

# Marquette County

ADRC NEWS...

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

## July & August 2023

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Photo Submitted By: Tara Hamilton

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](mailto:mklebs@co.marquette.wi.us)



**At Pioneer Memorial Park**

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

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**Thursday, July 27, 2023**

**11:15am– Falls Prevention Presentation**

With Dawn Eskau, Marquette County Public Health Nurse

**Noon– Lunch Served**

**Musical Entertainment by The Geezer**

**On the Menu: Italian Salad** (Lettuce, Pepperoni, Beans, Veggies, Cheese), Orange Dream Bar

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**Monday, August 14, 2023**

**11:00am– K9 Presentation**

with Deputy Colin Zeumer and K9 Zorro, Marquette County Sherriff's Dept

**Noon– Lunch Served**

**Following Lunch– Bag Toss Tournament**

**On the Menu: Club Wrap**, Veggie Rainbow Salad, Ambrosia

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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.



## Scam Alerts—Medicaid Renewal and FoodShare

*By the GWAAR Legal Services Team*

The Wisconsin Department of Health Services (DHS) has been made aware of a scam targeting Medicaid members via two text messages. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, they are informed they have lost their health insurance coverage and need to pay to be reinstated. **DHS does not send text messages with this type of language and does not charge a recertification fee.**

The United States Department of Agriculture (USDA) has learned that criminals are using phony text messages that say a recipients SNAP EBT Card (FoodShare Quest card) has been locked. The text message provides a phone number to call for help. This is known as a phishing scam and is a type of fraud. If you do not know if a request for information is real, contact your local Income Maintenance agency at 888-256-4563.

## Museums for All

*By the GWAAR Legal Services Team*

Anyone with a FoodShare or SNAP EBT card can gain free or reduced cost admission to participating museums, zoos, art museums, children's museums, aquariums, nature centers, and other adventures. Museums for All is a national access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits.

The website [Museums4All.org](http://Museums4All.org) has a list of participating locations in every state with more than 1,000 museums throughout the United States. Wisconsin has 20 participating locations including:

- Above & Beyond Children's Museum, Sheboygan
- Atlas Science Center, Appleton
- Betty Brinn Children's Museum, Milwaukee
- The Building for Kids Children's Museum, Appleton
- Central Wisconsin Children's Museum, Stevens Point
- Charles Allis Art Museum, Milwaukee
- Children's Museum of Eau Claire, Eau Claire
- Children's Museum of Fond du Lac, Fond du Lac
- Children's Museum of La Crosse, La Crosse
- Door County Maritime Museum  
Death's Door Maritime Museum, Ellison Bay
- Door County Maritime Museum  
Sturgeon Bay Museum, Sturgeon Bay
- Ephraim Historical Foundation, Ephraim
- Explore Children's Museum of Sun Prairie, Sun Prairie
- Madison Children's Museum, Madison
- Manitowoc County Historical Society, Manitowoc
- Milwaukee Public Museum, Milwaukee
- The Mining & Rollo Jamison Museums, Platteville
- Northwoods Children's Museum, Eagle River
- Wausau Children's Museum, Wausau
- Wisconsin Maritime Museum, Manitowoc



There are also many great participating museums in Chicago, Illinois, including the Shedd Aquarium, Chicago Botanic Garden, the Museum of Contemporary Art, Chicago History Museum, Adler Planetarium, Abraham Lincoln Presidential Library and Museum, Lincoln Park Zoo, the National Veterans Art Museum, and many more.

Pre-registration is not required, and there is no limit to how many participating museums families can visit at the discounted admission rate. Simply show the EBT card and a photo identification upon admission and the museum will grant the discounted rate for up to four people per EBT card.

The Museums for All initiative was launched in 2015 by the Institute of Museum and Library Services, a federal agency based in Washington, D.C. Since 2015, more than five million visitors nationwide have been served through the program, allowing people of all income levels to feel welcome at cultural institutions.

## Fraudsters Never Go On Vacation

Fraudsters will never take a break. While you are out enjoying fun and sun this summer, they are working hard to find new ways to scam you. Seniors and younger people are particularly vulnerable to scammers who claim to represent Social Security. To protect you and your loved ones, you can:

Visit our Protect Yourself from Social Security Scams webpage at [www.ssa.gov/scam](http://www.ssa.gov/scam) for information on what tactics scammers use and how to report them.



Check out the Federal Trade Commission's page at [consumer.ftc.gov/scams](http://consumer.ftc.gov/scams) for additional scam-related information.

Here are some tips to follow when you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.

Report the scam immediately to our Office of the Inspector General at <https://oig.ssa.gov/report/>.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov or Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.

Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

There are no vacations for fraudsters, so you need to stay informed of the latest Social Security-related scams. For more information, please visit our blog at [www.blog.ssa.gov](http://www.blog.ssa.gov).

Please share these useful resources with your loved ones.

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## Aging and Disability Services Transportation Program

### If you need a RIDE to Medical Appointments

The Transportation Program will coordinate and provide transportation for **people 60+, people with disabilities or veterans to and from medical appointments**. Copay amounts depend on the destination.

### If you 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 **4<sup>th</sup> Friday** of the month. Transportation will be provided to Portage for shopping. Copay to Portage is \$15. Times vary depending on ridership. Please call to reserve your spot.

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

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

**Call the Transportation Coordinator at (608) 297-3104 to make your reservations.**

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](mailto: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 [adrcmarquette.org](http://adrcmarquette.org) website.

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, 5<sup>th</sup> 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	\$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 the transportation coordinator at **(608) 297-3104** to make a donation.

## Social Security Celebrates the Americans with Disabilities Act

This year, we celebrate 33 years of the Americans with Disabilities Act (ADA) and its importance to many beneficiaries. We're committed to the principles and spirit of the ADA, and the way it improves the lives of millions. Matt's story is an example of how the ADA and our Ticket to Work (Ticket) Program can help beneficiaries achieve their career goals.



As a job seeker who is deaf and needs accommodations, Matt was reluctant to tell prospective employers about his disability. He worried that employers would not hire him if they knew about his disability. That's when Matt connected with our Ticket Program. This program supports career development for people ages 18 to 64 who receive Social Security disability benefits and want to work. Through this free and voluntary program, approved service providers offer supports and services as participants move toward financial independence through work.

Matt learned how his employment might affect his benefits. He also learned that our Medicare-related work incentive allows him to pursue a career without worrying about health care coverage.

If Matt's disability interfered with work, he could return to receiving benefits without having to file a new application through the expedited reinstatement process.

Matt now works full-time as a human resource analyst. Thanks to the ADA, he received accommodations for the interview process and on the job. He also found that the Ticket Program helped him find a path to a better future. You can learn more about the Ticket Program at [www.choosework.ssa.gov](http://www.choosework.ssa.gov).

Our online booklet, *Your Ticket to Work: What You Need to Know to Keep it Working for You* found at [www.ssa.gov/pubs/EN-05-10062.pdf](http://www.ssa.gov/pubs/EN-05-10062.pdf), provides detailed information about the program.

You can learn more about Matt's story at [www.choosework.ssa.gov/library/matt-success-story](http://www.choosework.ssa.gov/library/matt-success-story).

Please share these resources with your loved ones.

# Medicare Coverage of Ambulance Services

By the GWAAR Legal Services Team



If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know that Original Medicare or your Medicare Advantage plan will cover the charges?

## Criteria for an Emergency Call

You can get emergency ambulance transportation when you've had a sudden medical emergency and your health is in serious danger because you can't be safely transported by other means, like by car or taxi. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra mileage to that facility. The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

## Criteria for Facility-to-Facility Transport

You may be able to get emergency or non-emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation isn't an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra mileage.

*Note:* if you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly.

If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB). For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS). To find the EBS in your area, visit: [www.dhs.wisconsin.gov/benefit-specialists/counties.htm](http://www.dhs.wisconsin.gov/benefit-specialists/counties.htm)





## Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$30.00** 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.

### *Tips and Tricks from the Kitchen:*

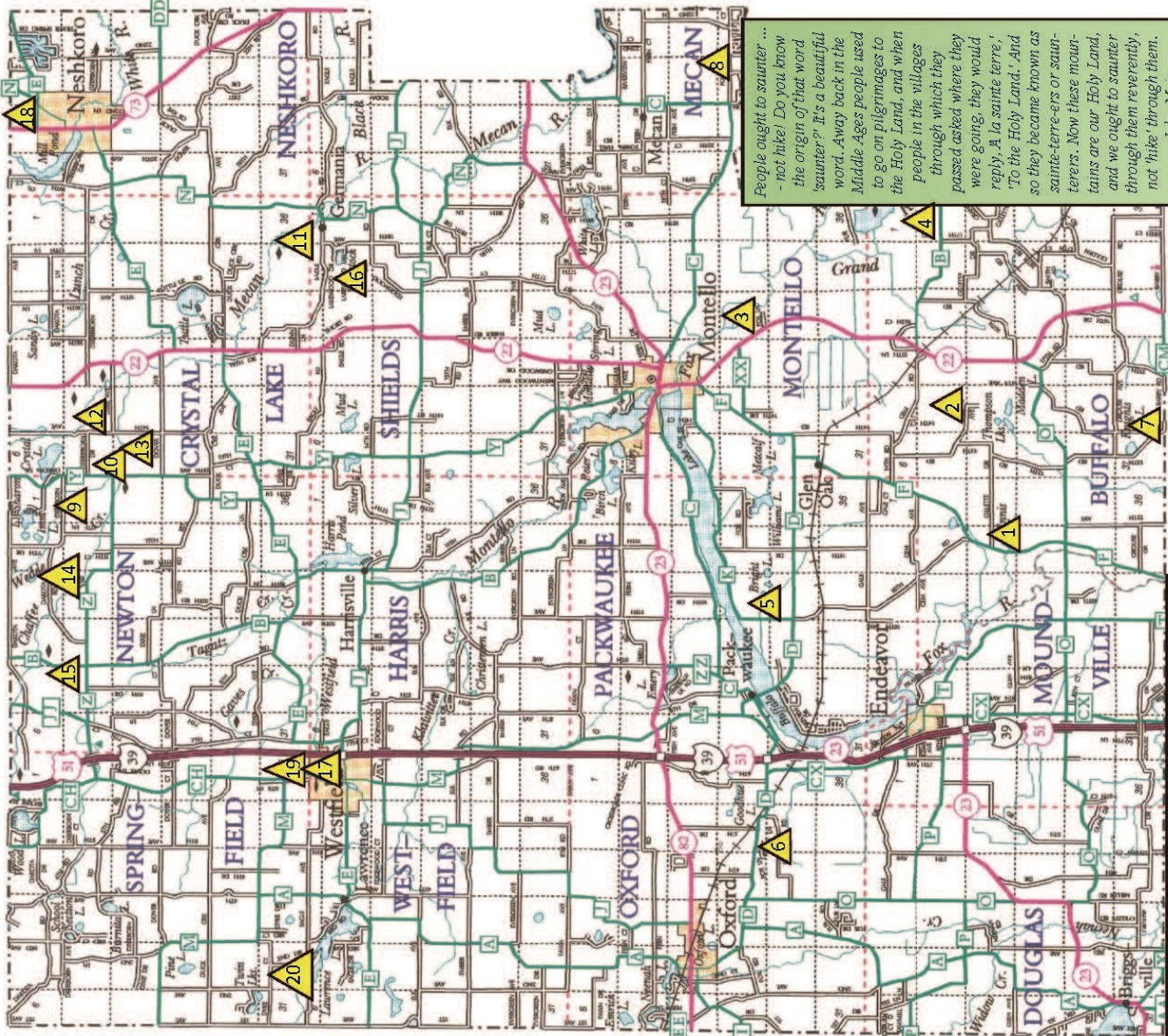


Scratch Free Skillets- When stacking non-stick skillets, place a paper plate between each to prevent scratches.

**Marquette County Saunter Sites**

*John Muir, the great naturalist and champion of preserving wild places spent his boyhood years in Marquette County. You can find the wonderful wilderness that he came to love by sauntering the public lands and trails of his boyhood home. This list is a beginning point for your strolls through nature. Some of the sites are designated trails and others are places on public land where access and walking are easy, but where trails are not always maintained. Be aware that DNR land is generally open to hunting during season and you must familiarize yourself with safety precautions during these times. Some land on DNR land are not maintained trails, but we've chosen easy to find and follow paths for your saunter routes. Don't be surprised, though if you encounter fallen trees or some overgrowth. Stay safe.*

- 1. John Muir Park and the Ice Age Trail.** Take Cty Hwy. F, 7 miles south to the park entrance on the east. Hike the 2.3 mile mowed trail around Ennis Lake. Restrooms, picnic tables, small shelter.
- 2. Observatory Hill :** From the intersection of Hwy. 22 and County F in Montello, take F south 4.8 miles, then left / east on 14<sup>th</sup> Rd. one-half mile. Turn right / south on 13<sup>th</sup> Rd., 1.4 miles then left / east on Gillette Ave., .6 miles to parking lot trailhead on north side of road. GPS: N43 42.046 – W89 20.375. Primitive trail, no facilities. State Natural Area. County's highest point.
- 3. Grand River Locks:** From the stoplights at the intersection of Hwy. 22 and 23, in Montello, take Hwy. 22 south 3.2 miles; turn east on Lower Lock Road 1 mile to parking lot. GPS: N43 45. 402 – W89 17.052. Handicap accessible fishing pier and trail. Bathrooms seasonally. Parking. Great birding and easy walking.
- 4. Grand River South:** take Hwy. 22 from Montello south 6 miles to County Hwy. B, turn left/east on B for 3 miles to gravel road on left. Road is open May-September but you can park and walk around the barricade at any time. It is a 1.3 mile saunter to Grand River Dam. Several parking areas offer access to 2,000 acres of forest, prairie and Grand River Wildlife Refuge. GPS to road entry: N43 42.519 – W89 15.338. No facilities.
- 5. Page Creek State Natural Area:** Take 22 south from downtown Montello to County Road K. Take K 5.9 miles to the parking lot on the left/east. Primitive trail through forests leads to ancient floating bog and lake. GPS: N43 45.549 – W89 25.498. No facilities.
- 6. Summerton Bog State Natural Area:** from Packwaukee, take County D west 2.7 miles. Turn left on Freedom Rd., .7 miles to parking lot on left. GPS: N43 45.367 – W89 31.121. Prairie, bog, fen, tamarack remnant. No facilities. Another parking lot is 1.6 miles on Freedom Road: GPS: N43 45.190 – W89 32.001.



*People ought to saunter ... - not hike! Do you know the origin of that word 'saunter'? It's a beautiful word. Away back in the Middle Ages people used to go on pilgrimages to the Holy Land, and when people in the villages through which they passed asked where they were going, they would reply, 'A la sainte terre.' 'To the Holy Land.' And so they became known as sainte-terre-ers or saunters. Now these mountaintains are our Holy Land, and we ought to saunter through them reverently, not 'hike' through them.*

...John Muir

*Wander a whole summer if you can. John Muir*

Triangles are approximate to locations.

7. **French Creek State Wildlife Area:** From downtown Montello, take Hwy. 22 south 8.2 miles to Hwy. O. turn right/west on O and go 2.7 miles. Turn left /south on 13<sup>th</sup> Road one-half mile to parking lot. GPS: N43 39.940 – W89 21.367. Another parking lot is .4 miles south on 13<sup>th</sup>. Oak savannah, prairie and woodlots. No facilities.
8. **Apuckawa Nature Trail.** From the stoplights in downtown Montello: go east on Hwy. 23, .6 of a mile to County C east (rt. turn) 5.8 miles to 4-way stop. Proceed straight ahead on Fox Ct., .7 miles then turn right /south on Toepper Dr. to parking area. Pick up trail map at kiosk. Easy hike thru park and forest area containing 26 species of trees and shrubs. Lake and woods offers incredible birding. White squirrels frequent park area. Restrooms, picnic tables. GPS: N43 46.002- W89 11.511.
9. **Wedde Creek Savannah:** From Harrisville, take County E north to County Y then north to Deerborn then west on Deerborn Avenue 0.45 miles to a parking south of the road. Walk south into the site. State Natural Area, no facilities.
10. **Wedde/Chaffee Creek:** Straight east of the intersection of County Y & Z is a parking lot. GPS: N43 57.118 – W89 21.919. Trail goes east through old field and pines to confluence of Wedde and Chaffee Creeks.
11. **Germania Marsh and Wildlife Area:** This area has six parking lots with access to several miles of roads. Most roads are closed to vehicle traffic, but walking in the wildlife area is permitted. **Site A:** Hwy. 22 north from Montello 9 miles to Eagle Rd. Turn right and go .5 mile to parking lot on left. GPS: N43 54.375 – W89 18.201. **Site B:** Continue south on Eagle Rd. .5 miles to **Site C** parking lot on left. From Site B stay on Eagle Rd. east approx. 2 miles to parking lot on left. GPS: N43 53.479 – W89 16.362. **Site D:** continue east on Eagle Rd thru the town of Germania to Hwy. N turn north on N and just under a mile is a road on the left that will take you to the dam. GPS: N43 53.949 – W89 15.097. **Site E:** Continue north on N .7 miles to Duck Creek Rd. If gated, park and walk the road through the marsh. GPS: N43 54.537 – W89 15.117. **Site F:** Continue north on N one mile to Duck Creek Ave. Turn left and go just under two miles to Duck Creek Rd. Go 1 mile to parking area on left. GPS: N43 54.528 – W89 16.603. Wetlands, oak and aspen forests, marshes and impoundments throughout the area. No facilities.
12. **Mecan River Pine-Oak State Natural Area:** 12 miles north of Montello on Hwy. 22. Turn left on Dixie Ave., and go 1.2 miles to parking area on right/north. GPS: N43 57.129 – W89 20.361. Easy trail leading to Mecan River. No facilities.
13. **Chaffee Creek:** North on 22 from Montello to Dixie, west on Dixie to 14th, south on 14th. West side of 14th Avenue between Dixie and Dover is parking. Easy walking trails through oak and pine forests along Chaffee Creek. GPS: N43 56.986 – W89 20.828. No facilities.

14. **Chaffee Creek West:** 8 north out of Harrisville to Z. Go right / east on Z 1.7 miles. Turn left on 10<sup>th</sup> Lane 100 yards to parking lot on right. GPS: N43 57.669 – W89 24.626. Hike north of the lot through large pines and oak forest. No facilities.
15. **Chaffee Creek North:** From Westfield take E north to 7th Ct north to Z. Turn right/east on Z a half mile to Hwy B. Go left/north on B 1.1 miles to parking lot on right. GPS: N43 58.516 – W89 26.559. No facilities.
16. **Comstock Bog State Natural Area.** Highway 22, five miles north of Montello to County J. Turn right on J and go one mile then turn left /north on Edgewood Rd. and proceed one mile to parking lot on left. GPS: N43 52.325 – W89 16.706. From the parking area, walk back west on the road to the corner of the State Natural Area property and walk into the glaciated ridge that borders the east side of the bog. No facilities.
17. **Westfield Community Trail.** From the intersection of I-39 and County E: go west one tenth of a mile and turn right on S. Pioneer Park Rd. Proceed .4 miles to the entry of Pioneer Memorial Park on right. Trailheads are behind the ball diamond. 2 groomed trails through mixed forest and field.
18. **Neshkoro's Community Trail:** From downtown Neshkoro: take Hwy. 73 N towards Wautoma just over one mile to Stan-O-Gene Park on the right side of the road. Hiking trails are behind the ball diamond. Three developed trails from two-thirds of a mile long to a mile and a quarter. Pines, fields and a pond. Restrooms, picnic area and playground at park.
19. **Andy Polk Memorial Labyrinth** open to the public on the grounds of Westfield High School. Cty Rd M north
20. **Lawrence Creek Saunter Sites.** There are at least four points at which to park and walk in this DNR fishery area.. Here are three: **A.** Take E west from Westfield to 3rd Rd. and turn north/right. Go .7 mile to Eagle Ave, the 1.9 miles west/left to parking on north/right. **B.** Continue 1/2 mile on Eagle Ave to another parking area on north/right. **C.** Continue west on Eagle Avenue and turn north/right on 1st Ave. Just a tenth of a mile north on 1st are parking lots on the right and on the left that take you along Lawrence Creek.

[www.marquettecountywisconsinlodging.com](http://www.marquettecountywisconsinlodging.com)

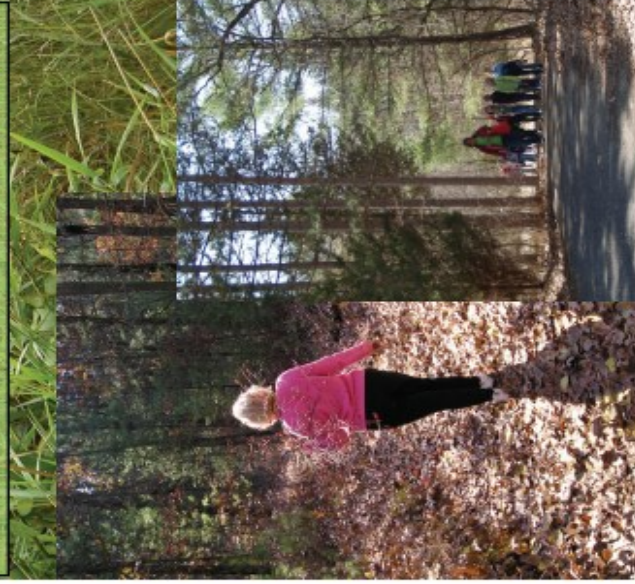
*All the wild world is beautiful, and it matters but little where we go, to highlands or lowlands, woods or plains, on the sea or land or down among the crystals of waves or high in a balloon in the sky; through all the climates, hot or cold, storms and calms, everywhere and always we are in God's eternal beauty and love. So universally true is this, the spot where we chance to be always seems the best.*

*John Muir*

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# Marquette County Saunter Sites

*I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.*  
*John Muir*



[www.marquettecountywisconsinlodging.com](http://www.marquettecountywisconsinlodging.com)

# Greens of Summer

By Amelia Cisewski, RDN, CD



Dark green leafy vegetables such as kale, chard, collard greens, arugula, and spinach are bursting with nourishing health benefits. The USDA's MyPlate recommends adults to eat 1 1/2 –2 cups of dark green vegetables per week.

Nutrient-dense dark leafy greens are packed with healthy plant-based compounds plus vitamins and minerals. The many nutrients include vitamin A, vitamin C, folate, vitamin K, magnesium, calcium, iron, and potassium as well as many antioxidants and fiber. They are also low in calories.

These nutrients perform a variety of functions in the body, including promoting good vision, supporting the immune function, acting as anticoagulants that may help prevent certain cancers, and regulating blood pressure, blood sugar, and cholesterol.

If you're taking an anticoagulant medication (blood-thinning drug). Eating consistent amounts of vitamin K is extremely important. Too much or too little can affect how your blood clots. Check with your doctor before making any changes in your diet if you are taking an anticoagulant medication.

Leafy greens can be added to a variety of different meals. Try adding to a salad or wrap. Add to a smoothie. Many greens like spinach, kale, and collard greens are great for cooking. Add to a soup, stir-fry, casserole, or omelet. Try sautéing with a little oil and season with spices such as garlic or lemon pepper. Kale can be baked into chips which make a healthy snack.

## Leafy Green Vegetables Nutrient Comparison

1 cup of:	Calories	Vitamin A (RAE)	Vitamin C (mg)	Vitamin K (mcg)	Folate (mcg)	Calcium (mg)	Iron (mg)	Magnesium (mg)
Chard	7	110	10.8	299	5	18.4	0.6	29.2
Collards, raw	11	120	12.7	184	59.8	52.2	0.1	3.2
Kale	34	515	80.4	547	19.4	90.5	1.1	22.8
Lettuce, leaf	5	133	6.5	62.5	13.7	13	0.3	4.7
Lettuce, iceberg	10	18	2	17.4	20.9	13	0.3	5
Lettuce, romaine	8	205	11.3	48.2	63.9	15.5	0.5	6.6
Spinach	7	141	8.4	145	58.2	29.7	0.8	23.7



# Leafy Green Recipes

## Kale and Peach Salad

### Ingredients

- 1 bunch kale (stalks removed and discarded, leaves thinly sliced or ripped to small pieces)
- 1 lemon, juiced (2 Tbsp.) or apple cider vinegar
- 1/4 cup olive oil
- Salt and pepper to taste
- 2 tsp. honey
- 2 peaches or 1 mango
- 1/2 cup pumpkins seeds, sunflower seeds, walnuts, pecans, or Craisins



### Directions

1. In large serving bowl, add the kale, half the lemon juice, a drizzle of oil, and a little salt. Massage with hands until the kale starts to wilt, about 1 minute. Set aside.
2. In a small bowl, whisk remaining lemon juice with the honey and black pepper to taste. Stream in the 1/4 cup of oil while whisking until a dressing forms.
3. Pour the dressing over the kale, and add the peaches, seeds, and/or nuts. Toss and serve.

Serves 6

## Italian Spinach and Chicken

### Ingredients

- 1 cup low-sodium tomato pasta sauce
- 1 lb. chicken breast, cut or pounded into 1/2-inch thick slices
- 1/2 tsp. Italian seasoning
- 4 cups fresh spinach or 1 package (10 oz.) frozen spinach, thawed and drained
- 3/4 cup shredded mozzarella cheese



### Directions

1. Preheat oven to 350°F.
2. Pour 1/2 cup of pasta sauce in a large baking dish. Lay the chicken pieces over the sauce, then sprinkle Italian seasoning on the chicken. Top with remaining 1/2 cup of pasta sauce, spinach and mozzarella.
3. Bake for 30 to 40 minutes until the chicken is cooked through. (165°F using a food thermometer) and the cheese begins to turn brown.

Yield: 7 cups



# 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

**August 1 – September 5, 2023**

Tuesdays from  
1:00-3:30pm

Neshkoro Area Community  
Center

114 E. Park St  
Neshkoro, WI 54960

**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



Urban Huber  
celebrated his 104th  
Birthday in May 2023  
at the Oxford  
Dining Site!



## WISCONSIN FARMERS' MARKET NUTRITION PROGRAM (FMNP)

- ◆ 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-October 31
- ◆ Contact **608-369-1059** for more information or to apply





## 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 5-10 minutes)
- 👣 Toenails are trimmed
- 👣 Callouses are addressed
- 👣 Foot massage is given
- 👣 Home instructions are provided

### Upcoming Foot Clinic Dates:

July 13th and 20th

August 9th, 23rd, and 31st

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

608-297-3135

## Immunizations with Marquette County Health Department



### Upcoming Immunization Clinic Dates:

July 10th, 24th and 27th

August 14th, 24th, and 28th

**Location:** Marquette County Health Department,  
428 Underwood Avenue, Montello, WI

These walk-in clinic days include Covid-19 vaccines! Please call our office at 608-297-3135 if the walk-in dates do not work, and we can schedule a day that does work! 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!

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

## Keeping Cool During the Summer

The sun is out, the weather is warm, and summer is in full throttle! When thinking about your summer, it's important to best prepare for it so can you make the most out of your warm days! Choosing a healthy balance of foods and drinks is one of the best ways to stay cool and energetic during the coming months, allowing you to enjoy your summer to its utmost potential.

Some great examples of summer foods include watermelons, mangoes, berries, cucumbers, peaches, avocados, and corn. Some great drink examples include water, tea, orange juice, and pomegranate juice.

Healthy eating and drinking can go a very long way, especially in the warm months. Staying cool, energetic, and hydrated will allow for a more enjoyable summer!



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](mailto:foodbank@co.marquette.wi.us)

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



## Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Brat on a Bun</b> Baked Beans Confetti Corn Cucumbers Red, White, & Blue Jell-O	<b>4 Closed</b> 	<b>5 Tuna Casserole</b> Squash Applesauce Cup Cake & Ice Cream	<b>6 Chicken Strips</b> Sweet Potatoes Collard Greens Orange Coconut Cream Pie	<b>7 Seafood Pasta Salad</b> 3 Bean Salad Melon Sherbet
<b>10 Chicken &amp; Mixed Veggies with Biscuits</b> Broccoli Homemade Trail Mix	<b>11 Swedish Meatballs</b> Zucchini Noodles Country Vegetables Melon Ball Sparkling Jell-O	<b>12 Asian Chicken Salad</b> Lettuce, Chicken, Oranges, Craisins, Cheese Cookie	<b>13 Gyro Skillet</b> Gyro Meat, Eggs, Potatoes, Tomatoes, Onion, Feta Cheese Red Bean Salad Fruit Cocktail	<b>14 Philly Steak &amp; Cheese</b> Maple Glazed Sweet Potatoes Creamed Corn & Peppers Dried Fruit Peanut Butter Granola Bar
<b>17 Roast Beef and Gravy</b> Mashed Potatoes w/ Beans Baby Carrots Banana	<b>18 Closed for Nutrition Staff Training</b> No Home Delivered Meals or Dining Sites	<b>19 Ring Bologna &amp; Sauerkraut</b> Diced Potatoes Spinach Cherry Cheesecake Cup	<b>20 Shepard's Pie</b> Stew Tomatoes & Red Beans Mixed Fruit Marble Pudding	<b>21 Cheesy Beef Pasta</b> Asparagus & Carrots Cucumber and Dip Apple Slices
<b>24 Manhattan Clam Chowder</b> Egg Salad on Croissant w/ Lettuce Orange/ Magic Bars	<b>25 Chicken and Gravy</b> Stuffing Sweet Potatoes w/ Peaches Cranberry Sauce Pear	<b>26 Swiss Steak &amp; Gravy</b> Mashed Potatoes Mixed Vegetables Peaches & Raspberries	<b>27 Picnic in the Park at Westfield Pioneer Park</b> No Home Delivered Meals or Dining Sites ** See menu below	<b>28 Pork Burrito</b> Refried Beans Side Salad Fresh Fruit Frosted Brownie
<b>31 Sweet &amp; Sour Pork</b> Veggie Fried Rice Collard Greens Tapioca and Cherries		** Italian Salad Lettuce, Pepperoni, Beans, Tomatoes, Blk Olives, Banana Peppers, Cheese Orange Dream Bar		

## Marquette County Senior Nutrition Program

### Senior Dining Sites

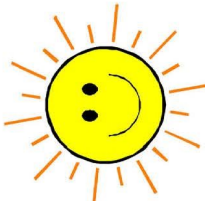

<p><b><u>Endeavor Civic Center</u></b>            400 Church St, Endeavor            Meals Served: <b>Wednesday at 11:30</b></p>	<p><b><u>Oxford Village Hall</u></b>            129 S. Franklin St, Oxford            Meals Served: <b>Tues &amp; Thurs at Noon</b></p>
<p><b><u>Montello Senior Center (Dome)</u></b>            140 Lake Court, Montello            Meal Served: <b>Mon, Wed, Fri at Noon</b></p>	<p><b><u>Packwaukee Town Hall</u></b>            N3511 State St, Packwaukee            Meal Served: <b>Tues &amp; Thurs at Noon</b></p>
<p><b><u>Neshkoro Area Community Center</u></b>            114 E Park St, Neshkoro            Meal Served: <b>Tues &amp; Thurs at Noon</b></p>	<p><b><u>Westfield Municipal Building</u></b>            129 E. 3rd St, Westfield            Meal Served: <b>Mon, Wed, Fri at Noon</b></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 \$3.00. 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 \$3.25 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. Exceptions 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
 <b>7 Chow Mein Casserole</b> Veggie Egg Roll w/ Sauce Root Vegetables Raspberries Ice Cream Bar	<b>1 Corned Beef</b> Diced Potatoes Cabbage and Carrots Fresh Fruit Scone  <b>8 Poor Man's Lobster</b> Spudsters Brussel Sprouts 7-Layer Salad Peanut Butter Krispies	<b>2 Roasted Chicken</b> Squash Noodles Cauliflower Apricots Ice Cream  <b>9 Pulled Pork &amp; Gravy</b> Rosemary Roasted Potatoes Country Vegetables Pineapple Cup	<b>3 Cheesy Ham Egg Bake</b> Hashbrowns w/ Quinoa Warm Cranapple Sauce Tropical Fruit  <b>10 Turkey &amp; Gravy</b> Mashed Potatoes w/ Beans Caramelized Carrots Blueberry Torte	<b>4 Shrimp Salad</b> Lettuce, Spinach, Shrimp, Cheese Chickpeas, Water Chestnuts, Peppers, Orange, Craisins Mixed Berries & Corncake  <b>11 Slopy Joes</b> Sweet Potato Tots Broccoli & Cauliflower Mandarin Oranges
<b>14 Picnic in Park</b> No HDMs or Dining Sites Club Wrap Veggie Rainbow Salad Ambrosia	<b>15 Gyro Salad</b> Spinach, Gyro Meat, Tomatoes, Onions, Feta Cheese Cake & Ice Cream	<b>16 Shepard's Pie</b> Stewed Tomatoes & Zucchini Fruit Pistachio Fluff	<b>17 Chicken Spaghetti</b> Corn & Squash Bake Asparagus Strawberry Cup	<b>18 Beef Tips and Gravy</b> Chickpea Pasta Beets Apple Walnut Salad WG Breakfast Cookie
<b>21 Chicken Bacon Casserole</b> Broccoli Carrots Tropical Fruit Cup	<b>22 Beef Patty &amp; Mushroom Gravy</b> Pea Pasta Spinach Bake Watermelon	<b>23 Mandarin Beef &amp; Broccoli Zoodle Lo Mein</b> Edamame Succotash Creamed Cucumbers Layered Jell-O	<b>24 Sweet &amp; Sour Chicken</b> Veggie Fried Rice Stir Fry Vegetables Cherry Tomatoes & Dill Dip Cookie	<b>25 Ham and Pineapple</b> Au Gratin Potatoes Peas & Pearl Onions Kiwi
<b>28 Cranberry Meatballs</b> Diced Potatoes Bok Choy & Red Peppers Peaches N Cream	<b>29 Liver and Onions</b> Potato Medley Zucchini & Yellow Squash Applesauce	<b>30 Veggie Wrap Kani Salad</b> Crabmeat, Cukes, Carrots, Peppers, Onions, Mayo Citrus Cup	<b>31 Salisbury Steak</b> Mashed Potatoes Carrots Mixed Berries	

# Elderly Benefit 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.

Please contact the Elder Benefit Specialist, **Meg Wandrey**, at **608-297-3103**.

## Dining site visits with the ADRC

- Packwaukee**– 1st Tuesday 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

**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 with our operating cost.

Following are the membership events at the Dome:

**Sunday** card playing 12:30 Potluck 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 10:00 to 11:00, card playing 12:30, **Thursday** Fife 1:00, **Friday** chair yoga 10:00 to 11:00, card playing 12:30 **Saturday** Euchre 12:00 every second Saturday of the month.

**Birthday Club** We go out to eat every 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.

The Dome is now open Monday thru Friday 9:00AM to 3:00PM.

Come and check us out. You can help put a puzzle together, play cards or a game and get information. Hope to see you soon.

**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.



# ADRC Events - 2023

## July

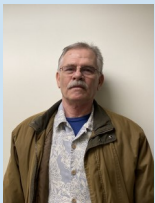
- \* **1<sup>st</sup> Wednesday (July 5<sup>th</sup>)** - Memory Café- Westfield Village Hall -10am– 4th of July Stars Craft
- \* **3<sup>rd</sup> Wednesday (July 19<sup>th</sup>)** - Caregiver Support Group- Montello- 10am

## August

- \* **1<sup>st</sup> Wednesday (August 2<sup>nd</sup>)**- Memory Café- Westfield Village Hall -10am– TimeSlips
- \* **3<sup>rd</sup> Wednesday (August 16<sup>th</sup>)**- Caregiver Support Group- Montello- 10am
- \* **Tuesday, August 1, 8, 15, 22, 29**– Living Well with Health Conditions Workshop– 1:00– 3:30 pm Neshkoro Area Community Center

For more information on these events please visit the ADRC website at [www.adrcmarquette.org](http://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>



### New Meal Driver for the ADRC

Mike recently started at the ADRC as the Westfield/Oxford Home Delivered Meals driver. Please help us welcome Mike to the ADRC.



## Stop by the 2023 Marquette County Fair

### July 6th - July 9th

**General Admission to Fair - Free!**

Small Parking Donation Requested to Support Local Youth Groups

Some entertainment events require a paid ticket. See schedule for more information.

# 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).

## ***Melissa Klebs, 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.

## ***Colleen Sengbusch, Social Worker***

Social work 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.

## ***Meg Wandrey, 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.

## ***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, Living Well with Chronic Conditions, and Stand Up and Move More.

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