

Marquette County

ADRC NEWS...

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

July-August 2024



Photo Submitted By: Jessica Bittelman

Inside This Issue

Help Yourself to Better Health.....	2
Mental Health Benefits of Exercising & Physical Activity	3
Caregiver Support Group	4
Preventing Heat Exhaustion and Heat Stroke.....	5
Transportation Program ..	6
Food Will No Longer Be Included in ISM Calculations for SSI	7
Picnic in the Park	8
Nutrition Information.....	9
Hospice Care Myths.....	10
Caregiver of the Year Nomination form.....	11
Berry Nutrition Article....	12
Berry Nutrition Recipes..	13
Walk with Ease	14
Aging Plan Survey.	15
Health Dept. Clinics	16
Food Bank Update	17
July Menu	18
Dining Site Information .	19
August Menu	20
Benefit Specialist	21
Community Events	22
ADRC Events.....	23
ADRC Staff	Back Cover

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

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



Help Yourself to Better Health

Help Yourself to Better Health | wiha
Wisconsin Institute for Healthy Aging

Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a **Living Well** workshop near you.

Living Well with Health Conditions Workshop

July 9 – August 13, 2024

Tuesdays from
1:00-3:30pm

Oxford Village Hall
129 S. Franklin St.
Oxford, WI

Suggested donation: \$25

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

Living Well with Health Conditions such as arthritis, cancer, heart disease, depression, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

What is Living Well? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help.

What you'll learn:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Stress and depression management
- Communicating effectively with friends, family, and medical team



The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



Reduce feelings of depression and stress



Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.





ARE YOU A CAREGIVER?

Caregiver Support Group

In-person meetings will be held at the Health and Human Services Building (428 Underwood Ave., Montello) on the 2nd Tuesday of the month from 2pm-3:30pm

Virtual meetings will be held on the 4th Monday of the month from 6pm-7:30pm. Registration is required.

If you have any questions or would like to register please contact Melissa at 608-297-3148 or email: mklebs@co.marquette.wi.us

If you are not able to leave your loved one at home to attend group, please contact Melissa as there are programs that might be able to help.



ADRC
Aging & Disability Resource Center
of Marquette County
855-440-ADRC
www.adrcmarquette.org
428 Underwood Ave. • Montello, WI 53949

Preventing Heat Exhaustion and Heat Stroke and Recognizing the Warning Signs

By the GWAAR Legal Services Team

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather.

Symptoms include:

- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea
- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures



Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect you or someone else is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

Prevention Is Key

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning.

Most communities offer shelters with air conditioning where members of the public can go to stay cool on particularly hot days.

Conclusion

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer. Remember to stay cool, stay hydrated, and stay informed.

ADRC Transportation Program

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

Need a RIDE for a Medical Appointment?

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

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

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

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

Need a RIDE to Portage for shopping?

The Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Friday** of the month. Transportation will be provided to Portage for shopping. Copay to **Portage is \$25**. Times vary depending on ridership. Please call to reserve your spot.

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

For more information, visit www.adrcmarquette.org

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

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

<i>DESTINATION</i>	<i>COPAY ROUND TRIP</i>
Madison	\$30
Appleton	\$30
Oshkosh	\$30
Fond du Lac	\$30
Tomah	\$30
Baraboo	\$25
Berlin	\$25
Portage	\$25
Wautoma	\$25
Ripon	\$25
Adams	\$25
Green Lake	\$25
Wisconsin Dells	\$25
Markesan	\$25
Local	\$15

Are you interested in sponsoring a ride?

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

Food Will No Longer Be Included in ISM Calculations for SSI

By the GWAAR Legal Services Team

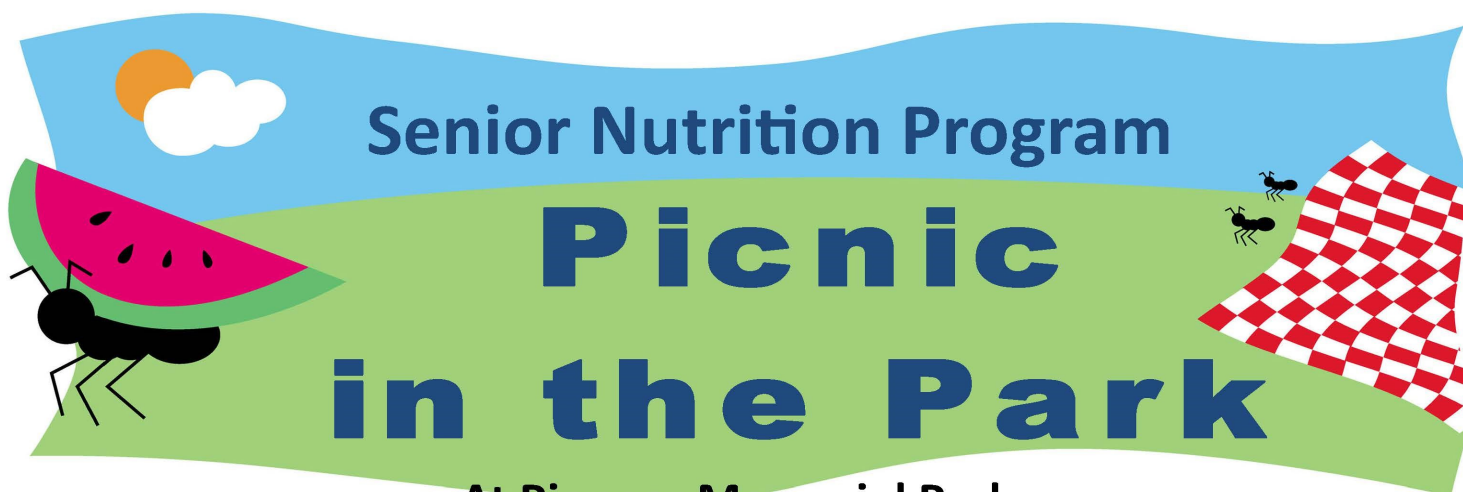
The Social Security Administration (SSA) recently announced that starting on September 30, 2024, SSA will no longer include food in In-Kind Support and



Maintenance (ISM) calculations when determining whether someone qualifies for Supplemental Security Income (SSI) and the amount of SSI for which they qualify. SSI provides monthly payments to adults and children with limited resources and income who are disabled, blind, or aged 65 and older. SSI benefits help pay for basic needs, including

rent, clothing, food, and medicine. Individuals applying for and receiving SSI must meet certain eligibility requirements, including income and resource limits. Under the old rules, ISM includes food, shelter, or both that a person receives, which have been counted as unearned income, and which may affect a person's eligibility or reduce their payment amount.

By eliminating food from ISM calculations, the new policy will remove a critical barrier for SSI eligibility due to an applicant's or recipient's receipt of informal food assistance from friends, family, and community support networks. The new policy also represents an improvement in several other respects: the change is easier to understand and use by applicants, recipients, and agency employees; recipients and applicants will have less information to report about food assistance received from family and friends, removing a significant burden; reducing month-to-month variability in payment amounts will improve payment accuracy; and SSA will save money, because less time will be spent administering food ISM.



Senior Nutrition Program

Picnic in the Park

At Pioneer Memorial Park

316 E. Pioneer Park Road, Westfield

Monday, August 19, 2024

11:15am– Emergency Preparedness Presentation

With Lieutenant Aaron R. Williams, Director of Emergency Management

Noon– Lunch Served

Musical Entertainment by Les

Bingo Following Lunch

On the Menu: Turkey Cheese Sandwich, Tomatoes, Broccoli Salad, Melon, Cookie

Tuesday, September 10, 2024

11:00am– Cooking Demonstration

with Chef Lori Fernandez, GWAAR

Noon– Lunch Served

Musical Entertainment by Bill and Bonnie

On the Menu: Brat Burger, Calico Beans, Cauliflower Potato Salad, Banana, Jell-O Cake

We hope to see you there! Suggested donation of \$4.00 for
ages 60 and older and spouses regardless of age. To RSVP call (608) 297– 3146.



Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$33.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry.**

Boost Plus and **Glucerna** are also available upon request. Flavors available are: **Chocolate or Vanilla.** Allow at least 1 week for delivery and ask for pricing.

Pick up at the Health & Human Services Building at 428 Underwood Ave, Montello, WI or delivered to you if you receive Home-Delivered Meals. We accept checks or cash.

To order or for more info:
call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Ways to keep you kitchen cooler in the summertime

- * Out source some of your meal. For example, buy bread instead of making it. Pick up a rotisserie chicken to go with it.
- * Grab something out of the freezer if you don't want to go outdoors.
- * Make low cook or no cook meals. Like salads and gazpacho soup.
- * Use your toaster oven or other small appliances.
- * You can also shift your time around, cook earlier in the mornings or a little later at night.

Stay cool my Peeps!



Hospice Care Myths

By the GWAAR Legal Services Team

When people think of the term “hospice,” many believe it means a person has given up on life or has just days to live. Many others think hospice is a type of facility, like a hospital or nursing home, that once a person enters they can never leave. However, hospice care is much different. The following are several common hospice care myths and the facts behind them.

Myth: Hospice is for people who have given up.

Fact: Hospice is for patients who are in the last phases of an incurable disease, but instead of focusing on curing an illness or prolonging death, the goal of hospice care is to relieve symptoms and give patients the best quality of life. The purpose of hospice care is to manage pain and other symptoms and to focus on the comfort and dignity of the person. And contrary to popular belief, research shows that in many cases, hospice care increases life expectancy, rather than decreases it.

Myth: Hospice is a place.

Fact: Hospice is rarely an actual location that people go to. Instead, the care almost always is provided where a person lives. Hospice patients are assigned a team of providers, such as a physician, registered nurse, home health aid, social worker, and chaplain. This team regularly checks in with the person, and works together to provide medical, emotional, spiritual and grief support to not only the patient but also their family.

Myth: People on hospice have to stop taking all medications.

Fact: This isn't always true. While it is true that hospice focuses on providing comfort rather than a cure, the decision to stop medication is usually left up to the patient. Depending on where people are in their diseases, it may be best to stop taking a medication that's a source of discomfort, but this is determined on a case-by-case basis. People are able to continue taking medications for pain and symptom control.

Myth: Once you sign up for hospice, there's no turning back.

Fact: Hospice doesn't mean a person is giving up control over their care or the ability to choose who provides it. A person can leave hospice and reapply at any time. For example, if a person on hospice wants to try a new drug trial or experimental therapy, they can always leave hospice and return at a later time, if needed.

Myth: You can only be on hospice for a limited amount of time.

Fact: Eligibility for hospice care requires that two physicians agree that the person has six months or less to live, however, this does not mean a person has to die within six months. If the person lives longer than six months but doctors continue to certify that they're terminally ill, they'll receive hospice care for as long as needed.

For families that have used hospice care for loved ones, nearly all say they wished they'd known about it sooner. You do not have to wait for your doctors to bring it up – it is never too early to ask about hospice and what benefits it could provide.

For more information, visit:

<https://leadingage.org/common-myths-of-hospice-care-debunked/>

<https://www.npr.org/2023/12/28/1221648271/hospice-care-myths-jimmy-carter-end-of-life>

Benefits of Berries

By Amelia Cisewski, RDN, CD

It's the time of year when fresh berries are in season. Berries are bursting with nutrients and flavor— whether it be blackberries, blueberries, raspberries, or strawberries. They are top sources of vitamins, minerals, and antioxidants that can help reduce the risk of several age— related conditions.

Nutrients Found in Berries

Berries are rich in vitamin C which is important for our immune system and healing. They are also a source of fiber – good for the heart, brain, and weight loss! Half a cup of berries contains about 3 grams of fiber. Older adults should be getting at least 21 grams of fiber per day.

Berries are also rich in potassium, which helps to control blood pressure. They are a great source of magnesium and folate. They also contain tannins which provide health benefits such as reducing stomach inflammation, alleviating hemorrhoids, and soothing bowel movements. Berries are low in calories and contain prebiotics which are carbohydrates that help feed healthy gut bacteria.

Anthocyanins

Anthocyanins are a group of antioxidants found in berries that give them the red, blue, and purple color. They are special compounds that help protect the cells from damage and can boost heart health. Berries, and blueberries in particular, have been associated with good brain health and prevention of memory issues as we age. They have also been found to lower the risk of Type 2 Diabetes.

Shopping and Storage Tips

For the freshest berries buy locally and purchase in season for the most affordable price. To help fresh berries last longer, store them in a covered container in the refrigerator, and do not rinse them until you are ready to eat them. Freeze extra berries to use year round. Freezing berries does not destroy the nutrients and can help preserve some of them like Vitamin C.

Ways to Eat More Berries

There are many ways to eat berries besides fresh as a snack. Try adding them to smoothies, yogurt, and salads or add to oatmeal or include in any dessert.



Berry Recipes

Strawberry Spinach Salad

Ingredients:

- 1/2 cup chopped walnuts
- 4 cups baby spinach
- 2 cups (10 oz.) sliced strawberries
- 1/2 cup crumbled Parmesan cheese
- 1/4 tsp. black pepper
- 1/8 tsp salt
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil

Directions

Toast walnuts in a small dry skillet over medium– low heat, stirring frequently, until lightly browned & aromatic, 3-5 minutes. Transfer to a salad bowl; let cool for minutes. Add the spinach, strawberries, Parmesan, pepper, and salt. Sprinkle vinegar and oil over the salad; toss gently and serve.

Recipe adapted from Beneficial Bites



Mixed Berry Crisp

Ingredients:

- | | |
|----------------------|--------------------------------------|
| 5 cups mixed berries | 3/4 cup rolled oats |
| 1/4 cup sugar | 1/2 cup brown sugar, packed |
| 1 Tbsp. cornstarch | 1/4 tsp. salt |
| 1/2 tsp. cinnamon | 1/2 cup unsalted butter |
| 1 cup flour | Whipped cream or ice cream, optional |

Directions

1. Preheat oven to 375°F. Grease an 8-inch square baking dish.
2. Place the mixed berries into the greased baking dish; sprinkle sugar, corn starch, and cinnamon on top and set aside.
3. In a small bowl, combine the oats, flour, brown sugar, and salt. Use your hands to combine the cold butter and the dry ingredients until the mixture resembles coarse crumbs. Sprinkle over the berry mixture.
4. Bake until the crisp topping ins lightly browned, and the filling is bubbly, about 35-40 minutes. Serve warm with a whipped cream or ice cream, if desired.

Yield: 6 servings.

Recipe adapted from Feel Good Foodie



Walk With Ease?

You can do it — we can help.



Arthritis Foundation
Certified.

Doctor **Recommended.**

Space is limited. Sign up today!

August 26 – October 3, 2024

Mondays & Thursdays

1:00 – 3:00pm

Endeavor Civic Center

400 Church St, Endeavor, WI

Suggested Donation: \$15

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

Why Walk With Ease?

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

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

Program Benefits

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

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

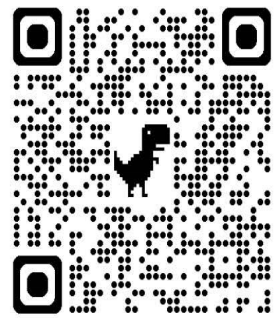


Wisconsin Institute
for Healthy Aging

Aging Plan Survey for 2025-2027

Marquette County Aging and Disability Resource Center is looking for your thoughts and ideas to help develop programs and services. Your answers will help to establish a three-year-plan.

Scan the QR code to be linked to the survey



Or go to <https://adrcmarquette.org/aging-plan-survey/>

MARQUETTE COUNTY HEALTH DEPARTMENT

2024 IMMUNIZATION SCHEDULE

**July 8th, 22nd, & 25th.
August 12th, 22nd, & 26th**

**Location of Clinics:
Marquette County Health & Human
Services Building
428 Underwood Ave.
Montello, WI 53949**

Clinic Times: 8:30am-4:00pm

FOR CHILDREN: If your child is insured and vaccines are FULLY covered-please make an appointment with your primary care provider for vaccinations. If your child is Vaccines for Children (VFC) eligible, you can visit the local health department for vaccinations.

Who is VFC eligible? Children through 18 years of age who are:

- Medicaid Eligible
- Uninsured
- American Indian or Alaska Native
- Underinsured (has health insurance but the coverage may NOT include all vaccines)

For further information call (608) 297-3135

Marquette County Health Department Foot Clinic



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

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

Upcoming Foot Clinic Dates:

July 2nd, 10th, 11th, 18th, 24th, 25th & 30th

August 8th, 14th, 20th & 28th

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

608-297-3135



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



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

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

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

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

Contact Us:




☎ Phone: (608) 369-1059

✉ Email: foodbank@co.marquette.wi.us

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



Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joes Potato Wedges Peas and Carrots Ambrosia	2 Breaded Fish Baked Beans Coleslaw Raspberry Cup	3 Chicken and Gravy Mashed Potatoes Broccoli Cake with Fruit	4 Closed 	5 Polish Sausage & Sauerkraut Red Cabbage Potato Salad Fruit Cup
8 Meatballs & Mushroom Gravy Pea Pasta Green Beans & Red Peppers Frosted Grapes	9 Cranberry Turkey Stuffing Mashed Potatoes Carrots Vanilla Pudding & Oranges	10 Philly Steak & Cheese Maple Sweet Potatoes Mixed Vegetables Peaches and Raspberry Trifle	11 Sweet & Sour Pork Veggie Fried Rice Stir Fry Vegetables Apple Slices Dessert Bar	12 Creamy Asparagus Soup Ham Salad Sandwich Everything but Lettuce Salad Blackberry Cup
15 Sunrise Salad Mixed Greens, Ham, Egg, Peas, Chickpeas, Craisins, Cheese Strawberry Dessert Pizza	16 Soft Beef Taco w/ Lettuce, Tomato, Cheese Mexican Brown Rice Mexican Corn Salad/Peppers Ice Cream Bar	17 Poor Man's Lobster Tater Tots Carrots and Rutabagas Trail Mix	18 Chicken Broccoli Alfredo Chickpea Pasta Mixed Veggies Blueberry Cup	19 Italian Beef Sunrise Potatoes Brussel Sprouts Cherry Bar
22 Baked Chicken Mashed Sweet Potatoes Turmeric Cauliflower V8 Juice Monster Cookie Balls	23 Ham & Pineapple Scalloped Potatoes Squash Dried Fruit Vanilla Ice Cream	24 Spaghetti Bake Italian Blend Vegetables Spinach Salad Pistachio Pineapple Fluff	25 Beef Steak and Gravy Mashed Potatoes w/ Beans Stew Tomatoes & Red Beans Applesauce	26 Veggie Wrap Crab Pasta Salad Broccoli & Cauliflower/Dip Cheese Stick Blueberry Jell-O
29 Salisbury Steak and Gravy Diced Potatoes Cheesy Broccoli Peaches & Cream	30 BBQ Chicken Root Blend Veggies Corn & Black Beans Fruit Pie	31 Oriental Salad Lettuce, Kale, Chicken, Oranges, Water Chestnuts, Sugar Snap Peas, Craisins, Cheese Red, White, & Blue Trifle		

Marquette County Senior Nutrition Program

Senior Dining Sites

<p><u>Endeavor Civic Center</u> 400 Church St, Endeavor Meals Served: Wednesday at 11:30</p>	<p><u>Oxford Village Hall</u> 129 S. Franklin St, Oxford Meals Served: Tues & Thurs at Noon</p>
<p><u>Montello Senior Center (Dome)</u> 140 Lake Court, Montello Meal Served: Mon, Wed, Fri at Noon</p>	<p><u>Packwaukee Town Hall</u> N3511 State St, Packwaukee Meal Served: Tues & Thurs at Noon</p>
<p><u>Neshkoro Area Community Center</u> 114 E Park St, Neshkoro Meal Served: Tues & Thurs at Noon</p>	<p><u>Westfield Municipal Building</u> 129 E. 3rd St, Westfield Meal Served: Mon, Wed, Fri at Noon</p>

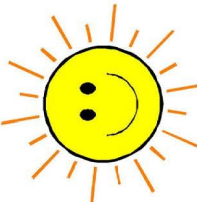

In addition to getting delicious meals, each site provides an opportunity to meet new people and participate in social activities. For those 60 & older, meals are available on a donation basis with a suggested donation of \$4.00. There are no income guidelines. To make a reservation, call **608-297-3146** the business day before by 3:00pm.

Home-delivered meals are available for those age 60 or older who are homebound and unable to prepare adequate meals on their own. Please call for complete eligibility qualifications. Meals are delivered to participant's homes Monday thru Friday. Frozen meals are also available. The suggested donation of \$4.50 per meal. No one will be denied a meal due to their inability to contribute.

For more information, call **608-297-3146**.

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

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	**Turkey Cheese Sandwich w/ Lettuce Colored Tomatoes Broccoli Salad/Mixed Melon Cookie		1 Turkey a la King Spinach Cherry Tomatoes & Dip Yogurt Cup	2 Philly Beef Patty Rosemary Roast Potatoes Corn Cucumbers Ice Cream Sandwich
5 Pork Chop & Gravy Potatoes O-Brien Squash Mango Blueberry Cup	6 Beef & Vegetables over Pea Pasta Cauliflower & Carrots Baker's Choice	7 Breaded Fish Au Gratin Potatoes Red Cabbage Raspberries & Cream	8 Potato Chicken Broccoli Casserole Roasted Zucchini Fruit Cup Cake & Ice Cream	9 Cheese Tortellini & Meat Sauce Broccoli Fresh Fruit Rice Pudding
12 Pepperoni Pizza Mixed Veggies Baby Carrots Pineapple Upside Down Cake	13 Swedish Meatballs Pea Pasta Key Largo Veggies Watermelon	14 Beef Fajita Salad Mixed Greens, Beef, Peppers, Red Beans, Black Olives, Cheese Creamsicle	15 Shredded Pork Applesauce Sweet Potatoes Sugar Snap Peas Tropical Fruit Cup Lemon Meringue Pie	16 Bratwurst w/ Onions Baked Beans Beets Fruit Cocktail Fluff
19 Picnic in Park at Westfield Pioneer Park No Home Delivered Meals or Dining Sites **See menu above	20 BLT Lettuce Wrap Five Grain Salad w/ Fruit Snicker Apple Dessert	21 Chicken & Dumplings Over Mixed Vegetables Brussel Sprouts Kiwi Cake	22 Ham Loaf Diced Potatoes Bean Medley Kale & Carrot Salad Coconut Cream Brownies	23 Corned Beef Hash Scrambled Eggs & Veggies Warm Pears Grape Juice Bread Pudding
26 Mexican Potato Casserole Cauliflower & Broccoli V8 Juice Oranges & Vanilla Pudding	27 Herb Baked Fish Hash Brown Casserole Seasoned Cabbage Banana Cream Pie	28 Veggie Lasagna Corn & Black Beans Cottage Cheese w/ Chives Pear Cup Jell-O	29 Beef Chop Suey Over Wild Rice Oriental Vegetables Creamy Tropical Fruit with Granola	30 Turkey and Gravy Mashed Potatoes Collard Greens Apple Slices Scone

Elder Benefit Specialist Program

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics.

Please contact the Elder Benefit Specialist Melissa at **608-297-3101**.

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!

Dining site visits with the ADRC

Packwaukee– 1st Tuesday of the month

Westfield– 1st Wednesday of the month

Neshkoro– 2nd Tuesday of the month

Endeavor– 2nd Wednesday of the month

Oxford– 3rd Tuesday of the month

Montello– 3rd Wednesday of the month

Community Events - 2024

Marquette County Senior Citizens, Inc.

Senior Dome
140 Lake Ct.
Montello, WI 53949

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

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

Notices of our 2024 activities can be found posted on the front door of the Dome, and the Marquette County Tribune, posters around town and now on Facebook listed as Marquette County Senior Citizens. For more information about membership or events please call (608) 297-7815.

Ruby's PANTRY

Ruby's Pantry is a non-profit organization working with manufacturers to distribute various food overages, surplus and bumper crops to communities throughout Wisconsin and Minnesota.

For a \$25 donation you get an abundance of groceries.

Drive-thru pick up at:
Montello Trinity United Methodist Church
W3032 Fern Drive
Montello WI 53949

4th Saturday of each month

8:00 am- 9:30 am

\$25 CASH DONATION

2024 DATES:

JANUARY 27	JULY 27
FEBRUARY 24	AUGUST 24
MARCH 23	SEPTEMBER 28
APRIL 27	OCTOBER 26
MAY 25	NOVEMBER 23
JUNE 22	DECEMBER 28

www.rubyspantry.org

WISCONSIN SENIOR- FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

- ♦ Offers you an opportunity to purchase fresh, locally grown fruits, vegetables & herbs from certified farmers
- ♦ Now available for Marquette County Residents
- ♦ Use vouchers June 1-Oct. 31

Contact **608-369-1059** for more information or to apply

ADRC Events - 2024

July

- * **3rd** Memory Café- Westfield Village Hall 10am
- * **3rd-7th** Come visit our booth at Marquette County Fair
- * **9th** Caregiver Support Group- Montello- 2pm
- * **9th-August 13th (Tuesdays)** Help Yourself to Better Health- Oxford Town Hall- 1-2:30pm **Call Amelia at 608-297-3146 to register
- * **22nd** Virtual Caregiver Support Group- Montello- 6pm- call to register at 608-297-3148

August

- * **5th** Memory Café- Westfield Village Hall 10am
- * **13th** Caregiver Support Group- Montello- 2pm
- * **26th** Virtual Caregiver Support Group- Montello- 6pm- call to register at 608-297-3148
- * **26th-October 3rd (Mondays & Thursdays)** Walk with Ease- Endeavor Civic Center- 1-6pm- call Amelia to register at 608-297-3146

For more information on these events please visit the ADRC website at www.adrcmarquette.org or call 855-440-2372

To sign up to receive the newsletter electronically go to:

<https://www.mycommunityonline.com/find/marquette-county-department-of-human-services>

ADRC Roles

Jan Krueger, ADRC Director

We serve any person aged 60 years of age or older. A person who is disabled and age 17 years 9 months or older. Individuals who are caring for a disabled or older adult. Those who are concerned, about the welfare of a disabled or older adult, are also encouraged to contact us. The resources, programs, and options available may have more specific qualifications in addition to the age requirements. Please contact us to discuss your specific areas of needs or interests.

Kay Martin and Sharon Alden, Resource Specialists

The Resource Specialist provides information and assistance to the general public, but particularly to adults who are elderly or have a disability, as well as to a wide range of community resources. The Resource Specialist helps inform and educate people about their options and assists in connecting and enrolling them into public and private programs and services.

They continually raise community awareness and promote the ADRC through marketing and outreach activities. A Resource Specialist also provides options to help prioritize services based on a customer's values. They give specifics on eligibility criteria and how to apply for services and resources.

Jessica Bittelman, Disability Benefit Specialist

The Disability Benefit Specialist (DBS) assists persons with disabilities between the ages of 18 and 59, as well as those transitioning into adulthood at 17 years 9 months. The DBS can provide information, assistance, advocacy, and in some cases representation. A DBS can assist with initial applications, denials of eligibility, termination of benefits, and overpayments of both public and private benefits. Some of the programs and issues a DBS can assist with or provide information on include: BadgerCare Plus, Disability through the Social Security Administration, Extra help with Prescription Drug Costs, Food Share, Landlord/Tenant/Evictions, Medical Assistance, Medicare, Railroad Disability Benefits, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Utility Assistance, and Wisconsin Works (W-2).

Dementia Care Specialist

Dementia Care Specialist (DCS) works to increase the dementia capability of the Aging & Disability Resource Center (ADRC), promote dementia-friendly communities, support caregivers and increase opportunities for people with dementia to remain in their own homes as long as is appropriate. Coordination of the National Family Caregiver Support Program (NFCSP), Alzheimer's Family Caregiver Support Program (AFCSP) and Caregiver Support Group. In addition to dementia programming the DCS oversees coordination of the Stress-Busting Program and Powerful Tools for Caregivers Program.

Breanne Van Loo, Social Worker

The Social Worker works with the elderly and adults with disabilities, involving adult protective services (APS), guardianship (GN), protective placements (PP) and case management that includes both access/intake and ongoing responsibilities.

Melissa Klebs, Elder Benefit Specialist

The Elder Benefit Specialist (EBS) assists persons 60 and older. The EBS can counsel persons about public and private benefits and help them apply for benefits. The EBS can sometimes assist people who have been denied a benefit that they think they are entitled to receive. An EBS can connect people to needed resources and can often advocate on a person's behalf. Benefit specialists can help with a variety of programs and issues, including: Medicare, Medical Assistance, SeniorCare, Extra help with Prescription Drug Costs, Food Share, SSI, Social Security, Landlord/Tenant/Evictions, Medical Debt Remediation, etc.

Steve Moore, Transportation Coordinator

The Transportation Specialist/Dispatcher is responsible for the scheduling and transporting of clients for the ADRC of Marquette County in the most efficient manner to and from destinations. This person also ensures that the fleet of vehicles is maintained in good and safe operating condition. Transportation of clients to various locations including Senior Dining Sites, shopping, recreational activities, medical and other appointments.

Amelia Cisewski, Nutrition Coordinator

The Nutrition Coordinator is responsible for coordinating the elderly nutrition and home-delivered meal programs. Performs assessments to determine eligibility for homebound meal program. Provides nutritional counseling and education to both meal site and home delivered meal participants. Collaborates with kitchen staff on the development of menus and approves menus following program requirements. Evaluates the elderly nutrition program to insure there are no barriers to participation. The Nutrition Coordinator oversees the following programs: Walk with Ease, Stand Up for Your Health, Stepping On, and Living Well with Chronic Conditions.

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