

Marquette County

ADRC NEWS...

ADRC OF MARQUETTE COUNTY
428 UNDERWOOD AVE
MONTELLO, WI 53949-9248 • 855-440-2372

September-October 2023



Photo Submitted By: Betty Dixon

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ADRC Staff	Back Cover

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



Did You Know?

Inadequate nutrition & hydration can cause muscle loss and dizziness and increase your risk of falls.

If you have two or more chronic conditions, such as arthritis, heart disease, high blood pressure, diabetes, asthma, etc., you may be at increased risk of poor nutrition.

Are any of the following true for you?

- Losing weight without dieting
- Not getting enough to eat
- Decreased muscle strength
- Poor appetite
- Eat small amounts of meat/protein foods
- Inadequate fluid intake
- Take multiple medications

CLASS COMMENTS:

I LEARNED SOME THINGS I NEVER KNEW BEFORE.

SO INTERESTING, A REAL EYE OPENER.

GOOD TRUSTWORTHY INFORMATION, IT WAS GREAT!

GOOD INFO, GOOD INTERCHANGE. LOTS OF FUN!

If yes, you may be at increased risk for poor nutrition, falling & problems with concentration.

This 2-day class is fun and interactive. There is a \$10 suggested donation.

Invite a friend, family member, caregiver, or come alone, you will make friends at class.

You will learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health and concentration.

Date: Tuesday, October 10 & Tuesday, October 17, 2023

Location: Health & Human Services Building, Room 106

Time: 4:30- 6:00pm

To Register:

Call Amelia Cisewski at (608)297-3146 or Email acisewski@co.marquette.wi.us

Long COVID and Disability Claims

By the GWAAR Legal Services Team

The Social Security Administration (SSA) recently published a guide for medical professionals to help support disability claims based on Long COVID or post-COVID health conditions.

Long COVID is not a single illness, but a collection of symptoms that set in four weeks or later after being infected with COVID. There is no test for diagnosing Long COVID, so doctors need to evaluate all of a patient's symptoms to determine whether they are likely to be the result of Long COVID. Although about 15 percent of people infected by COVID have reported experiencing Long COVID symptoms for some period of time, many were never aware that they had been infected with COVID in the first place. A previous diagnosis of COVID is not necessary to meet Social Security disability standards.

The SSA guidance includes a long list of symptoms that may be indicative of Long COVID, but SSA notes that the presence of symptoms alone is not enough to establish disability. Doctors and other health care professionals need to make a point of clearly identifying how those symptoms affect a patient's ability to work and perform other daily activities to support a finding of disability.



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: September 25th- November 20th, 2023
(Mondays) 2-3:30pm

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



Developed at

UT Health
San Antonio



Please call Melissa for more information or to
register:

608-297-3148

Elder Abuse: Combating Injustice



Elder abuse is the intentional mistreatment or harming of an older person. An older person is defined by the Social Security Act as someone over age 60. This abuse takes many forms – including physical, emotional, and sexual harm, neglect, and financial exploitation. More than 1 in 10 older adults experience some form of abuse each year. That number is likely much higher because elder abuse is often underreported— especially in underserved communities.

Abuse victims typically show emotional and behavioral red flags, such as depression, unusual fear or anxiety, or intentional isolation. Many victims are abused by someone they know or trust. It's important to look for unusual changes in behavior around:

- Family members.
- Staff at inpatient facilities.
- Hired or volunteer caregivers.
- People in positions of trust like doctors or financial advisors.

You can also help make a difference by checking in with older loved ones. Looking for warning signs of mistreatment is the first step to preventing abuse. Signs of physical abuse include bruises, burns, or other unexplained injuries.

There may also be signs of neglect like:

- Poor nutrition or hygiene.
- Lack of necessary medical aids like glasses or medications that a caretaker should be providing.

There may also be indications of financial abuse. These may include:

- Unpaid rent.
- Sudden changes to a will.
- Unusual changes in money management.
- Large, unexplained financial transactions.
- Mortgages despite sufficient financial resources.
- Allowing someone new to access bank accounts.

If you suspect that someone is a victim of elder abuse, don't ignore it! If you or someone you care about is in a life-threatening situation, call 911. If you suspect that something isn't right – but nobody seems to be in immediate danger – contact:

- Marquette County Adult Protective Services at 608-297-3101
- The National Center on Elder Abuse at 1-855-500-3537 (ELDR).

You can also find additional local resources by searching the Eldercare Locator for your community at eldercare.acl.gov/Public/index.aspx.

Take some time to call or visit with an older adult. Ask if they are okay and listen to what they tell you. Pay attention to signs of abuse or unusual behavior. Most of all, don't be afraid to report instances of suspected abuse. Please share this information with those who need it.

ADRC Transportation Program

Reservations are required with a minimum of 2 business days in advance.

Need a RIDE for a Medical Appointment?

The Transportation Program will coordinate and provide transportation for **people 60+, people with disabilities or veterans to and from medical appointments.**

Ride availability does fill-up. Please call with as much advanced notice. All rides are subject to availability.

Call (608) 297-3104 to make your reservations.

Participants with Medical Assistance (Medicaid) are **not eligible** for this service. You need to use the state NEMT system.

Need a RIDE to Portage for shopping?

The Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor typically on the **4th Friday** of the month. Transportation will be provided to Portage for shopping. Copay to **Portage is \$15**. Times vary depending on ridership. Please call to reserve your spot.

The Department of Human Services operates its programs and services without regard to race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in accordance with Title VI of the Civil Rights Act, Americans with Disabilities Act (ADA), and related nondiscrimination authorities. For more information The Department of Human Services' civil rights, ADA obligations, and the procedures to file a complaint, contact The Department of Human Services Director, at email: mcdhs@co.marquette.wi.us, (608) 297-3124 (for hearing impaired, please use Wisconsin Relay 711 service <https://wisconsinrelay.com>) or visit our office at 428 Underwood Ave, Montello WI 53949.

For more information, visit www.adrcmarquette.org

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC, 20590.

If information is needed in another language, contact 608-297-3124
Sise necesita informacion en otro idioma de contacto, 608-297-3124

<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 **(608) 297-3104** to make a donation.

Take Control of Your Health:

6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**
Stay safe with these tips!

 <p>1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

www.facebook.com/NCOAging | www.twitter.com/NCOAging
[ncoa.org](https://www.ncoa.org) | [@NCOAging](https://www.instagram.com/NCOAging) | ©2021 | All Rights Reserved.

ncoa
 national council on aging

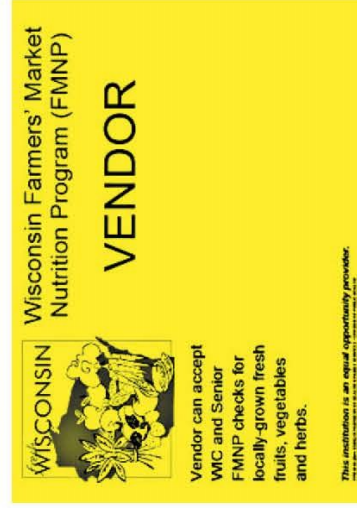
What is the Farmers' Market Nutrition Program?

The Farmers' Market Nutrition Program offers you an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers.

Farmers' Market Checks are to be used June 1 – October 31

You can take your checks to any participating farmers' market or roadside stand. Nearly every county in the state has at least one participating market. You can even take your checks with you when you are traveling throughout the state!

Go to an authorized market (you will be given a list by your agency) and look for this yellow sign:



Change will not be given if you buy less than the amount of the check(s).

If the price of what you buy is higher than the amount of the check(s), you can make up the difference with cash or another check.

Checks cannot be used at grocery stores.

**For more information
or to apply contact
608-369-1059**

Approved Locally Grown Foods

Vegetables:

Asparagus	Okra
Beans (all)	Onions
Beets	Parsnips
Bok Choy	Peas (all)
Broccoli	Peppers (all)
Brussels Sprouts	Potatoes (all)
Cabbage (all)	Pumpkins
Carrots	Radishes
Cauliflower	Rutabagas
Celery	Scallions
Celery	Shallots
Corn (not ornamental or popcorn)	Spinach
Cucumber	Sprouts
Eggplant	Sunchokes
Fennel	Squash (winter & summer)
Greens (all)	Swiss Chard
Kohlrabi	Tomatilla
Leeks	Tomatoes
Lettuce (all)	Turnips
Mushrooms	Watercress

Fruits:

Apples	Melons
Berries (all)	Pears
Cherries	Plums
Cranberries	Rhubarb
Grapes	Strawberries
Ground Cherries	

Herbs:

Basil	Lovage
Chives	Marjoram
Cilantro	Mint
Cutting Celery	Oregano
Dill	Parsley
Epazote	Rosemary
Garlic	Sage
Garlic Chives	Summer Savory
Horseradish	Sorrel
Lemon Balm	Tarragon
Lemon Grass	Thyme



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**.

Boost Plus and **Glucerna** are 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:

To keep stale odors from building up in the fridge or freezer, put 1-2 plain charcoal briquettes in a small cup in the back of each appliance. The charcoal absorbs odor and takes up very little space and doesn't need to be changed often.



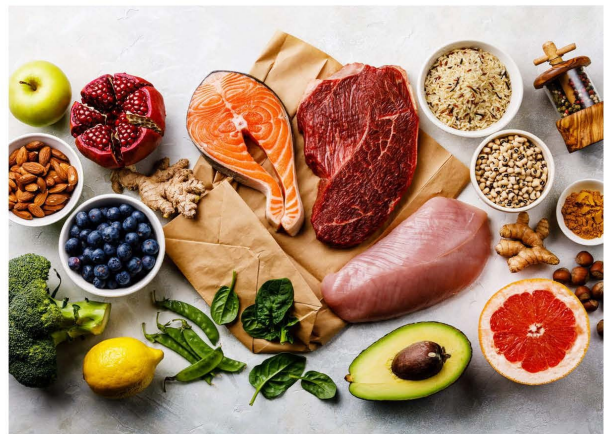
Power Up with Protein

By Amelia Cisewski, RDN, CD

Protein is a nutrient made up of amino acids—the building blocks of many body structures including muscle, bone, skin and hair. Protein helps maintain your muscles, keep fluids in balance, heal wounds and fight infections. It also helps carry fats, nutrients, and oxygen around your body. If you don't eat enough protein it can result in loss of skeletal muscle mass, impaired physical function, and delay wound healing.

How much protein do you need?

The amount of protein you need depends on a few factors including age, sex, health status and activity level. It is important to eat protein throughout the day. The Academy of Nutrition and Dietetics recommends older adults split their protein intake to 20-30 grams protein per meal on average. This is because studies suggest that 30 grams is the upper limit on how much protein our bodies can use at one time. Each person has different needs, but this is a good starting point.



Protein Amounts in Protein-Packed Foods

Beef (3 oz)= 26 g	Sunflower Seeds (1/2 c)= 12 g
Chicken (3oz)= 25 g	Edamame (1/2 c)= 9 g
Turkey (3 oz)= 24 g	Beans (1/2 c)= 8 g
Pork (3 oz)= 22 g	Chickpeas (1/2 c)= 7 g
Fish (3oz) = 19 g	Peanut Butter (2 Tbsp)= 7 g
Greek Yogurt (6 oz.)= 17 g	Soy Milk (1 cup)= 7 g
Cottage Cheese (1/2 c)= 14 g	Tofu (1/4 c)= 6 g
Regular Yogurt (6 oz)= 9 g	Almonds (20)= 5 g
Milk (1 cup)= 8 g	Walnuts (1/4 c)= 5 g
Cheese (1 oz)= 6 g	Hummus (1/4 c)= 5 g
Eggs (1 large)= 6 g	High Protein Oats (1/2 c)= 5 g

Sources of Protein

Protein can be found in both animal and plant-based foods. Animal protein, found in meat, eggs, and dairy, is considered 'high quality' protein because it has good amounts of all the essential amino acids. On the other hand, most plant proteins are missing one or two essential amino acids, but you can get enough of all these amino acids by eating a variety of whole plant foods. There are a few plant foods like soy and quinoa that are complete proteins because they have all of the essential amino acids.

Plant Proteins

Many plant proteins including beans, lentils, and soy are packed with beneficial nutrients like fiber, vitamins, minerals, healthy fat, and antioxidants. They contain very little saturated fat, sodium, and no cholesterol. It is important to get a variety of protein sources.

Protein Packed Recipes

High Protein Banana Split

Ingredients

- 1 banana, cut in half lengthwise and again lengthwise
- 1 cup Greek yogurt
- 1 cup whole-grain fortified cereal (check nutrition facts label)
- 1 tsp. honey (optional)
- 1/2 cup fruit (strawberries, blueberries, peaches, or pineapple)

Directions

1. Place 2 pieces of banana next to each other in each of the 2 cereal bowl.
2. Over the banana in each cereal bowl, spoon on the yogurt and sprinkle the cereal. Drizzle with honey.
3. Top with fruit and serve.

Yield: 2 servings

Nutrition Facts: 1/2 recipe

Calories 190

Total Fat 1.5g

Carbohydrates 31g

Protein 14g



Autumn Chicken Chowder

Ingredients

- 2 tsp. vegetable oil
- 1/2 cup chopped onion
- 1/2 cup diced carrot
- 2 1/2 cups low-sodium chicken broth
- 1 cup diced potato
- 1/2 tsp. thyme
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/2 cup (4 ounces) cooked and diced chicken
- 1/2 cup low-fat milk
- 1 Tbsp. flour
- Pepper to taste

Directions

1. In a medium saucepan, sauté onion and carrot on medium heat until softened, about 3 minutes.
2. Add broth, potato, thyme, garlic powder, and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15– 20 minutes.
3. While the potatoes are cooking, stir flour and milk together in a small dish.
4. Add chicken to the saucepan and stir 1-2 minutes until heated through.
5. Slowly add milk mixture and stir as the soup thickens. Boil gently for 2-3 minutes.

Notes: Substitute the carrot with any combination of carrot, celery, pepper, or leek. Substitute other vegetables such as corn or broccoli for half the potatoes.

Yield: 2 servings

Recipe adapted from foodhero.org

Nutrition Facts: for 1 1/2 cup

Calories 260

Total Fat 8g

Saturated Fat 1.5g

Carbohydrates 29g

Protein 19g

Sodium 430g





At Pioneer Memorial Park
316 E. Pioneer Park Road, Westfield

Tuesday, September 12, 2023

11:30am– Safe & Healthy Relationships Presentation

with Jessica Kaehny, Hope House

Noon– Lunch Served

Musical Entertainment by Bill & Bonnie Stevens

On the Menu: Turkey & Swiss on Cranberry Bread,
Veggies & Dip, Grapes, Cinnamon Apple Cheesecake

We hope to see you there! Suggested donation of \$3.00 for
ages 60 and older and spouses regardless of age. To RSVP call (608) 297– 3146.



Open Enrollment for Medicare Part D & Advantage Plans



October 15th - December 7th

You can compare plans by going to www.medicare.gov or by contacting:

Marquette County's Elder Benefit Specialist- Meg Wandrey

608-297-3103

mwandrey@co.marquette.wi.us

OUTREACH WILL BE HELD AT THE FOLLOWING LOCATIONS & DATES

Appointments are preferred but walk-ins are welcome, depending on availability and will be seen on a first come-first serve basis

BE SURE TO BRING A LIST OF YOUR CURRENT MEDICATIONS and all INSURANCE CARDS

ENDEAVOR ADD LIFE CENTER

November 1st 12:30-3:30pm

November 15th 12:30-3:30pm

OXFORD ADD LIFE CENTER

November 7th 12:30-3pm

November 21st 12:30-3pm

PACKWAUKEE ADD LIFE CENTER

October 24th 12:15-3:30pm

November 14th 12:15-3:30pm

NESHKORO ADD LIFE CENTER

October 31st 12:30-3pm

November 28th 12:30-3pm

WESTFIELD ADD LIFE CENTER

November 8th 12:30pm-4pm

November 29th 12:30-4pm



Why is it important to compare drug plans & Medicare Advantage plans each year?

- You may have changes to your medications.
- Your insurance may have switched the way your medications are covered.
- There may now be quantity limits on your medications.
- Your medications may now require prior authorization.
- You may **save money!** Plans can change their premiums, deductibles, and co-pays.



ADRC of Marquette County – Our team provides information and assistance to older and disabled adults, their friends, family, caregivers, and the general public. We are your source for unbiased information and can provide options available to meet your personal situation.

www.adrcmarquette.org 855-440-ADRC

Walk With Ease?

You can do it — we can help.



Arthritis Foundation
Certified.
Doctor **Recommended.**

Space is limited. Sign up today!

September 25 – October 2, 2023

Mondays

1:00- 3:30pm

Westfield Village Hall

129 E 3rd St. Westfield, WI

Suggested Donation: \$15

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

Why Walk With Ease?

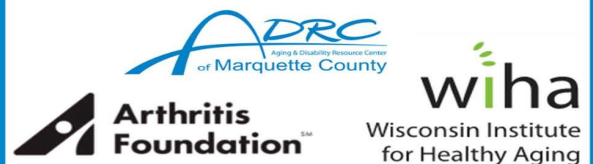
Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

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!**





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 5-10 minutes)
- 👣 Toenails are trimmed
- 👣 Callouses are addressed
- 👣 Foot massage is given
- 👣 Home instructions are provided

Upcoming Foot Clinic Dates:

September 8th and 28th

October 11th, 19th, and 25th

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

608-297-3135

Immunizations with Marquette County Health Department



Upcoming Immunization Clinic Dates:

September 11th, 25th, and 28th

October 9th, 23rd, and 26th

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

These walk-in clinic days include Covid-19 vaccines! Please call our office at 608-297-3135 if the walk-in dates do not work, and we can schedule a day that does work! 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!

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 and 3rd Tuesday of the month 4:30-6 pm
*1st, 2nd, 3rd, and 4th Thursday of the month from
1-3 pm

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

Household Size	Combined Household Gross Monthly Income
1 Person	\$2,430
2 Person	\$3,287
3 Person	\$4,143
4 Person	\$5,000
5 Person	\$5,857
6 Person	\$6,713
7 Person	\$7,570

Contact Us:

☎ Phone: (608) 369-1059



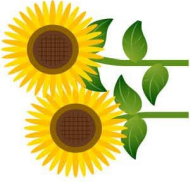
✉ Email: foodbank@co.marquette.wi.us

📘 Facebook: [Care & Share Food Bank of Marquette County](#)



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
 4 Closed 	**Turkey & Swiss on Cranberry Bread Veggies & Dip Grapes Cinnamon Apple Cheesecake	 6 Meatloaf Baby Bakers Edamame Succotash Peach Cup Ice Cream	7 Honey Lemon Pork Potato Medley Broccoli Trail Mix	1 Apple Cinnamon Pork Mashed Sweet Potatoes Corn & Black Beans Blueberry Cup
11 Corned Beef Diced Potatoes Rutabagas, Cabbage, Carrots Pineapple with Strawberry Fruit Dip	5 Tomato Rice Soup Tuna Salad & Lettuce On Croissant Green Bean & Radishes Applesauce	13 Glazed Chicken Squash Noodles Baked Beans Kiwi	14 Mediterranean Salmon Brown Rice & Vegetables Sugar Snap Peas Ambrosia	15 Sunrise Salad (Spinach, Ham, Peas, Eggs, Craisins, Nuts, Cheese) Apple Crumble Bar
18 Country Style Ribs Veggie Fried Rice Oriental Vegetables Dried Cherries	19 Chicken Alfredo Lasagna California Veggies Caesar Side Salad Tiramisu	20 Breaded Fish Sandwich Potato Wedges Mixed Vegetables Coleslaw Apple Crisp	21 Italian Sausage & Veggies Pea Pasta with Sauce Sliced Carrots Orange Jell-O Cake	22 Swiss Steak Roasted Potatoes Stewed Tomatoes & Beans Fruit Pie
25 Meatballs and Gravy Potato Medley Edamame Fruit Cup Rustic Nut Bar	26 Southwest Salad (Lettuce, Beef Fajita, Corn, Black Beans, Tomatoes, Salsa, Cheese) Chocolate Peanut Butter Pie	27 Ham & Pineapple Scalloped Potatoes Broccoli & Cauliflower Mixed Melon	28 Lemon & Herb Cod Potatoes O'Brien Warm Applesauce Black Eyed Pea Salad Snickerdoodle Cobbler	29 Chicken and Gravy Sweet Potatoes Collard Greens Fruited Yogurt

Marquette County Senior Nutrition Program

Senior Dining Sites

Endeavor Civic Center

400 Church St, Endeavor

Meal Served: **Wednesdays at 11:30**

Oxford Village Hall

129 S. Franklin St, Oxford

Meal 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**

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
2 Creamy Turkey over Chickpea Pasta Country Vegetables Mixed Fruit	3 Closed for Nutrition Staff Training No Home Delivered Meals or Dining Sites	4 Reuben Sandwich Sweet Potato Fries Cauliflower & Carrots Pear Cup	5 Chicken Taco Quinoa Skillet Spinach Cheesy Garlic Biscuit Lemon Blueberry Shortcake	6 Beef Patty and Gravy Mashed Potatoes Corn & Squash Bake Raisins Pumpkin Bars
9 Vegetable Quiche Hashbrowns & Quinoa Warm Peaches Mixed Berries	10 Seafood Salad (Lettuce, Kale Blend, Imitation Crab, Cucumbers, Red Peppers, Cheese) Cake	11 Baked Potato Diced Ham Cheesy Broccoli Carrots Cookie	12 Chicken & Sausage Gumbo Butter Beans Fiesta Corn Salad Apple Bar	13 Chicken & Dumplings Over Mixed Vegetables Roasted Brussel Sprouts Fruited Jell-O
16 Cheeseburger Stuffed Pepper Beets Watermelon & Honeydew Apple Fritter Bread	17 Roast Chicken Sugar Snap Peas Cauliflower Potato Salad Grapes	18 Breaded Fish Calico Beans Mixed Vegetables Kale Salad Chocolate Cake & Ice Cream	19 Ground Beef Stroganoff Chickpea Pasta Cabbage & Carrots Tropical Fruit	20 Cheese Ravioli & Meat Sauce Key Largo Veggies Strawberry Spinach Salad Apple
23 Chicken Parmesan Yellow Pea Pasta Broccoli Peach Poundcake	24 Open Faced Roast Beef Sandwich Mashed Potatoes Green Beans Fruit Cobbler	25 Busy Day Casserole (Pasta, Gr Beef, Tomatoes, Peppers, Mushrooms, Onions) Scalloped Corn Strawberry Cheesecake	26 Pork Chop Suey Rice & Veggies Stir Fry Vegetables Banana	27 Turkey Apple Salad (Lettuce, Spinach, Turkey, Apples, Carrots, Cheese, Walnuts) Ice Cream
30 Poor Man's Lobster Rosemary Potatoes Asparagus and Carrots Coleslaw Lemon Meringue Pie	31 Rindergulash (German Beef Goulash) Over Pea Pasta Bok Choy & Peppers Cranberry Applesauce			

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 ADRC

Packwaukee– 09/05/2023 and 10/03/2023

Endeavor– 09/20/2023 and 10/04/2023

Neshkoro– 09/14/2023 and 10/10/2023

Westfield– 09/06/2023 and 10/11/2023

Oxford– 09/19/2023 and 10/17/2023

Montello– 09/13/2023

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 keep up with our operating cost.

The dome is now open Monday-Friday 9am-3pm

Notices of the 2023 activities can be found posted on the front door of the Dome, 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.



Looking for something fun to do! Check out Barn Quilts & Hidden History Murals.

For more information go to:

<https://www.barnquiltsandmurals.org/>

Come support the Care & Share Food Bank of Marquette County at Puckaway Pigfest which will be held at Lake Arrowhead Campground (Montello) on September 8th and 9th.

On September 8, 2023, 4:30-9 P.M., Do you cook the best steak in your neighborhood? Are you the king of your cul-de-sac? Bring your backyard skills to the Puckaway Pigfest and compete for cash, trophies, and prizes at a one-day event. This year we are doing a SCA Steak cook-off; you bring the grill, and we will provide the steaks and fun. We will also be having a baked potato bar/steak dinner available for purchase, a 50/50 raffle, raffle baskets, stein-holding contest, and DJ.

On September 9, 2023, 11-A.M. – 2 P.M., This BBQ contest is sanctioned by the Kansas City Barbecue Society and is a state championship competition in Wisconsin! The Care & Share Food Bank of Marquette County will be selling BBQ, ice cream, and Puckaway Pigfest T-shirts that you can tie dye! They'll also host raffle baskets, a silent auction, and 50/50 raffle.



Both events are open to the public so come out and enjoy the day!!

For more information go to: <https://www.lakearrowheadcampground.com/puckaway-pigfest-bbq-competition>

ADRC Special Events - 2023

September

- * **1st Wednesday (September 6th)**- Memory Café- Westfield Village Hall 10am– Paint Pouring
- * **3rd Wednesday (September 20th)**- Caregiver Support Group- Montello/Virtually- 10am
- * **September 25th-November 20th (Mondays)**– Stress Busting for Caregivers– Virtually using Microsoft Teams– 2-3:30pm– Call Melissa at 608-297-3148 to register
- * **September 25th-October 2nd (Mondays)**– Walk with Ease-Westfield Village Hall-1-3:30pm– Call Amelia at 608-297-3146 to register

October

- * **1st Wednesday (October 4th)**- Memory Café- Westfield Village Hall 10am– Conversation Cards
- * **October 10th**-Stepping Up Your Nutrition-Health and Human Services Building– 4:30-6pm– Call Amelia at 608-297-3146 to register
- * **3rd Wednesday (October 18th)**- Caregiver Support Group- Montello/Virtually- 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.

Steve Moore, 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 , Living Well with Chronic Conditions, Stand Up and Move More.

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