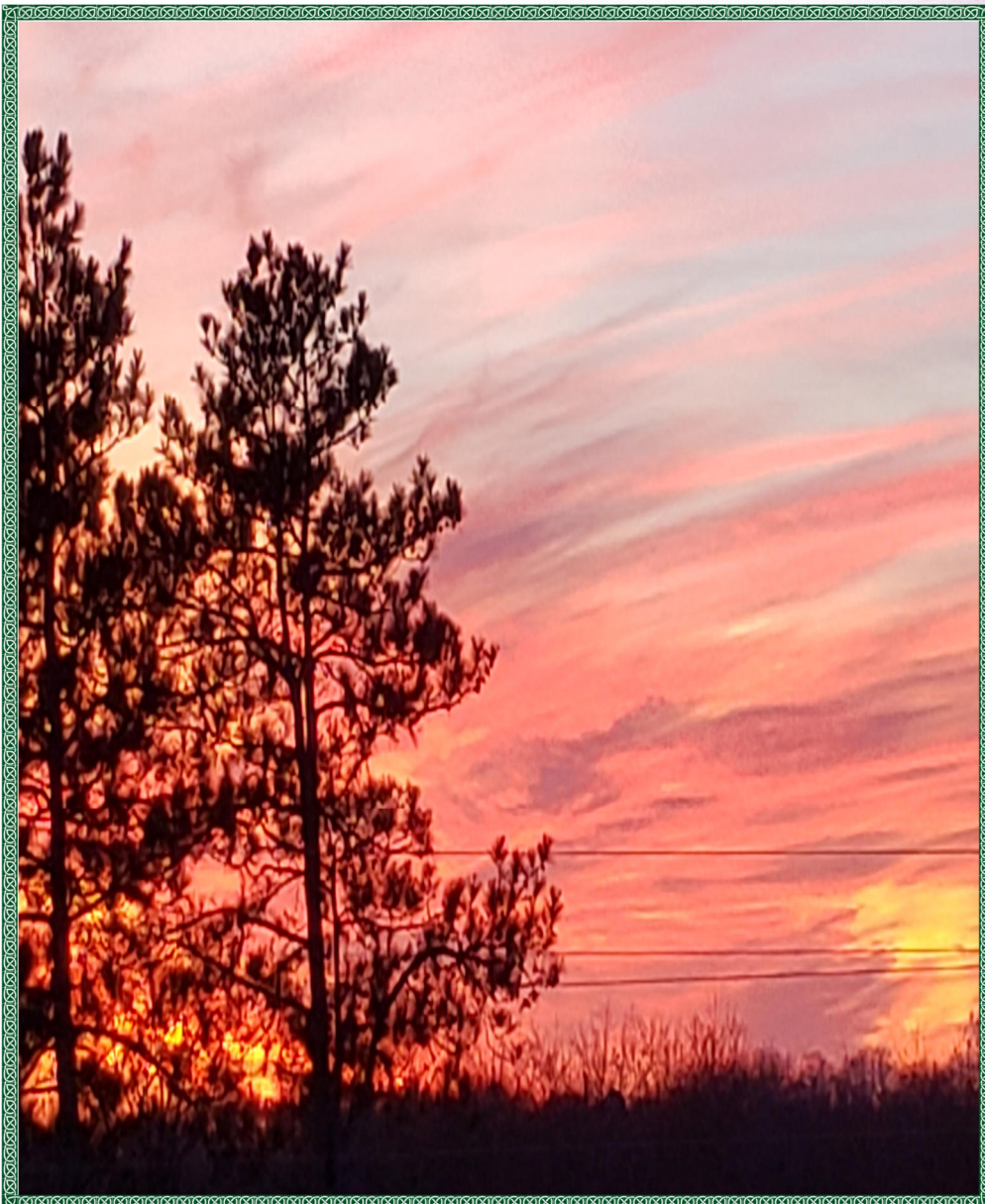


Marquette County Senior Citizen News

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

March & April 2021



Pink Sky at Night what a Delight
Photo by: Kolby Krueger

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**We're looking for photos of
Marquette County for
the cover of our newsletter!
Submit your photos to Jan at
jkrueger@co.marquette.wi.us**

The February "Drive Through" Memory Café was fun for many!

The event was hosted by the Alzheimer's and Dementia Alliance. It was a beautiful morning of sunshine, smiles, love & flowers!



THANK YOU to Forest Elementary School, Montello for the very fun & adorable Valentines cards, the Marquette County ADRC for the incredible treat bags with White Chocolate Cranberry Bark (yum!) and to a local couple who donated funds to purchase the lovely carnations.

Each person received a Valentines glass container & blank "love notes" to write down the many ways they feel loved throughout the year to be placed inside. When it's full, they were encouraged to recount the many ways they were blessed. Social isolation can take a toll & focusing on the positive things can make a huge difference.

Everyone was SO HAPPY to stop by & chat .



The ADRC would like to thank **Kristine Biesenthal**, Dementia Outreach Specialist for Green Lake, Marquette & Waushara County (through the Alzheimer's and Dementia Alliance of Wisconsin) for the wonderful work she has done over the last three and a half years. Unfortunately, the federal grant that funded her position was not renewed. Kristine has provided support to Marquette County Residents through her individual and family consultations and educational programming. She has been leading the Marquette County Memory Café as well as serving on various committees for the County. We will miss her support and wish her the best of luck in her future endeavors.



**Senior Mobile Food Pantry
Must be 55 or older**

March 2, 2021 @ 428 Underwood Ave Montello 10am-11:30am

May 25, 2021 @ Westfield Fair Grounds 10am-11:30am

August 24, 2021 @ Oxford Elementary School 10am-11:30am

November 9, 2021 @ 428 Underwood Ave Montello 10am-11:30am

This mobile food Pantry is for any Marquette County resident over the age of 55.

You will need an ID with your name and date of birth on it.

**If you are carpooling, please make sure each person has their ID with them
otherwise the person with the ID will be the only one to receive a box.**

If you have any questions, please call

608-369-1059

Dementia Care Specialist Webinar Series



In partnership with statewide dementia care specialists, the Wisconsin Department of Health Services will be hosting monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation will cover a different topic and include practical tools and resources for families.

Webinar Date	Topic
January 13	Social Isolation
February 10	Intimacy and Relationship Changes
March 10	Incontinence Management
April 14	Care Transitions
May 12	Building a Support Network
June 9	Safety Planning
July 14	Driving
August 11	Grief
September 8	Palliative Care
October 13	Family Conflict and Changes in Social Support
November 10	Non-Pharmacological Approaches: Part 1
December 8	Non-Pharmacological Approaches: Part 2

[Register Here](#)

All webinars will take place live from 12 to 1 p.m. on the second Wednesday of the month.

Visit the [registration page](#) to sign up for any of the monthly webinars.

If you are unable to attend live, all webinars will be recorded and posted on the Department of Health Services website at a later date.

Sponsored by:



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**



Aging & Disability Resource Center

By the GWAAR Legal Services Team (for reprint)

Medicare Covers the COVID-19 Vaccine

Pharmaceutical manufacturers are distributing the vaccine to federally and state-approved locations to start the vaccination of priority groups. Each state has its own plan for deciding who they'll vaccinate first and how residents can get vaccines. Contact your local health department for more information on COVID-19 vaccines in your area. Learn more about COVID-19 vaccine progress. Medicare covers the vaccine at no cost to you. Be sure to bring your Medicare card so your health care provider or pharmacy can bill Medicare.

Be alert for scammers trying to steal your Medicare Number. Medicare covers the vaccine at no cost to you, so if anyone asks you for your Medicare Number to get early access to the vaccine, you can bet it's a scam.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

For more information, visit <https://www.medicare.gov/medicare-coronavirus>

Medicare Coverage of Vaccines

Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B. Please note that SeniorCare does not yet cover any vaccines.

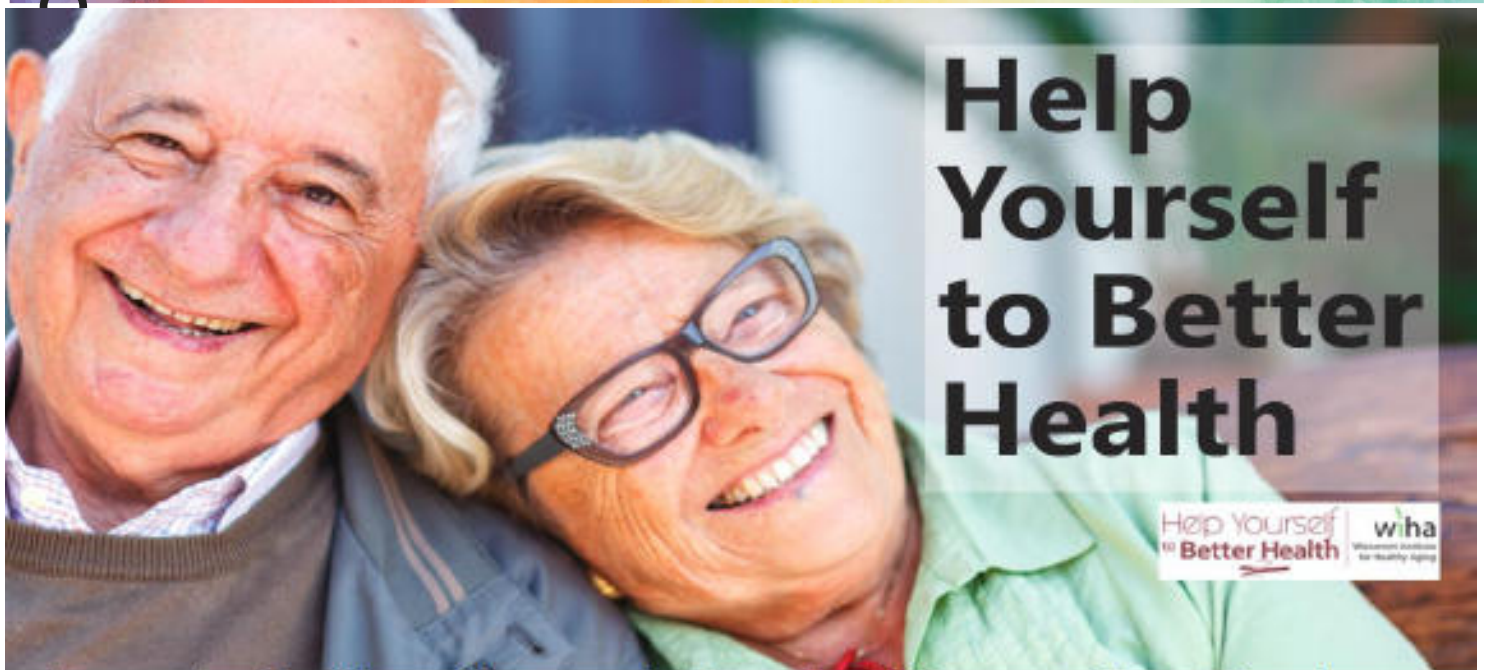
The amount you pay for your vaccine will vary depending on the vaccine. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B. Medicare Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider.

When it is available, Medicare will cover the COVID-19 vaccine at no cost to you regardless of whether you have Original Medicare or a Medicare Advantage plan. For more information about vaccine availability in Wisconsin, please see the Department of Health Services website at: <https://www.dhs.wisconsin.gov/covid-19/vaccine.htm>. Please note that you cannot pay to put your name on a waiting list for the vaccine or to get early access to the vaccine. Do not share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines. Your out-of-pocket costs will usually be lowest at in-network pharmacies or a doctor's office that can either coordinate with a pharmacy to bill your plan for the entire cost of the vaccination or can bill your plan directly for the vaccination.

If you are vaccinated at an in-network pharmacy, you should only need to pay your plan's approved coinsurance or copay for the vaccination. If you get a vaccine at your doctor's office, ask the doctor to call your plan to find it if your plan can be billed directly. If this is not possible, you may have to pay the full out-of-pocket cost for the vaccination and then request reimbursement from your plan. You might also have to pay the full out-of-pocket cost for your vaccination if your provider cannot coordinate with a pharmacy to bill your plan for the entire cost. In this situation, you will also have to request reimbursement from your plan. You should be aware that your plan will only reimburse you up to the approved amount, so you will not be refunded for any amount you pay the provider above your plan's approved amount.

If you have Extra Help or the low-income subsidy (LIS), you can go to any provider or in-network pharmacy for vaccines. You will only be responsible for the Extra Help/LIS copay. However, if you get your vaccine from a provider who cannot directly bill your plan, you may need to pay the entire bill upfront and then request a refund from your plan. □



Help Yourself to Better Health

Help Yourself to Better Health | wiha
Western 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

When: Every Tuesday
March 23 – April 27
From 1-3:30pm

Where: Online via WebEx

Cost: Suggested donation of \$20

To register:

Call the Aging & Disability Resource Center at (920) 787-6666 or toll free at 1-877-883-5378.



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

Grief & Bereavement Support Group—(call Shai Wise at 414.775.7578 to register)

For persons who have experienced the death of their loved one affected by Alzheimer's disease or related dementia. Family members express they have grieved the loss of their loved one twice. Their initial grief often begins when the person experiencing the disease is no longer the individual that they were and the second time when death occurs. This Support Group will help provide bereaved individuals with a non-threatening atmosphere to explore feelings, emotions and needs.


 alzheimer's association®
Transportation Program Update:

We are currently providing rides for Medical appointments. Riders will be asked to wear a mask for the safety of others and our drivers.

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. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

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

If you need a RIDE to Portage for shopping

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



ASSISTANCE

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 month prior to your application must be at or below the amounts listed:

1 IN HOUSEHOLD	\$ 2,490.08
2 IN HOUSEHOLD	\$ 3,256.33
3 IN HOUSEHOLD	\$ 4,022.50
4 IN HOUSEHOLD	\$ 4,788.67



To apply please call **608-297-3124**

More Wisconsin Residents Can Now Qualify for Food Assistance

Income threshold raised for emergency food pantry program during the COVID-19 Pandemic

The Wisconsin Department of Health Services (DHS) announced more households will now be able to get food through the [Emergency Food Assistance Program](#) (TEFAP).

Households with incomes below 300% of the federal poverty level (FPL) are eligible to receive a monthly share of locally grown, Grade-A foods that include meat, vegetables, fruit, and more from a TEFAP food pantry. For a household of one, that income threshold is \$38,280. The larger the household, the higher the income threshold. Previously TEFAP's qualifying income threshold was 185% FPL, or \$23,606 for a household of one. "Good nutrition is foundational, we want to help ensure families in need of assistance during the COVID-19 pandemic have access," said DHS Designee Andrea Palm. "By increasing the income limit for TEFAP, more Wisconsinites can receive or supplement their food supplies without risk of losing the benefits they receive from other programs."

CAP Services' Award Winning VITA (Tax Assistance) Program Here to Serve!

For the past 12 years, CAP Service's has partnered with the IRS to offer the Volunteer Income **Tax Assistance (VITA) program** to assist qualifying taxpayers file their Federal, State and Homestead Credit returns free of charge.

"We are again offering our services to the low to moderate income taxpayers who have a tax filing need." Said Connie Henn, Waushara County VITA Site Coordinator. "We e-file our returns which gets your refund to you faster. Filing a paper return delays your refund."

Our volunteers donate over 15 hours of additional training each year to achieve IRS certification on current tax law. We were honored this year to have two volunteers, Mary Suchanek and Joe Marinello, receive the Wisconsin Department of Revenue's *Outstanding Volunteer of the Year* award. It doesn't end there! Volunteer, Glenn Ehlers and Site Coordinator, Connie Henn each received the *Above and Beyond* award for from the Wisconsin Department of Revenue for their assistance in rewriting the training manual for statewide use in preparing State of Wisconsin returns. Furthermore, the site itself received the *Perseverance Award* for their commitment to continue tax assistance through a no-contact procedure during the pandemic.

This year is like no other! CAP Services' is operating out of the CAPsell Building in Wautoma with a total No-Contact procedure using secure lock boxes, telephone interviews and virtual meetings. Beginning Monday, January 18, 2021, low to moderate income individuals and families can call **1-800-660-5430** to determine eligibility and schedule an appointment with an Intake Specialist to begin the free tax preparation process. Should anyone need special accommodation, please mention those concerns as well.

As always, households may file their simple return online free of charge at MyFreeTaxes.com.

CAP Services, Inc. is a private, nonprofit community action agency that has been advancing social and economic justice for people and communities in Marquette, Outagamie, Portage, Waupaca and Waushara counties since 1966.

Aging and Disability Resource Center of Marquette County
 855-440-2372 www.adrcmarquette.org
 Connecting you with support and services



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

FoodShare October 1, 2020—September 30, 2021

By the GWAAR Legal Services Team (for reprint)

Household Size	Gross income limit (Categorical eligibility) 200% FPL	Gross income limit (Change reporting required if household member(s) have earnings) 130% FPL	Maximum Benefit per month
1	\$2,128	\$1,383	\$204
2	\$2,874	\$1,868	\$374

Income limit: Gross income is less than or equal to 200% FPL or, if gross income exceeds 200% of FPL, the net income of the Elderly, Blind, or Disabled (EBD) household is less than or equal to 100% of the FPL

Asset limit: There is NO ASSET LIMIT for households with gross income less than or equal to 200% FPL; for households qualifying via net income, there is a household asset limit of \$3,500.

If an elder (age 60+) or disabled individual cannot purchase and prepare food separately, they can apply as a separate household if the combined gross monthly income of persons living with the elder/disabled person and his/her spouse does not exceed 165% FPL (\$1,755/ \$2,371). Do not count the income of the elder/disabled person and spouse in this calculation.

Caregiving Basics

When you first learn that a loved one needs help it is hard to know where to begin. Sometimes there is a sudden change of health that prompts you to get involved. Other times it is a gradual realization that the person is no longer capable of meeting all their needs. In either situation, knowing what steps to take can be difficult. The following are some basic steps to get you started.

Learn about the person's illness, disease, or condition. Understanding the nature of the disease, its symptoms and what to expect, is helpful in caring for the person. Talk to a health care provider, research the internet, or read books or pamphlets to help you understand what the person is dealing with and specific ways you can help.

Determine areas of need. Write down your specific needs such as housecleaning, grocery shopping, meal preparation, help with bathing, and transportation to medical appointments. Then discuss possible ways to meet these needs with friends, family members, local agencies, and the person's health care provider.

Research community resources. Contact [The ADRC of Marquette County](#) for local resources and services. Explore options like home delivered or grab-and-go meals, in-home supportive care services, Lifeline, transportation services and adult day care. Contact organizations specific to the disease such as the Alzheimer's Association or the Stroke Foundation. Not all agencies are fully open, but staff will be available to answer the phone and assist you in meeting your needs.

Plan for immediate care. Find out what the persons wishes are for immediate and long-term care. Adapt the environment by doing a home safety check as well as purchasing items for any special needs such as a walker, commode, wheelchair, or other adaptive equipment. Find a way to log the person's health such as eating patterns, symptoms, and medications. This information is helpful at medical appointments.

Enlist the help of others. Determine what you can realistically do, then make a list of other people who can help. Don't try to do it all on your own. Write down tasks that others can help with such as running errands or providing a meal. Many tasks can be completed while following social distancing guidelines.

Organize important information. Write down pertinent medical information including doctors' names and phone numbers, insurance information and medication/pharmacy information. Collect and list financial and other important information such as household bills, loans, bank accounts and insurance policies. Also include copies of social security, driver's license and insurance cards of the person being cared for. Be sure to keep this information in a safe location that other family members know about.

Plan for the future. Get information about the long-term prognosis in order to make appropriate plans. Assess the financial situation and contact a financial advisor who is familiar with caregiving issues if necessary. Talk to a lawyer about a durable power of attorney for health care and finances. Include the person as much as possible in the planning.

Take care of yourself, too. Find support through a friend, counselor, or support group. Many are meeting virtually during the pandemic and can be found [here](#). Talk about your struggles and how it feels to be a caregiver. Take regular breaks from caregiving and keep doing some activities or hobbies that bring you pleasure. Make sure you are eating well, getting enough sleep and exercise and are staying connected with family or friends, at least by phone calls, to keep yourself healthy. Ask for help. No one can do it all!

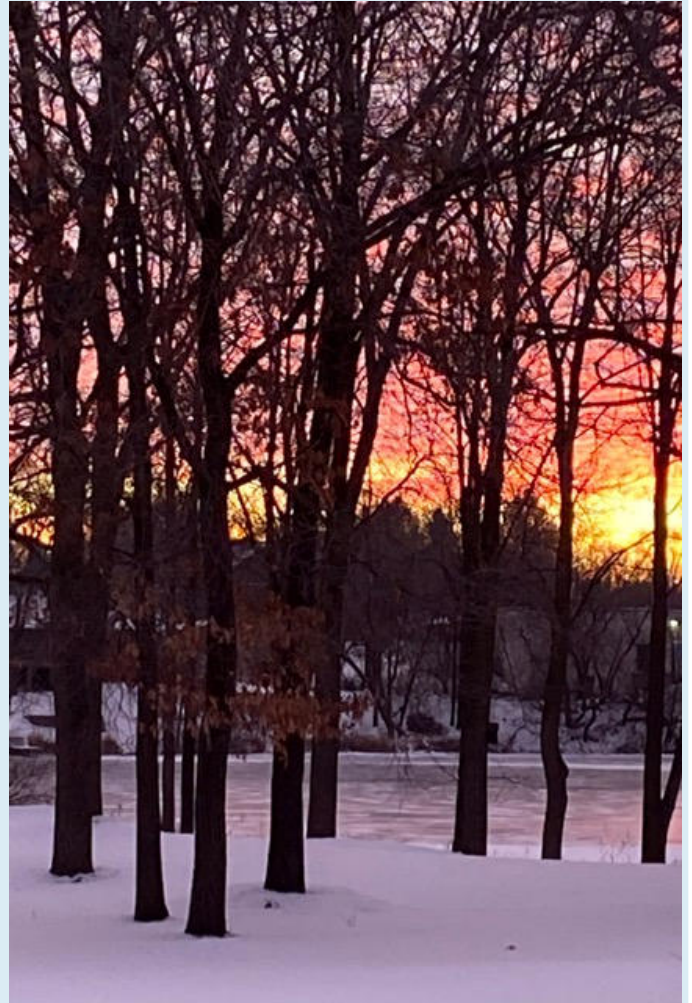
Call [1-855-440-ADRC](#) for information on caregiver support groups, local caregiving resources, a home safety checklist or to talk to someone about specific caregiving issues.

Photo submissions: Thank you for sharing your piece of Marquette County with us!

Goodnight moon. Good morning sun.

Minette Lawrence

Carole Allen



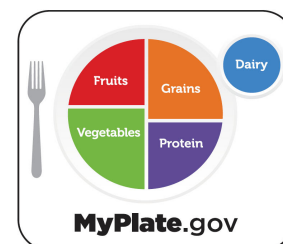
AARP Friendly Voice

- Virtual call center where **AARP** Volunteers are available to take live calls from individuals who are *feeling isolated and lonely*.
- No cost, open to any age and do not need to be an AARP member
- The patient can request a call of a family member.
- Call 1-888-281-0145 or visit <https://aarpcommunityconnections.org/friendly-voices/>

Personalize Your Plate

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. Healthy eating is not about following a strict diet or achieving an unrealistic weight. It is about improving your health, feeling great, and enjoying all foods in moderation while 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 ways to personalize your plate:

Eat whole fruits like bananas, apples, oranges, kiwi, etc. If you have difficulty cutting some fruits like melon, choose pre-cut fruit. Add frozen fruit to yogurt or a smoothie. Choose canned fruit in 100% juice. Have dried fruit as a snack. Enjoy fruit as a dessert.

Eat a variety of vegetables of all different colors especially, dark green, red and orange vegetables as well as beans and peas. Use fresh, frozen, or canned vegetables for salad, sides and casseroles. Eating vegetables raw or cooked offer different nutrients. Many raw vegetables are higher in overall nutrients compared to when cooked, but cooked vegetables still contain some vitamins, minerals and fiber. Enjoy vegetables a variety of ways including raw, steamed, sauteed, or roasted.

Make at least half your grains whole. Choose 100% whole-grain breads, cereal, crackers, pasta, oatmeal and brown rice. Look for whole grains listed first on the ingredient list. Whole grains contain several nutrients as well as fiber which may help lower cholesterol, control blood sugars and is important for bowel function. Limit enriched grains from desserts and snacks like cookies, cakes, and pastries.

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. Try to eat fish or seafood twice a week.

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.

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 dishes that include vegetables, fruits, and whole grains. When portions are large, share a meal or take half home for later.



Recipe Contest!

Do you have a great salad recipe? Enter your salad recipe into our contest! Your recipe could be chosen to be featured on our menu or featured in the next newsletter! All submissions will be entered in a drawing to win a prize! If you have a story or photo that you would like to share with your recipe, please include that as well.

Email your recipe to acisewski@co.marquette.wi.us
Or mail to: Amelia Cisewski
Senior Nutrition Program
PO Box 405
Montello, WI 53949

Or send back to the office with the HDM driver
Recipes must be submitted by March 31st.
Have any questions? Call (608) 297-3146

Nutrition and COVID-19 Immunity

As Americans prepare to receive COVID-19 vaccines, it is a good time to reinforce the importance of nutrition. Good nutrition is critical for immunity. It supports the body's ability to respond to an immune challenge, whether that challenge is exposure to a new virus or a new vaccine.

Vaccines may be less effective in stimulating an immune response in those who are undernourished, including older adults. Nutrition is one of the factors potentially impacting immunosenescence, which is the gradual decline of immunity with age. Older adults are disproportionately affected by malnutrition and COVID 19 has likely further compounded their malnutrition risk.

Priority nutrients for good immune health are protein, vitamins (particularly Vitamins A, D, C, E) and minerals (particularly zinc). Older adults with poor food intake or who have compromised health may need additional support to meet their nutrition needs. Oral nutritional supplements (ONS) can provide protein, vitamins, and minerals to help maintain immune health.

More information is available on COVID-19 and nutrition through Abbott and its Abbott Nutrition Health Institute.



Social Security Column:

SOCIAL SECURITY AND WOMEN'S HISTORY MONTH

In March, we celebrate Women's History Month. Social Security has served a vital role in the lives of women for more than 80 years.

Women have longer life expectancies than men, which means they live more years in retirement and have a greater chance of exhausting other sources of income. It's important for women to plan early and wisely for retirement. Our benefits portal at www.ssa.gov/benefits/retirement provides detailed information about how life events can affect your Social Security retirement benefits. These events may include marriage, widowhood, divorce, self-employment, government service, and other life or career changes.



Your earnings history will determine your benefits, so we encourage you to verify that this information is correct. You can create your personal *my Social Security* account at www.ssa.gov/myaccount and view your earnings history. If you find an error with your earnings, it is important to get it corrected so you receive the benefits you earned. Our publication, *How to Correct Your Social Security Earnings Record* at www.ssa.gov/pubs/EN-05-10081.pdf, provides you with details on making a correction.

If you would like to learn more about how we can help women plan for retirement, check out our online booklet, *Social Security: What Every Woman Should Know*. You can find it at www.ssa.gov/pubs/EN-05-10127.pdf. Please consider sharing it with family and friends. It could change their lives for the better.

APPLY FOR MEDICARE ONLINE WITH SOCIAL SECURITY

Did you know that you can apply for Medicare online even if you are not ready to retire? Applying online can take less than 10 minutes. There are no forms to sign and usually no required documentation. We'll process your application and contact you if we need more information.

Visit www.ssa.gov/benefits/medicare to begin. There, you can apply for Medicare and find other important information. People are usually eligible for Medicare at age 65. If you want to start receiving Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.



Some Medicare beneficiaries may qualify for *Extra Help* to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. You must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia to qualify for the *Extra Help*. More information on *Extra Help* is available at www.ssa.gov/benefits/medicare/prescriptionhelp.

You may also be interested in reading these publications:

Apply Online for Medicare — Even if You Are Not Ready to Retire www.ssa.gov/pubs/EN-05-10530.pdf.

When to Start Receiving Retirement Benefits www.ssa.gov/pubs/EN-05-10147.pdf.

Help a friend or family member by sharing this information. It can improve the quality of their life.

THE MANY THINGS YOU CAN DO ONLINE WITH SOCIAL SECURITY

Are you looking for new ways to save time? Check out our online services available through your secure *my Social Security* account. We have lots to offer you online whether you receive benefits from Social Security or not.

If you do not currently receive benefits, you can:

- Request a replacement Social Security card.
- Review your earnings history and see an estimate of your future Social Security benefits.
- Compare benefit amounts depending on what age you start receiving benefits.
- Apply for retirement benefits when you are ready.
- Check the status of your Social Security application.

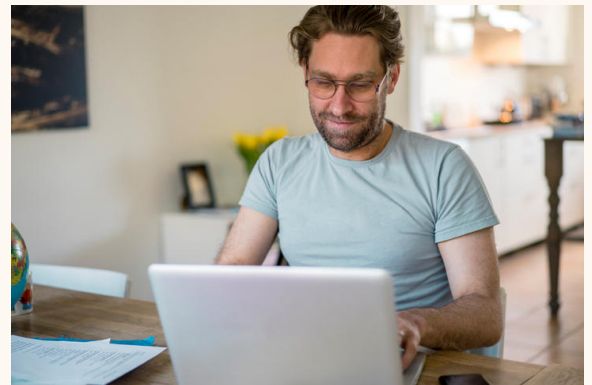
If you already receive benefits, you can:

- Get a benefit verification or proof of income letter.
- Request a replacement Social Security or Medicare card.
- Set up or change direct deposit.
- Change your address.
- Get a replacement Social Security 1099 form (SSA-1099).
- Opt-out of certain mailed notices.

Your personal **my Social Security** account includes a secure Message Center where you can receive sensitive communications. For example, you can view your annual cost-of-living adjustments before **you would normally** receive them in the mail. You will receive both mailed and online notices unless you opt-out of receiving notices by mail that are available online.

We designed these online features to save you time. Create your personal **my Social Security** account today at www.ssa.gov/myaccount.

We offer many other online resources at www.ssa.gov/online services. Please let friends and family know they can access them from the comfort of their home or office, and on the go from their mobile phones.



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 **Meg at (608) 297-3103** for either of these programs.

Recipe Contest Winner!

Mmmmm Good! Cream Soup

The basic soup consists of the following:

- 2 cups chicken broth (homemade, canned or bouillon)
- 1/4 cup onion (chopped very fine)
- 1 cup raw vegetables (chopped very fine)

Simmer above ingredients until veggies are tender, about 15 minutes. In the meantime, in a separate pan melt 2 Tablespoons butter. Add 2 Tablespoons flour and mix to form a paste. Immediately add 2 cups half & half, simmer 5 minutes. Add the cream mixture to the broth mixture, bring to a near boil and serve.

Now here are some variations:

To make low-calorie version– use skim milk and low calorie margarine.

For a cheesy soup– add 1/2 cup grated cheese (of your choice) at the last minute and heat until melted.

The vegetables can be almost any kind as long as they are fresh and you can use a combination of vegetables too. Some suggestions are celery, broccoli, cauliflower, spinach, etc.

This is also a good base for cream of potato soup, but instead of using chicken stock, just fry some bacon chips (about 3 slices) and add the bacon and 2 Tablespoons of the bacon dripping to 2 cups boiling water. Then add onion and potato (about 3 small ones), finely cut up. Continue by making the cream mixture and add to the potato soup.



Submitted by
Betty Smith from Westfield
Soup Recipe Contest Winner!

Nutrition 101

An Interactive Virtual Presentation on the Basics of Healthy Eating

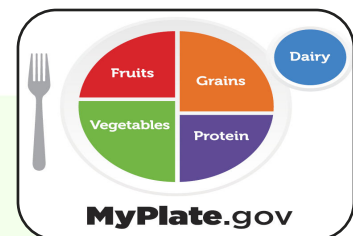
Wednesday, March 24, 2021

1:00-2:00pm

Presented by Amelia Cisewski, RDN, CD

To register call (608) 297-3146

or email: acisewski@co.marquette.wi.us





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 12-3 PM**. The following schedule is suggested: If you have

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

Eligible Family Address	Distribution Schedule
Montello, Neshkoro, Packwaukee, Dalton	1 st Thursday of Month
Westfield	2 nd Thursday of Month
Oxford, Endeavor, Briggsville	3 rd Thursday of Month
New to the food bank or unable to make a prior date	4 th Thursday of Month


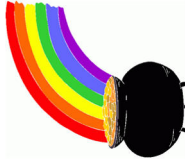
SAGE National LGBT Elder Hotline Talk and be heard at the SAGE (Advocacy and Services for LGBT Elders) LGBT Elder Hotline. Members of the LGBT elder community are likely to live alone and feel isolated. Through the hotline, anyone with a phone can connect to an LGBT responder who is friendly, knowledgeable, and ready to listen. If you are LGBT elder or care for one, call the free SAGE Hotline, toll-free at 877-360-LGBT (5428), available 24/7 in English or Spanish, with translation in 180 languages. The hotline is managed by United Way Worldwide, and responders: • are certified in crisis response • offer support without judgement • answer questions factually and confidentially • provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs. Learn more about SAGE at <https://www.sageusa.org>



March 2021

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
1 Peanut Butter Lover's Day Hawaiian Meatballs Vegetable Fried Rice Green Beans Apples with Peanut butter	2 Mashed Potatoes Caramelized Carrots V8 Juice Cake & Ice Cream	3 Pork Chop and Gravy Mashed Potatoes Caramelized Carrots V8 Juice Cake & Ice Cream	4	5 Fish Tacos Potato Pancakes with Applesauce Cauliflower Salad Orange Pretzel Dessert
8 Ground Beef & Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Cream Puff	9	10 Chicken Quinoa Taco Skillet Broccoli Strawberry & Cream	11	12 Squash Ravioli Asparagus Cottage Cheese & Chives Cranberry Spinach Salad Cherry Dump Cobbler
15 Baked Chicken Scalloped Potatoes Bean Medley Pear Tapioca Pudding	16	17 Corned Beef Diced Red Potatoes Cabbage & Carrots Dried Fruit Green Layered Jell-O Cake	18	19 Roasted Tomato Soup With Rice Tuna Sandwich on Lettuce Pineapple Angel Lush
22 Turkey and Gravy Sweet Potatoes Brussel Sprouts Fruit Cocktail Cup	23	24 Sloppy Joes Potato Wedges Beets Western Pasta Salad Melon	25	26 National Spinach Day Shrimp Salad Lettuce, Shrimp, Oranges, Peas, Water Chestnuts & Cheese Cheesecake with Fruit
29 Pork Burrito Squash & Corn Bake California Spaghetti Strawberry Rhubarb Crisp	30	31 National Tater Day Tater Tot Casserole Stewed Tomatoes String Cheese Grapes		

Marquette County Nutrition Program



Home-delivered meals are provided for those age 60 + who are homebound and unable to prepare meals on their own. Please call for eligibility qualifications. Meals are delivered to participant's homes M, W, F. 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**.

Marquette County Caregiver Support Group

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

Online or call-in for Marquette County

The Marquette County Virtual Caregiver Support Group meets the 3rd Wednesday of each month.

Call Colleen at 608-297-3101 for more information



Problems with
any of these?



Report it.

[ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud)



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>5 Pork & Mushroom Stew Mashed Potatoes with Apples Collard Greens Raspberry Yogurt</p>		 <p>7 Spaghetti & Meatballs Italian Blend Vegetables Corn and Black Beans Peaches</p>	<p>1</p>	<p>2</p> <p>Closed Good Friday No Meals Delivered</p>
<p>5 Pork & Mushroom Stew Mashed Potatoes with Apples Collard Greens Raspberry Yogurt</p>	<p>6</p>	<p>7 Spaghetti & Meatballs Italian Blend Vegetables Corn and Black Beans Peaches</p>	<p>8</p>	<p>9 Cream of Broccoli Soup Egg Salad Sandwich Cauliflower & Dip Pears Muffin</p>
<p>12 Sausage with Peppers & onions Chick Pea Pasta Seasoned Corn Fruit Salad</p>	<p>13</p>	<p>14 Pecan Day Chicken Breast w/ Broccoli Rice, Green Bean, Apple Mix Stewed Tomatoes Pretzels & Hummus/ Cookie</p>	<p>15</p>	<p>16 Reuben Sandwich Potato Medley Asparagus Macaroni Salad Fruited Crisp</p>
<p>19 Shred Turkey & Gravy Diced Sweet Potatoes French Cut Beans Sorbet Creamy Jell-O</p>	<p>20</p>	<p>21 Potato Crunch Fish Calico Baked Beans Red Cabbage Applesauce Cup Cupcake</p>	<p>22</p>	<p>23 Cherry Cheesecake Day Meatloaf Baby Bakers California Blend Veggies Cherry Cheesecake</p>
<p>26 Spring Salad Spinach, Lettuce, Diced Ham Diced Eggs, Peas, Craisins, Red/Orange Peppers, & Cheese Bakers Choice</p>	<p>27</p>	<p>28 Beef Steak & Gravy Baked Potato w/ Sour Cream Wax Beans & Carrot Shreds Dried Fruit Scone</p>	<p>29</p>	<p>30 Raisin Day BBQ Pineapple Chicken Au Gratin Potatoes Beets Raisin Rice Pudding</p>

Elderly Benefits Specialist Program

SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Outreach dates will be set once the Dining Sites open back up. Please contact the Elder Benefit Specialist, **Meg Wandrey, at 608-297-3103.**



Upcoming Foot Clinic Dates

At this time, Foot Clinic is still canceled until further notice. Please continue to watch for updates in future newsletters, the Marquette County Tribune, the Marquette County Government webpage, or you receive a call from the health department.

Upcoming Immunization Clinic Dates for 2020:

At this time, there are no immunization clinics scheduled. Please watch for updates in future newsletters, the Marquette County Tribune or the Marquette County Government webpage.

Call if you have any questions. 608-297-3135

MCHD



Public Health
Prevent. Promote. Protect.

Special Events Calendar - 2021

The senior dining locations remain closed. We are unable to determine when we will reopen. Please check www.adrcmarquette.org for information on services.

Marquette County Senior Citizens, Inc.,

Senior Dome, 140 Lake Ct., Montello, WI.

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.

It's membership renewal time again. Membership dues are \$15 per person. New members should call 608-297-7815.

Due to COVID conditions we are unable to have fundraisers so any donations we receive will be greatly appreciated and will help us keep up with our operating costs.

In 2021 we're hoping to get back to our MEMBERS ONLY events such as day trips and observing the holidays.

At this time we observe the masks rule and are social distancing as needed for our monthly activities which include:

Exercise at the Senior Dome, 10am-11am on Mon., Wed., Fri.

Card playing Sunday afternoons, 12:30pm (Open to other games)

Notices of our 2020-2021 activities can be found posted on the front door of the Senior Dome; in the Marquette County Senior Citizen Newsletter; the Marquette County Tribune; posters around town and now on Facebook listed as Marquette County Senior Citizens. For more info about membership or events, please call 608-297-7815

Beware of scams that are going around especially those that have started since COVID-19. One of the newer scams comes in the mail and states that payments will be suspended or discontinued unless you call the phone number provided. Please know that the Social Security Administration (SSA) will not be suspending or discontinuing your benefits because of their offices being closed to the public. SSA will not ask for payments in forms of gift cards, wire transfers, internet currency or by mailing in cash.

Special Events Calendar - 2021

-SAVE THE DATE

WELCOME TO MEDICARE

APRIL 7, 2021 | [3:00 PM - 7:00 PM ET](#)



Learn about signing up for Medicare! Registration for this free event opens later in February. Visit www.shiphelp.org to learn more.

This virtual Medicare fair is for [people new to Medicare](#). Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions.

Get [trusted, unbiased Medicare education](#) to help you make Medicare choices that best meet your needs.

There will be [national expert presenters](#) on Medicare eligibility, enrollment, and coverage options. There will also be [experts from your state](#) health insurance assistance program to answer your individual questions.



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands. Your SHIP may use another name, locally. Use the SHIP Locator at www.shiphelp.org to learn more.

www.shiphelp.org -OR-
www.shiptacenter.org

info@shiptacenter.org

877-839-2675

Another scam to beware of is scammers offering COVID-19 testing to Medicare beneficiaries in exchange for personal information. The scammers are using telemarketing calls, social media and door-to-door visits to offer the testing. Scammers are hoping to collect insurance information to be able to fraudulently bill Federal health care programs or even commit medical identity fraud.

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
strength
dedication
family