

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
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MONTELLO, WI 53949 • (855) 440-2372

July & August 2021



Photo Submitted By: Amelia Cisewski

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

Dementia Care Specialist Webinar Series

In partnership with statewide dementia care specialists, the Wisconsin Department of Health Services will be hosting monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation will cover a different topic and include practical tools and resources for families.

Webinar Date	Topic
January 13	Social Isolation
February 10	Intimacy and Relationship Changes
March 10	Incontinence Management
April 14	Care Transitions
May 12	Building a Support Network
June 9	Safety Planning
July 14	Driving
August 11	Grief
September 8	Palliative Care
October 13	Family Conflict and Changes in Social Support
November 10	Non-Pharmacological Approaches: Part 1
December 8	Non-Pharmacological Approaches: Part 2

Register Here

All webinars will take place live from 12 to 1 p.m. on the second Wednesday of the month.

Visit the [registration page](#) to sign up for any of the monthly webinars.

If you are unable to attend live, all webinars will be recorded and posted on the Department of Health Services website at a later date.

Sponsored by:



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**



Aging & Disability Resource Center

Marquette County Caregiver Support Group

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

Online or call-in for Marquette County

The Marquette County Virtual Caregiver Support Group meets the
3rd Wednesday of each month.

Call Colleen at 608-297-3101 for more information



Senior Mobile Food Pantry Must be 55 or older

August 24, 2021 @ Oxford Elementary School 10am-11:30am

November 9, 2021 @ 428 Underwood Ave Montello 10am-11:30am

This mobile food Pantry is for any Marquette County resident over the age of 55.

You will need an ID with your name and date of birth on it.

If you are carpooling, please make sure each person has their ID with them otherwise the person with the ID will be the only one to receive a box.

**If you have any questions, please call
608-369-1059**

WESTFIELD MEMORY CAFÉ

Wednesday, July 7, 2021

10:00 a.m. - 11:30 p.m.

**Westfield Pioneer Memorial Park Shelter House
316 E. Pioneer Park Rd., Westfield**



No need to RSVP - just drop by!

The Memory Café meets on the first Wednesday of each month.

COME AND ENJOY!!!!

Our special treat this month is having the Prairie Sands Band come and perform for us in memory of Delores Quinn! We will meet in the Shelter house, and if you want a more comfortable seat than picnic benches, please bring your own chair! Looking forward to sharing with some great music!!!



**Questions? Contact Dementia Outreach Specialist, Janet Wiegel
608-697-2838 or janet.wiegel@alzwisc.org**

 **Alzheimer's & Dementia Alliance**
OF WISCONSIN
alzwisc.org • 888.308.6251

Columbia/Marquette/Sauk
Regional Office
P.O. 856
Portage, WI 53901
Phone: 608.697.2838



Extension
UNIVERSITY OF WISCONSIN-MADISON



StrongBodies Online Classes

Adams, Green Lake, Juneau, Marquette, Waushara Counties

When: July 7th – September 29th, 2021
Monday, Wednesday, Friday
8:30 – 9:30 am



Note – July 7th will be a training session for new participants to learn the movements.

This is a *free* strength training program for adults of all ages.

LIFTING PEOPLE TO BETTER HEALTH

The program has many benefits:

- Increased strength
- Increased energy
- Increased flexibility
- Increased balance
- Improved mood
- Better sleep quality



Scan QR code to register or click link below.

go.wisc.edu/7t81wt or https://uwmadison.co1.qualtrics.com/jfe/form/SV_0MtfbNblvgFODJP

For additional information contact:

Laura McCulley if you live in Marquette, Waushara or Green Lake Counties.

Email: laura.mcculley@wisc.edu

Phone: 608-467-5989

Angela DeSmith if you live in Adams, Juneau, or another county.

Email: angela.desmith@wisc.edu

Phone: 608-339-4237

Don't Miss Your IEP!

By the GWAAR Legal Services Team (for reprint)

Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people become eligible for Medicare the month they turn 65. Some people who are younger than 65 can qualify for Medicare, too, including people receiving Social Security Disability benefits and those with end-stage renal disease.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you are eligible. However, if you are turning 65 and not receiving Social Security benefits, you will have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 877-445-0834. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you are becoming eligible for Medicare because you are turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65th birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays.

If you sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) during the first three months of your IEP, your coverage starts the first day of the month you turn 65. If you sign up during the last four months of your IEP, your coverage will begin as follows:

People who do not sign up for Medicare during their IEP have limited opportunities to sign up later. If you are eligible, you can sign up for premium-free Part A anytime after your IEP starts.

However, unless you qualify for a Special Enrollment Period (SEP), once your IEP ends, you can only sign up for Part B and Part A with a premium during the General Enrollment Period (GEP). The GEP takes place each year from

January 1 through March 31. If you enroll during the GEP, your coverage will start the following July 1. You may have to pay a late enrollment penalty.

If you are covered under a group health plan based on current employment, you may qualify for a SEP. You can sign up for Part A and/or Part B at any time as long as:

- You or your spouse is working, and
- You are covered by a group health plan through the employer or union based on that work.

You will also have an eight-month period to sign up for Part A and/or Part B that starts the month after the employment ends, or the month after group health insurance based on current employment ends, whichever comes first. In general, if you sign up during a SEP, you will not pay a late enrollment penalty. Please note that you will only qualify for a SEP if you are covered under employer group health insurance. You will not qualify for a SEP if you are covered by a different type of health insurance, like Medicaid or a Marketplace plan.

If you would like more information about Medicare enrollment, please contact your local Aging and Disability Resource Center.

If you sign up for Part A (if you have to buy it) and/or Part B in this month:	Your coverage starts:
The month you turn 65	1 month after you sign up
1 month after you turn 65	2 months after you sign up
2 months after you turn 65	3 months after you sign up
3 months after you turn 65	3 months after you sign up

Urinary Tract Infections May Change Behaviors

By the GWAAR Legal Services Team (for reprint)

It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be because of a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal.

Urinary tract infections don't always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when urinating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong-smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.

For these reasons, it's important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is "normal" and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

Resources:

https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection

<https://www.alzheimers.org.uk/get-support/daily-living/urinary-tract-infections-utis-dementia#:~:text=UTIs%20can%20cause%20sudden%20confusion,be%20because%20of%20a%20UTI.>

<https://www.agingcare.com/articles/urinary-tract-infection-dementia-in-seniors-155344.htm>

Grief & Bereavement Support Group—(call Shai Wise at 414.775.7578 to register)

For persons who have experienced the death of their loved one affected by Alzheimer's disease or related dementia. Family members express they have grieved the loss of their loved one twice. Their initial grief often begins when the person experiencing the disease is no longer the individual that they were and the second time when death occurs. This Support Group will help provide bereaved individuals with a non-threatening atmosphere to explore feelings, emotions and needs.

alzheimer's  association®

Transportation Programs

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

If you need a RIDE to Medical Appointments

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 **4th Friday** of the month. Transportation will be provided to Portage for shopping (at approx. 9 am, and returning around 11 am).

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

Are you interested in sponsoring a ride?

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

Are YOU a Caregiver?

What do you think of when you hear the word caregiver? Do you picture someone who spends their day providing hands-on care for someone? If so, you are not alone. It's common for people to think of a caregiver as someone who lives with a loved one and assists them with daily activities such as dressing, grooming, walking, and meals. But caregiving includes much more than those hands-on tasks.

Caregiving also includes helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

There are thousands of people who are playing a vital role in maintaining the independence of an older person, but don't realize it or don't consider their work as very important. They certainly would not call themselves a caregiver. Are you one of them? Read on to find out.

Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation, too?
 - Prepares meals to ensure nutritious food is available?
 - Helps pay bills and/or balance the checkbook?
 - Helps with cleaning and/or laundry?
 - Assists with weekly grocery shopping?
 - Sets up medication?
 - Receives frequent phone calls with requests for help?
- Feels the need to regularly “check-up” on your parent/loved one to be sure they are okay?

Are you a spouse who:

- Has taken on duties that used to be done by your spouse? (cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)
 - Needs to accompany your spouse to places he/she used to go alone?
 - Is assisting with daily living tasks like dressing, grooming, and bathing?
 - Ensures medications are taken properly?
 - Makes medical decisions for your spouse?
- Feels unable to leave your spouse home alone?

If you answered “yes” to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don't downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The “little” things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver, please call [The ADRC of Marquette County](#) to learn about supports and resources that can help you help the ones you love.

Jane Mahoney
Caregiver Support Specialist



Photo Submitted by: Colleen Sengbusch

Aging and Disability Resource Center of Marquette County
 855-440-2372 www.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.

Walk With Ease?

You can do it — we can help.



Arthritis Foundation
Certified.
 Doctor **Recommended.**

Space is limited. Sign up today!

July 12- August 20, 2021

Mondays, Wednesdays, Fridays

1:30- 3:00pm

Senior Citizens Dome

140 Lake Court, Montello, WI

Suggested Donation: \$15 (covers cost of book)

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

Why Walk With Ease?

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

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn to
 Walk With Ease!**





World Elder Abuse Awareness Day was June 15th. If you drove by the Health & Human Services building you may have noticed a sign and pinwheels out front. Each pinwheel signified a report of abuse or neglect Marquette County received on one of our vulnerable adults. In 2020, we had 45 reports of abuse and neglect for Marquette County Residents age 60 and over. We had 13 reports for those age 18-59. As you can imagine, many cases go unreported. Victims of abuse don't tend to report it is

happening. It is often reported by concerned family members, neighbors, friends and community members. If you suspect abuse or neglect is happening, please report it. You can call the ADRC at 1-855-440-2372. If it involves someone that resides in a different County (or our County, if you're not comfortable reaching out to the ADRC) you can call 1-833-586-0107. We never share who the reporter is. It is not up to you to determine if abuse or neglect is actually occurring. If you suspect it, report it, and we'll investigate.

Here is a link describing the different types of abuse and signs to watch for

<https://reportelderabusewi.org/types-of-elder-abuse/>



Foot Clinic is back up and running! Taking New Clients!



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

Feet are assessed

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

Upcoming Foot Clinic Dates:
 July 13th, 15th
 August 3rd, 10th, 24th, 31st
 *Call for an Appointment or
 if you have any questions!
 608-297-3135

Fruit Salad

- 1 small container of lite cool whip
 - 1 small container of cottage cheese
 - 1 package of Jell-O (any kind)
 - 1 can of fruit cocktail
1. Mix Cool Whip & Jell-O together.
 2. Add cottage cheese.
 3. Drain fruit cocktail and add to mixture.
 4. Optional: Add mini marshmallows or chopped walnuts.



Submitted by
Barb Haefner from Westfield
Dessert Recipe Contest Winner!

Recipe Contest!

Do you have a great picnic recipe? Enter your picnic recipe into our contest! Your recipe could be chosen to be featured on our menu or featured in the next newsletter! All submissions will be entered in a drawing to win a prize! If you have a story or photo that you would like to share with your recipe, please include that as well.

Email your recipe to acisewski@co.marquette.wi.us

Or mail to: Amelia Cisewski
Senior Nutrition Program
PO Box 405
Montello, WI 53949

Or send back to the office with the HDM driver

Recipes must be submitted by July 30th.

Have any questions? Call (608) 297-3146

Sodium and Our Diet

By Amelia Cisewski, RDN, CD

Sodium is a mineral found in many foods and is essential for muscle and nerve functions. It keeps our body fluids in balance. Though we need some sodium, too much may be bad for our health. Eating high sodium foods on a regular basis can cause our bodies to retain excess water. The excess water can cause our organs, like our heart, to work harder. This increases our risk for high blood pressure which can harm our heart and kidney function.

How much sodium do we need each day?

The Adequate Intake (AI) for adults is sodium is 1,500 milligrams per day, but most people consume a lot more than that. The average American consumes 3,400 mg sodium per day. Therefore most of us can cut back on the amount of sodium we have each day. Most of the sodium a typical American eats comes from a combination of eating out and packaged convenience foods. Adding more salt at the table adds to high intakes of sodium— one teaspoon of salt has 2,300 mg of sodium.

What foods are high in sodium?

Some foods naturally contain sodium while others have added salt. Foods with added salt usually have higher amounts of sodium.

Foods that contribute to the most salt:

- Pizza, burgers, tacos
- Processed meats- bacon, sausage, lunch meats and hot dogs
- Breads and rolls that have a seasoning containing salt
- Canned soups and vegetables or frozen dinners
- Snacks like chips, pretzels, and crackers
- Condiments and salad dressings



How to Limit Your Intake of Sodium

- For canned products, select lower sodium or no-salt options. You can also rinse and drain canned vegetables to help reduce the amount of salt.
- For frozen products, look for ones without added sauces or sodium.
- Limit your intake of highly processed foods by cooking more from scratch.
- Instead of adding salt to recipes, experiment with herbs and spices.

The best way to learn how much sodium is in a particular food is to read the nutrition facts label.

What's the Difference Between Table Salt, Sea Salt, and Kosher Salt?

All three have the same basic nutritional value, despite the fact that sea salt is often marketed as a more natural and healthier option. The real differences are in taste, texture, and processing. Table salt's fine granules dissolve quickly, making it a great salt for baking. Sea salt and kosher salt have larger, irregular grains that can add a crunch to food and a hint of briny flavor when sprinkled on food.

Spice it Up with Herbs & Seasonings!

Make Your Own Seasoning Blends

Many seasoning blends available in the grocery store are high in sodium. Below are some blends you can make yourself and contain only small amounts of sodium. You can tailor seasonings to your own taste—leave out an herb you aren't fond of or completely omit salt or add some depending on your needs.

All-Purpose Blend— makes 3 Tbsp.

1 tsp. celery seed
1 Tbsp. marjoram
1 tsp. thyme
1 Tbsp. basil
1 tsp. onion powder

Use 1 tsp. per pound of meat or

Use 1/2 tsp. for 2 cups of vegetables.

Salt Shaker Blend— makes 2 1/2 Tbsp.

1 Tbsp. onion powder
1 1/2 tsp. dry mustard
1/2 tsp. ground celery seed
1/2 tsp. paprika
1 1/2 tsp. basil
1/2 tsp. chili powder

Salad Blend— makes 3 1/3 Tbsp.

1 Tbsp. marjoram
2 tsp. basil
1 Tbsp. parsley
1 tsp. tarragon
1 tsp. dill weed

Sprinkle over tossed salads or add 2 tsp. each cup of homemade salad dressing

Cooking Blend— makes 2 1/2 Tbsp.

2 tsp. thyme
1 Tbsp. oregano
1 tsp. rosemary
2 tsp. dried minced onion

Use 1 tsp. for each pound of meat

Add 1/2 tsp. for each 2 quarts of soup

How to Preserve Freshness

Most herbs and spices lose color and flavor as they age. Sealed glass jars are best to preserve flavor and color. Another way to preserve freshness is to buy whole spices (like cumin seeds or peppercorn) and grind them as needed. Each year, test herbs and spices by sprinkling a small amount in your hand and crush them, if you don't smell a distinct aroma, the herbs are past their prime.

Tips and Tricks from the Kitchen

Rice: Uses Besides Eating It

Rice can be used for other things besides just eating it, here are a few things you can do.

- Put uncooked rice in a Ziploc bag. If you should happen to drop your phone or key fob in the water, put it in the bag, seal it and leave it in there for 24 hours. The rice will help draw the moisture out of the item and hopefully keep you from needing to get a new one.
- Most of us already do this but put some uncooked rice in your saltshaker. It helps keep the salt from clumping.
- Some of you may do this already too, put uncooked rice in a sock, knot the end shut. Put it in the freezer and you can use it as an ice pack. If you need a heating pad, put the sock in the microwave for 30 seconds.
- Put some uncooked rice in your toolbox. Will help them from rusting.
- If you have a vase that is very narrow and hard to clean, put some uncooked rice in it, add some soap and water and swish it around. The rice acts as a scouring pad and helps clean it.
- Some of you may have a coffee grinder or a spice grinder. If you have a build up of grindings, put some uncooked rice in it and grind the rice. It will help get the leftovers off.

Happy birthday, Medicare! What happens when you turn 65

By Social Security Administration

This July marks the 56th anniversary of Medicare. Did you know you can apply for Medicare online even if you are not ready to start your retirement benefits? Applying online can take less than 10 minutes. There are no forms to sign and we usually require no additional documentation. We'll process your application and contact you if we need more information.

Knowing when to apply for Medicare is very important. You have a limited initial enrollment period to apply. If you miss the initial enrollment period, you may have to pay a higher monthly premium. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday. Visit www.ssa.gov/benefits/medicare to apply for Medicare and find other important information.

Some Medicare beneficiaries may qualify for *Extra Help* with their Medicare prescription drug plan costs. To qualify for *Extra Help*, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia. Read our publication *Understanding the Extra Help With Your Medicare Prescription Drug Plan* for more information at www.ssa.gov/pubs/EN-05-10508.pdf.

The official Medicare website at Medicare.gov offers many online services where you can find answers to these questions:

- What does Medicare cover? www.medicare.gov/what-medicare-covers
- Where do I find forms for filing a Medicare appeal? www.medicare.gov/claims-appeals/how-do-i-file-an-appeal
- How can I let someone speak with Medicare on my behalf? www.medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me
- What do Medicare health and prescription drug plans in my area cost, and what services do they offer? www.medicare.gov/plan-compare
- Which doctors, health care providers, and suppliers participate in Medicare? www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers
- Where can I find out more about a Medicare prescription drug plan (Part D) and enroll? www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage
- Where can I find a Medicare Supplement Insurance (Medigap) policy in my area? www.medicare.gov/medigap-supplemental-insurance-plans

Please share these helpful resources with friends and family today.



Photo Submitted by: Sharon Alden

What if my Skilled Nursing Facility Care is Denied?

By the GWAAR Legal Services Team (for reprint)

Medicare Part A covers care in a skilled nursing facility (SNF) for up to 100 days during a particular benefit period. A benefit period begins when you are admitted as an inpatient to a hospital or SNF and ends when you have not gotten any inpatient hospital care or skilled care in a SNF for 60 days in a row. SNF care is covered if you meet these criteria:

- You have a qualifying hospital stay. In general, you must be admitted to a hospital as an inpatient for three days before you go to the SNF. If you were admitted as an outpatient, it is likely that Part A will not cover your SNF stay. However, during the COVID-19 pandemic, you may be able to get care in a SNF without a qualifying hospital stay.
- Your doctor says you need daily skilled care given by, or under the supervision of skilled nursing or therapy staff. Skilled care is skilled nursing or rehabilitation services that is provided by licensed health professionals like nurses and physical therapists. It must be ordered by a doctor. Make sure you have a signed order from your doctor to go to the SNF and that your nurses and therapists take detailed notes of your daily care.
- You are receiving these skilled services in a Medicare-certified SNF.
- You need these skilled services for a medical condition that was treated during your qualifying inpatient hospital stay or for a condition that started while you were getting care in the SNF.

Health care providers often tell patients that Medicare will not cover their care in a SNF because they have “plateaued” or “failed to improve.” Medicare does not require “improvement” for skilled care to be covered. In fact, Medicare rules recognize that some patients are not expected to improve. For these patients, skilled care can help them maintain their current condition or keep them from getting worse. For example, physical therapy can help prevent a decline in someone’s ability to walk.

This means that Part A may cover skilled care if the treatment helps the patient maintain their current condition or prevents or slows their decline. Medicare Advantage Plans must provide the same benefits as Medicare Part A and Part B. Denying a patient coverage for this care may prevent them from receiving treatment that can preserve their independence and quality of life.

If you have Medicare or a Medicare Advantage plan, are receiving daily skilled care, and you receive a notice that says your Part A-covered services are ending too soon, you have the right to appeal. On the notice you received there should be a phone number for a Quality Improvement Organization or QIO. A QIO is the independent reviewer authorized by Medicare to review the decision to end services. If you want an expedited appeal, you must make that request no later than noon of the day before the date that coverage will end. (If you miss that appeal deadline, you may still have further appeal rights, just not for an expedited appeal).

If the QIO upholds the decision to end coverage, you can ask the QIO to reconsider its decision by telephone or in writing. Again, you may submit additional information, like care notes and a letter from your doctor to support your case. You have 60 days to submit this appeal.

If the QIO denies coverage a second time, you can request a hearing in front of an Administrative Law Judge (ALJ). On the QIO’s denial notice there should be information about how to request an ALJ hearing. Be sure to write “Attn: Beneficiary Mail Stop” on the envelope containing your appeal paperwork. Unfortunately, ALJ hearings are not expedited. This means that you may have to wait several months before your hearing is held. In addition, although the ALJ is supposed to issue a decision within 90 days of receiving your request for hearing, it often takes longer.

If you plan to appeal the denial, you should continue receiving daily skilled nursing or rehabilitation services. One of the requirements to get Part A coverage of your room and board in the SNF is that you continue to receive daily skilled services such as physical therapy or skilled nursing care. Unfortunately, this means that if you lose your appeal, you risk being on the hook for the cost of care. Medicare Part B may still cover the cost of your skilled nursing or rehabilitation services. If you are not receiving daily skilled nursing or rehabilitation services, but you are not yet able to go home, Part A will not cover your room and board costs. Again, Part B may cover the cost of your skilled nursing or rehabilitation services.

For questions or assistance with SNF denials, contact your local Elder Benefit Specialist.



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

Introducing

New Hours

Starting July 1st.

*** Call to see if you qualify to be a member. ***

Every Thursday

1:00-3:00pm

*Please do not arrive earlier than 15 min
before we open.

*Not open the 5th Thursday of the month

1st & 3rd

Tuesday

4:30-6:00pm

*Please do not arrive earlier than 15 min
before we open.

Call today to see if you are eligible to be a member of the Care & Share Food Bank of Marquette County.

*Must be a Marquette County resident.

Please call with any questions: 608-369-1089.



care & share
FOOD BANK
of Marquette County

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



HYGIENE DRIVE

ACCEPTED DONATIONS FOR ALL AGES/GENDERS

Not only do we provide food to our members, but we also like to have personal items available for those in need.

Items we are looking for:

- *Shampoo/Conditioner
- *Deodorant
- *Soap
- *Feminine products
- *Lotion
- *Toothpaste
- *Toothbrush
- *Razors
- *Mouthwash
- *Tissues
- *Band aides
- *Brushes, Combs
- *Diapers (any size)
- *Baby wipes
- *Shaving Cream
- *Toilet paper

Donation boxes are out at.

Montello:
Freitag's Grocery Store
Dollar General
Library
Human Service Building

Westfield:
Supervalu Grocery Store
Thriftd Bliss Consignment
Family Dollar
Library

Oxford:
Dollar General
Library

Packwaukee:
Library

Endeavor:
Library

Box will be out until
July 9, 2021

CARE & SHARE FOOD BANK OF MARQUETTE COUNTY

N2975 Hwy 22
Montello, WI 53949
608-369-1059

Follow us on Facebook @
Care & Share Food Bank of
Marquette County

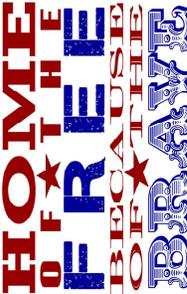
Email:
foodbank@co.marquette.wi.us



July 2021

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

SENIOR NUTRITION MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				2 Pork & Mushroom Alfredo Zucchini Noodles Caramelized Carrots Red, White, Blue Dessert
5 Closed		7 Macaroni Day! Seafood Pasta Salad Cherry Tomatoes Strawberry Pretzel Cheesecake		9 Beef Hot Dog Baked Beans WI Blend Veggies Cucumbers & Dip Jell-O
12 Club Wrap Zucchini Noodle Salad Ice Cream Bar		14 Baked Ham Au Gratin Potatoes Roasted Brussel Sprouts Tropical Compote Shortcake		16 Swiss Steak Mashed Potatoes Peas and Pearl Onions Creamy Coconut Rice Pudding
19 Italian Meatloaf Pea Pasta w/ Sauce Italian Blend Veggies Blueberry Cup		21 Salmon & Leek Quiche Potatoes O'Brien Warm Spiced Peaches Kiwi		23 Vanilla Ice Cream Day Chicken Salad Sandwich Lettuce Leaf Apple Slices/ Salad Vanilla Ice Cream
26 Turkey and Gravy Mashed Potatoes Bean Medley Strawberry & Cream Crepes		28 Honey Lemon Pork & Broccoli Sweet Potatoes Mixed Veggies Ice Pops/ Caramel Heavenlies		30 Oriental Salad Lettuce, Kale, Chicken, Oranges, Water Chest- nuts, Craisins, Cheese Peach Crumb Bars



Marquette County Senior Nutrition Program

Meals on the Go

Tuesdays and Thursdays

Pick up Locations: Montello Senior Citizens Dome

Pioneer Memorial Park (In Westfield)

Endeavor Civic Center (Tuesdays Only)

from 11:30am-12:30pm

To make a reservation, call **608-297-3146** the day before by 3:00pm and indicate which pick up location.

July Meals	
	1 Meatballs & Gravy Mashed Potatoes Country Blend Veggies Peaches & Cream
6 Taco Salad Lettuce, Taco Meat, Veggies, Cheese Strudel	8 Chicken Tenders Sweet Potatoes Asparagus Apple Slices & Dip
13 Chicken Dumpling Casserole Tomatoes & Zucchini Watermelon Spinach Salad Cookie	15 Poor Man's Lobster Calico Beans Squash Barb Haefner's Fruit Salad
20 BLT Wrap Roasted Tomato Soup Donut Pineapple	22 Mandarin Beef Stir Fry Fried Rice & Veggies Sugar Snap Peas Pears
27 Corned Beef Diced Potatoes Cabbage, Carrots, Rutabagas Creamed Cucumbers	29 Lasagna Day! Veggie Lasagna Roasted Corn & Black Beans String Cheese Cookies n Cream Pie

August Meals	
3 Watermelon Day! Pork Burrito Spanish Rice Moon Blend Veggies Watermelon	5 Green Bean & Beef Casserole Tater Tots/ Pea Salad Banana Pudding & Vanilla Wafers
10 Chicken & Sausage Penne Beets Side Salad Coconut Cream Pie	12 Sunrise Salad Lettuce, Ham, Eggs, Peas, Cheese Mixed Berry Cup
17 Pepper Steak Roasted Potatoes Carrots Asian Salad Strawberry Ice Cream Bar	19 Turkey Pot Pie Stewed Tomatoes Garden Vegetable Pecan Bars
24 Tuna Casserole Squash Carrots & Dip Lemon Meringue Pie	26 Reuben Casserole Scalloped Corn Veggie Sticks Creamy Tropical Fruit & Granola
31 Meatloaf Baby Bakers Broccoli Cinnamon Applesauce & Gripz	

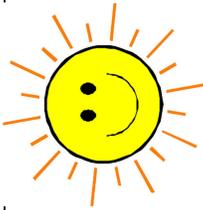
For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. For more information about the Senior Nutrition Program Meals on the Go, please call **608-297-3146**.



August 2021

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

SENIOR NUTRITION MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Parmesan Garden Blend Rice Spinach Bake Apricot Bars		4 Unstuffed Cabbage & Beef Casserole Broccoli and Cauliflower *Rhubarb Custard Upside Down Cake		6 Polish Sausage & Sauerkraut German Potato Salad Asparagus and Carrots Peach Bars
9 Spaghetti & Meat Sauce Corn and Black Beans Garden Vegetable Fruited Popsicle		11 Potato Crusted Fish Sweet Potato Tots WI Blend Veggies Overnight Fruit Salad		13 Chicken Breast & Gravy Mashed Potatoes California Blend Veggies Raspberry Chocolate Mousse
16 Fajita Day! Steak Fajita Refried Beans Corn & Green Bean Salad Peaches		18 BBQ Chicken Maple Glazed Sweet Potatoes Collard Greens Berry Parfait		20 Deviled Pork Chops Mashed Potatoes Cole Slaw **Apple Brown Betty
23 Fruit it Up Salad Lettuce, Spinach, Oranges, Apples, Pineapple, Blueberries, Craisins, Cheese Cinnamon Roll		25 Beef Stroganoff Pasta French Cut Green Beans Kale Cake w/ Beet Frosting		27 Dill Dip Veggie Wrap Potato Chips Seafood Pasta Salad Orange Cup
30 Philly Beef Steak Potato Wedges Red Cabbage Watergate Salad	*Recipe Submitted by Mary Buchholtz ** Recipe Submitted by Peg Saenger			

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.**

Immunizations with Marquette County Health Department



At this time, the Marquette County Health Department does not have any immunization clinics scheduled. If you are in need of a vaccine, please call us to make an appointment at 608-297-3135. If you are interested in a COVID-19 vaccine, you can check for appointments on the website www.co.marquette.wi.us and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at number above. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to help!

Special Events - 2021

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 Senior Nutrition Program & Food Bank. 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.**

Marquette County Senior Citizens, Inc., Senior Dome,
140 Lake Ct., Montello, WI. 53949

Senior Citizens, Inc. is an organization of senior citizens 50 years of age and above in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting healthy living.

It's membership renewal time again. Membership dues are \$15 per person per year. New members should call 608-297-7815.

Due to COVID conditions we are unable to have fundraisers so any donations we receive will be greatly appreciated and will help us keep up with our operating costs.

You can now sign up for our first day trip in 2021. We will be going to the Palace Theatre in the Dells September 15th for the Red Skelton Tribute for information contact Phyllis at (920) 979-7027. We have also started a Birthday Club you can contact Phyllis at (920) 979-7027. We're hoping to get back to our MEMBERS ONLY observation of the holidays. At this time our monthly activities include:

Chair Exercises at the Senior Dome, 10am-11am: Monday Stretch & Strength, Wednesday Aerobics and weights, Thursday dance yoga, and Friday yoga.

Card playing Tuesday: 12:30 pm open to various games

Card playing Thursday: 12:30 pm open to various games
1:00 pm Fifer (bidding Euchre).

Card playing Sunday: 12:30 pm 31, Sheepshead, open to Euchre, Fifer, other games are welcome.

Pot Luck: Every 2nd Sunday of the month.

Notices of our 2021 activities can be found posted on the front door of the Senior Dome; in the Marquette County Senior Citizen Newsletter; the Marquette County Tribune; posters around town and now on Facebook listed as Marquette County Senior Citizens. For more info about membership or events, please call 608-297-7815

You can access the Senior Newsletter at adrcmarquette.org/news/events.

Special Events - 2021

The senior dining locations remain closed.
We are unable to determine when we will reopen.
Please check www.adrcmarquette.org for information on services.

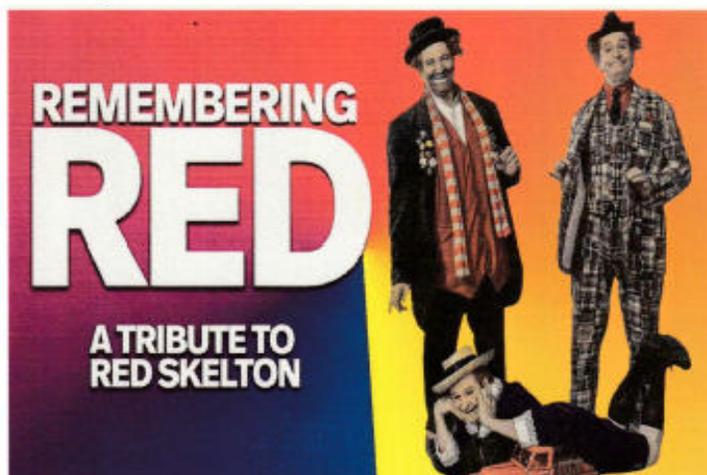
Marquette County Fair is going to be July 8-11th



Come stop by the ADRC booth to learn more about services provided and to say "Hi".
<http://www.marquettecountyfairwi.org>

Marquette County Senior Citizens Palace Theater, Wisconsin Dells Wednesday, Sept. 15, 2021

Brian Hoffman had his own theater in Las Vegas for years and now a theater in Pigeon Forge next to Dollywood. He now performs on the road around the country. Baby boomers" bring their entire family to show them what "clean" family humor was like on television. Brian's expert portrayal of Red Skelton will have you in stitches with some of Red's most well-known characters. Laugh with Clem Kadiddlehopper, giggle with Gertrude and Heathcliffe, and feel the love of Freddy the Freeloader. Add a little "Guzzlers Gin" and some pantomimes and you'll be remembering Red Skelton, America's favorite clown.



Lunch 11:30 am and Show 1:00pm

Call Phyllis, by August 15th, to make your reservation at 920-979-7027.

\$60 per member, add \$15 if non-member. Includes show, lunch and tip. (Salad, Oven Roasted Turkey, Stuffing, Mashed Potatoes & Gravy, Honey Glazed Carrots and Steamed Peas. Fruit Rainbow Sherbet.)

Resource Specialists

- The Resource Specialist provides information and assistance to the general public, but particularly to adults who are elderly or have a disability.
- The Resource Specialist helps inform and educate people about their options and assists in connecting and enrolling them into public and private programs and services.
- They continually raise community awareness and promote the Aging and Disability Resource Center through marketing and outreach activities.
- A Resource Specialist also provides options to help prioritize services based on a customer's values.
- They give specifics on eligibility criteria and how to apply for services and resources.

Kay Martin



I enjoy my job assisting people through the ADRC. In my spare time I like reading and playing games on Nintendo.

1. **Where's the next place on your travel bucket list and why?** I have no bucket list travel. I would like to go to the Crater of Diamonds State Park in Arkansas to dig for diamonds.
2. **What's your favorite season and why?** Favorite season is Fall, colors, cool, and dry.
3. **If you could have a superpower, what would it be?** Superpower – Flying
4. **What's your go-to midnight snack?** I do not eat at night. The only thing I have after 8 PM is antacids.
5. **If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?** Hamburger, not a hamburger, just hamburger as it goes in everything.
6. **If you were in a pageant, what would your talent be?** No talent to speak of. Talent 'Deer in the Headlights' any time I get on a stage. I used to think I could sing but when I hear my recorded voice it definitely wasn't how I heard it in my head.
7. **Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?** Grumpy I can sound gruff at times but I really am just trying to understand so I can assist people in the best way possible.

Sharon is one of the ADRC Resource Specialists. She loves her work and spending time with her family and her dog, Howard. When not at work she likes having coffee on the deck, feeding the birds, and working in the yard.

1. **Where's the next place on your travel bucket list and why?** I LOVE to travel, nature, and the outdoors! Not sure of the place, but I hope to meet up with my best friend from California sometime soon. Bucket list destinations would be Alaska, Hawaii, and Rhode Island so I could say I've been to all 50 states. The West and Utah draws me in every couple of years. And I still want to visit British Columbia and the Canadian Rockies.
2. **What's your favorite season and why?** Autumn. Everything about it. The temperatures, the changing of the leaves, the smell in the air.
3. **If you could have a superpower, what would it be?** To Fly. I love the sensation of swimming and think it would be amazing to be able to soar high in the sky.
4. **What's your go-to midnight snack?** Greek Yogurt. Or a nice piece of seasonal, ripe fruit.
5. **If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?** Cereal
6. **If you were in a pageant, what would your talent be?** In my younger days I participated in choir and swing choir, so it probably would have been some kind of singing. I don't have any current talents that I would want to perform in public today.
7. **Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?** Bashful. I tend to be an introvert and a bit shy in social situations. I like spending quality time with a few people over being in large groups.



Sharon Alden