

# Marquette County Senior Citizen News

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

**July - August 2019**



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We're looking for photos of  
Marquette County for  
the cover of our newsletter!  
Submit your photos to Alex at  
[atruell@co.marquette.wi.us](mailto:atruell@co.marquette.wi.us)

The Marquette County Community Garden. Submitted by Mr. Bob.  
To Volunteer at the Community Garden. please call: 608-297-3146.



**Have you checked out our new website?**  
**[www.adrcmarquette.org](http://www.adrcmarquette.org)**



Get information and resources 24/7 by accessing our ADRC website or call and speak to a Resource Specialist M-F, 8 -4:30.



#### Things you can find on the website...

- Marquette County Senior Citizen Newsletter
- Information on Health Promotion Classes
- Nutrition and Dining
- Transportation
- Caregiver Support Information
- Agencies providing resources like home health, hospice, low income housing
- Benefit information for seniors and Adults with Disabilities
- Information on Publicly-Funded, Long-Term Care Programming



**YOU HAVE QUESTIONS....WE HAVE ANSWERS**  
**Connecting you with Supports and Services.**  
**855-440-ADRC (2372)**  
**[www.adrcmarquette.org](http://www.adrcmarquette.org)**

presents a **FREE** seminar:



## Medicare Options Including Employer Sponsored Healthcare Coverage

Presented by: Cheryl Zautcke, Medigap Insurance Specialist with the State of Wisconsin Board on Aging and Long Term Care

**Wednesday, August 28**  
**10am-11:30am OR**  
**1pm-2:30pm**

**Marquette County**  
**Services Center**  
**480 Underwood Ave**  
**Montello**

During these presentations, you will learn about the many facets of Medicare, insurance options that are available to go along with Medicare, and how they apply to you. This includes Employer Sponsored Healthcare Coverage. There will be ample time for questions. The more you know, the better you can navigate your Medicare coverage options.

**For more information, please call the ADRC at 1-855-440-2372.** Choose which time works best for you. **Reservations will guarantee an information packet.**

## END OF LIFE & DEMENTIA

Discuss the critical decisions often faced at end of life and learn ways to communicate and stay connected in the later stages.

**Wednesday, July 24**  
**1:30 - 3:00 p.m.**



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

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

**ADRC of Marquette County**  
**428 Underwood Ave, 2nd Floor, Montello**





## Simple Will and Power of Attorney Help for Low-Income Seniors

**Wills for Seniors** is a program to help low-income seniors prepare basic estate planning documents.

Program participants will meet with an attorney who will help them draft a basic will, power of attorney for finances, and/or power of attorney for health care and Authorization for Final Distribution (if desired).

**The program is not designed for:** people with large or complicated estates, beneficiaries with special needs, beneficiaries who are unable to handle their own finances, people who want to set up or require sophisticated trusts, Medicaid, tax, or business succession planning, or people who are not appropriate for a basic will.

**EVENT DATE:** Wednesday, August 7, 2019

**TIME:** Appointments available between 8:30 am. and 2:00 pm

*\*You must have an appt to participate. Plan to see a 45 minute presentation, meet with an atty for 1.5 hours, and sign documents.*

**LOCATION:** Marquette Co ADRC, 428 Underwood Ave, Montello, WI 53949

**CONTACT:** Call (608) 243-2881 for more info or make an appointment

### Are You Eligible?

To participate, you must be:

**Age:** 60 or older

**Income:**

Monthly income must be at or below \$2,602

### Sponsored by:



Greater Wisconsin Agency  
on Aging Resources' Elder  
Law & Advocacy Center

## Memory Café

A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, their family and friends. No need to register, just drop-in.

**First Wednesday of each month**

**10:00 a.m. - 12:00 p.m.**

**Westfield Village Hall**

**124 E. 3rd St., Westfield**

Call Dementia Outreach Specialist  
Kristine Biesenthal, 920.294.4100,  
for more information.



### **Wed, July 3rd, 10am-noon**

Come see what the BUZZ is about! A special guest from the East Central WI Beekeepers Association will "bee" joining us for an informative presentation on the importance of bees. Refreshments will be served! Bring a friend!

### **Wed, August 7th, 10am-noon**

Join us for a delightful visit from Marquette County 4H kids! They are excited to share their Fair projects with us! To add to the summer fun, there will also be an ice cream sundae bar for all to enjoy.

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

# Caring for People Who Have Hurt Us

*by Jane De Broux, Dane County Caregiver Program Coordinator*

For many caregivers, providing care for a loved one is something they want to do. Others feel obligated to take on the role because they value family/friendship ties profoundly and see the duty as theirs. Some caregivers struggle with difficult care recipient behaviors in the present, although the relationship history had been a good one. Yet other caregivers are “drafted” into the role and feel they have no choice but to care for an individual who has abused them.

Because our society offloads so much caregiving responsibility onto unpaid family members, difficult reversals happen more often than you might suspect. When an abused child ends up caring for their elderly parent, there is much greater caregiver burden and stress. There is also a danger that the reversal could result in abuse of the elder by the (now adult) child.

On the face of things, it seemed obvious to me that individuals caring for an abuser would be more stressed than those caring for someone who had provided them with loving care (or at least good-enough care) as a child. However, when I did some further research, I learned there is also an important distinction in terms of which approach may provide the most relief and support to individual caregivers.

In general, caregiver support comes in one of two forms: emotion-focused coping strategies and solution-focused coping strategies. Emotion-focused coping helps you to become less emotionally reactive to caregiving stressors or it helps change the way you experience them. One example is living in the present so you can separate past behaviors from disease-related symptoms (your mom who tended to criticize in the past is not purposely trying to harass you when she repeats things due to her memory loss). Another is finding a new way to frame your caregiving. Perhaps you will focus on your value to care for your elders rather than question the particular relationship. You may find compassion for someone who is now very frail, despite being difficult at a more robust point in their lives. However, these approaches are less effective when care is primarily driven by obligation and a feeling there is no choice.

A [2013 study published in \*The Gerontologist\*](#) offers two important findings. First, as anticipated, caregivers who cared for their abusive/neglectful parents had more frequent depressive symptoms than caregivers with no history of abuse/neglect. Second, emotion-focused coping strategies are associated with more frequent depressive symptoms for both abused and non-abused caregivers, but the effects are somewhat stronger for abused caregivers.”

Solution-focused strategies are an alternative. They eliminate sources of stress or work with the stressors themselves. They allow for actions which can address the feeling of being trapped. These solutions may involve providing a significant break from caregiving, like respite care so the caregiver can take a weekend away from everything; or someone to stand in and provide personal cares so they don’t need to participate in intimate tasks like giving showers. Contact the ADRC to ask about programs that might be able to assist with solution-focused strategies for your caregiving role.





## MARQUETTE COUNTY FAIR TRANSPORTATION

Need a ride to the county fair? Call (608)297-3104 to reserve your ride for Thursday July 18th and/or Friday July 19th. Cost of the ride will be \$5. Rides need to be set up 48hrs in advance.

# Transportation Programs

### If you need a RIDE to Medical Appointments

The Aging and Disability Services Transportation Program will coordinate and provide transportation for **people 60+** or those disabled to and from medical appointments. Copay amounts depend on the destination. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104** for more info or to make a reservation.

### If you need a RIDE to Portage for shopping

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4<sup>th</sup> Thursday** of the month. Transportation will be provided to Portage for shopping (at approx. 1pm, and returning around 3:30-4pm).

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104**.

**This is a special project that has a copay of \$5.**

<i>Destination</i>	<i>Copay</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

### Are you interested in sponsoring a ride?

Some residents in Marquette County struggle to afford their Transportation Copays. If you are interested in sponsoring rides, contact Adam at **(608)297-3104** to make a donation.

## Traveling This Summer? Check Your Health Coverage Before You Leave!

*by the GWAAR Legal Services Team (for reprint)*

If you are traveling this summer, there is a lot to do before you leave. Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S., and you have Original Medicare and a supplement plan, you will have coverage for any health care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S. (often referred to as the "foreign travel rider").

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, don't panic! Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions.

Taking the time to plan out your health care coverage before you travel will help you to have an enjoyable and relaxing trip. Bon voyage!



### **At Rendezvous Paddle & Sport**

201 Main St, Montello, WI

Saturday, July 6th ◊ 2pm-6pm

Proceeds help support the

**Alzheimer and Dementia Alliance**

serving residents of Marquette County





## Senior Mobile Market

The Senior Mobile Market program works to assist seniors 55 and over by providing healthy and nutritious foods in a farmers' market-style distribution. Senior Mobile Markets are open to the public & provide the choice to select from available foods that meet dietary & personal needs, free of charge. While there, seniors can be connected with local community resources. Quantities are limited; first come, first served. Limit 1 distribution per household.

**Wed, July 24, 10-noon, Care and Share Food Bank on HWY 22 south of Montello**

### Marquette County Clean Sweep

Household and Agriculture Hazardous Waste

Do you have any old chemicals you would like to dispose of for FREE?

Saturday, August 3 from 8am-noon

Marquette County Highway Dept (on the west side of Montello along HWY 23

#### What to Bring:

Aerosol Cans	Gas/Oil Mixtures
Polyurethane	Drain Cleaners
Paints (Oil & Metal Based)	Antifreeze
Paint Thinner	Chemical Fertilizer
Ag/Farm Chemicals	Old Gasoline
Lacquer	Insecticides/Herbicides
Drain Oil	Stains
Fiberglass	Epoxy
ANY PRODUCTS THAT SAY:	
*Caution	*Poison
*Flammable	*Warning
	*Toxic
	*Danger

#### WHAT NOT TO BRING:

Latex Paints  
 Medical Wastes  
 Commercial Wastes  
 Automotive Batteries  
 Tires  
 Appliances  
 Household Batteries  
 Florescent Lightbulbs

(for more than 25 gallons or 250 lbs please call ahead as there may be a fee)

Call (608) 296-2815 ext.4 with any questions

Sponsored by the Marquette County Land & Water Conservation Dept.

# Mental Health - How to be a Good Ally

by the GWAAR Legal Services Team (for reprint)

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

When it comes to mental health and others, what we say and how we listen matters. Here is some advice on how to help someone open up about their mental health:

- Listen attentively. Listening attentively involves your full focus and consideration. Listen for what the person is telling you, but also what their body language might be telling you. If you are able to refer back to something they said later on, it not only shows you were listening, but that you care about the person and what they've shared with you. Make sure to put away all distractions (phone, games, etc.) and face the person you're speaking with. Look at them as they talk to you. Nod your head in understanding when appropriate, and gently inquire about something they brought up.
- Ask open-ended questions. Make sure the conversation is not full of questions the other person can answer with a simple yes or no. Instead, open up a space for understanding by asking open-ended questions like: "How have you been feeling lately? What have you been doing to cope? What do you want to do about that?" You can also express your concern and encourage the person to talk about what's going on by offering caring statements like: "You seem to be a bit quiet these days. What's been on your mind?" or "You don't seem like yourself lately. Is anything going on?"
- Don't assume or make judgments. Opening up and reaching out for help can be difficult. If you make assumptions and judgments in response, it can make it even harder for people to express themselves. Don't assume how a person feels, what they need, or what's going on with them. Instead, ask gently for clarification when you need some. If your friend or loved one tells you things that make you uneasy, or that you might not agree with, do your best to set aside all judgment. Expressing warm-hearted concern and offering support should always be the goal.
- Find a way to help or get help. Sometimes, you might be able to directly help the person you're concerned about. Maybe all they needed was to vent or have someone to talk to and help sort out their feelings. For some people, it might be helpful to send them positive text messages throughout the week or make a brief telephone call whenever you get the chance.



## Upcoming Foot Clinic Dates

July 9, 17, 23, & 31

August 14, 20, & 27

Call for an Appointment! 608-297-3135

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



However, there are some cases in which the ways you can help are limited. If a person is suicidal, for example, then you need to get help from those more equipped to handle the situation. Ask your friend or loved one if they want to get help, and offer them the resources to do so. Assure them there's nothing wrong with getting the help they need and that by doing so, they've taken the first step to feeling better. Sometimes, just hearing this will help lift some weight off their shoulders. Offering to take your friend loved one to these helpful spaces, or to find the proper assistance, can go a long way.

Some tips for supporting positive mental health include:

- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Eating healthy foods
- Developing coping skills
- Getting professional help if you need it

Full article, as well as information on how to become a "Safe Person" available at:  
<https://www.dhs.wisconsin.gov/mh/phlmhindex.htm>



## WI SeniorCare Program Extended for 10 Years

*by the GWAAR Legal Services Team (for reprint)*

On April 12, 2019 the Centers for Medicare & Medicaid Services (CMS) granted the Department of Health Services (DHS) a 10-year extension for the SeniorCare Prescription Drug Assistance Program. This program is utilized by nearly 50,000 seniors in Wisconsin. Those who use or are planning to use the program now have peace of mind knowing their prescription drug benefit will continue for the long term.

Since it began on September 1, 2002, the SeniorCare program has successfully delivered comprehensive outpatient drug benefits to more than 310,000 seniors in the state. SeniorCare covers most generic and brand name prescription medications and over-the-counter insulin. It has a simplified enrollment process, \$30 annual enrollment fee, income-based deductibles and copayments of \$5 for generic drugs and \$15 for brand-name drugs.

The previous 3-year extension expired in December, 2018, and the state had been operating on 1-month extensions for January, February, and March of this year. With the 10-year extension, SeniorCare members will continue to have affordable access to prescription drugs for years to come!

## Scams Come In Many Different Forms

*by the Social Security Oshkosh Office (for reprint)*



Social Security is at the forefront of keeping your online data secure, but you play a vital role in safeguarding your personal information too.

Scammers commonly target people who are looking for Social Security program and benefit information. You might receive an advertisement in the mail, but it could be from a private company or even a scammer. U.S. law prohibits people and businesses from using words or emblems that mislead others. Their advertising can't lead people to believe

that they represent, are somehow affiliated with, or endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare).

If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General Fraud Hotline  
 Social Security Administration  
 P.O. Box 17768  
 Baltimore, MD 21235

Scams can also happen online. A growing tactic for scammers is to use online dating sites. According to the United States Postal Inspection Service's recent messaging, before starting an internet-based relationship, we should always keep our personal details to ourselves until you meet face-to-face. Next, do an internet search of the other person's name and the town they claim to be living in.

Here are indications that someone may not be who they say they are:

- A mismatch between their name and the name embedded in their email address.
- There are obvious spelling and grammar errors.
- They asked if you would send or receive money/packages on someone else's behalf.
- They need money right away due to a medical emergency, or they need a visa or air tickets.
- Or, a business opportunity arose that was too good to turn down. Can you wire a loan?

If anyone asks for your Social Security number, never give it to them. And if they are specifically pretending to be from Social Security, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at [oig.ssa.gov/report](https://oig.ssa.gov/report).

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. For more information, please visit [oig.ssa.gov/newsroom/scam-awareness](https://oig.ssa.gov/newsroom/scam-awareness).



# Gardening and Fresh Produce

by Amelia Cisewski, RDN, CD

Summer is here and it's gardening time! Nothing beats the taste of a tomato fresh from the garden or green beans freshly picked. Gardening provides great tasting fresh produce allowing you to know where your food comes from. Produce has many health benefits and research suggests that eating enough fruits and vegetables is linked to lower risk of many chronic conditions and may help protect against certain types of cancers. Despite the health benefits, many people do not eat enough fruits and vegetables. Fresh produce is a major source of nutrients we need. Since the nutrients in fruits and vegetables vary, it's important to eat a variety on a regular basis. An easy way to make sure there is a variety is to eat fruits and vegetables from all the colors of the rainbow. Some especially important ones are dark green and red or orange vegetables, and beans and peas because they contain nutrients many older adults may be lacking.

Gardens are a great way to help us increase our fruit and vegetable consumption while enjoying the outdoors, getting your Vitamin D from the sun, and getting some physical activity in. If you don't have your own garden and are interested in gardening, Marquette County now has a community garden where we are always looking for help. The produce is grown for the Care & Share Food Bank and Senior Nutrition Program. In the next couple months, you will see some of the produce from the garden integrated into the senior meals. If you or anyone you know is interested in volunteering in the Marquette County Community Garden or for more information call me at (608) 297-3146.



# Post-Operative Depression

*by the GWAAR Legal Services Team (for reprint)*

Depression after surgery is common, but it's rarely talked about. Doctors spend time prepping someone for surgery in terms of practical needs (like what to eat, wear, and how to manage pain), but there's not enough focus on emotional needs. Some studies show that depression and anxiety can make it slower and harder to heal after the surgery. Therefore, it's helpful for people and their family members to understand why this happens and what can be done about it.

Surgery is an invasion of a person's body, which can be quite traumatizing, whether they realize it or not. It can be difficult to tell the difference between post-operative depression and normal feelings of sadness that come with recovery. Some symptoms are the same, such as fatigue and irritability, but post-operative depression lasts longer than two weeks. If left untreated, it can actually go on for months. Surprisingly, feelings of hopelessness can persist even when a patient had a successful surgery and is on their way to a full recovery. And it doesn't matter how small or large the operation is.

The following is a list of possible symptoms—a person with post-operative depression may feel:

- fatigue
- eating much more or less than normal
- loss of interest in regular activities
- anxiety, stress, irritability, or aggression
- thoughts of harming oneself or others
- difficulty making decisions
- sleeping much more or less than normal
- fidgeting or restlessness
- despair or hopelessness with no cause

The following is a list of possible signs of what you may notice in a person with post-operative depression:

- weight change
- irritability
- personality changes
- indecisiveness/confusion
- forgetfulness
- withdrawal from others
- changes in self-care/appearance
- tearfulness
- disorganization
- self-criticism

People with a history of mental illness are at the highest risk for developing depression after surgery. No one knows the exact cause of post-operative depression, but some triggers may be:

- reaction to anesthesia, antibiotics, or certain painkillers;
- pain and discomfort while recovering;
- physical, mental, and emotional stresses caused by the disorder and/or surgery; or
- facing the possibility of death.

Having a strong support system is key to recovery. Other things you can do to combat the condition include spending time outdoors (sunlight is a natural mood enhancer), getting enough sleep, maintaining a healthy diet, spending time with loved ones, and finding ways to pass the time, like listening to music, reading, or playing games, while you recover from your procedure. When your body (and brain) is ready, you can slowly get back into your usual routine.



## **Marquette County Caregiver Support Group**

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

3<sup>rd</sup> Wed. of Every Month ■ Noon – 2pm ■ St. John the Baptist Catholic Church  
277 E. Montello Street, Montello, WI 53949

Call Alex at 608-297-3102 for more information

## **ABCs of Alzheimer's & Dementia**

Do you wish you had a better understanding of dementia, treatment options, and current research? Are you wondering where to go for help? Find information and answers to questions at this informative program for families, friends and caregivers of persons with Alzheimer's disease or related dementia.

Wed, July 10, 2:00 - 4:30 p.m.

Marquette County ADRC, 480 Underwood Ave, Montello

Free and open to the public.

Questions? Call Kristine Biesenthal, (920) 294-4100



Presented by retired SSM Health-Dean Medical Group physician Greg Motl, MD, board certified in internal medicine and geriatrics; and Kristine Biesenthal, Alzheimer's & Dementia Alliance of Wisconsin.



## **MEDICARE SAVINGS PROGRAM**

If you are a Medicare beneficiary there are Medical Assistance cost-sharing programs that provide assistance with Medicare co-pays, deductibles and premiums to low-income Medicare beneficiaries.

**QMB:** Pays for your Part B premium, Part A & B Medicare deductibles and co-pays.

**SLMB/SLMB+:** Pays **only** for the Part B premium.

Please contact **Colleen at (608) 297-3101** for either of these programs.

# Medicare Coverage for Vaccines

by the GWAAR Legal Services Team (for reprint)

You may have seen recent stories in the news about an increase in cases of diseases like measles or hepatitis A, both of which can be prevented by vaccines. Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing.

Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines, including the vaccine for shingles.

The only exceptions are the vaccines for flu, pneumonia, and hepatitis B, which are covered by Part B. Please note that SeniorCare does not cover any vaccines.

Vaccine	Medicare Plan	Coverage Rules
Influenza (flu)	Part B	Medicare pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Pneumonia	Part B	Medicare pays for one shot, recommended for all adults aged 65+ & younger adults with chronic health conditions.
Hepatitis B	Part B	Series of three shots, paid for by Medicare for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection.
Shingles	All Medicare Rx drug plans must cover	One shot paid for (and recommended) after age 60. Patient must check with plan to find out specific rules for administration and payment.

The amount you pay for your vaccine will vary depending on where you get vaccinated. Check your Medicare prescription drug plan's documents for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan's approved coinsurance or copay for the vaccination. If you get a vaccine at your doctor's office, ask the doctor to call your plan to find if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for your vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be refunded for any amount you pay the provider above your plan's approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill upfront and then request a refund from your plan.



**care & share**  
**FOOD BANK**  
**of Marquette County**

608-369-1059

PO BOX 821 N2975 HWY 22  
MONTELLO. WI 53949

Food distributions take place from the Care & Share Food Bank of Marquette County, N2973 St. Hwy. 22, Montello on Thursdays from 1-4 PM. The following schedule is suggested:

Eligible Family Address	Distribution Schedule				
Montello, Neshkoro, Packwaukee, Dalton	1 <sup>st</sup> Thursday of Month 1-4 PM				
Westfield	2 <sup>nd</sup> Thursday of Month 1-4 PM				
Oxford, Endeavor, Briggsville	3 <sup>rd</sup> Thursday of Month 1-4 PM				
Household Size	1	2	3	4	5
Current Gross Monthly Income Less than:	\$1832	\$2470	\$3108	\$3746	\$4385
Household Size	6	7	8	9	10
Current Gross Monthly Income Less than:	\$5023	\$5663	\$6304	\$6945	\$7587

(For each additional household member over 10 add \$641 monthly)

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

### Sharing Suppers in Endeavor



Sharing Supper began in Endeavor in January 2014. Each supper includes free blood pressure checks, Kids Corner with educational games and activities plus informational booths for guests to learn about services that are available to them in our community. Meals are free and everyone is invited.



**July 31 at Endeavor Park** ♦ **August 28 at Endeavor Elementary School**  
**5-6:30pm**

For more information regarding Endeavor's Sharing Supper, please email:  
[endeavorsharingsupper@gmail.com](mailto:endeavorsharingsupper@gmail.com)



Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146.

## ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Swedish Meatballs</b> Chickpea Pasta Sliced Carrots  Red, White and Blue Dessert	<b>2 Seasoned Pork Chops</b> Sweet Potato Bake Edamame Succotash  Strawberry & Blueberry Cup	<b>3 Poor Man's Lobster</b> Potato Pancakes Spinach Barbecued Bean Salad Cake & Ice Cream	<b>4 Closed</b>  	<b>5 Soft Tacos</b> Lettuce, Toms & Cheese Mexican Brown Rice V-8 Juice Apple sauce cup
<b>8 Summer Salad</b> Lettuce, Chicken, Strawberries, Blueberries, Pineapple, Cheese Cake	<b>9 Cuban Beef Stew</b> Citrus Rice, Apples and Green Beans Colorful Cornbread Salad Tapioca w/Cherries	<b>10 Pulled Pork &amp; Gravy</b> Rosemary Roasted Potatoes Broccoli and Carrots Dried fruit Marbled Pudding	<b>11 Salisbury Steak</b> Quinoa Stewed Tomatoes Frozen Juice Apple Pie	<b>12 Sweet &amp; Sour Chicken</b> Rice Sugar Snap Peas Red Cabbage Cranberry Jell-O
<b>15 Minestrone Soup</b> Hot Italian Beef Sandwich Napa Cabbage Fruit Salad Orange Dream Bar	<b>16 Chef Salad</b> Lettuce, Chicken, Turkey, Ham, Eggs, Peas, Cheese Sweet Potato Squares	<b>17 Baked Spaghetti</b> Corn & Squash Bake Asparagus Banana Split	<b>18 German Rye Cass</b> California Blend Veggie Pulse Mèlange Pears Cake	<b>19 Veggie Wrap</b>  Shrimp Pasta Salad Creamy Tropical Fruit
<b>22 Chicken Kiev</b> Roasted Pasta and Vegetables Brussel Sprouts Peaches and Raspberries	<b>23 Ham &amp; Cheese Egg Bake</b> Hash browns with Red Quinoa Warm Cranapple Sauce Dried Fruit Cinnamon Roll	<b>24 Beef Steak &amp; Gravy</b> Baked Potato Bean Medley Raspberries Lemon Custard Shell	<b>25 Cranberry Turkey</b> Stuffing WI Moon Blend Juice Tiramisu	<b>26 BLT Supreme Salad</b> Lettuce, Tomato, Bacon, Black Olives, Cheese, Sunflower Seeds Fruited Yogurt
<b>29 Fish Tenders</b> Baked Beans Broccoli Carrots & Cauliflower w/ Dip Ice Cream Bar	<b>30 Eggplant Zucchini Penne</b> Mixed Veggies Roasted Corn, Black Bean & Mango Salad Mixed Fruit	<b>31 Chicken and Gravy</b> Mashed Potatoes Beets Fruit Cup Scone		

## Marquette County Nutrition Program

**MONTELLO: Marquette County Senior Center (Dome)**

140 Lake Ct. (next to Library)

Serving Mon.—Fri. at Noon

**OXFORD: (Village Hall)**

129 S. Franklin

Serving Tues. and Thurs. at 11:45 AM

**PACKWAUKEE: (Town Hall)**

N3511 State St.

Serving Mon. and Fri. at 11:30 AM

**WESTFIELD: (Municipal Bldg.)**

129 E. 3<sup>rd</sup> St.

Serving Mon.—Fri. at Noon

**NESHKORO: (Senior Center/Library)**

132 S. Main St.

Serving Mon., Wed., Fri. at Noon

**ENDEAVOR: (Civic Center)**

400 Church St.

Serving Wed. at Noon

**Call (608) 297-3146 or (877) 627-6767 Ext. 3146**

**for meal reservation one weekday in advance by 3 PM**

### **Marquette County Senior Citizens, Inc.**

Marquette County Senior Citizens, Inc. is an organization of senior citizens in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting healthy living. Members enjoy state wide trips, card playing, and Wii bowling tournaments.

**We invite everyone to join us on the 2<sup>nd</sup> Sundays of the month for a Pot Luck Lunch.**

July 14, August 11, Sept. 8 ♦ 12:30pm at the Senior Dome, 140 Lake Street, Montello.

Bring a dish to pass. Come and meet new friends.

**UPCOMING EVENT: Sept. 19-** Miller Park trip to see a Brewers Game. More info to follow.

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

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

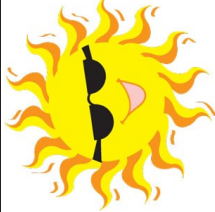
Did you know? You can rent the Dome for parties, family gatherings, etc. Call for details.

For more information about membership or events,  
please call (608) 297-7815 between 10:30 am and 1:00 pm.

# August 2019

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146.

## ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>5 Chicken Parmesan</b> Pasta with Vegetables Scalloped Corn Kiwi &amp; Blueberries</p>	<p><b>6 Meatloaf</b> Baked Potato Collard Greens Dried Fruit Banana Chocolate Pudding</p>	 <p><b>7 Brain Boosting Lunch</b> <b>Tuna Casserole</b> Squash Green Peppers &amp; Dip Cake and Ice Cream</p>	<p><b>1 Evening Meal</b> <b>Cheeseburger w/ the Works</b> Sugar Snap Peas Baked Beans Fresh Fruit/ Cookie</p>	<p><b>2 Western Pasta Salad</b> Celery and Peanut Butter Cold Veggie Pizza Watermelon</p>
<p><b>12 Beef Stew</b> V-8 Juice Fruit Cocktail Cake</p>	<p><b>13 Club Wrap</b> Broccoli Salad Macaroni Salad Cherry Cheesecake</p>	<p><b>14 BBQ Pineapple Chicken</b> Korean Quinoa Blend Capri Blend Vegetables Fruited Jell-O</p>	<p><b>8 Deviled Pork Chops</b> Rosemary Roasted Potatoes Edamame Succotash Baby Carrots Pretzel Dessert</p>	<p><b>9 Sloppy Joes</b> Sweet Potato Tots Green Beans Red Cabbage Slaw Baker's Choice</p>
<p><b>19 Kielbasa &amp; Sauerkraut</b> Diced Red Potatoes Carrots Pears Rice Krispy Bar</p>	<p><b>20 Lasagna</b> Bean Medley Spinach Salad Citrus Cup</p>	<p><b>21 Roast Beef and Gravy</b> Mashed Potatoes Peas and Carrots Banana Blueberry Breakfast Bar</p>	<p><b>15 Beef, Bean and Potato Casserole</b> Stewed Tomatoes &amp; Zucchini Cheesy Cauliflower Mixed Berry Shortcake</p>	<p><b>16 Baked Pollock</b> Potato Pancakes Mixed Vegetables Raisins Rice Pudding</p>
<p><b>26 Cream of Asparagus Soup</b> Turkey &amp; Cheese on Wild Rice Bread Creamy Tropical Fruit</p>	<p><b>27 Cook's Choice</b> Spinach Bake Apple Slices Baker's Choice</p>	<p><b>28 Pork Burrito</b> Spanish Rice Moon Blend Vegetables Juice Ice Cream</p>	<p><b>22 Hawaiian Meatballs</b> Garden Blend Rice Broccoli Trail Mix Cake</p>	<p><b>23 Teriyaki Chicken Veggies</b> 5 Grain Blend Oriental Blend Vegetables Egg Roll Rhubarb bars</p>
<p><b>26 Cream of Asparagus Soup</b> Turkey &amp; Cheese on Wild Rice Bread Creamy Tropical Fruit</p>	<p><b>27 Cook's Choice</b> Spinach Bake Apple Slices Baker's Choice</p>	<p><b>28 Pork Burrito</b> Spanish Rice Moon Blend Vegetables Juice Ice Cream</p>	<p><b>29 Turkey Shepard's Pie</b> Zucchini Muffin Warm Country Apples</p>	<p><b>30 Beef Fajita Salad</b> Lettuce, Fajita Meat, Tomatoes, Black Olives, Red Beans, Cheese Frosted Brownie</p>



# Elderly Benefits Specialist Program

## SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people over the age of 60 on public and private benefit issues. Assistance is provided with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Please feel free to contact the Elder Benefit Specialist, **Colleen Sengbusch, at 608-297-3101.**

### Outreach & Information Updates with Colleen (after lunch)

July 10 & August 7	Endeavor AddLIFE Center
July 22 & August 26	Neshkoro AddLIFE Center
July 30 & August 22	Oxford AddLIFE Center
July 15 & August 23	Packwaukee AddLIFE Center
July 23 & August 27	Westfield AddLIFE Center
July 24 & August 28	Montello AddLIFE Center

Outreach is also provided at the monthly Sharing Supper held at the Endeavor Elementary School on the last Wednesday of the month.

## Upcoming Immunization Clinic Dates

### Westfield Municipal Building

July 1 & 15 (12:30-4:30)

August 5 & 19 (12:30-4:30)

### Marquette County Health Dept.

July 8 & 25 (8:30-4)

August 12 & 22 (8:30-4)

### Endeavor Civic Center

July 3 (11am-3pm)

**MCHD**



**Public Health**  
Prevent. Promote. Protect.

## Special Events Calendar - July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>2</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>3</b> <b>E:</b> <b>M:</b> <b>N: America the Beautiful</b> <b>W:</b> Yoga w/Sheena	<b>4</b> <b>Independence Day</b> <b>Dining Sites Closed</b>	<b>5</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>
<b>8</b> <b>M:</b> <b>N:</b> <b>P: What to Do: Choking, Stroke, &amp; Heart Attack</b> <b>W:</b>	<b>9</b> <b>M:</b> <b>O: Bingo with Food Prizes</b> <b>W:</b>	<b>10</b> <b>E: Updates w/Colleen</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>11</b> <b>M:</b> <b>O: Chair Exercise I I am What to Do: Choking, Stroke, &amp; Heart Attack (P: Qigong 10:10am)</b> <b>W:</b>	<b>12</b> <b>M:</b> <b>N: Show and Tell</b> <b>P:</b> <b>W: Bingo</b>
<b>15</b> <b>M:</b> <b>N:</b> <b>P: Updates w/Colleen</b> <b>W:</b>	<b>16</b> <b>M:</b> <b>O: Decorate Cupcakes with Flowers</b> <b>W:</b>	<b>17</b> <b>E:</b> <b>M:</b> <b>N: Seniors Meeting Fact/Fiction w/Cheryl</b> <b>W:</b> Yoga w/Sheena	<b>18</b> <b>M: Doc Hines</b> <b>O: Annie Oakley Skit– Western Sharpshooter (P: Qigong 10:10am)</b> <b>W:</b>	<b>19</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>
<b>22</b> <b>M:</b> <b>N: Updates w/Colleen</b> <b>P: Sheepshead</b> <b>W:</b>	<b>23</b> <b>M:</b> <b>O: Ice Cream Social</b> <b>W: Updates w/Colleen</b>	<b>24</b> <b>E:</b> <b>M: Updates w/Colleen</b> <b>N:</b> <b>W:</b>	<b>25</b> <b>M:</b> <b>O: Chair Exercise I I am (P: Qigong 10:10am)</b> <b>W:</b>	<b>26</b> <b>M:</b> <b>N: Music w/Rodger</b> <b>P:</b> <b>W: Bingo</b>
<b>29</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>30</b> <b>M:</b> <b>O: Updates w/Colleen Movie with Popcorn</b> <b>W:</b>	<b>31</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b> Yoga w/Sheena		

### Regularly Scheduled Dining Site Activities

**Endeavor (E):** Open Wednesdays.

**Montello (M):** Open Mon-Fri. Stretch/Exercise Mon, Wed, & Fri 10-11. Wii Bowling Tue & Thu 1pm.

**Neshkoro (N):** Open Mon, Wed, & Fri. Wii Bowling 11-11:45am. Cards after lunch.

**Oxford (O):** Open Tue & Thu. Wii Bowling every Tuesday. Chair Exercises every Thursday.

**Packwaukee (P):** Open Mon & Fri. Trivia every Monday. Bingo every Friday. Exercises for Seniors 9:30-10:30.

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

# Special Events Calendar - August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 Evening Meal</b> <b>"Summer Nights"</b> <b>M:</b> <b>O:</b> <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>2</b> <b>M:</b> <b>N:</b> <b>P: Watermelon Festival</b> <b>W:</b>
<b>5</b> <b>M:</b> <b>N:</b> <b>P: How to Treat: Bug Bites, Poison Ivy, &amp; Cuts</b> <b>W:</b>	<b>6</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>7</b> <b>E: Updates w/Colleen</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>8</b> <b>M:</b> <b>O:</b> <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>9</b> <b>M:</b> <b>N: Pet Day</b> <b>P:</b> <b>W: Bingo</b>
<b>12</b> <b>M:</b> <b>N:</b> <b>P: Sheepshead</b> <b>W:</b>	<b>13</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>14</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W: Yoga w/Sheena</b>	<b>15</b> <b>M:</b> <b>O: How to Treat: Bug Bites, Poison Ivy, &amp; Cuts</b> <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>16</b> <b>M:</b> <b>N:</b> <b>P: Skit- Laura Ingalls Wilder's Mother</b> <b>W:</b>
<b>19</b> <b>M:</b> <b>N:</b> <b>P: Ice Cream Social</b> <b>W:</b>	<b>20</b> <b>M:</b> <b>O: Watermelon Festival</b> <b>W:</b>	<b>21</b> <b>E:</b> <b>M:</b> <b>N: Seniors Meeting Fact/Fiction w/Cheryl</b> <b>W:</b>	<b>22</b> <b>M:</b> <b>O: Updates w/Colleen</b> <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>23</b> <b>M:</b> <b>N:</b> <b>P: Updates w/Colleen</b> <b>W: Bingo</b>
<b>26</b> <b>M:</b> <b>N: Updates w/Colleen</b> <b>P: Sheepshead</b> <b>W:</b>	<b>27</b> <b>M:</b> <b>O:</b> <b>W: Updates w/Colleen</b>	<b>28</b> <b>E:</b> <b>M: Updates w/Colleen</b> <b>N:</b> <b>W: Yoga w/Sheena</b>	<b>29</b> <b>M:</b> <b>O: Chair Exercise I am</b> <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>30</b> <b>M:</b> <b>N: Music w/Rodger</b> <b>P: Bingo with Prizes</b> <b>W:</b>

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

ADDRESS SERVICE REQUESTED



humor  
generosity  
support  
love  
life  
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thanks  
selfless  
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stressful  
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difficult  
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hospice  
strength  
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dedication