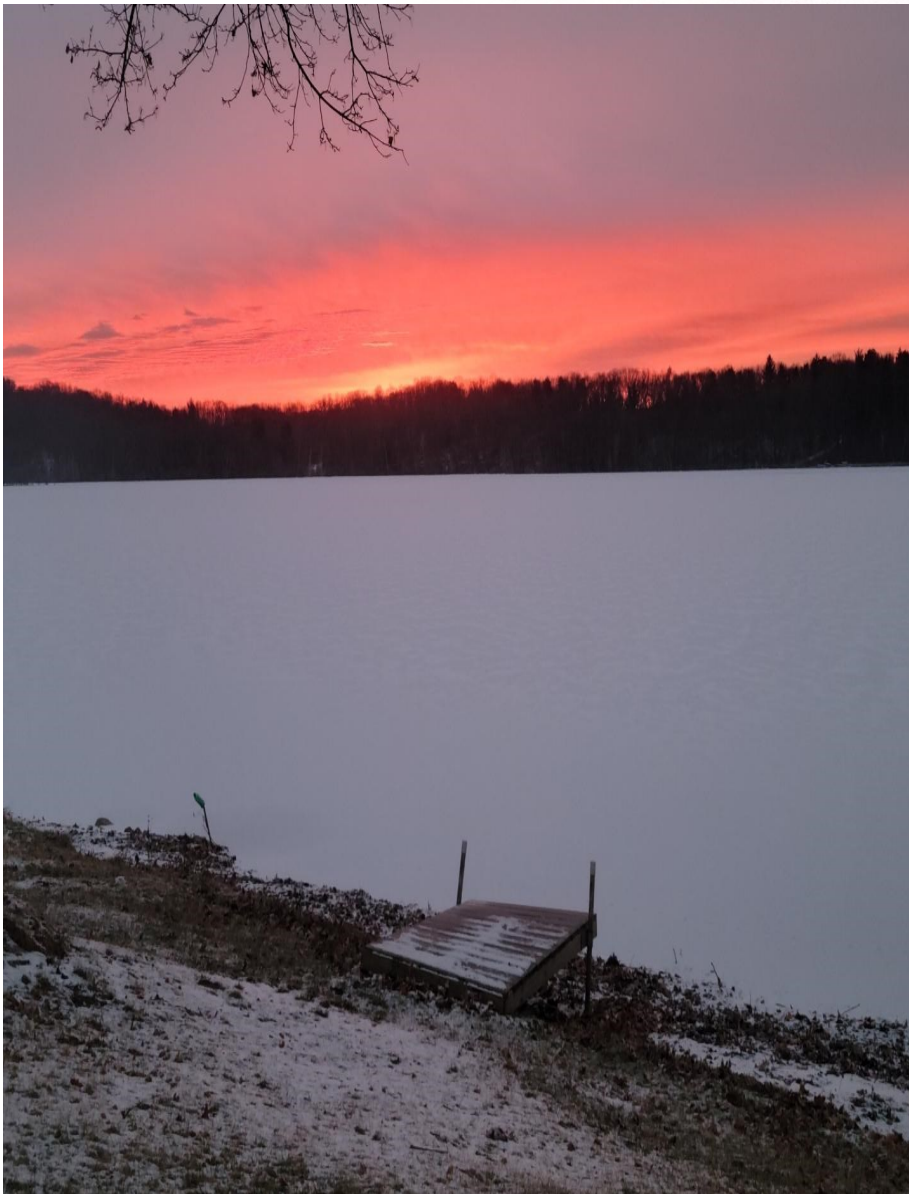


Marquette County Senior Citizen News

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

March & April 2022



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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

Photo Submitted By: Colleen Sengbusch



Are You a Caregiver?

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

Caregiver Support Group In Person or Virtual/By Phone

Service Center Meeting Room in

The Service Center building (behind Human Services)

480 Underwood Ave, Montello, WI 53949

March 16 10AM

April 20 10AM

May 18 10AM

Call Colleen Sengbusch @ 608-297-3101 for more information or for virtual/phone in information.

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



humor
generosity
support
life
connections
thanks
selfless
caregiving
help
home
hope
strength
family

Validation

The definition of validation is “recognizing or affirming the worth of a person, their feelings, and opinions, causing that person to feel valued.” Although we never know what’s in the heart and mind of someone else, especially when they are confused and forgetful, validating can reduce anxiety and frustration and strengthen our relationships.

Validation does not mean that we have to believe or agree with everything another person says. It simply asks that we accept and understand that their thoughts and feelings are real and important to them. Even if the person is confused and says something incorrect or hurtful, we can still validate by listening to and accepting their reality. Trying to get people with dementia to accept our version of reality doesn’t work. There may be times when they seem to understand, but it is fleeting. They will forget again. This is the nature of dementia.

Find positive ways to communicate with people with dementia by acknowledging their reality and keeping them engaged and active. It may be challenging to be honest without causing more distress or confusion. The following suggestions may help:

- Be willing to “step into the person’s shoes” and try to understand their reality at that moment.
- Listen and watch for the feelings behind the words to determine wants or needs. Pay attention to the tone of voice, body language, facial expression, etc.
- Use what you know about the person and their life story to reminisce, distract, or give the person something meaningful to do.

Keep responses simple and honest without forcing acceptance of your version of reality. Telling white lies can sometimes work but may get you into a difficult situation with questions you can’t answer or expectations you can’t meet. Find creative ways to give honest responses that avoid frustration or confusion. For example, if the person is looking for a deceased parent, truthfully say, “Your mother’s not here right now.”

For more information about validation or other communication tips, call Marquette County Dementia Outreach Specialist Janet Wiegel at 608-697-2838 or email janet.wiegel@alzwisc.org.

Phone Scams

From the Federal Trade Commission: www.consumer.ftc.gov

People lose a lot of money to phone scams — sometimes their life savings. Scammers have figured out countless ways to cheat you out of your money over the phone. In some scams, they act friendly and helpful. In others, they might threaten or try to scare you. One thing you can count on is that a phone scammer will try to get your money or your personal information to commit identity theft. Don't give it to them. Here's what you need to know.

How To Recognize a Phone Scam

Phone scams come in many forms, but they tend to make similar promises and threats, or ask you to pay certain ways. Here's how to recognize a phone scam.

- There is no prize: The caller might say you were “selected” for an offer or that you’ve won a lottery. But if you have to pay to get the prize, it's not a prize.
- You won't be arrested: Scammers might pretend to be law enforcement or a federal agency. They might say you'll be arrested, fined, or deported if you don't pay taxes or some other debt right away. The goal is to scare you into paying. But real law enforcement and federal agencies won't call and threaten you.
- You don't need to decide now: Most legitimate businesses will give you time to think their offer over and get written information about it before asking you to commit. Take your time. Don't get pressured into making a decision on the spot.
- There's never a good reason to send cash or pay with a gift card: Scammers will often ask you to pay in a way that makes it hard for you to get your money back — by wiring money, putting money on a gift card, prepaid card or cash reload card, or using a money transfer app. Anyone who asks you to pay that way is a scammer.
- Government agencies won't call to confirm your sensitive information: It's never a good idea to give out sensitive information like your Social Security number to someone who calls you unexpectedly, even if they say they're with the Social Security Administration or IRS.
- You shouldn't be getting all those calls: If a company is selling something, it needs your written permission to call you with a robocall. And if you're on the National Do Not Call Registry, you shouldn't get live sales calls from companies you haven't done business with before. Those calls are illegal. If someone is already breaking the law calling you, there's a good chance it's a scam. At the very least, it's a company you don't want to do business with.

Examples of Common Phone Scams

Any scam can happen over the phone. But here are some common angles phone scammers like to use:

- Imposter scams: A scammer pretends to be someone you trust — a government agency like the Social Security Administration or the IRS, a family member, a love interest, or someone claiming there's a problem with your computer.
- Debt relief and credit repair scams: Scammers will offer to lower your credit card interest rates, fix your credit, or get your student loans forgiven if you pay their company a fee first.
- Business and investment scams: Callers might promise to help you start your own business and give your business coaching or guarantee big profits from an investment. Don't take their word for it. Learn about the FTC's Business Opportunity Rule and check out investment opportunities with your state securities regulator.
- Charity scams: Scammers like to pose as charities. Scams requesting donations for disaster relief efforts are especially common on the phone. Always check out a charity before you give, and don't feel pressured to give immediately over the phone before you do.
- Extended car warranties: Scammers find out what kind of car you drive and when you bought it so they can urge you to buy overpriced — or worthless — service contracts.
- “Free” trials: A caller might promise a free trial but then sign you up for products — sometimes lots of products — that you're billed for every month until you cancel.
- Loan scams: Loan scams include advance fee loan scams, where scammers target people with a poor credit history and guarantee loans or credit cards for an up-front fee. Legitimate lenders don't make guarantees like that, especially if you have bad credit, no credit, or a bankruptcy.
- Prize and lottery scams: In a typical prize scam, the caller will say you've won a prize, but then say you need to pay taxes, registration fees, or shipping charges to get it. But after you pay, you find out there is no prize.
- Travel scams and timeshare scams: Scammers promise free or low-cost vacations that can end up costing you a lot in hidden costs. And sometimes, after you pay, you find out there is no vacation. In timeshare resale scams, scammers lie and tell you they'll sell your timeshare — and may even have a buyer lined up — if you pay them first.

How To Stop Calls From Scammers

- Hang up: Even if it's not a scammer calling, when a company is calling you illegally, it's not a company you want to do business with. When you get a robocall, don't press any numbers. Instead of letting you speak to a live operator or remove you from their call list, it might lead to more robocalls.
- Consider call blocking or call labeling: Scammers can use the internet to make calls from all over the world. They don't care if you're on the National Do Not Call Registry. That's why your best defense against unwanted calls is call blocking. Which type of call-blocking or call-labeling technology you use will depend on the phone — whether it's a cell phone, a traditional landline, or a home phone that makes calls over the internet (VoIP). See what services your phone carrier offers and look online for expert reviews. For cell phones, you also can check out the reviews for different call-blocking apps in your online app store.
- Don't trust your caller ID: Scammers can make any name or number show up on your caller ID. That's called spoofing. So even if it looks like it's a government agency like the Social Security Administration calling, or like the call is from a local number, it could be a scammer calling from anywhere in the world. Learn more about unwanted calls and what to do about them at ftc.gov/calls.

What To Do If You Already Paid a Scammer

Scammers often ask you to pay in ways that make it tough to get your money back. No matter what payment method you used to pay, the sooner you act, the better.

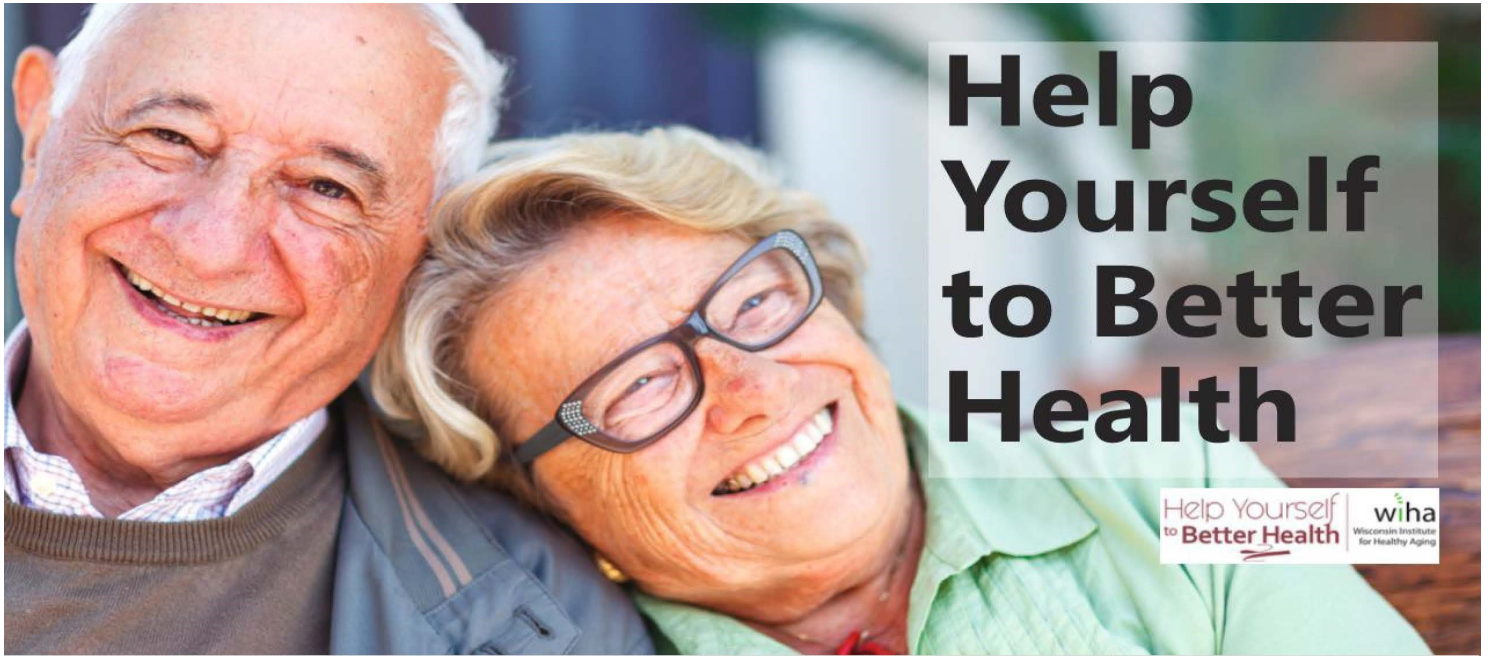
- If you paid a scammer with a credit or debit card, you may be able to stop the transaction. Contact your credit card company or bank right away. Tell them what happened and ask for a “chargeback” to reverse the charges.
- If you paid a scammer with a gift card, prepaid card, or cash reload card, contact the company that issued the card right away. Tell them you paid a scammer with the card and ask if they can refund your money. The sooner you contact them, the better the chance they'll be able to get your money back.
- If you paid a scammer by wiring money through companies like Western Union or MoneyGram, call the company immediately to report the fraud and file a complaint. Call the complaint department:
 - MoneyGram at 1-800-MONEYGRAM (1-800-666-3947)
 - Western Union at 1-800-325-6000

Ask for the wire transfer to be reversed. It's unlikely to happen, but it's important to ask.

- If you paid a scammer using a money transfer app, contact the company behind the app. If the app is linked to a credit card or debit card, contact your credit card company or bank first.
- If you gave a scammer remote access to your computer, update your computer's security software. Then run a scan and delete anything it identifies as a problem.
- If you gave your username and password to a scammer, change your password right away. If you use the same password for other accounts or sites, change it there, too. Create a new password that is strong.
- If you gave a scammer your Social Security number (SSN), visit IdentityTheft.gov to learn how to monitor your credit report to see if your SSN is being misused.
- If someone calls and offers to “help” you recover money you have already lost, don't give them money or personal information. You're probably dealing with a fake refund scam.

Report Phone Scams

- If you've lost money to a phone scam or have information about the company or scammer who called you, report it at ReportFraud.ftc.gov or call 877-382-4357
- If you didn't lose money and just want to report a call, you can use our streamlined reporting form at DoNotCall.gov or call 1-888-382-1222.
- Report the number that appears on your caller ID — even if you think it might be fake — and any number you're told to call back. The FTC analyzes complaint data and trends to identify illegal callers based on calling patterns. We also use additional information you report, like any names or numbers you're told to call back, to track down scammers. We take the phone numbers you report and release them to the public each business day. This helps phone carriers and other partners that are working on call-blocking and call-labeling solutions. Your reports also help law enforcement identify the people behind illegal calls.



Help Yourself to Better Health

Help Yourself to Better Health | wiha
Wisconsin Institute for Healthy Aging

Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a **Living Well** workshop near you.

Living Well with Health Conditions Workshop

April 19 – May 24, 2022

**Tuesdays
1:00-3:30pm**

**Marquette County
Health & Human Services
Room 106**

428 Underwood Ave
Montello, WI 53949

Suggested donation: \$15

**Call (608) 297-3146 to register or
for more info.**



Living Well with Health Conditions such as arthritis, cancer, heart disease, depression, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

What is Living Well? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help.

What you'll learn:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Stress and depression management
- Communicating effectively with friends, family, and medical team

Transportation Programs

Riders are required to wear a mask for the safety of others and our drivers.

If you need a RIDE to Medical Appointments
See chart for copays

The Aging and Disability Services Transportation Program will coordinate and provide transportation for people 60+ or those disabled to and from medical appointments. Copay amounts depend on the destination. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

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

If you need a RIDE to Portage for shopping
This is a special project that has a copay of \$5.

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Friday** of the month. Transportation will be provided to Portage for shopping (at approx. 9 am, and returning around 11am).

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

<i>Destination</i>	<i>Copay Round Trip</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

Are you interested in sponsoring a ride?

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

Legal & Financial Planning Seminar

A free workshop for families that provides an overview of key legal and financial planning issues for older adults.

Attend In-Person or Online

**Presented by Attorney Jennifer Koepl,
Koepl Law Offices**



Attorney Jennifer W. Koepl, owner of Koepl Law Offices SC, focuses her practice almost exclusively on estate planning, long-term care planning for

elderly and disabled adults, probate and trust administration.

Ms. Koepl earned a B.S. and B.A. degree from Indiana University and her J.D. from Hamline University School of Law. She is licensed to practice law in Wisconsin. She is a current member of the National Academy of Elder Law Attorneys and former member of the National Network of Estate Planning Attorneys.

Learn about:

- Basic Estate Planning
- Advanced Directives
- Guardianship
- Funeral Pre-planning
- Programs and services to help you
- Various ways to pay for care
- Medicaid and Family Care
- Open questions

Pre-Registration Required

To register, please contact:
Janet Wiegel
(608) 697-2838
Janet.Wiegel@alzswisc.org

Free & open to the public.
No solicitations will be made.

Tuesday, March 22nd

1:00 - 3:00 pm

In person: Marquette County UW-Extension | Demo Room 112 | 480 Underwood Ave., Montello
Masks are requested for in-person attendees.

Virtual: Please provide an email address when registering so we may send you the link

Aging and Disability Resource Center of Marquette County

855-440-2372

www.adrcmarquette.org

Connecting you with support and services



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

Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$28.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry**.

Glucerna is also available upon request. The cost is **\$38.00** per **24-pack case**. Flavors available are: **Chocolate or Vanilla**. Allow at least 1 week for delivery.

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

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

Tips and Tricks from the Kitchen:

Have you ever had a problem with your leftovers staining your plastic containers? Or had a problem with scraping the peanut butter out of your measuring cup?

My tip for you this time is to spray your plastic container or your measuring cup with cooking spray beforehand. It will help keep your containers from staining and make your peanut butter easier to get out of the measuring cup. Hope this helps!!





Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Find and register for Stand Up and Move More!

March 30 – April 20, 2022

Refresher class: May 18, 2022

Wednesdays

1:30-3:30pm

**Marquette County
Health & Human Services
Room 106**

428 Underwood Ave
Montello, WI 53949

**Call (608) 297-3146 to register or
for more info.**



How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers



wiha
Wisconsin Institute
for Healthy Aging

wihealthyaging.org/standup

No Crust Quiche

Ingredients:

- 1 package broccoli, chopped
- 1 small onion, diced
- 1 green pepper, diced
- 1 cup grated cheese (sharp cheddar)
- 1 1/2 cup milk
- 3/4 cup Bisquick
- 1/4 tsp. pepper
- 1/2 tsp. salt
- 4 eggs

Directions:

Preheat oven to 400°F. Grease 9" pie plate. Combine vegetables and cheese. Beat together remaining ingredients until smooth and add to vegetable mixture. Stir until combined. Pour into 9" pie plate (can use 8" for a thicker pie). Bake 30-40 minutes. Let stand for 5 minutes before serving.

Serves 8



Submitted by
June Parrot of Endeavor
St. Patrick's Day/Easter
Recipe Contest Winner!

Recipe Contest!

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

Email your recipe to acisewski@co.marquette.wi.us

Or mail to: Amelia Cisewski
Senior Nutrition Program
PO Box 405
Montello, WI 53949

Or send back to the office.

Recipes must be submitted by March 31st.

Have any questions? Call (608) 297-3146

Using the Nutrition Facts Label

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. An important tool we can use to help us make informed food choices is the nutrition facts label. We can use the food label to find out which foods are good sources of certain nutrients and look for foods lower in certain nutrients like sodium and added sugars. We can compare similar foods to find the right one to meet our needs.

Servings Per Container shows the total number of servings in the entire package or container.

Serving Size is based off the amount that most people eat at one time and is not the recommendation for how much you should eat. The nutrition information on the label is based on one serving of the food or beverage.

Calories reflect the total number of calories per serving. The % Daily Values are average levels of nutrients for a person eating 2,000 calories a day. Everyone is unique, so you may need more or less than 2,000 calories per day. To maintain a healthy weight, the number of calories you eat and drink should equal the number of calories you use.

% Daily Value shows how much of a nutrient is in a serving of food contributes to a total daily diet.

- 5% Daily Value or less per serving in a food item makes the food low in that specific nutrient.
- 20% Daily Value or more per serving, the food item is considered high in the nutrient.

Nutrients

The Nutrition Facts label can help us compare and monitor some key nutrients in many foods in our diet. Some nutrients we should limit are saturated fat, *trans* fat, added sugars, and sodium. Nutrients to get more of are dietary fiber, vitamin D, calcium, iron, and potassium. Choose foods to get 100% daily value of these nutrients on most days.

Ingredient List

Foods with more than one ingredient have the ingredient list on the label. Ingredient in the largest amounts are listed first.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipes from Around the Globe

Colcannon Potatoes— Ireland

Ingredients

- 1 medium head cabbage (about 2 pounds), shredded
- 4 pounds medium potatoes (about 8), peeled and quartered
- 2 cups whole milk
- 1 cup chopped green onions
- 1 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup butter, melted
- Minced fresh parsley
- Crumbled cooked bacon

Directions

1. Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in a separate dish.
2. In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt, and pepper in a small saucepan; bring just to a boil and remove from heat.
3. Drain potatoes; place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter; top with parsley and bacon.

Yield: 12 servings



Maple Roasted Norwegian Cod— Norway

Ingredients

- | | |
|------------------------------------|----------------------|
| 3 Tbsp. olive oil | 1/4 tsp. dried thyme |
| 2 sweet potatoes, peeled and diced | 3 Tbsp, butter |
| 4 cups Brussel sprouts | 24 oz. cod fillet |
| 1 red onion, sliced | 1/4 c maple syrup |
| 1 yellow onion, sliced | Salt and pepper |

Directions

1. Preheat oven to 350°F. Line a sheet pan with aluminum foil and drizzle with olive oil. Spread the diced sweet potatoes on the pan. Roast for 15-20 minutes.
2. In a sauté pan over medium heat, cook the onions for 5-7 minutes or until softened, Add thyme and 1/3 of the butter. remove from heat and season with salt and pepper to taste.
3. Place the cod on top of the onions, drizzle with maple syrup and place the pan into the oven with the sweet potatoes. Cook for 7-9 minutes or until cooked.
4. Blanche the Brussel sprouts. In a small pan over medium high, add 2 Tbsp. olive oil. Add the blanched Brussel sprouts; stir to warm through and season with salt and pepper.
5. Serve the cod alongside the potatoes, Brussel sprouts and onions.

Serves: 6



FREE Online Courses for Family Caregivers in Partnership with DHS and GWAAR *Trialta Partnership Helps Caregivers Learn New Skills to Support Themselves and Loved Ones*

MADISON, Wis., 2/4/2022 – The Wisconsin Department of Health Services (DHS) and the Greater Wisconsin Agency on Aging Resources (GWAAR) announced today the extension of their partnership with Trialta, a free online educational tool for family caregivers across the state. Trialta helps caregivers learn about health issues, care techniques, and managing care for loved ones during the flu season, the COVID-19 pandemic, and year-round.

Learning through Trialta can help individuals needing care live at home longer. Family caregivers can visit [WisconsinCaregiver.trualta.com](http://www.wisconsincaregiver.trualta.com) to register. The lessons and activities teach caregivers on topics ranging from how to safely provide hands-on care; how to connect families with reliable support agencies; offers information and video training from experienced professionals in a quick and easy format as well as how take care of yourself and your own emotions as a caregiver. For low-vision users or for individuals who prefer audio instructions, Trialta also offers a "read to me" function. Check out the different lessons available on Trialta here: [wisconsincaregiver.trualta.com/r/learninglist](http://www.wisconsincaregiver.trualta.com/r/learninglist). You can also see some tips on Communication with your loved one here: [wisconsincaregiver.trualta.com/r/communication](http://www.wisconsincaregiver.trualta.com/r/communication)

"Caregiving is 24-hours a day, seven days a week, so making time for in-person training and education can be difficult, even during normal times," said Bryn Ceman, Caregiver Support Specialist, Greater Wisconsin Agency on Aging Resources. "Our partnership with Trialta provides an alternative for education and training that people can access whenever it works for them."

In Wisconsin, family caregiving is expanding rapidly. By 2040, the 65+ population will grow by 640,000 – an increase of 72% – according to The Governor's Task Force on Caregiving Report released in October of 2020. The tasks caregivers are expected to perform have become more medically complicated, making preparation and access to reliable training increasingly important.

"Our goal is to equip family caregivers earlier so that they are better prepared. Most people find themselves responsible for the care of another person with little warning. In the midst of a global pandemic, we realize that caregivers need easy access to innovative resources that complement the training, emotional support and respite services provided by Aging and Disability Resource Centers (ADRCs) and health care providers," said Lynn Gall, Family Caregiver Support Programs Manager, Wisconsin Department of Health Services.

Anyone caring for an older adult can benefit from Trialta's support. If a caregiver is seeking personal care training tips, education to prevent falls, or looking for caregiver wellness ideas, Trialta can help. Trialta offers connections to location programming and possible funding for those caregivers helping to care for someone with dementia. There is a growing list of topics Trialta can offer support for including someone navigating family dynamics after a new diagnosis, someone looking for information on financial & estate planning, someone needing ideas for caregiver wellness or how to balance working while being a caregiver.

To Register: Visit [WisconsinCaregiver.trualta.com](http://www.wisconsincaregiver.trualta.com)

About Trialta

Trialta (www.trualta.com) supports families managing care for loved ones at home via an online learning platform. In partnership with innovative healthcare payers, providers, government and social service organizations, Trialta provides better care at lower cost. Each partner organization is equipped with a customized learning portal through which healthcare professionals deliver on-demand, personalized skills-based training to help caregivers keep their loved ones at home for longer.

Currently available in Canada and across 26 US states, Trialta's evidence based is proving that trained, confident family caregivers can improve health outcomes and reduce costs.

About the Greater Wisconsin Agency on Aging Resources, Inc.

The Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR) (<https://gwaar.org/>) is a nonprofit agency committed to supporting the successful delivery of aging programs and services in 70 counties and 11 tribes in Wisconsin. GWAAR provides aging agencies in our service area with training, technical assistance, and advocacy to ensure the availability and quality of programs and services to meet the changing needs of older people in Wisconsin.

About the Wisconsin Department of Health Services

The Department of Health Services (DHS) (<https://www.dhs.wisconsin.gov/>) is one of the largest and most diverse state agencies in Wisconsin, with an annual budget of roughly \$11.5 billion and more than 6,100 employees. DHS is committed to protecting and promoting the health and safety of the people of Wisconsin, making sure everyone can live their best life.

DHS oversees Medicaid, the single largest program in the state budget, the State Office on Aging and other health and social service programs. DHS ensures that the care provided to Wisconsin residents is high quality and provided in accordance with state and federal law; ensures that Wisconsin taxpayer dollars are being used effectively and efficiently by preventing and detecting waste, fraud, and abuse; and works to continue Wisconsin's long tradition of strong health outcomes and innovation.

DHS works with local counties, health care providers, community partners, and others to provide alcohol and other drug abuse prevention, mental health, public health, implementation of long-term care, disability determination, regulation of state nursing homes, and numerous other programs that aid and protect the citizens of our state. DHS also oversees seven 24/7 institutions: three centers for the developmentally disabled; a facility for mentally ill inmates; two psychiatric hospitals; and a facility for treating sexually violent persons.



Westfield Memory Café

First Wednesday of each month from 10-11:30AM

Westfield Village Hall

129 E. 3rd St. Westfield

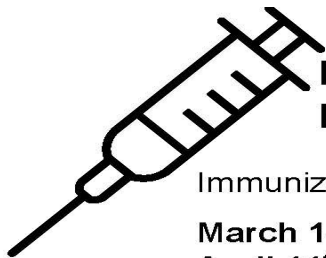
March 2nd: "Tis the luck of the Irish" Do you have a lucky hat, coin or rabbits foot? A lucky bird, or socks, or meal? Come and share your "lucky pieces" with us and enjoy a bit o'the green!

April 6th: "Hope is a thing with feathers..." April is national poetry Month! Bring your favorite poem to share and read, and listen to some of the most loved poems of our time!

Looking forward to seeing you there!!!!

Note: If the **Westfield School District** is closed or delayed for *any reason due to the weather*, the Memory Café will be cancelled.

Questions? Contact Dementia Outreach Specialist, Janey Wiegel 608-697-2838 or janet.Wiegel@alzawisc.org



Immunizations with Marquette County Health Department

Immunization Clinics

March 14th, 24th, 28th

April 11th, 25th, 28th

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

These walk-in clinic days do not include COVID-19 vaccines! Please see below for how to schedule a COVID-19 vaccine.

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

If you are interested in a COVID-19 vaccine, you can check for appointments on the website www.co.marquette.wi.us and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to see what we can do to help!

Caregivers Have Rights, Too!

It happens gradually. She needs a little help balancing the checkbook and there are bills on the counter not getting paid. The layer of ice on roads and sidewalks leaves you nervous about a fall so you stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more and more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home alone without your help.

The next things you notice involve your own life – when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry and frustrated? The answers are enmeshed with your new “job” that you didn’t realize you had.

Caregiving is like another job. You choose to do it and truly want to do it. But when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts and energy and it can chip away at your physical and emotional health. But don’t dismay, you can be a healthy caregiver! You have rights as a caregiver and following these rights will keep you healthy and help you give better care to your loved one, too.

If you are a caregiver, please know that **you have the right to:**

- Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier and a better caregiver for your loved one!
- Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss and depression. Acknowledge these feelings and find someone to talk to about them.
- Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- Accept the positive feelings - appreciation, love, forgiveness, gratitude – bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver ends.

If you need help finding resources for home care services, support groups or other caregiving issues, please call **The ADRC of Marquette County at 1-855-440-2372.**



608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949**Hours:**

1st, 2nd, 3rd and 4th Thursday of the month from 1-3pm

1st and 3rd Tuesday of the month 4:30-6pm

Please do not arrive earlier than 15 minutes before we open.**Contact Us:****Phone:** (608) 369-1059**Email:** foodbank@co.marquette.wi.us**Facebook:** Care & Share Food Bank of Marquette County

Household Size	Combined Household Monthly Income
1 Person	\$3,190
2 People	\$4,310
3 People	\$5,430
4 People	\$6,550
5 People	\$7,670
6 People	\$8,790
7 People	\$9,910

March 2022

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

Home Delivered Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 7 Loaded Baked Potato Chicken Casserole Caramelized Carrots Fruit Pizza		2 Baked Cod Maple Glazed Sweet Potatoes Peas and Carrots Dried Fruit Banana Cake		4 Squash Ravioli Asparagus Cottage Cheese & Peaches Texas Caviar w/ Chips Layered Bars
7 Loaded Baked Potato Chicken Casserole Caramelized Carrots Fruit Pizza		9 Meatballs and Gravy Diced Red Potatoes Green Beans & Red Onions Overnight Fruit Salad		11 Roasted Tomato Soup Tuna Sandwich with Lettuce 3-Bean Salad Apple Pie
14 Pork Chop & Gravy Sweet Potatoes Cheesy Cauliflower Creamy Fruit and Granola		16 Turkey & Dumplings Over Mixed Vegetables Stewed Tomatoes with Red Beans Cheesecake & Fruit		18 Shrimp Salad Lettuce, Spinach, Oranges, Peas, Water Chestnuts, Chickpeas, Craisins Jell-O
21 Polish Chicken Cabbage Casserole Pierogi Polish Carrot Salad Fruit Cocktail	 March 21 – Polish Day March 30 – Mexican Day	23 * No Crust Quiche Hash Brown Casserole Green Beans w/ Apples Sausage Links Fresh Fruit	* Recipe Contest Winner – Recipe from June Parrot	25 Veggie Lasagna Broccoli and Cauliflower Kiwi Mixed Nuts Butterscotch Pudding
28 Meatloaf Baked Potato Collard Greens Black Forest Cake		30 Shredded Beef Burrito Rice with Red Beans Esquites (Corn Stew) Mexican Caesar Salad Choco Taco Ice Cream Bar		



Marquette County Senior Nutrition Program

Meals on the Go & Dining Sites

Tuesdays and Thursdays

Pick up Locations:

Montello Senior Citizens Dome
from 12:00-12:15pm
Endeavor Civic Center (Tuesdays Only)
from 11:30– 11:45am

Dine In Locations:

Oxford Village Hall at Noon
Packwaukee Town Hall at 11:45am
Westfield Municipal Building at Noon

March Meals	
1 Ground Beef & Gravy Mashed Potatoes California Blend Veggies Orange Wedges Peanut Butter Choc Cake	3 Korean Day! Korean BBQ Chicken Veggie Fried Rice Bok Choy Peppers & Dip Pudding
8 Greek Day! Gyro Fasolada (Greek Bean Soup) Greek Pasta Salad Strawberry Fluff	10 Pollock Baked Beans Peas & Pearl Onions V8 Juice Ice Cream
15 Country Style Ribs Roasted Potatoes Sugar Snap Peas Apples & Peanut Butter	17 Irish Day! Corned Beef Baby Bakers Cabbage & Carrots Fruit Cup Mint Chocolate Bar
22 Turkey & Gravy Mashed Potatoes Broccoli & Carrots Orange Pretzel Dessert	24 Philly Steak & Cheese Potato Medley Brussel Sprouts Blueberry Cobbler
29 BLT Wrap Minestrone Soup Trail Mix/Grapes Lemon Chiffon Cake	31 Chicken Parmesan Chickpea Pasta Corn Squash Bake Peaches

April Meals	
5 Baked Potato Diced Ham Cheesy Broccoli Carrots Caramel Bar	7 Open BBQ Beef Sandwich Potato Wedges WI Blend Vegetables Tropical Fruit Coffee Cake
12 Fish Sandwich w/ Lettuce Potato Pancakes Applesauce Asparagus & Carrots Pina Cola Dip & Pineapple	14 Baked Ham & Pineapple Scalloped Potatoes Butternut Squash Raisins Pecan Cookies
19 Cheese Ravioli w/ Meat Sauce Italian Blend Veggies Side Salad Brownie	21 Polish Sausage Diced Red Potatoes Tomatoes & Dip Creamy Strawberry Crepes
26 Cream of Broccoli Soup Chicken Salad Sandwich Kale and Peach Salad Strawberry Pretzel Dessert	28 Beef Stew Collard Greens Celery & Peanut Butter Blueberry Pie



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

For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. For more information about the Senior Nutrition Program Meals on the Go or Dining Sites, please call **608-297-3146**.



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

Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Chicken Cordon Bleu Roasted Pasta & Veggies Edamame Succotash Cucumber Sticks & Dip Raspberry Chocolate Bar</p>		 <p>6 Pork Chop Suey & Rice Sugar Snap Peas Buttered Cabbage Fruit Almond Joy Cake</p>		<p>1 Poor Man's Lobster Calico Beans Red Cabbage Cranberry Applesauce</p>
<p>11 Beef Tips & Gravy Mashed Potatoes Carrots Cherry Coconut Bar Apple Slices</p>		<p>13 Chicken Carbonara Zucchini & Diced Tomatoes Bean Medley Peach Cobbler</p>		<p>8 Fish Tacos Potato Pancakes Applesauce Broccoli Salad Raspberry Chocolate Mousse</p>
<p>18 Deviled Pork Chops Baby Bakers Broccoli & Cauliflower Raspberry Applesauce</p>		<p>20 Shepard's Pie Corn and Black Beans Cucumber Salad Pineapple Upside Down Cake</p>		<p>15 No Home Delivered Meal Delivery Good Friday</p>
<p>25 Liver and Onions Potato Medley Green Beans Zucchini Bread Jell-O with Fruit</p>		<p>27 Sloppy Joes Sweet Potato Tots Beets Citrus Cup</p>		<p>22 Chicken w/ Onions & Peppers Chickpea Pasta Spinach Bake Banana Split Dessert</p>
				<p>29 Lemon Garlic Shrimp Scampi Linguini & Veggies Black Eyed Pea Salad Tropical Fruit</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**.

Meals on the Go available at Montello and Endeavor. See page 19 for details and menu.

Westfield, Packwaukee, and Oxford dining sites are open starting on Tuesday's and Thursday's. Westfield and Oxford will be serving at noon. Packwaukee will be serving at 11:45.

Elder Benefit Specialist and the Dementia Care Specialist will tentatively be at the Packwaukee site on 03/01 and 04/05, Westfield site on 03/08 and 04/12, and the Oxford site on 03/15 and 04/19.

Meals are available on a donation basis with a suggested donation of \$3.00. We do require that you call the day before by 3:00pm (or 3:00pm on Friday for Monday) to reserve your place at the table.

To make a reservation call 608-297-3146.

Please check www.adrcmarquette.org for information on services.

The dates for Nutrition Jeopardy at the Dining Sites are:

Montello- Tuesday, March 15th **Endeavor-** Tuesday, March 22nd **Oxford-** Thursday, March 24th
Packwaukee- Tuesday, March 29th **Westfield-** Thursday, March 31st



ST. PATRICK'S DAY

ALZHEIMER'S FUNDRAISER AND RAFFLE

Thursday March 17th
11 am - 7 pm

Shananigans and live music start at 4 pm

Corned Beef & Cabbage \$12.99
Order TO-GO or make a reservation

Raffle Tickets \$5 | Drawing at 7 pm

Grand prize: One night stay at the Grand Marquis in the Dells. **Foursome Golf Package:** 9 holes golf with cart at Spring brook, Dells Boat Tour for 2, and a \$50 Gift Card for Uno Grill

Purchase tickets now through March 17th at Fitz's.
No need to be present to win.



All raffle ticket proceeds and 10% of food goes to the Alzheimer's & Dementia Alliance of Wisconsin

Fitz's on the Lake • W11602 Hwy V, Lodi • (608) 592-3302

Special Events - 2022

Marquette County Senior Citizens, Inc.
Senior Dome
140 Lake Ct.
Montello, WI 53949

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

It's membership renewal time again. Membership dues are \$15 per person per year. 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.

Following are the membership events at the Dome:

- * **Chair Exercises at the Senior Dome, 10am-11am: Monday** Stretch & Strength, **Wednesday** Aerobics and weights, **Thursday** dance yoga, and **Friday** yoga.
- * **Card playing Tuesday: 12:30 pm** cards -- **1:00 pm Euchre**
- * **Card playing Wednesday: 1:00 pm** open to Sheepshead players
- * **Card playing Thursday: 12:30 pm** open to various games **1:00 pm** Fifer (bidding Euchre).
- * **Card playing Sunday: 12:30 pm** 31, Sheepshead, and open to Euchre, Fifer, other games are welcome.
- * **Pot Luck: Every 2nd Sunday of the month at 12:30 pm.**
- * **Birthday club:** We go out to eat the **third Wednesday of the month** to celebrate the member's birthday's that occur in that month. It is Dutch treat and we car pool. Call Phyllis at **(920) 979-7027** for more information.

Notices of our 2022 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**.






You can access the Senior Newsletter at www.adrcmarquette.org/news/events.



Foot Clinic is back up and running!

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

Feet are assessed

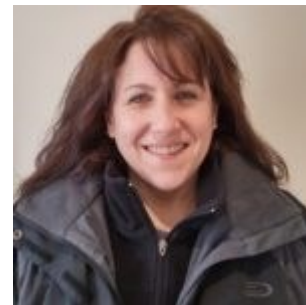
-  Feet are soaked (about 20-25 minutes)
-  Toenails are trimmed
-  Callouses are addressed
-  Foot massage is given
-  Home instructions are provided

Upcoming Foot Clinic Dates:
March 1st, 8th, 16th, 24th
April 7th, 13th, 21st, 27th
***Call for an Appointment or if you have any questions!**
608-297-3135

ADRC Team Faces You May See

Food Transporter

The Food Transporter is responsible for delivering meals to the Senior Dining Sites, as well as to the homebound clients of Marquette County. They ensure that local, state, and federal Elderly Nutrition Program rules are followed.



Michelle Smith

1. Where's the next place on your travel bucket list and why? [Turks and Caicos](#)
2. What's your favorite season and why? [Spring when everything comes back to life in the garden,](#)
3. If you could have a superpower, what would it be? [Ability to fly](#)
4. What's your go-to midnight snack? [String Cheese](#)
5. If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose? [Pizza](#)
6. If you were in a pageant, what would your talent be? [Naming the artist of a song](#)
7. Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)? [Happy](#)



Ruth Burczyk

Fill-In-Staff and Volunteers

You may also see some of these people from time to time. They are people who support programs within the ADRC. These people fill-in for other staff members when needed. Volunteers help support the community by donating their time to help a variety of programs within the ADRC.

1. Where's the next place on your travel bucket list and why? [Croatia-home of grandparents](#)
2. What's your favorite season and why? [Summer- I'm in Wisconsin](#)
3. If you could have a superpower, what would it be? [Good health](#)
4. What's your go-to midnight snack? [None](#)
5. If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose? [Turkey](#)
6. If you were in a pageant, what would your talent be? [Public speaking](#)
7. Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)? [Happy](#)