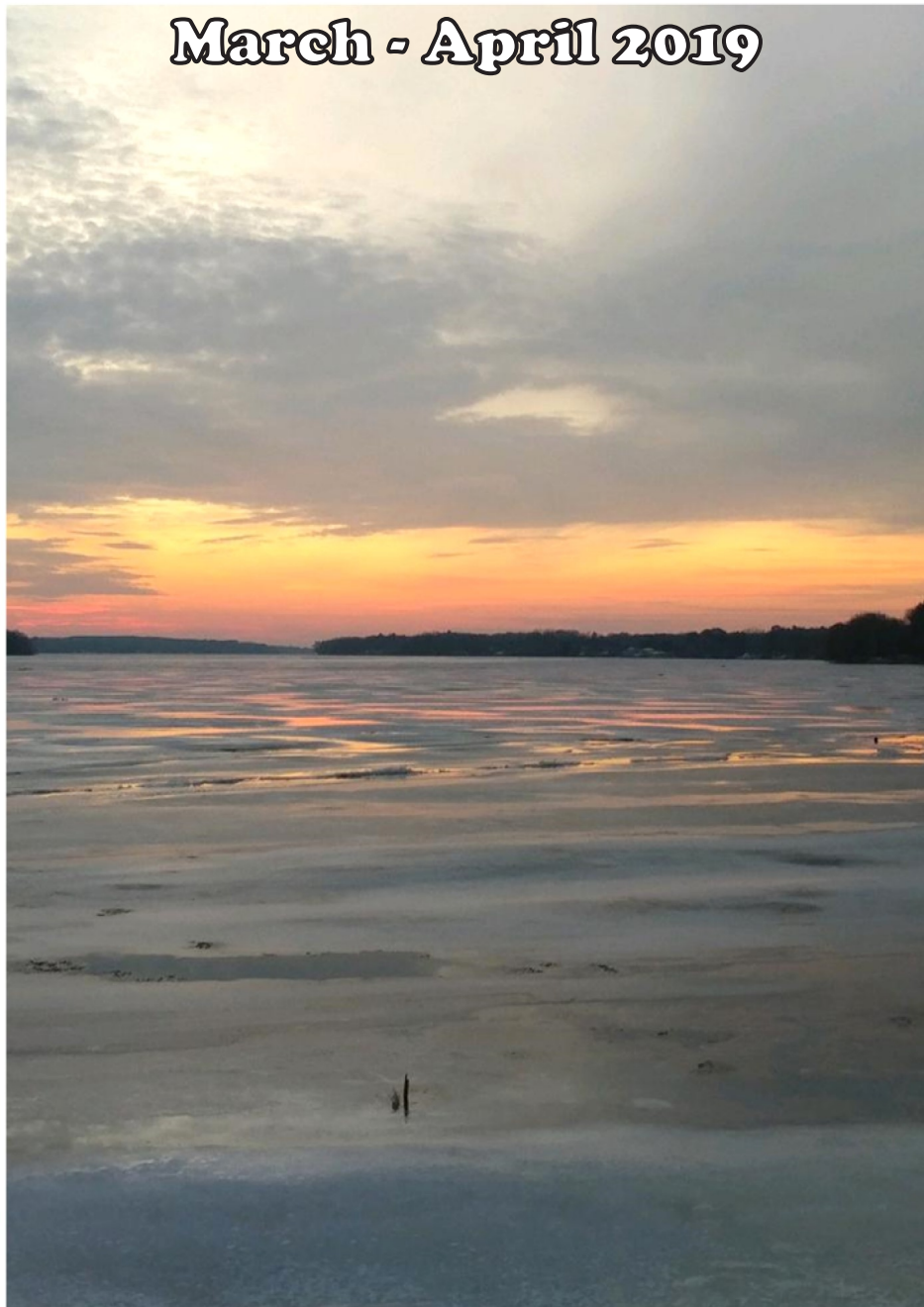


# Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY  
PO BOX 405 • 428 UNDERWOOD AVE  
MONTELLO, WI 53949 • (608) 297-3124

March - April 2019



Buffalo Ice. Submitted by Colleen Sengbusch.

## Inside This Issue

How to Spot Fake News.....	3
Dental Insurance vs. Savings....	4
Memory Café .....	5
Medicare Advantage News...6	
Transportation Programs.....	7
Healthy Eating Tips.....	8-9
Elder Law Attorneys.....	10
Aging Advocacy Day.....	11
Potential Challenges to ACA.	12
Caregiver Burnout .....	13
Opioid Addiction Myths....	14
Disaster Assistance.....	15
Check Your Medical Records	16
Food Bank & Sharing Supper.	17
March Dining Site Menu ...	18
Nutrition Program.....	19
April Dining Site Menu .....	20
Elderly Benefits Specialist ..	21
Activity Calendars .....	22-23

We're looking for photos of  
Marquette County for  
the cover of our newsletter!  
Submit your photos to Alex at  
[atruell@co.marquette.wi.us](mailto:atruell@co.marquette.wi.us)

**Have you checked out our new website?**  
**[www.adrcmarquette.org](http://www.adrcmarquette.org)**



Get information and resources 24/7 by accessing our ADRC website or call and speak to a Resource Specialist M-F, 8 -4:30.



#### Things you can find on the website...

- Marquette County Senior Citizen Newsletter
- Information on Health Promotion Classes
- Nutrition and Dining
- Transportation
- Caregiver Support Information
- Agencies providing resources like home health, hospice, low income housing
- Benefit information for seniors and Adults with Disabilities
- Information on Publicly-Funded, Long-Term Care Programming



**YOU HAVE QUESTIONS....WE HAVE ANSWERS**  
**Connecting you with Supports and Services.**  
**855-440-ADRC (2372)**  
**[www.adrcmarquette.org](http://www.adrcmarquette.org)**

## Fake News!!! - What It Is & How to Spot It

by the GWAAR Legal Services Team (for reprint)

"Fake news" isn't exactly new, but we've heard the term a lot lately. In general, "fake news" refers to news stories that do not have accurate facts, sources, or quotes. Sometimes these stories are intentionally designed to mislead readers. Other times, these stories are written as humor or satire. Often, these stories are meant to be "clickbait"- that is, their purpose is to attract attention and encourage readers to click on a link because the writer will earn more money if more people look at a story.

Recently, there has been concern about "fake news" and the amount of misinformation on social media websites, like Facebook and Twitter. A study published in January 2019 looked at the social media posts of a group of 1,300 Facebook users in 2016. Overall, over 90 percent of the group did not share any articles from websites that are considered fake news publishers. However, researchers found that some age groups were more likely to share "fake news" articles to their Facebook friends. This was true regardless of education level or political beliefs.

It's not clear why some Facebook users are more likely to share "fake news" online. However, it's important for people of all ages to think carefully before sharing misinformation on the internet.

Facebook has provided some tips to help users spot "fake news":

- Be skeptical of headlines. False news stories often have catchy headlines in all caps with exclamation points. If shocking claims in the headline sound unbelievable, they probably are.
- Look closely at the link. A phony or look-alike link may be a warning sign of false news. Many false news sites mimic authentic news sources by making small changes to the link. You can go to the site to compare the link to established sources.
- Investigate the source. Ensure that the story is written by a source that you trust with a reputation for accuracy. If the story comes from an unfamiliar source, check its "About" section to learn more.
- Watch for unusual formatting. Many false news sites have misspellings or awkward layouts. Read carefully if you see these signs.
- Consider the photos. False news stories often contain manipulated images or videos. Sometimes the photo may be authentic but taken out of context. You can search for the photo or image to verify where it came from.
- Inspect the dates. False news stories may contain timelines that make no sense, or event dates that have been altered.
- Check the evidence. Check the author's sources to confirm that they are accurate. Lack of evidence or reliance on unnamed experts may indicate a false news story.
- Look at other reports. If no other news source is reporting the same story, it may indicate that the story is false. If the story is reported by multiple sources you trust, it's more likely to be true.
- Is the story a joke? Sometimes false news stories can be hard to distinguish from humor or satire. Check whether the source is known for parody, and whether the story's details and tone suggest it may be just for fun.
- Some stories are intentionally false. Think critically about the stories you read, and only share news that you know to be credible.

# Dental Insurance vs. Dental Savings Plans

*by the GWAAR Legal Services Team (for reprint)*

If you or someone you love is looking to save money on the high cost of dental care, two available options include dental insurance and dental savings plans. These may sound similar, but they offer different types of benefits and have different limitations. There are pros and cons of each. It is important to know the difference between the two and choose a plan that is right for your individual dental care needs.

## **Dental Insurance**

Dental insurance is like health insurance. You pay premiums to the company, and then, the dental insurance company pays the dental provider on your behalf. These insurance plans will typically require copays and deductibles. They will oftentimes have a provider network that works much like an HMO or PPO health insurance plan.

It is important to note that some dental insurance plans have an annual maximum amount that they will pay on your behalf (sometimes referred to as a “benefit cap.”) Sometimes, this maximum amount will be around \$1,000 or \$1,500. If you need a lot of dental work in a one-year period, this could mean your insurance benefits are used up rather quickly. It may also mean that more expensive items or services may not be fully covered. However, some plans do have negotiated discounted prices that you pay the provider after you reach your annual benefit cap.

Another drawback to dental insurance is that they sometimes require a waiting period before a particular service is covered. One benefit to dental insurance is that sometimes they will cover preventative care with no co-pays. Most importantly, keep in mind that each plan is different, and you should compare multiple plans to choose the right one for your needs.

## **Dental Savings Plans**

Dental savings plans are not insurance (although sometimes they may be administered by insurance companies such as Aetna.) With a dental savings plan, you pay the provider directly, but those charges are discounted in accordance with your plan. Also, you must choose a dentist who participates in the plan.

With a dental savings plan, there are generally no deductibles, no waiting periods, and no annual maximums. However, most often, the discounted price you pay for these services is higher than the copay amount you would pay with dental insurance. Notably, some services that are not typically covered by dental insurance, such as cosmetic services, may be discounted through a dental savings plan.

It is often possible to have both a dental insurance plan and a dental savings plan. For example, if you reach your annual benefit cap with your dental insurance plan, you can then start paying discounted rates through the dental savings plan, or you can pay discounted rates for items or services that dental insurance does not cover. If you chose this option, you will want to make sure your dentist is in-network for the insurance plan and participates in the savings plan.

Finally, and most importantly, when choosing a dental insurance plan, dental savings plan, or both, you should weigh the pros, cons, and total costs of each option. To do this, it is helpful if you have an idea of your expected dental needs. Then, you can estimate what your total dental care cost will be under each plan considering copays, deductibles, benefit caps, covered services, and discounts.

# Memory Café

A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, their family and friends. No need to register, just drop-in.

**First Wednesday of each month**

**10:00 a.m. - 12:00 p.m.**

**Westfield Village Hall**

**124 E. 3rd St., Westfield**

Call Dementia Outreach Specialist  
Kristine Biesenthal, 920.294.4100,  
for more information.



## Wednesday, March 6, 2019 - Winter is for the Birds!

Join us as we make peanut butter pinecone bird feeders to bless our feathered friends while enjoying the wonderful company of friends! If you have pinecones to share, please bring them. The more we have, the more you can make & take home.

## Wednesday, April 3, 2019 - Think Spring!

We are thinking Spring! In honor of National Library Week, a special guest from the Ethel Everhard Library will help us discover the treasure next door! It is also National Poetry month so join us to create a fabulous group acrostic poem while sipping on coffee & savoring a snack!

**Note:** If the Westfield School District closes schools for any reason including a late start, the Memory Café will be cancelled as well.

# Alzheimer's & Dementia Alliance of Wisconsin Family Caregiver Education Programs

ADRC of Marquette County  
428 Underwood Ave., 2nd floor, Montello

## IS IT TIME FOR FACILITY CARE?

Review things to consider when making the decision to move to facility care.

Wednesday, May 22  
1:30 - 3:00 p.m.



Free and open to the public. No registration required - Just drop in!



alzwiss.org . 888.308.6251

Green Lake/Marquette/Waushara  
Regional Office

P.O. 137

Green Lake, WI 54941

Phone: 920.294.4100



## Mobile Food Pantry

Wed. March 27th 10-noon

Care & Share Food Bank  
N2973 HWY 22, Montello, WI 53949

Wed. April 24th 4-6pm

Westfield Elementary School  
329 Hawk Ln, Westfield, WI 53964



March 6, 13, & 26  
April 3, 9, 23, & 30

Call for an Appointment! 608-297-3135

## Upcoming Foot Clinic Dates

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

# Transportation Programs

## If you need a RIDE to Medical Appointments

The Aging and Disability Services Transportation Program will coordinate and provide transportation for **people 60+** or those disabled to and from medical appointments. Copay amounts depend on the destination.

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104** for more info or to make a reservation.

## If you need a RIDE to Portage for shopping

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4<sup>th</sup> Thursday** of the month.

Transportation will be provided to Portage for shopping (at approx. 1pm, and returning around 3:30-4pm).

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

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

<i>Destination</i>	<i>Copay</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 Caregiver Support Group***

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

3<sup>rd</sup> Wed. of Every Month ■ Noon – 2pm ■ St. John the Baptist Catholic Church  
277 E. Montello Street, Montello, WI 53949

**Call Alex at 608-297-3102 for more information**

# Healthy Eating for Older Adults

by Amelia Cisewski, RDN, CD

 Academy of Nutrition  
and Dietetics

## NATIONAL NUTRITION MONTH®

MARCH 2019

[www.eatright.org](http://www.eatright.org)

#NationalNutritionMonth

March is National Nutrition Month®, a time we can focus on the importance of making informed food choices and developing healthy eating and physical activity habits. However, we don't have to only focus on eating healthy *this month*. We can work on eating healthier every day. Eating nutritious foods provide energy and can prevent or manage chronic health conditions.

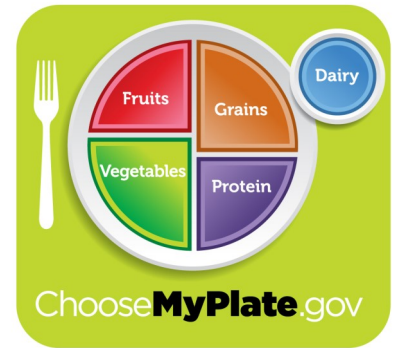
Healthy eating is not about following a strict diet, achieving an unrealistic weight, or cutting out all of the foods you enjoy. It is about improving your health, feeling great, and

enjoying all foods in moderation and getting a variety. It can be very overwhelming with the conflicting nutrition information out there, but eating healthy doesn't have to be complicated. While many specific foods and nutrients have their beneficial effects, it's your overall meal pattern that is the most important and moderation is key. Throughout a healthy diet it is best to replace processed food with whole foods whenever possible. Here are some good nutrition tips:

- ◆ **Eat a variety of vegetables**, especially dark-green, red and orange vegetables as well as beans and peas. Vegetables are high in many nutrients that are essential as we age including potassium, magnesium, folate and vitamins.
- ◆ **Make at least half your grains whole**. Choose 100% whole-grain breads, cereal, crackers, pasta, oatmeal and brown rice. Whole grains contain several nutrients as well as fiber which may help lower cholesterol, control blood sugars and is important for bowel function.
- ◆ **Choose fat-free or low-fat milk, yogurt, and cheese**. Older adults need more calcium and vitamin D to help maintain bone health. Include 3 servings of dairy per day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified plant beverage.
- ◆ **Vary your protein**. Eat a variety of protein-rich foods such as seafood, nuts, beans, and peas, as well as lean meat, poultry and eggs.
- ◆ **Limit sodium and empty calories from solid fats and added sugars**. Look at food labels and compare the sodium, choose foods with lower amounts of sodium. Add spices or herbs to season foods. Instead of using solid fats for cooking, switch to oils. Select fruit for dessert and eat sugary desserts less often, Drink water instead of sugary drinks.
- ◆ **Enjoy your food but eat less**. Most older adults need fewer calories than in their younger years. Avoid eating oversized portions and try using a smaller plate or bowl. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits, and whole grains. When portions are large, share a meal or take half home for later.
- ◆ **Drink plenty of liquids**. With age, we may lose some of our sense of thirst so it is important to drink water often. Low-fat or fat-free milk or 100% juice also help you stay hydrated. Limit beverages that have lots of added sugars or salt.



- ◆ **Ask your doctor about vitamins or supplements.** Food is the best way to get the nutrients we need, however we can't always get enough of certain nutrients so we take supplements. Should you take vitamins or other pills or powder with herbs and minerals? Ask your doctor if you need them. More may not be better, & some can interfere with your meds.
- ◆ **Be physically active your way.** Pick physical activities that you like and start where you are at. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking and gradually increase the minutes as you become stronger.



## One-Pan Balsamic Chicken Veggie Bake

**Makes 1 serving**

### Ingredients:

- 4 oz. boneless skinless chicken breast, tenders or thighs (if large, cut in half)
- 1/4 cup frozen broccoli florets
- 1/4 cup baby carrots
- 1/2 c mushrooms
- 6 cherry or grape tomatoes
- 1 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 1 tbsp. minced garlic



### Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Whisk together balsamic vinegar, olive oil, and garlic in a small bowl.
3. Chop veggies and place on sheet pan with chicken.
4. Pour balsamic sauce over veggies and chicken, and toss so that everything is coated evenly.
5. Bake for 15-20 minutes or until chicken is cooked through. Internal temperature should be 165 degrees.
6. Serve with 1/4 cup of brown rice and enjoy!

**Note:** You may marinate chicken with balsamic sauce before cooking if desired. Place chicken in a zip lock bag with 1/2 balsamic mixture. Set in fridge for 30 minutes or longer to marinate.

# Choosing an Elder Law or Estate Planning Attorney who is Familiar with Medicaid Law

by the GWAAR Legal Services Team (for reprint)

Elder law is a legal specialty area focused on the specific legal needs of older adults. Elder law attorneys have a wide variety of expertise with trust and estate planning, Medicare, Social Security, retirement, guardianships, health and long-term care planning, public benefits including Medicaid, and many other legal issues affecting older adults.

That said, not all elder law attorneys are familiar with every aspect and every detail of the law that may affect older adults. Some elder law attorneys may be well-versed in estate planning and guardianships but not know much about Medicaid law.

If you are in a Medicaid program or are likely to ever need Medicaid, especially for any type of long-term care, it is important to find an elder law attorney who is experienced in Medicaid law (sometimes called “Medicaid planning.”) Even if this attorney focuses on drafting a will or a trust for you, it is important that the attorney is aware of and can spot potential issues with Medicaid in the future.

The issues related to Medicaid that could arise, could be prevented, or that could be minimized may include:

**Eligibility** – For example, an estate plan with careful attention to Medicaid planning could include setting up burial trusts or other types of exempt assets that may make someone eligible for Medicaid services.

**Divestment penalties** – Long-term care Medicaid programs have income and asset limits to qualify. If someone gives money away or sells something for less than fair market value in order to qualify for Medicaid, that could be seen as a divestment and the Medicaid recipient would be subject to related penalties. An attorney who is familiar with Medicaid laws may be able to find ways to prevent this from happening or lessen its impact.

**Estate Recovery** – Medicaid law allows the state to recover some costs that were paid on behalf of a Medicaid recipient. This includes placing a lien on the person’s home and/or making a claim against their estate. An attorney who is familiar with Medicaid laws may be able to help with estate recovery as a potential issue.

The types of Medicaid services that may be affected by these issues include long-term care nursing home Medicaid, Medicaid recipients who are considered “institutionalized” in the hospital, and community-based waiver programs such as Family Care, IRIS, Community Options Program (COP), and others. Also, it does not matter whether you are currently a member of any of these programs, if there is even a possibility that you may need these services in the future, it is a good idea to find an attorney who is familiar with Medicaid laws.

Please note that ADRC staff and Elder Benefit Specialists do not provide estate or Medicaid planning services or advice. You will need to contact a private attorney for that. Below are some resources to help you find one, and again, if Medicaid is a concern for you, make sure to ask that attorney if they are familiar with Medicaid laws and Medicaid planning.

## **National Academy of Elder Law Attorneys (NAELA)**

[www.naela.org](http://www.naela.org)

NAELA is a professional association of attorneys that is dedicated to improving the quality of legal services provided to people as they age. NAELA can help locate an attorney who specializes in Elder Law issues including Medicaid planning.

## **State Bar of Wisconsin Lawyer Referral and Information Service (LRIS)**

**(800) 362-9082**

<http://www.wisbar.org/forPublic/INeedaLawyer/Pages/Lawyer-Referral-Request.aspx>

LRIS is a service provided by the State Bar of Wisconsin that assists prospective clients in finding an attorney to represent them given their specific legal needs. Attorneys referred through LRIS agree to charge no more than \$20.00 for the first consultation, up to 30 minutes.

## **Martindale-Hubbell**

<http://www.martindale.com/Find-Lawyers-and-Law-Firms.aspx>

Martindale-Hubbell, in existence since 1868, operates an expansive online database of attorneys, law firms, and more. The database also includes both peer and client ratings for attorneys. Prospective clients can search for attorneys based on name, law firm affiliation, location, practice area, and more.

## **Avvo**

<http://www.avvo.com/find-a-lawyer>

Avvo, founded in 2007, is another online database that includes comprehensive tools for locating attorneys and law firms as well as finding answers to a variety of legal questions. Avvo's attorney database also includes ratings and reviews of individual attorneys and allows prospective clients to search by state, city, and practice area.

## **Friends, Family, and Personal Referrals**

Friends, family, and business colleagues have often either hired attorneys themselves or know someone who has. Discussing others' personal experiences can be extremely helpful in locating the right attorney.

# **Aging Advocacy Day**

**May 14, 2019 Madison, WI**

Join advocates from around the state to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided prior to your meetings with state lawmakers at the Wisconsin State Capitol.

10am - 3pm

Park Hotel, 22 South Carroll Street, Madison  
and the Wisconsin State Capitol

**Make a difference. Let your voice be heard.**

Registration begins February 26, 2019 at:

<https://gwaar.org/AgingAdvocacyDay>

**Registration deadline is April 30, 2019**



**Please contact Colleen Sengbusch at 608-297-3101 if you are interested in attending. Depending on interest we may be able to provide transportation through our Transportation Program.**

## Potential Impact of a Court Invalidating the Affordable Care Act

*by the GWAAR Legal Services Team (for reprint)*

The Affordable Care Act (ACA) has enabled millions of individuals to obtain health insurance. Numerous lawsuits have challenged the constitutionality of the ACA. One of these challenges went to the United States Supreme Court. In the 2012 case, the majority opinion authored by the Supreme Court Chief Justice John Roberts declared that the individual mandate was constitutional. The reason Chief Justice Roberts found the individual mandate constitutional was that a tax penalty enforced the mandate and therefore the mandate was legal under Congress' implicit power to levy taxes. Subsequently, Congress removed the tax penalty when it enacted the Tax Cuts and Jobs Act of 2017.

In February 2018, Republican governors and attorneys general in 20 states filed a lawsuit alleging the ACA is now unconstitutional because the Tax Cuts and Jobs Act of 2017 removed the tax penalty. In December 2018, a federal judge held the ACA was unconstitutional. Pending appeals, the federal judge kept the ACA in effect stating that, "many everyday Americans would otherwise face great uncertainty."

Of note with respect to this case:

- The lawsuit was led by former Wisconsin Attorney General Brad Schimel and Texas Attorney General Ken Paxton. Since then, Wisconsin has elected a new governor who promised to remove Wisconsin from this lawsuit. However, during the lame duck session, the WI Legislature blocked the new governor from withdrawing Wisconsin from the lawsuit.
- While it is extremely uncommon for the United States Justice Department to go against a federal law, the Justice Department sided with the 20 states who filed the lawsuit against the ACA. However, the Justice Department did not want the entire law to be found unconstitutional. Instead, the Justice Department just sought a ruling that the individual mandate was unconstitutional and, therefore, key aspects of the law including protections for individuals with preexisting conditions must be struck down.

If Courts invalidated the entire ACA, this could impact older adults in a number of ways, including the following:

- Medicare enrollees will pay more for prescription drugs. Before the ACA, Medicare Part D required enrollees to pay for all their drug costs while they were in the benefit's coverage gap, commonly known as the Part D "donut hole." Part D plans covered the cost of medications until the plan and enrollee spending reached an initial coverage limit. After hitting this gap in coverage, enrollees had to pay 100% of their prescription drug costs until they spent enough to reach catastrophic coverage. The ACA reduced this gap by requiring contributions from drug manufacturers and Part D plans. More than 11.8 million Medicare beneficiaries have already saved over \$26 billion on prescription drugs.
- There would no longer be protections for individuals with preexisting medical conditions. This protection disproportionately affects adults ages 50-64 (adults who are not eligible for Medicare due to age) because 48 to 86% of these adults have preexisting conditions.
- The number of uninsured people would increase by more than 17 million, or 50%, according to the Urban Institute. In 2012, an estimated 11 million working adults ages 50-64 did not have employer-sponsored insurance.
- There would no longer be protections against insurers charging higher rates due to age. The ACA prevents insurers from charging more than three times the premiums charged to younger adults. Before the ACA, insurers frequently charged adults age 50-64 significantly higher rates – even as much as 11 times greater than their younger counterparts – solely based on age.

# Recognizing Caregiver Burnout

by Jane Mahoney, *Older Americans Act Consultant, Greater WI Agency on Aging Resources*

Providing care for an aging or disabled loved one might be one of the hardest jobs you will ever do. Assisting with daily cares such as dressing, grooming & bathing is physically challenging. Maneuvering through the maze of medical and social services can be trying and time-consuming. Watching your loved one lose his/her independence is emotionally difficult. And the changes in your personal, social, and work life as a result of caregiving may leave you feeling confused, unhappy and frustrated. These stresses can pile up on even the strongest of individuals and negatively impact your physical and mental health.

It is important to recognize when the frustrations you are feeling go beyond your ability to manage and into what is often called **caregiver burnout**. When you can identify the warning signs of burnout and learn interventions to reduce stress levels, your caregiving tasks will be more manageable & enjoyable.

## Here are some warning signs of Caregiver Burnout:

- ◇ Being on the verge of tears or crying a lot
- ◇ Feeling helpless or hopeless
- ◇ Overreacting to minor nuisances
- ◇ Feeling constantly exhausted
- ◇ Losing interest in or having decreased productivity at work
- ◇ Withdrawing from social contacts
- ◇ Increasing use of alcohol or stimulants
- ◇ Change in eating or sleeping patterns
- ◇ Inability to relax
- ◇ Scattered thinking
- ◇ Feeling increasingly resentful
- ◇ Being short-tempered with care recipient frequently
- ◇ Increasing thoughts of death

You may not always recognize the signs of burnout in yourself, but those close to you probably will. Be open to your friends' and families' feedback about how you are doing. Then heed the warnings to counteract burnout.

Once you have recognized that you are experiencing burnout you can try various things to help you cope. Here are some suggestions:

- Find family & friends (a support network) whom you can share joys & frustrations with.
- Consult with a professional counselor for one-on-one counseling.
- Attend the Marquette County Caregiver Support Group, held every 3<sup>rd</sup> Wednesday at St. John the Baptist Catholic Church in Montello from noon-2.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy.
- Call the ADRC and ask about Caregiver Support Programs.

When you understand and acknowledge that caregiving may leave you feeling stressed and anxious you are better able to protect yourself against caregiver burnout. The most important thing you can do prevent burnout and be an effective caregiver is to take care of yourself!

For more information on Caregiver Burnout and other caregiver issues, please contact the **Aging and Disability Resource Center at 855-440-ADRC.**

# Common Myths about Opioid Addiction

by the GWAAR Legal Services Team (for reprint)

## **Myth 1: Only people addicted to other substances get addicted to opioids.**

**Truth:** Opioids can cause physical changes in any person's body. Two of these changes are tolerance and dependence. Tolerance is when it takes more and more opioids to get the same effect as it did before. Dependence is when the body feels withdrawal when regular opioid use is stopped. Just because a person has no prior history of addiction to other substances, he or she is still at risk of these physical changes.

## **Myth 2: If I have a prescription and I have been taking it for a long time, I am not at risk for an overdose.**

**Truth:** Simply taking opioids puts you at risk for an overdose. Other factors that increase your overdose risk include the following:

- Age. People between the ages of 25 and 54 are at the highest risk;
- How long opioids are used;
- Taking other prescription drugs in addition to opioids; and
- Having other health conditions like depression, asthma or sleep apnea.

## **Myth 3: In the emergency room, opioids are the best pain reliever.**

**Truth:** Pain is the number one reason people go to the emergency room. Often, patients are given opioids for pain relief. Some recent studies have shown, however, that over-the-counter pain medications such as ibuprofen and acetaminophen are just as effective at treating short-term pain for emergency room patients.

## **Myth 4: Opioids are the best for chronic pain.**

**Truth:** The CDC recommends using other drugs and treatments as much as possible before turning to opioids for long-term pain relief. There is not enough research to prove that opioids are even helpful in relieving long-term pain. In fact, some studies show that common over-the-counter drugs helped reduce pain more than opioids after a year.

## **Myth 5: Doctors want to stop my opioids but don't care that they help my pain.**

**Truth:** You may feel you aren't being heard or are afraid of the pain getting worse if you stop taking opioids. You may also fear withdrawal and going through it alone, or a lack of control over how your pain is treated. Talking to your doctor can help. You can discuss how reducing or stopping opioids can help relieve your pain and improve your quality of life, and what alternatives may be available to you.

## **ENERGY ASSISTANCE - to apply call 608-297-3124**

The Energy Assistance Program was established to help low-income households pay for home heating costs. Grant amounts and payments are determined based on energy costs, household size, income dwelling type, etc. To qualify for Energy Assistance your household **GROSS** income for the 3 months prior to your application must be at or below the amounts listed:

<b>1 IN HOUSEHOLD</b>	<b>\$6,870.00</b>
<b>2 IN HOUSEHOLD</b>	<b>\$8,983.75</b>
<b>3 IN HOUSEHOLD</b>	<b>\$11,097.75</b>
<b>4 IN HOUSEHOLD</b>	<b>\$13,211.50</b>



## Poems from a Meal Driver

by Marilyn (the Munk) Merrill

I am up early, preparing to go...  
Fried egg sandwich. coffee, to face the snow...  
to my apartment and then....  
Meals on Wheels again....

Oh, how I look forward to everyone's smile,  
singing, "meals on wheels are here" is our style!  
A light covering of snow lays on the ground,  
3-5" I have heard is soon to be found...

So off I go to my apartment,  
to care for my cats and their needs...  
then delivering meals,  
watching the speeds!

On icy roads, today, I will drive?  
Taking my time to return back to Bumpity, alive!  
So after my route today,  
back to Bumpity to rest and play...

One stop to pay a water bill,  
then off to Bumpity over the slippery hill!  
My intention to meet everyone with Joy!  
Like a child, with a new found toy!

Off I go to drive the van,  
Taking meals to all I can.  
Laughs and smiles...greetings full of cheer!  
I deliver to each One, so dear!  
May our day be full of Joy!  
And our seeds begin to grow!  
It's a foggy, foggy day --  
I am so glad for lack of snow!  
"Always Love" is why I sing!  
"Always Love" is what I choose to bring!

Here in this Moment ~  
getting ready for the day.  
Here in this Moment ~  
why do I go to the doctor today?  
Here in this Moment ~  
Checking my list.....soon I will be on my way.  
Here in this Moment ~  
"How do I serve? is what I say!  
Here in this Moment ~  
Full of gratitude for those who brought me LOVE!  
Here in this Moment ~  
In peace and calm, in the now...  
I soar on the wings of a dove!  
Here in this Moment ~  
I see this day, myself, the world for the first time!  
Here in this Moment ~  
In awe struck wonder....All is Sublime!

## MEDICARE SAVINGS PROGRAM

If you are a Medicare beneficiary there are Medical Assistance cost-sharing programs that provide assistance with Medicare co-pays, deductibles and premiums to low-income Medicare beneficiaries.

**QMB:** Pays for your Part B premium, Part A & B Medicare deductibles and co-pays.

**SLMB/SLMB+:** Pays **only** for the Part B premium.

Please contact **Colleen at (608) 297-3101** for either of these programs.

# Check Your Medical Records

*by the GWAAR Legal Services Team (for reprint)*

When patients catch errors made by medical providers, it usually involves billing issues. If mistakes hit our pocket books, it requires immediate action because we may not be able to make other important payments in our lives. Mistakes in medical records, however, often go unnoticed until there is an alarming consequence.

In one case, a patient had surgery to remove a mass in his neck and the pathology report identified a type of cancer. Somehow this report did not make it into his medical record. Six months later the omission was discovered, but at this point the cancer had metastasized to his spinal canal.

In less severe cases, a patient's name, address, phone number or personal contacts may be incorrect, making it difficult to reach someone in the event of an emergency or causing a bill to be sent to the wrong location. Additionally, your family history may not be conveyed accurately. Even checking that your medical records show your correct gender and age is important.

On the one hand, an incorrect diagnosis, scan, or lab result may be inserted into a record, which could cause inappropriate medical evaluation or treatment. On the other hand, omissions from medical records such as allergies that aren't noted, lab results that aren't recorded, or medications that aren't listed, can be equally harmful.

There have been no formal studies on the subject of medical record errors just yet, but the Office of the National Coordinator for Health Information Technology (which receives requests from patients to correct errors in their medical records), estimates that nearly 1 in 10 people who access records online end up requesting that they be corrected for a variety of reasons.

You not only have a right to review your medical records, but if you think you've discovered an error, you also have the right to ask for a correction. However, some things can't be removed from your record, such as a diagnosis for insurance purposes or notes about an opioid addiction. In these cases, it would not be medically appropriate for future providers to be unaware of this information.

## **How to Correct a Mistake**

First, you need to obtain your medical records. Many providers now have online portals where you can get easy access by setting up an account with a user name and password. You can also request your providers make physical copies of your records. You may have to pay a fee for physical copies.

If you notice a mistake, ask your doctor or hospital if they have a form (either a paper or electronic version) you should use to submit a suggested change. If the change is substantial, you may need to write a brief statement explaining what is wrong and how to change it. As mentioned above, medical providers are not obligated to accept your request. If you receive a rejection, you have the right to add another statement contesting this decision to your medical record. You can also file a complaint with the Office for Civil Rights (OCR), which is the government office that oversees the Health Insurance Portability & Accountability Act (HIPAA). You can also file a complaint with the Department of Safety and Professional Services – Wisconsin's agency that licenses physicians.

The most important piece of advice is to review your medical records often. Although computerized systems are helpful tools to record and store information, errors are easily missed. You are in the best position to notice that something is wrong & ask for it to be fixed.





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

608-369-1059

PO BOX 821 N2975 HWY 22  
MONTELLO, WI 53949

Food distributions take place from the Care & Share Food Bank of Marquette County, N2973 St. Hwy. 22, Montello on Thursdays from 1-4 PM. The following schedule is suggested:

Eligible Family Address	Distribution Schedule				
Montello, Neshkoro, Packwaukee, Dalton	1 <sup>st</sup> Thursday of Month 1-4 PM				
Westfield	2 <sup>nd</sup> Thursday of Month 1-4 PM				
Oxford, Endeavor, Briggsville	3 <sup>rd</sup> Thursday of Month 1-4 PM				
Household Size	1	2	3	4	5
Current Gross Monthly Income Less than:	\$1832	\$2470	\$3108	\$3746	\$4385
Household Size	6	7	8	9	10
Current Gross Monthly Income Less than:	\$5023	\$5663	\$6304	\$6945	\$7587

(For each additional household member over 10 add \$641 monthly)

If you have questions, call **(608) 369-1059**. This institution is an equal opportunity provider.

### Sharing Suppers in Endeavor



Sharing Supper began in Endeavor in January 2014. Each supper includes free blood pressure checks, Kids Corner with educational games and activities plus informational booths for guests to learn about services that are available to them in our community. Meals are free and everyone is invited. The Endeavor Sharing Suppers are held on the last

Wednesday of each month at the Endeavor Elementary School, 414 Church St, Endeavor, WI from 5:00-6:30pm.



For more information regarding Endeavor's Sharing Supper, please email:

[endeavorsharingsupper@gmail.com](mailto:endeavorsharingsupper@gmail.com)

# March 2019

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

## ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>4 German Day Rindergulash</b> Egg Noodles & Vegetables Red Cabbage Fruited Yogurt	<b>5 Broccoli Stuffed Chicken</b> Mashed Sweet Potatoes Creamed Mixed Vegetables Fruit Cup Pistachio Pudding	 <b>6 Poor Man's Lobster</b> Calico Baked Beans Broccoli and Carrots Fruit Cake and Ice Cream	<b>7 Apricot Glazed Ham</b> Au Gratin Potatoes Italian Green Beans California Pasta Salad Peanut Butter Cup Dessert	<b>1 Breaded Fish</b> California Blend Veggies Petite Diced Sweet Potatoes Raspberry Cottage Cheese Parfait
<b>11 BBQ Chicken Breasts</b> Garden Blend Rice w/ Veggies Diced Beets Cake With Fruit	<b>12 Asian Day Mandarin Beef &amp; Broccoli</b> Zoodle Lo Mein Edamame salad Strawberry Cup	<b>13 Cranberry Meatballs</b> Diced Red Potatoes Capri Blend Veggies Watermelon Cookie	<b>14 Gr Beef and Green Bean Casserole</b> Tater Tots Confetti Corn Coconut Cream Pie	<b>15 Closed</b> <b>Nutrition Staff Training</b>
<b>18 Corned Beef</b> Potatoes O'Brien Cabbage, Carrots, Rutabagas Creamed Cucumbers Strawberry Sundae Crunch	<b>19 Veggie Wrap</b> Chicken Cordon Bleu Salad String Cheese Dried Fruit Funnel Cake Fries	<b>20 Sweet and Sour Chicken</b> Mixed Vegetables Rice Noodle salad Apricots	<b>21 Gr Beef and Gravy</b> Mashed Potatoes Spring Blend Veggies Orange Wedges Cake	<b>22 Baked Cod</b> Red Grain Couscous Salad Bean Medley Caramelized Spiced Pears Sherbet
<b>25 Cream of Potato Soup</b> Hot Ham/Cheese Croissant Loaded Side Salad Fruit Pizza	<b>26 Liver and Onions</b> Sugar Snap Peas Wild Rice Vegetable Blend Macaroni Caesar Salad Cherry Pie	<b>27 Santa Fe Salad</b> Lettuce, Fajita Steak Strips, Beans, Tomatoes, Blk Olives, Peppers, Cheese Apple Slices	<b>28 Deviled Pork Chop</b> Rosemary Roasted Potatoes Edamame Succotash Baby Carrots Pretzel Dessert	<b>29 Butternut Squash Ravioli</b> Broccoli String Cheese Sweet Bean Salad Fruited Pistachio Fluff

## Marquette County Nutrition Program

**MONTELLO: Marquette County Senior Center (Dome)**

140 Lake Ct. (next to Library)

Serving Mon.—Fri. at Noon

**OXFORD: (Village Hall)**

129 S. Franklin

Serving Tues. and Thurs. at 11:45 AM

**PACKWAUKEE: (Town Hall)**

N3511 State St.

Serving Mon. and Fri. at 11:30 AM

**WESTFIELD: (Municipal Bldg.)**

129 E. 3<sup>rd</sup> St.

Serving Mon.—Fri. at Noon

**NESHKORO: (Senior Center/Library)**

132 S. Main St.

Serving Mon., Wed., Fri. at Noon

**ENDEAVOR: (Civic Center)**

400 Church St.

Serving Wed. at Noon

**Call (608) 297-3146 or (877) 627-6767 Ext. 3146**

**for meal reservation one weekday in advance by 3 PM**

### **Marquette County Senior Citizens, Inc.**

Marquette County Senior Citizens, Inc. is an organization of senior citizens in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting healthy living. Members enjoy state wide trips, card playing, and Wii bowling tournaments.

#### **UPCOMING EVENTS:**

**May 22, 2019 Lambeau Field Classic tour and Hall of Fame, Green Bay**

Cost will include trip, tour, tip and lunch at the Lambeau Field buffet. More information will be available at the Dining Sites and Senior Dome, or call 608-297-7815 between 10:30 am and 1:00 pm.

We always welcome new members- and to current members, please remember to renew

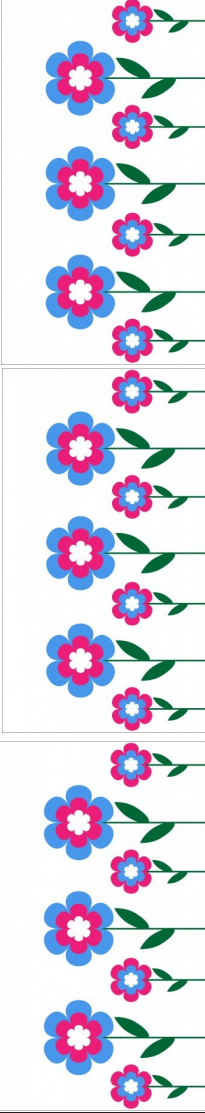
We are open to suggestions for future trips and activities for 2019.

Did you know? You can rent the Dome for parties, family gatherings, etc. Call for details.

For more information about membership or events,  
please call (608) 297-7815 between 10:30 am and 1:00 pm.

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

## ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Corned Beef Hash</b> Fruited Crepe Red Cabbage and Carrots Banana Cookie	<b>2 Turkey and Stuffing</b> Mashed Potatoes Peas and Pearl Onions Craisins Magic Bars	<b>3 Brain Boosting Lunch</b> <b>Salmon Patties</b> Black Bean Au Gratin Potato Carrots, Spinach Salad Cake and Ice Cream	<b>4 Roast Beef and Gravy</b> 5 Grain Vegetable Blend Green Beans Juice Chocolate Chia Seed Pudding	<b>5 Vegetable Lasagna</b> Country Blend Vegetables Mixed Veggies & Hummus Honey-Pecan Bar
<b>8 Chili</b> Scalloped Corn Fruit Salad Cake	<b>9 Bacon Chicken Ranch Salad</b> Lettuce, Bacon, Chicken, Diced Toms, Peas, Eggs, Cheese Pineapple Angel Lush	<b>10 Beef Steak and Gravy</b> Mashed Potatoes Asparagus Trail mix Jam and Oatmeal Square	<b>11 Baked Ziti</b> Italian Blend Vegetables Loaded Side Salad Melon	<b>12 Potato Crusted Fish</b> Calico Beans Cheesy Broccoli V-8 Juice Chocolate Mashed Potato Cake
<b>15 Meatballs and Gravy</b> Pasta & Vegetables Squash Dried Apricots Strawberry Eton Mess	<b>16 Chicken Cor Don Bleu</b> Diced Sweet Potatoes Beets Hong Kong Salad Orange Cup	<b>17 Shredded Pork</b> Mediterranean Quinoa Brussel Sprouts 6 oz. Juice Chocolate Chip Dip/ Graham Crackers	<b>18 Cream of Mushroom Soup</b> Ham Salad Sandwich Pea Salad Cake/Apple Slices	<b>19 Closed</b> <b>Good Friday</b>
<b>22 Baked Ham/Pineapple</b> Scalloped Potatoes Stewed Tomatoes & Zucchini Juice Alexander Torte	<b>23 Meatloaf</b> Baked Potato Bean Medley Raisins Banana Chocolate Pudding	<b>24 Citrus Chicken</b> Fried Rice w/ Vegetables Spinach Bake Watermelon Cup Blueberry Coffee Cake	<b>25 Tilapia in Lemon Butter</b> Sweet Potatoes California Blend Veggies Fruit Cocktail Salted Pecan Shortbread Squares	<b>26 Scrambled Egg and Sausage Crepe</b> Hash Browns & Red Quinoa Pineapple Cup Lemon Thyme Bar
<b>29 Chicken Alfredo Lasagna</b> Peas and Carrots Spiced Peaches Apple, Blueberry, Broccoli Salad Real Cool Cookie	<b>30 Cook's Choice</b> <b>Cold Sandwich</b> Potato Salad Frozen Juice Rhubarb Crisp			

# 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 over the age of 60 on public and private benefit issues. Assistance is provided 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 feel free to contact the Elder Benefit Specialist, **Colleen Sengbusch, at 608-297-3101.**

### Outreach & Information Updates with Colleen (after lunch)

<b>March 13 &amp; April 10</b>	<b>Endeavor AddLIFE Center</b>
<b>March 18 &amp; April 15</b>	<b>Neshkoro AddLIFE Center</b>
<b>March 19 &amp; April 25</b>	<b>Oxford AddLIFE Center</b>
<b>March 25 &amp; April 22</b>	<b>Packwaukee AddLIFE Center</b>
<b>March 26 &amp; April 23</b>	<b>Westfield AddLIFE Center</b>
<b>March 27 &amp; April 24</b>	<b>Montello AddLIFE Center</b>

Outreach is also provided at the monthly Sharing Supper held at the Endeavor Elementary School on the last Wednesday of the month.

## Upcoming Immunization Clinic Dates

### Westfield Municipal Building

March 4 & 18 (12:30-4:30)  
 April 1 & 15 (12:30-4:30)

### Marquette County Health Dept.

March 11 & 28 (8:30-4)  
 April 8 & 25 (8:30-4)

### Endeavor Civic Center

April 4 (11-3:30)

**MCHD**



**Public Health**  
 Prevent. Promote. Protect.

# Special Events Calendar - March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>I</b> <b>M:</b> <b>N:</b> You Don't Say <b>P:</b> <b>W:</b> Bingo
New at Packwaukee town hall (not a dining site event). Qi Gong exercise with Karyn. Call for details 608-548-6174.				
<b>4</b> <b>M:</b> <b>N:</b> <b>P:</b> Mardi Gras Party! <b>W:</b>	<b>5</b> <b>M:</b> <b>O:</b> Fat Tuesday Mardi Gras! <b>W:</b>	<b>6</b> <b>E:</b> Ashes to Ashes <b>M:</b> <b>N:</b> <b>W:</b> Yoga w/Sheena Blood Pressure Screens	<b>7</b> <b>M:</b> Blood Pressure Screens (La Clinica) <b>O:</b> Daylight Savings <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>8</b> <b>M:</b> <b>N:</b> <b>P:</b> Daylight Savings <b>W:</b>
<b>11</b> <b>M:</b> <b>N:</b> <b>P:</b> Blood Pressure Screens (La Clinica) <b>W:</b>	<b>12</b> <b>M:</b> <b>O:</b> Blood Pressure Screens (La Clinica) <b>W:</b>	<b>13</b> <b>E:</b> Updates w/Colleen <b>M:</b> <b>N:</b> Fact or Fiction with Librarian Cheryl <b>W:</b>	<b>14</b> <b>M:</b> Marc Patula (Silver Sneakers/TNT) <b>O:</b> St. Patrick's Party <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>15</b> <b>M:</b> <b>N:</b> St. Patrick's Party <b>P:</b> St. Patrick's Party <b>W:</b> Bingo
<b>18</b> <b>M:</b> <b>N:</b> Updates w/Colleen Blood Pressure Screens <b>P:</b> Plant Seeds Day! <b>W:</b>	<b>19</b> <b>M:</b> <b>O:</b> Plant Seeds Day! Updates w/Colleen <b>W:</b>	<b>20</b> <b>E:</b> Plant Seeds Day! Blood Pressure Screens <b>M:</b> Updates w/Colleen <b>N:</b> Seniors Meeting Fact/Fiction w/Cheryl <b>W:</b> Yoga w/Sheena	<b>21</b> <b>M:</b> <b>O:</b> <b>(P: Qigong 10:10am)</b> <b>W:</b> Librarian Aaron & Principal Parman	<b>22</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>
<b>25</b> <b>M:</b> <b>N:</b> <b>P:</b> Updates w/Colleen <b>W:</b>	<b>26</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>27</b> <b>E:</b> <b>M:</b> Updates w/Colleen <b>N:</b> <b>W:</b>	<b>28</b> <b>M:</b> <b>O:</b> <b>(P: Qigong 10:10am)</b> <b>W:</b>	<b>29</b> <b>M:</b> <b>N:</b> Music with Rodger Krueger <b>P:</b> <b>W:</b> Bingo

## Regularly Scheduled Dining Site Activities

**Endeavor (E):** Open Wednesdays.

**Montello (M):** Open Mon-Fri. Stretch/Exercise Mon, Wed, & Fri 10-11. Wii Bowling Tue & Thu 1pm.

**Neshkoro (N):** Open Mon, Wed, & Fri. Wii Bowling 11-11:45am. Cards after lunch.

**Oxford (O):** Open Tue & Thu. Wii Bowling every Tuesday. Chair Exercises every Thursday.

**Packwaukee (P):** Open Mon & Fri. Trivia every Monday. Bingo every Friday. Exercises for Seniors 9:30-10:30.

**Westfield (W):** Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.

# Special Events Calendar - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>M:</b> <b>N:</b> <b>P:</b> April Fools - Bring Jokes <b>W:</b>	<b>2</b> <b>M:</b> Alex Truell (Caregiver Programs) <b>O:</b> <b>W:</b>	<b>3</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b> Yoga w/Sheena	<b>4</b> <b>M:</b> <b>O:</b> <b>(P:</b> Qigong 10:10am) <b>W:</b>	<b>5</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>
<b>8</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>9</b> <b>M:</b> Alex Truell (Caregiver Programs) <b>O:</b> <b>W:</b>	<b>10</b> <b>E:</b> Updates w/Colleen <b>M:</b> <b>N:</b> <b>W:</b>	<b>11</b> <b>M:</b> <b>O:</b> Pre-Tax Day Party Wear Red or Black <b>(P:</b> Qigong 10:10am) <b>W:</b> Milwaukee County Dome Trip	<b>12</b> <b>M:</b> <b>N:</b> Doc Hinz <b>P:</b> <b>W:</b> Bingo
<b>15</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> Tax Day Party! Wear Red or Black <b>W:</b>	<b>16</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>17</b> <b>E:</b> <b>M:</b> <b>N:</b> Seniors Meeting Fact/Fiction w/Cheryl <b>W:</b> Yoga w/Sheena Hal Smith	<b>18</b> <b>M:</b> <b>O:</b> Easter Bunny Visit <b>(P:</b> Qigong 10:10am) <b>W:</b> Librarian Aaron & Principal Parman	<b>19</b> <b>M:</b> <b>N:</b> <b>P:</b> Easter Bunny Visit <b>W:</b>
<b>22</b> <b>M:</b> <b>N:</b> Volunteer Appreciation Week <b>P:</b> Updates w/Colleen Earth Day - DNR <b>W:</b>	<b>23</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>24</b> <b>E:</b> <b>M:</b> Updates w/Colleen <b>N:</b> <b>W:</b>	<b>25</b> <b>M:</b> <b>O:</b> Updates w/Colleen <b>(P:</b> Qigong 10:10am) <b>W:</b>	<b>26</b> <b>M:</b> <b>N:</b> Music with Rodger Krueger <b>P:</b> <b>W:</b> Bingo
<b>29</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>30</b> <b>M:</b> <b>O:</b> <b>W:</b>			

## Regularly Scheduled Dining Site Activities

**Endeavor (E):** Open Wednesdays.

**Montello (M):** Open Mon-Fri. Stretch/Exercise Mon, Wed, & Fri 10-11. Wii Bowling Tue & Thu 1pm.

**Neshkoro (N):** Open Mon, Wed, & Fri. Wii Bowling 11-11:45am. Cards after lunch.

**Oxford (O):** Open Tue & Thu. Wii Bowling every Tuesday. Chair Exercises every Thursday.

**Packwaukee (P):** Open Mon & Fri. Trivia every Monday. Bingo every Friday. Exercises for Seniors 9:30-10:30.

**Westfield (W):** Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.

MARQUETTE COUNTY  
DEPT. OF HUMAN SERVICES  
PO BOX 405  
428 UNDERWOOD AVE  
MONTELLO, WI 53949

ADDRESS SERVICE REQUESTED



humor  
generosity  
support  
life  
connections  
thanks  
selfless  
caregiving  
love  
sacrifice  
overwhelming  
sickness  
home  
stressful  
caregiver  
difficult  
hope  
hospice  
strength  
dedication  
family