

Marquette County

ADRC NEWS...

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

March & April 2024



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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

Photo Submitted By: Jessica Bittelman



ARE YOU A CAREGIVER?

Caregiver Support Group

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

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

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

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



ADRC
Aging & Disability Resource Center
of Marquette County
855-440-ADRC

www.adrcmarquette.org

428 Underwood Ave. • Montello, WI 53949

National Nutrition Month

Nutrition Jeopardy

At the Dining Sites

Endeavor— Wed. March 13

Montello— Mon. March 25

Neshkoro— Thurs. March 14

Oxford— Tues. March 12

Packwaukee— Tues. March 19

Westfield— Fri. March 22



YOU HAVE QUESTIONS... WE HAVE ANSWERS

Give us a call.

My husband was just diagnosed with Alzheimer's disease. What community support is available?



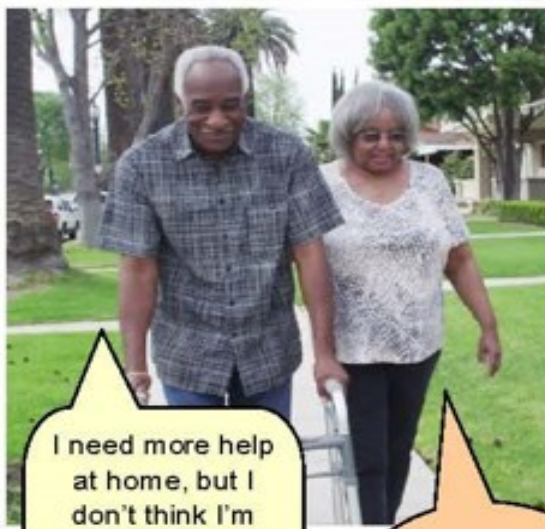
I don't drive anymore. Who do I call for rides to my medical appointments?



Yesterday I fell for the first time. Now I'm afraid. What can I do to prevent future falls?



I was approved for disability but Medicare won't start for two years. What do I do now?



I need more help at home, but I don't think I'm ready for a nursing home. What can I do?

Are home delivered meals an option for me?

I'm struggling with care for my husband. What help is available?



Medicare A, Medicare B, Medicare D... What does it all mean?

The Aging and Disability Resource Center of Marquette County:

Connecting you with Supports and Services.

855-440-ADRC (2372)

DICE GAMES:

GOLF: For those of us stuck inside during a long, cold winter, why not play a game of golf-using dice. You'll need a piece of paper for a score sheet and a pen or pencil. Dice needed: 3

How to play: Each player rolls the three dice (all at once) repeatedly until he rolls a double. Each roll that is not a double counts as a stroke and is tallied under the player's name on the score sheet. Once the player rolls a double, it counts as the hole and he passes the dice to the next player (Some people play that if you roll a three-of-a-kind, it counts as a birdie and you can subtract a point, but this optional). Players may choose to play 9 or 18 rounds, or holes, of golf. At the end of the game, the number of strokes are tallied for each player and the player with the lowest number wins.

Going to Town: (also called Going to Boston) Dice needed: 3

Roll and keep the highest die. Roll the remaining two and keep the highest. Roll the last die and add the three numbers for your total score. If a player rolls the highest total for a round, they win the round. Set a time limit or a set number of rounds to play. Keep score and the player who wins the most rounds wins the game.

Stuck in the mud! Dice needed: 5

The fun of this dice game is the unpredictability. Some turns end immediately, and some seem to go on forever. Players can only score on a roll which does not include the numbers 2 and 5. Any dice, which show a 2 or a 5, become "Stuck in the mud!"

The first player rolls all five dice. If any 2s or 5s are rolled, no points are scored for this throw. If no 2s or 5s are rolled, add up the total of the dice and write it down. The player sets aside any 2s and 5s, and throws the remaining dice. Again, if any 2s or 5s are thrown, no points are scored. If there are no 2's or 5s, add the total to the previous score. Continue in this way until all the dice are "Stuck in the Mud." After the score is totaled, play passes to the left. Agree a number of rounds – five works well – and total up the score. The highest score wins!

Round the Clock: Dice needed: 2

Object of the game: To be the first player to throw all the numbers from 1 to 12 in order

How to play: Choose the first player with a dice throw; the player with the lowest total going first. The first player throws both dice, hoping to throw a 1. Players then take turns (in a clockwise direction) trying to throw a 1. On the next round, those players who threw a 1 will try to throw a 2. Any player who did not throw a 1 in the first round will try again this round. Players can do so by throwing a 2 or two 1s. Play continues round-by-round with players trying to throw all the numbers from 1 to 12 in sequence. Players may count the spots on just one die or on both dice added together. For example, throwing a 3 and a 6 could be counted as 3, 6, or 9. The first player to go "Round the Clock" – throw all the numbers from 1 to 12 in order – wins the game. Variation: A player can keep throwing the dice during their turn until they fail to get the number for which they are trying.

Pig: Dice needed: 1

In this game each player rolls the die. If you roll anything except a "1" you can add that score or take a chance and roll again. You can keep rolling and add that number to your score until you roll a "1". If you roll a "1", you lose all the amount you scored on that turn. It is the player's option to quit at any time and take the score up to that point. The first player to 100 wins.

Ladder: Dice needed: 2

On a piece of paper, draw a ladder and number 1-6 on both sides of the rungs from bottom to top. Each number 1-6 (or harder version 1-10) is crossed off on one side before they can come back down the ladder on the other side. For instance, if a player rolls a 1 and a 2, they can cross off both the 1 and 2 or they can add them and cross off the 3. When all the numbers are eliminated, that player wins.

6-5-4 (also referred to as Ship, Captain, and Crew): Dice needed: 5

Players take turns rolling all five dice. A player can roll (at most) three times. Each player is trying to get a 6-5-4 combination. If all three appear on the first roll, the player's "point" is the sum of the remaining two dice. If a 6 or a 6 and a 5 appear on the first roll, they are set aside. If a player has made the 6-5-4 and still has a roll left, he may roll the remaining two dice for a better point--but must take the point from the last roll. It is entirely possible for a player to roll three times and get no point because the 6-5-4 was never made. The player with the highest point wins. You can vary how you score. Play multiple rounds and keep score of the points. You can play with pennies or poker chips- Each player puts the same amount in the pot. If there is a tie, the game starts again with a new pot double in size; everyone puts in the same amount again.

ADRC (Aging and Disability Resource Center) of Marquette County M-F, 8-4:30

1-855-440-ADRC (2372) 428 Underwood Avenue, Montello

The ADRC provides information and assistance to older and disabled adults, their friends, family, caregivers and the general public. They can assist by providing options available to meet personal situations.

Our website is www.adrcmarquette.org -you can get some great information there, including our Marquette County ADRC News.

ADRC Transportation Program

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

Need a RIDE for a Medical Appointment?

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

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

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

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

Need a RIDE to Portage for shopping?

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

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

For more information, visit www.adrcmarquette.org

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

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

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

Are you interested in sponsoring a ride?

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

Giving Garden

of Marquette County

If you love to garden we have the perfect volunteer opportunity for you. Our giving garden behind the Care & Share Food Bank is the perfect place to help out. Our garden provides fresh vegetables to members of the food bank and our nutrition program (Home bound meals) . call today to sign up to volunteer
(608) 369-1059



Monetary donations can be sent to:
Human Services
Att: Giving Garden
PO Box 821
Montello, WI 53949



MARQUETTE COUNTY FAIR

VOLUNTEERS
WE NEED YOU
July 3-7, 2024

The Fair is looking for volunteers to help in our exhibit building and selling tickets at our grand stand events.
Call today for more information
(608) 296-5200



Volunteer Income Tax Assistance
Serving low-income individuals and families

FREE Income Tax Preparation
Marquette County Health and
Human Services Building
428 Underwood Ave
Montello, WI 53949

To make an appointment, scan code or visit
goodwillscwi.org/community-programs/volunteer-income-tax-preparation-vita
or call 608-852-8355

Tax Preparation Schedule

~~Friday, February 9 10:00am - 4:00pm~~

~~Friday, February 23 10:00am - 4:00pm~~

Friday, March 15 10:00am - 4:00pm



Questions? Call 608-852-8355





Nutritional Supplements

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

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

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

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

Tips and Tricks from the Kitchen:

Juice a lemon with a microwave.

Zap a lemon for ten seconds to breakdown cells and make juice flow faster. This is good to remember when trying to squeeze out as much as possible for a vinaigrette!





2024 NATIONAL NUTRITION MONTH®

WORD SEARCH

Beyond the Table: At the Farmers Market

Words may be horizontal, vertical, diagonal, or backwards

Apples	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
Bok Choy	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
Blueberries	I	U	I	H	E	G	G	P	L	A	N	T	B	A
Carrots	R	A	D	S	N	G	C	I	L	R	G	R	D	E
Cauliflower	R	I	B	L	U	E	B	E	R	R	I	E	S	W
Eggplant	E	W	S	H	N	M	T	G	C	O	N	G	E	N
Green beans	B	O	O	K	E	S	L	S	A	T	S	W	O	A
Kale	P	R	R	I	A	T	E	R	U	S	N	I	T	T
Mushrooms	S	E	S	W	N	L	A	N	L	D	A	N	A	N
Nectarine	A	B	P	A	P	O	E	I	I	A	E	L	T	E
Okra	R	K	C	P	S	U	K	M	F	C	B	M	O	C
Onion	L	W	A	T	E	R	M	E	L	O	N	E	P	T
Potatoes	O	B	L	I	V	R	U	L	O	V	E	D	N	A
Peppers	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
Raspberries	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
Swiss Chard	C	T	H	C	N	G	R	I	R	G	G	N	E	N
Tomatoes	A	K	O	O	L	E	O	T	B	L	L	O	C	E
Watermelon	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R

The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall

or certain food groups like protein and vegetables.



Consuming more calories
to provide needed energy.



Taking in more nutrients
like iron, calcium, and folate.



Sources cited

- Gender differences in longevity in free-living older adults who eat-with-others: A prospective study in Taiwan. 2017.
- A systematic review and meta-analysis of the social facilitation of eating. 2019.
- Social influences and eating behavior in later life: a review. 2011.
- "You've got to be old to go there:" psychosocial barriers and facilitators to social eating in older adults. 2020.
- Living alone but eating together: exploring lunch clubs as a dining out experience. 2017.
- Eating along or together among community-living older people - a scoping review. 2021.

Beyond the Table

By Amelia Cisewski, RDN, CD

March is National Nutrition Month®! It's a time we can focus on the importance of making informed food choices and developing healthy eating and physical activity habits. No matter how old or active we are, making healthy food and drink choices will provide our body with the energy we need now and for the future. Healthy eating choices go beyond the food and drinks we enjoy while sitting at the table. They include our snacks, eating out, and even where foods are grown and how they are prepared.

Here are some ways you can reach Beyond the Table:

Focusing on a Healthy Eating Routine

Making healthy food choices is challenging at times, especially when eating away from home. It doesn't have to be because many restaurants offer nutritional information right on the menu or online to help you choose healthier options. Compare nutrition facts labels on food items to help you decide which are best for you.

Keeping a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can be beneficial when it comes time to make a meal. Keep shelf stable foods and frozen foods on hand for quick, easy meals. Here are some ideas:

Shelf stable foods– canned fish or chicken, dried or canned beans, canned vegetables, brown rice, whole grain pasta, dried herbs and spices

Frozen foods– meat, poultry, fish, vegetables, fruits, whole grain bread dough, shredded cheese

Staying Nourished and Saving Money

With prices of food and other goods going up, buying healthful foods may not feel like a priority, however, many healthy foods are filling, may cost less overall, and help to manage or reduce chances of developing certain chronic health conditions. Plan your meals and snacks, see what foods you already have at home, and make a grocery list before shopping. Use coupons or purchase foods on sale whenever you can.

Learning What's Involved in Growing Your Food

There are many ways you can learn how your food is produced. Visit a local farm or farmer's market and talk with the people who are growing your food. Many farmers and growers will be happy to answer your questions. You can also grow your own fruits and vegetables at home. Even if you have limited space, you can grow herbs or lettuce indoors. Try growing produce in pots like tomatoes or peppers.



The benefits of eating healthy and going beyond can add up over time and change your overall health.

Nutrient Dense Recipes

Vegetable Frittata

Ingredients

- 2 cups chopped vegetables (mushrooms, onions, peppers, tomatoes)
- 6 eggs
- 1/4 cup milk
- 1/2 cup shredded cheese



Directions

1. Heat oven proof skillet over medium heat. Spray with nonstick cooking spray. Add vegetables and sauté until tender, 3-5 minutes. Reduce heat to medium low.
2. While vegetables are cooking, beat eggs and milk together in a medium size bowl, Stir in cheese.
3. Turn oven broiler on high.
4. Pour eggs over vegetables. Cover with a lid. Cook until eggs are nearly set, about 6 minutes. Do not stir and do not remove lid.
5. Remove the lid from the skillet and place skillet in the oven. Broil until the eggs are completely set and lightly browned, 2-3 minutes.

Tips: Use leftover vegetables, frozen vegetables, or canned vegetables that are drained and rinsed. Season eggs with dried herbs, black pepper, or garlic powder.

Serves: 4

From Iowa State University Extension

Veggie Quesadillas

Ingredients

- 4 whole wheat tortillas
- 3/4 cup shredded cheese
- 1/2 cup cooked beans
- 1/2 cup chopped vegetables (corn, mushrooms, onions, peppers, tomatoes)



Directions

1. Heat a skillet to medium heat. Spray with non stick cooking spray.
2. Put 3 tablespoons cheese, 2 tablespoons beans, and 2 tablespoons vegetables on half of each tortilla.
3. Fold the empty side of the tortilla over the cheese, beans, and vegetables.
4. Cook the quesadillas in a skillet until lightly browned on both sides. This will take about 2-3 minutes per side.

Tips: Used dried beans that have been cooked or canned beans that are drained and rinsed.

Top with salsa, sliced avocado, shredded lettuce, plain yogurt, or extra beans and chopped veggies.

Serves: 4

From Iowa State University Extension



Did you know we have a Resource Room?

We have numerous books in our library that we can give out to Marquette County Residents to read and then ask that they pass them on to someone else that would use them. Books and stories about Alzheimer's, dementia, caregiving, mindfulness, aging and loss. Contact us and we can send you the list of what we have.

We have many other resources that we can let you look at, try, and some even keep depending on the situation. If your not sure what you need, or you can't afford something that is needed– Reach out.

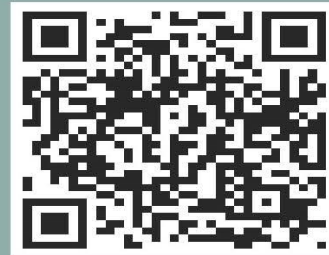
- Safety Alarms- Motion, door, and Pressure Alarms
- Weighted Blankets
- Clocks
- Pill Organizers
- Medication Lock Boxes
- Adaptive Equipment
- Computer Tablets and Power Banks
- Lifelike Baby Doll and Kitty Cat
- Fidget Toys
- Large Playing Cards and Large Print Dice
- File of Life magnets

Please give the ADRC of Marquette County a call at 855-440-2372 to learn more about the services we offer or Visit us at www.adrcmarquette.org for some great information!

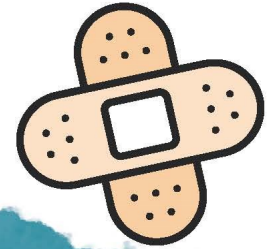
Marquette County Broadband Survey

We need your help! Please take this short survey to assist with planning in Marquette County. This survey will assist with broadband planning efforts throughout the county.

Online: <https://forms.gle/tNesviw2cB4Ux6JN9>



MARQUETTE COUNTY HEALTH DEPARTMENT 2024 IMMUNIZATION SCHEDULE



JANUARY 8	APRIL 8
JANUARY 22	APRIL 22
JANUARY 25	APRIL 25
FEBRUARY 12	MAY 13
FEBRUARY 22	MAY 23
FEBRUARY 26	
MARCH 11	JUNE 10
MARCH 25	JUNE 24
MARCH 28	JUNE 27

LOCATION OF CLINICS:
**MARQUETTE COUNTY HEALTH & HUMAN
SERVICES BUILDING**
428 UNDERWOOD AVE, MONTELLO, WI

CLINIC TIMES: 8:30AM-4:00PM

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

WHO IS VFC ELIGIBLE? Children through 18 years of age who are:
-Medicaid Eligible -Uninsured
-American Indian or Alaska Native
-Underinsured (has health insurance but the coverage may NOT include all vaccines)

FOR FURTHER INFORMATION – (608) 297-3135

Marquette County Health Department Foot Clinic



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

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

Upcoming Foot Clinic Dates:

March has limited availability. Call to schedule your appointment

April 4th, 11th, 16th, 18th, and 25th

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

608-297-3135



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



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

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

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

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

Contact Us:

☎ Phone: (608) 369-1059

✉ Email: foodbank@co.marquette.wi.us

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



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
 <p>4 Ham Boiled Dinner Collard Greens String Cheese Poundcake w/ Blueberries</p>	 <p>5 Ground Beef & Gravy Mashed Potatoes Bean Medley Fresh Fruit Pudding Pops w/ Blackberries</p>	 <p>6 Chicken Parmesan Pasta and Vegetables Carrots Fruit Cup/ Ice Cream Almond Poppyseed Cake</p>	<p>Foods featured each week: March 4-8: Berries March 11-15: Quinoa March 18-22: Fish March 25-28: Spinach</p> <p>7 Poor Man's Lobster Baby Bakers Green Beans Mixed Berry Yogurt Parfait</p>	<p>1 Breaded Fish Sandwich w/ Lettuce Baked Beans California Veggies Fruit Compote</p>
<p>11 Ground Turkey Wild Rice Skillet Beets Veggies & Dip Pistachio Dessert</p>	<p>12 Swiss Steak & Gravy Mashed Potatoes w/ Beans Squash Lori's Quinoa Salad Apple</p>	<p>13 Mediterranean Chicken Quinoa Broccoli Cherry Tomatoes Vanilla Pudding & Oranges</p>	<p>14 Reuben Sandwich Potato Chips Asparagus Tropical Fruit Cup</p>	<p>15 Potato Crusted Fish Hash Browns & Quinoa Coleslaw Kiwi Mint Choc Chip Cookies</p>
<p>18 Corned Beef Sliced Potatoes Cabbage and Carrots Citrus Cup</p>	<p>19 Baked Chicken Mashed Potatoes Calico Beans Dream Bars</p>	<p>20 Cheese Ravioli & Lobster Alfredo California Vegetables Pear Pumpkin Gingerbread Mousse</p>	<p>21 Polish Sausage & Sauerkraut Diced Red Potatoes Mixed Veggies Dried Fruit</p>	<p>22 Tomato Soup Tuna Salad Sandwich w/ Lettuce Broccoli & Dip Under the Ocean Salad</p>
<p>25 Spinach Pecan Salad Spinach, Strawberries, Chickpeas, Pecans, Cheese Chicken Salad Sandwich Cookie</p>	<p>26 Philly Steak & Cheese Wilted Spinach Spudsters Raisins Cherry White Choc Bar</p>	<p>27 Cherry Glazed Ham Sweet Potatoes Green Bean Casserole Pineapple Cup Baker's Choice</p>	<p>28 Chicken Baked Potato Casserole Stew Tomatoes & Red Beans Fruit Juice Black Forest Cake</p>	<p>29 Closed No Dining Sites or Home Delivered Meals</p>

Marquette County Senior Nutrition Program


Senior Dining Sites

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

In addition to getting delicious meals, each site provides an opportunity to meet new people and participate in social activities. For those 60 & older, meals are available on a donation basis with a suggested donation of \$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**.

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Crust Quiche Hash Brown Casserole Green Beans & Apples Sausage Link Fresh Fruit/Sourdough Bread	2 Shredded Pork & Gravy Mashed Potatoes w/ Beans Oriental Vegetables Homemade Trail Mix	3 Orange Pecan Salmon Baby Bakers Peas & Carrots Coleslaw Chocolate Mousse	4 Beef & Bean Burrito Mexican Rice Esquites (Corn Stew) Mexican Caesar Salad Churro	5 Turkey and Gravy Stuffing Rosemary Potatoes Stewed Pears Carrots & Dip
8 Country Style Ribs Mashed Potatoes Bok Choy Cookie	9 Meatloaf Sunrise Potatoes Beets Poppy Seed Fruit Salad	10 Jamaican Day Jerk Chicken Kidney Beans and Rice Jamaican Cabbage Mango	11 Brat w/ Onions Calico Beans Mixed Vegetables Cherry Tomatoes Orange Pretzel Dessert	12 Asian Chicken Wrap Veggie Wild Rice Soup Cranberry Apple Orange Dessert
15 Stuffed Peppers Carrots 3 Bean Salad Jell-O w/ Fruit	16 Chef Salad Lettuce, Turkey, Chicken, Ham, Chickpeas, Eggs, Craisins, Cheese Mixed Fresh Fruit	17 Country Beef & Bacon over Pasta Seasoned Cabbage Applesauce	18 Chicken & Gravy Irish Potatoes Turmeric Cauliflower Craisins Cookies & Choc Chip Dip	19 Mini Corn Dogs Maple Sweet Potatoes Everything But Lettuce Salad Apple Mango Parfait
22 Chicken Cordon Bleu Zucchini Noodles Creamed Veggies Strawberry Cup	23 Beef & Vegetables Yellow Pea Pasta Brussel Sprouts Cherry Cheesecake	24 Cranberry Meatballs Mashed Potatoes Broccoli Carrot Coins & Dip Butterfinger Fluff	25 Apple Cinnamon Pork Loin Sweet Pot Puffs Seasoned Mushrooms Zucchini Bread	26 Sloppy Ottos Potato Wedges Peas and Carrots Apple Pie
29 Shrimp Scampi Linguine w/ tomatoes Asparagus Side Salad Ice Cream Bar	30 Baked Potato Diced Ham Cheesy Broccoli Warm Apples No Bake Cookie Bar			

Elder Benefit Specialist Program

Are you or a loved one turning 65 soon? Did you know that the ADRC has an Elder Benefit Specialist who can educate on everything Medicare! They provide information, advocate, and represent people 60+ on public and private benefit issues. Elder Benefit Specialists assist with applying for a wide range of benefits including 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.

To contact the Elder Benefit Specialist, please reach out to the ADRC at **855-440-2372**.



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!

Community Events - 2024

Marquette County Senior Citizens, Inc.

Senior Dome
140 Lake Ct.
Montello, WI 53949

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

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

Notices of our 2024 activities can be found posted on the front door of the Dome, and the Marquette County Tribune, posters around town and now on Facebook listed as Marquette County Senior Citizens.

For more information about membership or events please call (608) 297-7815.

Ruby's PANTRY

Ruby's Pantry is a non-profit organization working with manufacturers to distribute various food overages, surplus and bumper crops to communities throughout Wisconsin and Minnesota. For a \$25 donation you get an abundance of groceries.

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

4th Saturday of the month

8:00 am- 9:30 am

\$25 CASH DONATION

2024 DATES:

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

www.rubyspantry.org

ADRC Events - 2024

March

- * **6th**- Memory Café- Westfield Village Hall 10am
- * **6th-April 17th** (Wednesdays)- Stepping On- Montello- 1pm-3pm-
Call Amelia at 608-297-3146 to register
- * **12th**- Caregiver Support Group- Montello- 2pm
- * **25th**- Virtual Caregiver Support Group- Montello- 6pm

April

- * **3rd**- Memory Café- Westfield Village Hall 10am
- * **9th**- Caregiver Support Group- Montello- 2pm
- * **22nd**- Virtual Caregiver Support Group- Montello- 6pm

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

To sign up to receive the newsletter electronically go to:
<https://www.mycommunityonline.com/find/marquette-county-department-of-human-services>

Fish N Fun

Come visit the ADRC Booth
May 3rd, 4th & 5th

Events include: carnival, vendor fair, music, petting zoo, games, kids fishing contest, and much more.

Image is from: <https://www.montellofishnfunfest.com/>



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.

Elder Benefit Specialist

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

Steve Moore, Transportation Coordinator

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

Amelia Cisewski, Nutrition Coordinator

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

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