connie Henn each received the *Above and Beyond* award for from the Wisconsin Department of Revenue for their assistance in rewriting the training manual for statewide use in preparing State of Wisconsin returns. Furthermore, the site itself received the *Perseverance Award* for their commitment to continue tax assistance through a no-contact procedure during the pandemic.

This year is like no other! CAP Services' is operating out of the CAPsell Building in Wautoma with a total No-Contact procedure using secure lock boxes, telephone interviews and virtual meetings. Beginning Monday, January 18, 2021, low to moderate income individuals and families can call **1-800-660-5430** to determine eligibility and schedule an appointment with an Intake Specialist to begin the free tax preparation process. Should anyone need special accommodation, please mention those concerns as well.

As always, households may file their simple return online free of charge at MyFreeTaxes.com.

CAP Services, Inc. is a private, nonprofit community action agency that has been advancing social and economic justice for people and communities in Marquette, Outagamie, Portage, Waupaca and Waushara counties since 1966.

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



Northwest Connections (NWC) provides Emergency Mental Health Services.
 If you or someone you know is in crisis please call **888-552-6642** to reach the crisis line. A live person is available 24 hours a day.

FoodShare October 1, 2020—September 30, 2021

By the GWAAR Legal Services Team (for reprint)

Household Size	Gross income limit (Categorical eligibility) 200% FPL	Gross income limit (Change reporting required if household member(s) have earnings) 130% FPL	Maximum Benefit per month
1	\$2,128	\$1,383	\$204
2	\$2,874	\$1,868	\$374

Income limit: Gross income is less than or equal to 200% FPL or, if gross income exceeds 200% of FPL, the net income of the Elderly, Blind, or Disabled (EBD) household is less than or equal to 100% of the FPL

Asset limit: There is NO ASSET LIMIT for households with gross income less than or equal to 200% FPL; for households qualifying via net income, there is a household asset limit of \$3,500.

If an elder (age 60+) or disabled individual cannot purchase and prepare food separately, they can apply as a separate household if the combined gross monthly income of persons living with the elder/disabled person and his/her spouse does not exceed 165% FPL (\$1,755/ \$2,371). Do not count the income of the elder/disabled person and spouse in this calculation.

WESTFIELD MEMORY CAFÉ

Wednesday, May 5, 2021

10:00 a.m. - 11:30 p.m.

Westfield Village Hall Parking Lot
124 E. 3rd St., Westfield



April Showers Bring May Flowers!!
Come and join us in a drive through Memory Café! We have great bags and treats for you to welcome the “unofficial start” of summer! AND its Cinco de Mayo, so their might be a surprise waiting for you!



No need to RSVP - just drop by!

The Memory Café meets on the first Wednesday of each month.

Note: If the **Westfield School District** is closed or delayed due *for any reason due to the weather*, the Memory Café will be cancelled.

Questions? Dementia Outreach Specialist Janet Wiegel
608-697-2838 or janet.wiegel@alzwisc.org

Home Safety Tips for Caregivers

We work hard keeping our loved ones safe and healthy. We monitor diet and medications and activities as best we can. Something that is sometimes overlooked is basic home safety. Falls are the leading cause of injury deaths among people over 65. Over half of falls happen due to hazards in the home. Fortunately, performing a home safety check can help prevent accidents and falls. The following are some suggestions from the Centers for Disease Control and Prevention for keeping your home safe.

FLOORS: Be sure there is a clear walkway through each room. Move furniture around so the path is clear. Remove throw rugs and keep clutter (books, papers, blankets, etc.) off the floor. Be sure there are no cords or wires from lamps, phones, etc across the walkway.

STAIRS AND STEPS: Always keep stairs clear of any objects such as shoes, books, etc. Fix broken or uneven steps. Be sure there is ample lighting above the stairs at the top and the bottom. Furthermore, install a light switch at the top and bottom of the stairs so you never have to walk stairs in the dark. If there is carpet on the stairs, make sure it is firmly attached. Lastly, install handrails on both sides of the stairs. Be sure that they are as long as the stairs and are very secure.

KITCHEN: Rearrange your cupboards so that the things you use the most are at waist level, where they are easy to reach. If you need to use a step stool, use one that is stable and has a bar to hold on to. Never use a chair as a step stool.

BATHROOMS: The floor of the shower or bathtub should have a non-slip rubber mat or self-stick strips to keep it from being slippery. Install grab bars inside the tub and next to the toilet.

BEDROOMS: Place lamps within reach on either side of the bed and make sure they are easy to turn on and off. Make sure there is a clear path from the bed to the bathroom. Consider using a nightlight in the bedroom and bathroom.

In addition to making your home safe, consider these other tips to help prevent falls:

- Regular exercise makes you stronger and improves coordination and balance.
- Have your pharmacist or doctor check all the medicines you take (including over the counter) as some may make you sleepy or dizzy.
- Check your vision yearly. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down. Count to 10 before walking.
- Always wear shoes, outside and inside the house as well.
- Use bright bulbs in all rooms of your house. Having uniform lighting in each room is safest.
- Hang lightweight curtains or shades to reduce glare.

Paint a contrasting color on the top of all steps so you can see the stairs better.

The Centers for Disease Control and Prevention have created a checklist that you can use to ensure your home is safe. Access the checklist online: https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

Brain Boosting Nutrition

By Amelia Cisewski, RDN, CD

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

Eat your veggies

Getting adequate vegetables, especially dark green leafy ones including broccoli, spinach, kale, collard greens, and lettuce may help improve your memory. They are packed with nutrients linked to better brain health like folate, vitamin E, carotenoids and flavonoids. Try a kale salad, add broccoli to a stir-fry, or add dark green veggies to an omelet or soup.

Enjoy plenty of berries and cherries

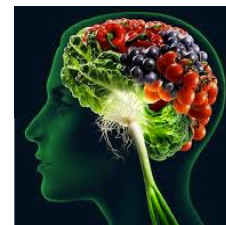
Berries especially dark ones such as blackberries or blueberries and cherries, are a rich source of anthocyanins and other flavonoids that may boost memory and function. Use fresh, frozen, or dried berries and cherries. Eat a handful of berries for a snack, mix into cereal, make a smoothie or bake into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

Add some walnuts

Not only are walnuts good for heart health, they also may improve cognitive function. They are rich in fat-soluble vitamin E, which may help protect the brain. Have a handful of walnuts as a snack, or add to oatmeal or a salad.

Brain Health and Fish

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



The MIND Diet

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

General guidelines for the MIND Diet include eating at least 3 servings of whole grains, a salad, one other vegetable, and a glass of wine each day. In addition, nuts are used as a snack on most days and beans every other day. Poultry and berries at least twice a week and fish at least once a week.

Although more research is necessary to prove the value of this diet, it may be a strategy to improve cognitive decline in older adults.

Brain Healthy Recipes

Very Berry Vanilla Chia Pudding

Ingredients

- 2 cups milk
- 1/2 tsp. vanilla extract
- 2-3 Tbsp. maple syrup
- 1/2 cup + 2 Tbsp. chia seeds
- 1 1/2 cup fresh blueberries, strawberries, and raspberries



Directions

1. In a bowl, whisk together milk, vanilla extract, maple syrup. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially.
3. In the morning, rinse berries and slice strawberries. Add strawberries, blueberries, and raspberries to chia pudding. Enjoy!
4. Yield: 4 servings

Modified from The Blue Zones

Tuna & White Bean Lettuce Wraps

Ingredients

- 1 can (12 oz.) light tuna in water, drained and flaked
- 1 can (15 oz.) cannellini beans, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon minced fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 12 lettuce leaves (about 1 medium head)
- 1 medium ripe avocado, peeled and sliced



Directions

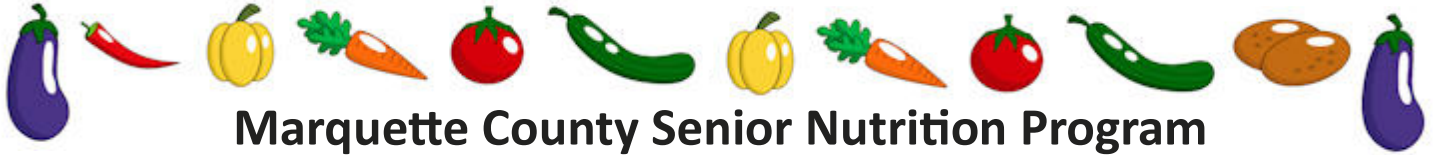
1. In a small bowl, combine the first 7 ingredients; toss lightly to combine. Serve in lettuce leaves; top with avocado.

Yield: 4 servings

Nutrition Facts: for 3 wraps

Calories	279	Saturated Fat	2g	Sodium	421g
Total Fat	13g	Carbohydrates	19g	Protein	22g

Modified from Taste of Home



Marquette County Senior Nutrition Program

Meals on the Go

Tuesdays and Thursdays

**Pick up Location: Montello Senior Citizens Dome or
Westfield Municipal Building
from 11:30am-12:30pm**

To make a reservation, call **608-297-3146** the day before by 3:00pm and indicate which pick up location.

May Meals	
	13 Chef Salad V8 Juice
18 Gyro Wrap Baked Beans Cheesy Broccoli Fruit Popsicle	20 Apricot Glazed Turkey Vegetable Fried Rice Peas & Carrots Scone
25 Baked Fish Potato Pancakes Brussel Sprouts Orange	27 BBQ Chicken Mashed Potatoes Squash Craisins Pudding Cup

June Meals	
1 Swedish Meatballs Mashed Potatoes Pickled Beets Tropical Fruit w/ Granola	3 Mushroom Barley Soup Tuna Salad Sandwich Tomatoes & Dip Trail Mix
8 Squash Ravioli Carrots Cottage Cheese Fruit Salsa w/ Chips	10 Philly Chicken Sandwich Sweet Potato Fries Collard Greens Raisins
15 Ham Boiled Dinner Squash Corn Bake Medium Side Salad French Silk Pie	17 Beef Patty & Gravy Mashed Potatoes Peas & Carrots Cherry Cup
22 Scrambled Eggs & Veggies Sausage Links Diced Potatoes Peaches	24 Chicken Cordon Bleu Maple Sweet Potatoes Cauliflower Fruit Pie
29 Italian Beef Sandwich Calico Beans Red Cabbage Pears	

For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. For more information about the Senior Nutrition Program Meals on the Go, please call **608-297-3146**.



Walk With Ease?

You can do it — we can help.



Arthritis Foundation
Certified.
Doctor **Recommended.**

Space is limited. Sign up today!

May 17 – June 24, 2021

Mondays, Wednesdays, Thursdays

1:30- 3:00pm

Westfield Municipal Building

Community Room B

129 E 3rd St, Westfield, WI

Suggested Donation: \$15 (covers cost of book)

Call (608) 297-3146 to register or for more info.

Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn to
Walk With Ease!**



Easy Grape Salad

- 8 oz. cream cheese (room temperature)
- 1 cup sour cream (set out for 30 minutes)
- 1/4 cup sugar
- 1 teaspoon vanilla
- 2 pounds green grapes (rinsed and patted dry)
- 2 pounds red grapes (rinsed and patted dry)
- 1/4 cup light brown sugar
- 1/2 cup chopped pecans– divided

1. In a large bowl or stand mixer, beat cream cheese and sour cream until smooth and creamy.
2. Add sugar and vanilla and beat until smooth.
3. Fold in the grapes and half of chopped pecans until evenly coated. Cover with plastic wrap and chill for at least one hour– best if chilled overnight.
4. Just before serving– top with a few extra grapes that are cut in half. Sprinkle with brown sugar and remaining pecans.



Submitted by
Stefania Bucierka from Westfield
Salad Recipe Contest Winner!

Recipe Contest!

Do you have a great dessert recipe? Enter your dessert recipe into our contest! Your recipe could be chosen to be featured on our menu or featured in the next newsletter! All submissions will be entered in a drawing to win a prize! If you have a story or photo that you would like to share with your recipe, please include that as well.

Email your recipe to acisewski@co.marquette.wi.us

Or mail to: Amelia Cisewski
Senior Nutrition Program
PO Box 405
Montello, WI 53949

Or send back to the office with the HDM driver
Recipes must be submitted by May 31st.
Have any questions? Call (608) 297-3146



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 12-3 PM.**

You are able to come once a

month. If you have questions, call **(608) 369-1059**. This institution is an equal opportunity provider.

Marquette County Community Garden

Are you a local business, organization, church group or family looking to support your community?





Come and volunteer at the community garden!

The Marquette County Community Garden is expanding this year, and we are looking forward to its third season. We always appreciate the help from volunteers and local businesses during the summer months. Another way people can help is through monetary donations for the garden. Last year the garden provided over 3,000 pounds of fresh produce for the Senior Nutrition Program and Care & Share Food Bank. If you would like to volunteer or donate, please contact Amelia Cisewski, RDN, CD, Marquette County Community Garden Coordinator at **(608) 297-3146**



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.

SENIOR NUTRITION MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 BLT Wrap Cream of Dumpling & Vegetable Soup Melon	4	5 Chicken Parmesan Pasta and Vegetables Mixed Veggies Dried Fruit Cake	6	7 Country Style Ribs Mashed Potatoes Sugar Snap Peas Pears
10 Beef Liver Stew 5 Grain Blend & Vegetables Creamed Fruit	11	12 Ring Bologna & Sauerkraut Cheesy Diced Potatoes Broccoli * Easy Grape Salad	13	14 Mediterranean Salmon Brown Rice Roasted Brussel Sprouts Peaches
17 Baked Chicken Sweet Potatoes Carrots & Corn Corn Muffin Jell-O (Pineapple & Cherries)	18	19 Roast Beef and Gravy Baked Potato w/ Sour Cream Green Beans & Red Onions Orange Wedges Devil's Food Cake	20	21 Pizza Day! Mini Breakfast Pizza Potatoes O' Brien Orange Juice Applesauce Cup
24 Turkey and Dumplings Pulse Mélange Blend Tropical Fruit Cookie	25	26 Cheeseburger with Lettuce & Tomato Baby Carrots Potato Wedges Banana	27	28 Italian Sub Salami, Pepperoni, Ham, Lettuce, Tomatoes, Banana Peppers Veggie Sticks and Dip Fresh Fruit
31 Closed 	* Salad Contest Winner Recipe submitted by Stefania Bucierka			

Marquette County Nutrition Program



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 M, W, F. 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 Caregiver Support Group

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

Online or call-in for Marquette County

The Marquette County Virtual Caregiver Support Group meets the 3rd Wednesday of each month.

Call Colleen at 608-297-3101 for more information



Problems with
any of these?

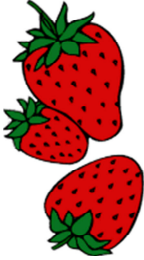
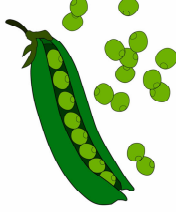

Report it.

ReportFraud.ftc.gov



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.

SENIOR NUTRITION MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 1 1	2 Chicken Spaghetti Broccoli & Cauliflower Small Salad Cake and Ice Cream	3 3	4 Corn Dogs Sweet Potato Puffs Edamame Succotash String Cheese Pineapple Cup	11 German Chocolate Cake Day Pork Chop Suey Fried Rice and Veggies Beets/ V8 Juice German Chocolate Cake
7 Ham w/ Pineapple Slice Asparagus Moon Blend Vegetables (Potatoes, Squash, Beets, Carrots) Pistachio Muffin	9 Strawberry Rhubarb Pie Day Baked Potato with Chili Capri Blend Veggies Black-Eyed Pea Salad Strawberry Rhubarb Pie	10 10	18 Chicken Alfredo Lasagna Italian Blend Vegetables Wax Beans Pears & Raspberries	25 Strawberry Parfait Day Tilapia w/ Butter Sauce Squash Seasoned Diced Potatoes Strawberry Parfait 
14 Strawberry Shortcake Day Beef and Vegetables Chickpea Pasta Broccoli Strawberry Shortcake	16 Fish Sandwich Hashbrown Casserole Kale Cole Slaw Ice Cream Sandwich	17 17	24 24	23 Shepard's Pie Stewed Tomatoes Applesauce Cup Magic Bars
21 Summer Salad Chicken, Lettuce, Spinach, Strawberries, Blueberries, Pineapple & Cheese Frosted Brownie	22 22	23 Shepard's Pie Stewed Tomatoes Applesauce Cup Magic Bars	30 Sweet & Sour Chicken Wheat Berries Oriental Blend Vegetables Carrots and Dip Butterscotch Pudding	28 Cheeseburger Casserole Peas & Carrots Veggie Noodle Salad Apple Bars 

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 60+ on public and private benefit issues. Assistance 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. Outreach dates will be set once the Dining Sites open back up. Please contact the Elder Benefit Specialist, **Meg Wandrey, at 608-297-3103.**

ACA Marketplace Special Enrollment Period Extended to August 15, 2021

By the GWAAR Legal Services Team (for reprint)

The Affordable Care Act (ACA) health insurance marketplace special enrollment period (SEP), which had previously been extended to May 15, has now been extended to August 15, 2021. This means that consumers have until August 15 to sign up for a health insurance plan through the marketplace. Consumers who are eligible and enroll under the SEP will be able to select a plan with coverage that could start as soon as the first month after plan selection, and current enrollees will be able to change to any plan available to them in their area. Consumers may sign up by visiting [healthcare.gov](https://www.healthcare.gov) or by calling 1-800-318-2596 (TTY: 1-855-889-4325).

For more information visit: <https://www.hhs.gov/about/news/2021/03/23/2021-special-enrollment-period-access-extended-to-august-15-on-healthcare-gov-for-marketplace-coverage.html>

Special Events Calendar - 2021

Marquette County Senior Citizens, Inc., Senior Dome, 140 Lake Ct., Montello, WI. Marquette County

Senior Citizens, Inc. is an organization of senior citizens 50 years of age and above 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.

It's membership renewal time again. Membership dues are \$15 per person. New members should call 608-297-7815.

Due to COVID conditions we are unable to have fundraisers so any donations we receive will be greatly appreciated and will help us keep up with our operating costs.

In 2021 we're hoping to get back to our MEMBERS ONLY events such as day trips and observing the holidays. At this time we observe the masks rule and are social distancing as needed for our monthly activities which include:

- Chair Exercise including some dance yoga at the Senior Dome, 10am-11am on Mon., Wed., Fri.
- Card playing Fifer Thursday at 1:00
- Card playing 31, Sheepshead, and open to Euchre Sunday afternoons 12:30pm (Other games welcome)

Notices of our 2020-2021 activities can be found posted on the front door of the Senior Dome; in the Marquette County Senior Citizen Newsletter; the Marquette County Tribune; posters around town and now on Facebook listed as Marquette County Senior Citizens. For more info about membership or events, please call 608-7815

You can access the Senior Newsletter at adrcmarquette.org/news/events.

Photos submitted by community members



Morning sunrise/fog
From Dency McFaul



From Claudine Anderson

Special Events Calendar - 2021

-SAVE THE DATE

WELCOME TO MEDICARE

JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET



Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands. Your SHIP may use another name, locally. Use the SHIP Locator at www.shiphelp.org to learn more.

www.shiphelp.org -OR-
www.shiptacenter.org

info@shiptacenter.org

877-839-2675

Beware of scams that are going around especially those that have started since COVID-19. One of the newer scams comes in the mail and states that payments will be suspended or discontinued unless you call the phone number provided. Please know that the Social Security Administration (SSA) will not be suspending or discontinuing your benefits because of their offices being closed to the public. SSA will not ask for payments in forms of gift cards, wire transfers, internet currency or by mailing in cash.

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

ADDRESS SERVICE REQUESTED

Photo's from Marquette County Community Garden



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