

Marquette County

ADRC NEWS...

ADRC OF MARQUETTE COUNTY
PO BOX 405 • 428 UNDERWOOD AVE
MONTELLO, WI 53949 • (855) 440-2372

July & August 2022



Photo Submitted By: Claudine Anderson

Inside This Issue

World Elder Abuse Awareness Day	2
World Elder Abuse Awareness Day Cont.	3
Caring for a pet as a person with dementia	4
Apply for Social Security Benefits Online	5
Caregiver Stress Busting Program	6
Transportation	7
Health Dept. Updates	8
Nutrition	9
Alzheimer's Walk/ Transportation Reimbursement	10
Recipe/Contest Winner	11
Staying Hydrated this Summer	12
Summer Hydrating Recipes	13
Walk with Ease	14
What to Expect When You Call 911 for an Ambulance	15
RAVE Article & Food Bank Update	16
Heat Related Illness	17
July Menu	18
Senior Nutrition Program	19
August Menu	20
Benefit Specialist	21
Special Events	22-23
ADRC Staff	Back Cover

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



World Elder Abuse Awareness Day was June 15th

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons.

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts. Common types of elder abuse include:

Physical abuse is when an elder experiences illness, pain, injury, functional impairment, distress, or death as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.

Sexual abuse involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or penetration or non-contact acts such as sexual harassment.

Emotional or Psychological Abuse refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include humiliation or disrespect, verbal and non-verbal threats, harassment, and geographic or interpersonal isolation.

Neglect is the failure to meet an older adult's basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.

Financial Abuse is the illegal, unauthorized, or improper use of an elder's money, benefits, belongings, property, or assets for the benefit of someone other than the older adult.

How big is the problem?

Elder abuse is a serious problem in the United States. The available information is an underestimate of the problem because the number of nonfatal injuries is limited to older adults who are treated in emergency departments. The information doesn't include those treated by other providers or those that do not need or do not seek treatment. Additionally, many cases are not reported because elders are afraid or unable to tell police, friends, or family about the violence.

Elder abuse is common. Abuse, including neglect and exploitation, is experienced by about 1 in 10 people aged 60 and older who live at home. For every 1 case of elder abuse reported, 44 cases are not. While any older person is potentially at risk of elder abuse, some are more susceptible to experience abuse or neglect than others. Based on available information, women, and people 80 and older are more likely to experience abuse. Factors such as dementia or poor physical health can increase older people's isolation, which in turn puts people at greater risk of experiencing abuse or neglect. Some common risk factors include dementia, mental health, or substance abuse issues of an older person and/or a perpetrator, social isolation, and poor physical health.

What are the consequences?

Elder abuse can have several physical and emotional effects on an older adult. Victims are fearful and anxious. They may have problems with trust and be wary of others. Many victims suffer physical injuries. Some are minor, like cuts, scratches, bruises, and welts. Others are more serious and can cause lasting disabilities. These include head injuries, broken bones, constant physical pain, and soreness. Physical injuries can also lead to premature death and make existing health problems worse. For victims of financial abuse losses may include homes, pensions, vehicles, or life savings. For society, elder abuse is both a social and economic issue: it creates health care and legal costs, often shouldered by public programs like Medicare and Medicaid, and isolates them from the community.

How can we prevent elder abuse?

There are several factors that may increase or decrease the risk of perpetrating and/or experiencing elder abuse. To prevent elder abuse, we must understand and address the factors that put people at risk for or protect them from violence.

- Listen to older adults and their caregivers to understand their challenges and provide support.
- Educate oneself and others about how to recognize and report elder abuse.
- Learn how the signs of elder abuse differ from the normal aging process.
- Check-in on older adults who may have few friends and family members.
- Provide over-burdened caregivers with support such as help from friends, family, or local relief care groups; adult day care programs; counseling; outlets intended to promote emotional well-being.
- Encourage and assist persons (either caregivers or older adults) having problems with drug or alcohol abuse in getting help.
- Report abuse or suspected abuse to local adult protective services, long-term care ombudsman, or the police. Reach out to your local Adult Protective Service worker via the ADRC for more information or to report suspected abuse or neglect.



Each flag (38) in front of the Human Services Building represents a reported case of abuse or neglect in 2021.

Information for this article was taken from the CDC website and the WEAAD microsite

Caring for a pet as a person with dementia

Pets can give people with dementia sentiments of unconditional love. But getting a new pet isn't a decision to be made lightly. Here we share some things to consider before seeking a pet for someone with dementia.

People with dementia can find caring for an animal a source of support and stress relief. A person living with dementia can also benefit from companionship and friendship by keeping a pet, and it may provide a sense of purpose.

But there may come a time when the pet's owner can no longer look after them. It's hard to know whether keeping a pet is the right choice.

How can a person with dementia benefit from having a pet?

There are some suggestions that animals can communicate better than humans with people with dementia. This is thought to be because animals rely more on body language than verbal communication.

Animal-assisted interventions can often improve self-esteem and confidence in people with dementia. It can also promote quality of life and encourage independence.

Visits from an animal can be an energetic experience or an exciting part of a person's day. Animals can be an excellent source of love and laughter.

Here are some things to consider before getting a pet for a person with dementia.

Some people with dementia, or those supporting them, may want to get a pet. Here are some important points to consider before seeking a new pet.

- 1. Does the person have the cognitive ability to decide whether they want a pet?** To make this decision, they will need to understand the level of commitment involved.
- 2. Will the person be able to meet the animal's needs?** Cats and dogs can live for many years and require daily care and attention. It's essential to consider the welfare of the animal. This includes feeding, exercise, going to the vet, cleaning up after the animal, and more.
- 3. Where will you get the pet?** Keep in mind that some breeders, rescue centers, or pet stores may not be willing to sell a pet to a person with dementia. Sellers may be hesitant if they feel the person may not be able to look after the pet properly.
- 4. Have you considered the person with dementia's feelings before getting a pet?** Not all people with dementia (and those supporting them) will want to interact with animals. Not everyone will enjoy it, either. Some people may be afraid of animals, have allergies or medical conditions that the presence of animals could aggravate. Individual and cultural differences in the acceptance of animals should be considered and assessed first.
- 5. Would the person benefit from semi-regular interactions with an animal?** This could be presented instead of committing to pet ownership. Some people may find visits from a friend's or family member's pet a good compromise.
- 6. Have you considered purchasing a robotic pet or cuddly toy instead of a living animal?** Many people with dementia benefit from comforting dolls or stuffed animals or interacting with lifelike mechanical animals. If a 'fake' pet brings the same calming effects as a real pet, perhaps that's an option to explore first.

What happens if a person with dementia can no longer care for their pet?

It is crucial for people with dementia, and those supporting them, to think about what might happen to their pet if they are no longer able to look after it. Animal welfare should always be considered and managed appropriately.

If the person with dementia is moving into a facility care setting, they may not be able to take their pet with them. It is good to speak to the administration about this.

There may be a family member or friend who is able and willing to take responsibility for the pet. If the person with dementia lives with their care partner, they may take on increased responsibility for the pet. However, it is important that they are happy and able to look after the animal.

Pets and facility care

Some care facilities allow interactions and activities involving carefully selected animals.

The animals and their owners, often volunteers, might make regular visits to residential care facilities. They will often bring breeds of animals with a calm or gentle disposition. This is often known as 'pet therapy'.

If a person with dementia previously owned a pet, these animal interactions could help with reminiscence. Visits from animals may help people with dementia recall memories and could become an activity for someone to look forward to.



ADAAW is your partner in the journey. If you are facing the challenges of a dementia diagnosis, call us to arrange a care consultation. Marquette County Dementia Outreach Specialist, Janet Wiegel, is available to provide information and support. Call Janet at 608-697-2838 or email janet.wiegel@alzisc.org.

Apply for Social Security Benefits Online



Did you know, you can do much of your business online with Social Security? This means no need to call or visit a local Social Security office. You can take your time completing our online applications and even save your progress to return to later.

You can apply online for:

Retirement or Spouse's Benefits – You can apply up to four months before you want your retirement benefits to start. You must be at least age 62 for the entire month to be eligible to receive benefits. If you were born on the first or second day of the month, you meet this requirement in the month of your 62nd birthday. If you were born on any other day of the month, you do not meet this requirement until the following month. When you're ready, apply at www.ssa.gov/retireonline.

Disability Benefits – You can use our online application, available at www.ssa.gov/disabilityonline, 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 expected to last at least 12 months or result in death; and

Have not been denied disability benefits in the last 60 days. If your application was recently denied, our online appeal application is a starting point to request a review of the determination we made. Please visit www.ssa.gov/benefits/disability/appeal.html.

Supplemental Security Income (SSI) – SSI provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI also makes payments to people who are age 65 and older without disabilities who meet the financial qualifications. If you plan to apply for SSI, you can tell us you want to apply and we will make an appointment to help you complete the application. Or you can complete a large part of your application online at www.ssa.gov/benefits/ssi.

Medicare – Medicare is a federal health insurance program for people age 65 or older, some people younger than 65 who have disabilities, and people with end-stage renal disease. If you are not already receiving Social Security benefits, and are not working, you should apply for Medicare three months before turning age 65 at www.ssa.gov/medicare.

Extra Help with Medicare Prescription Drug Costs – Some people with limited resources and income may be able to get *Extra Help* paying their monthly premiums, annual deductibles, and prescription co-payments related to a Medicare prescription drug plan. People who need assistance with the cost of medications can apply for *Extra Help* at www.ssa.gov/i1020.

Please share these helpful resources with your friends and family.

If you would like to discuss these benefits you can call the ADRC at 855-440-2372 or the Oshkosh Social Security Office at 877-445-0834.



CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's disease or dementia?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at suggested donation of \$30 to cover the cost of the book/supplies

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

Where: Service Center- 480 Underwood Ave.
Montello, WI 53949

Also available as a virtual class

When: September 15th-November 10th , 2022 10-11:30am

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



Please call Melissa for more information or to register:

608-297-3148

Need advice? Feeling burnt out? Looking for people who understand?

Caregiver Support Group In Person or Virtual/By Phone

Service Center Meeting Room in
The Service Center building (behind Human Services)
480 Underwood Ave, Montello, WI 53949

Call Melissa Klebs @ 608-297-3148 for more information or for virtual/phone in information

July 20 10AM August 17 10AM

Taking care of you... so you can take care of them.

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
See chart for copays

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

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 11am).

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

<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.

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

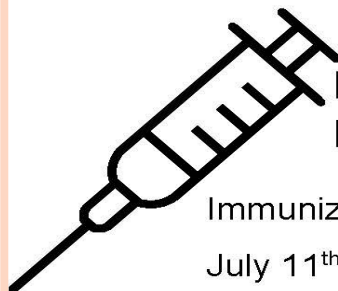
Upcoming Foot Clinic Dates:

July 19th

August 2nd, 10th, 18th

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

608-297-3135



Immunizations with Marquette County Health Department

Immunization Clinics

July 11th, 25th, 28th

August 8th, 22nd, 25th

Location: Marquette County Health Department, 428 Underwood Avenue, Montello, WI
These walk-in clinic days do not include COVID-19 vaccines! Please see below for how to schedule a COVID-19 vaccine.

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 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to see what we can do to help!

Our COVID-19 vaccine clinics include 2nd booster shots now for those that are age 50+ or those who are immunocompromised.

If you have questions about vaccines available, please call us at 608-297-3135.

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.

Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$28.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry. Glucerna** is also available upon request. The cost is **\$38.00** per **24-pack case**. Flavors available are: **Chocolate or Vanilla**. Allow at least 1 week for delivery.

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 information, call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Tips and Tricks from the Kitchen



To enhance grill marks, add a little honey to your marinade or sauce when grilling. The sugar in the honey caramelizes and makes it look like gourmet cooked food!!

Try it out, lots of grilling going on now that its summertime!



Columbia/Marquette County

Sunday, September 11th

Riverside Park, Portage WI

WALK INFORMATION

Riverside Park · 300 E Wisconsin St, Portage, WI

12:00 p.m. Registration, Team Photos, Silent Raffle Starts

12:45 p.m. Welcome

1:00 p.m. Walk begins

2:15 p.m. Recognition Ceremony, and Raffle Prizes

REGISTRATION

Online registration is preferred, however you may register the morning of the walk. You can register your own team or if you would like to join the ADRC of Marquette County's team you may do so online or call Melissa at 1-608-297-3148.

Register at: <https://www.alzwisc.org/walk-with-us> under the Columbia/Marquette Counties walk section.

You might be eligible to apply for the Reimbursement of Universal Transportation Expenses program. This program will assist those whose transportation expenses have been impacted by COVID-19. The Foundation for Rural Housing is offering reimbursement for transportation costs associated with public transportation such as Taxi or Uber, or they will send a Kwik Trip gas card for the qualified amount per household size. Please contact the Marquette County ADRC at 855-440-2372 or by email at adrc@co.marquette.wi.us for an application. Applications are due by August 31st and the funding for the program is limited.

The applications can be mailed to:
 Foundation for Rural Housing
 PO Box 314
 Oregon, WI 53575

Fax: 608-238-2084

Email: wrh@wisconsinruralhousing.org

Raspberry Salad

Ingredients:

- Large package raspberry Jell-O
- 2 cups boiling water
- 2 –10 oz. packages frozen raspberries
- 2 cups applesauce
- 1 teaspoon lemon juice
- 2 handfuls small marshmallows
- 1 pint sour cream



Submitted by
Sandra Gohlke of Neshkoro
Summer Recipe
Contest Winner!

Stir together raspberry Jell-O and boiling water until the powder is dissolved. Add the raspberries and applesauce and lemon juice until combined. Pour into a pan. Chill the jello for 3 hours or until set. Combine sour cream and marshmallows and spread on top of jello.

Recipe Contest!

Do you have a salad recipe you enjoy in the summer? Enter your summer salad 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.

Recipes must be submitted by August 1st.

Have any questions? Call (608) 297-3146

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 re-moves waste from our bodies. Good hydration supports normal energy levels, decreases the risk of kidney stones, urinary tract infections, and 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.

Summer Hydrating Recipes

Mediterranean Cucumber Salad

Ingredients

- 1 cucumber, chopped
- 1 pint cherry tomatoes (25-30), quartered
- 3 radishes
- 1 Tbsp. chopped red onion
- 1 yellow or red bell pepper, chopped
- Handful of fresh parsley, chopped
- 1 Tablespoon olive oil
- Juice of 1 lemon (3 Tablespoons)
- Salt to taste



Directions

- 1. Combine all ingredients in a large bowl and toss well.
- 2. Serve at room temperature, or refrigerate and enjoy chilled.

● **Yield:** 4 servings

Rainbow Fruit Kabobs

Ingredients

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries



Directions

● Take 7 wooden skewers and thread the following fruit onto each— 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of mango, 1 chunk pineapple, 1 chunk kiwi, 1 green and 1 red grape, and finish off with 2 blueberries.

● Enjoy!

● **Yield:** 7 kabobs

● **Note:** Instead of making kabobs you can make a rainbow salad by mixing fruit together in a bowl.

● Also you can substitute any colors of fruit with your favorite.

Walk With Ease?

You can do it — we can help.



Arthritis Foundation
Certified.
Doctor **Recommended.**

Space is limited. Sign up today!

July 11 – August 19, 2022

Mondays, Wednesdays, Fridays

1:30- 3:00pm

Oxford Elementary School Gymnasium

222 S. Franklin Ave, Oxford, WI

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

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!**



“What to Expect when you call 911 for an Ambulance in Marquette County” – by Rob Lulling – EMS Director, Marquette County

“911, what’s your emergency” is what they generally say on those 911 television shows and to be honest, this is not far from what actually happens when you call 911 in Marquette County.

If you need an ambulance for whatever reason, you need to call 911. Please do not call our non-emergency number as this number is not answered all the time. Calling 911 is the best way and fastest way to get an ambulance to you.

When calling 911 from your home phone or your cell phone within the borders of Marquette County your call will be picked up by one of the Marquette County Sheriff’s Office Dispatchers. These dispatchers are highly trained to ask appropriate questions about your medical emergency and will provide instructions to you on what to do. All while doing this, they will be paging the ambulance to your location.

These dispatchers may ask questions about your medical history, what kind of medications you take, they will ask questions about your current emergency, and it is very important that these questions are all answered to the best of your availability.

Depending on where you live in the County will depend on how long the ambulance will take to get to your location. In Marquette County, we have stations that are staffed 24/7/365 in Montello, Oxford and Westfield.

Once the ambulance arrives a Paramedic and an EMT will introduce themselves and begin to take care of you and transport you to the hospital if necessary. One of the most important things that you can do for EMS personnel is to have a list of your medications on hand that we can see. Also, try to provide as much information as you can about your current situation. What time did the pain start? What time did you fall? How long have you been feeling this way? It is very important for EMS to have this information.

Marquette County EMS personnel won’t ask for or take your insurance information. That information will be gathered by the hospital staff and will be sent to LifeQuest, a billing service based out of Wautoma. If you have questions about your ambulance bill, you can reach LifeQuest at 1-800-786-4911.

In conclusion, as EMS providers, we know that the day you have to call 911 for an ambulance is not going to be a happy day for you, quite the opposite. Just remember that we are there trying to help you. The things that we have to do, the questions that we ask may seem silly, but just remember, we are doing as we were trained to do and that is to help you.

Be safe!!

Our county recently switched our emergency alerting and mass notification software to a company called RAVE. The RAVE system is a product that people need to sign up for if they would like to receive emergency alerts or mass notification messages. An example of a time where it may be used is when the Sheriff's Office is putting out information looking for missing persons, or if there is pending severe weather warnings in our area. It is free to sign up and you can do so by clicking on the link below. Citizens can also find the link on the Marquette County, WI homepage.

<https://www.smart911.com/smart911/ref/reg.action?pa=marquettewi>



I encourage everyone to sign up to receive emergency alerts and special messages. The RAVE system is a very important tool that Marquette County uses to reach as many people as possible in a short amount of time during times of crisis. Sign up today to be informed.

Lieutenant Aaron R. Williams
 Director of Emergency Management
 Marquette County Sheriff's Office



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

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

1st, 2nd, 3rd, and 4th Thursday of the month from
 1-3 pm
 1st and 3rd Tuesday of the month 4:30-6 pm
 Please do not arrive earlier than 15 minutes before
 we open.

Household Size	Combined Household Gross Monthly Income
1 Person	\$3,398
2 Person	\$4,578
3 Person	\$5,758
4 Person	\$6,938
5 Person	\$8,118
6 Person	\$9,298
7 Person	\$10,478

Contact Us:
 ☎ Phone: (608) 369-1059
 ✉ Email: foodbank@co.marquette.wi.us
 📘 Facebook: Care & Share Food Bank of Marquette County

Heat-Related Illnesses

As we reach the hottest parts of the year, it is important to think about just what the heat can do. Heat, especially for aging adults, can be very debilitating and even life-threatening. As our bodies age, it can be harder to keep up with intense temperatures and cool down on our own. Thus, we must take measures to help our bodies to cool down when the heat gets extreme.

How to detect a heat-related illness:

First and foremost, we need to know when we should take a break from the heat. When we are becoming overheated our bodies show us signs and symptoms. Here are some to look out for:

- Sudden dizziness
- Cramps
- Swelling in the legs and ankles
- Nausea and vomiting

If these symptoms are ignored, they may turn into either heat exhaustion or heat stroke.

Heat exhaustion is a condition where your body can no longer stay cool. Heat exhaustion may appear as thirst, dizziness, weakness, feeling uncoordinated, and/or nausea. You may also experience sweating a lot, clammy skin, and a rapid heart rate. If you are experiencing any of these on a hot day, it is very important to go inside where there is air conditioning and drink some cold water.

Heat stroke is a medical emergency and must be treated at such. There are many things to look out for to know that you may be experiencing heat stroke such as:

- ◇ Fainting
- ◇ Behavior changes
- ◇ A body temp of over 104
- ◇ Dry skin
- ◇ A strong, rapid pulse or a slow, weak pulse
- ◇ No longer sweating even though it's hot

If you are experiencing any of these symptoms, you should immediately seek medical attention. In the meantime, it is important to get cool water on the body – cool washcloths, misting water onto the body, cool baths, or icepacks work well. Icepacks should be applied to the neck, armpits, and groin.

How to keep yourself cool on a hot day:

- ◆ Drink water regularly, not just when you are thirsty
- ◆ Avoid using the oven or stove to cook meals on especially hot days
- ◆ Wear loose-fitting clothes
- ◆ Take cool showers to cool down. Be careful not to take ice cold showers when you are extremely hot. This may shock your body and make you more sick.
- ◆ Make sure that your air conditioning system is maintained well
- ◆ If you do not have air conditioning, you may want to stay with a friend or family member who does.
- ◆ Do not overwork yourself
- ◆ Rest
- ◆ Have others who check up on you or check up on others to make sure they're doing alright in the heat
- ◆ Protect yourself from sunburns which trap heat in your body
- ◆ When you must go outside, wear a hat, stay in the shade, and move slowly as to not overwork yourself

While all these steps will help prevent a heat-related illness from occurring, you should always be on the lookout for the symptoms above. No matter how careful we are, sometimes the heat will still catch up to us.

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

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Closed 	5 Ham & Spinach Bake Hash Browns Warm Apples Orange Juice Cinnamon Roll	6 Beef Steak and Gravy Diced Potatoes Asparagus & Carrots Fruit Cup Cake	7 Chicken & Vegetables Chickpea Pasta and Sauce Italian Vegetables Apple Slices	8 Chili Dog Sweet Potato Fries Green Beans Pineapple
11 Pulled Pork & Gravy Mashed Potatoes Mixed Vegetables Cranberry Applesauce	12 Baked Pollock Sweet Potatoes Broccoli and Cauliflower Blueberries n' Cream	13 Pineapple BBQ Chicken Veggie Fried Rice 7 Layer Salad Apple Caramel Cookie	14 Swiss Steak & Gravy Baby Bakers Carrots Jell-O with Dragon Fruit	15 Club Salad Lettuce, Ham, Chicken, Turkey, Chickpeas, Tomatoes, Cucumber, Cheese Brownie
18 Unstuffed Cabbage Casserole Rutabagas Dried Fruit Yogurt with Fruit	19 Lunch & Learn in the Park Turkey & Swiss on Cranberry Bread/ Chips Everything but Lettuce Salad Red, White, & Blue Dessert	20 Country Style Ribs Au Gratin Potatoes Spinach Fresh Peach	21 Corned Beef Diced Potatoes Cabbage and Carrots Cucumber Sticks Pudding	22 Potato Crusted Fish Calico Beans California Blend Veggies Healthy Coleslaw Chocolate Chip Cookie
25 Baked Ham Mashed Sweet Potatoes WI Blend Vegetables Banana	26 Meatloaf and Gravy Seasoned Potatoes Brussel Sprouts Raisins *Raspberry Salad- Recipe winner	27 Turkey & Dumplings Over Vegetables Stew Tomatoes & Red Beans Pear Éclair Cake	28 Polish Sausage Potato Medley Bok Choy Strawberry Cup	29 Beef Patty & Gravy Mashed Potatoes Beets Orange Pistachio Dessert



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

Tuesday, July 19, 2022

11:30am– Emergency Management System Presentation

With Lieutenant Aaron R. Williams, Director of Emergency Management

Noon– Lunch Served

Corn Hole Tournament– Following Lunch

On the Menu: Turkey & Swiss on Cranberry Bread, Chips, Salad, Patriotic Dessert

Thursday, August 18, 2022

11:15am– Open Discussion on Health Literacy (vaccine updates, medications, and more) with Chuck Bornhoeft, Literacy Volunteers

Noon– Lunch Served

Minute to Win it Games– Following Lunch

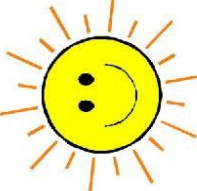

On the Menu: Western Pasta Salad, Cauliflower Potato Salad, Fruit Salad, Coconut Pie

We hope to see you there! Suggested donation of \$3.00 for

ages 60 and older and spouses regardless of age. To RSVP call (608) 297– 3146.



Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Broccoli Stuffed Chicken Roasted Vegetables & Pasta Peas and Carrots Mixed Melon	2 Pork & Mushroom Stew Mashed Potatoes with Apples Collard Greens Grapes	3 Liver and Onions Diced Potatoes Edamame Succotash Cherry Tomatoes Cake & Ice Cream	4 Cranberry Meatballs Sunrise Potatoes Cauliflower Kiwi Cookie	5 Lasagna Casserole Italian Blend Vegetables Carrot Raisin Salad Pear Cup
8 Pepperoni Pizza Wax Beans Potato Chips String Cheese Raspberry Applesauce	9 Oriental Chicken Salad Lettuce, Kale, Chicken, Sugar Snap Peas, Oranges, Craisins, Cheese Pecan Pie	10 Spaghetti & Meatballs Mixed Vegetables Watermelon Banana Cream Pie	11 Mini Corn Dogs Calico Beans Roasted Corn and Peppers Mixed Berry Cup	12 Turkey and Gravy Stuffing Mashed Potatoes Asparagus & Carrots Cherry Bars
15 Sweet and Sour Pork Garden Blend Rice Oriental Vegetables Peach Cup Ice Cream Bar	16 Hamburger Stroganoff Pea Pasta Beets Tomatoes & Dip Cake	17 Loaded Chicken & Potato Casserole Broccoli Zesty Corn Salad Vanilla Pudding and Oranges	18 Lunch & Learn in the Park Western Pasta Salad Cauliflower Potato Salad Fruit Salad Coconut Pie	19 Gyro Skillet Hash Browns Warm Peaches Grape Juice Cinnamon Roll
22 Veggie Wrap Tomato Rice & Meatball Soup Cottage Cheese with Chives Apples and Dip	23 Fish Sandwich with Lettuce Corn and Black Beans Sweet Potato Puffs Ice Cream	24 Beef Steak & Gravy Mashed Potatoes California Blend Veggies Frosted Grapes	25 Baked Chicken Potatoes O' Brien Caramelized Carrots Fruit Cocktail Scone	26 Salmon Patty with Pea Sauce Squash Kale Salad Raspberry Cup
29 Swedish Meatballs Mashed Potatoes Country Vegetables Creamy Fruit with Granola	30 Pork Burritos Spanish Rice Mexican Cole Slaw Fruit Cup Tres Leches Cake	31 Fruit It Up Salad Lettuce, Spinach, Oranges, Apples, Pineapple, Blueberries, Craisins, Cheese, Nuts 7 Layer Bar		

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**.

Dining site visits with the Benefit Specialists

Packwaukee– 1st Monday of the month

Endeavor– 1st Wednesday of the month

Neshkoro– 2nd Tuesday of the month

Westfield– 2nd Wednesday of the month

Oxford– 3rd Tuesday of the month

Montello– 3rd Wednesday of the month



Special Events - 2022

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.

Following are the membership events at the Dome.

- Sunday:** Card playing 12:30
Potluck meal every third Sunday of the month
- Monday:** Chair exercise 10:00 to 11:00
Card Playing 12:30
- Tuesday:** Euchre 1:00
- Wednesday:** Chair aerobics and weights 10:00 to 11:00
Card Playing 12:30
- Thursday:** Fivre 1:00
- Friday:** Chair Yoga 10:00 to 11:00
Card Playing 12:30



Birthday Club: We go out to eat third Wednesday of the month to celebrate the members Birthdays that occur that month. It is Dutch Treat and we car pool. Call Phyllis at (920) 979-7027 if interested.

Notices of our 2022 activities can be found posted on the front door of the Dome, in the Marquette County Senior Citizen Newsletter, and 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 www.adrcmarquette.org/news/events

Marquette County Giving Garden

Are you wondering how to support the garden this year? You can make a monetary donation by mailing in a check to:

Human Services
Attn: Giving Garden
PO Box 405
Montello, WI 53949



Also, if you are interested in volunteering to help weed and pick the produce, please feel free to call 608-297-3166.

The Marquette County Giving Garden produce is used in our Senior Nutrition Program and The Care & Share Food Bank. If you have any questions, please feel free to call 608-297-3166.



Marquette County Senior Nutrition Program

Senior Dining Sites

Endeavor Civic Center

400 Church St, Endeavor

Meals Served: **Wednesday at Noon**

Oxford Village Hall

129 S. Franklin St, Oxford

Meals Served: **Tues & Thurs at Noon**

Montello Senior Center (Dome)

140 Lake Court, Montello

Meal Served: **Mon, Wed, Fri at Noon**

Packwaukee Town Hall

N3511 State St, Packwaukee

Meal Served: **Mon & Fri at Noon**

Neshkoro Area Community Center

114 E Park St, Neshkoro

Meal Served: **Tues & Thurs at Noon**

Westfield Municipal Building

129 E. 3rd St, Westfield

Meal Served: **Mon, Wed, Fri at Noon**

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

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 Dining Sites, please call **608-297-3146**.



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 ½. 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).



Jessica Bittleman

1. Where's the next place on your travel bucket list and why?

Grand Canyon. It looks beautiful!

2. What's your favorite season and why?

Summer- cook outs, campfires and swimming.

3. If you could have a superpower, what would it be?

Multiply myself!

4. What's your go-to midnight snack?

Ice Cream Sandwiches

5. If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?

Breakfast

6. If you were in a pageant, what would your talent be?

Sewing, I have been sewing since the age of 10.

7. Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?

Happy

HEAT EXHAUSTION VS. HEAT STROKE SYMPTOMS

HEAT EXHAUSTION

Thirst

Dizziness

Weakness/Feeling
Uncoordinated

Nausea

Excessive Sweating and
Clammy Skin

Weak, Rapid Pulse

VS



HEAT STROKE

Body Temp of Over 104
Degrees

Behavior Changes

Fainting/Loss of
Consciousness

Shortness of Breath

No Sweating Even Though
it's Hot/ Dry Skin

Strong, Rapid Pulse OR
Weak, Slow Pulse