

# Marquette County Senior Citizen News

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

**July—August 2020**



**"A glimpse of Gold in Marquette County"**  
Photo by: Amelia Cisewski

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

# WESTFIELD MEMORY CAFÉ

Wednesday, August 5, 2020

10:00 a.m. - 11:45 a.m.

PIONEER PARK 316 E, Pioneer Park, Westfield

**\*\*FRONTIER PARK SHELTER\*\***

You are in for an exceptional treat when Princeton native, Micah Sommersmith shares his musical talents with us! (at 10:30)

Please invite others to join us for this rare opportunity to enjoy live music at the Memory Café at PIONEER PARK!

No need to RSVP however, we will need everyone to check in upon arrival. Bottled water & pre-packaged snacks will be served.



**ATTN: You will need to bring a lawn chair. Please social distance. Masks are optional. Please dress appropriately as this event will happen RAIN OR SHINE.**

\*Thank you to Don & Doris Smith for their generous donation to pay for the entertainment!



Questions? Dementia Outreach Specialist Kristine Biesenthal  
920-765-3359 or [kristine.biesenthal@alzwissc.org](mailto:kristine.biesenthal@alzwissc.org)

## Here are some reminders from the Marquette County Health Department to help prevent getting and spreading the Coronavirus (COVID-19):

### Avoid close contact with others and practice physical distancing

- Stay at home as much as possible. Cancel events and avoid groups, gatherings, play dates, and nonessential appointments.
- Avoid gatherings of 10 or more people.
- Stay at least 6 feet away from other people, when possible.
- If possible, wear a cloth face covering in situations when physical distancing is difficult.

**Stay home when you are sick**, except to get medical care.

### Practice good hand hygiene

- Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your face, eyes, and mouth when in public.





## State Moratorium on Utility Disconnections During COVID-19 to End July 25

*State emergency energy assistance available*

MADISON - On Thursday, the Public Service Commission of Wisconsin (PSC) voted unanimously to lift the temporary moratorium on utility disconnections for nonpayment during the COVID-19 public health emergency. The move comes as the state continues to reopen and nearly a month after the state Supreme Court struck down *Safer at Home*. The PSC strongly encourages customers behind on payments to arrange for a payment plan or apply for assistance.

"As our state's businesses reopen and people return to work by following the steps in the Badger Bounce Back plan, we must calibrate consumer protections with costs to all utility customers. The longer deferral of payments are allowed, the more it will impact utility bills for everyone. Our actions today will ensure that those who are able to pay will continue do so, and those who are struggling can seek a payment plan or apply for energy assistance," said Rebecca Cameron Valcq, Chairperson of the PSC. "When working out payment plans with customers, I strongly encourage utilities to provide extra flexibility for those whose lives and employment continue to be severely impacted by this disease."

If customers cannot reach an agreement with their utility, they may contact the PSC by calling 1-800-225-7729, or by [filing a complaint on the PSC website](#).

For more information about utility disconnections and collections, see the [PSC's fact sheet on residential customer rights](#).

If a customer is having difficulty paying their energy bill or receives a disconnection notice, they may be eligible for assistance from the Wisconsin Home Energy Assistance

Program (WHEAP). To determine eligibility or find out where to apply for assistance, go to <http://homeenergyplus.wi.gov/> or call 1-866-HEATWIS."

If full payment or a payment plan cannot be agreed on, utilities will be allowed to send disconnection notices starting July 15. Customers who have a medical condition or are infected and sick with COVID-19 can still avoid disconnection with a temporary waiver from their utility.

Additionally, the PSC voted to allow utilities to commence charging late payment fees on debts incurred after July 15, refuse service for failure to provide documentation to prove identity and residency after July 25, and allow utilities to require a cash deposit as a condition of new service starting July 31.

## New feature in my social security puts you in control



The future can be uncertain. However, Social Security's new Advance Designation program can help put you in control of your benefits if a time comes when you need a representative payee to help manage your money. Advance Designation enables you to identify up to three people, in priority order, whom you would like to serve as your potential representative payee.

The following people may choose an Advance Designation:

- Adults applying for benefits who do not have a representative payee.
- Adult beneficiaries or recipients who do not have a representative payee.
- Emancipated minors applying for benefits who do not have a representative payee.
- Emancipated minor beneficiaries or recipients who do not have a representative payee.

If you fall into one of the above categories, provide and update Advance Designation information when you:  
File a claim for benefits online.

Use the application available in your personal *my Social Security* account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Call us at 1-800-772-1213 (TTY 1-800-325-0778).

You may also change your Advance Designation(s), including the priority order, at any time while you are still capable of making your own decisions. In the event that you can no longer make your own decisions, you and your family will have peace of mind knowing you already chose someone you trust to manage your benefits.

## Celebrating and creating independence with social security

On July 4, we celebrate our nation's independence. For nearly 85 years, our programs have helped provide financial independence. We continue to make it easier for you to access our programs and benefits. Today, applying online is a convenient way to apply for benefits.



**Retirement or Spouse's Benefits** – You must be at least 61 years and 9 months in age and want your benefits to start in no more than four months. Apply at [www.ssa.gov/retireonline](http://www.ssa.gov/retireonline).

**Disability** – Apply for disability at [www.ssa.gov/disabilityonline](http://www.ssa.gov/disabilityonline).

You can use the online application to apply for disability benefits if you:

- Are age 18 or older.
- Are not currently receiving benefits on your own Social Security record.
- Are unable to work because of a medical condition that is expected to last at least 12 months or result in death.

Have not been denied disability benefits in the last 60 days. If your application was recently denied, our Internet Appeal application is a starting point to request a review of the determination we made at [www.ssa.gov/benefits/disability/appeal.html](http://www.ssa.gov/benefits/disability/appeal.html).

**Extra Help with Medicare Prescription Drug Costs** – Some people need assistance with the cost of medications. Apply for Extra Help at [www.ssa.gov/i1020](http://www.ssa.gov/i1020).

**Medicare** – Medicare is federal health insurance for people 65 or older, some younger people with disabilities, and people with end-stage renal disease. If you are not already receiving benefits, you should apply within three months of turning age 65 at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement).

**Supplemental Security Income (SSI)** – SSI is a federal income program funded by general tax revenues, and it is designed to help aged, blind, and people with disabilities who have little or no income. You may be able to apply online if you meet certain requirements. See if you can apply online for SSI at [www.ssa.gov/benefits/ssi](http://www.ssa.gov/benefits/ssi).

## Caregiver of the Year Nominations Sought

Millions of Americans care for aging or ill loved ones each year. Many caregivers live and work right here in Marquette County. They may be family members, friends or neighbors. They may be hired professional help in homes or facilities. They may be volunteers.

Caregivers may provide medical care and guidance. They may provide housekeeping services, shopping and meal preparation. They may also provide transportation or friendly visits. Three out of four care recipients rely exclusively on unpaid assistance from family and friends.

All these caregivers have a special attitude toward caring and sharing with others. Marquette County National Family Caregiver Support program is looking for these very special people. One of these caregivers will be awarded the Caregiver of the Year Award.

If you know a very special caregiver, then please complete the form below, or write a short letter about that person, why they serve as a role model in caregiving, and what makes them special.

All nominations due by September 18, 2020. The nominees and winner will be honored in our November newsletter. Our annual Caregiver Luncheon is cancelled this year due to COVID-19.

### Caregiver of the Year Nomination

**Please fill in as completely as possible. Mail this form (or a letter with the same info) to:**

**Family Caregiver Support, Attn: Colleen Sengbusch**

**PO Box 405, Montello, WI 53949**

**or submit by e-mail to: [csengbusch@co.marquette.wi.us](mailto:csengbusch@co.marquette.wi.us)**

**Or fill the form out online: [adrcmarquette.org](http://adrcmarquette.org)**

**Name of Nominee:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Why does this person deserve to be recognized as Caregiver of the Year?**

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**Your Name (will remain confidential):** \_\_\_\_\_

**Phone Number (we may call for more information):** \_\_\_\_\_

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

## Transportation Programs

### If you need a RIDE to Medical Appointments

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

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

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

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **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**.

<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.



## **FUEL ASSISTANCE**

The Energy Assistance Program was established to help low-income households pay for home heating costs. Grant amounts and payments are determined based on energy costs, household size, income dwelling type, etc. To qualify for Energy Assistance your household **GROSS** income for the month prior to your application must be at or below the amounts listed:

1 IN HOUSEHOLD	\$2,389.42
2 IN HOUSEHOLD	\$ 3,124.67
3 IN HOUSEHOLD	\$ 3,859.83
4 IN HOUSEHOLD	\$ 4,595.08



To apply please call **608-297-3124**

### **More Wisconsin Residents Can Now Qualify for Food Assistance**

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

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

Households with incomes below 300% of the federal poverty level (FPL) are now eligible to receive a monthly share of locally grown, Grade-A foods that include meat, vegetables, fruit, juice, and more from a TEFAP food pantry. For a household of one, that income threshold is \$38,280. The larger the household, the higher the income threshold. Previously TEFAP's qualifying income threshold was 185% FPL, or \$23,606 for a household of one.

"Good nutrition is foundational, we want to help ensure families in need of assistance during the COVID-19 pandemic have access," said DHS Designee Andrea Palm. "By increasing the income limit for TEFAP, more Wisconsinites can receive or supplement their food supplies without risk of losing the benefits they receive from other programs."

### **Upcoming MAPP Premium Changes**

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

The Wisconsin Department of Health Services (DHS) has been working diligently to implement changes to the MAPP program to reduce the sudden premium cliff that occurs for people who have income over 150% of the FPL. These changes are expected to be implemented August of 2020. MAPP participants will be sent a letter regarding the premium changes at the time of implementation. The MAPP Consumer Guide will be updated, and this guide will be sent out to MAPP participants once every 12 months. Here is a summary of the anticipated changes:

- All MAPP participants will have at least a \$25 per month premium; no one will have premium-free MAPP once the changes are implemented. The maximum monthly premium anyone on MAPP will have will be \$100 per month. There will be a hardship provision for people who are experiencing a financial hardship and are temporarily unable to pay their monthly MAPP premium.
- Independence Accounts will be an option for all EBD Medicaid participants, not just MAPP participants. Independence Accounts are explained in the Medicaid Eligibility Handbook (MEH) 26.4.1.1, and this section of the MEH will be expanded upon to provide further details.
- Former MAPP participants who are in a Restrictive Re-enrollment Period at the time the changes are implemented will be sent a letter to notify them that the Restrictive Re-enrollment period has been reduced from six months down to three months. □



Aging and Disability Resource Center of Marquette County  
 855-440-2372 [adrcmarquette.org](http://adrcmarquette.org)  
 Connecting you with support and services



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

## FoodShare Numbers Change October 1, 2019

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

Household Size	Gross income limit (Categorical eligibility) 200% FPL	Gross income limit (Change reporting required if household member(s) have earnings) 130% FPL	Maximum Benefit per month
1	\$2,082	\$1,354	\$194
2	\$2,820	\$1,832	\$355

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

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

If an elder (age 60+) or disabled individual cannot purchase and prepare food separately, they can apply as a separate household if the combined gross monthly income of persons living with the elder/disabled person and his/her spouse does not exceed 165% FPL (\$1,718/ \$2,326). Do not count the income of the elder/disabled person and spouse in this calculation.

# 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 Community Garden is 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.



Volunteers Andrew and Michelle Anderson, Kolby Krueger and Makenzie Miller planting in the garden.



# Staying Hydrated this Summer

By Amelia Cisewski, RDN, CD

Water plays an essential role in our body. It delivers nutrients in our cells, maintains a balance of nutrients and removes waste from our bodies. Good hydration supports normal energy levels, decreases the risk of kidney stones and urinary tract infections, prevents constipation. It is associated with reduction in fatal heart disease and stroke. Being well hydrated also improves sleep quality, cognition, and mood. In the summertime when we are hot and sweaty, it is necessary to drink water, and it is important to drink plenty of fluids all the time to keep hydrated.

## How much water to drink daily?

When it comes to how much water to drink daily, many experts say to drink eight 8-ounce glasses or 64 fluid ounces a day. However many factors impact how much water you need, including your age, gender, activity level, and overall health. A quick and easy way to see if you are getting enough water is to take a peek at the color of your urine. If you are consuming enough, the urine color will be a pale yellow color. If it is a dark yellow or amber color, you may need to increase the amount you consume. Individuals with certain health conditions, such as congestive heart failure or renal disease have restricted fluid needs and should talk with a healthcare professional about specific needs. Those with a serious infection or diarrhea have specific fluid needs as well.

## The Risks of Dehydration:

If you lose more water than you take in, your body can become dehydrated. Older adults tend to be more at risk for dehydration because the sense of thirst diminishes as we age or someone may not want to drink as much water with fear of having to use the restroom more often. Some medications can cause dehydration as well. When one feels thirsty, it is a sign of early dehydration. Mild dehydration can cause headaches, dizziness, and memory issues. These symptoms go away once the body gets rehydrated. Severe dehydration often requires medical attention since it can lead to more serious problems. That is why it is important to recognize the signs of dehydration.

## Signs of dehydration:

- Dizziness when standing up
- Thirst
- Constipation
- Confusion
- Poor skin turgor (elasticity)
- Fever
- Increased Weakness
- Labored breathing



## Ways to drink more fluids and stay hydrated:

To stay hydrated, you can enjoy a variety of beverages like water, milk, and 100% fruit juice. Eating foods that have a high water content, such as fruits and vegetables can help with hydration. Caffeinated beverages like tea and coffee have a slight diuretic effect, but are ok in moderation. Water is the best but we all know that drinking water all day every day can get boring. Try some of these tips to get more water throughout the day.

- Add some fruit like fresh lemon or strawberries to mix it up.
- Drink a glass of water with every meal, as well as between meals.
- If it is difficult to drink a whole glass at once, sip water throughout the day.
- Have a special mug, cup or bottle that you can take with you to drink through the day.

### Federal Court Ruling on Survivor's Social Security Benefits for Same-Sex Couples

On May 27, 2020, a federal district court in Arizona ruled that it is unconstitutional for the Social Security Administration (SSA) to deny survivor's benefits to same-sex spouses who were unable to be married for the requisite nine months because of state marriage bans.

The plaintiff in this case, Michael Ely, married his partner of 43 years immediately after Arizona's ban on marriage for same-sex couples was struck down in 2014. However, his spouse died of cancer six months later, three months short of the nine months required to be eligible for Social Security Survivor's benefits.

In addition, the court also certified the case as a nationwide class action, providing a pathway to relief for same-sex spouses across the country who were similarly barred from meeting the nine-month requirement due to discriminatory marriage bans. For more information: [https://www.lambdalegal.org/blog/20200527\\_ely-decision](https://www.lambdalegal.org/blog/20200527_ely-decision)

### Wisconsin Rental Assistance Program (WRAP)

On May 20, 2020, Governor Evers announced a \$25 million rental assistance program for residents who have experienced job or income loss as a result of COVID-19. The program, called Wisconsin Rental Assistance Program or WRAP, will be administered by the Department of Administration (DOA) and will provide direct assistance to individuals for rent, security deposits, and wrap-around services for eligible individuals.

The program is funded by the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act. Assistance will be provided on a first-come, first served basis, and the program will expire once CARES funding is exhausted. To be eligible, an applicant must be an adult Wisconsin resident with a household income at or below 80% of the county median income in the month of or prior to the application date. Once approved, eligible individuals may receive assistance of up to \$3,000 in a combination of rental payments and/or security deposits. These payments will be paid directly to the landlord on behalf of the tenant.

DOA will partner with Wisconsin Community Action Program Association member agencies across the state to accept applications from interested individuals and distribute the rental assistance. A list of those agencies and the counties served is located: <https://doa.wi.gov/Secretary/WRAP-CAPContacts.pdf>

### FoodShare and Purchasing Food Online

Starting May 21, 2020, people who receive FoodShare or Pandemic EBT (P-EBT) benefits are now able to order and purchase food on Amazon's and Walmart's websites using their QUEST or P-EBT card. In light of the COVID-19 pandemic, the U.S. Department of Agriculture's Food and Nutrition Service approved Wisconsin's request to expedite implementation of online food purchasing at authorized retailers for people who receive FoodShare or Pandemic EBT benefits. At this time, the Food and Nutrition Service has only authorized Amazon and Walmart to accept online payments in Wisconsin, but hopefully more retailers will become authorized in Wisconsin soon.

#### How To Purchase Food Online

When purchasing food on Amazon's and Walmart's websites, people will be able to choose an EBT card payment option and enter their card details. They will be asked to enter their card PIN each time they check out.

People can only use their QUEST or P-EBT card to purchase eligible food, just as they would at a physical store. If they are ordering other items at the same time, they will be asked to enter another form of payment to purchase those items. Amazon and Walmart provide more information about the purchasing process on their websites.

#### Delivery

Delivery options depend on location. Amazon delivers across the state and offers free shipping on eligible orders over a certain dollar amount. Walmart delivers to certain locations or offers pick up at the store. Both Amazon and Walmart may charge a delivery fee in some cases. Delivery fees cannot be paid with QUEST or P-EBT cards; they must be paid with another form of payment.

#### Other Purchasing Options

Some grocery stores offer other options to help people purchase their food safely and easily. For example, people can order their food online or over the phone, choose an EBT card payment option, and swipe their QUEST or P-EBT card when they pick up their order, either curbside or in store. People should check with their local grocery stores to see what options they offer.

## Stuffed Zucchini Boats

**Prep Time:** 35 min.    **Bake Time:** 25 min.    **Serves:** 4

### Ingredients

2 medium zucchini (about 8 inches)	1/2 c chopped green pepper
3/4 pound ground beef	1 c shredded cheddar cheese, divided
1 small onion, chopped	2 tbsp.. ketchup
1/2 c chopped fresh mushrooms	Salt & pepper to taste
1/2 c chopped sweet red pepper	



1. Trims the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp.
2. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink.; drain. Remove from the heat. Add 1/2 c cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9 in. baking dish. Sprinkle with remaining cheese.
3. Bake, uncovered, at 350° until zucchini is tender, 25-30 minutes.

### Nutrition Facts: for 1 stuffed zucchini half

Calories	312	Saturated Fat	9g	Dietary Fiber	2g
Total Fat	20g	Carbohydrates	10g	Protein	24g

## MUSIC CAN ENHANCE YOUR LIFE

Reading the words of a song you love can stir up feelings of nostalgia. Hearing the song from the first dance on your wedding day may bring some color to your cheeks and put a smile on your face. And listening to popular songs from when you were a teenager might bring back memories of the crazy things you did when you were young.

Music is a powerful tool in so many ways. Listening to music can promote memory, reduce stress, relieve loneliness and open a window to emotions such as joy, pride, sadness, laughter or tears. Music reaches into the soul like nothing else, bringing feelings to the surface that are often difficult to name but healing to release.

Music is a great way to connect with someone whose ability to communicate is affected by dementia, stroke or other disease. Listening to songs from their past can help a person feel calm and relaxed and is a pleasant way to spend time together. Playing soothing music during a meal might increase the amount eaten, or make unpleasant tasks, such as bathing or grooming, more bearable.

While staying Safer-at-Home, adding music to your day can bring some cheer and help pass the time. Consider sharing a song with someone over the telephone or video-chat as a special way to connect with when you can't physically be together. Recording a performance of a song and sending it by email or over social media is also a meaningful way to reach an isolated loved one. The goal isn't to impress anyone, just to express yourself and have fun.

Try enhancing your life by adding music to each day. Turn on some upbeat music in the morning to get you going. Try something familiar and relaxing during mealtimes. Find your old favorites to enjoy with a loved one for an extra special afternoon, then listen to soft, slow music in the evening to help prepare for a good night's sleep.  
Jane Mahoney , Older Americans Act Consultant, Greater Wisconsin Agency on Aging Resources

## Assistive Technology Can Help YOU!

The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, housekeeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution, but with social distancing in place, this may not be a great option. Another way of making your caregiving tasks more manageable is using Assistive Technology.

Assistive technology is an item, piece of equipment, or product that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors allowing them to eat on their own. Not only can assistive technology make completing tasks easier for the caregiver but also allows the person being cared for to do things more independently which can be important to the person's mental health.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat.

Helping people become aware of the assistive technology devices that are available is a challenge. Some are common items, like a long-handled reacher, back scratcher and a jar opener. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of assistive technology that can help with different areas of need:

### MOBILITY/TRANSFERRING

- Swivel seat cushion
- Furniture risers
- Ceiling mounted pole

### EATING

- Plate guard
- Weighted forks
- Forks with grips

### COOKING

- Suction cup brushes
- Rocking T knife

### BATHING/DRESSING

- Sock aid
- Shampoo trays

### MEDICATION MANAGEMENT

- Talking pill bottle

### RECREATION

- Lighted magnifying glass
- Extra-large playing cards
- Pocket talker

### GENERAL SAFETY

- 3-prong plug with helper
- Non-skid tape

### WANDERING PREVENTION

- Door posters
- Door alarms
- Adaptive doorknobs

If you are interested in exploring how assistive technology might help you, contact your ADRC. Assistive technology may be just the thing you need to make your role as a caregiver a little easier.

## **Marquette County Caregiver Support Group**

*Taking care of you... so you can keep to*

3<sup>rd</sup> Wed. of Every Month ■ Noon – 2pm ■ St. Joh

277 E. Montello Street, Montell

Call Colleen at 608-297-3101 for more information



Virtual Events (and resources) for Caregivers can be found on the Wisconsin's Family Caregiver Support Programs website:

**[wisconsin caregiver.org](http://wisconsin caregiver.org)**

Wisconsin's  
**Family** Caregiver  
 Support Programs

**WE NEED  
 YOUR INPUT  
 FOR OUR FUTURE**

Marquette County Department of Human Services is seeking feedback on services and budget to help plan for 2021. Below is the link to a very short survey. Feel free to forward the survey to anyone who is interested. <https://www.surveymonkey.com/r/3SMDK3J>

## **MEDICARE SAVINGS PROGRAM**

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

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

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

Please contact **Meg at (608) 297-3103** for either of these programs.

## Marquette County Community Garden:

Are you a local business, organization or family looking to support your community while social distancing? Come and volunteer at the community garden!

Produce is grown for Care & Share Food Bank and Senior Nutrition Program.  
 Located by the food bank: N2975 Highway 22 South Montello, WI  
 If interested call Amelia Cisewski, Nutrition Coordinator at (608) 297-3146



## Question of the Month 2020

Throughout this year we will be having a Question of the Month. Participants can discuss and answer the question and give written responses to the dining site manager or meal driver. All submitted answers will be entered in a drawing for an ADRC prize and the winners will be featured in the Marquette County Senior Newsletter.

**April's Question of the Month was:** Vitamin D is essential for the absorption of calcium and phosphorus to maintain healthy bones. It also plays an important role in immune function. What are 2 sources of vitamin D?

Sunshine, Fatty Fish like salmon, tuna, mackerel, Cod liver oil, Milk (Fortified with Vitamin D), Mushrooms, Beef Liver, Cereals (Fortified with Vitamin D).  
 Congratulations to **Brenda Dietz** (pictured), April's winner!



**May's Question of the Month:** Many of us suffer from arthritis or chronic pain and get fatigued. What are 3 ways we can manage pain or deal with fatigue?

Rest and get good quality sleep, Eat well-balanced meals, Moderate exercise on a regular basis, Relax and distract yourself with activities that use your mind, Plan the day to mix rest & activity, Use medications properly, Use heat or cold or massage.  
 Congratulations to **Shirley Etheridge**, our winner in May!

**July-** The American Heart Association and CDC recommends that adults get 2 hours and 30 minutes of moderate physical activity per week. List 2 ways physical activity help can us.

**August-** Nothing beats fresh produce from the garden in the summer! Share one of your favorite fresh vegetables from the garden and a dish you make with it.





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

608-369-1059 | PO BOX 821 N2975 HWY 22  
MONTELLO, WI 53949

Food distributions take place from the Care & Share Food Bank of Marquette County, N2973 St. Hwy. 22, Montello on **Thursdays from 12-3 PM**. The following schedule is suggested: If you have

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


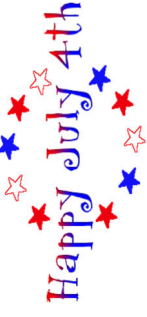
Eligible Family Address	Distribution Schedule
Montello, Neshkoro, Packwaukee, Dalton	1 <sup>st</sup> Thursday of Month
Westfield	2 <sup>nd</sup> Thursday of Month
Oxford, Endeavor, Briggsville	3 <sup>rd</sup> Thursday of Month

**AG Kaul and GWAAR Partner to Launch Elder Abuse Hotline**  
On May 7, 2020, Attorney General Josh Kaul and the Greater Wisconsin Agency on Aging Resources announced the launch of a new elder abuse hotline to assist victims, family members, and concerned citizens in reporting abuse of older adults. “This new hotline comes at a critical time, when many Wisconsinites are staying safe at home and it’s particularly important to be wary of possible scams,” said Attorney General Kaul. “This partnership with the Greater Wisconsin Agency on Aging Resources will help bring awareness to this important issue and provide an easy-to-access tool for reporting.” The Wisconsin Elder Abuse Hotline Program was created through a \$440,000 federal grant the Wisconsin Department of Justice was awarded by the U.S. Department of Justice’s Office for Victims of Crime. This new toll-free hotline, 1-833-586-0107, is available for community members and victims to contact for assistance in obtaining needed resources and making referrals to local authorities. The program will also include outreach to victims through online advertisements, print materials, and an online reporting tool on the [www.ReportElderAbuseWI.org](http://www.ReportElderAbuseWI.org) website. The Greater Wisconsin Agency on Aging Resources will manage the day-to-day operations of the elder abuse hotline and promote outreach to victims through their broad network of programs that support older adults across the state. “We know from studies on the prevalence of elder abuse that for every case that is reported there are 23 that are not reported,” said Robert Kellerman, Executive Director of the Greater Wisconsin Agency on Aging Resources. “This hotline is a much-needed resource for our state and we are pleased to partner with Attorney General Kaul in the fight against elder abuse.” Individuals who suspect that they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at [www.ReportElderAbuseWI.org](http://www.ReportElderAbuseWI.org) and make a report through Wisconsin Elder Abuse Hotline at 1-833-586-0107.

# July 2020

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 Brain Boosting Lunch</b> Salmon Patty Potato Medley Wilted Spinach Fresh Mango	<b>HOMIE OF THE WEEK</b> <b>BOB ALDER</b> <b>BBQ AWARDS</b>	<b>3 Closed</b>  Happy July 4th
<b>6 Italian Sausage with Peppers and Onions</b> Pasta California Blend Side Salad / Kiwi	<b>7</b>	<b>8 Mandarin Beef Stir Fry</b> Fried Rice with Veggies Asparagus Trail Mix Orange Wedges	<b>9</b>	<b>10 Healthy Turkey Skillet</b> Caramelized Carrots  Melon Peanut Butter Rice Krispy
<b>13 Pepper Steak</b> Baked Potato Squash Dried Fruit Cookie	<b>14</b>	<b>15 Bacon Cheese Egg Bake</b> Hash Browns Collard Greens Fruit Cup Cinnamon Roll	<b>16</b>	<b>17 Fish Tacos</b> Potato Pancakes Coleslaw  Applesauce & Gripz
<b>20 Summer Salad</b> Spinach, Chicken, Blueberries Strawberries, Pineapple, Sunflower Seeds, Cheese Baker's Choice	<b>21</b>	<b>22 BBQ Pineapple Chicken</b> Mediterranean Quinoa Roasted Veggies Corn Pasta Salad Cake and Ice Cream	<b>23</b>	<b>24 Meatballs &amp; Gravy</b> Chickpea Pasta Edamame Succotash Carrots Blueberry Bars
<b>27 Ham and Pineapple</b> Sweet Potatoes & Cranberries Green Beans Peppers and Dip Ice Cream	<b>28</b>	<b>29 Beef &amp; Veggies w/ Gravy</b> Mashed Potatoes Peas and Carrots Creamed Cucumbers Rhubarb Crisp	<b>30</b>	<b>31 Chicken Salad on Lettuce</b> Broccoli Cauliflower Salad Chips

# Marquette County Nutrition Program

**Nutritious meals** are served at **Six Senior Dining Sites** throughout the county for individuals 60+. In addition to getting delicious meals, each site provides an opportunity to meet new people, participate in social activities, and keep informed of programs and issues. There are no income guidelines. There is a suggested donation of \$3.00. Call one business day before by 3:00pm to reserve your place at the table. To make a reservation call 608-297-3146.

#### Endeavor Civic Center

400 Church St, Endeavor WI 53930  
Meals Served: 12:00 - Wed

#### Montello Senior Center (Dome)

140 Lake Court, Montello WI 53951  
Meal Served: Noon - Mon, Wed, Fri

#### Neshkoro Library

132 S. Main St, Neshkoro WI 54960  
Meal Served: 12:00- Mon, Wed, Fri

#### Oxford Village Hall

129 S. Franklin St, Oxford WI 53952  
Meals Served: 11:45 - Tues and Thurs

#### Packwaukee Town Hall

N3511 State St, Packwaukee WI 53953  
Meal Served: 11:30 - Mon and Fri

#### Westfield Municipal Building

129 E. 3<sup>rd</sup> St, Westfield WI 53964  
Meal Served: 12pm- Mon thru Fri

**Temporarily Closed**



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

## ***Marquette County 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, keep active and promoting healthy living. We are open to suggestions for future trips and activities. For more information about membership or events, please call (608) 297-7815 between 10:30 am and 1:00 pm.

# August 2020

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>3 Veal Parmesan</b> Pasta & Roasted Veggies Scalloped Corn Strawberry Cup	<b>4</b>	<b>5 Brain Boosting Lunch</b> <b>Tuna Casserole</b> Squash Spinach Salad Bananas in Cherry Jell-O	<b>6</b>	<b>7 Ground Beef &amp; Gravy</b> Mashed Potatoes Asparagus and Carrots Juice Tapioca Pudding
<b>10 Minestrone Soup</b> Italian Beef Sandwich Side Salad Tropical Sunshine Fluff	<b>11</b>	<b>12 Loaded Baked Potato Casserole with Chicken</b> Stewed Tomatoes Pears	<b>13</b>	<b>14 Veggie Wrap</b> Salami Pasta Salad Mixed Melon Chocolate Chia Pudding
<b>17 Turkey and Gravy</b> Mashed Potatoes Roasted Brussel Sprouts Apple Slices with Fruit Dip	<b>18</b>	<b>19 Chef Salad</b> Lettuce, Turkey, Ham, Chicken, Eggs, Peas and Cheese Cheese Cake with Fruit	<b>20</b>	<b>21 German Reuben Casserole</b> Carrots Veggies with Dip Peach Cup
<b>24 Chicken Sandwich w/ Lettuce &amp; Tomato</b> Sweet Potato Fries Corn and Black Beans Strawberry Shortcake	<b>25</b>	<b>26 Ham Boiled Dinner</b> Broccoli V-8 Juice Chocolate Crunch Bar	<b>27</b>	<b>28 Poor Man's Lobster</b> Potato Pancakes Applesauce Macaroni Coleslaw Fresh Mango
<b>31 Philly Beef Steak</b> Brown Rice WI Blend Veggies Cauliflower & Dill Dip Apricots				

# Elderly Benefits Specialist Program

## SENIORCARE

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

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Outreach dates will be set once the Dining Sites open back up. Please contact the Elder Benefit Specialist, **Meg Wandrey, at 608-297-3103.**



### Upcoming Foot Clinic Dates

**At this time, Foot Clinic is still canceled until further notice. Please continue to watch for updates in future newsletters, the Marquette County Tribune, the Marquette County Government webpage, or you receive a call from the health department.**

### Upcoming Immunization Clinic Dates for July & August 2020:

At this time, there are no immunization clinics scheduled. Please watch for updates in future newsletters, the Marquette County Tribune or the Marquette County Government webpage.

Call if you have any questions. 608-297-3135

**MCHD**



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

**Sorry we are Closed**

**Safer at Home - Stay Home Stay Safe**

**Things to do outdoors while staying home.**

- Read a book- now that you have some extra time on your hands grab that book you have been wanting to read and enjoy the nice weather
- Enjoy the outdoors- go for a walk, hike, bike ride or sit outside
- Create a time capsule
- Create a scavenger hunt in your backyard so your grandkids can find the items once social distancing is over. Don't forget to create the map for them to follow to find the items.
- Gardening- plant some flowers, fruits or veggies and watch them grow
- Develop new hobbies- outdoor photography, bird watching, fishing, yoga or star-gazing
- Let your inter-child out and fly a kite, blow bubbles or write with sidewalk chalk
- Write letters to your children, grandchildren or neighbor
- Meet your neighbors outside for social time while staying in your own yards
- Have a picnic

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

## Special Events Calendar - August 2020

We are unable to determine when we will reopen. Please check [adrcmarquette.org](http://adrcmarquette.org) for information on services. Information will be posted on opening up the Senior Dining Sites once we have information to share.

Another scam to beware of is scammers offering COVID-19 testing to Medicare beneficiaries in exchange for personal information. The scammers are using telemarketing calls, social media and door-to-door visits to offer the testing. Scammers are hoping to collect insurance information to be able to fraudulently bill Federal health care programs or even commit medical identity fraud.

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

ADDRESS SERVICE REQUESTED



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