

Marquette County

ADRC NEWS...

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

January-February 2023



Photo Submitted By: Amelia Cisewski

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We're looking for photos of Marquette County for the cover of our newsletter!

Submit your photos to Melissa at mklebs@co.marquette.wi.us

Winter Weather Preparedness

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

WCWC Radio 96.1 FM

WRPN Radio 93.1 FM

WISS Radio 102.3 FM

WBKY 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 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 enough 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 foods 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 shelf - stable milk
- Hot cocoa mix, tea, instant coffee
- Nuts, roasted soybeans
- Trail mix
- Smoked or dried meats, like beef jerky
- Dried fruits (raisins, Craisins, prunes, apricots, etc.)
- Pudding or gelatin cups
- Cheese or peanut butter crackers
- Carnation instant breakfast
- Bottled water



Social Security Cards Are Safer At Home

Scams to steal your personal information are at an all-time high. The need to safeguard important personal documents such as your Social Security card continues to be very important.

A Social Security card is not an identification document. In many situations, you only need to know your Social Security number (SSN). Your physical card is not necessary for most business needs.

Do you need evidence for work? There are several documents you can use instead of your card. Other acceptable evidence includes the following:

- Birth Certificate.
- Permanent Resident Card or Alien Registration Receipt.
- Employment Authorization Document.
- Form I-94 or Form I-94A.

You do not need to show your physical card to apply for certain benefits. You can simply provide your SSN for benefits like:

- Housing.
- Health insurance.
- Food assistance.

You should also know your physical card is not required as evidence for the Department of Motor Vehicles or Driver License (REAL ID). The only state that requires a physical card is Pennsylvania. For all other states, other acceptable evidence includes:

- W-2 forms.
- Form SSA-1099.
- Non-SSA-1099 forms.
- Pay stubs.

Keeping your card at home reduces the risk of loss or theft – and helps you keep your information safe.

Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast- faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.



What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse. Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater, but some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters.

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you must go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

- Dress for the weather if you must go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
- Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.

Illness, Medicines, and Cold Weather

Some illnesses may make it harder for your body to stay warm.

- Thyroid problems can make it hard to maintain a normal body temperature.
- Diabetes can keep blood from flowing normally to provide warmth.
- Parkinson's disease and arthritis can make it hard to put on more clothes, use a blanket, or get out of the cold.
- Memory loss can cause a person to go outside without the right clothing.

Talk with your doctor about your health problems and how to prevent hypothermia.

Taking some medicines and not being active also can affect body heat. Ask your doctor if the medicines you take may affect body heat. Always talk with your doctor before you stop taking any medication.

What Are the Warning Signs of Hypothermia?

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for cold weather? Is the person speaking slower than normal and having trouble keeping his or her balance? Watch for the signs of hypothermia in yourself, too. You might become confused if your body temperature gets very low. Talk to your family and friends about the warning signs so they can look out for you.

Early signs of hypothermia:

- Cold feet and hands or pale skin
- Puffy or swollen face
- Shivering (in some cases the person with hypothermia does not shiver)
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later signs of hypothermia:

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat or slow, shallow breathing
- Blacking out or losing consciousness

Call 9-1-1 right away if you think someone has warning signs of hypothermia.

What to do after you call 9-1-1:

- Try to move the person to a warmer place.
- Wrap the person in a warm blanket, towels, or coats—whatever is handy. Even your own body warmth will help. Lie close but be gentle.
- Give the person something warm to drink but avoid drinks with alcohol or caffeine.
- Do not rub the person's legs or arms.
- Do not try to warm the person in a bath and do not use a heating pad.

Adapted from NIH National Institute on Aging (NIA).

Medicare Costs of Insulin: New Rule in 2023

By the GWAAR Legal Services Team

One of the biggest changes to come out of the Inflation Reduction Act (IRA) that passed in 2022 applies to Medicare coverage of insulin. **In 2023, out-of-pocket costs for all insulin drugs is now capped at \$35 per 30-day prescription under all Medicare drug plans.**¹

The change in the law occurred too late to be reflected on Medicare's Planfinder tool for comparing drug plans for 2023. (Enrollment ends December 7, 2022 for plan changes effective January 1, 2023). Therefore, if a person takes insulin and wants to compare plans, they will need to factor this reduction into the calculations.

If individuals using insulin choose the wrong plan during the Open Enrollment Period, they will be granted a Special Enrollment Period (SEP) to switch plans in 2023. They can do this by calling 1-800-Medicare. If a person is on what is called the Low-Income Subsidy (LIS or "Extra Help"), they will continue to pay the lower LIS co-pays.

It is important to note that Medicare plans do not necessarily cover all brands and types of insulin, and coverage of insulin drugs can change from year to year. For this reason, it's important for individuals who depend on insulin to check each year during Open Enrollment (October 15-December 7). It is also important to note that this new rule does not apply to drugs that *act* like insulin but are not actually insulin, like Trulicity (Dulaglutide). In addition, there are differences between Medicare Part D and Medicare Part B coverage of insulin and insulin products. The \$35 limit applies to Medicare Part D, only.

Another consequence of the rule's sudden implementation is that individuals may need to initially pay a higher amount for insulin, and then ask for reimbursement from their plan. This will vary by plan, so individuals should contact their plan at the beginning of 2023 and ask about the process.

The following steps are recommended for all individuals who rely on insulin:

- Check the plan's formulary to make sure the brand and type of insulin is covered
- Confirm the type of insulin and supplies is covered under Part D and not Part B
- Calculate yearly costs by factoring in the \$35 monthly limit
- Check with the plan regarding reimbursements
- Use the one-time SEP to change plans in 2023 if the plan does not fit with the person's needs

For more information, visit <https://www.medicare.gov/coverage/insulin?eType=EmailBlastContent&eld=34438942-60d6-4c53-a82b-5dac6e32a592>

¹ Similarly, if a person gets a 60-day supply of insulin, they should not pay more than \$70, and a person with a 90-day supply of insulin should not pay more than \$105.

Transportation Program

Riders are required to wear a mask for the safety of others and our drivers.

If you need a RIDE to Medical Appointments See chart for copays

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.

If you need a RIDE to Portage for shopping This is a special project that has a copay of \$5.

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Friday** of the month. Transportation will be provided to Portage for shopping (at approx. 9 am, and returning around 11am).

Reservation for all transportation needs are required 48 hours in advance. Call the Transportation Specialist at (608) 297-3104 to make your reservation for medical appointments and scheduled shopping trips.

<i>Destination</i>	<i>Copay Round Trip</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.



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 Health Conditions Workshop

February 15 – March 22, 2023

**Wednesdays from
1:00-3:30pm**

Endeavor Civic Center
400 Church St.
Endeavor, WI 53930

Suggested donation: \$15

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

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

ADRC
Area Agency on Aging
of Marquette County

MCHD

Public Health
Prevent. Promote. Protect.



Nutritional Supplements

You can purchase cases of Ensure® Plus from the Marquette County Senior Nutrition Program. The cost is \$30.00 per 24-pack case. Flavors offered are: Vanilla, Chocolate, or Strawberry.

Glucerna is also available upon request. Flavors available are: Chocolate or Vanilla. Allow at least 1 week for delivery and ask for pricing.

Pick up at the Health & Human Services Building at 428 Underwood Ave, Montello, WI or delivered to you if you receive Home-Delivered Meals. We accept checks or cash.

To order or for more info:
call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Tips and Tricks from the Kitchen:

Seeing as everyone makes a mess from time to time, especially while baking.

Don't cry over spilled oil!

Just sprinkle a thick layer of flour over it, wait a moment or two, then just sweep it up. The flour will absorb the oil and makes it easier to clean up.





CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's
disease or dementia?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at suggested donation of \$30 to cover the cost of the book/supplies

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

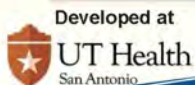
- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

Where: Virtually using Microsoft Teams

When: February 2nd- March 30th, 2023 (Thursdays)

6-7:30pm

*"I was at a very low point in my life. This program saved my life."
Participant*



Please call Melissa for more information or to
register:

608-297-3148

Banana Split Torte

Ingredients:

- 2 packages graham crackers (1 1/2 cups, crushed)
- 1/2 cup margarine or butter, melted
- 2 8-oz. packages cream cheese
- 1/2 cup pineapple juice
- 2 cups powdered sugar
- Bananas
- Strawberries, Blueberries, Pineapple
- Chopped Walnuts or Pecans



Submitted by
Betty Dixon
Holiday Recipe
Contest Winner!

Directions:

1. Crush graham crackers and mix with butter. Press into an even layer in a greased pan. Bake until brown about 15 minutes. Let crust cool.
2. Mix cream cheese, pineapple juice and sugar. Spread half of mixture onto cooled crust.
3. Layer banana slices on top and spread other half of mixture on top.
4. Layer blueberries and then sliced strawberries, and pineapple.
5. Spread chopped walnuts or pecans on top
6. Refrigerate

Recipe Contest!

Do you have a soup or stew recipe you enjoy in the winter? Enter your soup or stew 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.

Recipes must be submitted by January 31st.

Have any questions? Call (608) 297-3146

Nutrition in the New Year:

Say No to Fad Diets

By Amelia Cisewski, RDN, CD

The new year is a time when we can start off on the right foot for a healthier year ahead. Many of us make New Year's resolutions. The most common New Year's resolutions are diet and weight-based. Many people feel the urge to try the latest fad diet or cut out entire food groups wanting to lose weight quickly, however there are no foods or pills that magically burn fat, and no super foods will alter your genetic code. If a diet or product sounds too good to be true, it probably is. These overly restrictive approaches are rarely sustainable and often lead to feelings of frustration or failure. In addition, some ingredients in supplements and herbal products can be dangerous to some people.



Stay away from any diet plans, pills, and products that make the following claims:

Rapid Weight Loss

If you lose weight quickly, you will lose water and muscle mass. Also you will be more likely to regain the pounds. Instead focus on eating in a way that helps you feel nourished and energized. For healthy and sustainable weight loss aim to lose 1-2 pounds per week, which would mean you need to burn 500-1000 more calories per day than you consume.

Quantities and Limitations

Avoid diets that limit most foods and promote unlimited quantities of specific foods. It's boring to eat the same thing over and over and hard to stick with monotonous eating. Avoid any diet that eliminates or restricts entire food groups or macronutrients like carbohydrates. Even if you take a multivitamin, you will be missing some important nutrients.

Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of the day will help with weight loss. Eating the "wrong" combinations of food does not cause them to turn to fat immediately as some diet plans claim.

Rigid Menus

Life is complicated enough without adding a rigid diet plan. Limiting food choices or following a strict meal plan can be an overwhelming, unpleasant task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

No Need for Exercise

Regular physical activity is essential for good health. The key to success is finding physical activities that you enjoy and then aim for at least 30 minutes of activity on most days of the week.

It can be very overwhelming with the conflicting nutrition information out there but eating healthy doesn't have to be complicated. While many specific foods and nutrients have their beneficial effects, it's your overall meal pattern that is the most important and moderation is key.

Focus on making small changes in your diet.

- Make your plate colorful— add a variety of fruits, vegetables, and whole grains to your meals
- Eat a variety of protein-rich foods
- Limit sodium and empty calorie foods
- Eat mindfully— enjoy your food and stop eating once you are full
- Drink plenty of water daily
- Replace processed foods with whole foods when possible

Creamy Chicken Wild Rice Soup

4 tablespoons unsalted butter
 3 celery stalks, chopped
 2 carrots, chopped
 1 medium onion, chopped
 2 garlic cloves, minced
 1 1/2 teaspoons finely chopped thyme
 Salt and Pepper

1/4 cup all-purpose flour
 1 cup wild rice
 2 quarts chicken broth
 2 cups water
 4 cups cooked chicken or turkey
 1 cup heavy cream



Melt butter in saucepan. Add the celery, carrots, onion, garlic, thyme and a generous pinch each of salt and pepper and cook over moderate heat, stirring occasionally, until the vegetables just start to soften. Sprinkle the flour over the vegetables and cook, stirring, until evenly coated and lightly browned. Add the wild rice to the saucepan and gradually stir in the stock and water. Bring to a boil, then simmer over low heat, stirring occasionally, until the vegetables are tender, about 30 minutes. Add the chicken and simmer, stirring occasionally, until the wild rice is tender, 10 to 15 minutes longer. Stir in the cream and season with salt and pepper.

Recipe from Beneficial Bites

Hearty Italian White Bean Soup

1 tablespoon olive oil
 1 medium potato, cubed
 2 medium carrots, chopped
 1 medium onion, chopped
 2 celery ribs, chopped
 1 medium zucchini, chopped

1 can (15.5 oz.) navy beans, rinsed and drained
 2 to 2-1/2 cups vegetable or chicken broth
 1 can (8 oz.) tomato sauce
 2 tablespoons minced fresh parsley
 1-1/2 teaspoons minced fresh thyme



1. In a Dutch oven, heat oil over medium-high heat. Add potato and carrots; cook and stir about 3 minutes. Add onion, celery, and zucchini; cook and stir 3-4 minutes or until vegetables are crisp and tender.
2. Stir in remaining ingredients; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until vegetables are tender.

Recipe from Taste of Home

Caregiver Appreciation Event

Thank you to those who attended the Caregiver Appreciation Event on November 4th, 2022!

Thank you to Maggie from Maggie's School of Movement for providing chair yoga



Caregiver Nominee
Michelle Metcalf



Not pictured: Joelle Graham



Caregiver of the Year
Kelly Bowman

Do you use wood,
propane, natural gas,
electric, or fuel oil at
your residence?

Did you know?

**Wisconsin Home Energy
Assistance Program (WHEAP)**

provides the following assistance:

- A ONE-TIME payment to your heat and/or electric provider each year to help make your energy bills more affordable
- If your furnace or boiler stops operating, this program provides services by either repairing or possibly replacing the heating unit

Apply between
October 1st & May 15th

Marquette County
Energy Assistance

608-297-3124



Administered by State of Wisconsin Home
Energy Plus (HE+) Program.



New heating season started 10/1/22.



Marquette County Health Department Foot Clinic

Marquette County Health Department offers foot clinics to adult residents. Foot care is important because feet are a sensitive part of the body. Good foot care and proper hygiene are important to keep feet in top shape!

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

Upcoming Foot Clinic Dates:

January 5th, 11th, 17th, 25th
February 2nd, 7th, 16th, 22nd

***Call for an Appointment or if you have any questions!**

608-297-3135

Immunizations with Marquette County Health Department



Upcoming Immunization Clinic Dates:

January 9th, 23rd, 26th

February 13th, 23rd, 27th

Location: Marquette County Health Department,
428 Underwood Avenue, Montello, WI

These walk-in clinic days do not include COVID-19 vaccines! Please see below for how to schedule a COVID-19 vaccine.

If you are interested in a COVID-19 vaccine, you can check for appointments on the website www.co.marquette.wi.us and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to see what we can do to help!

Our COVID-19 vaccine clinics include 2nd booster shots for those that are age 50+ or those who are immunocompromised.

If you have questions about vaccines available, please call us at 608-297-3135.



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.



Care & Share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

1st, 2nd, 3rd, and 4th Thursday of the month from
1-3 pm

1st and 3rd Tuesday of the month 4:30-6 pm

Please do not arrive earlier than 15 minutes before
we open.

Household Size	Combined Household Gross Monthly Income
1 Person	\$2,265
2 Person	\$3,052
3 Person	\$3,838
4 Person	\$4,625
5 Person	\$5,412
6 Person	\$6,198
7 Person	\$6,985

Contact Us:

☎ **Phone: (608) 369-1059**

✉ **Email: foodbank@co.marquette.wi.us**

📘 **Facebook: Care & Share Food Bank of Marquette County**



Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed No Dining Sites or Home Delivered Meals	3 Cheese Omelet Sausage Links Hash Browns Warm Pears Apples Slices	4 Spaghetti & Meat Sauce Italian Blend Vegetables Mixed Fresh Fruit Cake & Ice Cream	5 Shepard's Pie Sweet & Sour Red Cabbage Pineapple Cup Coconut Whipped Cream	6 Ham and Bean Soup Veggie Wrap Broccoli & Dip Fresh Fruit Shortbread Cookie
9 Apricot Glazed Pork Diced Potatoes Peas & Carrots Pudding Cup Banana	10 Winter Salad Lettuce, Spinach, Ham, Chickpeas, Broccoli, Cauliflower, Peppers, Cheese Chocolate Chip Bar	11 Chicken & Dumplings Over Vegetables Squash Jell-O with Raspberries	12 Turkey Carbonara Stewed Tomatoes & Zucchini Orange Bean Pie	13 Swiss Steak & Gravy Mashed Potatoes Rutabagas Peach Melba
16 Sweet & Sour Chicken Garden Rice Stir Fry Vegetables Peppers & Dip Fig Newton	17 Hamburger Stroganoff Chickpea Pasta Pickled Beets Banana Split Torte— Recipe Winner	18 Ham & Pineapple Potato Medley Country Veggies Blueberries & Cream	19 Fish Sandwich w/ Lettuce Calico Beans Collard Greens Pear Cup	20 Unstuffed Cabbage Casserole Key Largo Vegetables String Cheese Butter Crunch Bar
23 Meatballs and Gravy Mashed Potatoes Green & Wax Beans Pineapple Juice Yogurt	24 Lasagna Asparagus and Carrots Celery & Peanut Butter Cinnamon Raisin Rice Pudding	25 Creamy Brat Stew Broccoli & Red Peppers Corn Salad Lemon Berry Shortcake	26 Baked Chicken Sweet Potatoes Edamame Succotash Homemade Fruit Popsicle No Bake Dessert	27 Pork Stir Fry Veggie Fried Rice Oriental Vegetables Cranberry Chocolate Cake
30 Veggie Barley Soup Turkey & Cheese Croissant Sandwich Everything But Lettuce Salad Craisins/ Muffin	31 Pork Loin & Gravy Mashed Sweet Potatoes Bok Choy & Red Peppers Ambrosia			

Marquette County Senior Nutrition Program

Senior Dining Sites

Endeavor Civic Center

400 Church St, Endeavor

Meals Served: **Wednesday at 11:30**

Oxford Village Hall

129 S. Franklin St, Oxford

Meals Served: **Tues & Thurs at Noon**

Montello Senior Center (Dome)

140 Lake Court, Montello

Meal Served: **Mon, Wed, Fri at Noon**

Packwaukee Town Hall

N3511 State St, Packwaukee

Meal Served: **Tues & Thurs at Noon**

Neshkoro Area Community Center

114 E Park St, Neshkoro

Meal Served: **Tues & Thurs at Noon**

Westfield Municipal Building

129 E. 3rd St, Westfield

Meal Served: **Mon, Wed, Fri at Noon**



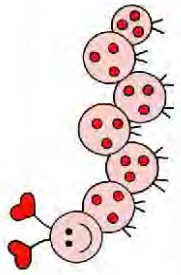



Change

In addition to getting delicious meals, each site provides an opportunity to meet new people and participate in social activities. For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. To make a reservation, call **608-297-3146** the business day before by 3:00pm.

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

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>6 Stuffed Peppers California Vegetables Creamed Fruit Salad</p>	<p>7 Chicken Alfredo Zucchini Noodles Caramelized Carrots Trail Mix Layered Jell-O</p>	<p>1 BBQ Chicken Breast Veggie Fried Rice Cheesy Cauliflower Carrots Chocolate Covered Almonds</p>	<p>2 Mexican Tater Tot Casserole Stew Tomatoes & Red Beans Mexican Street Corn Salad Cream Puff</p>	<p>3 Salisbury Steak & Gravy Mashed Potatoes Mixed Veggies Carrot Cake</p>
<p>6 Stuffed Peppers California Vegetables Creamed Fruit Salad</p>	<p>7 Chicken Alfredo Zucchini Noodles Caramelized Carrots Trail Mix Layered Jell-O</p>	<p>8 Baked Potato Ham Cheesy Broccoli Craisins Mocha Cupcake</p>	<p>9 Sausage Pizza Corn & Black Beans Green Beans & Dip Applesauce</p>	<p>10 Chicken & Gravy Diced Potatoes Bean Medley Strawberries Brownie Cheesecake</p>
<p>13 Cheese Tortellini w/ Chicken Alfredo Sauce Italian Vegetables Creamed Corn Grapes</p>	<p>14 Beef Steak and Gravy Rosemary Roasted Potatoes Green Beans & Red Beans Mixed Melon</p>	<p>15 Meatloaf Baby Bakers Brussel Sprouts Berry Parfait</p>	<p>16 Chicken Sandwich French Fries Carrots Tropical Fruit Couscous Salad Almond Joy Bars</p>	<p>17 Ham Boiled Dinner w/ Beans Collared Greens Mango Ice Cream Bar</p>
<p>20 Closed </p>	<p>21 Pork Burrito w/ Beans Spanish Rice Yellow Squash & Zucchini Peach Cup</p>	<p>22 Baked Fish Maple Sweet Potatoes Broccoli Coleslaw Vanilla Pudding & Oranges</p>	<p>23 Meatballs and Sauce Chickpea Pasta Beets Banana Bread Kiwi</p>	<p>24 Sweet Potato Black Bean Quinoa Chili Antipasto Salad Cottage Cheese Pear</p>
<p>27 Sloppy Joes Potato Wedges Sugar Snap Peas & Peppers w/ Hummus Tropical Fruit</p>	<p>28 Think Spring Salad Lettuce, Spinach, Chicken, Strawberries, Blueberries, Pineapple, Cheese Lemon Blueberry Cake</p>			

Elderly Benefit 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.

Please contact the Elder Benefit Specialist, **Meg Wandrey**, at **608-297-3103**.

Dining site visits with the Benefit Specialist

Packwaukee— 1st Monday of the month

Endeavor— 1st Wednesday of the month

Neshkoro— 2nd Tuesday of the month

Westfield— 2nd Wednesday of the month

Oxford— 3rd Tuesday of the month

Montello— 3rd Wednesday of the month



Marquette County Senior Citizens, Inc.

Senior Dome

140 Lake Ct.

Montello, WI 53949

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, promote living.

Following are the membership events at the Dome.

Sunday: Card playing 12:30

Potluck every third Sunday of the month

Monday: Chair exercise 10:00 to 11:00

Card playing 12:30

Tuesday: Euchre 1:00

Wednesday: Chair aerobics and weights 10:00 to 11:00

Card playing 12:30

Thursday: Fife

Friday: Chair Yoga 10:00 to 11:00

Card playing 12:30

Wii Bowling will be starting in January on Wednesdays and Fridays.



Birthday Club







































































We go out to eat every third Wednesday of the month to celebrate the members birthdays that occur that month. It is Dutch treat and we car pool. Call Phyllis at (920) 297-7027 if interested.

Membership information has been mailed out. If you haven't received yours call the Dome at (608) 297-7815 and leave a message. If you are not a member and are interested in becoming one Call (608) 297-7815 and leave a message.

Notices of our 2022-2023 activities can be found posted on the front door of the Dome, in the Marquette County Senior Citizens Newsletter and the Marquette County Tribune, posters around town and now on Facebook listed as Marquette County Senior Citizens. For more information about membership or events call (608) 297-7815. You can access the Senior Newsletter at

www.adrcmarquette.org/news/events

Special Events - 2023

																
	January															
	* First Wednesday- Memory Café- Westfield Village Hall 10am															
	* Starting on the 5th and going until February 9th– Powerful Tools for Caregivers– Virtually– 10-11:30am on Thursdays															
	* 2nd Wednesday- Endeavor Sharing Supper- Endeavor Elementary School- 5pm															
	* 3rd Wednesday- Caregiver Support Group- Montello- 10am															
	February															
	* First Wednesday- Memory Café- Westfield Village Hall 10am															
	* 2nd Wednesday- Endeavor Sharing Supper- Endeavor Elementary School- 5pm															
	* 3rd Wednesday- Caregiver Support Group- Montello- 10am															
	For more information on these events please visit the ADRC website at www.adrcmarquette.org or call 855-440-2372															
	To sign up to receive the newsletter electronically go to:															
	https://www.mycommunityonline.com/find/marquette-county-department-of-human-services															
																
																
																
																
																
																
																

ADRC Roles

Jan Krueger, ADRC Director

We serve any person aged 60 years of age or older. A person who is disabled and age 17 years 9 months or older. Individuals who are caring for a disabled or older adult. Those who are concerned, about the welfare of a disabled or older adult, are also encouraged to contact us. The resources, programs, and options available may have more specific qualifications in addition to the age requirements. Please contact us to discuss your specific areas of needs or interests.

Kay Martin and Sharon Alden, Resource Specialists

The Resource Specialist provides information and assistance to the general public, but particularly to adults who are elderly or have a disability, as well as to a wide range of community resources. The Resource Specialist helps inform and educate people about their options and assists in connecting and enrolling them into public and private programs and services.

They continually raise community awareness and promote the ADRC through marketing and outreach activities. A Resource Specialist also provides options to help prioritize services based on a customer's values. They give specifics on eligibility criteria and how to apply for services and resources.

Jessica Bittelman, Disability Benefit Specialist

The Disability Benefit Specialist (DBS) assists persons with disabilities between the ages of 18 and 59, as well as those transitioning into adulthood at 17 years 9 months. The DBS can provide information, assistance, advocacy, and in some cases representation. A DBS can assist with initial applications, denials of eligibility, termination of benefits, and overpayments of both public and private benefits. Some of the programs and issues a DBS can assist with or provide information on include: BadgerCare Plus, Disability through the Social Security Administration, Extra help with Prescription Drug Costs, Food Share, Landlord/Tenant/Evictions, Medical Assistance, Medicare, Railroad Disability Benefits, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Utility Assistance, and Wisconsin Works (W-2).

Melissa Klebs, Dementia Care Specialist

Dementia Care Specialist (DCS) works to increase the dementia capability of the Aging & Disability Resource Center (ADRC), promote dementia-friendly communities, support caregivers and increase opportunities for people with dementia to remain in their own homes as long as is appropriate. Coordination of the National Family Caregiver Support Program (NFCSP), Alzheimer's Family Caregiver Support Program (AFCSP) and Caregiver Support Group. In addition to dementia programming the DCS oversees coordination of the Stress-Busting Program and Powerful Tools for Caregivers Program.

Colleen Sengbusch, Social Worker

Social work with the elderly and adults with disabilities, involving adult protective services (APS), guardianship (GN), protective placements (PP) and case management that includes both access/intake and ongoing responsibilities.

Meg Wandrey, Elder Benefit Specialist

The Elder Benefit Specialist (EBS) assists persons 60 and older. The EBS can counsel persons about public and private benefits and help them apply for benefits. The EBS can sometimes assist people who have been denied a benefit that they think they are entitled to receive. An EBS can connect people to needed resources and can often advocate on a person's behalf. Benefit specialists can help with a variety of programs and issues, including: Medicare, Medical Assistance, SeniorCare, Extra help with Prescription Drug Costs, Food Share, SSI, Social Security, Landlord/Tenant/Evictions, Medical Debt Remediation, etc.

Adam Sengbusch, Transportation Coordinator

The Transportation Specialist/Dispatcher is responsible for the scheduling and transporting of clients for the ADRC of Marquette County in the most efficient manner to and from destinations. This person also ensures that the fleet of vehicles is maintained in good and safe operating condition. Transportation of clients to various locations including Senior Dining Sites, shopping, recreational activities, medical and other appointments.

Amelia Cisewski, Nutrition Coordinator

The Nutrition Coordinator is responsible for coordinating the elderly nutrition and home-delivered meal programs. Performs assessments to determine eligibility for homebound meal program. Provides nutritional counseling and education to both meal site and home delivered meal participants. Collaborates with kitchen staff on the development of menus and approves menus following program requirements. Evaluates the elderly nutrition program to insure there are no barriers to participation. The Nutrition Coordinator oversees the following programs Walk with Ease and Living Well with Chronic Conditions.

If you would like more information about services provided by the ADRC call 855-440-ADRC (2372) or email adrc@co.marquette.wi.us.