

Marquette County

ADRC NEWS...

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

November- December 2022

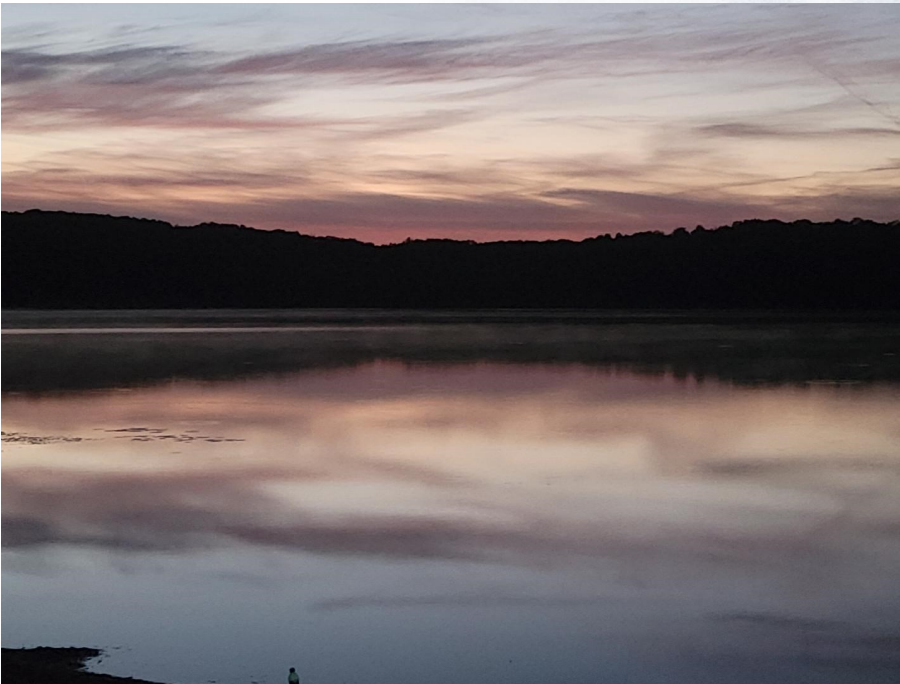


Photo Submitted By: Colleen Sengbusch

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

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

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There Are No New Medicare Cards!

From: The Wisconsin Senior Medical Patrol

The scams related to Medicare cards persist! Beneficiaries from around the state continue to receive calls asking them about their Medicare card. The caller often identifies themselves as being from Medicare, and that they are “just following up on the status of your Medicare card”. The scam has a few variations, such as:

- Asking the Medicare beneficiary if they have received the new Medicare card.
- Questioning if they knew that their red, white, and blue Medicare card is going to expire. (There is no expiration date on the Medicare card.)
- Inquiring if their doctor’s name is on their Medicare card. If not, the card needs to be updated to avoid interruption of services. (Health care provider information is NOT included on a Medicare card for any reason.)

When the beneficiary says that they have not received a new card, the caller is more than happy to help them get the “new or updated card”. The person on the phone then just asks them to “verify” their Medicare number.

If you receive this type of call, simply hang up, as the caller is trying to get your information to scam you and Medicare.

There is NOT a new Medicare card. Not a plastic card, a card with a chip, a different colored card, a laminated option, or a different card because of COVID-19. There are NO NEW Medicare cards, for any reason. Your paper red, white, and blue card is the only card issued by Medicare.



Protect Yourself with These Tips

- Be aware that no one from Medicare, Social Security, or the IRS will call you
- No one from Medicare, Social Security, or the IRS will visit you at home or at a community event
- Be cautioned that scammers’ technology can make the phone number on your screen appear that the call is from Medicare, Social Security, or the IRS
- Medicare, Social Security, or the IRS will not threaten that your coverage or payments will be cut off if you do not comply
- If the caller is pressuring you to act now and giving you a sense of urgency, it is a scam

Keep in Mind

- Do not give out your Medicare number except to your doctor or other Medicare provider
- Treat your Medicare card like your credit card
- Do not share any personal information or bank information
- If it sounds too good to be true, it usually is
- Be cautious of offers for “free” medical services
- Watch out for identity theft

Learn More on How to Protect Yourself

- The Senior Medicare Patrol website: www.smpwi.org
- Contact the ADRC at 855-440-2372 or visit www.adrcmarquette.org
- Federal Trade Commission | Protecting America's Consumers (ftc.gov)
- National Do Not Call Registry www.donotcall.gov

New Start Dates for Medicare Part B Coverage Coming in 2023



Changes are coming next year for when Medicare Part B coverage starts.

What is not changing:

If you are eligible at age 65, your Initial Enrollment Period (IEP):

- Begins three months before your 65th birthday.
- Includes the month of your 65th birthday.
- Ends three months after your 65th birthday.

If you are automatically enrolled in Medicare Part B or if you sign up during the first three months of your IEP, your coverage will start the month you're first eligible. If you sign up the month you turn 65, your coverage will start the first day of the following month. This won't change with the new rule.

What is changing:

Starting January 1, 2023, your Medicare Part B coverage starts **the first day** of the month after you sign up if you sign up during the last three months of your IEP.

Before this change, if you signed up during the last three months of your IEP, your Medicare Part B coverage started two to three months after you enrolled.

If you don't sign up for Medicare Part B during your IEP, you have another chance each year during the General Enrollment Period (GEP). The GEP lasts from January 1 through March 31. Starting January 1, 2023, your coverage starts the first day of the month after you sign up.

You can learn more about these updates on our Medicare webpage at www.ssa.gov/medicare and our Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf.

Please pass this information along to someone who may need it.

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An automated Check-In System is coming soon.

A new, automated check-in system called MySeniorCenter will soon be installed at Senior Dining Sites. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to the state oversight agency.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 1200 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing into our book, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, staff members and volunteers will be available to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we'll stand a better chance of receiving funding for future activities.

You will be hearing more about MySeniorCenter soon. Please check your Senior Dining Site for updates on that location.

Social Security Announces 8.7 Percent Benefit Increase for 2023

Press Release from Social Security

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced today. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

To view a COLA message from Acting Commissioner Kijakazi, please visit www.youtube.com/watch?v=Vgm5q4YT1AM.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal *my Social Security* account to view the COLA notice online. *It's secure, easy, and people find out before the mail arrives. People can also opt to receive a text or email alert when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their my Social Security account online at www.ssa.gov/myaccount.*

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and *my Social Security's* Message Center.

Caregiver Guilt

We've all felt it. That nagging feeling like we've done something wrong; failed. It keeps prodding at you. You could have done more, done better; and now you've let someone down. Guilt.

The person you've failed or let down the most is probably you! You have an image of the "perfect you" - the way you believe you should be and the way you want to be. This image is based on your values and beliefs of how things ought to be - in a perfect world. When the things you do are different than the way the "perfect you" would have done them, you feel guilty. You've let yourself down.

For example, the "perfect you" has unending patience, but after answering the same question ten times in 5 minutes, you raise your voice in irritation. Guilt. The "perfect you" makes sure your spouse is happy, but when you have lunch with a friend on Saturday, your husband eats alone. Guilt. The "perfect you" believes your father should live with you when he is no longer able to live alone, but realistically, your job and family make that impossible. Guilt.

These feelings of guilt are common among caregivers and can actually help guide you into making good decisions. However, if your image of the "perfect you" is misaligned from what you realistically can do, these emotions can make you feel bad about yourself. If you are prone to guilt, learn to manage your guilt and use it to help you make realistic decisions. Here are some helpful tips for managing caregiver guilt.

Recognize when you feel guilt. In order to handle guilt properly, you must first be able to name it. When you get that nagging guilt feeling, own it and manage it before it gets you down.

Figure out where the guilt is coming from. What is the discrepancy between the real you and the "perfect you?" Are your expectations of yourself or your loved one too high? Do you have needs that are not being met? Do you need a break?

Give yourself a break. There is no certain way a caregiver should feel. Some days are better than others. Allow yourself to feel any emotion – anger, sadness, joy – and remember that emotions don't control your actions.

Look for ways to change how you do things. If you believe you should be more patient, find ways to deal with repetitive questioning. If your husband doesn't like to eat alone, find a friend or volunteer to eat with him while you have lunch with a friend. Let your guilt guide you into new solutions that works for both of you.

Recreate your image of a "perfect you". You may have created the image of who you should be when life was simpler. The idea of having dad move in with you was great at the time, but it may not be possible now. Committing to have him visit every Saturday may be a more realistic expectation. Promising to be your spouse's only caregiver when he just needed a little help was okay, but with the amount of care he needs now, having someone come in to help is a must.

Ask for help. Your guilt may be caused by not being able to do everything you think needs to be done; so, listen to your guilt and get some help. Ask friends or family for help, or call the ADRC at 855-440-2372. There is no shame in asking for help. No one can do it all alone.

Always keep in mind that when you take care of yourself first you are a healthier caregiver, both physically and emotionally. Make sure your own needs are being met, and when that nagging feeling creeps into your thoughts, don't let it overtake you. Let it guide you to be the best caregiver you can be today.

Jane Mahoney
 Caregiver Support Specialist
 Greater Wisconsin Agency on Aging Resources

Transportation Programs

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).

Christmas Shopping Trip to Plover will be December 16th. There is a \$5 copay for this special trip. Last pick up will be around 10am.

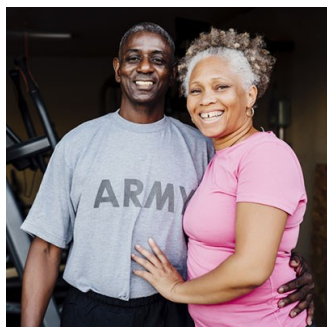
Reservation for all transportation needs are required 48 hours in advance. Call the Transportation Specialist at (608) 297-3104 to make your reservation for medical appointments and scheduled shopping trips.

<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.

Veterans and Active-Duty Military Members Social Security has Your Back!



Veterans Day is on Friday, November 11, 2022. Every year on this day, we honor all veterans who served our country and risked their lives to protect us.

Our Wounded Warriors webpage is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors webpage at www.ssa.gov/woundedwarriors.

The page shares information about our Social Security Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How we expedite the processing of Social Security disability claims for service members. If they develop a disability while on active military service on or after October 1, 2001, they can file a disability claim regardless of where the disability occurs.
- Answers to questions asked about Social Security.

If active-duty military service members are unable to work due to a disabling condition and continue to receive pay while in a hospital or on medical leave, they should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

For more information on Social Security Disability benefits contact the ADRC at 855-440-2372.





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 information call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Tips and Tricks from the Kitchen:

For a sweet smelling kitchen...



To get cooking odors out of the kitchen or just to make it smell good, boil some spices (nutmeg, ginger, cloves), orange slices, and a few cinnamon sticks in water for several minutes. Leave it sit on the stove top and soon a delicious aroma will fill your kitchen.

Happy Holidays Everyone!

YOU HAVE QUESTIONS... WE HAVE ANSWERS

Give us a call or check us out on the web

www.adrcmarquette.org



My husband was just diagnosed with Alzheimer's disease. What community support is available?

I don't drive anymore. Who do I call for rides to my medical appointments?



Yesterday I fell for the first time. Now I'm afraid. What can I do to prevent future falls?



I was approved for disability but Medicare won't start for two years. What do I do now?

I need more help at home, but I don't think I'm ready for a nursing home. What can I do? Are home delivered meals an option for me?

I'm struggling with care for my husband. What help is available?

Medicare A, Medicare B, Medicare D... What does it all mean?

The Aging and Disability Resource Center of Marquette County: Connecting you with Supports and Services.

855-440-ADRC

Harvest Pumpkin Soup

Ingredients:

- 2 cups (1 can) pureed pumpkin
- 1 yellow onion
- 3 cloves of garlic
- 2 cups stock
- 1 cup light coconut milk
- 2 Tbsp. honey
- Handful of toasted pumpkin seeds

Directions:

1. Chop onion, mince garlic, and sauté in olive oil.
2. Add the rest of the ingredients to cooking pot and simmer 1 hour.
3. Puree everything and cook for another 10 minutes.
4. Garnish with a splash of coconut milk and pumpkin seeds in each bowl.



Submitted by
Ruth Burczyk
Autumn Recipe
Contest Winner!

Recipe Contest!

Do you have a recipe you enjoy around the holidays? Enter your holiday 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 December 30th.

Have any questions? Call (608) 297-3146

Helpful Tips for a Healthy Holiday



By Amelia Cisewski, RDN, CD

The holiday season is a time to enjoy family, friends, and great food. Some get together for holiday parties or making sweet treats like cookies or candies. We tend to eat larger meals and fill up on sweet treats. Research studies show that many adults gain some weight over the holidays. This isn't a dramatic weight gain, though it can accumulate over time. Those extra pounds can be avoided by eating in moderation and using a few simple strategies.

1. Avoid going to a party hungry because this can cause you to overeat. Instead eat a small, healthy snack like fresh fruit, veggies, or nuts before going.
2. Be mindful of how many sugary beverages you drink (like hot chocolate), they can add to your daily calories quickly.
3. Fill up your plate with veggies first and eat smaller portions of those rich, high-calorie foods.
4. Eat more slowly and eat until you are satisfied and not stuffed.
5. If you do eat a large meal, eat less at the next meal to balance your daily needs.
6. Stand more than an arm's length away from munchy foods like chips or candies so you aren't tempted to snack on them constantly.
7. Get some physical activity– it reduces stress and makes you feel more energetic.

While enjoying meals with family and friends this holiday season, keep food safety in mind including proper planning, cooking, and wrapping up leftovers.

Tips for Home Food Safety

1. Wash hands before, during, and after food preparation. Wash hands when switching tasks, such as handling raw meat and then cutting vegetables.
2. Keep kitchen surfaces (countertops, cutting boards, and utensils) clean throughout meal prep with hot, soapy water.
3. Always use separate cutting boards for raw meat and for ready-to-eat foods such as fruits and vegetables.
4. Use separate spoons and forks to taste, stir, and serve food.
5. Defrost food in the refrigerator, cover raw meat and place it on the bottom shelf so juices won't drip on other foods. Defrost in the microwave only if you will be cooking it immediately afterwards.
6. If taking food to parties make sure to keep food cold foods cold or hot foods hot.
7. When baking, avoid eating foods containing raw eggs such as cookie dough or cake batter.

Holiday Recipes

Pumpkin Pancakes

Ingredients

- | | |
|-----------------------------|----------------------------|
| 2 cups plain low-fat yogurt | 1/4 cup plus 1 Tbsp. sugar |
| 1 2/3 cup flour | 1 tsp. baking soda |
| 1 tsp. cinnamon | 1/2 tsp. ground nutmeg |
| 1 cup low-fat milk | 2 Tbsp. margarine, melted |
| 1 egg | 1/2 cup canned pumpkin |



Directions

1. In a large bowl, combine 1 Tbsp. sugar, flour, baking soda, cinnamon and nutmeg. In a medium bowl, combine yogurt and 1/4 cup sugar.
2. Stir in milk, margarine, egg, and pumpkin and combine well. Add to the dry ingredients and stir until moist and free of lumps.
3. Lightly coat griddle or skillet with non-stick cooking spray and heat to low or medium.
4. Using 1/4 cup measure, pour the batter onto the hot griddle. Cook until the bubbles begin to burst, then flip and cook until golden brown.

Sweet Potato Cranberry Bake

Ingredients

- 4 large sweet potatoes
- 2 cups fresh or frozen cranberries
- 1/4 cup brown sugar
- 2 Tbsp. butter or margarine, melted
- 1/2 cup orange juice

Topping:

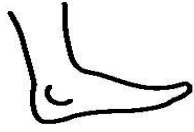
- 1/2 cup chopped nuts
- 1/2 cup packed brown sugar
- 1/2 tsp. ground cinnamon
- 1 Tbsp. butter/margarine









Directions

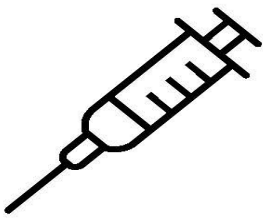
Preheat oven to 350°. Peel and dice sweet potatoes. Place in a pan, cover with water and bring to a boil. Reduce heat, cover and simmer for 10-15 minutes or until tender. Drain and place in a greased 2 1/2 quart baking dish. Combine the cranberries, brown sugar, and butter and pour over potato mixture. Pour orange juice over top. Cover and bake for 30 minutes. In a bowl, combine the topping ingredients. Sprinkle over sweet potato mixture and bake uncovered for another 10 minutes.

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



Immunizations with Marquette County Health Department

Immunization Clinics

November 7th, 21st

December 12th, 19th, 22nd

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.

Medicare's Open Enrollment Period is here!

Now's the time to compare Medicare plans for 2023. **Visit Medicare.gov, or schedule an appointment with the Elder Benefit Specialist, through December 7 to compare plans and make any changes.** If you decide to change plans, your new coverage will start January 1.

Why compare plans for next year? Plans change every year, and your health care needs or situation may have changed, too. Think about what benefits matter to you and find a Medicare plan that fits your needs.

When comparing plans, we will look at the estimated "Yearly Drug & Premium Cost." A plan with the lowest premium may not always provide the lowest total cost to you. Last year the Elder Benefit Specialist was able to help Marquette County seniors save over \$79,000.



NOTE: If your income for 2022 is below \$18,600 (\$25,000 for married couples), you may be able to save on your monthly Medicare premiums and other out-of-pocket Medicare costs, including prescription drug costs. The Elder Benefit Specialist can see if you qualify for **a Medicare Savings Programs** and can help you apply.

To schedule an appointment with the Elder Benefit Specialist contact Meg at (608) 297-3103.



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](#)



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.



November 2022

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 Swiss Steak & Gravy Mashed Potatoes Broccoli Cinnamon Pears	2 German Reuben Casserole Peas Devised Egg Potato Salad Spiced Parsnip Cake	3 BLT Sandwich Harvest Pumpkin Soup (Recipe Contest Winner) Kiwi Tapioca Pudding	4 Italian Sausage & Veggies Yellow Pea Pasta Stewed Tomatoes Sweet Potato Pie Mousse
7 Pork Chop & Gravy Mashed Sweet Potatoes Edamame Succotash Fruit Cocktail	8 BBQ Chicken Breast Au Gratin Potatoes Carrots & Asparagus Avocado Beet Salad Oatmeal Cookie	9 Pepper Steak Spudsters Root Blend Veggies Warm Apples	10 Beef Stew Collard Greens Cottage Cheese Peach Cup Vanilla Cupcake	11 Closed  Veteran's Day
14 Shredded Beef Taco Lettuce Refried Beans Country Vegetables Pineapple Upside Down Cake	15 Closed for Nutrition Staff Training No Dining Sites or Home Delivered Meals	16 Turkey and Gravy Mashed Potatoes Green Bean Almondine Cranberry Sauce Pumpkin Bars	17 Tuna Casserole Beets Chocolate Chip Banana Bread Snicker Apple Salad	18 Mediterranean Chicken Quinoa Caramelized Carrots Cherry Tomatoes Apple Slices & Vanilla Wafers
21 Chicken & Gravy Rice and Vegetables Stewed Tomatoes & Zucchini Yogurt with Pineapple	22 Pork & Mushroom Stew over Mashed Potatoes & Apples Dried Dates Orange Cup	23 Chili Scalloped Corn Spinach Cranberry Cashew Salad Pear	24 Closed Happy Thanksgiving!	25 Closed No Dining Sites or Home Delivered Meals
28 Cheese Omelet French Toast Sticks Hash Brown Casserole Orange Juice Lime Jell-O with Cherries	29 Vegetable Soup Chicken Salad Wrap Fudgy Beet Brownie	30 Poor Man's Lobster Rosemary Roasted Potatoes Cabbage & Carrots Tropical Fruit Filled Waffle Cookie		

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: **Mon & Fri 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**

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**.

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 Beef & Green Bean Casserole Tater Tots Rutabagas Berry Pie with Ice Cream	2 Chicken Parmesan Chickpea Pasta Collard Greens Cauliflower Salad Ginger Snap Cookies
5 Shredded Pork/Gravy Mashed Potatoes Carrots Creamy Tropical Fruit with Granola	6 Closed for Nutrition Staff Training No Dining Sites or Home Delivered Meals	7 Cheese Tortellini & Chicken Alfredo Sauce Corn and Red Peppers Veggie Salad Scone	8 Baked Potato Cheesy Ham Broccoli Apple Brownie	9 Cranberry Meatballs Diced Potatoes Bean Medley Sugar Snap Peas Peaches n' Cream Pastry
12 Cream of Mushroom Soup Tuna Sandwich Pea Salad Eggnog Cheesecake	13 Beef & Veggies over Yellow Pea Pasta Brussel Sprouts Hot Cocoa Packet Swedish Crème w/ Raspberry	14 Ham and Pineapple Sweet Potatoes Peas, Carrots, & Cauliflower Cherries	15 Breaded Fish Calico Beans Mixed Veggies Coleslaw Cupcake	16 Club Salad Lettuce, Chicken, Turkey, Ham, Eggs, Peas, Craisins, Cheese Chocolate Covered Almonds
19 Salmon Leek Quiche Scalloped Potatoes Bok Choy & Red Peppers 7-Layer Salad French Silk Pie	20 Liver and Onions Zucchini Sweet Potatoes Waldorf Salad	21 Hamburger & the Works Potato Wedges Country Vegetables Blueberry Torte	22 Cream of Potato Bacon Soup Ham & Cheese Sandwich Date Nut Bread Apple Slices with Dip	23 Closed No Dining Sites or Home Delivered Meals
26 Closed No Dining Sites or Home Delivered Meals	27 Chili Mac Casserole Squash Orange Fruitcake	28 Gyro Sunrise Potatoes Spinach Carrots Rice Krispies	29 Pork Roast and Gravy Mashed Potatoes California Veggies Mango Cup Graham Crackers with Dip	30 Closed 

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. Outreach dates will be set once the Dining Sites open back up.

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

Visits with the Benefit Specialist– Open Enrollment

Packwaukee Town Hall– November 7th 1-4pm

Endeavor Civic Center– November 2nd and November 30th 12:30-4pm

Neshkoro Area Community Center– November 8th 1-4pm

Westfield Municipal Building– November 9th 1-4pm

Oxford Village Hall– November 15th 1-4pm

Montello– November 16th (this will be the regular dining site visit)

***Please bring your insurance cards and a list of your current medications.

Special Events - 2022

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, promoting living.

Any donations we receive will be greatly appreciated and will help us with our operating cost.

VOTE VOTE VOTE VOTE VOTE

Voting for President and board members will be held on November 2 at the dining sites in Endeavor, Westfield and Montello from 11:00 AM to 1:00 PM. Be sure to come and vote November 2.

Following are the membership events at the Dome:

Sunday Card Playing 12:30
Potluck meal very 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 1:00
Friday: Chair Yoga 10:00 to 11:00
 Card playing 12:30



Birthday Club: We go out to eat the 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)797-7027 if interested.

Looking for crafters for Holiday Trails on November 19. If interested call Judy at (608)818-2032 or (414)313-4369.

Notices of our 2022 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 please call (608)297-7815. You can access the Senior Newsletter at www.adrcmarquette.org/news/events



This years nominees for caregiver of the year are Joelle Graham, Kelly Bowman, and Michelle Metcalf

Look in the January/February edition to see who was awarded caregiver of the year.

Special Events - 2022

November

- * **2nd**- Memory Café- Westfield Village Hall 10am
- * **9th**- Endeavor Sharing Supper- Endeavor Elementary School- 5pm
- * **11th**- Veteran's Day (ADRC Closed)
- * **15th**- Dining sites and home delivered meals closed for staff training
- * **22nd**- Managing Money Presentation in Partnership with Alzheimer's Association- Service Center (480 Underwood Ave., Montello) or virtually- 11am- contact Melissa at 608-297-3148 for more information
- * **24th**- Thanksgiving (ADRC Closed; no Home Delivered Meals)
- * **25th**- Day After Thanksgiving ADRC Closed; no Home Delivered Meals)

December

- * **6th**- Dining sites and home delivered meals closed for staff training
- * **7th**- Memory Café- Westfield Village Hall 10am
- * **14th**- Endeavor Sharing Supper- Endeavor Elementary School- 5pm
- * **21st**- Caregiver Support Group- Montello- 10am- call Melissa at 608-297-3148 for more information
- * **23rd**- Christmas Eve Recognized (ADRC Closed; no Home Delivered Meals)
- * **26th**- Christmas Day Recognized (ADRC Closed; no Home Delivered Meals)
- * **30th**- New Year's Eve Recognized (ADRC Closed at Noon; no Home Delivered Meals)

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.